

# SACHETANATA

Vol. XIV



## NEWS LETTER

Session : 2022 – 23 & 2023 – 24

**Students' Health Care Centre & Red Ribbon Club**  
YEAR OF ESTABLISHMENT - 2003

**Radhamadhab College**

website : [www.rmcollege.org](http://www.rmcollege.org)



Unveiling  
Ceremony  
of the  
XIII the  
issue of  
'SACHETANATA'

Visiting Doctors,  
Chairman,  
Convenor,  
IQAC Co-ordinator  
and members of  
the centre, during  
health check-up  
programme





## THE CENTRE EXECUTIVE COMMITTEE :

Chairman	: Dr. Debashish Roy (Principal & Chairman of the Centre)
Convenor	: Dr. Ashima Roy (Vice-Principal & Head, Department of Political Science)
Coordinator	: Dr. Sonali Choudhury (Librarian and IQAC Co-ordinator)
Members	: Dr. Ruma Nath Choudhury (Asso. Prof. and Head, Dept. of Philosophy) Sri Jiban Das (Asstt. Prof. Dept. of Political Science) Dr. Bidhan Barman (Asstt. Prof. Dept. of Political Science) Smt. Swarnali Roy Choudhury (Asstt. Prof. Dept. of Philosophy) Mr. Purnendu Das (Head Asstt.) Mr. Basab Das Podder (Non-teaching Staff)

### *From the Desk of the Chairman / Principal of the Centre :*

I am happy to know that the students' Health Care Centre and Red Ribbon Club of Radha Madhab College is going to publish its XIVth issue of 'Sachetanata', a unique news letter of the college.

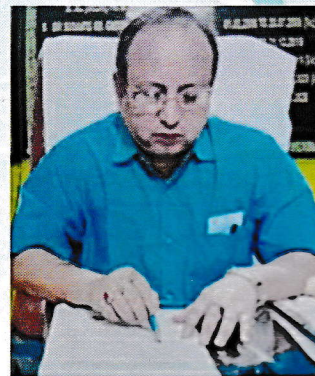
Since inception, the centre is relentlessly working for welfare of the students as well as of the community. Number of health camp has been organised by the centre from time to time which directly benefitted the community as a whole.

I congratulate the convenor, Dr. Ashima Roy who tirelessly have been running the centre for long twenty years (2003 – 2023) except one session. I also congratulate all the executive members of the centre as well as the teaching and non-teaching staff of the college for their noble efforts.

With best wishes

*Debashish Roy*

(Dr. Debashish Roy)



### *From Convenor's Desk :*

I take immense pleasure and proud to announce that 'Sachetanata', the Annual Newsletter of students' Health Care Centre and Red Ribbon Club is going to release its XIVth issue very soon.

I am also glad to announce that the centre has completed long twenty years of journey, started from 2003 in the college premises. The newsletter 'Sachetanata' is the mirror through which we can visualise the different activities of the centre that takes place through out the year. In the session 2022-23 and 2023-24, the centre has performed a tremendous job for the benefit of the students in particular and community in general.

Along with regular health check up and blood group diagnosis program, the centre also organised two health camp at Bihara and Bethukandi where number of people have checked their health. Free medicine from the centre was also distributed among them. The community, which was located in a remote area, were highly benefitted from these camps. The centre also organised two awareness programme on blood donation along with a blood donation camp in the college premises on 12th January, 2023, celebrating the birth anniversary of Swami Vivekananda. In this connection,





it may be mentioned that a number of students along with the local people also donated blood in the camp. In addition to that the centre also organised awareness programme on Female Health and hygiene (in collaboration with women cell) and on 'drug abuse' which was followed by the celebration of 'International Yoga Day'. All these could happen only because of a team work. The esteemed members of the cell along with all the teaching and non-teaching staff and students volunteers performed a sincere job to make all the programme a successful one. I therefore, whole heartedly acknowledge their contribution to the centre, without which it could not become possible for me to pursue the responsibility of the centre for long twenty years. I express my gratitude to the Principal, Dr. Debashish Roy for this continuous support and encouragement. On behalf of the centre, I express my heartfelt thanks to the 'Nicety Graphics' for timely publication of the issue.

With Best Wishes.

*Ashima Roy.*

(Dr. Ashima Roy)

Convenor, Students' Health Care Centre and Red Ribbon Club

Radhamadhab College

## **Twenty Glorious Years of Students Health Care Centre and Red Ribbon Club At a Glance**



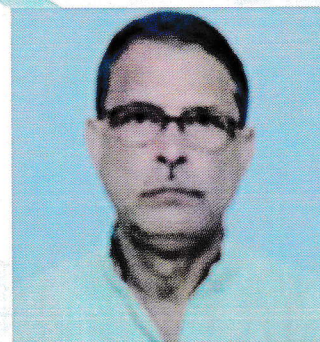
**The Newsletter of the Students' Health Care Centre and Red Ribbon Club  
'SACHETANATA' from 2003 to 2023**



# A BRIEF NOTE ON BLOOD DONATION

**MR. AASHU PAUL**

***Founder Secretary, Barak Valley Voluntary Blood Donors Forum***



Dear Reader,

Along with the vast development in medical science and treatment facilities in our country during last couple of decades, blood donation has become an important part of the medical services. Natural and manmade hazards, accidents, cancer, burn case are increasing in our society. To combat these problems, requirement of blood for treatment and early recovery of patients has become very important. Needless to say that, due to lack of awareness and knowledge, and for some social stigma, people are reluctant to donate blood, till date. I shall try to discuss about this subject in a brief to give you an overall idea about the science of blood and blood donation.

As you know, blood is a red coloured tissue in our body. It flows through our arteries and veins by being pumped by our heart. Depending our body weight, we need 2.5 litres to 3.5 litres of blood in our body to perform our daily works smoothly. But every one of us havemore or less 1litre of surplus blood with us. This surplus blood is practically a buffer stock of a particular person to meet any sudden blood loss due to prolonged surgery, severe accident, cancer, burn case etc. but our body can easily function properly even if the volume is decreased by 50 percent. There are four major components of blood, viz. RBC, WBC, Platelet and Plasma. Red Blood Cells (RBC) are produced in our bone marrow and live for 120 days. After that they die and comes out of the circulatory system. During their life span, they carry oxygen to all the nook and corner of our body cells. White Blood Cells (WBC) are mainly produced in our liver to fight with the attackers like harmful viruses, bacteria, fungus etc. Average life span of WBCs are 16 to 18 days. Stem cells in our bone marrow also produces another type of transparent but sticky cells called Platelets which help us to stop internal and external bleeding. Platelets live for a couple of hours only. All these cells are carried and circulated throughout our body by Plasma – the liquid component. Plasma is produced from our water intake through several process by many parts of our body. Plasma also contains proteins, minerals, salts etc. which helps our body to develop properly. Plasma also protects our skin. Growing of blood cells and plasma, and destroying after stipulated time limit is a continuous phenomenon of human body. Even if you don't donate, blood will not be stored in your body, it will be automatically destroyed. Our body system can generate 400 ml of blood every day. But only 45 ml blood is destroyed every day in human body. Hence, after generating 45 ml of blood, the mechanism of blood generation gets stopped. Due to this gradually the capacity of blood generation system in our body gets weakened which is not desirable. So, if you donate blood regularly after 3/4 months, your body system will be accelerated and you will feel fit and fine.

Any healthy male of age group 18 to 60 can donate one unit of blood (350 ml) every three months but the females can donate every four months. There are many misconceptions regarding blood donation. But all those misconceptions are false. One cannot be infected by donating blood. Food habit does not matter in this regard. Vegetarians, non-vegetarians, male, female, rich or poor, all can donate blood. There are only three criterion to be fulfilled by every intending donor.

- 1) Age must be 18 to 60 years.
- 2) Body weight must be more than 45 kg. and
- 3) Haemoglobin level should be 12.5 gm% to 16.5 gm%.

India is facing shortage of blood in the blood banks, only for the reason that the youngsters of our society are not educated properly regarding blood science.

Blood donation at a regular interval boost up the bone marrow to generate more haemoglobin in



the donor's body. As a result, the donor feels herself/himself more strong, enthusiastic and healthy. By donating blood, one can get his blood tested for many diseases without any expenditure. Regular blood donation minimises the chances of high blood pressure, heart attack and some more diseases and brings glow on the face. It makes our social bonding stronger. It can be said that, blood donations helps a patient to get rid of his ailment, but it brings more good for the donor himself/herself. But some important points should be noted here.

- 1) Blood transfusion amongst the first degree relatives like father, mother, brothers, sisters, sons and daughters are to be consciously avoided. Because, such transfusion can invite a serious, illness called 'Graft versus host disease' which can even be fatal. So, please don't pursue a doctor to transfuse your donated blood to any of your first degree relative. You can donate blood for your father or mother, but let the doctor keep your blood in the blood bank and issue a unit of stored blood from their stock to your beloved patient.
- 2) Stored blood of the blood bank is more safe than the 'Fresh Blood'.
- 3) Blood should be transfused to a patient with proper written record under the supervision of a competent and experienced doctor.
- 4) Please don't receive (purchase) blood from unknown blood sellers. Those who 'donate' (sell) blood against cash are generally addict of drugs or narcotics. They are very much likely to be carriers of dangerous diseases. I would request you all either to donate blood voluntarily for such needy patients or to search for a voluntary blood donor, but in no case blood should be purchased from someone you don't know well, against cash payment.
- 5) Don't get in hurry. Testing and cross matching of blood needs 45 to 60 minutes. This is necessary for safety of your patient. If you pressurise the blood centre staff to issue blood quickly, some petty mistakes may be there in cross matching, which may be harmful for your patient.

I appeal to all of you to donate blood regularly without any hesitation. Give all the information asked in the 'Donor Consent Form' properly. The doctor in charge of bloodcentre will automatically defer you if he/she finds any deficiency to you. Because donor's safety is given the top most priority in entire blood transfusion service. While going to donate please keep the following instruction in your mind.

- 1) You should have good sleep last night.
- 2) You should have taken food (Rice or Roti) within last 4 hours.
- 3) You are tension free and not in a hurry. More or less one hour is required to complete the whole process.
- 4) You should take one glass of water before and after donation.
- 5) Don't get up from the donor couch immediately after the needle is withdrawn. Stay in lying position for 5 to 10 minutes more.
- 6) Don't straighten your hand from which blood is taken for 10 to 15 minutes.
- 7) Sit in the donation area for 10 minutes more and take food and drinks they supplied.
- 8) Don't drive car, bike or bicycle for one hour. Avoid going to upstairs for one hour.

Remember, blood donation is a safe scientific process, if you follow the instructions based on scientific research. Violating the instructions may cause temporary problems for you. Hope, all of you will be a regular blood donor in the coming days.

Thank you for your patient reading of the article.



## ACTIVITIES OF THE CENTRE FOR THE SESSION 2022-23 AND 2023-24 :

### 1) Annual Health Check-up Programme :

Students' Health Care Centre has started its programme for the session 2022-23 by organising annual health check-up programme for the student of the college. The programme started from 19th December, 2022 and continued till 24th December. Dr. Arkajyoti Saha and Dr. Piklu Bhattacharjee helped the Centre to complete the programme. The centre express heartfelt thanks to the doctors for extending their hands of co-operation.



Health Check-up Programme is going on

### 2) Blood Group Diagnosing and Awareness Programme on Blood Donation :

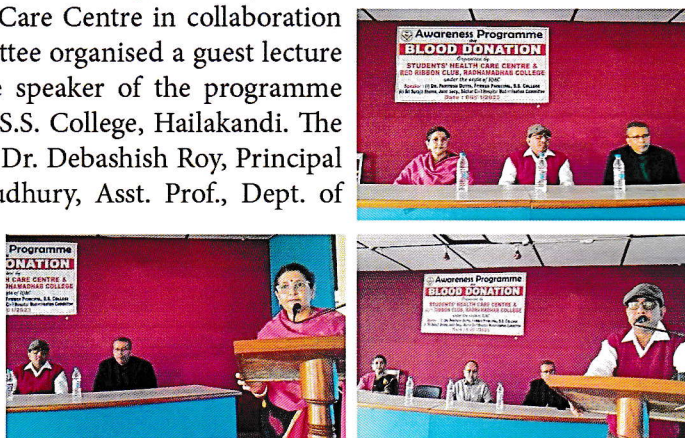
On 19th November, 2022, co-memorising the 400th Birth Anniversary of Bir Lachit Barphukan, an awareness programme on Blood Donation and Blood Group Diagnosing Programme for the student of the college was organised by the Centre and NSS Unit, Radhamadhab College. The programme was organised in collaboration with Blood Centre, Silchar Medical College and Hospital. Asst. IQAC Coordinator Dr. Arunava Bhattacharjee, Dr. Rajib Biswas, Asst. Prof. SMCH and Mrs. Apurba Ghosh, Counsellor, Blood Centre SMCH delivered valuable lectures from which students were highly benefitted.



Some glimpses of blood group diagnosing programme

### 3) To organise a blood donation camp, a Guest Lecture was organised by the centre.

On 6th January, 2023, the Students' Health Care Centre in collaboration with Civil Hospital Modernisation Demand Committee organised a guest lecture on blood donation in the college auditorium. The speaker of the programme was Dr. Paritosh Chandra Dutta, former Principal, S.S. College, Hailakandi. The Joint Secretary of the committee, Sri Surajit Shome, Dr. Debashish Roy, Principal of Radhamadhab College, Smti Swarnali Roy Choudhury, Asst. Prof., Dept. of Philosophy invited the students to donate their blood on 12th January at the blood donation camp in Radhamadhab College. The convenor of the cell, Dr. Ashima Roy urged the students, teaching & non-teaching staff of the college to donate blood for fulfilling the dreams of Sudarshan Gupta, the Asst. Prof., Deptt. of History, who was then admitted in the Nursing Home.



Awareness Programme on Blood donation is going on

### 4) Blood Donation Camp Organised by the Centre on 12th January

On 12th January, co-memorising the Birth Anniversary of Swami Vivekananda, the centre in collaboration with Silchar Civil Hospital Modernisation Demand Committee organised a blood donation camp at the college premises. Silchar Civil Hospital Blood Bank helped to make the programme a successful one. Total twenty three donor donated their blood including five female student and two officers from Federal Bank, Silchar. The camp



Some picture of blood donation camp



started with an inaugural programme, where the principal of the college Dr. Debashish Roy and Chief Co-ordinator, Civil Hospital Modernisation Demand Committee, Sri Kalyan Chakraborty explained the objective of blood donation camp. After floral tribute to Swamiji, the camp officially started. On behalf of the college, a certificate was also distributed among the donors. The dignitaries present on that occasion were Dr. Subrata Nandi, Sri Gunakar Das, Smti Indrani Bhattacharjee, Sri Surajit Shome and others. The teaching and non-teaching staff of the college including the members of the centre and the President of Alumni Association, Sri Debashish Shome also remain present in the camp.

#### 5) Health camp at Judhisthir Saha H.S. School, Bihar :

On 8th January, 2023, the centre organised a free health camp at Judhisthir Saha School, Bihar. More than four hundred people of the locality have checked their health. Huge amount of medicine also distributed among them. Dr. Arkajyoti Saha, Dr. Rajdeep Das and Dr. Piklu Bhattacharjee from Silchar Medical College greatly helped to make the programme a grand success. The centre express heartfelt thanks to the doctors, who inspite of their busy schedule spare their valuable time for the camp. The centre also grateful to the school authority and local Panchayat President and members for their co-operation and hospitality. From the college, Dr. Arunava Bhattacharjee, Dr. Rahul Sarania, Dr. Sonali Choudhury, Dr. Ruma Nath Choudhury, Dr. Rahul Chakraborty, Sri Jiban Das, Dr. Bidhan Barman, Dr. Kalipada Das, Sri Gopi Dutta, Sri Basab Das Podder, Sri Sailen Das also worked hard to run the programme.



Health Camp at Bihar is going on

#### 6) Health camp at Bethukandi :

The Student Health Care Centre and Red Ribbon Club had organised a free health camp at Berenga Part III, Bethukandi on 19th March, 2023. In spite of heavy rainfall, lots of people had come to check-up their health. As it was a remote area, the people were unable to get the medical facilities so easily. On that situation, the people of that locality highly benefitted from this camp. Dr. Arkajyoti Saha and other doctors helped the centre a lot to make it a successful one.



Some glimpses of Health Camp at Bethukandi

#### 7) Awareness programme on Female Health and Hygiene :

On 17th March, 2023, Students Health Care Centre and Red Ribbon Club organised an awareness programme on 'Female Health and Hygiene' in collaboration with 'Women Cell' Radhamadhab College and Rotary Club of Silchar. Vice-Principal of the college, Dr. Ashima Roy presided over the programme. Asst. Co-ordinator, IQAC, Miss Swarnali Roy Choudhury, and Dr. Mandira Paul also grace the occasion. The speakers delivered a valuable speech on women health & hygiene. Rotary Club also distributed sanitary napkin to the students.



Awareness programme on female health and hygiene at a glance



## 8) Unveiling ceremony of XIIIth Issue of Newsletter followed by an Awareness Programme on 'Thalassemia'.

On 8th June, 2023, the centre & Red Ribbon Club, Radhamadhab College unveiled the XIIIth issue of 'Sachetanata' at the conference hall of the college. The programme was followed by an awareness programme on 'Thalassemia'. The speaker of that programme was Dr. Subrata Nandi, former Chief Medical Officer, Silchar Civil Hospital elaborately explained how the student can protect themselves from that disease. On behalf of the centre, the Convenor, Dr. Ashima Roy express heartfelt thanks to Dr. Nandi, who inspite of his busy schedule came to the college and make the programme a successful one. The programme was conducted by Smti Swarnali Roy Choudhury, Asst. Prof. Deptt. of Philosophy. Huge number of students attended the programme and participated in the Q and A session.



Guest Speaker Dr. Subrata Nandi is delivering his speck



Convenor of the Cell is delivering the welcome address



Partial view of awareness programme on Thalassemia

## 9) Guest Lecture on Drug Abuse :

On 26th June, 2023, the Health Centre in collaboration with IQAC, Radhamadhab College organised an awareness programme on "DRUG ABUSE AND ILLICIT TRAFFICKING". The chief guest of the programme was Dr. Himabrata Das, SMCH. He elaborately explain how different kind of drugs slowly destroying the society. In a power point presentation he explained how the use of drugs create physical & mental problem. Dr. Sumana Barua also delivered a valuable speech on the topic which was highly benefitted for the students.



Some views from the programme of guest lecture on Drug Abuse

## 10) Celebration of "International Yoga Day"

On 21st June, 2023, the centre celebrate International Yoga Day in the Conference Hall of the College. The chief guest and the speaker was Advocate Shekhar Paul Choudhury, the President of Silchar Yoga Niketan. The Principal of the college, Dr. Debashish Roy also delivered valuable speech on the importance of Yoga. IQAC Co-ordinator Dr. Sonali Choudhury conducted the programme.



Felicitation of the guest



Guest speaker on the dais



Principal and Faculties of the college with the guest

## Photos of paper cutting

