



## REPORT ON NSS EXTENSION ACTIVITY VISIT TO AMTALA PRIMARY SCHOOL TO INCULCATE GOOD HABITS REGARDING HEALTH & HYGIENE

Universal access to proper hygiene and safe sanitation is a fundamental human right.

Yet, millions of people in India still lack knowledge about basic hygiene and are denied accessibility to clean and sound sanitation facilities, thereby leading to dire consequences in relation to health, healing and overall well-being. Improving sanitation and hygiene conditions for vulnerable communities can make a significant impact on public health and empower individuals to lead healthier lives. For instance, access to proper sanitation facilities reduces the spread of waterborne diseases and improves overall community health. Most importantly, availability of adequate sanitary measures enables in securing human dignity, especially for the female section of the society, enabling them to live with privacy and respect. To put it in a nutshell, improved hygiene practices lead to reduced general illnesses and increased productivity, contributing to economic development.

The primary agenda of the NSS of J.R.M in conducting a visit to Amtala Primary School on 19.03.2019 has been to spread knowledge and create awareness among young students about the fundamentals of hygiene and sanitation so that they can in

turn contribute to the wellbeing of our society by disseminating these ideas and ideals among the commoners. 58 (including TS, NTS and Students) participants enthusiastically became an integral part in this awareness programme to inculcate good habits, pertaining to personal hygiene and health, in the young minds of this primary educational institution. Regular personal care, good dental habits, daily cleaning and washing of home and surroundings, proper disposal of waste, ways to secure access to safe sanitation etc. are some of the topics which were elaborated upon in this interactive extension activity. The NSS volunteers also did their best to address and clarify the doubts and uncertainties which the little students communicated to their elder brothers and sisters of J.R.M. on this occasion.

**SOME PHOTOGRAPHS OF THIS EVENT :**







  
**Programme Officer**  
**N.S.S. Unit-I**  
**J.R. Mahavidyalaya**  
**Amtala, Murshidabad**

*Geelali Bera*  
**Teacher-in-Charge**  
**Jatindra-Rajendra Mahavidyalaya**  
**P.O. Amtala, Dist. Murshidabad**

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# Jatindra-Rajendra Mahavidyalaya

NSS UNIT - I

Programme Name : Visit to Amtala junior Basic School for Health awareness

Date 18-03-2019

sl.no.	St ID	Students Name	signature of the student
1	1181375	SAMIRAN SARDAR	Samiran Sardar
2	1180482	BANIAMIN ISLAM	Bani Amin Islam
3	1180230	SAMIUL ISLAM BISWAS	Samiul Islam Biswas
4	1180553	NURISLAM HALSANA	
5	1180565	NUR AMIN HALSANA	
6	1180158	PAPIYA HAZRA	Papiya Hazra
7	1180180	RAKESH MAJHI	
8	1181619	MANIK MONDAL	Manik Mondal
9	1181541	JABIDA SULTANA	
10	1180061	TASLIMA KHATUN	Taslina Khatun
11	1180058	PAYEL MANDAL	
12	1180049	SRIJANI MANDAL	Srijani Mandal
13	1180060	PALI MANDAL	Pali Mandal
14	1180507	MITALI SINGHA	Mitali Singha
15	1180819	MONALISA GHOSH	
16	1180611	MANOWAR SAIKH	Manowar Saikh
17	1180609	RAKIBUL SAIKH	
18	1180190	SAHANAJ KHATUN	Sahanaj Khatun.
19	1180161	PRARTHONA DAS	
20	1181520	RITWIKI MONDAL	
21	1180186	ANITA SHARMA	Anita Sharma
22	1180188	MOULI MONDAL	Mouli Mondal
23	1180177	CHAITI SAHA	
24	1180157	PRIYA MONDAL	Priya Mondal
25	1180154	NAFISA ANJUM	Nafisa Anjum.
26	1180159	BHAIRAB GHOSH	Bhairab Ghosh.
27	1180174	MUSLIMA KHATUN	
28	1180444	NAJEMA KHATUN	
29	1180224	RAHUL MONDAL	Rahul Mondal
30	1180111	AFFAN SK	Affan SK
31	1180195	NASIMA KHATUN	
32	1180137	LOKESH HALDER	
33	1180854	SABANA KHATUN	Sabana Khatun
34	1180135	SURAJ MONDAL	
35	1180198	BEBINA KHATUN	Bebina Khatun
36	1180074	MD FARUK MONDAL	Md. Faruk Mondal
37	1180317	SNEHA MONDAL	Sneha Mondal
38	1181078	UJJAL SK	
39	1180244	PUJA MAJHI	
40	1180104	SOHAGI KHATUN	

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41	1180183	AKASH MONDAL	Akash Mondal
42	1180915	SAMITA KHATUN	
43	1180040	RIYA GHOSH	Riya Ghosh
44	1180075	MOUMITA GHOSH	Moumita Ghosh
45	1180184	SHUVAJIT GHOSH	Shuvajit Ghosh
46	1180176	SANJIDA YASMIN	Sanjida Yasmin
47	1180916	RUMA KHATUN	
48	1180221	BHASKAR ACHARYA	
49	1180213	RATAN MONDAL	
50	1181227	SIDDIK ALI MONDAL	
51	1180107	PARNASRI SARKAR	
52	1180109	SAHINA SULTANA	Sahina Sultana
53	1180125	HASIBUL SHAIKH	
54	1180102	ANIMESH BHATTACHARJEE	Animesh Bhattacharjee
55	1180217	SAHIN SARDAR	Sahin Sardar
56	1180202	SUDIP PRAMANIK	Sudip Pramanik
57	1180561	MANDIRA MANDAL	Mandira Mandal
58	1180166	SUBHAJIT KARMAKAR	
59	1181433	MOULI DAS BAIRAGYA	
60	1181415	ARINDAM DUTTA	
61	1180193	NAZMUL HOQUE	Nazmul Hoque
62	1180122	RANGILA KHATUN	Rangila Khatun
63	1181409	ADITI ROY	
64	1180264	ANIT KR KARMAKAR	
65	1181464	ABUTAHER MONDAL	
66	1180753	NAJMA KHATUN	
67	1180259	MANTAI GHOSH	
68	1180769	AYESHA SIDDIKA	Ayesha Siddika
69	1180170	PRITIKANA HALDER	
70	1180561 905	MANDIRA MANDAL	Shila Mandal
71	1180256	ANKITA MANDAL	Shila Mandal
72	1181165	SHABNAM ANSARI	
73	1180632	JULEKHA KHATUN	
74	1181434	ROUSUL ALAM SARDAR	Rousul Alam Sardar
75	1180815	ANUSREE BANERJEE	Anusree Banerjee
76	1180829	SELINA KHATUN	Selina Khatun
77	1180258	NURJAHAN KHATUN	
78	1181433	MOULI DAS BAIRAGYA	
79	1180955	SADHANA YEASMIN	Sadhana Yeasmin
80	1180029	AFRIN BISWAS	Afrin Biswas
81	1180936	SUMITA MANDAL	Sumita Mandal
82	1180184	SHUVAJIT GHOSH	Shuvajit Ghosh
83	1180586	SHILPA KHATUN	
84	1180339	SELIM MONDAL	
85	1180395	TUHIN BARIK	Tuhin Barik
86	1180557	JOYI MONDAL	Joyi Mondal
87	1180200	SANGITA MONDAL	Sangita Mondal
88	1180146	PRATIK BISWAS	Pratik Biswas



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89	1180119	PRITAM MANDAL	Pritam Mandal
90	1180130	MARUF HOSSAIN	
91	1181428	KEKA MONDAL	Keka Mondal
92	1180524	SABIR HOSSAIN	
93	1180523	MD ABDUL RAHID SK	
94	1180030	ANAMIKA BISWAS	Anamika Biswas
95	1180197	TUHINA KHATUN	
96	1180799	PUJA MONDAL	Puja Mondal
97	1180814	SUDESNA GHOSH	Sudesna Ghosh
98	1180794	ANISHA BISWAS	Anisha Biswas
99	1180189	NARGISH KHATUN	
100	1180279	MASIDA KHATUN	

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# ৪৮ নং আমতলা নিম্ন বুনিয়োদী বিদ্যালয়

নওদা চক্র

অনুমোদন মেমো নং-১৭৭ (৫৪)      অনুমোদন তারিখ-১২/০৯/১৯৫৪  
পোঃ-আমতলা ✧ জেলা-মুর্শিদাবাদ ✧ পিন নং-৭৪২১২১

স্বাক্ষর.....

তারিখ.....

## ***Certificate of Appreciation***

This is to certify that a workshop on "Good Health and Habits" was successfully conducted at Amtala Primary School by the students of Jatindra Rajendra Mahavidyalaya NSS Unit on 19th March 2019.

We appreciate the active participation and enthusiasm shown by the students who took part in the workshop and gained valuable insights on maintaining good health and developing positive habits.

The workshop aimed to educate and empower the students with knowledge and skills to lead a healthy and balanced lifestyle.

Therefore I sincerely extend our gratitude to the NSS team who supported and made this event a success.

With best wishes

*Starin* 19.03.19  
Head Teacher  
48 No Amtala Junior Basic School  
Nowda Circle  
P.O.-Amtala, Murshidabad



# JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala \* Nowda \* Murshidabad

Extension Programmes conducted by the NSS Unit of JRM

## LIST OF BENEFICIARIES

Program Name - Visit to Amtala Primary school for Good Health and Habits

Date - 19.03.2019

Venue - Amtala Primary School, Amtala, Nowda, Murshidabad

Sl. No.	BENEFICIARY NAMES	OCCUPATION	SIGNATURE
	Md. Shalim Rahman	Student	M.d. Shalim Rahman
	Monjoy Rudra ayan	"	Monjoy Rudra ayan.
	Karfik Pramanik	"	Karfik Pramanik
	Sayon S.K.	"	Sayon S.K.
	Bhan Malitya	"	Bhan Malitya
	OMAR FARUK SK	"	OMAR FARUK SK
	Sahil Mondal	"	Sahil Mondal
	ARIYAN SAIKH	"	ARIYAN SAIKH
	Naim SK	"	NAIM SK
	Mayisha Farzana	"	Mayisha Farzana
	Sangita Halder	"	Sangita Halder
	Sonalisutana	"	Sonalisutana
	MUSKAN Mondal	"	<del>MUSKAN</del> MUSKAN Mondal
	Rakiba	"	<del>Khatun</del> KHATUN
	SUMAIYA PARVIN	"	Sumaiya Parvin
	SORIFA KHATUN	"	Sorifa Khatun
	NASHINSK	"	Nashinsk
	SABNAM KHATUN	"	SABNAM KHATUN
	Tanija Tabasum	"	Tanija Tabasum
	MUSKAN Mondal	"	MUSKAN Mondal
	SIMRAN KHATUN	"	SIMRAN KHATUN
	Rakiba Khatun	"	Rakiba Khatun
	Georima Islam	"	Georima Islam
	Sumaiya Israt	"	Sumaiya Israt
	Sayantika Biswas	"	Aiyesaitara
	Aiyesaitara	"	Bidisha Debnath
	Bidisha Debnath	"	Dhritisree Biswas.
	Dhritisree Biswas	"	<del>HAPIJA KHATUN</del>
	HAPIJA KHATUN	"	HAPIJA KHATUN
	Sanam Akter	"	Sanam Akter
	Sumaiya Khatun	"	Sumaiya Khatun
	ROHANA PARVIN	"	ROHANA PARVIN
	Gulshan Rahi	"	Gulshan Rahi

Teacher-in-Charge  
Jatindra-Rajendra Mahavidyalaya  
P.O. Amtala, Dist. Murshidabad

Concl -

N.S.S. Unit  
J.R. Mahavidyalaya  
Murshidabad



