

## Report on the event 'Mask Distribution'

Date: 08.07.2020

No. of Participants: Thirty-three

The NSS units of Polba Mahavidyalaya organized a successful Mask Distribution initiative during the COVID-19 pandemic. Dr. Sushanta Kumar Majumdar, Principal, inaugurated the event, highlighting the critical role of masks in preventing the spread of the virus and protecting public health.

Students engaged in various activities, including distributing masks to students and staff, educating them about proper mask usage and hygiene practices, and ensuring that everyone adhered to safety protocols. The event featured sessions on the significance of masks in controlling the pandemic and maintaining personal and community health, enhancing participants' understanding of COVID-19 safety measures. The initiative concluded with a reflection session, where participants shared their experiences and committed to continuing efforts to support health and safety during the pandemic.





**Some glimpse of 'Mask Distribution' (2020-2021)**

Overall, the Mask Distribution initiative during COVID-19 was highly successful, fostering a sense of responsibility and care among students in adhering to health and safety protocols. The NSS units extend their gratitude to all participants and contributors for making the event impactful and inspiring a greater commitment to maintaining public health and safety on campus.

## Report on the NSS activity “International Yoga Day”

Date: 21.06.2022

Organised by: NSS unit I & II and Sports Committee

No. of Participants: Forty eight

On June 21, 2022, the NSS unit and Sports Committee, Polba Mahavidyalaya, celebrated International Yoga Day with a special event aimed at promoting the practice of yoga and its benefits for physical and mental well-being. The event was held in the college auditorium and was attended by a large number of students, faculty members, and NSS volunteers.

The program began with a brief introduction to the history and significance of International Yoga Day by the NSS Program Officer. This was followed by a yoga session,

In addition to the practical session, the event also featured a talk on the importance of incorporating yoga into daily life, especially in the context of stress management and overall health. The instructor shared insights on how yoga can help individuals maintain a balanced lifestyle and improve their mental clarity and focus.

The event concluded with a group meditation session, which left participants feeling relaxed and rejuvenated. Feedback from attendees was highly positive, with many expressing their appreciation for the opportunity to engage in yoga practice and learn more about its benefits.

The International Yoga Day celebration was a great success, reinforcing the value of yoga as a holistic practice for enhancing physical and mental well-being. The NSS unit plans to continue organizing similar events to further promote the benefits of yoga among the college community.



**Some Glimpse of the event “International Yoga Day” (2021-22)**

International Yoga Day - 21 June 2022  
12:00 Noon

Programme: International Yoga Day

Date: 21.06.2022

Sl. No	Name	Seniority	Roll No
1	Bhaskar Ghosh	2nd	802
2	Raj Sankar	2nd	406
3	Ganachandramma	2nd	1144
4	Budhadev Mandi	2nd	1048
5	DURGA HANSDA	2nd	1145
6	Debasish Tudu	2nd	1143
7	Arjun Saha	3th	22
8	Arjun Saha	4th	20
9	Ajay Balder	4th	18
10	Pinki Malik	2nd	1027
11	Anamika She	2nd	1036
12	Mika Sankha	2nd	1105
13	Trisha malik	2nd	1045
14	Bibi Mas	4th	03
15	Ananya Mal	4th	02
16	Ankit shaw	4th	06
17	Ritika Mandi	2nd	602
18	Nilmoni Hembram	2nd	1126

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Name	Seniority	Roll No
Susmita malik	2nd	06
Maheshwari Abh	2nd	01
Soheli Paul	2nd	02
Pallu Mahato	2nd	05
Sampati Kunda	2nd	03
Debi Chakraborty	2nd	1013
Kabita Soren	2nd	07
Rituparna Manna	2nd	1026
Riya Ghosh	2nd	1088
Susmita Manna	2nd	1106
Pia Dholey	2nd	1130
Bijanka Ghosh	2nd	1138
Lorna Majhi	2nd	1033
Bibi Mallick	2nd	1102
Babita Ghosh	2nd	1053
Prity Karmaloy	2nd	1003
Sakina Khatun	2nd	1116
Rohini Roy	2nd	1134
Bakhi Soren	2nd	1150
Mandira Soren	2nd	1132
Rakhi Malik	2nd	1089
Amrita Hembram	2nd	1052
Malika Hansda	2nd	1180
Sarima Khatun	2nd	1006

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- 45) Mou Roy 2nd 1193
- 46) Shrabani Ghosh 2nd 1110
- 47) Argha Mondal 2nd 1090
- 48) Nanya Ghosh 2nd 1078
- 49) Sonali Soren 2nd 1019
- 50) Papaya Soren 2nd 1025

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