

## AWARENESS PROGRAM ON BREAST CANCER

DATE: 26.10.2021

Shailabala Women's (A) College, Cuttack in collaboration with SUM ULTIMATE MEDICARE organized an awareness program on breast cancer on 26/10/2021. The program was chaired by Hon'ble Principal Madam, Prof. (Dr.) Surekha Sundari Swain. Prof. (Dr.) Surekha Sundari Swain presented the welcome address to the volunteers and students. Dr. Chira Ranjan Khadanga, Consultant, Department of Radiation Oncology, SUMULTIMATE Medicare, Bhubaneswar attended the program as resource person and discussed the reasons, symptoms, stages, tests and treatment procedures of breast cancer. He stressed upon routine checkup and self-assessment of any nodule or tumor in the breasts and consulting with the doctor in case of any doubt or difficulties. Early prognosis and diagnosis can lead to a better cure and relief from this deadly disease. Program Officers Dr. Yogamaya Panda and Sushree Shibanee Dash worked together to manage this event. The teachers and non-teaching staff, NSS volunteers and students of the college participated in this program and got detailed knowledge regarding breast cancer. The participants interacted with the speaker and he answered to all the questions with much care and interest. The program ended with a vote of thanks.

**Outcome:** Breast cancer is one of the common problems in women. Since this is women's college so such a program is organized every year to educate the participants to make an awareness to detect the breast cancer and the way to treat it.



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## VIGILANCE AWARENESS PROGRAM

DATE: 01.11.2021

Shailabala Women's Autonomous Cuttack in collaboration with UCO Bank, Old Secretariat Branch, Buxibazar, Cuttack organized Vigilance Awareness Program on 1/11/2021. Prof. (Dr.) Surekha Sundari Swain chaired the meeting and gave welcome address. Asst. Manager of UCO Bank Ms. Rashmita Sahoo attended the program and addressed the volunteers regarding being honest in every walk of life and reporting to the Government and the higher authorities and taking own stand if any corruption creeps in. To make a corruption free India every NSS volunteer should take necessary steps. Senior Manager Sri Shiba Prasad Das discussed about the importance of vigilance awareness and how can one be safe from any corruption and what should be done in case of any fraud or cheating in financial issues. Volunteers of unit-I and Unit-II, +3 NSS participated in this meeting and interacted with the resource persons. The NSS program officers Dr. Yogamaya Panda and Sushree Shibane Dash co-ordinated in the event.

**Outcome:** The main idea of this program was to make the country free from corruption and maintain honesty in building the nation. The program generated lot of awareness regarding vigilance activities and importance of corruption free attitude.





## CLEANLINESS DRIVE

DATE: 03.11.2021

The Ranger's team of Shailabala Women's Autonomous College, Cuttack has undertaken a cleanliness drive to clean the campus on Dt. 03.11.2021 at 8:00 AM. It was presided by the principal Prof. Dr. Surekha Sundari Swain, Principal. Ms. Puspanjali Mallick, Officer-in-Charge of Rovers team and Mrs. Aradhana Nayak, second officer-in-charge supervised the event. 21 volunteers of Rangers participated in this cleaning program.

**Outcome:** "Cleanliness is Godliness". This idea was inculcated among the volunteers.



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## TWO DAYS TRAINING PROGRAMME FOR RANGERS

DATE: 5.11.2021 TO 06.11.2021

The rangers team of Shailabala Women's Autonomous College, Cuttack has successfully completed two days training program on 05.11.2021 and 06.11.2021 in the college premises. It was presided by the principal Prof. Dr. Surekha Sundari Swain, Principal. The trainer was Ms. Gayatri Panda, Trainer of Scouts. The program was co-ordinated by rangers team officers Ms. Puspanjali Mallick, Mrs. Aradhana Nayak. 20 number of volunteers participated in this training program.

**Outcome:** It helps in all round development of the personality of the youth, inculcate good manners and ideals of disciplined living.



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## **VOTER'S AWARENESS PROGRAM IN COLLABORATION WITH CMC, CUTTACK**

**DATE: 26.11.2021**

Shailabala Women's Autonomous College, Cuttack in collaboration with Cuttack Municipal Corporation, Cuttack organized Voter's Awareness Program on 26/11/2021. Principal Prof. (Dr.) Surekha Sundari Swain presided over the meeting and offered welcome address. Hon'ble CMC Commissioner Smt. Ananya Das motivated the students to register themselves in electoral poll and drive the nation forward by participating in voting process. Each vote for a suitable candidate should not be missed and one should gather necessary political and social awareness and self-consciousness. Deputy Commissioner Ms. Sanjibeeta Ray spoke about the responsibility of students who are attaining the age required for voting. No one should be left unregistered. Deputy Commissioner Sri Amiya Kumar Panda motivated the volunteers to create social and political awareness and help the election commission of India in choosing an honest and capable candidate by casting votes. Deputy Commissioner Sri Ajay Kumar Mohanty encouraged students to be catalysts for national development and use mobile application to complete self-registration process in electoral roll and be a responsible voter. Volunteers interacted with the guests and a number of questions were answered. The program was co-ordinated by Dr. Yogamaya Panda and Smt. Sushree Shibanee Dash, program officers of Unit-I and Unit-II, +3 NSS. All the 100 NSS volunteers and students participated in the program and made it successful.

Outcome: The program stressed upon the importance of electoral enrolment and the girl students who were turning 18 got sensitized and enrolled under electoral poll after the program. Through NSS volunteers the importance of voting rights to create a strong Govt. and to make India the superpower in the world was taught to make awareness and educate the society.



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## PLANTATION DRIVE

**DATE: 30.11.2021**

On 30-11-2021, a plantation drive was carried out by the cadets. After the relaxation of Covid, on this day the cadets planted saplings and plants in the college garden at around 3.00p.m. All the cadets brought their saplings planted in the garden with the promise to take care of the garden and plants. On this occasion Sri. Suryakant Baral, faculty in Library and Information science along with the CTO Chinmayee Mallik also planted some saplings and watered the plants.



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## POSTER PREPARATION AND PARTICIPATION IN MINIMARATHON ON WORLD AIDS DAY

**DATE: 01.12.2021**

World AIDS Day is celebrated on 1<sup>st</sup> December to create awareness regarding spreading of AIDS throughout the globe. On this occasion Cadets prepared posters in the college campus to raise awareness on AIDS and precautions to stay away from AIDS. Some of our cadets participated in the Mini Marathon on World AIDS Day organised by other civic bodies of Cuttack. The Mini Marathon started at 7.30 a.m. in the morning Started from the Barabati Indoor stadium to High court road.

**Outcome:** The program united the participants to fight against HIV and to show compassion to the affected people.



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## AWARENESS PROGRAM AND RALLY ON WORLD AIDS DAY

DATE- 01.12.2021

Shailabala Women's Autonomous College, Cuttack organized an HIV AIDS Awareness rally and meeting on 1/12/2021. Hon'ble principal Prof. (Dr.) Surekha Sundari Swain and National President of Servants of the People's Society and Chief Administrative Officer of The Samaj newspaper Dr. Pravas Acharya showed green flag as a signal to start the rally from Samaj office at 10:00 AM in the morning. The volunteers of NSS and YRC of Shailabala Women's Autonomous College, Cuttack and program officers of NSS and YRC Counsellors participated in this rally with handmade placards, red ribbon symbols and marched to the college campus giving out slogans of HIV AIDS Awareness. After the rally an awareness meeting was organized in the college auditorium. Principal Prof. (Dr.) Surekha Sundari Swain presided over the meeting. Dr. Nivedita Pattnaik, M.D.(Paediatrics), Ex-Senior Resident Rainbow Children's Hospital, Hyderabad attended the meeting as resource person and discussed about the HIV Virus, mechanism of infection, stages of multiplication in human beings, symptoms of AIDS, methods to prevent, detect or control it. Since it spreads through infected blood and body fluids and secretions of reproductive tract it is recommended to avoid polygamy, sharing of needles, blades, unsafe sexual activities. One should get tested for detection of the virus in her body. It can be transmitted from infected mother to the child during gestation, delivery or breast feeding. The baby can be safe from contracting the virus if mother's HIV test is done prior completion of first trimester. The HIV infected person should be treated with compassion. Sharing of towel, food, bed, swimming pool with the infected person does not spread the disease. There are various methods to control the deadly HIV to cause AIDS. Thus knowing AIDS is the first step to winning it. A number of queries were put together by the students and the resource person answered to all those aptly. The program was co-ordinated by Dr. Yogamaya Panda and Smt. Sushree Shibane Dash, Program Officers of +3 NSS. YRC Counsellors of the college also co-operated in the program.

**Outcome:** The program served to spread awareness regarding HIV AIDS and its preventive measures. AIDS is a deadly disease. The program also helped the NSS volunteers to know about the diseases and other life-long health problems associated with it and how to extend compassion to the people affected or detected positive.





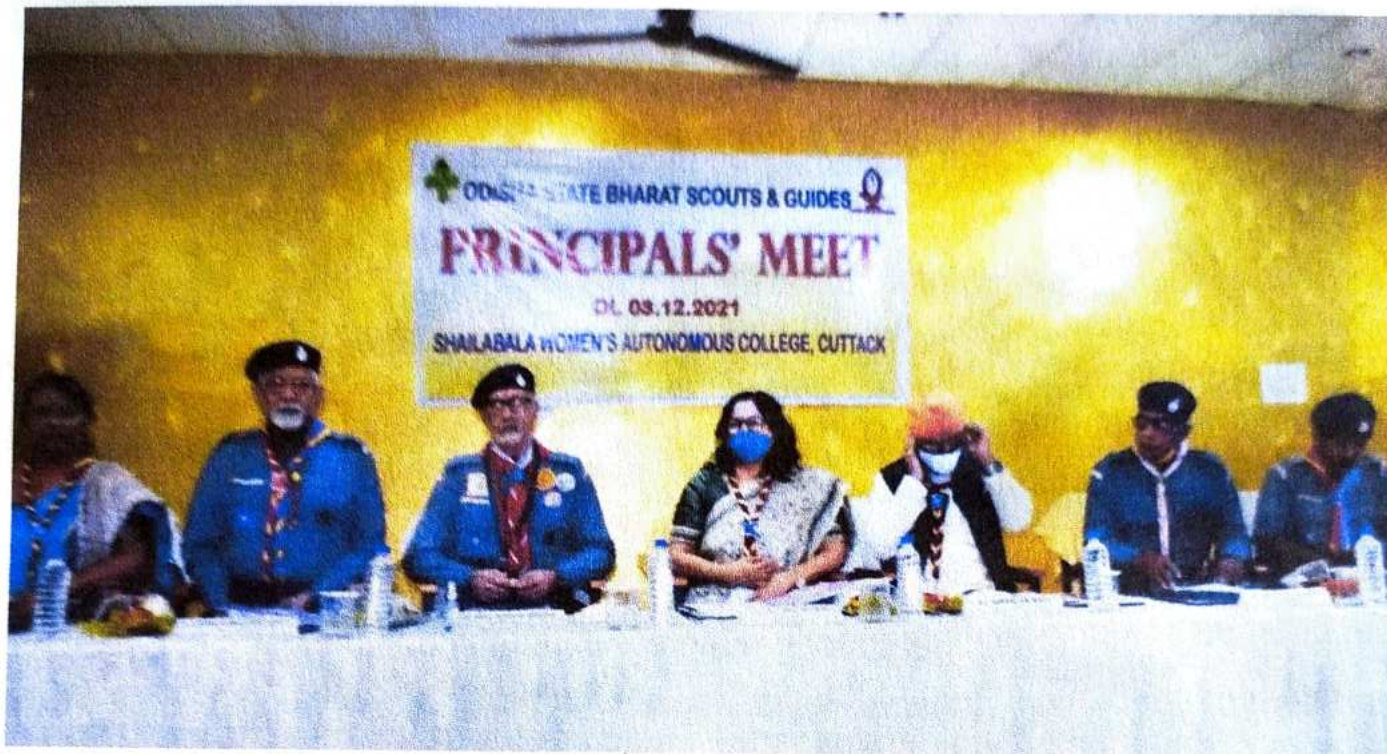


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**Outcome:** The Principals got a splendid opportunity to gain knowledge regarding Activities.





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## AWARENESS PROGRAM ON FIRE SAFETY

DATE- 13.12.2021

Shailabala Women's Autonomous College, Cuttack organized an Awareness Program on Fire Safety in collaboration with Bhrugu Gas, Cuttack on 13/12/2021. Hon'ble principal Prof. (Dr.) Surekha Sundari Swain presided over the meeting and offered welcome address. The Manager Mr. Sinha and workers of Bhrugu Gas demonstrated how to remain safe from fire hazards while working with LPG cylinder. They displayed a number of ways to curb and control fire. The program was co-ordinated by Dr. Yogamaya Panda, & Sushree Shibanee Dash, Program Officers of Unit-I & II, +3 NSS. Hundreds of students of UG and PG level and hostel workers and cooks attended the program and got proper training regarding fire safety. The program was a huge success.

**Outcome:** This program was vital in educating the NSS volunteers how to avoid fire accidents from the house to the public places. All hostel staff of the college also attended the program to control fire break in hostel in case of emergency and to know the safety measures to use gas cylinder and other inflammable substances.



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## **ONLINE BASIC TRAINING COURSE FOR RANGER LEADERS**

**DATE: 23.02.2022 to 28.02.2022**

43 Ranger team OIC Ms. Puspamjali Mallick and Mrs. Aradhana Nayak participated in a 5 days online basic training course for ranger leaders conducted by Odisha State Bharat Scouts and Guides from Dt. 23.02.2022 to 28.02.2022. The training course highlights about the responsibilities of a unit leader to guide the students for better career and future.

**Outcome:** The ranger leaders received training to become responsible and efficient unit leaders.

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## DENTAL AND SKIN AWARENESS PROGRAM

DATE: 08.03.2022

Youth red cross society of Shailabala Women's Autonomous College, Cuttack organized a Dental and skin Awareness program on 08.03.2022. Principal Prof. Dr. Surekha Sundari Swain inaugurated the program. She offered the welcome address. Dr. Amrita Mishra, MDS & FMC and Dr. Akakhya Mishra, BDS joined the program as resource persons and discussed the causes, symptoms, detection and treatment procedure of dental and skin related diseases. Teaching and non-teaching staff, volunteers of YRC and students of the college participated in this program. The participants interacted with the doctors. The program ended with a vote of thanks.



*Gayatri K.*

## PUNEET SAGAR ABHIYAN

DATE: 30.05.2022

The Puneet Sagar Abhiyan was Launched by NCC, India on 30<sup>th</sup> May 2022. It was an initiative to clean Seashores or Beaches and other water bodies including rivers and lakes by removing plastics and other wastes. The campaign seeks to increase awareness among local people about the cleanliness of Sea or River banks. In this endeavour, Shailabala Women's NCC unit also joined the campaign and cleaned the Mahanadi river banks near the Balijatra Lower Ground on 17.08.2022. CTO Chinmayee Mallik and 15 NCC cadets of Shailabala Women's College joined the initiative by removing the plastic and other non-biodegradable wastes from the Balijatra Lower ground. The work started from 10.00 a.m. after address by Hon'ble Mayor, Cuttack Sri Subhas Chandra Singh and DG Cuttack Unit.

