

Name of Program-Career Opportunities for Students

Organised By- National Service Scheme Unit I and II, Kurseong College.

Date-07/10/2021

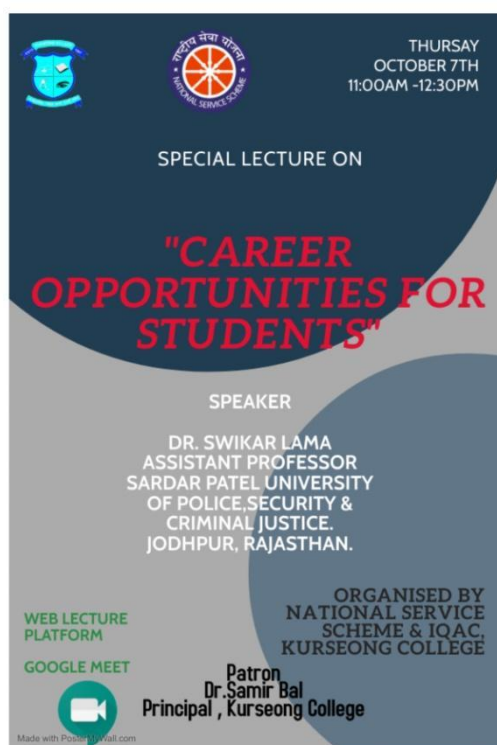
Online Platform-Google meet link- meet.google.com/eje-tpaj-tiu

Objective of the Program-To create awareness among the students on various career opportunities available to them on completion of graduation.

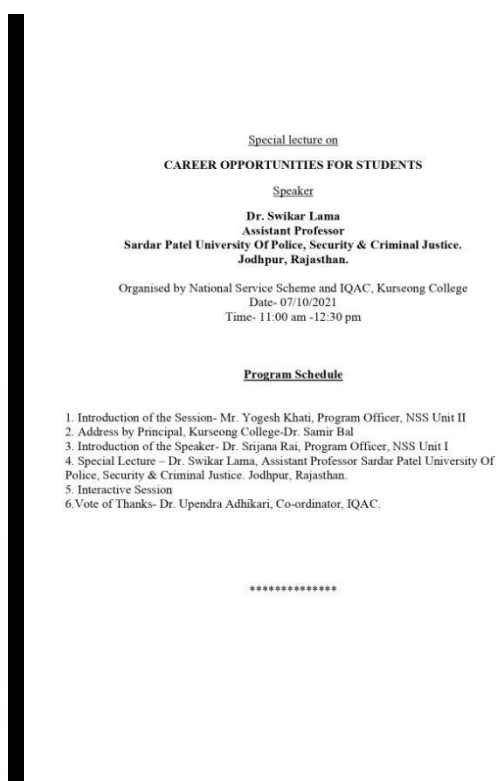
Name and Details of Resource Person- Dr. Swikar Lama, Assistant Professor Sardar Patel University of Police, Security & Criminal Justice. Jodhpur, Rajasthan.

No. of students who participated- 95

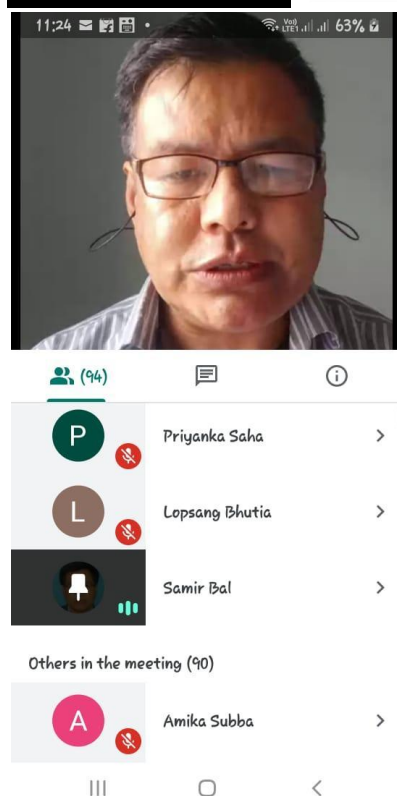
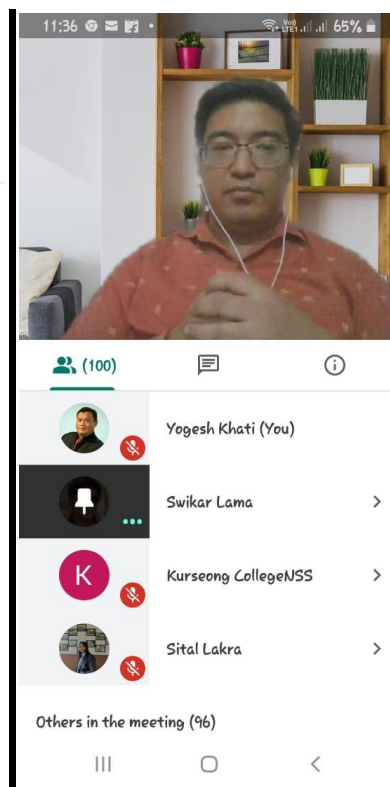
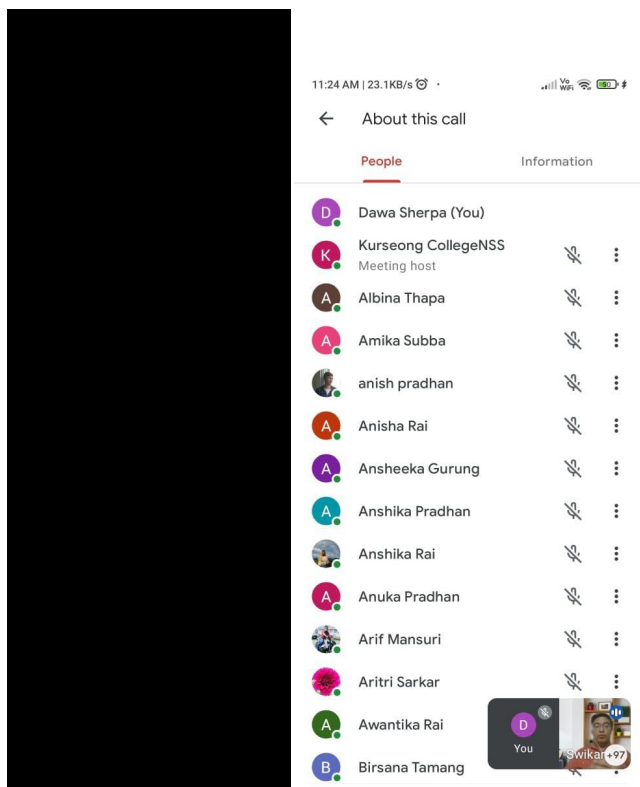
No. of Teachers who participated-4



Program Flyer



Program Schedule





Session in Progress

List of Participants

Students

Sl. No.	Name
1	Meghna Sundas
2	Twinkle Rai
3	Yangji Sherpa
4	Sahii Tamang
5	Riya Gurung
6	Gayatri Upadhya
7	Purnima Karki
8	Subekcha Chhetri
9	Priyanka Saha
10	Albina Thapa
11	Arman Newar
12	Bisakha Thapa
13	Kaushal Tamang
14	Kusum Thakur
15	Soniya Chettri
16	Apsana Khatoon
17	Alka Tamang
18	Amika Subba
19	Lopsang Bhutia
20	Anshika Pradhan

Teachers

Sl. No.	Name
1	Dr. Samir Bal
2	Dr. Srijana Rai
3	Mr. Dawa Sherpa
4	Mr. Yogesh Khati

- 21 Birsana Rai
- 22 Sangel Lama Zimba
- 23 Arif Mansuri
- 24 Anshika Rai
- 25 Salina Rai
- 26 Sital Lakra
- 27 Kaisara Banu
- 28 Pratik Tamang
- 29 Neha Kumari Thakur
- 30 Ruchita Dey
- 31 Sashank Dudani
- 32 Suman Sarki
- 33 Bishaka Thatal
- 34 Lashang Lama
- 35 Anish Pradhan
- 36 Kewal Sinchuri
- 37 Sakchi Choudhary
- 38 Jeena Tamang
- 39 Anisha Rai
- 40 Sakina Khatoon
- 41 Sunita Chettri
- 42 Marmen Tamang
- 43 Kritika Khati
- 44 Rakchana Ghatani
- 45 Anuka Pradhan
- 46 Sejalgolay
- 47 Anushka Darjee
- 48 Abinaya Thapa
- 49 Sanita Chhetri
- 50 Divya Chettri
- 51 Ansheeka Gurung
- 52 Srijana Chhetri
- 53 Jamuna Pradhan
- 54 Awantika Rai
- 55 Yanji Tamang
- 56 Upashna Syangbo
- 57 Palmo Lama
- 58 Supriya Subba
- 59 Yogendra Pradhan
- 60 Losang Tamang
- 61 Rinchen Lama
- 62 Sristi Ray
- 63 Nesang Tamang
- 64 Nisha Pradhan
- 65 Sneha Routh
- 66 Madhumala Prasad

- 67 Kriti Sinchuri
- 68 Anmol Rai
- 69 Prabha Pakhrin
- 70 Chewang L Sherpa
- 71 Rakcha Pradhan
- 72 Debika Chettri
- 73 Bijaya Tamang
- 74 Britney Hutchings
- 75 Reetu Routh
- 76 Piyasee Manta
- 77 Wangsita Sherpa
- 78 Manisha Routh
- 79 Pritika Bhujel
- 80 Rahul Thapa
- 81 Trishna Chettri
- 82 Shweta Khargq
- 83 Nisha Lama
- 84 Ramchand Thakur
- 85 Bisaka Sundas
- 86 Bishwak Chetteri
- 87 Ankita Kumari
- 88 Anisha Kumari
- 89 Aritri Sarkar
- 90 Sweety Das
- 91 Rinki Das
- 92 Donisa Rai
- 93 Sanjok Mangar
- 94 Purabi Debsingha
- 95 Pukar Rai

Name of the Event- Countdown of 100 days of Yoga

Organised by- National Service Scheme Unit I, Kurseong College

Date- 14/03/22-20/06/2022

Objective of the Program- To raise awareness on practising yoga for promoting health, well being and peace of all individuals.

Activities Undertaken- The volunteers posted photographs and videos of doing yoga at home on a daily basis from 14/03/22- 20/06/2022.

No. of Students Participated-03



Students' Daily Yoga Practise

Students

1. Srijana Chettri- 2nd Semester B.A.
2. Yangzi Sherpa- 4th Semester B.A
3. Jyotika Tamang 4th Semsester B.A.

Name of Program- World Environment Day

Organised By- National Service Scheme Unit I and II, National Cadet Corps and Department of Zoology, Kurseong College.

Date-07/06/2022

Venue- College Auditorium (Room No. 07)

Objective of the Program- The world today is plagued by several environmental hazards with dire consequences for the future generations. In this context the role of the youth is significant in raising and spreading awareness on this issue. With this in view, the NSS and NCC Units of Kurseong College along with the Department of Zoology organised an awareness program on the occasion of World Environment Day with the focus being on following the policy of the Three Rs-Reduce, Reuse and Recycle.

Activity- Students read out speeches on environmental awareness. They also put up posters stressing on protecting and safeguarding the environment. Students and teachers present took the environment day pledge to protect the environment. The students were also taught the process of making eco bricks which helps in reusing plastics.

No. of students who participated- 95

No. of Teachers who participated-08



Program Flyer



Since 1974, every year 5th June is celebrated as World Environment Day globally. It is a day for creating awareness among the citizens across the world on the environment and environmental concerns as the world today is plagued by several environmental hazards such as pollution, plastic overuse, forest fires and loss of biodiversity, ozone depletion, climate change etc. In this regard the role of the youth is significant and they should take a proactive role in raising and spreading awareness. With this in view, the NSS and NCC Units of Kurseong College along with the Department of Zoology is organising an awareness program on the occasion of World Environment Day. The focus of the activity is the **Three Rs-Reduce, Reuse and Recycle**. The event will be observed on **7th June 2022 at 12:30 pm** in the College Auditorium. All the students are requested to participate in the event.

Activities to be organised:

- Speech on Environmental Awareness
- Making Eco-bricks
- Poster making
- Slogan Writing

Dr. Srijana Rai
(NSS Unit I Program Officer)
Mr. Yogesh Khatri
(NSS Unit II Program Officer)
Mrs. Namrata Rai
(ANO, NCC)
Mr. B.K. Rai
(Head, Department of Zoology)

Program Schedule



Speech by Student



Making Ecobricks

Name of the Event- Folic Acid Distribution

Organised by- Kurseong Municipality, National Service Scheme Unit I and II (NSS), and National Cadet Corps (NCC) Kurseong College

Date- 16/06/22

About the Program- To control the problem of anaemia among the girl students aged 18 years and above, the Kurseong Municipality along with health officials distributed folic acid tablets to the girl students of the college. The students were made aware anaemia and its related problems that is common among the young girls and women and stressed on the need for increasing consciousness on the same for prevention of anaemia.

No. of Students Participated-86



Distribution of Folic Acid Tablets



Talk by Health Personnel

Name of the Event- Har Ghar Tiranga Camapign under Azadi ka Amrit Mahotsav

Organised by- National Service Scheme Unit I and II, Kurseong College

Date- 1/08/22-15/08/2022

Objective of the Program- To instil the feelings of patriotism among the people and raise awareness about the national flag.

Activities Undertaken-

1. Virtual Pinning of the national flag by NSS volunteers and teachers.
2. Distribution of national flag to 50 households and 10 staff members by volunteers explaining the importance of the “Har Ghar Tiranga” campaign.

No. of Students Participated-110

No. of Teachers Participated- 10



NSS Program Officers Explaining the Importance of Har Ghar Tiranga Camapign to the Volunteers

Members of the Staff with the Tiranga



Distribution of Tiranga by NSS volunteers

Distribution of Tiranga by NSS volunteers

Name of Program-International Women's Day

Organised By- National Service Scheme Unit I and II, Kurseong College.

Date-12/03/2022

Venue- College Auditorium (Room No. 07)

Objective of the Program-To create awareness among the students on women's issues and women's rights.

Activity-In line with the objective, the resource person an eminent social activist of Kurseong town spoke on the importance of women's rights and presented a lucid description regarding the same. The highlights of the event included short skit by students, self composed poetry recitation, songs etc. on women's issues.

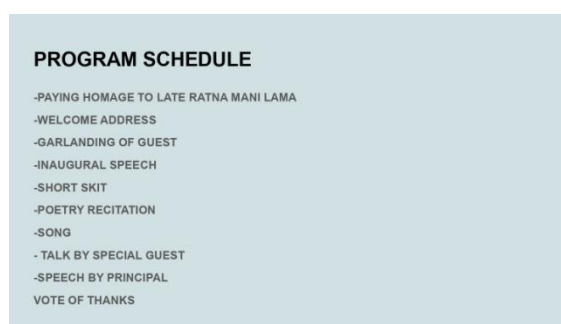
Name and Details of Resource Person- Mrs. Asha Mukhia Lama (M.A., L. L. B.), Sub-Divisional Disaster Management Officer (Retd.), presently Advocate at Kurseong Court. President and Founder Secretary of Gorkha Sanskritik Sansthan.

No. of students who participated- 159

No. of Teachers who participated-15



Program Flyer



Program Schedule



Resource Person Addressing the Audience



The Audience



Skit by Students



Poetry Recitation



Poetry Recitation

खरसाड महाविद्यालयमा अन्तर्राष्ट्रिय नारी दिवसबारे कार्यक्रम

खरसाड, १२ मार्च (मिस) : खरसाड महाविद्यालयमा अन्तर्राष्ट्रिय नारी दिवस विषयमा कार्यक्रम सम्पन्न भएको छ । खरसाड महाविद्यालय अन्तर्गत एनएसएस युनिट पहिलो अनि दोस्रो वर्षबाट अन्तर्राष्ट्रिय नारी दिवसलाई लक्ष्य गरेर एउटा कार्यक्रम आयोजना गरिएको थियो । कार्यक्रममा खरसाडकी प्रतिक्रिया नारी व्यक्तित्व आशा मुखिया लामा प्रमुख अतिथि बस्नुका साथै उपस्थित थिए । खरसाड महाविद्यालयका प्राचार्य डा समीर बस्नेले अध्यक्षता गरेको उक्त कार्यक्रममा प्रा तारा लोहार लेखा लगायत अन्य शिक्षण अनि गैर शिक्षण कर्मचारीहरू साथै सम्पूर्ण विद्यार्थीहरू उपस्थित थिए । कार्यक्रमको सफल आयोजनाको प्रतिक्रिया गरी व्यक्तित्व स्व रत्नामणि लामाको स्वागत गर्दै दुई मिनेटको मौनध्यान गरिएको थियो भने स्व लामाको परिचय प्रा तारा लोहारले राखेकी थिइन् । अन्तर्राष्ट्रिय नारी दिवसबारे सोच्ने एनएसएस प्रोग्राम अफिसर प्रा योगेश खत्रीले कार्यक्रमको परिचायक सम्भाषण राखेका थिए । प्रमुख वक्ता आशा मुखिया लामाले आफ्नो सार्वजनिक अभिलेखमा नारी दिवसबारे धेरै उद्बोधनीय चर्चा गरिन् । आफ्नो सम्बोधनका क्रममा आशा मुखिया लामाले नारी र पुरुष दुवैको आफ्नो



सम्मान नै सम्मानको कुरो रहेको बताउँदै नारीहरू आफ्नो कानुनी हक र अधिकारबारे सचेत रहनुपर्ने कुरामाथि बोझ दिनु । कार्यक्रमका अध्यक्ष कान्त प्रजापति डा समीर बस्नेले खरसाड कार्यक्रमको एनएसएसले चर्दै उन्मुखी कार्यक्रमहरू गरिरहेको बताउँदै भविष्यमा पनि यसै

समाजमुखी अन्य कार्यक्रम गरिने योजना रहेको बताए । कार्यक्रमकी सहायिका एनएसएस प्रोग्राम अफिसर प्रा सुब्बा राई रहेकी थिइन् भने कार्यक्रममा धनवाद ज्ञान प्रा ज्ञान लामाले गरेका थिए । यस कार्यक्रममा छोटो एकाङ्की, गीत अनि कविता वाचन रहेका थिए ।

Newspaper Report- Himalaya Darpan 13th March 2022

Name of Program-International Yoga Day

Organised By- National Service Scheme Unit I, Kurseong College.

Date-21/06/2022

Online Platform-Google meet. Link- [gpi-ajss-myv](#)

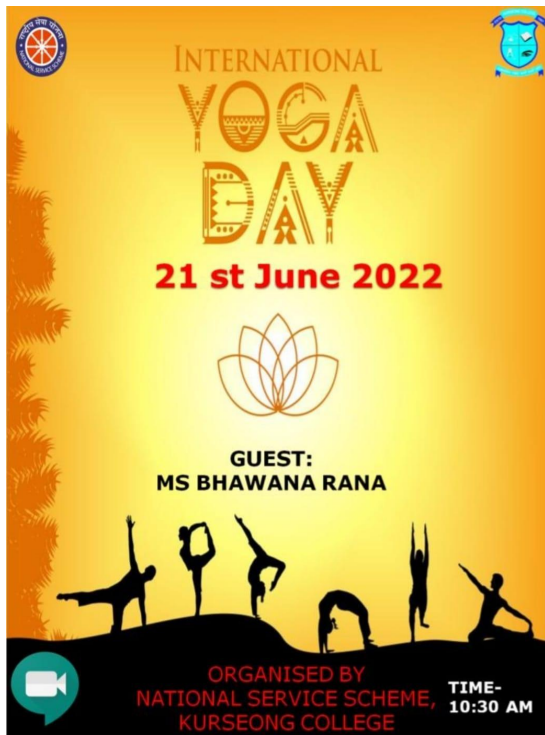
Objective of the Program-To create awareness among the students on the benefits of yoga.

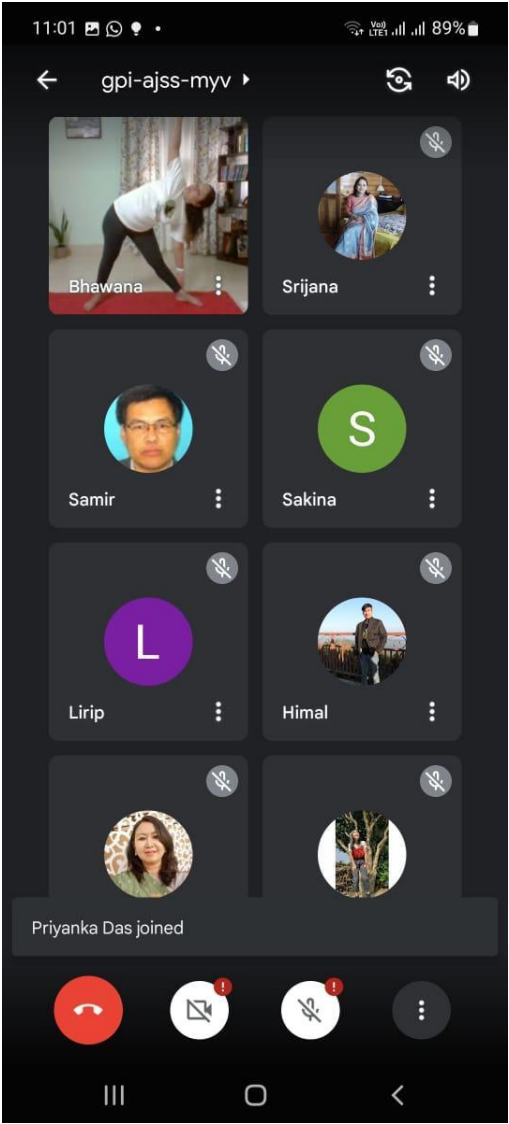
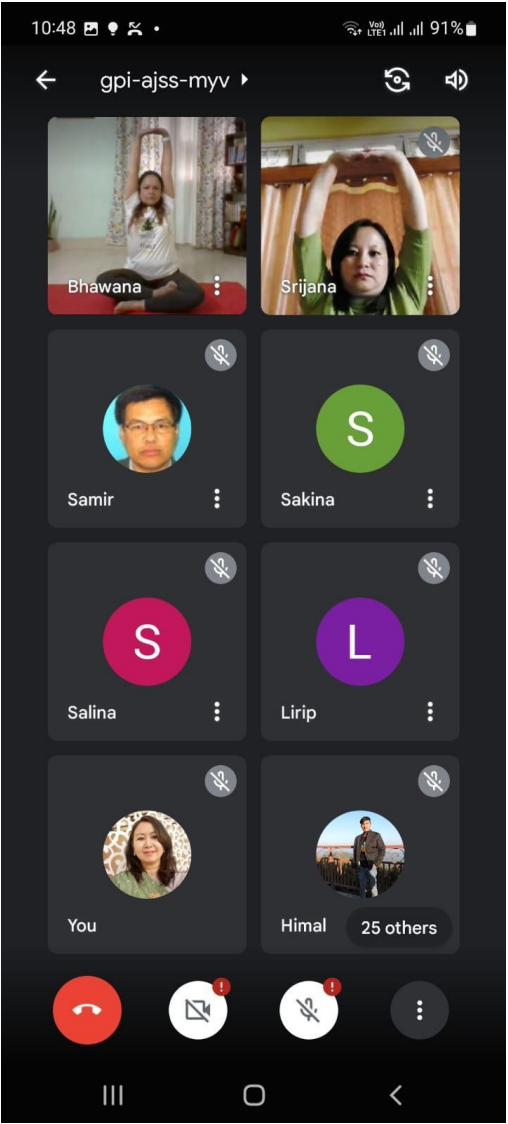
Activity-In line with the objective, the resource person spoke on the theme of International Yoga Day 2022- Yoga for Humanity explaining the importance of yoga in our daily lives. She demonstrated various yogic poses explaining the benefits of these asanas.

Name and Details of Resource Person- Mrs. Bhawana Rana, Yoga Instructor. Completed 200 hour Basic Yoga Teacher's Training Course from The Yoga Institute, Mumbai and certified to teach yogic concepts and techniques to children and healthy adults.

No. of students who participated- 29

No. of Teachers who participated-04





List of Participants

Students:

1. Sakina Khatoon
2. Salina Rai
3. Himal Khawas
4. Lirip
5. Priyanka Das
6. Sashank Dudani
7. Piyasee Manta
8. Dibya Sharma
9. Sahil Tamang
10. Darshan Subba
11. Lashang Lama
12. Aman Rai
13. Reshika Chettri
14. Bisakha Tahap
15. Sital Lakra
16. Kewal Sinchury
17. Aditya Shrestha
18. Arman Newar
19. Sanjukta Paul
20. Anurag Sewa
21. Vasker Upadhaya
22. Yougesh Golay
23. Ruchita Dey
24. Jeena Tamang
25. Rinchen Lama
26. Kaushal Tamang
27. Puja Rai
28. Dheeraj Chettri
29. Shikha Lama

Teachers

1. Dr. Samir Bal, Principal
2. Dr. Srijana Rai
3. Dr. N. K. C. Lepcha
4. Mr. B. K. Rai

Name of the Event- Let's Reach Out and Make a Difference

Organised by- National Service Scheme Unit I and II, Kurseong College

Date- 31/08/22

About the Program- The two units of NSS (Unit1 and 2) conducted 'An Outreach Programme' at Kurseong Adarsha Vidyalaya for students of Classes V-X. The group of NSS Volunteers from both the units participated in the programme and spoke on various social issues such as environmental awareness, drug abuse, cleanliness etc. to raise awareness about the same among the school students and interacted with them. The volunteers also informed the students about the different streams of study that can be opted at the higher secondary and the graduate level which will guide them to make suitable choices for higher studies. The teachers of the host school appreciated their efforts and wished them good luck ahead. The Programme Officers Dr.Srijana Rai and Mr. Yogesh Khati prepared and guided the team.

No. of Students Participated-13

No. of Students of Kurseong Adarsha Vidyalaya- 32

No. of Teachers Participated- 02



NSS volunteers speaking on various issues



The Volunteers with the Students of Kurseong Adarsh Vidyalaya

Name of the Event- Traffic Rules and Road Safety

Organised by- Darjeeling Traffic Police and National Service Scheme Unit I and II, Kurseong College

Date- 31/08/22

Objective of the Program- To educate the students about various traffic signs and rules and increase awareness on road safety and safe driving.

Resource Person-

No. of Students Participated-165

No. of Teachers Participated- 13



Traffic Police Personnel Explaining Traffic Rules and Importance of Road Safety

Name of the Event- Youth RJ Talent Hunt AIR Nxt –Azadi ka Amrit Mahotsav

Organised by- All India Radio, Kurseong in collaboration with National Service Scheme Unit I and II, Kurseong College

Date- 23/03/22

About the Program- Youth RJ Talent Hunt organised by All India Radio Kurseong in collaboration with NSS Kurseong College as part of the "Azadi ka Amrit Mahotsav". The students were required to speak on topics provided to them. The program was broadcast on All India Radio, Kurseong on 25/03/22. The winner of the program Amrita Tamang, 4th semester Nepali Honours student was provided with an opportunity to speak on the radio in Yuva Vani program on 27/03/2022. The program aimed at developing the students' abilities in public speaking.

No. of Students Participated-14

No. of Teachers Participated- 06



Students' Presentation



Student's Presentation



Program Executive of All India Radio, Kurseong addressing the students



The winner Amrita Tamang at the studio of All India Radio, Kurseong.