

**GOVERNMENT GENERAL DEGREE COLLEGE,
MANGALKOTE**

IN COLLABORATION WITH

SINGOT RURAL HOSPITAL

REPORT

ON

GENERAL HEALTH AWARENESS AND SOCIETY

ORGANISED BY: NSS UNIT 1, GGDC, MANGALKOTE

DATE: 21.04.22

TIME: 12.30 pm onwards

VENUE: Seminar Hall, 2nd Floor



Prasen
Dr. Prasen Kumar Dasu
OFFICER IN CHARGE, NSS
GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE
Dist. Purba, West Bengal-743132

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.



Dr. Amit Kumar Rakshit
Assistant Professor, H.P.S.S.
Government College, Mangalkote
Dr. P. K. S. Institute of Health Sciences, Mangalkote

GLIMPSES FROM THE PROGRAMME:



FIG 1: PROGRAM OFFICER, NSS INTRODUCING THE SPEAKER



FIG. 2: THE SPEAKER GIVING HIS INTRODUCTORY SPEECH

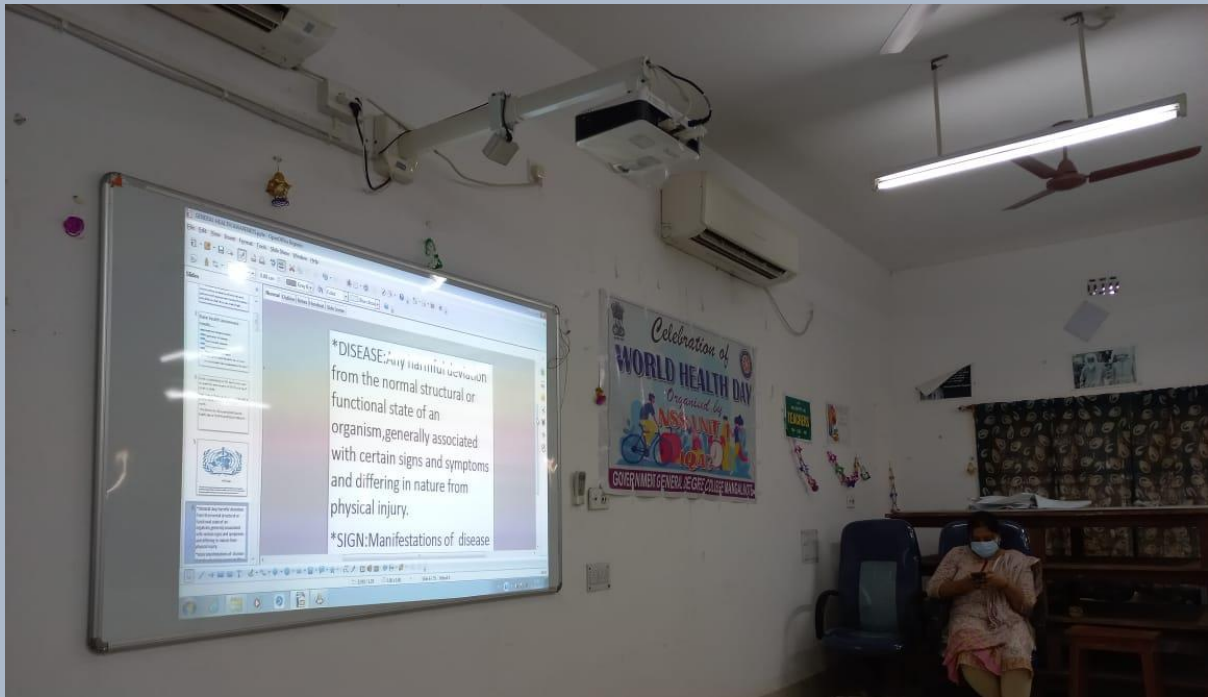


FIG. 3: A GLIMPSE FROM THE PRESENTATION



FIG. 4: THE SPEAKER WITH THE FACULTY MEMBERS

Dr. Pooja



Dr. Pooja Narmad Dasa
ASSISTANT PROFESSOR
GOVERNMENT GENERAL DEGREE COLLEGE, WANKAR, PUNE
GOVERNMENT GENERAL DEGREE COLLEGE, WANKAR, PUNE
Dr. Pooja Narmad Dasa, Wankar, Pune - 411004



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 Rejoyanul 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

(Signature)



Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
21, Panchanantala, Khudrun Dighi, Mangalkote

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PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE

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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 Prodhon
27.	ANTARA MODAK	VI	Antara Modak
28.	KURBAN KHAN	VI	Kurban Khan
29.	FARHANA SULTANA	VI	Farhana Sultana
30.	MOHIBUR SK	VI	Mohibur SK



Dr. Pradipta Kumar Basu
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Government General Degree College, Mangalkote
P. Pancharantala, Khudrun Dighi, Singot-711122



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Government of West Bengal
Office of the Principal

GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE
PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE
P.O. - MAJHIGRAM; BLOCK - MANGALKOTE; SUB DIVISION - KATWA
DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA
Email: ggdc Mangalkote@gmail.com; Website: https://mangalkotegovtcollege.org

MEMORANDUM OF UNDERSTANDING

BETWEEN

GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE, a reputed higher education institution, located at Panchanantala, Khudrun Dighi, P.O: Majhigram, Block – Mangalkote, Dist: Purba Bardhaman (W.B.) INDIA, PIN-713132, as the **FIRST PARTY**.

AND

SINGOT RURAL HOSPITAL, a reputed government hospital, located at P.O. Mathrun, P.S. Mongolkote, Dist- Purba Bardhaman (W.B.) INDIA, PIN- 713143, as the **SECOND PARTY**.

Both the parties herein have noted the importance of the value of cooperation and have agreed to enter into this Memorandum of Understanding (MoU) regarding medical collaboration. The purpose of this non-binding MoU is to make possible medical and healthcare facilities between both the parties based on the principles of mutual equality and the reciprocity of benefits. NOW THIS MEMORANDUM OF UNDERSTANDING is agreed by and between both the parties here to as follows:

1. Objectives, Scope, and Major Activities

Both the parties agree to encourage the development of the following types of activities:

- To provide doctors for emergency check up of the students when necessary.
- To arrange half yearly medical check-up camps.
- To provide guidance regarding medical issues and cure of the patients.
- To provide emergency first aid training of the college staff.
- Organize joint conferences, webinar, symposia or other scientific meetings on subjects of mutual interest.
- Explore the possibilities for developing joint research programs and collaborations.
- To conduct joint outreach activities.
- To provide the treatment on priority basis.

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2. Responsibilities of the Institutions

The two parties identify that the execution of any agreed upon activity will depend upon the interests and expertise of the individuals involved and the availability of financial resources, space and other resources. Accordingly, the functioning of any exchange and Cooperative programs based on this MoU shall be conferred and determined between the two parties. It is further expected that both the parties will be compliant with all applicable legislations policies.

3. Duration and Option to Amend, Extend or Terminate

This MoU will become effective when signed by authorities of both institutions. The agreement will remain in effect for five years from the date of signature given below, and may be renewed or amended by mutual agreement of the institutions. The institutions should agree to periodically review the activities undertaken and the progress made and to consult concerning amendments, renewal or termination of this MoU. Either authority may terminate this MoU at any time by providing written notice prior to three months before such termination to the other authority.

4. General Terms

This MoU is not intended to, and does not create any right, benefit, or trust responsibility, substantive or procedural, enforceable by law or equity, by either party, its officers, employees, or agents against the other party, its officers, employees, or agents. Nothing in this MoU obligates either party to commit or transfer any funds, assets, or other resources in support of projects or activities between the two parties. Neither party will use the name of the other, either expressly or by implication, in any publicity, solicitation or advertisement without the express written approval of the other party to this MoU.

5. Signatures

This MoU is valid for 5 years and shall enter into force on the date of the signing by qualified representatives of both parties.

IN WITNESS WHERE OF the duly authorized signatories have set their hands and affix their signatures and seals on this the **8th March 2022**.

Signed by 1st Party

Signed by 2nd Party

**(Dr. Pradipta Kumar Basu)
Officer-In-Charge**

**(Dr. Amit Kumar Rakshit)
Superintendent**

**Government General Degree
College, Mangalkote**

Singot Rural Hospital

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

Superintendent
SINGOT RH
P.O.-Mathrun, Burdwan



Signature of Witness:

Signature of Witness:

**ARITRA RUDRA
(W.B.E.S)
ASSISTANT PROFESSOR (GROUP-A)
DEPARTMENT OF HIGHER EDUCATION
GOVERNMENT OF WEST BENGAL**

**Dr. Pradipta Kumar Basu
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Memo No.: 216/MGC

Dated: 16/04/2022

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

Sub: Invitation to deliver a Lecture in the Health Awareness Programme on "General Health Awareness and Society" on 21st April, 2022, as part of the celebration of World Health Day (7th April), organized by the NSS Committee, GGDC, Mangalkote, in association with IQAC, GGDC, Mangalkote

Dear Sir,

It is our honour to invite you as a speaker to deliver a Lecture on "General Health Awareness and Society" in the Health Awareness Programme on 21st April, 2022 (Thursday), at 12.30 P.M. as part of the celebration of World Health Day observed internationally on 7th April, organized by the NSS Committee in association with IQAC, Government General Degree College, Mangalkote, Panchanantala, Khudrun Dighi, Purba Bardhaman-713132, West Bengal. We sincerely hope that it will be an enriching experience for the students and faculty members to listen to your deliberation.

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

Thanking you,



With regards,

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

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Dt. Purba Bardhaman, West Bengal- 713132

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Certificate of Honour

The undersigned expresses his gratitude to Dr. Amit Kumar Rakshit, Superintendent, Singot Rural Hospital, Purba Bardhaman, West Bengal for delivering a lecture on "General Health Awareness and Society" in the Health Awareness Programme organized by the NSS Committee, GGDC, Mangalkote, in association with IQAC, GGDC, Mangalkote on 21st April, 2022, as part of the celebration of World Health Day observed internationally on 7th April.



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

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