

DVV Clarifications Metrics Level Deviations

3.6.3	<p>Number of extension and outreach programs conducted by the institution through NSS/NCC, Government and Government recognised bodies during the last five years</p> <p>3.6.3.1. Number of extension and outreach programs conducted by the institution through NSS/NCC, Government and Government recognised bodies during the last five years</p> <p>HEI Input :</p> <table border="1" style="margin-left: 20px; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 5px;">2020-21</th> <th style="padding: 5px;">2019-20</th> <th style="padding: 5px;">2018-19</th> <th style="padding: 5px;">2017-18</th> <th style="padding: 5px;">2016-17</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">56</td> <td style="padding: 5px;">55</td> <td style="padding: 5px;">50</td> <td style="padding: 5px;">44</td> <td style="padding: 5px;">31</td> </tr> </tbody> </table>	2020-21	2019-20	2018-19	2017-18	2016-17	56	55	50	44	31	<p>Provide Photographs or any supporting document of relevance with proper captions and dates Provide Detailed program report for each extension and outreach program, with specific mention of number of students and collaborating agency participated for the year 2016-17, 2017-18 , 2018-19 and 2019-20, 2020-21.</p>
2020-21	2019-20	2018-19	2017-18	2016-17								
56	55	50	44	31								

Supporting Documents:

- 1. Photographs of extension activities**
- 2. Detailed report for extension and outreach programs**



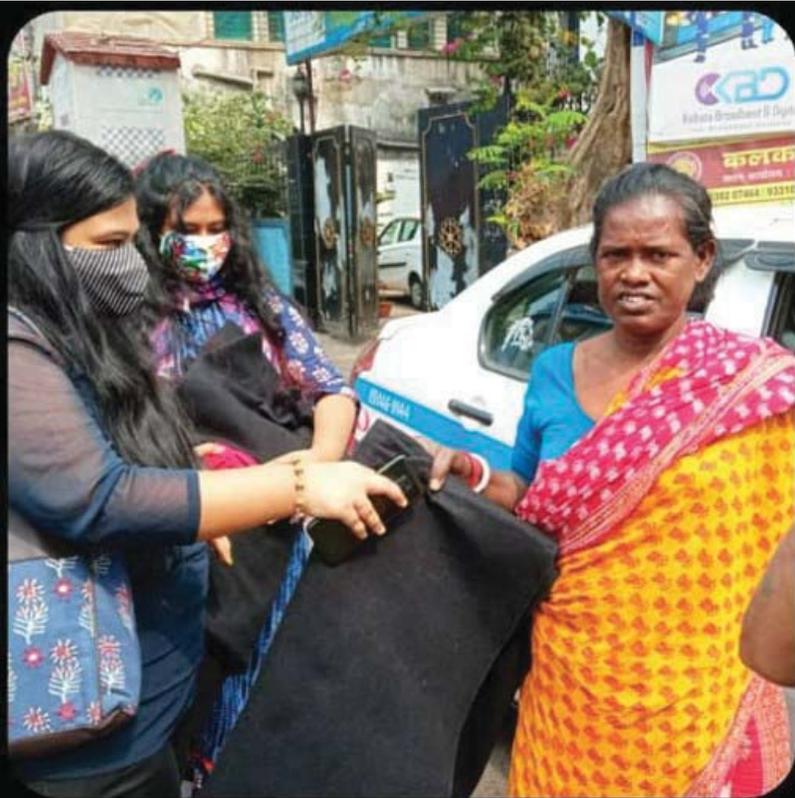
LIGHT OF LEARNING

SCHOOL SUPPLIES GIVEN TO UNDERPRIVILEGED CHILDREN
BY THE IEEE EDS CENTER OF EXCELLENCE, HITK

20.03.2021 - 22.03.2021



PPE Kit Donation to Hope Foundation 06.05.2021



Wishes of Warmth 2.0, Blanket Donation Drive,
12.02.2021



CHOWBAGA CENTRE



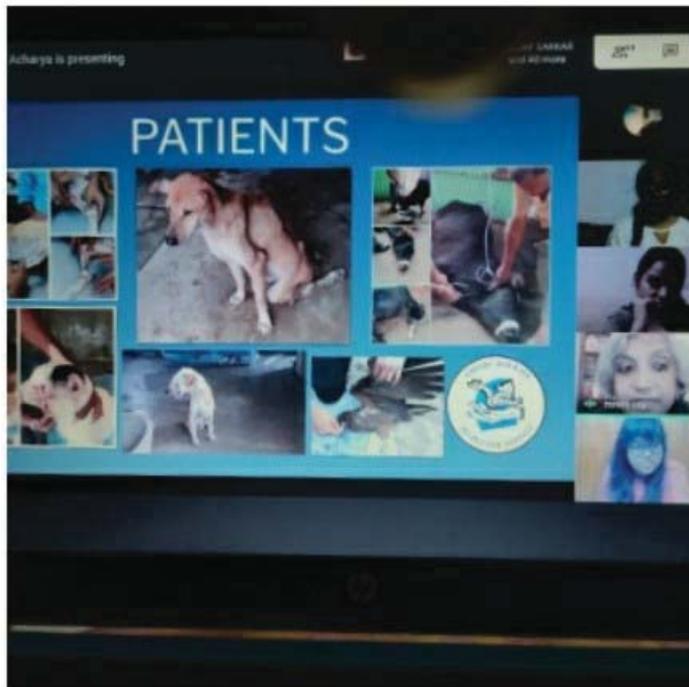
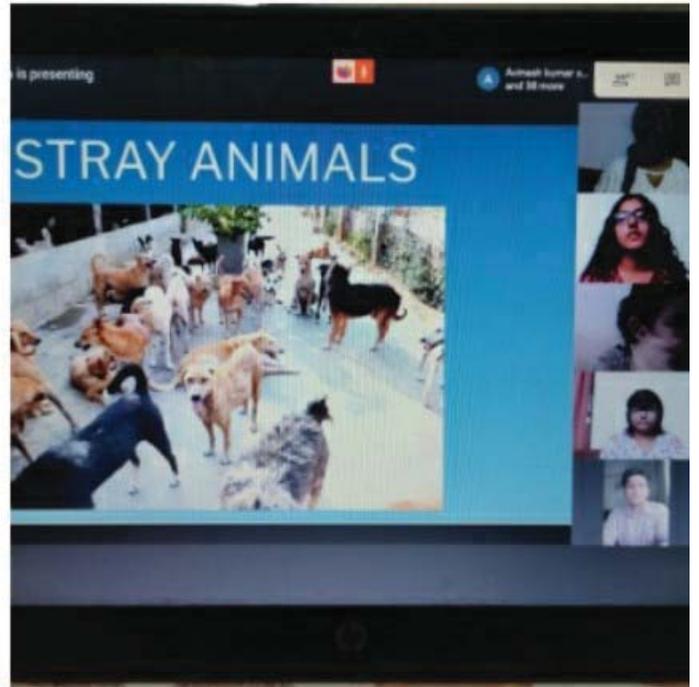
**Pahel, sanitizer, mask and shower cap distribution
02.01.2021**



Uphaar, dry food packet donation
31.12.2020



**23-11-2020, Plastic
Clean Up Drive**



Aashiyana, webinar on Animal Welfare, 30.07.2020

Pratika Acharya is presenting

A DAY AT ASHARI

Aashiyana, webinar on Animal Welfare, 30.07.2020

Pratika Acharya is presenting

ABC AT ASHARI

the meeting

Pratika Acharya, Aditya Ghosh, Anushka Ghosh, Anjali Mishra, Malika Ghosh

Pratika Acharya is presenting

ESTABLISHMENT

Pratika Acharya, Aditya Ghosh, Anushka Ghosh, Anjali Mishra, Malika Ghosh, Saanuk Malia

Turn on captions

Pratika Acharya is presenting

TREATMENTS & ABC

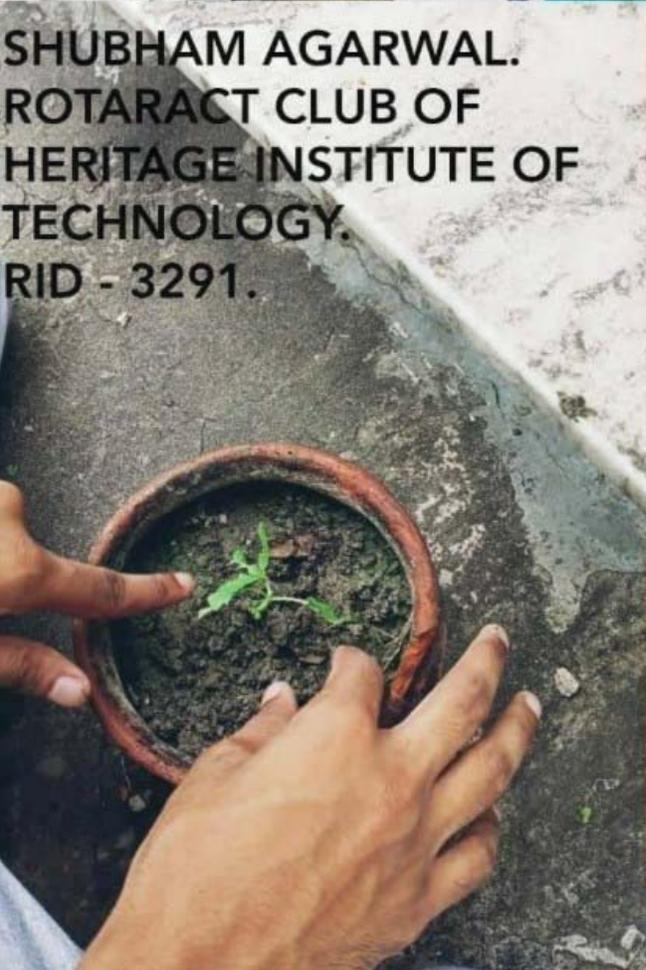
Pratika Acharya, Aditya Ghosh, Anushka Ghosh, Malika Ghosh, Anjali Mishra, Saanuk Malia

Turn on captions

Arpan Roy
Rotaract (HIT, Kolkata)
RID 3291



Evergreen, plantation drive
25.07.2020



SHUBHAM AGARWAL.
ROTARACT CLUB OF
HERITAGE INSTITUTE OF
TECHNOLOGY.
RID - 3291.

Evergreen, plantation drive
25.07.2020



Chowbaga High School

28-02-2020

National Science Day

National Science Day



Chowbaga High School

28-02-2020

National Science Day



Chowbaga High School

28-02-2020

National Science Day



National Science Day, 28-02-2020



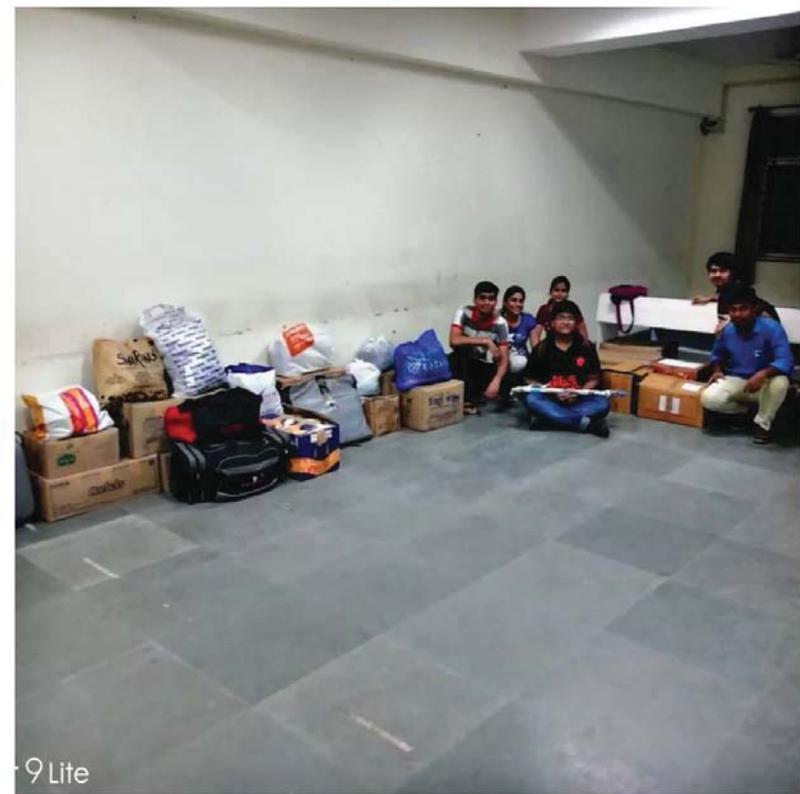
Ekta Diwas
31.10.2018



Ekta Diwas
31.10.2018

Flood Donation Drive, for victims of Kerala Floods
05.09.2018





9 Lite



Flood Donation Drive, for victims of Kerala Floods
05.09.2018



Flood Donation Drive, for victims of Kerala Floods
05.09.2018



Rakshabandhan, NSS-HIT (K)
BSF Camp Alambazar,
Alambazar More Bus Stop, Deshbandhu Road, Airdaha, Baranagar,
Kolkata, West Bengal
27.08.2018



27.08.2018

Rakshabandhan, NSS-HIT (K)

Little Sisters of The Poor,

2 AJC Bose Road, Opp Hotel Hindustan International,
Kolkata, West Bengal



16.08.2018

Flag Collection, NSS-HIT (K)

Ruby General Hospital & Nearby Areas,

576 Anandapur Main Road, Golpark, Sector I, Kasba

Kolkata, West Bengal



Interaction with Alumni

AzarZia, NSS-HIT(K)

Heritage Institute of Technology,

994 Madurdaha, Chowbaga Road, Anandapur

Kolkata, West Bengal



Interaction with Alumni

AzarZia, NSS-HIT (K)

Heritage Institute of Technology,

994 Madurdaha, Chowbaga Road, Anandapur

Kolkata, West Bengal



Traffic Awareness, NSS-HIT (K) with Suryakiran
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal



Traffic Awareness, NSS-HIT (K) with Suryakiran
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994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal



Traffic Awareness, NSS-HIT (K) with Suryakiran
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal



Earth Day, NSS-HIT (K)

Heritage Institute of Technology,

994 Madurdaha, Chowbaga Road, Anandapur

Kolkata, West Bengal



20.04.2018

Earth Day, NSS-HIT (K)

Heritage Institute of Technology,

994 Madurdaha, Chowbaga Road, Anandapur

Kolkata, West Bengal



20.04.2018

Earth Day, NSS-HIT (K)

Heritage Institute of Technology,

994 Madurdaha, Chowbaga Road, Anandapur

Kolkata, West Bengal



14.03.2018

Blood Donation Camp, NSS-HIT (K)
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal

Walk for Faith, a step towards eradicating Cancer
Salt Lake Stadium to City Center I
04.02.2018



Walk for Faith, a step towards eradicating Cancer
Salt Lake Stadium to City Center I
04.02.2018





18.01.2018

Kite Flying with Suryakiran, NSS-HIT(K)
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal



18.01.2018

**Kite Flying with Suryakiran, NSS-HIT (K)
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal**



18.01.2018

Kite Flying with Suryakiran, NSS-HIT (K)
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal



Meditation Seminar, NSS-HIT (K)
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal



Meditation Seminar, NSS-HIT (K)
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal

08.11.2017



Old Age Home Visit, NSS-HIT (K)

Little Sisters of The Poor,

2 AJC Bose Road, Opp Hotel Hindustan International,

Kolkata, West Bengal



Old Age Home Visit, NSS-HIT(K)

Little Sisters of The Poor,

2 AJC Bose Road, Opp Hotel Hindustan International,
Kolkata, West Bengal



Cleanliness Drive, NSS-HIT (K)

Ballygunge Railway Station

Ballygunge Station Road, Rath Tala, Kasba

Kolkata, West Bengal



07.04.2017

Health Checkup Camp, NSS-HIT (K)
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal



Health Checkup Camp, NSS-HIT (K)

Heritage Institute of Technology,

994 Madurdaha, Chowbaga Road, Anandapur

Kolkata, West Bengal



09.03.2017

International Women's Day, NSS-HIT (K)
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road, Anandapur
Kolkata, West Bengal



Visaka, NSS-HIT(K)

Heritage Institute of Technology,

994 Madurdaha, Chowbaga Road, Anandapur

Kolkata, West Bengal



Visaka, NSS-HIT(K)

Heritage Institute of Technology,

994 Madurdaha, Chowbaga Road, Anandapur

Kolkata, West Bengal



Visaka, NSS-HIT(K)
Heritage Institute of Technology,
994 Madurdaha, Chowbaga Road,
Anandapur Kolkata, West Bengal

Name of the Activity: **Animal Shelter Visit**

Date: **28th November, 2021**

No. of Students: **10**

Description: Rotaract Club of Heritage Institute of Technology organized 'Happy Tails', a visit to the animal shelter and hospital- **Ashari**, to spend a day with our pawed friends. Upon reaching the destination, the members were divided into groups and were briefed about the various activities for the day such as cleaning the cages, rooms, food bowls, refill water at the cat and dog shelters under professional supervision. The experts talked about how to take care of cats and explained the process of giving saline to dogs. One of the groups was taken to the trauma ward where they learned about cases of animal abuse. The doctor shed some light on treatment procedures and explained about other infections and maggots. Under professional guidance, Rotaractors helped to clean the wounds of the injured and applied medications onto them. Lastly, our team stopped by the stable to pay a visit to the cows and buffaloes.




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Heritage Institute of Technology

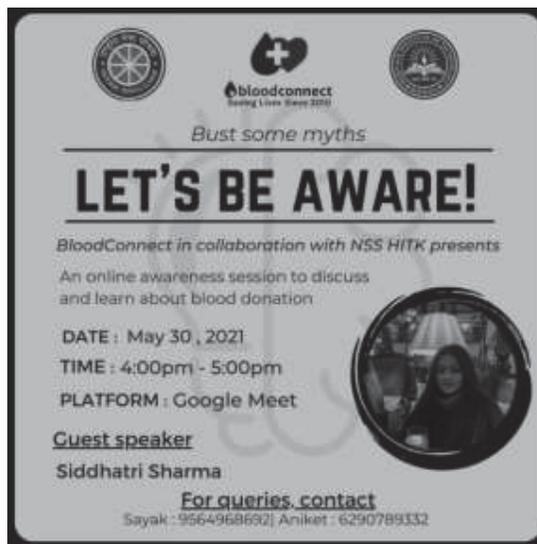
Name of the Activity: **Let's be Aware - webinar spreading awareness on necessities and precautions of blood donation crisis of Covid-19 pandemic**

Date: **30th May, 2021**

No. of Students: **60**

Description: Ever since the world was hit by the COVID-19 Pandemic resulting in nation wide lock downs and quarantines coupled with stringent social distancing norms and protocols, blood banks across nation have faced massive blood shortage. With the looming COVID-19 virus, more and more people are afraid of donating blood as the air is filled with fake theories and myths, resulting in a breakdown in the healthcare system.

Thus, to break the chains of myths and lies, **NSS-HIT(K)** in collaboration with **BloodConnect Foundation**, organized “Let’s Be Aware”, an awareness program with guest speaker Siddhatri Sharma. The session proved to be an eye opener for all our audience as they learned about the importance of blood donation and how they can safely donate during the chaotic era of pandemic and contribute to resolve the imminent blood crisis.




Registrar
Heritage Institute of Technology

Name of the Activity: Heritage Students' Covid Relief Force

Date: formed on 5th May, 2021

No. of Students: 215

Description: When the covid-19 pandemic's second wave started it was increasing at an alarming rate. Thus, the students of HITK planned to help the people of West Bengal in this grave situation. A meeting was held in the online platform _ Google meet by the Senior most batch students of HIT, K and later a discussion took place with the 3rd Year students regarding the setup of the "HERITAGE STUDENTS' COVID RELIEF FORCE" to help various people. So, we came up with a few ideas. Firstly, we created a Call and Verification Team. Secondly a registration team was created, the members of which will help people to register themselves for the vaccination. Thirdly we planned on setting up an on-field team in various parts of the state who will provide sanitary kits, and necessary things like raw vegetables, fruits to the covid affected families in their own neighbourhood. Fourthly we also planned on delivering cooked foods to covid affected families. The graphics and design team controlled all the posters and online handling of the page.

To put this in action we needed a huge volunteer ship from all the college students. Honestly, we were lucky to find that a lot of students from all four years came forward to help us in this noble cause. The first part of our ideas was put into action. The call and verification team were made. It consisted of 51 participants from all the four years. We made an excel sheet containing the contacts of various oxygen suppliers, RT PCR test centres, blood plasma collection centres, and hospital phone numbers. 10 people were assigned who would keep a check on the availability of beds and oxygen if required from the required supplier and hospitals every 1 hour and accordingly the excel sheet was updated. The graphics and design team who were handling the social media pages were giving the requirements to the call and verification team and subsequently the team provided the necessary details to the graphics and social media handling team. Another Team was made which collected data and requirements from other sources and forwarded it to the call and verification team. This second team consisted of 105 members who worked tirelessly and collected data for various requirements across the state.

Then we made the Registration team who will help the people to get registered for their vaccination. The team consisted of four people. Through this team a lot of people contacted to get themselves registered in the cowin application. We registered around 30 people for their vaccination in the Cowin App.

The major problem we faced was setting up the on-field team. But again, showing our strong will power to help the people we did start helping people with cooked foods and masks and other basic needs. A team was set up in Burdwan by the help of one of our first-year students namely SK. rumman who along with his team used to deliver foods to the covid affected families. A couple of second year students namely Bhumika Tewary and Soutri Banerjee along with the help of their parents started to deliver food to the covid families and the poor people living along the roadside who recently have no work due to lockdown. In the last couple of weeks another student from Biotechnology first year namely Someeta Saha has provided cooked foods to the people living around the Shobha bazar, bagbazar ghat region. In the recent period our team is working to provide people with vaccine centre locations, where they are set up and how to reach there.

The entire working committee consisted of 215 people from the college who worked from 8 am in the morning to 2am the next day to provide services to the people. We would like to thank our college authorities who gave us the chance to perform this noble task. We would also like to mention about our amazing first year's students who although have not attended offline lectures but have coordinated very well with us to do our job.



Registrar
Heritage Institute of Technology

Name of the Activity: **Online session on 'Sanitation for All'**

Date: **15th April, 2021**

No. of Students: **50**

Description: Identifying lack of basic sanitation as one of the biggest obstacles in the general wellbeing of the world population, **Rotaract Club of Heritage Institute of Technology** organized an online session on the topic 'Sanitation for All'. The session started with a question answer round where each participant was given a unique question through which Rotaractors tried to dig deeper in this multi-faceted issue. Following this, a detailed fact-based presentation was shared to help everyone have a clearer picture on the present state of sanitation across the world as well as identify the barriers in this area of development. For the final part of the session a case study on the topic of 'manual scavenging' was presented. Everyone was assigned key roles from the case study and a discussion was initiated where participants got an opportunity to brush up their critical thinking skills. The session very efficiently enriched the participants with crucial knowledge about the issue while simultaneously brushing up their professional skills.




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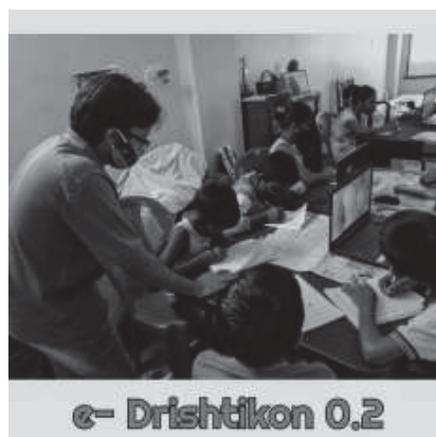
Name of the Activity: e-Drishtikone

Date: April 2021 to date

No. of Students: 20

Description: The Covid-19 impact was everywhere, resulting in the closure of Schools and other educational institutions. As a result, online teaching and learning have been used by teachers and students on an unprecedented scale. But the transition to online learning has only been proven swift and easy amongst students who are privileged enough to have footprints of digitization in their lives, and subsequently a major percentile of students has faced tumultuous hurdles like lack of internet connectivity, modern day gadgets & even a basic healthy ambience to facilitate their education.

NSS-HIT(K) joined hands with Treasures of Innocence (ToI) - NGO empowering innocent minds to dream big and stand with courage, curiosity, confidence and creativity. The collaboration gave birth to E-Drishtikone, an interactive education drive which took place in two phases. In the first phase our volunteers participated in live action classes with the marginalized students, providing them weeks of training on using the internet, smartphones, laptops & desktop so that they can transcend into the plane of Digital Learning. And consequently, with moving on to phase two of E-Drishtikone, the students then started taking full e-learning classes based on their curriculum with the new tools & skills of digital learning at their disposal.




Registrar
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Name of the Activity: YAAR Session (Online session on 'Holi Celebrations')

Date: 27th March, 2021

No. of Students: 40

Description: Rotaract Club of Heritage Institute of Technology and Autism Society West Bengal jointly organized an online session on the theme of 'Holi Celebrations'. Everyone shared their Holi stories and what's their favourite part of the whole celebration. And, as usual, participants sang and danced their hearts out towards the end of session.


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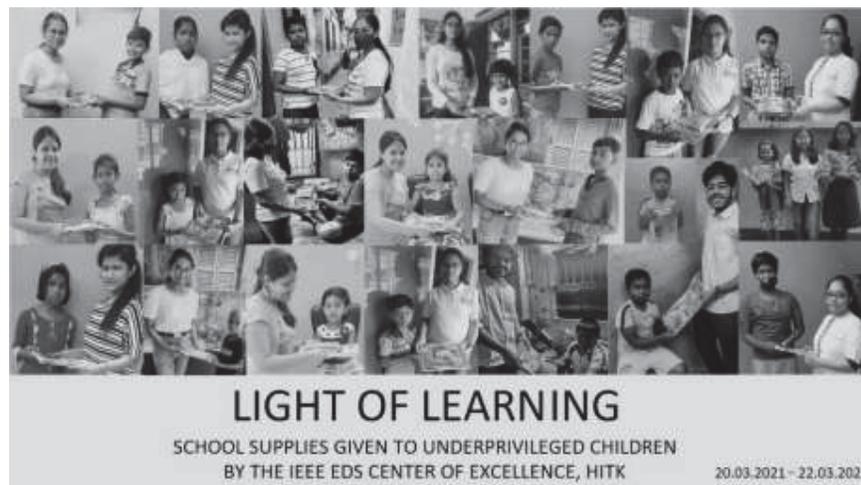
Name of the Activity: Light of Learning - bridging the gap created by educational disparities between various socioeconomic groups

Date: 20th to 22nd March, 2021

No. of Students: 16

Description: 'Education for Empowerment' is the motto that drives us at the IEEE EDS Centre of Excellence, HITK. We believe that education for all will lead to overall advancement of the global community. In order to bridge the gap created by educational disparities between various socioeconomic groups, our volunteers organized an activity 'Light of Learning' during 20-22 March, 2021.

Our volunteers reached out to 23 school going, underprivileged children, aged between 6 and 14 years. The children were given school supplies and books. Due to the pandemic, our student volunteers who are confined to their localities conducted the activity in their neighbourhood which spanned across the state of West Bengal in areas like Purulia, Bally, Chandan Nagar and Kolkata.




Registrar
Heritage Institute of Technology

Name of the Activity: Tarang - wall-painting activity at Samparc Orphanage

Date: 12th March, 2021

No. of Students: 30

Description: On the prospect of World Rotaract Week, Rotaract Club of Heritage Institute of Technology in collaboration with Rotaract Club of Calcutta, visited Samparc Orphanage to create bonds with the children living there. We carried out a wall-painting activity with fellow Rotaractors and residents of the orphanage. We assembled all the kids and had a general introductory session to give them a little overview about what we would be doing. Rotaractors helped the children select cartoon characters and draw them on the walls of the orphanage. Following which, the children enthusiastically painted these characters and brought them to life. The finished artworks brought beaming smiles on the faces of kids as well as Rotaractors.




Registrar
Heritage Institute of Technology

Name of the Activity: YAAR Session ('Saraswati Puja and Valentine's Day Celebration')

Date: 20th February, 2021

No. of Students: 60

Description: Rotaract Club of Heritage Institute of Technology, along with Autism Society West Bengal conducted a YAAR session on the theme of 'Saraswati Puja and Valentine's Day Celebration'. All the participants shared their experiences of the festivals. We also shared our photos from previous years to reminisce the celebrations. Towards the end of our session, we played Hindi and Bengali songs and everyone sung along. All the participants had a great time, sharing warmth and love with their special friends.




Registrar
Heritage Institute of Technology

Name of the Activity: Wishes of Warmth - Blanket Distribution drive

Date: 12th February, 2021

No. of Students: 20

Description: Rotaract Club of Heritage Institute of Technology, with the help of our parent Rotary, Rotary Club of Calcutta Mahanagar, organized a blanket distribution drive, 'Wishes of Warmth 2.0', and was successful in distributing a total of thirty-two blankets to the needy street dwellers. Members assembled near Kalighat metro station and started distributing the blankets. After covering the area of Kalighat, Rotaractors split themselves into two teams out of which one went to distribute blankets in the region of Ballygunge Fari and the other in Golpark. The two teams reunited in Jadavpur and walked along the streets searching and helping the people in need. The drive concluded by distributing the rest of the blankets near Ballygunge train station. Rotaractors successfully helped the most vulnerable groups to cope with this last phase of winter.




Registrar
Heritage Institute of Technology

Name of the Activity: Cloth Donation Drive

Date: 5th to 31st January, 2021

No. of Students: 25

Description: As the chilling winter strikes during this pandemic hit world, the underprivileged become more vulnerable. In a situation where even the basic accommodations like food and shelter are unavailable and the number of people affected by the new strain of coronavirus starts to increase, cases of eviction leading to destitution. People could not afford to buy warm garments and clothes and shiver due its inadequacy.

As a result, we at **NSS-HIT(K)** decided to provide vital assistance where we could, by extending the privilege that we were lucky to have, to the ones who really needed it. Due to the lockdown restrictions, we could not meet up as usual with all the clothes. Instead, we made sure that each of our volunteers would collect as many winter garments as possible from their families, and distribute them among the underprivileged communities in their locality. The Cloth Donation Drive was a huge success and the response we obtained was quite affirmative. It was a beautiful experience to spread warmth, happiness and smiles among the ones who really needed it amidst the prevalent global crisis.


Registrar
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Name of the Activity: Cancer Spectrum

Date: 9th January, 2021

No. of Students: 60

Description: Cancer is one of the most feared and dreaded diseases globally. The journey of life through this deadly disease might seem unnerving, but it's the inner belief that takes you through these stressful times. People often face traumatic conditions due to the macabre caused by cancer but it is in fact curable through proper medication and rehabilitation. It depends on your mental fortitude, whether you fight on, or give up.

In the wake of Cancer Awareness, NSS-HIT(K) in collaboration with Sanjeevani-Life Beyond Cancer hosted a webinar titled Cancer Spectrum by Ms. Sumki Begum. A varied range of concerned topics were discussed from proper preventive measures to early symptoms of cancer that can be detected easily. She also spends considerable time, espousing the Do's and Don'ts for patients in battling and rehabilitating from cancer. She gave some wonderful insights on the healthy lifestyle habits which need to be implemented to fight cancer. Her inspiring anecdotes of cancer recuperation inspired all of us and helped us realize that unlike popular belief, it is not always a terminal disease. The participants felt highly reassured that "if you fight for long enough, death's doorstep will never come to you."

You beat cancer by how you live, why you live, and in the manner in which you live.


Registrar
Heritage Institute of Technology

Name of the Activity: **SAVE THE DROP - discussion session on water crisis**

Date: **9th January, 2021**

No. of Students: **60**

Description: "You only realize the value of something when it's gone". **RC-HITK** organized an online interactive discussion session, "Save The Drop" to analyse the problems leading to water crisis and come to feasible solutions. The first half of the session dealt with a brief overview of water crisis, which helped participants to give proper arguments to the case study presented to them in the second and final half. Everyone was assigned specific roles such as the ward councillor, healthcare officer, tax officer, etc. for a refined and realistic response. Finally, practical solutions were discussed to keep the said problem at bay. Rotaractors were able to get a closer look at elementary problems like water crisis through this session.



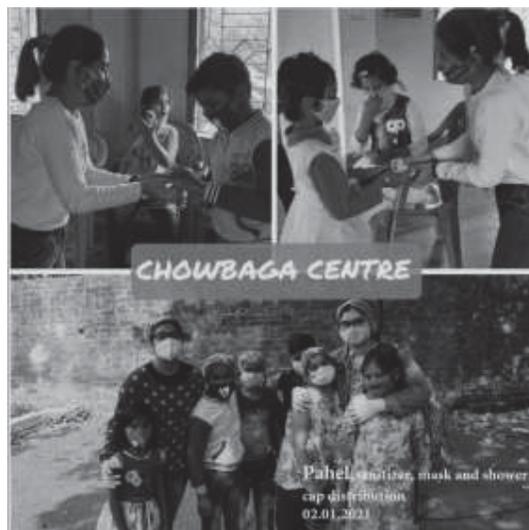
Sona
Registrar
Heritage Institute of Technology

Name of the Activity: PAHEL - Covid essentials distribution drive

Date: 2nd January, 2021

No. of Students: 30

Description: RC-HITK organized a Covid essentials distribution drive to donate sanitizers, masks and hair caps to the students of their literacy wing, Shishya. Sanitizers were also provided by Rotaract Club Of Chandannagar and Rotaract Club Of Serampore as a part of their event "Adyashakti". Rotaractors went to six Shishya centres to distribute the protective gear and spent a wholesome day with the students. All necessary safety norms were followed during the distribution process and the children were educated on the proper use of the given items.




Registrar
Heritage Institute of Technology

Name of the Activity: Uphaar - dry food packet donation

Date: 31st December, 2020

No. of Students: 20

Description: Uphaar was a dry food packet donation drive organized by RC-HITK in collaboration with Kolkata Ahana Foundation. Members of RC-HITK reached the premises of the foundation with packed food items where all the children had already gathered in queues. Club members along with participants from Ahana Foundation met all the children and distributed biscuits, cakes, chips and snacks among all the eager children. We wished them “Happy New Year” for the upcoming year and bid them farewell. The beaming faces of the young kids ended the year on a positive note.




Registrar
Heritage Institute of Technology

Name of the Activity: Tapas (Motivational Webinar)

Date: 28th December, 2020

No. of Students: 55

Description: "Stress - It is everyone's inferno, bedevilling our minds, igniting our nights, upending our equilibrium" - Stress: Portrait of a Killer. Biologically, it is the human body's answer to any possible pressure triggering the flight-or-fight response. Stress can motivate us, make us work hard. However, it turns counterproductive if one feels overwhelmed. It can lead to anxiety disorders, depression, along with triggering heart attacks and arrhythmia. Moreover, the present situation has not been conducive for maintaining proper mental health. The pandemic along with its trials and tribulations has brought economic uncertainty, lack of routine, and decreased social interaction. In light of the current situation, it has become necessary to get acquainted with stress-handling techniques. NSS-HIT(K) organized the mental health initiative **Tapas** to assist the members in their struggles pertaining to preserving mental health. The event included a webinar on **Stress Management by Dr. Kanchan Gaba**. In these testing times, her advice was a breath of fresh air. Her inspirational anecdotes and motivating words spurred on our volunteers. Dr. Kanchan Gaba talked about various techniques to handle stress and adversity in life. The positivity she radiated got the better of our volunteers, convincing them that nothing is impossible once we set our minds to it.


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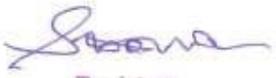
Name of the Activity: **AIDS webinar**

Date: **5th December, 2020**

No. of Students: **60**

Description: Rotaract Club of Heritage Institute of Technology organized an AIDS awareness webinar preceded by a social media campaign to create awareness about HIV and AIDS. Guest speakers Souvik Ghosh and Sudha Jha, prominent personalities working in the field from the **SAATHI organization**, shed enormous light on the topic and helped participants gain detailed insights into the disease.




Registrar
Heritage Institute of Technology

Name of the Activity: **Online Plastic Awareness Webinar**

Date: **28th November, 2020**

No. of Students: **30**

Description: **NSS-HITK** has dedicated itself in spreading awareness towards Plastic Pollution with our very own, Plastic Awareness Week. The events organized were Plastic Cleanup Drive from 19th to 23rd November, Online Plastic awareness Survey from 10th to 22nd November. And we concluded this week with an informative webinar session for everyone.

Pledge - 'Less Plastic' is the final instalment of NSS HITK's Plastic Awareness Week. In this session we discussed, talked and exchanged ideas about the consequences of Plastic Pollution & how can we improve ourselves to contribute in saving the environment in the long run.




Registrar
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Name of the Activity: **Kaleidoscope** - a discussion session aimed at tackling homophobic/biphobic/transphobic comments and slurs to destigmatize the wide spectrum of sexuality

Date: **22nd November, 2020**

No. of Students: **60**

Description: RC-HITK conducted "Kaleidoscope", a discussion session aimed at tackling homophobic/biphobic/transphobic comments and slurs to destigmatize the wide spectrum of sexuality. Participants shared their experiences of homophobia through a Google form and the discussion continued accordingly. The event ended with a brief overview of the LGBTQIA+ community through a PowerPoint presentation. Rotaractors indulged in active participation and took back something useful to create a safe space for everyone.



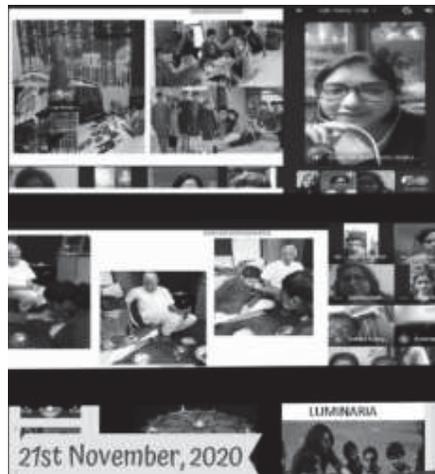

Registrar
Heritage Institute of Technology

Name of the Activity: 'YAAR' session on 'Diwali Celebrations'

Date: 21st November, 2020

No. of Students: 30

Description: In collaboration with the Autism Society West Bengal, Rotaract Club of Heritage Institute of Technology conducts 'YAAR' sessions to create a bond with their autistic friends. The theme of this YAAR session was 'Diwali Celebrations' and Rotaractors spent the evening spreading happiness of the festival of lights amongst members. The session started with all the participants introducing themselves and wishing "Happy Diwali". Participants played multiple fun and interactive games. We also played songs and everyone danced to the cheerful music. The participants had a great time, sharing warmth and love with their special friends.




Registrar
Heritage Institute of Technology

Name of the Activity: **Roshni**

Date: **4th November to 12th November, 2020**

No. of Students: **10**

Description: Diwali is celebrated with a lot of joy and passion across the country. However, the celebrations this year have taken a hit due to the Covid-19 Pandemic. So, we at **NSS-HITK** came forward, with a whole hearted approach to light a lamp of love and to bring new smiles like the colours of rangoli on everyone's faces at The **Alor Disha Old Age Home**. We pray that this divine festival, colour the pages of all their lives with peace, joy and happiness.

NSS-HIT(K) organised the event Roshni, a platform to show off innovative ideas with lights and colours.



Sona
Registrar
Heritage Institute of Technology

Name of the Activity: Unpuzzle - meditation Session

Date: 7th November, 2020

No. of Students: 30

Description: "Brilliant things happen in calm minds. Be calm, you're brilliant." RC-HITK organized "Unpuzzle", a meditation session conducted by Ms. Pallavi Mohoni, an entrepreneur and volunteer with The Art Of Living Foundation. It was an interactive event where participants shared their day-to-day difficulties with stress, anxiety, pressure, etc. and our guest speaker explained how controlled breathing can help us to control our emotions. The event ended with a meditation round which left all the participants with a relaxed and peaceful mind.



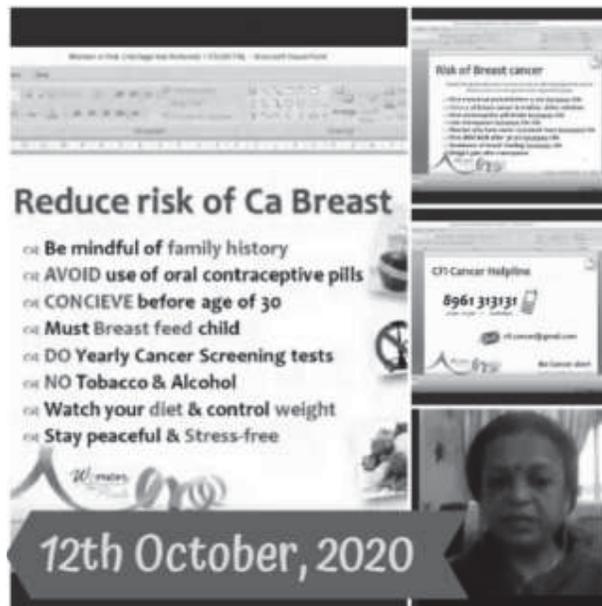

Registrar
Heritage Institute of Technology

Name of the Activity: **Breast Cancer Awareness**

Date: **12th October, 2020**

No. of Students: **50**

Description: Rotaract Club of Heritage Institute of Technology organized an online awareness drive on breast cancer on the theme "Life with and beyond cancer", where participants got to explore their creative sides by creating posters, artworks and write-ups on the given topic. The second phase consisted of a webinar in collaboration with Ms. Sutapa Biswas (co-founder and executive director of **Cancer Foundation of India**) exclusively for girls, where she discussed early symptoms, treatment procedures and self-detection methods for combating breast cancer.




Registrar
Heritage Institute of Technology

Name of the Activity: **Manthan Session - discussion on impact of National Education Policy**

Date: **11th October, 2020**

No. of Students: **60**

Description: In the latest Manthan session, members of **Rotaract Club of Heritage Institute of Technology** closely studied the much talked about National Education Policy. Rotaractors tried to understand the prospects of the reformatory policy with the help of tasks. Participants were asked to prepare a suitable budget to implement the reforms while defending particular areas of focus assigned to them. The session helped in looking through varied perspectives while dealing with real life situations that may arise in the field of education.




Registrar
Heritage Institute of Technology

Name of the Activity: **Sentience - discussion Session**

Date: **17th October, 2020**

No. of Students: **30**

Description: Rotaract Club of Heritage Institute of Technology organized 'Sentience', a discussion session to identify the root causes of gender-related crimes and come up with effective solutions to fight against the issue. Rotaractors analyzed different case studies and tried to answer fundamental questions regarding such crimes. The event also gave an opportunity for fellow members to anonymously share their personal experiences which they had faced at some point of time in their lives due to the existing societal scenario.




Registrar
Heritage Institute of Technology

Name of the Activity: **Happy Tails - Phase 2**

Date: **28th September to 3rd October, 2020**

No. of Students: **45**

Description: Rotaract Club of Heritage Institute of Technology conducted the second phase of its animal welfare initiative, Happy Tails. In this phase, a drive was organized in which Rotaractors from across the country as well as non-Rotaractors clicked pictures of them doing something for the stray animals. The event lasted for a week and concluded with showcasing of entries on social media platforms. The drive was done in celebration of World Animal Day. The main motive to conduct this drive was to build a habit of helping the stray animals on a personal level.




Registrar
Heritage Institute of Technology

Name of the Activity: **Happy Tails - discussion on the laws and measures to prevent animal cruelty**

Date: **27th September, 2020**

No. of Students: **45**

Description: Animals can't speak the language of humans; hence their cries of pain go unheard. The members of **RC-HITK** organized a discussion session on the various measures one can take to prevent animal cruelty. A case study was presented to the Rotaractors on animal cruelty and everybody came up with various methods to tackle it. Different laws for Prevention of Cruelty towards Animals and effective measures to help animals during the ongoing pandemic situation were also addressed at the end of the session.




Registrar
Heritage Institute of Technology

Name of the Activity: Sayannya - Ration Donation Initiative

Date: 26th September, 2020

No. of Students: 35

Description: Rotaract Club of Heritage Institute of Technology took a ration donation initiative for the residents of Sayannya Old Age Home. Due to the pandemic, the old age home was facing shortage of food and medical supplies. With the motivation to provide the essential dietary needs of the elderly residents, Rotaractors procured for them ration which included rice, dal, biscuits, suji, sattu and puffed rice. This small help from us brought bright smiles on the faces of Sayannya residents and in turn we felt the joy of fulfilment in our hearts. We are eagerly waiting to visit them again and spend some time with these beautiful souls.



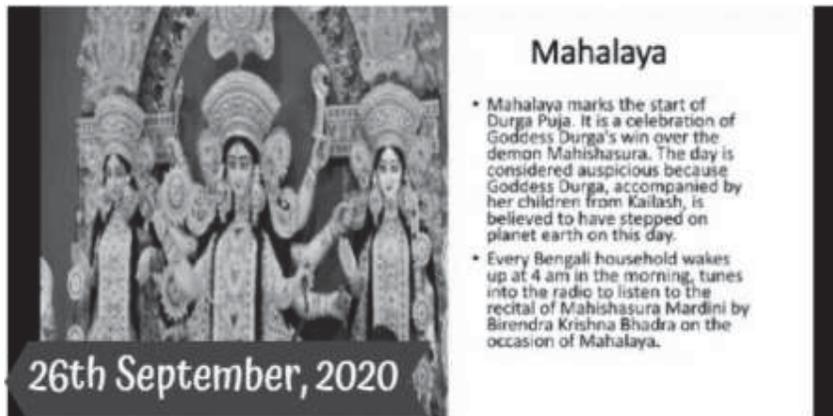

Registrar
Heritage Institute of Technology

Name of the Activity: YAAR session themed 'Pujor Gondho ar Ghure Dekha'

Date: 26th September, 2020

No. of Students: 40

Description: RC-HITK in collaboration with Autism Society West Bengal, conducted an online YAAR session themed 'Pujor Gondho ar Ghure Dekha'. Our special friends shared with everyone their favourite travel destinations and we also talked about various Puja celebrations. We ended the session with a beautiful song and tonnes of sweet memories.




Registrar
Heritage Institute of Technology

Name of the Activity: 'Scribblers' online session on the theme of 'World River Day'

Date: 20th September, 2020

No. of Students: 25

Description: Rotaract Club of Heritage Institute of Technology conducted its 'Scribblers' session online on the theme of 'World River Day'. The participants were given the prompt of 'river' for their original works. It was a beautiful session with a variety of talented people performing and as always, the audience was mesmerized by beautiful poems and songs.



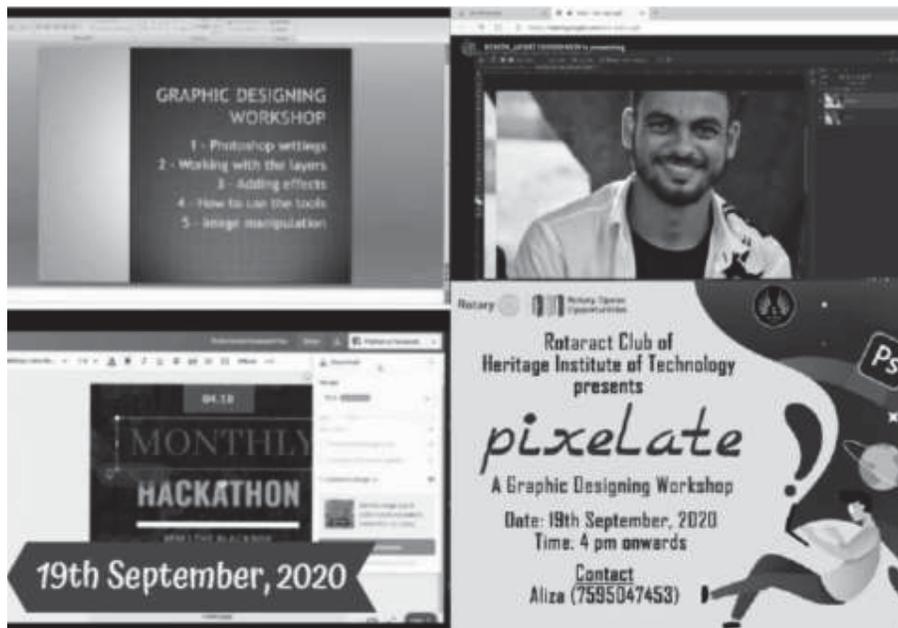

Registrar
Heritage Institute of Technology

Name of the Activity: **Pixelate - a graphic designing workshop**

Date: **19th September, 2020**

No. of Students: **45**

Description: Rotaract Club of Heritage Institute of Technology organized an interactive workshop on Graphic Designing, where different tools and features of Photoshop and Canva were thoroughly explained to the Rotaractors. The session was extremely audience friendly, and was aimed at giving a deeper understanding on the proper usage of these applications for novice learners. The session ended with a Q&A round to clear further doubts of the participants.



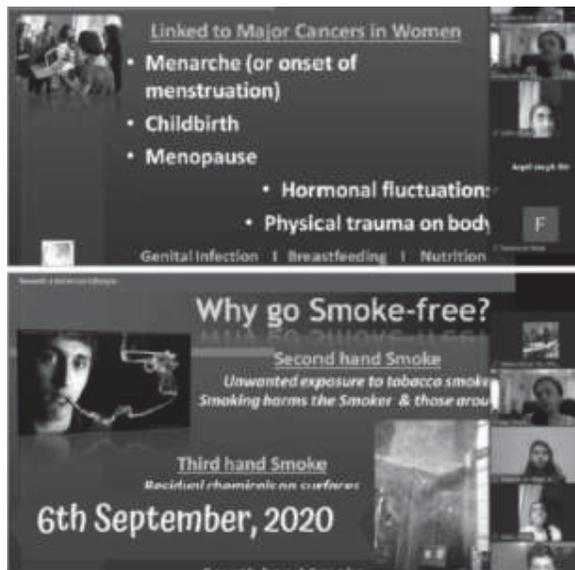

Registrar
Heritage Institute of Technology

Name of the Activity: **Cancer and You**

Date: **6th September, 2020**

No. of Students: **50**

Description: 'Cancer and You' was a cancer-awareness session organized by **RC-HITK in collaboration with RC-MSIT**. Ms. Sutapa Biswas, Co-Founder and Executive Director, Cancer Foundation of India, was our guest speaker for this event, hosted on an online video conferencing application. Ms. Biswas elaborately explained various lifestyle changes that may help prevent cancer. With growing number of cancer cases in India and worldwide, largely due to the consumption of tobacco and alcohol, it is becoming increasingly necessary to conduct such sessions.



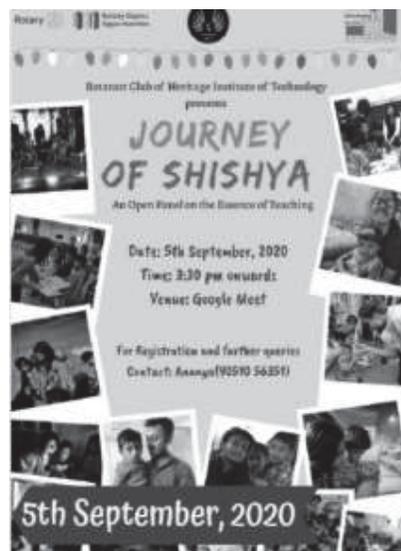

Registrar
Heritage Institute of Technology

Name of the Activity: Journey of Shishya - an open panel on the essence of Teaching

Date: 5th September, 2020

No. of Students: 60

Description: On the occasion of Teacher's Day, Rotaract Club of Heritage Institute of Technology reminisced about the golden initial days of our club's literacy venture, Shishya, with some of its very first figures and past teachers. A learning experience for the young Rotaractors, 'Journey of Shishya' was basically a discussion panel on the essence of teaching and the challenges faced on the way. Beautiful videos were compiled with Rotaractors sharing their experiences and candid moments clicked in the past. The session ended with us making memories and learning stories of the past, the present and dreams of the future.




Registrar
Heritage Institute of Technology

Name of the Activity: Melange - online event for cultural exchange

Date: 30th August, 2020

No. of Students: 55

Description: Melange was an online event organised by RC-HITK, in which thirty-six clubs from seven different countries participated, to tell everyone about their state and regional specialities - including its heritage, monuments, cuisine and culture. Clubs from different states and countries gave small presentations on their cultures and their states. In between the presentations, we also had a game of 'Tambola'. The event connected us with Rotaractors from around the globe and built a stronger bond with them.



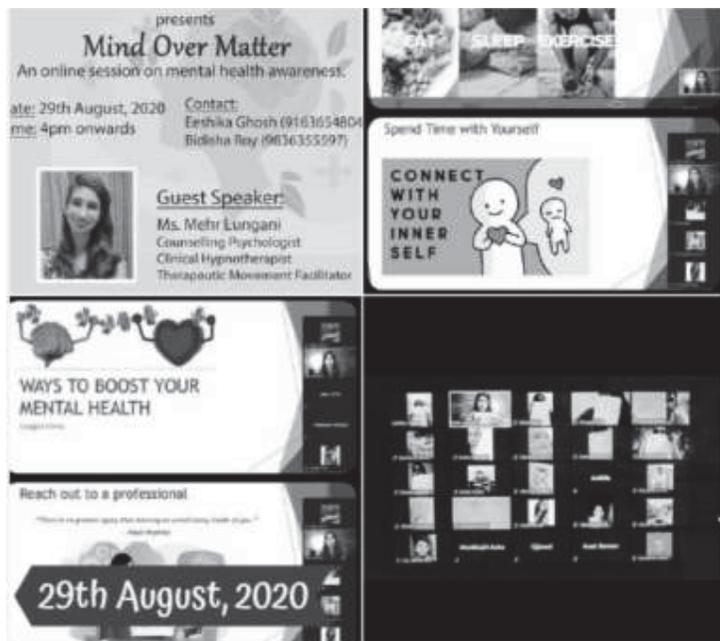

Registrar
Heritage Institute of Technology

Name of the Activity: **Mind Over Matter**

Date: **29th August, 2020**

No. of Students: **40**

Description: Rotaract Club of Heritage Institute of Technology conducted an online Mental Health Awareness session. Ms. Mehr Lungani, a Counselling Psychologist, Clinical Hypnotherapist and therapeutic movement facilitator, was our guest speaker for the event. Different aspects of mental health, warning signs and symptoms of mental illness were explained through PowerPoint presentations. The session ended with a Q&A round where members asked their questions anonymously and Ms. Mehr discussed each of them elaborately.




Registrar
Heritage Institute of Technology

Name of the Activity: Online YAAR Session on the theme 'Food and Foodies'

Date: 22nd August, 2020

No. of Students: 40

Description: RC-HITK, in association with Autism Society West Bengal, conducted the latest online YAAR Session on the theme 'Food and Foodies'. Participants spoke about their favourite dishes and food preferences. Our special friends had a lot of fun throughout the session and some even entertained us with their creative music skills. With this session, a new aspect was explored and participants had a merry evening in this ongoing pandemic situation.




Registrar
Heritage Institute of Technology

Name of the Activity: Concordia

Date: 8th August, 2020

No. of Students: 60

Description: Rotaract Club of Heritage Institute of Technology organized 'Concordia', to celebrate Friendship Day. The event started with a game where the participants had to recognize their fellow members by seeing their childhood pictures. This game was followed by a round of Tambola which was on the same theme. Participants were given friendship themed songs to sing on scoring points in the game. This lively event helped the members to strengthen the beautiful bonds they share and everyone had a gala time.




Registrar
Heritage Institute of Technology

Name of the Activity: Aashiyana

Date: 30th July, 2020

No. of Students: 20

Description: We all are often disheartened by the condition of stray animals. With the motivation to help these innocent lives, we launched an animal welfare initiative-'Aashiyana'. This was a webinar where RC-HITK (Rotaract Club of Heritage Institute of Technology) collaborated with Ashari PFA, Kolkata: an animal shelter cum hospital. Members of Ashari helped us learn about the whole scenario. Protocols like sterilization and welfare concepts like Passive Adoption, single parenting and co-parenting were discussed which were very new for most of the participants. We learned about the work of the organization in the field and how we could help the cause. The thoroughly informative session was one of a kind and sparked new hopes and aspirations in the minds of all the animal lovers.



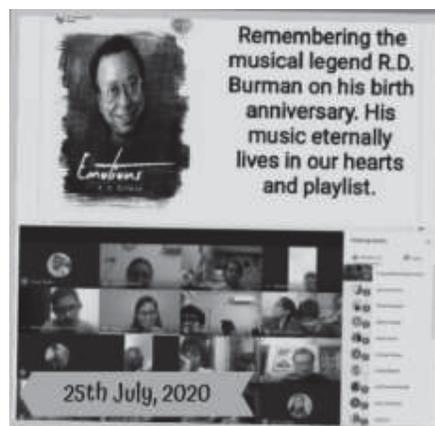

Registrar
Heritage Institute of Technology

Name of the Activity: YAAR Session - Young Autistic Adults Recreation - A Date
With R. D. Burman

Date: 25th July, 2020

No. of Students: 60

Description: RC-HITK (Rotaract Club of Heritage Institute of Technology) organizes YAAR (Young Autistic Adults Recreation) sessions where we cherish the bonds we have with our very special friends. Our club collaborates with Autism Society West Bengal to spend some time with these talented lives who need very special attention. The first YAAR session of the term was themed 'A Date With R. D. Burman' to celebrate the legendary singer's belated birthday. Rotaractors played fun games like 'Freeze Dance' and 'Musical Charades' on an online video conferencing application. Rotaractors and their special friends had a jovial time singing and dancing to beautiful melodies. Another session filled with love and warmth replenished our unique bonding with these lovely souls.




Registrar
Heritage Institute of Technology

Name of the Activity: Confer - A Q&A session on gender stereotypes

Date: 23rd July, 2020

No. of Students: 50

Description: Societal gender-stereotypes have subtly crept into the very thought process of our generation. Observing these, Rotaract Club of Heritage Institute of Technology organized a conversational session where such stereotypes were brought up and discussed thoroughly. Participants of both the genders sent in questions anonymously which were then asked to the opposite gender. Topics such as gender norms and roles, menstruation, stereotypical jokes, feminism, sexual violence, discrimination against gender and hegemonic masculinity were brought into light. We had constructive talks over each issue in detail. A variety of perspectives let everyone address their deep-rooted ideas of gender roles and behaviours in society. Sessions like these are essential for the overall development of young minds.



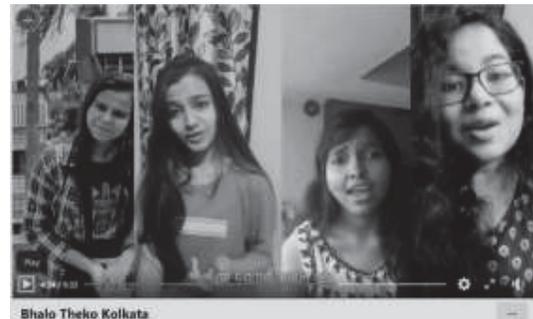

Registrar
Heritage Institute of Technology

Name of the Activity: **Bhalo Theko Kolkata**

Date: **16th July, 2020**

No. of Students: **42**

Description: Students' Council of Heritage Institute of Technology came up with a new awareness music video "Bhalo Theko Kolkata" to urge the citizens to stay home and fight the pandemic. Staying Home, isn't staying far. Because far - is the new together.




Registrar
Heritage Institute of Technology

Name of the Activity: Webinar on Stem Cell Donation

Date: 7th July, 2020

No. of Students: 60

Description: In collaboration with DKMS BMST (organization fighting against blood cancer), Rotaract Club of Heritage Institute of Technology organized a stem cell donation awareness initiative. Rotaractors initiated a weeklong social media campaign to educate the masses about blood cancer and its treatment. Following this, a webinar was organized where speakers from DKMS BMST talked extensively about every aspect of stem cell donation. The session helped the participants have a magnified view of the issue. It was immensely informative and all the attendees were now set forth to register themselves as potential donors and work further for the cause. The concept of stem cell donation needs urgent attention and the event had high hopes attached to it.




Registrar
Heritage Institute of Technology

Name of the Activity: Online YAAR Sessions

Date: 27th June, 2020

No. of Students: 33

Description: These distressing times of lockdown due to Covid have made our beloved YAAR (Young Autistic Adults Recreation) friends feel quite bored and restless. In order to have some fun, Rotaract Club of Heritage Institute of Technology along with Autism Society West Bengal, formulated a plan to organise the online YAAR sessions. Google Meet made this convention possible including even past Rotaractors long associated with YAAR. The sessions had an initiation with basic introductions and a whole lot of excitement on seeing everybody after so long. Conversations flowed smoothly with occasional singing by the immensely talented performers, including both our YAAR friends and Rotaractors. Everyone shared their lockdown experiences through videos, presentations and conversation. Then, a game of guessing the songs and movies was played. A topic 'How to unlock?' based on measures to stay safe and precautions to be taken during COVID-19 was discussed. Some of the younger kids were thrilled to see their teachers and friends and all in all it was one happy session. The event definitely ended with a bang as an air band was formed, and everyone mimed to the beats of songs with great enthusiasm.




Registrar
Heritage Institute of Technology

Name of the Activity: Save Sunderbans - Amphan Relief Fund

Date: 5th June, 2020

No. of Students: 60

Description: World Environment Day, celebrated on 5th June worldwide, acknowledges the importance of biodiversity and how changing biodiversity is impacting the global ecology in an adverse way. Sunderbans' biodiversity is recognised as one of the world's most diverse which now needs safeguard from the natural disasters. One of the various organisations trying to preserve it, is SUNDARBAN GREEN ENVIRONMENT ASSOCIATION, founded by Pranabesh Maity, widely known as "The Mangrove Man". Team SGEA has planted more than 2 lakh mangroves since Cyclone Aila hit these islands in 2009. Cyclone Amphan has undone most of these developments and the journey begins from scratch again. The destruction of Mangroves put these islands at high environmental risk as their strongest defence against a highly destructive river is now lost. A large number of people living along the river have lost their homes, and their capabilities to cultivate as saline water has entered their fields. Additionally, the dangers that Coronavirus poses are still far from over. This fundraiser organised by Rotaract Club, HITK for SGEA is critically important as the islands are still struggling to survive. We urge all to donate, in whatever small amount, so that Sunderbans can start healing again. The funds will go towards revival of the livelihoods of millions of islanders and the largest mangrove cover.



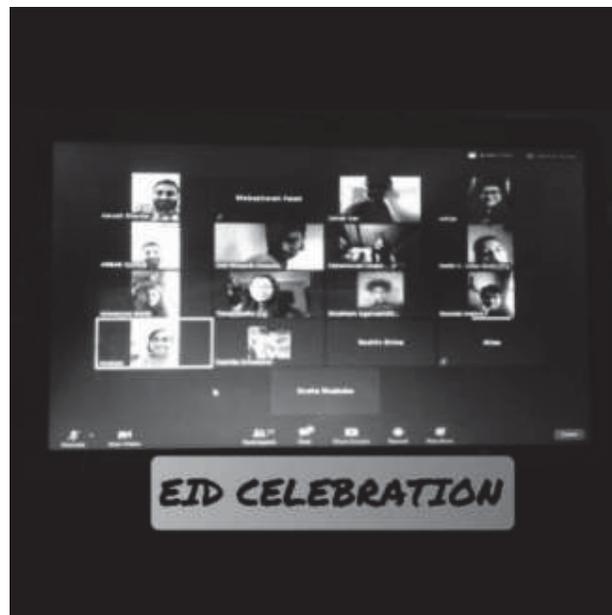
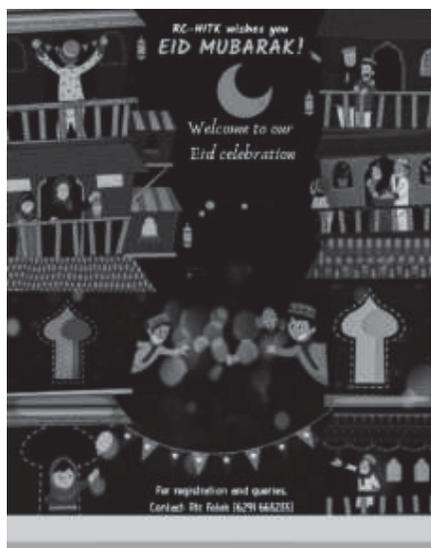

Registrar
Heritage Institute of Technology

Name of the Activity: **Eid Celebration**

Date: **2nd June, 2020**

No. of Students: **17**

Description: An online EID CELEBRATION was organised by **Rotaract Club of Heritage Institute of Technology** over zoom meeting to make this quarantine Eid memorable for everyone. The dress code was kept traditional to give a festive feel, so that Rotaractors could together share the love and joy. The celebration started with a delivery of message to let everyone know the motive behind the occasion of Eid. After an insightful speech, everyone was given a chance to share their own Eid experiences and what the occasion means to them. Rotaractors talked about how they missed having sewai at their grandparents' house, collecting eidi from close ones, reuniting with family relatives and hanging out with friends. Then the fun part was a music session, where music was played in the background and Rotaractors did some free dance moves, a hand drum beat and played guitar. A game of Dumb Charades was also played making the day more rejoicing. The celebration helped everyone get over the quarantine boredom as it brought out their fun-loving sides.




Registrar
Heritage Institute of Technology

Name of the Activity: Online Manthan session on “Labour Law Changes”

Date: 20th May, 2020

No. of Students: 11

Description: Rotaract Club of Heritage Institute of Technology organised an online Manthan session, which took place over video conference. The topic being “Labour Law Changes”, it brought up the current issue of the various changes made to the labour laws in certain states of India. The participants were given a briefing about the different changes in the labour laws proposed by the government, along with some ground conditions. Different roles were assigned such as– Organised sector worker, Unorganised sector worker, Business owner, Migrant worker, Investor, Finance Department representative and Health Department Representative. A panel was formed for discussion on these laws and to decide on a policy agreeable to all. Opening arguments were made, which were followed by a healthy discussion on the laws, with questions on each opinion and demand. An elaborate analysis of each factor saw the panellists negotiate and compromise to bring the discussion to a satisfactory conclusion. The session was very crucial as it made many of the participants socially aware of the current situation of our country and also developed Rotaractors’ reasoning and debating skills.



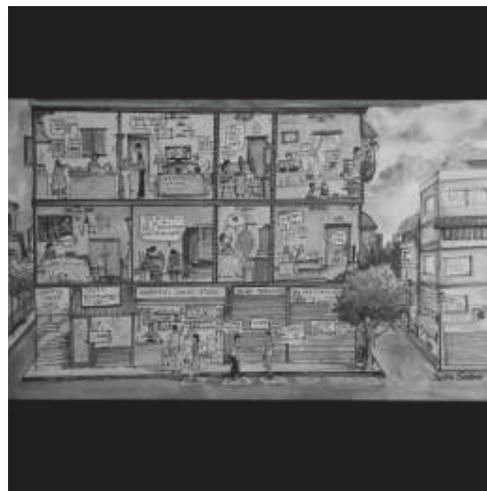
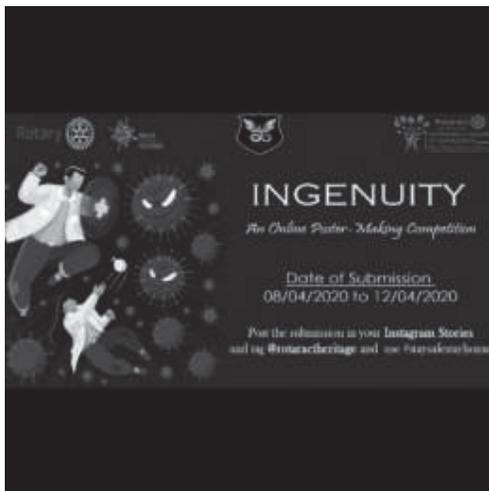

Registrar
Heritage Institute of Technology

Name of the Activity: "Ingenuity" - online poster making competition based on the topic Coronavirus

Date: 8th April to 12th April, 2020

No. of Students: 8

Description: Rotaract Club of Heritage Institute of Technology organised "Ingenuity", an online poster making competition based on the topic Coronavirus. An attempt to spread awareness against the pandemic was made by the artists. The poster making event was successful in bringing out the innovative sides of an individual in its true sense. It is great to see people participating and trying their utmost to educate the masses.



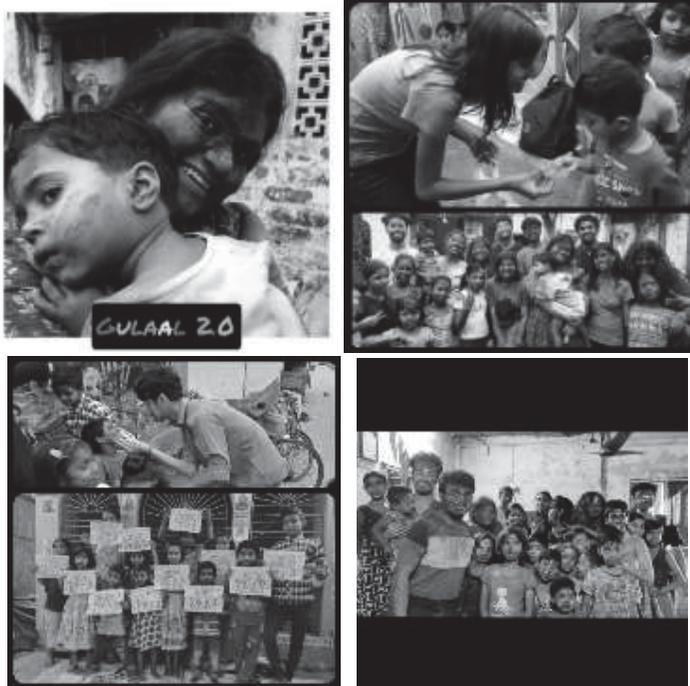

Registrar
Heritage Institute of Technology

Name of the Activity: GULAAL 2.0 - Holi celebration at RC-HITK's Shishya centres

Date: 8th March to 15th March, 2020

No. of Students: 10

Description: This Holi, Rotaract Club of Heritage Institute of Technology in collaboration with Rotaract Club of G.L Bajaj, RID 3012, helped to infuse the true spirit of togetherness with GULAAL 2.0, painting the lives of our Shishya kids with a splash of colour and cherished memories. Along with various other activities like card making, hand painting, movie screening, drawing, quizzes, and fun games, teachers also inculcated in them a scientific approach by describing the working of water guns. A healthy discussion was held on the current scenario and precautions necessary in these circumstances. Teachers also shed light on the mythological story behind this colourful festival. Sweets were distributed among the students followed by playing with abir summing up the festivities. Making our Shishya centres feel like home, packed with laughter and vibrancy, this day upheld the virtues of love, compassion and joyous living, which are the binding pillars of Shishya Centres.




Registrar
Heritage Institute of Technology

Name of the Activity: Community Dustbin Installation

Date: 14th March, 2020

No. of Students: 8

Description: Rotaract Club of Heritage Institute of Technology in collaboration with Alliance Club of Krishna has installed a dustbin near the Dhakuria Literacy Centre. To get this done, the entire garbage pit was cleaned and the nearby drains were unclogged by workers from Kolkata Municipal Corporation. A group of Rotaractors went around the locality, telling the residents about the installation of dustbin and its need. After the arrival of Mrs. Madhuchanda Deb, the councillor of Ward no. 92, a ribbon-cutting ceremony for the dustbin took place. Along with that, a small dustbin for dry waste was also installed in the centre. so as to inculcate in students a habit of using dustbins. A small awareness session on Coronavirus was also held with the students. They were told about the symptoms and prevention methods of the COVID-19 virus, along with demonstrations of handwashing techniques as recommended by the World Health Organisation (WHO). The happiness of taking a thoughtful step in making the whole area cleaner and more hygienic for the people living there was evident.




Registrar
Heritage Institute of Technology

Name of the Activity: Alida Village Visit

Date: 13th March, 2020

No. of Students: 8

Description: 8 members of NSS-HITK in collaboration with YI YUVA, visited the Alida Bagnar High School. The NSS members conducted a survey around the school keeping in mind the possible changes we as NSS members can make in order to improve the life of the students at the high school. Then we had brief session with the primary school head mistress discussing about the various ways in which we as NSS can help the school. Then a small session was conducted by the members in the school with the ladies of the village informing about the ill effects of plastics and teaching them how to make paper bags and to use these paper bags instead of using plastics.




Registrar
Heritage Institute of Technology

Name of the Activity: Paripurnata- Holi celebration

Date: 12th March, 2020

No. of Students: 20

Description: On the auspicious occasion of Holi, Rotaract Club of Heritage Institute of Technology visited Paripurnata -halfway home, a psycho social rehabilitation center for women who have been abandoned by society. A fun evening was conducted with the residents as an effort to let them connect with the outside world. The evening started with an interactive session where Rotaractors tried to build a friendly bond with the residents and to assess as much as possible about the residents' mental wellness. It was followed by an interesting as well as creative task where the residents used their hand prints in different colours to make hand masks. Rotaractors along with the women then sang songs which were especially enjoyed by all. Some of them even recited poetry to add to the already happy atmosphere. Next the residents were asked to come in pairs and help in completing "Happy Holi" text with the help of popsicle sticks. Along with it, sweets were given as a token of gratitude. Rotaractors had a small yet joyous Holi celebration with the residents, where gulaal was applied on each other's faces to celebrate the festival of colours. Thereafter the coordinator of Paripurnata held a very informative and thought-provoking session with the Rotaractors about the various cases of mental health and shared his personal experiences.

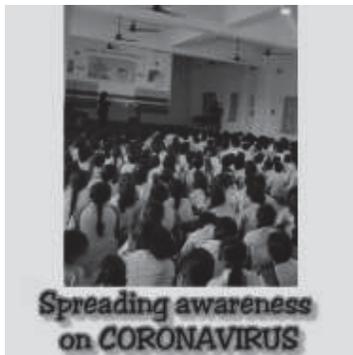

Registrar
Heritage Institute of Technology

Name of the Activity: **Awareness of Corona virus**

Date: **11th March, 2020**

No. of Students: **6**

Description: The Volunteers of **NSS-HITK** visited the **Chowbaga High School** on 11th March, Wednesday to conduct a program on spreading awareness on Corona Virus. Volunteers gave a talk to share epidemiological insights into the evolving COVID-19 outbreak, assess knowledge gaps, and appraise the impact of interventions in China, with a view to prepare the rest of the world for potential further spread. After the presentation on corona virus, Volunteers had organised a quiz competition based on the presentation. They observed that students of Chowbaga High school are very confident and sharp minded.




Registrar
Heritage Institute of Technology

Name of the Activity: Voice of world-Holi celebration

Date: 11th March, 2020

No. of Students: 15

Description: Rotaract Club of Heritage Institute of Technology celebrated Holi at Voice of World, a school for visually impaired children. A day full of fun activities was spent by brightening the lives of some very special kids close to our hearts. The celebration started with Rotaractors greeting the kids, which was followed by an inquisitive crowd listening to the story behind the celebration of Holi. Beautiful paintings were done with hand prints, as the Rotaractors guided their hands and the kids showed their spirit through their enthusiasm. Next, two teams were made for playing Antakshari. It had a twist, where the opponent team were supposed to sing a song within 5 seconds, or else they will be sprayed with coloured water. The game ended with no clear winner but loud cheers each time someone got sprayed! Finally, flower petals were distributed amongst the kids and everyone cheered, out "HAPPY HOLI!" tossing those petals in the air and at each other. The joy knew no bounds! The celebration came to an end with everyone bidding goodbye, with a gift of wishes and memories to cherish.



Sona
Registrar
Heritage Institute of Technology

Name of the Activity: **ABHINANDAN 2.0 - cloth distribution drive**

Date: **9th March, 2020**

No. of Students: **10**

Description: On the first day of World Rotaract Week, **Rotaract Club of Heritage Institute of Technology** organised ABHINANDAN 2.0, a cloth distribution drive to spread warmth and love amongst the needy near the Park Circus Railway Station. Early in the morning, the team gathered near the station area and started distributing the clothes right from the platform no. 1 and covered almost every nearby place they could. It was an opportunity for Rotaractors to be closer to the families for whom getting meals twice a day is a challenge they face every day. It was a moment to observe the concern of a family and love of a mother in putting their children's happiness as a priority before their own, which defined the true sense of the profound word ' Family'. At the end of the event, Rotaractors received self-satisfaction and appeasement from good work they did.




Registrar
Heritage Institute of Technology

Name of the Activity: AZRAYA- walkathon on child sexual abuse

Date: 29th February, 2020

No. of Students: 75

Description: 'Azraya', an initiative on Child Sexual Abuse had its second phase in the form of Walkathon organised by Rotaract Club of Heritage Institute of Technology. The march strengthened as it progressed from Heritage Institute of Technology with delineative painted faces, people holding placards, singing, shouting slogans and spreading awareness. Alongside, Rotaractors handed out fliers to the bystanders, explaining the importance of seeking help and filing complaints in any such occurrences. Settling near Ruby More, the crowd witnessed Street Play, breaking the stigma that assault doesn't happen only with girls but also with boys. It was effective as the commuters came forward to ask and learn about the cause, and noted down the child helpline number. The event was immensely honoured by the presence of Col. Amitava Ghosh, the Joint Campus Administrator of Heritage Institute of Technology along with the police officers of Anandapur Police station, Kasba traffic guard, Tiljala traffic guard and members of Rotaract Club of Meghnad Saha Institute of Technology and Rotaract Club of Calcutta.




Registrar
Heritage Institute of Technology

Name of the Activity: Swachh Vidyalaya

Date: 29th February, 2020

No. of Students: 15

Description: As a part of the social activity done by NSS-HITK club, a 15-member team visited the Chowbaga Primary School on 29th of February for a cleanliness drive. The team members carried products required for cleaning along with some posters for decorating the walls of the school.

The team interacted with the children of the school and made them aware of cleanliness. The walls were then decorated with posters, representing social awareness on keeping the environment clean. The team then got divided into two groups- one group stayed inside the classrooms and swept the floors of the classroom with brooms, while the other group went out outside and separated plastic waste from the surroundings of the school. For this, they covered their hands with gloves and used garbage bags to collect waste.

Finally, the team united and cleaned the school basins with detergent. The team then played some indoor games with the children and finally the time came for leaving. The Goodbyes were hard but by taking permission from the headmaster the team left. It was a wonderful experience for the team. These types of visits should encourage more among people to create awareness and for making our surroundings a better place.



Swachh
Registrar
Heritage Institute of Technology

Name of the Activity: Swachhta Pakhwada

Date: 29th February, 2020

No. of Students: 9

Description: As a part of the social activity done by NSS-HITK, a 9-member team visited the Little Sisters of the Poor. St Joseph's Home on 29th of February for a cleanliness drive. The team spent a wonderful time there cleaning and dusting the railings, balconies, floor, cleaning the leaves in the garden. They also went around the old age home interacting with the old people. Altogether it was an amazing experience and we are looking forward to these kinds of opportunities.



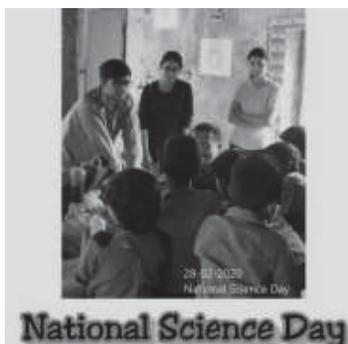

Registrar
Heritage Institute of Technology

Name of the Activity: **National Science Day Celebration**

Date: **28th February, 2020**

No. of Students: **8**

Description: To celebrate the National Science Day with the children of **Paschim Chowbaga Free Primary School**, 8 members of **NSS-HITK** visited the school. In this event the members told the students about the great scientist C.V. Raman and “Mini Moon” which was discovered by N.A.S.A. few days ago. After that there was a quiz based on general knowledge. At the end of the event members distributed chocolate to the kids.




Registrar
Heritage Institute of Technology

Name of the Activity: Plastic Muqt Bharat

Date: 27th February, 2020

No. of Students: 7

Description: This event was organised by NSS-HITK at Nazirabad village. The NSS members had tried to create a cleanliness awareness among the local people of the village by making them aware of the harmful effects caused by the plastics and also suggesting them some ways to minimize the consumption of plastics. Firstly, we started having conversations from the shopkeepers of the village and we suggested them not to use and also not to give their customers polythene bags, instead, they can use cloth bags. Then we talked to the localites and aware them about the damages caused by the plastics and also requested them to minimize the use of plastic products. The main motto was to tell them that the change will start from an individual and one day we will get a plastic free environment.



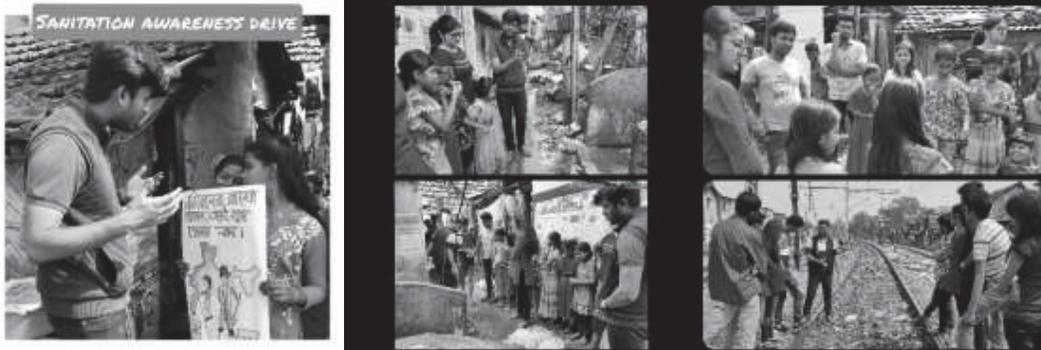

Registrar
Heritage Institute of Technology

Name of the Activity: Sanitation awareness drive

Date: 24th February, 2020

No. of Students: 17

Description: "Personal sanitation is as important as public sanitation". Keeping this in mind, Rotaract Club of Heritage Institute of Technology had setup a door-to-door awareness campaign on the topic "Sanitation: Health and Hygiene" in the Dhakuria slum area. The awareness campaign started with a session on Health and Hygiene with the literacy students of Dhakuria. Importance of cleanliness and basic demonstration of personal sanitation was taught to them. The teams were then divided into four and were sent to do survey in the Railway area, nearby houses and public places. After the detailed survey, a door-to-door awareness campaign was done. When all the teams returned back, a healthy discussion on the issues made things easier for the Rotaractors to jot down and think about. It was a successful awareness campaign as several residents were responsive during the conversation and helped in letting know the depth of the matter.



Sona
Registrar
Heritage Institute of Technology

Name of the Activity: **WAGS AND WHISKERS**

Date: **19th February, 2020**

No. of Students: **12**

Description: 12 members of **NSS-HITK** visited the **Ashari-PFA** on the 19th of February. The Centre takes good care of the animals, be it Lovable pets or Poor Beings hurt and abandoned on the streets. The staff seemed equipped to operate on basic injuries and provide medication, but lack of funding makes it difficult for them to take care of serious cases. We were able to help with infusing saline solution and bandaging the wounds of Dogs. We also cleaned the cages of the animals, at first it was somehow frightening to enter the cage but they were calm and timid. We cleaned their dirty clothes. Feeding them was one the most interesting things we did, they just came rushing towards us and it felt really good and joy giving them meal. The major issue with the place was funding deficit, leading to an unclean environment albeit hygienic. It is indeed a good refuge but with the proper backing, it could truly be great.



Sona
Registrar
Heritage Institute of Technology

Name of the Activity: WAR (Wildlife Awareness Rally)

Date: 9th February, 2020

No. of Students: 80

Description: The prime objective of the event was to generate awareness regarding nature and wildlife among the students of schools, colleges and universities. Rotaract Club of Heritage Institute of Technology and NSS-HITK participated in Wildlife Awareness Rally. The event started with a rally at 11:00 am from Ashutosh Cinema Hall with all the participants chanting slogans out loud, attracting the public to pay attention. The participants showed enthusiasm by depicting their support for wildlife conservation through numerous posters and wearing masks of endangered animals. The Rally ended around 12 noon at Priya Cinema Hall. This was followed up by three competitions – nature quest (MCQ based contest), poster competition and essay competition. The WAR 2020 was a wonderful experience for all the participants and we are thankful to have been a part of it.



Sona
Registrar
Heritage Institute of Technology

Name of the Activity: Manthan session on "Sanitation: Health and Hygiene"

Date: 3rd February, 2020

No. of Students: 20

Description: "Sanitation is an issue that concerns not just the underprivileged, but also the privileged sections of the society". To understand the significance of the issue, Rotaract Club of Heritage Institute of Technology organised an informative Manthan session on the topic "Sanitation: Health and Hygiene" for a healthy discussion on all possible solutions. A group discussion was set up and a case study based on implementation of open defecation free plan in a rural area was given. A certain limited budget was provided. The budget included toilet installation, building of clean water sources, maintenance of toilets and sewage. Also, it was mentioned that if the usage of each toilet exceeds the count of ten people, then it will be unhygienic and not safe. As teammates proceeded with their opinions, the discussion got carried away interestingly, which included multiple twists in between. At the end, the delegates were formed. Questions were raised, which on the contrary received reasonable confutes. The session was thoughtful, which helped in knowing the intensity of such a crucial topic.


Registrar
Heritage Institute of Technology

Name of the Activity: Flag Collection

Date: 27th January, 2020

No. of Students: 14

Description: Fourteen members of NSS-HIT(K) united to create awareness about the respectful disposal of our national flag. They started their walk from Ruby and their final destination was HITK. Along with the walk they collected all the Indian National flags that were torn and was lying around on the roads. They were successful in making the area a respectful homage to our national flag, without any disrespected flag lying around. The collected flags were then disposed of with due respect, adhering to the guidelines of the constitution of burying them.




Registrar
Heritage Institute of Technology

Name of the Activity: Prerna (Netaji's Birthday)

Date: 23rd January, 2020

No. of Students: 8

Description: Here's a glance to another event organised by NSS-HITK. On the auspicious occasion of Netaji's birthday, we went to Paschim Chowbaga Free Primary School. Here we started the day by hoisting the National Flag. Next, we taught them about Netaji and made them realize the importance of cleanliness. We organised a drawing competition and a fun game for the kids. At last, we distributed chocolates to the kids. All in all, it was a great fun day with these amazingly talented kids.



Prerna




Registrar
Heritage Institute of Technology

Name of the Activity: Chotu Olympics 3.0 - a mega sports-based flagship event involving the participation of students from different literacy centres, including kids of Saujatya Orphanage

Date: 18th January, 2020

No. of Students: 50

Description: Rotaract Club of Heritage Institute of Technology organised Chotu Olympics 3.0, a mega sports-based flagship event involving the participation of students from different literacy centres, including kids of Saujatya Orphanage. It gives every student an opportunity to develop important life skills besides studies. The multitude of fun started with warm-up exercises that quickly turned into laughter session. Activities like flat race, sack race, long jump, spoon and marble race, frog race, relay race and hurdle race displayed the students' enthusiasm that never got down throughout the event. After all the tiredness, lunch was also served. Jalebi race being the main attraction, witnessed the most energetic cheering. Finally, 'Tug of War' had teachers and students participating from different centres. At the closing, prize distribution took place, which lit up every smile with achievements.



Sona
Registrar
Heritage Institute of Technology

Name of the Activity: **Old Age Home Visit**

Date: **18th January, 2020**

No. of Students: **7**

Description: “Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!”. Seven members of **NSS-HITK** visited the old age home **Alor Disha**. There the volunteers had a cordial talk with the aged people of the home, enquiring about their health, living condition. It was quite a learning experience for the volunteers of the NSS.



Sona
Registrar
Heritage Institute of Technology

Name of the Activity: Christmas Celebration

Date: 25th December, 2019

No. of Students: 8

Description: NSS-HITK with collaboration from Tagore Foundation organised a “Sit and Draw” competition at the Tagore Foundation School to celebrate Christmas. It was such a nice experience to see the children draw so good colorful pictures from their imagination. The volunteers of NSS also gifted the children with biscuits and lozenges.




Registrar
Heritage Institute of Technology

Name of the Activity: **INDIA CONSTITUTION DAY Celebration**

Date: **26th November, 2019**

No. of Students: **28**

Description: **NSS-HITK** observed the Constitution Day on the 26th of November at Executive Hall of Central Block, Heritage Institute of Technology. The event started at 10:45 a.m. There were some short speeches on the importance, spirit and history of the constitution of India. Then the volunteers along with the teachers present there recited in unison the Preamble to the Constitution of India.




Registrar
Heritage Institute of Technology

Name of the Activity: **Childrens Day Celebration**

Date: **14th November, 2019**

No. of Students: **14**

Description: Children are not things to be molded, but are people to be unfolded." And what can be a better occasion than Children's Day to unfold these great minds. So, **NSS-HITK** members went to slum areas of PARK STREET to distribute biscuits and toys to the children out there. This small gesture from our side brought million-dollar smiles on their faces. For an instance even we became kids after all "Adults are just outdated children". HAPPY CHILDREN'S DAY!!!!

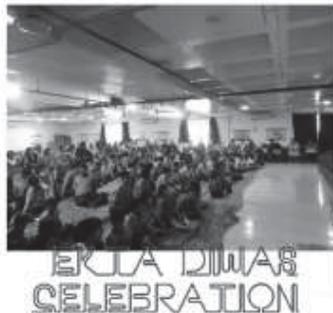


Name of the Activity: Ekta Diwas Celebration

Date: 31st October, 2019

No. of Students: 11

Description: Ekta Diwas celebration at Manovikas Kendra was an amazing experience for the NSS-HITK members. NSS member gave a Speech on Ekta Diwas and motivated the children. Then a Video on Unity was played by the members of NSS-HITK. Then there was Quiz competition for the children. The children enjoy a lot, they answered the question very brightly and smartly. Then the team members distribution Chocolates amongst the children and spent time with these kids was a great experience.




Registrar
Heritage Institute of Technology

Name of the Activity: Muskurahat (Diwali Celebration)

Date: 26th October, 2019

No. of Students: 8

Description: On the auspicious occasion of DIWALI, National Service Scheme (NSS) of Heritage Institute of Technology organized "MUSHKURAHAT", visit to Old age home Little Sister of the Poor on 26th of October to Celebrate festival of lights with these golden hearts. "We decided to celebrate this festival with these people for giving a moment of joy in their life".




Registrar
Heritage Institute of Technology

Name of the Activity: **Roshni - A social awareness event before Diwali**

Date: **23rd October, 2019**

No. of Students: **11**

Description: A social awareness event before Diwali was organized by **NSS-HITK** with the students of **Tagore Foundation School**. In this event the members of NSS-HITK spread social awareness about: Harmful effects of crackers, Effects of Air pollution, Animal safety during Diwali. The NSS-HITK members and all the students decorated Tagore Foundation School with Diyas. At the end of the event NSS-HITK members distributed chocolates among the students of Tagore Foundation School.




Registrar
Heritage Institute of Technology

Name of the Activity: **WAGS AND WHISKERS 1.2**

Date: **15th September, 2019**

No. of Students: **11**

Description: Visit to an animal's shelter '**Ashari -PFA kolkata**' by 11 members of **NSS-HITK**. We were able to help with infusing saline solution and bandaging the wounds of Dogs. We also cleaned the cages of the animals. We also fed the cats and dogs present there.




Registrar
Heritage Institute of Technology

Name of the Activity: **Flag Collection disposing them with respect**

Date: **16th August, 2019**

No. of Students: **9**

Description: We are familiar with all the adrenaline boost and patriotism on 15th August. But for some people this patriotism doesn't last long and we can see our national flag lying here and there. So **NSS-HIT(K)** took a step same like last year where all the discarded flags were collected from roads, drains etc. in the areas like Ruby, Kalikapur, Hussainpur, Anandapur for disposing them with respect and in an acceptable manner.




Registrar
Heritage Institute of Technology

Name of the Activity: Youth Day Celebration (Catch the Young)

Date: 12th August, 2019

No. of Students: 20

Description: NSS-HITK, and RC-HITK, in collaboration with CII Young Indians (Yi) took part in self-defence workshop in the college. Self Defence Quotes. "If we pick a fight, then we're just as bad as them. Combat should be used just to help people who can't defend themselves, period." "Well, if I don't fight back and they pound on me, then I'm one of the people I should be defending."




Registrar
Heritage Institute of Technology

Name of the Activity: Preet Bandhan

Date: 6th August, 2019

No. of Students: 30

Description: NSS-HITK and Rotaract Club HITK organised Preet Bandhan - A One day handmade Rakhi sale by otherwise-challenged young adults. The event was held with collaboration from Partner Hooghly - an organisation which is basically an association of parents of mentally challenged young adults who have come together for the welfare of their children and to provide them equal rights. They work for Autism, Downs Syndrome, Cerebral Palsy & multiple physical disabilities. These people make Raakhis, diyas, spices, candles, etc themselves & sell them. On the occasion of Rakshabandhan, they had prepared some really pretty Raakhis and they sold them at our college campus.



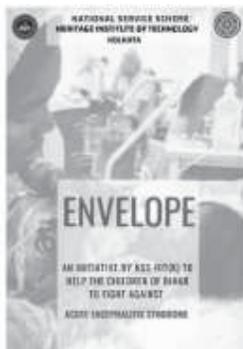

Registrar
Heritage Institute of Technology

Name of the Activity: ENVELOP - An initiative to help the children of Bihar

Date: 25th June, 2019

No. of Students: 60

Description: The event Envelope, organized by NSS-HITK was an initiative to help the children of Bihar to fight against acute Encephalitis syndrome. During the scorching heat of the summers, to protect the children of Muzaffarpur from suffering due to dehydration, packets of glucose and oral rehydrating salts were distributed to them.




Registrar
Heritage Institute of Technology

Name of the Activity: International Women's Day Celebration with an interactive session with Ms. Piyali Dutta (Acid Attack Survivor)

Date: 12th March, 2019

No. of Students: 75

Description: On 12 March 2019, NSS-HIT(K) celebrated International Women's Day by organising an interactive session with Ms. Piyali Dutta (Acid Attack Survivor) where she shared her story which inspired everyone. Piyali ma'am has indefatigable zeal for achieving something in life and give a message to the whole world that " It's What's Beneath the Skin That Counts". Team NSS-HITK was honoured to have such inspiring people around us. NSS-HIT(K) conducted the event successfully and our team is getting stronger day-by-day and nsshitk is always working and ready to put smile upon your face!




Registrar
Heritage Institute of Technology

Name of the Activity: **UDAAN**

Date: **25th February, 2019**

No. of Students: **8**

Description: The event – Udaan was organized by **NSS-HITK at Tagore Foundation School Kolkata**. The event was divided into three categories – a quiz, essay writing and a drawing competition. We very happy see the active participation of the students of Tagore Foundation as they amazed us with their talent. Working along them even we turned kids and once again relived our childhood memories. Medals were given to the winners of the different competition and chocolates were distributed among the kids of Tagore Foundation. The event was great refreshment from our everyday college schedules and really helped in improving our team bonding and organising capabilities.



Udaan



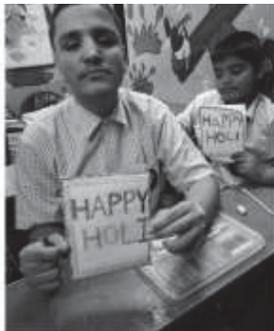

Registrar
Heritage Institute of Technology

Name of the Activity: **Holi Celebration**

Date: **19th February, 2019**

No. of Students: **5**

Description: The event – Shiksha was organized by **NSS-HITK at Tagore Foundation School Kolkata**. This event gives us always an unforgettable memories and lesson. The children and their different ways to look into the societies. The creative thought mesmerizes as always at every moment. This time they show their creativity in designing a card for the upcoming festival Holi - festival of colours. The children of Tagore foundation created their colours in their card.



Shiksha




Registrar
Heritage Institute of Technology

Name of the Activity: Bonfota (Bhai Dooj) Celebration at Kasba Girl's Home

Date: 14th November, 2018

No. of Students: 35

Description: NSS-HIT(K) brought a change to Bhai-Dooj this year. We went to Kasba Girls' Home to celebrate BONFOTA. On this day the male members of our wing did the aarti of the little sisters with the holy flame and put the tika on their forehead and then they prayed to God for the long and healthy lives of the girls in that home. This is the way NSS-HIT(K) expressed care and love to the sisters. Delicious rosogollas along with Cadburys were distributed. In this return, the sisters their gave us a card as the token of love.



Sona
Registrar
Heritage Institute of Technology

Name of the Activity: **Donation Drive for victims of Kerala floods**

Date: **5th September, 2018**

No. of Students: **130**

Description: Kerala has been hit by one of the worst floods mother nature has ever unleashed upon the land. It's up to the citizens of this country to step up and help the victims in their time of need. The members of **Rotaract Club of HITK**, along with **NSS-HITK**, have successfully orchestrated a collection drive for the people in need. Special thanks to Goonj Kolkata for their support and coordination. We hope Kerala comes back stronger than ever, sooner than we imagine.



Sona
Registrar
Heritage Institute of Technology

Name of the Activity: i) Rakhi Celebration with BSF jawans of Alambazar
ii) Rakhi Celebration at Little Sisters of the Poor

Date: 26th August, 2018

No. of Students: 36 + 36

Description: Everyone celebrates Rakhi every year with their friends and family, but this time NSS-HITK celebrated it in all the true essence with some very special people in our lives. First, with the people who protect our country and everyone in it at the borders, the BSF jawans of Alambazar. Secondly, with the grandmas and grandpas of Little Sisters of the Poor, they are an essential part of our society who have protected our generation and the previous one with all their love and knowledge, and all they need now is our support. Last but not the least, as it is said charity begins at home, the volunteers tied rakhi to the autowala uncles, security guards, and all other staff member of Heritage Institute of Technology who protect us and help us on daily basis. It was truly a HAPPY RAKSHABANDHAN, with a purpose.




Registrar
Heritage Institute of Technology

Name of the Activity: Flag Collection

Date: 16th August, 2018

No. of Students: 42

Description: On early hours of 16th August 2018, forty-two of NSS-HIT(K) volunteers united to create awareness about the respectful disposal of our national flag. They started their walk from Ruby and their final destination was HITK, covering the areas between the two points including RRplot, Hussainpur, Anandapur. Along with the walk they collected all the Tirangas that were torn and was lying around on the roads. They were successful in making the area a respectful homage to our national flag, without any disrespected flag lying around. The collected flags were then disposed of with due respect, adhering to the guidelines of the constitution of burying them.

This was a proper opportunity to create awareness about the proper respectful disposal of our Tiranga. As passer-by's were educated about the matter, even they lend a hand to the noble cause. And hence the initiative was successful in its mission of awareness and respect towards Tiranga.




Registrar
Heritage Institute of Technology

Name of the Activity: Independence Day Celebration at Asirbad Boys Home

Date: 15th August, 2018

No. of Students: 45

Description: NSS-HIT(K) had organized a cultural celebration on the 15th of August from 9:00am- 1:00pm at Hope Foundation Orphanage. The program started with Rangoli making and unfurling of the national flag. All the students, teachers, mentors and members of the NSS were in the Traditional outfit to respect the special occasion while they're singing the National Anthem. Along with the Patriot spirit each student gave their dance performance. The program continued by the members of NSS were they had sessions to paint their mind out, proem recitation and finally they received a jalebi treat from us. The aim of the event was to inform them about the speciality of the day, worth of Free India and the meaning of the tricolored Indian flag. The program ended with pleasing, enormous and satisfied smiles with a vision.


Registrar
Heritage Institute of Technology

Name of the Activity: Traffic Signal Education class with the kids at Surya Kiran

Date: 20th July, 2018

No. of Students: 30

Description: With increasing number of traffic every day, it is important for people to know about traffic rules from a very young age. On 20.7.18, NSS-Heritage institute of technology Kolkata conducted a Traffic Signal Education class with the kids at Surya Kiran. The kids were taught about the signals and rules with the help of charts and drawings. They were also taught the importance of zebra crossings, footpaths and speed breakers. The event ended with distribution of chocolates among the kids!




Registrar
Heritage Institute of Technology

Name of the Activity: Earth Day Celebration

Date: 20th April, 2018

No. of Students: 40

Description: “The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction.” - Rachel Carson.

Our planet Earth has its own day of celebration: April 22nd. In 1970, Senator Gaylord Nelson founded Earth Day to celebrate the beauty of Mother Nature.

Today, with the increasing climate change and global warming, it cannot be more relevant. A child's mind is the best place to sow seeds of awareness. So for this Earth's Day, on 20th April, NSS-HITK tried to instil in the minds of the kids of SURYA KIRAN and the HERITAGE School, the importance of nature and the importance of trees, through essay/slogan writing competition and tree plantation. A day well-spent with the kids.



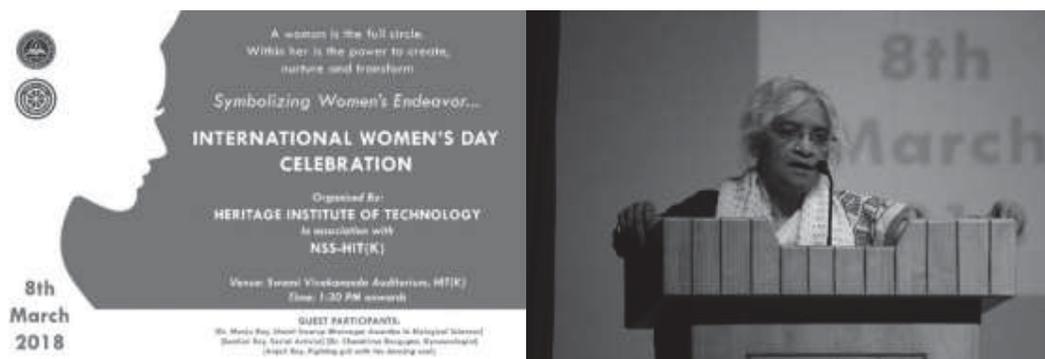

Registrar
Heritage Institute of Technology

Name of the Activity: **International Women's Day celebration**

Date: **8th March, 2018**

No. of Students: **75**

Description: **NSS-HITK** celebrated the International Women's Day on the 8th of March. Guest participants were Dr. Manju Roy (Shanti Swarup Bhatnagar awardee in Biological Sciences), Santishri Roy (Social Activist), Dr. Chandrima Dasgupta (Gynaecologist) and Anjali Roy (Fighting girl with the dancing soul). A painting competition with the theme Women empowerment was also organised.




Registrar
Heritage Institute of Technology

Name of the Activity: Walk for faith - A Step towards Eradicating Cancer

Date: 4th February, 2018

No. of Students: 250

Description: NSS-HITK participated in the Walk for faith – A step towards eradicating Cancer, organised by Global Cancer Trust along with Padma Shri Premlata Agarwal & hundreds of cancer winners and supporters. The walk started at 6:30 a.m. from Salt Lake Stadium and ended at City Centre I. Though it was just a walk but that time is not so far when it will be turned into a movement to eradicate Cancer from its root.




Registrar
Heritage Institute of Technology

Name of the Activity: Cancer Awareness Seminar

Date: 30th January, 2018

No. of Students: 75

Description: Not every day do we get the chance to witness a stalwart from the medical industry engage the audience in an interactive and informative journey on the 'Emperor of All Maladies'-Cancer. On the 30th of January, students from the Heritage group of colleges got an opportunity to do so, with Dr. Vikash K Agarwal, group head of Oncology from the AMRI group of hospitals, as the spearhead of the seminar on Cancer Awareness, organized by NSS-HIT(K).

The session began on an interactive note with Dr. Vikash asking the audience to get up from their seats. He explained that in the 33 seconds that the audience took to stand up, another cancer patient left this world-thus driving home the stark gravity and magnitude of effect of this disease. He proceeded to elaborate on this extreme reality with the help of a poignant slideshow, that not only put forth the staggering statistics of deaths due to various forms of cancer but also gave a deep insight into the causes and mode of action of this deadly disease. Vikash emphasised that cancer as a disease affects not only the patients-it affects the patient's family, as well as generations to come. He gave examples of families with children as young as 2.5 years old, suffering from cancer due to no fault of theirs. He explained that habits such as chewing tobacco and smoking, which may have arisen due to factors such as stress, anxiety or peer pressure, are the leading causes of cancer. The youth being particularly gullible, often fall prey to these habits, not realizing its impact on their future. Vikash rightly said that this is the point of decision-the point where we make a choice between momentary pleasure and permanent pain; between life and death itself.

According to the World Health Organization, by 2020, every family will have a cancer patient. The statistics sound grim but the situation is not completely bleak, for there is still a lot that we can do to prevent further casualties. Dr. Vikash emphasised, with the help of a short video clip called, "The Tree", that any problem can be overcome if we stand unified and fight against it, together. Cancer is a disease that can definitely be defeated and in this war against cancer,

a healthy lifestyle is the most potent weapon. Inspirational figures like Sister Madonna, who at 75 years of age became the Ironman Champion by winning the World Triathlon, only prove that age is just a number if we live healthy. The session reached its conclusion with two eye-opening clips-one from the popular movie, 'Lage Raho Munnabhai', which showed that we can change the world, if we begin by changing ourselves and the second clip titled, 'Giving is the best communication', that drove home the point that happiness comes to us when we give it to others. This seminar was not a run-of-the-mill, mundane talk-session-it was an eye-opening journey that made the audience ponder, long after they had left the auditorium and inspired them to be the beacon of change for a better world.



Registrar
Heritage Institute of Technology

Name of the Activity: Meditation Seminar

Date: 8th November to 10th November, 2017

No. of Students: 55

Description: 3-day meditation program was organised by NSS-HITK in collaboration with HEARTFULLNESS MEDITATION INSTITUTE from 8th Nov 2017 to 10th Nov 2017. The event included meditation for an hour everyday which was conducted by the trainers of HEARTFULLNESS. The event aimed at telling people about the benefits of meditation and teaching them how to meditate. It was organised from 3 pm to 4 pm every day. The meditation program was conducted at Ram Chandra Mission Ashram (The Heritage campus).




Registrar
Heritage Institute of Technology

Name of the Activity: Appreciation Ceremony

Date: 25th August, 2017

No. of Students: 80

Description: Appreciation ceremony was organised by NSS-HIT(K) (National Service Scheme, Heritage Institute of Technology), on 25th August 2017 to honour its active members. Dr. Sandip Chatterjee, Dr. Chandrima Roy and Dr. Srabanti Basu were the guest of honour. All the head members and the executive members were given their respective batches. All the other active members were designated as executive members.




Registrar
Heritage Institute of Technology

Name of the Activity: Interaction with British High Commissioner

Date: 24th August, 2017

No. of Students: 47

Description: The Honourable Sir Dominic Anthony Gerard Asquith visited Heritage Institute of Technology on 24th August 2017 to talk about higher education in UK. He told how UK is better for higher studies as compared to other countries. He told that four out of top ten universities are in Britain and one out of 10 leaders have studied from Britain and also three Indian Prime Ministers have studied from Britain. According to Sir Dominic Asquith, a UK returned to India receives three times higher salary. He also talked about the scholarships the UK universities provide for foreign students like “CHEVENING” and other scholarship programs. He also answered the questions of various students regarding higher education.



Registrar
Heritage Institute of Technology

Name of the Activity: Storyteller

Date: 22nd August, 2017

No. of Students: 65

Description: Seung-Ah Kim, the storyteller from South Korea visited Heritage Institute of Technology on Tuesday 22nd of August 2017. She narrated stories mainly on romantic and cultural grounds. She had a typical Korean accent and was dressed in a complete Korean manner. The members of NSS-HITK along with other groups were seated there and had a great time listening to her stories. This was a great time, as we got an opportunity for a good cultural interchange. This helped us in our personality development.


Registrar
Heritage Institute of Technology

Name of the Activity: Old Age Home Visit

Date: 7th August, 2017

No. of Students: 30

Description: NSS team of Heritage Institute of Technology visited Little Sister of The Poor, Kolkata ON FRIENDSHIP DAY. It was held with a motive to interact with aged people and make sure that they feel special and wanted. Our team tried to entertain them by singing songs, dancing and short plays. Our team also helped the organization in serving food and medicines to the members there. Finally, we tied on the hands of each of the members a friendship band.




Registrar
Heritage Institute of Technology

Name of the Activity: Clean Drive in Ballygunge Railway Station

Date: 30th July, 2017

No. of Students: 73

Description: This was the first cleanliness drive project under NSS-HIT(K) in collaboration with BHUMI (NGO). It was held on 30th July, 2017 at Ballygunge station as a step towards “Swachh Bharat Abhiyan”. The motto of this event was to make people aware about the importance of cleanliness as a clean environment will help in developing a healthy society.




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