



DR. KANAILAL BHATTACHARYA COLLEGE

NSS UNIT

15, Kona Road, Ramrajatala, P.O. - Santragachi, Howrah - 711 104



NSS Programme Officer

Dr. Sampa Ray Bagchi

Mob. : 9836569066

Email ID : raybagchisampa2005@gmail.com

Phone No. : 2627-2490

Fax : 91-33-2627-3241

E-mail ID : klb.college@gmail.com

Website : www.drklbcollege.ac.in

Ref. No. :

Date :

EVENT- 14

**Theme-Practice national integration and
socialharmony Event organized to
accomplish the theme CYCLATHON KEEP
INDIA FIT CAMPAIGN**

Under the guidance of University of Calcutta, on 18.1.2020 almost 20 NSS Unit Students with three teachers went for a 5km Cyclathon from College to Kadamtala Power Station, and back. After the event the students were updated about their health, like eating the right kind of food, maintaining regulated life, need for everyday excersises by NSS Programme officer Dr.Sampa RayBagchi, Dr.Samir Kumar Naskar. NSS member and was shown some live demonstration on yoga by Prof. Bidusi Sardar, member of NSS. Students enjoyed thoroughly.

OUTCOME

Students were made aware of taking care of their health, to keep themselves fit andwereencouragedtodoregularexercises.

BENEFICIARIES

20Students, 3 Teachers, 3 Staff, 10 CommunityPeople.



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CYCLATHON



NSS Volunteers, Programme Officer & Teachers at Kadamtala (Howrah) Power Station during the Event.



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UNIVERSITY OF CALCUTTA

NATIONAL SERVICE SCHEME (NSS)

Ministry of Youth Affairs and Sports, Govt. of India

&

Higher Education Department, Govt. of West Bengal

Phone : 033 2241-0071

033 2241-4984

033 2257-1470

Tele Fax: 033 2257-1470

Ref. No. NSS/PVC/02/2020

Date 14-01-2020

To Dr. Sampa Ray Bagchi
NSS Programme Officer.
KLB
14/01/2020

Notice

As per the approval of the Hon'ble Vice-Chancellor of our University all the principals of Colleges/ Mahavidyalaya affiliated to our University having NSS Unit(S) are requested to organise **Fit India Cyclathon** on 18.01.2020 according to the enclosed guidelines sent by Smt. Sarita Patel, Regional Director, Regional Directorate of NSS, Kolkata, Govt. of India.

Date: 14-01-2020


Prof. Minakshi Ray
Programme Coordinator, NSS
&
Pro-Vice-Chancellor (BA&F)
University of Calcutta



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Discourse on how to keep fit after the event





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5km Cyclathon



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NSS Volunteers taking part in Cyclathon

Sl No	NAME	Ph No
1.	Sanjib Kumar Porel	9073664771
2.	Sourav Majhi	6290619248
3.	Bipasa Das	8334946009
4.	Sujoy Maji	7044248560
5.	Amit Dhara	9038010380
6.	Arnab Chowdhury	6290543734
7.	Subhajit Roy	6290521076
8.	Soumajit Mondal	6290428529
9.	Purnima Malik	8420049745
10.	Dipika Hazra	9163723024
11.	Suparna Jana	8116636406
12.	Subhasish Deb Barman	8100605331
13.	Sukla Sailo	
14.	Avik Saw	6290014325
15.	Dipankar Singh	6290099751
16.	Gopal Chandra Saw	6291633245
17.	Deap Barua	8100605331



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CYCLATHON



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