

ANNUAL REPORTS

YRC:

1. A "Comprehensive Health and Wellness Checkup Camp" was hosted by YRC of SBR. Govt. Women's College on December 4th, 2023. The camp aimed to promote health and wellness awareness, encourage preventive behaviors, and ultimately create a culture of health within the college community.

The camp was organized by the Youth Red Cross, in collaboration with the Department of Medicine at MKCG Medical College and Hospital. Dr. Nihar Ranjan Sahoo, Assistant Professor of Medicine, oversaw the camp with his team. The camp offered various services, including:

- Blood pressure measurement
- Body mass index (BMI) checkups
- Blood sugar tests
- Lipid profile tests
- Thyroid tests
- HBA1C tests
- Talks on blood pressure and its treatment
- Talks on obesity and women's health

Over 200 people participated in the camp, including students, faculty, and staff.

2. A health program on "Obesity and Women's health" was conducted by YRC of SBR. Govt. Women's College on 29. 04. 2023. The camp aimed to aware students on health and obesity and ultimately create a culture of health within the college community.

Dr. Debasish Patra, Asst. Prof. of Department of Endocrinology, MKCG Medical College and Hospital delivered a talk on the subject in which around 50 numbers of students participated.

Besides these following programs were conducted during the year:

YRC, Health awareness seminar on mental health	SBR Govt.Womens College, in association with Dr.Swati Mishra, Asst.Prof.Dept. of Psychatric, MKCG, MCH.
YRC, Seminar on Road Sefety	SBR Govt.Womens College, in association with Traffic Police Berhampur
YRC, Health awareness workshop on the occasion of world suicide prevention week	SBR Govt.Womens College, in association with Office of the CDMO, Ganjam
YRC, Health awareness seminar on breast cancer	SBR Govt.Womens College, in association with Lions Club Berhampur, Ganjam
YRC, Breast cancer Awaerness Programme	SBR Govt.Womens College, in association with Kranti Organisation,Berhampur

NSS:

- 1. A winter special camp of NSS unit 1 and unit 2 organized from 23.12.22 to 29.12.22.** The adopted area of unit 1 was ward no 25 of Bijipurpada and ward no 34 of Subaraopeta for unit 2. Each day of the camp was started with a morning yoga session by trainer Basanti kumari Patra. After that volunteers visited the adopted ward and prepared an awareness program regarding covid 19, consumer rights, human rights, health and hygiene. Cleaning and plantation also done by the NSS volunteers. Every day we arranged a learning session by a resource person of different field. In the evening session we have different competitions like essay on disaster management, just a minute, rangoli, painting on ecology. We organised a joyful valedictory function on 30.12.22 with cultural events like folk dance and patriotic songs. Honbl MP of Brahmapur Sri Chandra Sekhar Sahu and Honbl MLA Sri Bikram Kumar Panda joined us in the closing ceremony and distributed the certificates to the volunteers. Saloni Bisoyi, one of the volunteers prepared a short video on the 7 days winter camp.
- 2. District level competitions arranged by the SARALA BHASA SAHITYA GAVESANA NYASA on 06 Nov 2022 at Klorofeel school, Brahmapur.** Five students of our college participated in essay and debate competition. Three students secured positions in that event. Trupti priya Mohanty, 3rd year, odia dept....2nd prize in odia debate. Santosini Sahu, 2nd year, Comp sc dept....3rd prize in Odia debate, Swagatika Tripathy, 2nd year, Sanskrit dept...2nd prize in odia essay.
- 3. A debate competition (Odia) organised by the daily Odia newspaper SAKALA on its foundation day that is 13.11.22 at medical campus high school, Berhampur.** Two students participated in that competition.
- 4. A pledge taking ceremony arranged in the SBRG Women's college on the occasion of Rashtriya Ekta Diwas.** Dr R K Pradhan, HOD, PG dept of English was the chief guest of that program. Principal Dr. K C Padhi sir presided over the occasion. Dr N K Mahapatra, HOD, PG dept of Home Science was another guest of honour in that meeting. Dr. Pradhan delivered a beautiful and encouraging speech on the life and works of Sardar Patel, the Iron man of India. Principal Dr K C Padhi advised the students to keep the class room as well as the campus clean. Dr. N K Mahapatra madam encouraged the volunteers regarding national integrity. At last the program wound up with a vote of thanks by the NSS POS.
- 5. Besides the above following commemorative days were observed during the year by NSS:**

NSS DAY
RASTRIYA EKTA DIVAS
VIGILLANCE AWARENESS
YOUTH LEADERSHIP CAMP
CONSTITUON DAY
HUMAN RIGHTS DAY
WINTER SPECIAL CAMP
HACKATHON
NATIONAL VOTERS DAY
CONSTITUON DAY

NCC :

Programs conducted during the year:

Name of the Activity	Organising Unit/ Agency/ Collaborating Agency	Name of the Scheme	Month and Year of the activity	Number of students participated
NCC CAMP	2 (O) GIRLS BN NCC, RAYAGADA	ATC- 1	25.04.2022 – 05.05.2022	20
NCC CAMP	2 (O) GIRLS BN NCC, RAYAGADA	ATC - 2	06.05.2022 – 15.05.2022	6
NCC CAMP	2 (O) GIRLS BN NCC, RAYAGADA	ATC - 3	16.05.2022 – 25.05.2022	5
NCC CAMP	1 (O) AIR SQU, BBSR	IDSSC	01.06.2022 – 12.06.2022	2
NCC CAMP	2(O) BN NCC, BERHAMPUR	TSC-IUC 1	03.07.2022 – 12.07.2022	5
NCC CAMP	2(O) BN GIRLS NCC, RAYAGADA	TSC-IUC 2	29.07.2022 – 07.08.2022	5
NCC CAMP	1(O) GIRLS BN NCC, BBSR	TSC-IGC	08.08.2022 – 15.08.2022	5
NCC CAMP	1(O) GIRLS BN NCC, BBSR	TSC-IGC 2	19.08.2022 – 28.08.2022	3
NCC CAMP	1(O) GIRLS BN NCC, BBSR	TSC-IGC 3	05.09.2022 – 12.09.2022	2
NCC CAMP	DG NCC, DELHI	ALL INDIA TSC	14.09.2022 – 25.09.2022	1
NCC CAMP	13(O) BN NCC, NABARANGPUR	CATC	15.10.2022 – 22.10.2022	7
NCC CAMP	2(O) BN NCC, BERHAMPUR	RDC-IUC 1	01.11.2022 – 08.11.2022	6
NCC CAMP	2(O) BN NCC, BERHAMPUR	RDC-IUC2	10.11.2022 – 19.11.2022	3
NCC CAMP	6(O) BN NCC, PURI	RDC-IGC 1	21.11.2022 - 30.11.2022	2
NCC CAMP	6(O) BN NCC, PURI	RDC-IGC 2	02.12.2022 – 09.12.2022	1
NCC MARATHON	MUNICIPALITY CORPORATION, BERHAMPUR	FIH HOCKEY WORLD CUP	08.01.2023	25
NCC WALKATHON (RALLY)	MUNICIPALITY CORPORATION, BERHAMPUR	VOTER AWARENESS PROGRAMME	25.01.2023	30