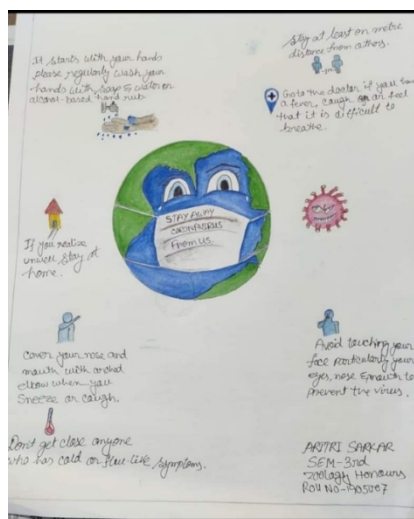




International Youth Day 2020

Youth power is the only power in today's era that can be channelized appropriately to achieve the global goals to end poverty, inequality and climate change. Youth's involvement is very vital for bringing in inclusive, equitable and accessible opportunities for all including themselves and they act as the main catalysts in achieving rapid national development. Every year International Youth Day (IYD) is celebrated on the 12th of August and this year the area to be focused upon more is youth engagement. The theme of International Youth Day 2020, is "Youth Engagement for Global Action". It seeks to highlight the ways in which the engagement of young people at the local, national and global levels is enriching national and multilateral institutions and processes, as well as draw lessons on how their representation and engagement in formal institutional politics can be significantly enhanced.

To commemorate this event, the National Service Scheme (NSS) Units of Kurseong College in collaboration with West Bengal State AIDS Prevention & Control Societies, Department of Health & Family Welfare, Government of West Bengal, organised online activities for students for creating awareness on Public Health threats like HIV & COVID-19. Two students participated in the event by creating posters on HIV AIDS awareness and how to stop spread of Coronavirus. The same were posted in the official whatsapp group of NSS of NBU and the official facebook page of the college.



Dr. Srijana Rai and Mr. Yogesh Khati

Program Officers Unit I and II
NSS, Kurseong College.

Dated-30th July 2020



FIT INDIA FREEDOM RUN

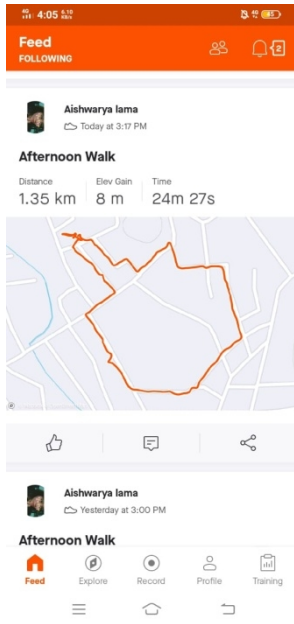
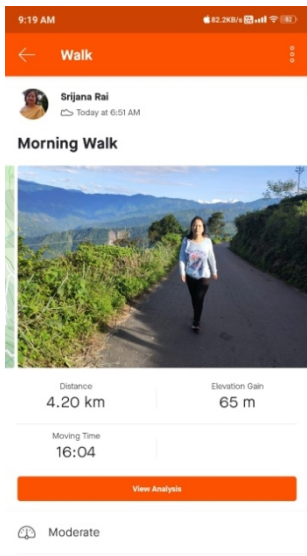
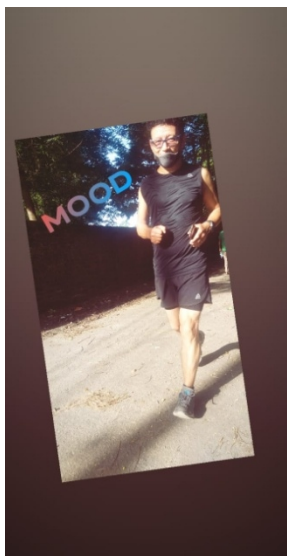
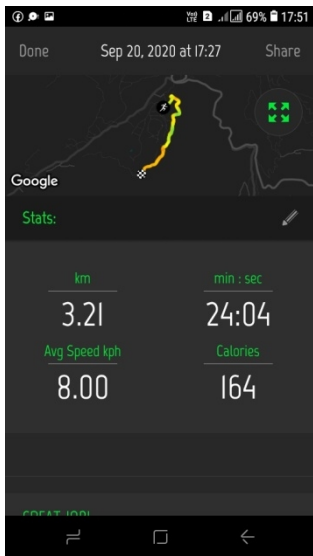
(14th- 20th September, 2020)

The Fit India Freedom Run is a part of the Fit India Movement launched to take the nation on a path of fitness and wellness. It encourages fitness among the citizens and helps them lead healthier lives. The concept behind this run is that “It can be run anywhere, anytime!” As a part of this movement the Fit India Freedom Run is being organised by the National Service Scheme, Kurseong College for all the students and staff members from 14th- 20th September, 2020. **The** Participants could run a route of their choice, at a time that suitable to them. They could also break-up their runs and track kms manually or by using any tracking app or GPS watch. The students organized their events following the social distancing norms and followed the new normal of ‘virtual runs’ as is being practiced by runners / walkers across the world.

The participants were required to post pictures of their activity on a daily basis through the official whatsapp group of NSS, Kurseong College. There were 14 participants- 5 teachers and 9 students. The cumulative distance covered was 193.82km.

Name	Distance covered on							
	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	Total
Dr. Srijana Rai	3.5	4.04	4.08	1.83	4.02	4.53	4.2	26.2
Aishwarya Lama	1.94	3.37	1.35	1.24	2.05	0.98	0	10.93
Uday Rai	3.51	4.06	4.19	4.71	5.38	6.61	5.39	33.85
Sweety Das	2.7	3.03	3.04	3	2.8	0.92	1.08	16.57
Dr, N K C Lepcha	0.35	1.46	0.32	0.79	0.39	0.5	0.42	4.23
Bijayata Pradhan	0.82	0.82	3.5	3	3	1.1	1.32	13.56
Sangita Chettri	2.72	3.26	3.92	2.59	4.31	0.76	3.21	20.77
Dr. S. P. Molommu	2.06	0.24	2.11	2.62	1.45	2.65	2.68	13.81
Anil Shrestha	4.1	3.9	2.35	2.72	2.04	0	0	15.11
Vaishnavi Attri	4.1	2.7	2.3	2.72	2.04	0	0	13.86
Simran Parveen	4.1	2.4	2.3	2.72	3.28	0	0	14.8
Pankaj Rai	0	3.55	3.51	0.74	0.81	1.52	0	10.13
Swati Chettri	0	skipping	skipping	yoga				0
Aritri Sarkar	0	0	0.9	1.8	0.55	0.55	0.24	4.04
Total	29.9	32.83	32.97	28.68	31.57	19.57	18.3	193.82

All the participants received e-certificates from Government of India, Ministry of Youth Affairs and Sports.





Congratulations to

KURSEONG COLLEGE NATIONAL SERVICE SCHEME

**FOR SUCCESSFULLY PARTICIPATING IN
FIT INDIA FREEDOM RUN**

From 15th August - 2nd October

www.fitindia.gov.in

This is an official Government of India certificate, based on the information provided by the organizer of the event.