

NSS SPECIAL CAMP - 2019

Hooghly Women's College, Hooghly.

Date: 6th March – 12th March, 2019.

6th March, 19 Wednesday:

11:00 a.m. -- 1:00 pm: **Inauguration programme**

Guest: Programme Officer, NSS Wings, University of Burdwan.

Administrator, Hooghly Women's College.

Mr. Gaurikanta Mukherjee, Chairman,

Hooghly Chinsurah Municipality

Dr. Uttam Paul, Ex NSS Officer, Bagati College. Hooghly.

Key Note Address: Dr. Sima Banerjee, Principal, Hooghly Women's College

1:00 p.m. -- 2:00 p.m. Seminar: Utility of Medicinal Plant cultivation.

Speaker: Dr. Mohan Lal Ghosh.

2:00 p.m. -- 2:30 p.m. Break for tea & Snacks;

2:30 p.m. -- 3:30 p.m. Film Screening on Environment conservation.

Resource person: Mr. D.N. Dutta.

3:30 p.m. -- 4:30 p.m. Speech on Environmental Awareness.

Resource person: Mr. Rahul Roy, Environmentalist.

7th March, 19, Thursday:

8:00 am -- Yoga Session: Sri Gaur Mohan Sett

9:30 am -- Breakfast

10:30 am -- 1:00 p.m.: Seminar on History of Chinsurah.

Resource person: Dr. Jana Bandyopadhyay, HWC.

1:00 p.m.- 2: 00 p.m.: Lunch Break

2:00 p.m. - 5:00 p.m.: Slum Activity nearby Hooghly Immambara.

8th March, 19, Friday:

8:30 a.m. -- 10:00a.m.: Yoga session : Sri Gaur Mohan Sett.

10:00 a.m. -- Breakfast

11:00 a.m. -- 1:00 p.m. : Taekwondo: Sri Sumit Ghosh

12:00 a.m. --1:00 p.m. : Sanitation of College Campus

1:00 p.m. -- 2: 00 p.m. : Lunch Break

2:00 p.m. -- 5:00 p.m. : Role of Indian Art and Sculpture in Education.

Resource persons: Mr. Sajal Mitra, Artist;

Mr. Somenath Chakraborty, Artist and Mr. Ramen Biswas, Artist.

9th March, 19, Saturday:

- 8:00 a.m. – 9:30 p.m. : Yoga session : Mahadeb Shaw
9:30 a.m --10:30 : Breakfast
10:30 a.m. -- 1:00 p.m. Seminar on Thalassemia awareness , presented by Thalassemia group
of Immambara Sadar Hospital, Chinsurah, Hooghly.
1:00 pm -- 2: 00 p.m. : Lunch Break
2:00 pm -- 5:00 p.m. : Thalassemia detection camp.

10th March, 19: Sunday: Cultural Tour on Heritage spot of W.B.
(French museum, Chandannagor)

11th March, 19: Monday:

- 8:00 a.m.. Karate session. Resource person: Mr. Dulal Das.
9:30 a.m.. Breakfast
10:30 a.m. -- 1:00 p.m. Health, wellness programs including the activirties of Yoga
With film screening of reversal Heart Disease
1:00 p.m. - 2: 00 p.m. Lunch Break.
2:00 p.m. - 5:00 p.m.: Healthy food : Mr. Partha Saha

12th March, 19: Tuesday

- 8:00 a.m. Yoga Session: Dr Mahadeb Sahu
9:30 a.m. - Breakfast
10:30 a.m. - 11:30 p.m.: Yoga Session: Dr Mahadeb Sahu
11:00 a.m. - 1:00 p.m. : Musical Interaction with
Pandit Ranen Sinha & Dr. Saugata Basu.
1:00 p.m. - 2:00 p.m. : Lunch Break
2:00 p.m. - 3:00 p.m. : Cultural Programme
3:00 p.m. - 5:00 p.m. : Valedictory Session and Camp fire