

**GOVERNMENT GENERAL DEGREE COLLEGE,  
MANGALKOTE**

**REPORT**

**ON**

**GENERAL HEALTH AWARENESS AND SOCIETY**

**ORGANISED BY: NSS COMMITTEE & IQAC**

**DATE: 21.04.22**

**TIME: 12.30 pm onwards**

**VENUE: Seminar Hall, 2nd Floor**

## **OBJECTIVE OF THE SEMINAR:**

The seminar was aimed to make the students aware about the general health issues and the preventive measures to be taken to avoid them.

## **SPEAKER:**

Dr. Amit Kumar Rakshit, Superintendent, Singot Rural Hospital

## **PROCEEDINGS OF THE SEMINAR:**

Dr. Amit Kumar Rakshit began his deliberation by describing the concept of health and illness. He went ahead to describe how people often neglect tiny symptoms of underlying health issues which augments certain diseases silently. Some of these neglected conditions are often contagious and have the potential to affect an entire community threatening their existence. Then, he talked about the major reported health issues in and around Mangalkote and their seasonal prevalence. Of these, he mentioned several water-borne and food-borne diseases like diarrhoea, cholera, etc. He also gave a description of some common vector-borne diseases, mosquito-borne diseases (to be more specific), which are very common in the area. Dengue and malaria have high prevalence. He described the common symptoms of those diseases and the correct time to consult the doctor. Here, he also described about the different mosquito species and their biting habits (e.g. diurnal/nocturnal). Showing the pictures of those mosquito species (*Anopheles* sp., *Culex* sp., *Aedes* sp.) he described to the students about their identifying features and the precautionary measures to be taken to prevent infection and their transmission in the community. The resource person pointed out the reasons for the prevalence of those mosquito population by referring to the suitable breeding habitats available in and around the area of Mangalkote. Additionally, he described about some common skin diseases and how their negligence could lead to serious consequences.

In the second part of his lecture, he described about cancer and the common causes underlying them. Pointing towards oral cancer he described how tobacco consumption in various forms can lead to it. He showed some slides with pictorial descriptions of how serious the conditions can be that served as a warning signal to the students about the harmful effects of addiction to tobacco. He went on to describe women's health and the problems they face in general. He talked about menstrual hygiene and irregular periods and painful periods arising due to polycystic ovarian syndrome. He gave a description of some common physical exercises which can prevent the development of PCOS. Then, he described about cervical cancer, breast cancer

and ovarian cancer which are becoming more common among the female population around the world. The resource person described some simple methods of personal care and hygiene like pressing their own breasts while they take a bath to detect the presence of lumps if any. He stressed on the importance of pap smear tests and why should they be done periodically to prevent serious conditions being gone undetected. He also described some pregnancy related issues and the appropriate time for a woman to get pregnant.

In the third and last part of his talk, Dr. Amit Kumar Rakshit described about animal bites – dog bites, cat bites, rat bites, mole bites and snake bites which are also common among in Mangalkote. He described the venoms and their differences observed in these animals which special emphasis on snake venoms since poisonous snakes are rampant in the region. Showing several slides, he described how to differentiate between poisonous and non-poisonous snakes. He gave a brief record of the various snakes prevalent in and around Mangalkote. He went on to describe the process of rescuing a person suffering from snake bite and the dos and don'ts while giving the person first aid and carrying him/her to the hospital. Following those steps could increase the chances of survival of the person suffering from snake bite. Then, he described about anti-venoms and why identification of snakes is crucial for treatment of a person bitten by a snake. Finally, he described about rabies and other complications arising due to dog bite. He also illustrated a few health issues arising due to pets which are commonly observed among the population.

#### **PARTICIPANT DETAILS:**

*NO. OF STUDENTS ATTENDED THE PROGRAMME: 30*

#### **OUTCOME OF THE PROGRAMME:**

The students came to know about several health issues and their preventive measures. They also came to know about the health problems in the locality. Additionally, they came to know about animal bites and immediate care before taking them to hospitals.

## GLIMPSES FROM THE PROGRAMME:

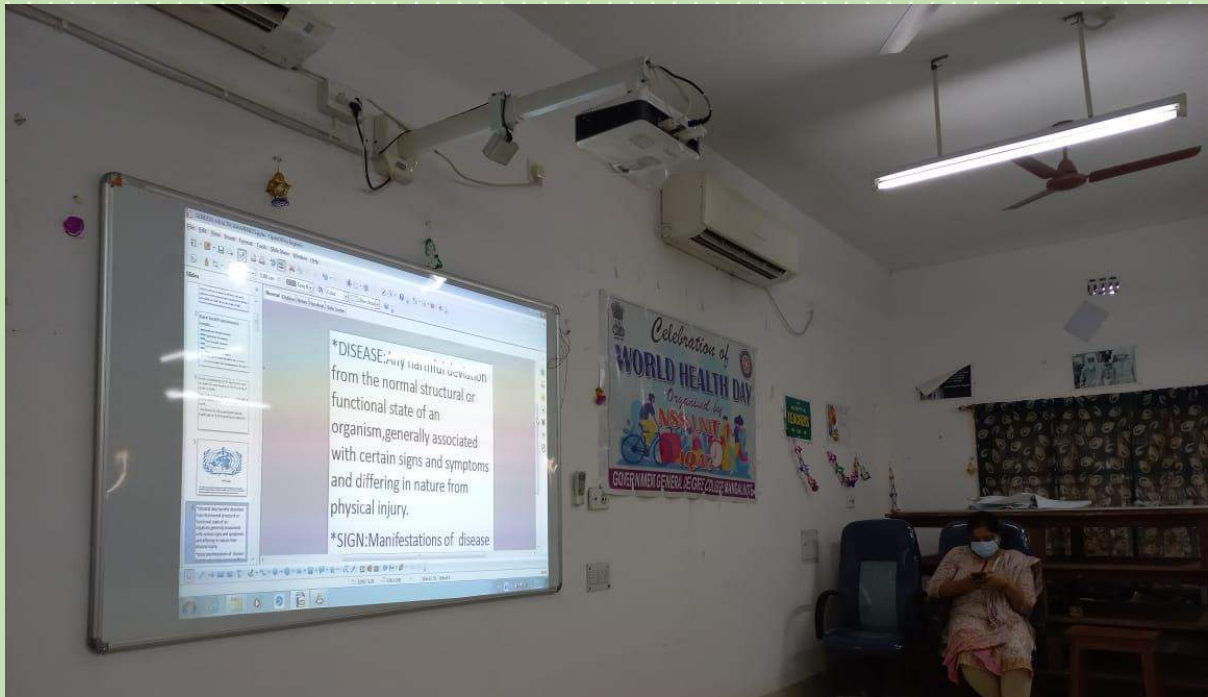


**FIG 1: PROGRAM OFFICER, NSS INTRODUCING THE SPEAKER**



**FIG. 2: THE SPEAKER GIVING HIS INTRODUCTORY SPEECH**





**FIG. 3: A GLIMPSE FROM THE PRESENTATION**



**FIG. 4: THE SPEAKER WITH THE FACULTY MEMBERS**



**FIG. 5: THE STUDENT PARTICIPANTS OF THE PROGRAMME**



GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE  
PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE

DATE: 21/04/2022

Topic: 'General Health Awareness and Society' Organized by: NSS

Speaker: Dr. Amit Kumar Rakshit, Superintendent, Singot Rural Hospital

SL. NO.	NAME OF REGISTERED STUDENTS	SEMESTER	SIGNATURE
1.	SK REJOYANUL KERIM	II	SK Rejojanul Kerim
2.	BILLAL SK	II	Billal SK
3.	TANUSHREE DEY	II	Tanushree Dey
4.	SK HAFIJUR RAHAMAN	II	SK Hafijur Rahaman
5.	SUBRATA PAL	II	Subrata Pal
6.	SUDHA GHOSH	II	Sudha Ghosh
7.	PAYEL THAKUR	II	Payel Thakur
8.	BAISAKHI BHANDARI	II	Baisakhi Bhandari
9.	RAJASHREE DEY	II	Rajashree Dey
10.	BENJIR KHATUN	II	Benjir Khatun
11.	PALLABI KAIBARTYA	II	Pallabi Kaibartya.
12.	SK ABDUL MAZID	II	SK Abdul Mazid
13.	SOMNATH DAS	II	Somnath Das
14.	SHIPRA GHOSH	II	Shipra Ghosh.
15.	BAISAKHI THANDAR	II	Baisakhi Thandar

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SL. NO.	NAME OF REGISTERED STUDENTS	SEMESTER	SIGNATURE
16.	RUPAM GOSWAMI	IV	Rupam Goswami
17.	SOUMYA MALLICK	IV	Soumya Mallick
18.	TANUJA KHATUN	IV	Tanuja Khatun
19.	DEBKANTA PAL	IV	Debkanta Pal
20.	PRIYANKA SAHA	IV	Priyanka saha
21.	PALLABI MONDAL	IV	pallabi Mondal
22.	KAKALI SAHA	IV	Kakali saha
23.	LAJINA KHATUN	IV	Lajina Khatun
24.	PUJA SARDAR	IV	Puja Sardar
25.	RITTIKA PAL	VI	Ritika Pal
26.	TANDRA PRODHAN	VI	Tandra Prodhan
27.	ANTARA MODAK	VI	Antara Modak
28.	KURBAN KHAN	VI	Kurban Khan
29.	FARHANA SULTANA	VI	Farhana Sultana
30.	MOHIBUR SK	VI	Mohibur SK





Government of West Bengal  
**NSS UNIT**

**GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE**  
PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE  
DISTRICT – PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132

**Notice**

**No.: MGC/NSS/4/22**

**Date: 16/04/2022**

It is hereby notified to all concerned that a **Health Awareness Programme** will be organized by the NSS Committee in association with IQAC on **21<sup>st</sup> April, 2022 at 12.30 P.M.** in the college seminar hall as part of the celebration of **World Health Day** observed internationally on 7<sup>th</sup> April every year.

**Dr. Amit Kumar Rakshit**, Superintendent, Singot Rural Hospital, Purba Bardhaman, West Bengal will be delivering a lecture on “**General Health Awareness and Society**” on the said occasion as part of the **Health, Hygiene and Sanitation Initiative** of the NSS Unit of the college.

**All the faculty members are requested to be present in the awareness programme ignoring their P Day and encourage their students for maximum participation.**

**Officer-In-Charge  
GGDC, Mangalkote**

**Coordinator,  
IQAC  
GGDC, Mangalkote**

**Programme Officer,  
NSS Committee  
GGDC, Mangalkote**



**Dr. Pradipta Kumar Basu**  
OFFICER IN CHARGE, W.B.E.S.  
Government General Degree College, Mangalkote  
Dt. Purba Bardhaman, West Bengal- 713132



Government of West Bengal  
Office of the Principal  
**GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE**  
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DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA  
Email: ggdcmanagalkote@gmail.com; Website: https://mangalkotegovtcollege.org

Date: 19.04.2022

To,  
Dr. Amit Kumar Rakshit  
Superintendent, Singot Rural Hospital  
Purba Bardhaman, West Bengal

Sub: Invitation to deliver a Special Lecture in a Health Awareness Programme, organized NSS Unit I,  
Government General Degree College, Mangalkote on 21.04.2022 at 12:30 PM.

Sir,

It is our honour to invite you as a speaker to deliver a Special Lecture entitled " General Health Awareness and Society" in a Health Awareness Programme, organized by the NSS Unit I, GGDC, Mangalkote on 21.04.2022 at 12:30 PM, on the occasion of World Health Day observed internationally on 7<sup>th</sup> April every year. We sincerely hope that it will be an enriching experience for the students and faculty members to listen to your pertinent deliberation.

We shall be highly obliged if you kindly accept our invitation.

Officer-In-Charge  
GGDC, Mangalkote



Dr. Pradipta Kumar Basu  
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Email: [ggdcmangalkote@gmail.com](mailto:ggdcmangalkote@gmail.com); Website: <https://mangalkotegovtcollege.org>

## *Certificate of Appreciation*

**This certificate is awarded to:**

**Dr. Amit Kumar Rakshit**  
**Superintendent, Singot Rural Hospital**

In recognition of his valuable contribution as an Invited Speaker in a Health Awareness Programme entitled “General Health Awareness and Society” held on 21<sup>st</sup> April, 2022, organized by the National Service Scheme Unit I (in collaboration with IQAC, GGDC, Mangalkote) Government General Degree College, Mangalkote on the occasion of World Health Day observed internationally on 7<sup>th</sup> April every year.

**Officer-In-Charge**  
**GGDC, Mangalkote**



Dr. Pradipta Kumar Basu  
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