

SWASTHYA BHABNA WELFARE SOCIETY
(Registered Under W.B. Societies Registration Act. XXVI of 1961)

REGD. NO. : S/95275 OF 1999-2000

15/C, Raja K. L. Goswami Street, Serampore, Hooghly-712201, West Bengal, India

Ph: 2652-4899, E-mail : pradipdr@rediffmail.com

SECRETARY'S REPORT FOR THE YEAR 2016-17

Regarding the main activities performed on behalf of Swasthya Bhabna Welfare Society during the last 18 years, we have undertaken several health awareness programmes such as Mother and Child Health programme, adolescence problems awareness programme in schools and colleges, Cancer detection camps, Dermatological camps, Diabetic detection camps etc. in rural and slums of urban areas. From April 2016 to March 2017, we have organized Health check up camps in schools and voluntary organizations. On the occasion of World Health Day, a Baby Health check up for the children and awareness camp for the parents regarding common illness of the children was organized on behalf of Swasthya Bhabna Welfare Society in collaboration with Indian Medical Association, Serampore Branch at the premises of Serampore IMA Bhavan where more than 100 children were examined. Health check up camp was conducted on behalf of Swasthya Bhabna Welfare Society at the premises of Serampore Cheshire Home where 42 inhabitants were examined for their Blood pressure, Blood Sugar, ECG etc by Dr. P.K. Das and Dr. Basudeb Chakraborty and others. A health check up camp was also conducted on behalf of Swasthya Bhabna for the students of Class V of Serampore High School of which 89 students attended the camp. Observance of World Yoga Day was done on 21st June at the premises of Harababur Ghat, Serampore and at the premises of Serampore Ramesh Chandra Girls' High School where more than 200 students and teachers participated. Doctors' day was observed on 3rd July, 2016 at the premises of Surangan- Abhijan by organizing a Mega Health Check up camp where more than 200 patients attended the camp. Dr. Sudipto Roy, Hon'ble M.L.A, Serampore was present as Chief Guest. A Blood donation camp was also organized by Society at the premises of IMA Bhavan on 10th July, 2016 where 20 members including 3 Doctor Members and 4 Lady Members donated their Blood. Swachh Bharat Abhijan was performed at Serampore Mission Girls' High School where more than 300 students and teachers participated in the programme. A seminar on whether Acceptance of Rabindrasangeet to the newer generation is decreasing or not was organized by Society in collaboration with Directed Initiative at the premises of surangan-

Prasanna Kumar
23.04.2017

President

Swasthya Bhabna Welfare Society
Serampore, Hooghly

Pradip Kumar Das
23.04.17

Secretary


Swasthya Bhabna Welfare Society
Serampore, Hooghly

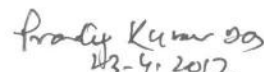
Abhijan where 10 Guest Speakers participated in the Seminar and more than 100 audiences were present. From August 6, 2016 to 27.th August, 2016 a month long workshop on Rabindrasangeet was organized by Society in collaboration with Surangan-Abhijan and Directed Initiative where 40 candidates were present as participants. On the concluding day, participants were given certificates and prizes. We have participated in the street rally of 1600 children organized by Sera pore Mahakuma Sishu utsab samiti on 12th February, 2017 from Snan pirir Math to Serampore Ballavpur High School, One week before that programme, a Sit and Draw competition was arranged b Society at the premises of snan Pirir math where more than 250 children and students participated. Successful candidates were given prizes on behalf of Society. International Women's Day was also observed at the premises of Serampore IMA Bhavan in collaboration with IMA, Serampore Branch where more than 60 eminent women of differen professions were felicitated. Ambulance services were in full swing. Swasthya Bhabna Masik Patrika was regularly published and earned a great reputation but due to shortage of our manpower and wealth we cannot reach to all the districts of West Bengal. In this financial year 2 Life Members were included in our organization. They are welcome on behalf of our organization. Many works were done with the help of our members but there were many things to be undone. But we have a dream to reach to them for the fulfillment of our mission.

With great wishes and thank to all,


Dr. Pradip Kumar Das

Secretary


23-4-2012
President
Swasthya Bhabna Welfare Society
Serampore, Hooghly


23-4-2012
Secretary
Swasthya Bhabna Welfare Society
Serampore, Hooghly

**ACTIVITIES OF SWASTHYA BHABNA WELFARE SOCIETY FOR THE YEAR
2016-17 STARTING FROM 1 ST APRIL, 2016 TO 31ST MARCH,2017**

SL NO.	VENUE	DATE	ACTIVITIES	BENEFICIARIES/PARTICIPANTS
1	IMA Bhavan	07.4.16	Observance of World Health Day in collaboration with IMA, Serampore branch by organizing a free health check up camp for the children and awareness camp for the parents regarding common illness of the children	150
2	Mahesh SriRamkrishna Ashram High School	08.04.16	Observance of World Health Day by organizing seminar among the school students	300
3	Gopinath Smriti Kishore Sangha, Serampore	24.04.16	Cultural Function and inauguration of a book written by Dr. P.K.Das	100
4	Serampore Cheshire Home	17.05.16	Health check up camp, ECG camp, Diabetic detection camp	Beneficiaries-42 physically and mentally challenged persons
5	Surangan-Abhijan	22.05.16	Seminar on acceptance of Rabindra Sangeet to the newer generation	100
6	Ramesh Chandra Girls High School	21.06.16	Observance of World Yoga Day	150
7	Serampore High School	28.06.16	Health check up camp for the students of class V of Serampore High School	89
8	Surangan Abhijan premises	03.07.16	Mega Health Check up camp like General, Heart, Ortho, Paediatric,	200


Biswanath Das

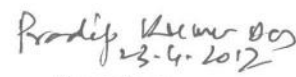
President
Swasthya Bhabna Welfare Society
Serampore, Hooghly

Pradipta Kumar Das
23.4.2017

Secretary
Swasthya Bhabna Welfare Society
Serampore, Hooghly

			Dermatology, Eye, ECG, BMD, Hair & Skin examination, Diabetic detection and Neurological check up etc	
9	IMA Bhavan	10.07.16	Blood Donation camp organized at IMA Bhavan	20
10	IMA Bhavan	17.07.16	Observance of World Population Day in collaboration with IMA, Serampore Branch	100
11	Surangan-Abhijnan	06.08.16 to 27.08.16	One month Workshop held at Surangan-Abhijnan	40 participants
12	Newgate Atheletic Club	14.11.2016	Health check up camp for the children	100
13	Swasthya Bhabna Office	27.11.16	Bijoya Sammelan and Get-together with the members of Swasthya Bhabna	100
14	Serampore Pravin samaj	22.01.17	Health check up camp, ECG camp and Blood detection camp for the aged persons	70
15	Serampore Snan Pirir Math	05.02.17	Sit & Draw competition	250
16	Serampore Snan Pirir Math	12.02.16	Street Rally of 1600 children organized by Serampore Mahakuma Sishu Utsab in collaboration with Swasthya Bhabna Welfare Society	1600 children Participated in the street rally from Mahesh Snan Pirir Math to Ballavpur High School
17	IMA Bhavan	08.03.2017	Observance of International Women's Day in collaboration with IMA, Serampore branch	100


 President
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 Serampore, Hooghly


 Secretary
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Ph. : 91-033-2652-1559/2652-4899, E-mail : pradipdr222@yahoo.co.in pradipdr@rediffmail.com

SECRETARY'S REPORT FOR THE YEAR 2015-16

Regarding the main activities performed on behalf of Swasthya Bhabna Welfare Society during the last 17 years:- we have undertaken several health awareness programmes such as Mother and Child Health programme, adolescence problems awareness programme in schools and colleges, Cancer detection camps, Dermatological camps, Diabetic detection camps etc. in rural and slums of urban areas. From April 2015 to March, 2016, we have organised Health check up camps in different schools of Serampore and Sheoraphuli locality. On the occasion of World Health Day, a Baby Health Check up for the children, Baby Health Show competition and an awareness camp for the parents regarding common illness of the children was organised on behalf of Swasthya Bhabna Welfare society in collaboration with Indian Medical Association, Serampore Branch at the premises of Serampore IMA Bhavan where more than 200 children were examined. On 8th April, 2015 a Seminar on Food Safety was held at Rabindra Mahavidyalaya, Champadanga, Hooghly where Dr. P.K.Das was an invited Speaker for the said seminar and he attended the seminar. Health Check up camp was conducted on behalf of Swasthya Bhabna welfare society at the premises of Serampore Cheshire Home where Blood Pressure measurement, Blood sugar testing, ECG examination along with routine examinations were done for the physically and mentally challenged persons by Dr. P.K.Das, Dr. B Chakraborty and others. On 30th June, 2015, a Obesity detection camp was organised at Surangan-Abhijan where 54 obese women were examined. A health check up camp for the students of class V was conducted by Society on 19th June, 2015 at the premises of Serampore High School where 92 students were checked up. On 22nd June, 2015, a seminar on Joiga was organized by Swasthya Bhabna Welfare Society on the occasion of World Joga Day at the premises of Serampore Mission Girls' High School where more than 250 students and Teachers participated. The Speakers were Dr. P.K.Das along with Mr. Maloy Chakraborty, Headmaster of Union Institution, Mr. Sudipto Biswas, Joga Teacher and Smt. Rupa Mondal, Headmistress of the school. On 1st July, 2015 we have observed Doctors' Day at Serampore Surangan-Abhijan where a Health check up camp, Eye Check up camp, Blood Sugar detection camp, BMD camp was organised and a Seminar on Hypertension and Diabetes Melitus was also arranged. Dr. Sudipta Roy, Hon'ble M.L.A of Serampore was present as Chief Guest in the camp. A Blood Donation camp was organised by our Society on 5th July, 2015. 36 persons including 9 female donated blood in the camp. Serampore Sera Nrittya competition with Tagore's song was organised in 3 groups, the primary selection was held at Ballavpur High school and the final show was held at Serampore Rabindra Bhavan on 2nd October, 2015. Successful participants were awarded with certificates and prizes. On 2nd February, 2016, an awareness camp on Diabetes Melitus and Health Check up camp, ECH camp, BMD camp and Diabetic detection was organised by Swasthya Bhabna Welfare society at the premises of Mahapabhu Bati, Thakurdas Babu Lane where more than 100 persons attended for examination. After the camp Dr. P.K.Das, Secretary of Society delivered his lecture on Diabetes and its simple management before the participants. We are regularly publishing a health care report in the form of monthly newspaper 'SWASTHYA BHABNA MASIK'. We have organised follow-up serial discussion almost in every month from May, 2015 to March 2016 for the EDP trainees who were trained earlier by our Society in collaboration with Directorate of Food Processing Industries, Govt. of West Bengal. Among them 4 Entrepreneurs are starting their business smartly as they were hypothecated with Banking finances. In this financial year 2 Life Members were included in our organisation and they were Dr. N.C. Mondal and Shri. Tapan Kumar Sarkar. They are all welcome on behalf of our organisation. Ambulance services were in full swing and the services were satisfactory. Many works were done with the help of our members but there were many things remained to be undone. But we are trying our best to fulfill our mission.

With good wishes

Pradip Kumar Das

Dr. Pradip Kumar Das,

Secretary

Secretary

Swasthya Bhabna Welfare Society
Serampore, Hooghly

Pradip Kumar Das
24/6/2016
Secretary

Swasthya Bhabna Welfare Society
Serampore, Hooghly

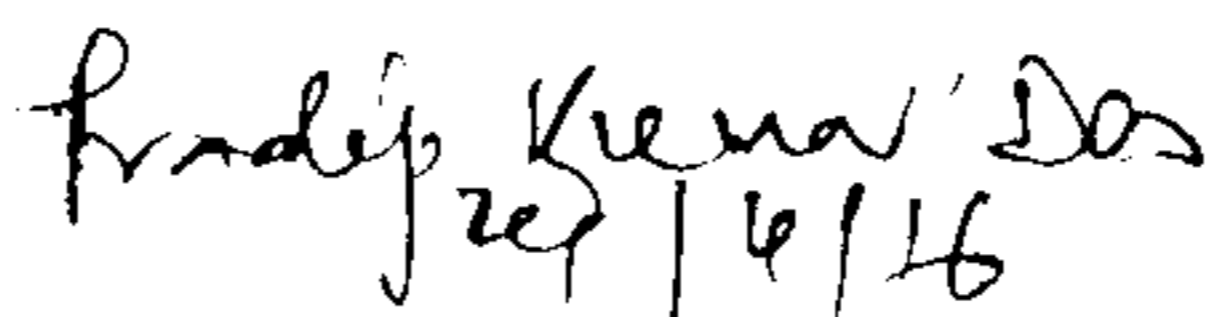
Prasenjit Das

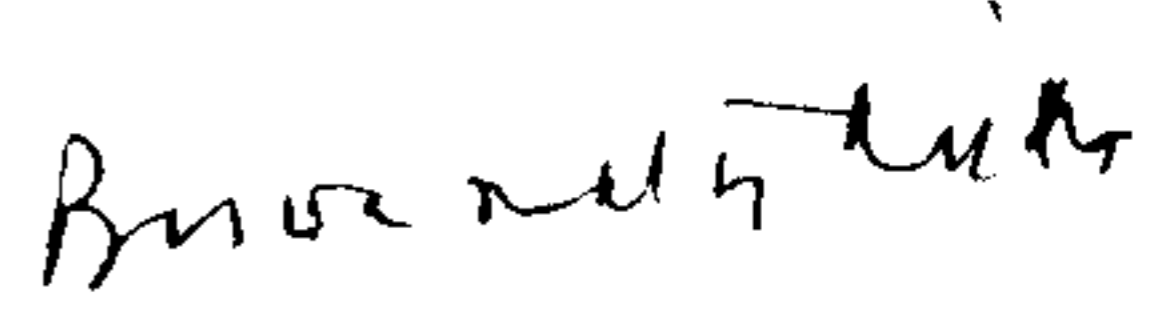
President

Swasthya Bhabna Welfare Society
Serampore, Hooghly

**ACTIVITIES OF SWASTHYA BHABNA WELFARE SOCIETY FOR THE YEAR
2015-16 STARTING FROM 1ST APRIL,2015 TO 31ST MARCH,2016**

SL NO.	VENUE	DATE	ACTIVITIES	BENEFICIARIES/PARTICIPANTS
1	IMA Bhavan in Collaboration with IMA, Serampore Branch	07.04.15	Observance of World Health Day by organizing a Free Health Check up camp for the children, Baby Health Show Competition and an Awareness camp for the parents regarding common illness of the children	200
2	Rabindra Mahavidyalaya, Champadanga College, Hooghly	08.04.15	Seminar on Food Safety held at Rabindra Mahavidyalaya, Champadanga, Hooghly, where Dr. P.K.Das was invited as Honourable Guest Speaker by the college Authority	Seminar participants-150
3	IMA Bhavan in Collaboration with IMA, Serampore Branch	15.04.15	Fire Prevention Awareness camp	Beneficiaries-150
4	Serampore Cheshire Home	18 th may,2015	Health check up camp, ECG camp, Diabetic detection camp	Beneficiaries-52 physically and mentally challenged persons
5	IMA Bhavan in Collaboration with IMA, Serampore Branch	19.05.15	Non Alcoholic Fatty Liver Disease is an ongoing silent epidemic in India on the occasion of World Hepatitis Day	Beneficiaries-54


 Pradeep Kumar Das
 22/4/16
 Secretary
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 Serampore, Hooghly


 President
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 Serampore, Hooghly

5	IMA Bhavan	24.05.15	Observation of Rabindra Jayanti by the Members and their Family members of both the organizations	Participants-150
6	Surangan Abhijan	30.05.15	Obesity detection camp	Beneficiaries-54
8	Serampore High School	19 th June, 2015	Health check up camp for the students of class V	Beneficiaries-92
9	Serampore Mission Girls' School	22.06.15	Organization of a Seminar on Joga on the occasion of World Joga Day by Dr. P.K.Das, Secretary, Swasthya Bhabna Welfare Society, Mr. Maloy Chakraborty, Headmaster, Serampore Union Institution, Mr. Sudipto Biswas, Joga Teacher, Smt. Reba Mukherjee, Joga Instructor	250 students & Teachers
10	IMA Bhavan	05.07.15	Organization of Blood donation camp	Blood donors-36 including 9 ladies
11	IMA Bhavan	12.07.15	Observance of World Population Day, Speakers were Dr. Samit Kar of Presidency University, Dr. Jayanta Mukhopadhyay of Champadanga College, Hooghly, Smt. Aloka Mukhopadhyay of Kolkata Vactoria College, Smt. Manira Basu, O.C. of Serampore Mahila Police Station, Mr. Mrinal Kanti Dutta, Journalist of Aajtak Electronic Channel, Dr.	130

Secretary
Swasthya Bhabna Welfare Society

President
Swasthya Bhabna Welfare Socie
Serampore, Hooghly

			P.K.Das, Secretary, Swasthya Bhabna Welfare Society	
12	Serampore Mission Girls' High School	28.07.15	Seminar and Awareness programme on Eve- teasing and women trafficking by Dr. P.K.Das, Secretary, Swasthya Bhabna Welfare Society, Mr. Nandadulal Ghosh, I.C, Serampore Police Station and Smt. Manira Basu, O.C.Serampore Mahila Police Station	More than 250 students & teachers of the school
13	IMA Bhavan in Collaborat ion with IMA, Serampore Branch	02.08.15	On the occasion of Observance of World Breast Feeding Week, a Health check up camp was organized for the children of 1-5 yrs and awareness camp among the parents of the children.	No. of participants- 150
14	Ballavpur High School in collabora tion with Hooghly Jila Nrittya Utsabv Committee	26th Septemb er, 2015	Primary selection camp for Serampore Sera Nrittya Competition with Tagore's songs in three age groups, 5-8, 9-12 & 13-16 Yrs	No. of Participants- 100
15	Serampore Rabindra Bhavan	2nd October, 2015	Final Competition for Serampore Sera Nrittya competition	No. of Participants- 500 excluding competitors
16	Newgate Atheletic club	14th Novemb er, 2015	Health Check up camp for the children	No. of Beneficiaries- 100
17	Mahesh Snanpirir Math	10th January, 2016 in collabor ation	Sit & Draw Competition	No. of Participants- 250


P.K. Das
26/4/16

Secretary
Swasthya Bhabna Welfare Society
Serampore, Hooghly

Biswanath Das

President
Swasthya Bhabna Welfare Society
Serampore, Hooghly

		with Serampo re Mahaku ma Sisu Utsab Samiti		
18	Mahesh Snanpirir Math	24 th January, 2016 in collabor ation with Serampo re Mahaku ma Sisu Utsab Samiti	Padayatra from sanapirir math to Ballavpur High School	No of Participants- 1400
19	Thakurdas babu lane,	2 nd Februar y, 2016 in collabor ation with Serampo re Pravin Samaj	Health check up, ECG, BMD, Diabetic detection camp	No. of Beneficiaries- 79
20	Chatra Nandalal institutioo n for girls	3 rd March in collabor ation with Rajdeep Yoga and cultural society	Cancer awareness programme among the students, teachers and guardians of the school	No. of Beneficiaries- 250


 Pradyip Kumar Das
 Secretary
 Swasthya Bhabna Welfare Society
 Serampore, Hooghly

President
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SECRETARY'S REPORT FOR THE YEAR 2014-15

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With good wishes

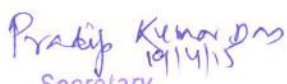
Pradip Kumar Das
Dr. Pradip Kumar Das,
Secretary


Pradip Kumar Das
Secretary
Swasthya Bhabna Welfare Society
Serampore, Hooghly

B. S. ...
President
Swasthya Bhabna Welfare Society
Serampore, Hooghly

ACTIVITIES PERFORMED BY SWASTHYA BHABNA WELFARE SOCIETY DURING THE PERIOD 2014-2015

Sl No.	Venue & Date	Collaborating Organisation	Activities Performed	Beneficiaries/Participants
1	Serampore Pravin Samaj premises at Thakurdas Babu Lane, Serampore, 7 th April, 2014	Serampore Pravin Samaj	Health Checkup camp, ECG camp, BMD camp, Diabetic detection camp and Uric Acid measurement camp	Beneficiaries-150 Aged persons
2	Serampore Bharati Girls' School, 12th April, 2014	Serampore Bharati Girls High School.	Health Check-Up Camp. Blood grouping camp among school students & Eye Check up camp	Students Health Check-up -150 eye Check up - 50 Blood Grouping- 140
3	Serampore Cheshire Home, 18 th May, 2014	Serampore Cheshire Home	Health Checkup camp, ECG camp, Diabetic detection camp	Beneficiaries-52 Physically and mentally challenged persons
4	Serampore High School, 21 st June 2014	Serampore High School Practan Chhatra Sangathan.	Health check up camp among the students of class V	Blood grouping - 89 Students' Health Check up -95
5	Surangan-Abhijnan Kendra, 1st July, 2014	Surangan-Abhijnan Kendra	Health Check up camp, Diabetic Detection Camp, BMD Check up camp, Felicitation to the Senior Doctors and Seminar on Hypertension and Diabetes	Participants - 160 Felicitation - 10
6	Serampore Bharati Girls School 10th January, 2015	Serampore Bharati Girls School	Workshop on DLDD as a part of NEAC programme	Participants - 100
7	Chatra Nandalal Girls' High School, 17 th January, 2015	Chatra Nandalal Girls' High School	Workshop on DLDD as a part of NEAC programme	Participants- 250
8	Gobinda Ashram, 22 nd , January, 2015	Serampore Pravin Samaj	Health Check up camp, ECG, BMD, Eye Check up and Diabetic camp for the aged persons	Beneficiaries-100
9	Serampore Snanpiri Math 8 th February, 2015	Serampore Mahakuma Sishu Utsav Samiti	Padayatra on DLDD on the occasion of NEAC programme.	Participants - 1800
10	Society' Office, from May 2014 to March, 2015 on every month	DIC, Chinsurah	EDP Follow up meeting	Participants-85


 Pradipta Kumar Das
 Secretary
 Swasthya Bhabna Welfare Society
 Serampore, Hooghly


 Anurupa Das
 President
 Swasthya Bhabna Welfare Society
 Serampore, Hooghly

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সুধী,

স্বাস্থ্যভাবনা ওয়েলফেয়ার সোসাইটির অন্যতম ও প্রধান স্তম্ভ 'স্বাস্থ্য ভাবনা মাসিক' পত্রিকা বিগত ১৬ বছর ধরে নিরবিচ্ছিন্নভাবে প্রকাশিত হয়ে চলেছে, যা শুধু গর্বের বিষয় নয় সোসাইটিকে পরিচিতি দিয়েছে বিশেষভাবে। পত্রিকায় প্রকাশিত এমন অনেক তথ্যের উপর ভিত্তি করে অতীতে সোসাইটি সরকারি বিভিন্ন প্রোজেক্ট পেয়েছে যা সোসাইটি সহ পত্রিকার বেঁচে থাকার ক্ষেত্রে অক্সিজেন জুগিয়েছে। পত্রিকাও সৃজনশীল পাঠকবর্গের কাছে সমাদৃত হয়েছে এবং হচ্ছে। জেলা ছাড়িয়ে পশ্চিমবঙ্গের বিভিন্ন প্রান্তে এ পত্রিকা ছড়িয়ে পড়েছে। এসবই সম্ভব হয়েছে পত্রিকার সঙ্গে যুক্ত প্রতিটি ব্যক্তি, লেখক ও কর্মকুশলীদের ঐকান্তিক প্রচেষ্টায়। সোসাইটির সদস্যরাও বিশেষ আবেদনের ভিত্তিতে গ্রাহক সৃষ্টি করে পত্রিকার আর্থিক পুষ্টি জোগাবার চেষ্টা করেছেন। বিজ্ঞাপনদাতারাও তাদের সাধ্যমত পাশে দাঁড়ানোর চেষ্টা করেছেন। এজন্য সংশ্লিষ্ট সকলকে সাধুবাদ জানাই।

তবুও এ পত্রিকা সূষ্ঠা ও নিয়মিত প্রকাশের প্রধান অন্তরায় আর্থিক অসঙ্গতি। পত্রিকা প্রকাশনার যাবতীয় যে পরিমাণ খরচ হয়, পত্রিকা বিক্রি তথা গ্রাহক চাঁদা বাবদ আয়ের সঙ্গে কখনই সঙ্গতিপূর্ণ নয়। আয়-ব্যয় এর মধ্যে প্রতিবছর থেকে যায় বিশাল ঘাটতি, যা পূরণ করতে হয় শুভাকাঙ্ক্ষীদের আর্থিক অনুদানের ওপর নির্ভর করে। এ বছরও রয়েছে ঘাটতি তা জানতে পারবেন আয় ব্যয়ের হিসাবের দিকে চোখ রাখলেই। তবু ব্যয় সংকোচনের উদ্দেশ্যে সম্প্রতি আমরা প্রেস পরিবর্তন করেছি যাতে কিছু অর্থ সাশ্রয় করা সম্ভব হয়েছে। বর্তমানে পত্রিকাটির বিপুল চাহিদা রয়েছে তবু এর প্রচার সংখ্যা বাড়ানো সম্ভব হচ্ছে না কারণ এর জন্য যে পরিকাঠামো দরকার তা আমাদের নেই। আর এই পরিকাঠামো তৈরি করা যাচ্ছে না শুধুমাত্র অর্থের অভাবে। এই পরিকাঠামো তৈরি প্রথম ধাপই হল প্রচুর কর্মঠ কর্মী নিয়োগ যা অর্থের জোগান ছাড়া অসম্ভব।

সুধী হয়তো প্রশ্ন উঠতে পারে তাহলে পত্রিকা প্রকাশনার প্রয়োজনটা কি? — আছে বন্ধু, পত্রিকা আছে বলেই সোসাইটির পরিচিতি যমন বেঁচে আছে, অতীতে প্রোজেক্ট পেয়েছে, ভবিষ্যতে প্রোজেক্ট পাওয়ার সম্ভাবনাও রয়েছে। শুধু তাই নয় সর্বভারতীয় ক্ষেত্রে সোসাইটি পুরস্কৃত হয়েছে পত্রিকার পরোক্ষ বদান্যতায়। তাই পত্রিকার নিরবিচ্ছিন্ন প্রকাশনাটাও জরুরী যা করার ক্ষেত্রে আপনাদের সুচিন্তিত সুচিন্তিত মাতামত, পরামর্শ ও সহযোগিতা একান্ত কাম্য।

বিনীত

অজিত মন্ডল, প্রকাশক, সম্পাদক

১) গত আর্থিক বছরে নতুন গ্রাহক সৃষ্টি — ১১৯

২) গ্রাহক চাঁদা পুনর্নবীকরণ — ২১

৩) বিজ্ঞাপন পুনঃনবীকরণ করেছেন এমন — ৩

৪) নতুন বিজ্ঞাপন দাতা — ২

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