



सत्यमेव जयते



BETHUNE COLLEGE
NSS Unit



Report on
Clean India Campaign and Fit India Freedom
Run
2022

Program 1: Plog Run cum Awareness Rally

On 20.10.2022 Bethune College NSS Unit in collaboration with Vidysagar Metroplatan College NSS Unit have arranged a Plog Run cum Awareness Rally around the historical sites located at the periphery of the two colleges from 1:00 to 3:00 pm to celebrate **Fit India Freedom Run** under the theme “**Azadi ka 75 saal, fitness Rae Bemisaal**”. The tagline of the program was “**Picking litter is good for country’s health, Jogging is good for your health.**” 22 Volunteers and 11 teachers have participated.

NSS Volunteers of Bethune College were grouped in three teams and the rally cum plog run was started from the three start points: Star Theatre, Ramdulal Nivas and Bethune College, the three famous historical sites of North Kolkata. Team members jogged and gathered trash in paper bags, wearing rubber/nitrile gloves.

Places visited by the students: Star Theatre, Scottish Church School, Ramdulal Nivas, Holy Child Institution, Scottish Church College, Bethune College and School, Christ Church, House of Ghalibh, Vivekananda’s ancestral house, Sadharon Brahmo Samaj, Metropolitan Institution, Vidyasagar Metropolitan College, Thanthania Kalibari and Rajbari, Laha bari, Presidency University, Hare School, Hindu School, University of Calcutta.

Streets and Roads: Bidhan Sarani, Ramdulal Sarkar Street, Beadon Street, Shimla Street, College Street.

While picking the trash, students along with teachers communicated with the locals, shopkeepers generating awareness and expounding the importance of cleanliness and vitality of disposing the non-biodegradable wastes properly. Additionally, citizens were reminded of plausible pollution, blockage of drains and harm to animals caused by the same.

The rally was plodded to College Street, Presidency University and was concluded at University of Calcutta. The total debris collected was measured and the teachers accompanying the teams had noted it down. Finally, **10 kg of non-biodegradable wastes were handed over to Kolkata Municipal Corporation.**

The social awareness rally was not only a focal event for the teams to generate awareness but was also an opportunity to learn and enlighten. The students pledge to continue this type of service or program as People’s Movement through Jan Bhagidari and propagate the mantra of “**Swachha Kaal: Amrit Kaal**” in the upcoming days as well.



Historical Places visited during plog run



Plog run cum Awareness Rally on the Streets of North Kolkata



News of Awareness rally in Anandabazar Patrika on 21.10.2022



Flyer

YouTube Link for the Program: <https://youtu.be/3YgsW1EdcSo>

Twitter Link(s) for the Program:

https://twitter.com/BethuneNss/status/1583389501778690050?s=20&t=NHNRodINnaiep09RwW9_pQ

https://twitter.com/BethuneNss/status/1583378743565111296?s=20&t=NHNRodINnaiep09RwW9_pQ

https://twitter.com/BethuneNss/status/1583343153998098432?s=20&t=NHNRodINnaiep09RwW9_pQ

Program 2: Yoga Practice at Home

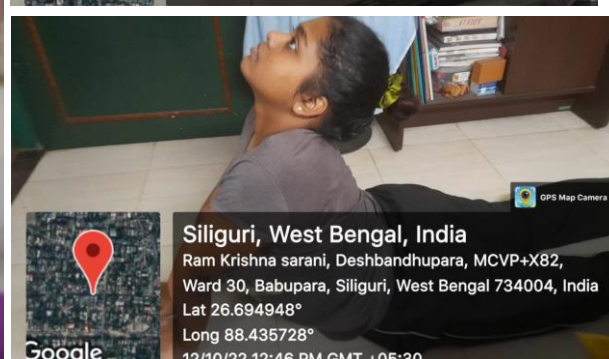
NSS Volunteers Paulami Roy and Swaeta Chakraborty have practised yoga at home during the Puja Vacation.



Swaeta Chakraborty



Paulami Roy



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