# Extension Activity 2018-19:

1. Felicitation programme of admirable teacher Mr. Narendra Nath Dutta by Teachers' Unit in association with Research innovation and extension cell on the occasion of Teachers' Day 2018. He was one of the reputed Senior Citizens in Golaghat District and he has admirable contributions since the establishment of the college.

Topic	Felicitation
Organised by	Teachers' Unit
Date	5/9/2018
No. of participants	04





To,

The Principal, Marangi Mahavidyalaya (Degree) Date: 5/9/2018

Sub: Application for seeking Permission to felicitate retired teacher on the occasion of Teachers' Day.

Sir,

With due respect I would like to state that today the Teachers' Unit of the college has decided to go to felicitate Narendra Nath Dutta, Retired teacher of Phulanibari Gaon and he has been working for the well-being of the college, So, we want to felicitate him on the occasion of Teachers' Day. Therefore, you are requested to grant permission to do the same. It is our duty to respect him.

This is for your kind consideration and needful action.

Thanking You.

Yours' Sincerely

(Nava Kamal Borah)

Secretary

Teachers' Unit

Marangi Mahavidyalaya (Degree)

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2. 100 hours Swachha Bharat Summer Internship programme to increase the awareness about cleanliness among general public of the neighbouring villages.

Topic	100 hours swachha Bharat Summer Internship Programme
Date	15/06/2018 to 15/07/2018
No. of Participants	150



### 100 Hours

# Swachh Bharat Summer Internship Programme-2018 15th June to 15th July,2018

# **Activity Report**

Organised by

Marangi Mahabidya laya (Degree)

#### **Activity Details:**

1. Inaugural programme:

No of Attendees: 150 No of hour spent: 6

2. Awareness programme on cleanliness in Ponka High School:

No of Attendees: 200 No of hour spent: 7

3. Swachh Bharat Programme in association with Prayash Vidya Mandir:

No of Attendees: 60 No of hour spent: 7

4. Celebration of International Yoga day:

No of Attendees: 120 No of hour spent: 7

5. Meeting on Swachh Bharat Programme:

No-2 DoigrongBagicha High School:

No of Attendees: 125 No of hour spent: 6

6. Awareness Programme in the market place of Pura Bangla:

No of Attendees: 40 No of hour spent: 6

7. Distribution of leaflets to the local public as a part of Swachh Bharat awareness programme: No of Attendees: 30 No of hour spent: 7

8. Organising movies screenings(Swachh Bharat related movies seen by

students of the college)

the

No of Screening: 2 No of Attendees: 50, No of hour spent: 7

9. Public awareness programme in the street:

No of hours spent:5hours, No of people sensitized: 300

10. Door to door meetings on sanitation /hygienic/ toilet usage/ hand wash)

No of household visited:70 No of people sensitized: 450

No of hours spent: 20

11. Awareness Campaign: No of awareness programme conducted:10

No of people sensitize:700

No of hours:7 hours

College Campus for four days/three days in No. 2 DoigrongBagicha High School/one is in the market place in Purabangla

- 12. Conducting School level Rallies: No of rallies conducted:2

  No of people sensitised:400

  No of hours spent: 6
- 13. Street cleaning, drain cleaning: Length of street/drains/: 100

No of community participants: 70 No of hours spent:5

people sensetised: 100

14. Programme of cleanliness of the Play Ground of No-2 DoigrongBagicha

No of Attendees: 100 Hour spent-5

Following the Prime Minister's clarion call on 2<sup>nd</sup> October 2014 for each individual to devote at least 100 hours to Swachhata through the year, the Ministry of Human resource Development in association with the Ministry of the Drinking Water and Sanitation has launched the 'Swachh Bharat Summer Internship – 100 Hours of swachhata.'

#### **Inaugural ceremony:**

MarangiMahabidyalaya(Degree) of Golaghat District, Assam, also organized a 100 hours Swachh Bharat Summer Internship Programme from 15th of June to 15<sup>th</sup> of July, 2018 with an aim of making Gramin Swachhata. The programme was inaugurated by the Vice-Principal of Mr. Mohan Boruah with his valuable speech about the necessity of cleanliness. Mr. Yugal Jyoti Borah, Nodal Officer of the College, explained in his speech the details of the programme including the schedule activities. Mrs. MamoniMahanta, assistant Professor in the department of History and the president of Women Cell of the college, speech Swachhata. delivered valued about the need of ChewariSarmah, and Mrs. Tribeni Bora also delivered their inspirable speech about the programme. Besides, the participant students also shared their views. The programme was ended with an oath of making India clean and clear.

#### **Work Force:**

Fifty students registered from the college for the 100 hours Swachh Bharat Summer Internship Programme. The Teachers' Unit, Women Cell and the Students' Union Body of the college actively involved in the programme.

### **Classroom Activity:**

We tried to motivate the participant students by some inspiring programmes and workshops. Mrs. ChewariSarmah, assistant professor in the department of Assamese, delivered a quite motivated lecture to the students. Mr. Yugal Jyoti Borah, Assistant Professor in the Department of English and the Nodal Officer of the college conducted a two days workshop regarding the

guidelines and the necessity of the Swachh Bharat Programme. The participant students took active part in the workshop.

Dr. Daisy Rani Chutia, assistant professor in the department of Education and the Secretary of Women Cell delivered two lectures as a resource person. She viewed how the plastic made things carry danger for human being and how we can lead our live without plastic bags, glass other plastic made things.

Mr. Nava kamal Borah, assistant professor of Economics, also delivered lectures and trained the students for a few days which were encouraging and conceptual for the participant's students.

#### **Class campaign for Swachhata:**

Following the guidelines the participant students carried a class campaign to create awareness regarding cleanliness for selves, society and the country as well. They campaign against smoking and consumption of Gutka like dangerous items. With songs and slogans they could motivate the students, specially the new comers of the college.

## **Awareness Programme by Women Cell:**

The Women Cell of Marangi Mahabidyalaya (Degree) took active part in the 100 hours Swachh Bharat Summer Internship Programme. The organized a few awareness programme especially for the women. With the motto of "Stay clean! Stay Healthy", The Cell organised a programme in Ponka High School on 17th June,2018. In the meeting they distributed stay free napkins and packets lunch to the school students. Also Mrs. Mamoni Mahanta, Mrs. DiptyTamuly, Dr. Daisy Rani Chutia, on behalf of Women Cell, explained about the various diseases related specially with the women and suggested how to get rid of from such diseases by keeping themselves clean.

# Celebration of International Yoga Day aiming for the purity of Mind and body:

Without a clean and well regulated mind we can never imagine the outer cleanliness. So in order to make our students spiritually and physically fit we celebrated the International Yoga Day in our college Campus on 21st of June, 2018. Mrs. MoonmoonBordoloi, Assistant Professor in the department of Education attended the programme as the resource person. Dr. Khagen Chandra Phukan, the Chairman of the College Governing Boby and Mr. Padma Kanta Hazarika, Principal of MarangiMahabidyalaya(Degree) also delivered their valuable speech attending the auspicious occasion.

#### **Swachh Bharat Programme at Bishnupur:**

With the aim to aware the village people to be clean and clear we organized a awareness programme in association of Prayash Vidya Mandir on July 3rd, 2018. The teachers and students of the school carried a rally on the street with various slogans related to Swachh Bharat Programme. Our students along with the students and the teachers of the school took active part in cleaning the street and drains.Dr. Daisy Rani Bora, on behalf of the college guided the programme.

#### **Swachh Bharat Programme in the market place of Pura Bangla:**

On 5th July,2018, the participant students as well as the teachers organized an awareness programme on cleanliness. The students advised the shopkeepers of that locality to keep their

place hygienic and clean and requested to keep at least one dustbin in front of their shops. The participants students also distributed leaflets about Swachhata. Definitely, the co-operation of the local people was enthusiastic.

#### **Public Campaign:**

On 6th July,2008, the participant students used to distribute leaflets door to door at the village Sumani for the awareness drive for Swachhta and about the government's Swachh Bharat Summer Internship Programme-2018. The leaflets were prepared by the MarangiMahabidyalaya(Degree) Swachh Bharat Summer Internship team where the main aim and objectives of the programme was included. During their public campaign the participant students demonstrated about the sanitation, toilet usage, hand wash and about the ethics of hygienic life.

Keeping continuity of the Public Campaign on 7th July,2008, the students distributed leaflets to the passer-by standing by the street of Pura Banga and Bakial road. It was really a inspiring for all the classes of the locality.

#### Awareness meeting at No-2 DoigrongBagicha High School:

On July 9th,2008,an important meeting was held in campus of No-2 DoigrongBagicha High School as a part of the 100 hours Swachh Bharat Summer Internship Programme. A few common people were also in the meeting. Mr. Goutam Tanti, The Head Master of the school welcomed the Mr. **Jyoti** Officer meeting. Yugal Nodal of Borah. MarangiMahabidyalaya(Degree) delivered his lecture about the aims and objectives of the Swachh Bharat Summer Internship Programme. Mrs. Mamoni Mahanta, assistant professor in the department of History, Dr. Daisy Rani Chutia, assistant Professor in the department of Education and Mrs. ChewariSarmah, assistant Professor in the Department of Assamese also delivered their thought provoking lectures regarding day to day cleanliness, sanitation and about Prime Minister's Swachh Bharat theme. The students as well as the local people seemed to be aware of themselves. The school students and the participant students also shared their comments to make the great mission successful. They promised not to use the plastic bags, and to use homemade paper bags and dustbins.

After the conclusion of the meeting, our students along with the school students started to clean the Play Ground of the DoigrongBagicha.

#### Other programmes:

The college organized movies screening three times for three days. Basically, all the movies are related to Swachhata which could sensitize the students a lot.

### **Conclusion Ceremony:**

The conclusion ceremony of the 100-hour Swachh Bharat Summer Internship Programme-2018 was organized on 15th July,2018 in the College campus. Mr. PadmaaKanta Hazarika, Principal of MarangiMahabidyalaya(Degree) presided over the meeting. All the professors,

the College Union Body, participants students and the other students attended the occasion. The team of Swachh Bharat programme were deeply thanked by the principal. Mr. Yugal Jyoti Borah, the nodal officer, offered his gratitude to the college authority for offering him to lead such kind of an honest and great programme. He also offered vote of thanks to all the teachers and participants actively engaged with the Swachh Bharat Summer Internship Programme.



Principal of MarangiMahabidyaalaya(Degree) Delivering his lecture on Closing Ceremony of 100 Hour Swachh Bharat Summer Internship programme-2018

## Photos related to the various activities of 100 Hour Swachh Bharat Summer Internship Programme-2018







# Snaps of Inaugural Programme International Yoga Day



Awareness Programme in No-2 DoigrongBagicha



Door to door awareness programme

High School





#### distributing leaflets





Street Campaign Street cleaning in Bishnupur in associrion with Prayash Vidya Mandir





snap from the Workshop to inspire the students









Cleaning playground in No-2 DoigronbBagicha Distributing leaflets in the market areas of Pura Bangla .

Workshop to mo

Cleaning street a

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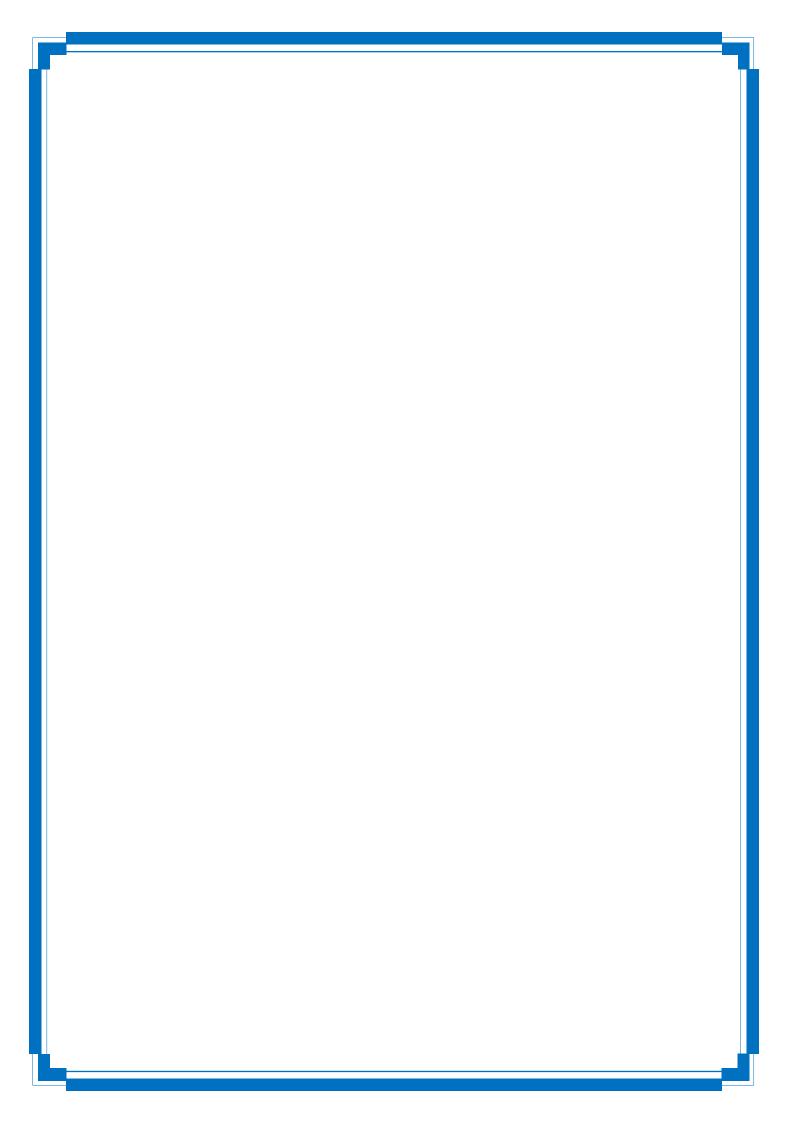
bared by—

al Jyoti Borah

Nodal Officer,

MarangiMahabidyalaya(Degree)





3. Distribution of food, drinking water, clothes, medicine to the flood affected people at Doigrung by the Teachers' Unit of the college along with the students.

Topic	Helping hand to flood affected people
Orgsanised by	Teachers' Unit
Date	05/08/2018
No.of Participants	25





To

The Principal,

Marangi Mahavidyalaya (Degree)

Date: 5/8/2019

Sub: Application for seeking Permission the Distribution of food, drinking water, clothes and medicine to the flood affected people at Doigrung by the Teachers' Unit of the college along with the students.

Sir,

With due respect I would like to state that today the Teachers' Unit along with the students' Union body of the college has decided to go to distribute food, drinking water, clothes, medicine to the flood affected people at Doigrung by the Teachers' Unit of the college along with the students.

Therefore, you are requested to grant permission to do the same. It is our duty to help the flood victims.

This is for your kind consideration and needful action.

Thanking You.

Yours' Sincerely

(Nava Kamal Borah)

Secretary

Teachers' Unit

Marangi Mahavidyalaya (Degree)

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4. Celebration of 64<sup>th</sup> Wildlife Week to aware the people to save wildlife.

Topic	Celebration of 64 <sup>th</sup> Wildlife Week
Organised by	DFO, Golaghat, In association with Marangi Mahabidyalaya.
Date	1/10/2018 to 7/10/2018
No. of Participants	25



5. Tour of 18 students with two teachers to Jaipur, Rajasthan with the financial support of the Govt. to visit the historical monuments of Jaipur.

Topic	Tour to Rajasthan, Jaipur
Organised by	Marangi Mahabidyalaya with the
	financial help from DHE, Guwahati,
	Assam.
Date	12 <sup>th</sup> Dec to 18 <sup>th</sup> Dec 2018
No. of Participants	17



# GOVERNMENT OF ASSAM OFFICE OF THE DIRECTOR OF HIGHER EDUCATION: ASSAM KAHILIPARA: GUWAHATI-19

No.PC/HE/Plan.15/2016/30

Dated Kahilipara, the 4th July, 2018.

From:

Smti. G. Phukan, ACS

Director of Higher Education, Assam

Kahilipara, Guwahati-19.

To,

The Principals,

Govt. & Provincialised Colleges of Assam.

Sub:

Regarding Students Excursion under "Ek Bharat Shreshta Bharat Scheme".

Ref.

This office letter No.PC/HE/Plan/15/2016/34, dtd.07/05/2018 & letter No.PC/HE/Misc.60/2017/29, dtd.11/06/2018.

Sir,

I would like to state that Govt. in Higher Education has released an amount of Rs.1.00 lakh each to 273 Govt. & Provincialised Colleges of Assam under General areas for Students Excursion under "Ek Bharat Shreshta Bharat Scheme". Necessary instruction in this regard has already been issued vide letters under reference to visit the State of Rajasthan.

I would like to request you to frame the excursion programme of students covering following points, so that the students community can be benefited through exchange of socio-economical and cultural knowledge for their near future.

- Places to visit during excursion: Jaipur, Jaisalmer, Ajmer, Pushkar, Jodhpur, Chittorgarh, Mount Abu, Amber Fort, Hawa Mahal, City Palace, Pushkar Lake etc. which are the prime tourist locations.
- Duration of excursion :- During Summer Vacation or Puja Vacation.
- Guide Teachers: Two teachers to be selected as guide teachers from each College. For girls' Students one lady teacher is mandatory.
- Feed Back: A feedback report with photographs must be submitted regarding output of the tour to this Directorate from each College within completion of one month of the excursion.

Yours faithfully

Director of Higher Education, Assam
Kahilipara, Guwahati-19.
Dated Kahilipara, the 4th July,2018.

Memo No.PC/HE/Plan.15/2016/30-A Copy to :-

The Principal Secretary to the Govt. of Assam, Higher Education Department, Dispur,

Guwahati-6.The P.S. to the Hon'ble Minister, Education, Assam, Dispur, Guwahati-6 for kind appraisal of the Hon'ble Minister.

Director of Higher Education, Assam Kahilipara, Guwahati-19.



## MARANGI MAHABIDYALAYA (DEGREE)

## মৰঙি মহাবিদ্যালয় (স্নাতক)

হ্রাপিত ঃ ১৯৯০ চন

Ph. 9207041290 :: P.O. Doigrong, Golaghat

#### Name of the Students

- 1.Miss Susmita Dutta
- 2. Miss Trishna Saikia
- 3. Sri Lakhindra Das
- 4. Sri Abhoy Karmakar
- 5. Miss Anjoli Pradhan
- 6. Miss Bilkis Anjum Sultana
- 7. Miss Sangita Kakoti
- 8. Sri Ajoy Chetry
- 9. Sri Dibyajyoti Barhoi
- 10. Sri Dibya Tanti
- 11. Sri Sujit Chetry
- 12. Sri Debajit Saikia
- 13. Sri Latumoni saikia
- 14. Miss Jonali Bora
- 15. Md. Nur Ahmed.
- Name of the teacher(Guide)-Sri Malabya Mohan Borah Sri Yugal Jyoti Borah

(P.K. Hazarika), Mahavidyalaya (Degree)
Principal Marangi Mahabidyalaya (Degree)
Marangi Mahabidyalaya (Degree)





अतामा प्रसाद संदवान स्वतं में कार्य राष्ट्रीय रूर्बन मिशन (एनआरयूएम)

ध्यामा प्रसाद मस्याजी रूर्वन मिशन राष्ट्रीय रूपन मिणन (एनआरथ्एम) पर देश में अगले तीन वर्गों के दौरान ऐसे 300 लर्बन विकास क्लास्टन तैयार किए जाएंगे। पहले वर्ष में 100 क्लस्टर तैयार किए जाएंगे।

वाम राष्ट्रया दा (पीएनजीप्रावः) कृषि आय को वृद्धि और राजगार

गामीण दिकास मंत्रालय

भारत सरकार

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# OFFICE OF THE PRINCIPAL MARANGI MAHABIDYALAYA (DEGREE)

মৰঙি মহাবিদ্যালয় (স্নাতক)

স্থাপিতঃ ১৯৯০ চন

Ph.94359 68558 :: P.O. : Lettekujan, Golaghat e-mail ID : marangimahabidyalaya2016@gmail.com

Ref. No. MMD/ Excursion 396

Date: 20/11/19

To

The Director, Higher Education, Assam Kahilipara, Guwahati-19

Ref. No.:- PC/HE/Plan.15/2016/84 dated the 1st November /2019

Subject:- Regarding Utilization of Excursion.

Respected Madam,

In inviting reference to you letter no. cited above I would like to pray you that I am unable to submit the utilization of Rs.1,00,000/-(One) lakh only which was realesed for excursion by our students within stipulated time. Because, at present the railway reservation is not available as we required. Secondly, the Odd semester Examinations is running from 15<sup>th</sup> Nov.2019.

So, I shall utmost try to submit the utilization after completion of the tour in the month of December / January 2019-20.

Hope, you will consider the matter.

Thanking you.

Yours faithfully

(P.K. Hazarika)
Principal Mare

Marangi Mahabidyalaya(Degree)

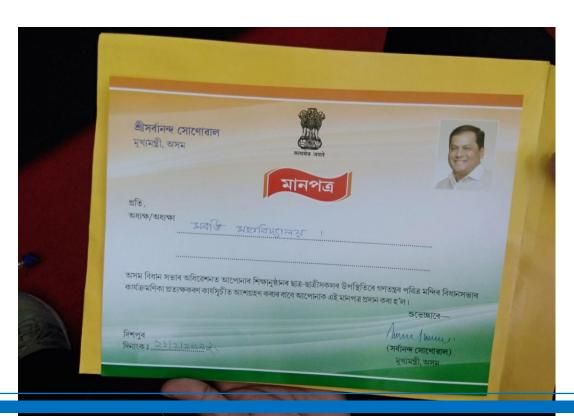
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Mahavidyalay (Degree)

6. As per invitation of Government of Assam, the students along with two teachers have attended Assam Legislative Assembly to observe the procedure of assembly on 21/02/2019.

Topic	Teacher-students participation Assam Legislative Assembly
Organised by	Govt. Assam
Date	21/02/2019
No.of participants	19

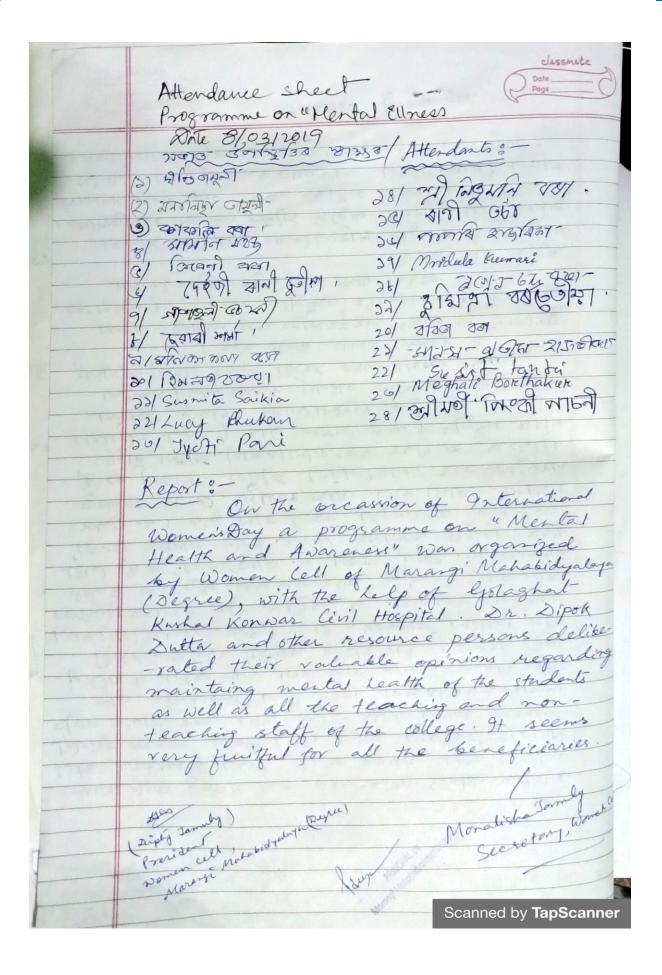




7. An awareness programme was held on 8<sup>Th</sup> March, 2019 on the topic of 'Mental Illness, Organized by Women Cell of Marangi Mahabidyalaya. The main objectives of the programme are (i) to focus the various causes of mental stress, tension, frustration etc among the college teachers and students. (ii) Find out the solving way of the problem of mental illness? (iii) To provide various ways to maintain good mental health.

Topic	<b>Awareness Programme on Mental</b> <b>Illness</b>
Organised by	Marangi Mahabidyalaya (Degree)
Date	8/03/2019
No.of Participants	24





A Report On Mental Health and Awareness Organized by Women Cell Marangi Mahavidyalaya(Degree) Date:08-03-2019 Scanned by TapScanner

#### Introduction:

Mental health is the ability which helps us to seek adjustment in the different situation of our life—Catts and Moslay

Women's Day is a day where women are recognized and celebrated in their fields. On the very day of International Women's Day, Women Cell of Marangi Mahabidyalaya decided to organize a programme on Mental Health and Awareness.

#### **Objectives of the Programme:**

The objectives of the programme are-

- 1 To know about mental health and hygiene.
- 2. To aware the students as well as faculties of MMB about maintaining mental health.



#### **About the Programme:**

On the special occasion the Women Cell of Marangi Mahavidyalaya organized the programme with the help of Golaghat Kushal Konwar Civil Hospital. In the programme resource

Jam Francisco

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person psychiatric Dr. Dipak Dutta, Mrs. Bulti Saikia and social worker Miss Gitanjali Borah deliver their valuable speech on maintain mental health and different types of mental diseases. To maintain mental health they give emphasis on conversation, positive thinking, diary writing, enjoying present life etc. They also give emphasis on eight fold yoga to maintain mental health and hygiene.

#### Conclusion:

Avery successful day was celebrated at Marangi Mahabidyalaya with the help of Golaghat Kushal Konwar Civil Hospital. All the students and faculties (teaching and non-teaching) are very much benefitted by the speech of the resource persons.

John John James Ja Colore

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8. The National Assessment and Accreditation Council (NAAC) is a government organization that assesses and accredits Higher Educational Institutions. For that purpose, IQAC of the college organizes a one day workshop on 26/4/2019 for providing knowledge among the staffs. The chief guest of the programme is Dr. BibekanandaSarma, President, Governing Body, Marangi Mahabidyalaya.

Topic	Workshop on NAAC
Organised by	IQAC
Date	26/04/2019
No. of participants	25



9. A tree plantation programme was organized by Research Innovations and Extension Cell on 5/6/2019 on the occasion of World Environment Day at the college campus and along the road side from the college to Purabangla. The Principal of Marangi Mahavidyalaya Jr. also participates in the Programme.



To,

The Principal, Marangi Mahavidyalaya (Degree) Date: 2/6/2019

Sub: Application for seeking Permission for to organize a tree plantation programme by Research Innovation and Extension Cell on 5/6/2019 on the occasion of World Environment Day at the college campus and along the road side from the college to Purabangla

Sir,

With due respect I would like to state that today the Teachers' Unit of the college has decided to organize a tree plantation programme by Research Innovation and Extension Cell on 5/6/2019 on the occasion of World Environment Day at the college campus and along the road side from the college to Purabangla. Therefore, you are requested to grant permission to do the same.

This is for your kind consideration and needful action.

Thanking You.

Yours' Sincerely

(Nava Kamal Borah)

Convenor,

Research, Innovations and

Extension cell

Marangi Mahavidyalaya (Degree)

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10. A 'Beautician and Makeup' course was organized by Students Support and Progression Cell on 15/6/2019 to provide vocational as well as professional knowledge among the girl's students.

Topic	Inauguration of Beautician and Make-up Course
Organised by	Students Support & Progression Cell
Date	15/6/2019
No. of Particvipants	51





To, The Principal, Marangi Mahavidyalaya (Degree) Date: 9/6/2019 Sub: Application for seeking Permission for to organize a 'Beautification and Make up' Sir, With due respect I would like to state that the Students Support and Progression cell of the college has decided to organize a Beautification and Makeup' course. Therefore, you are requested to grant permission to do the same. This is for your kind consideration and needful action. Thanking You. Yours' Sincerely Pallabi Sailia (Pallabi Saikia) Convenor, Students Support and Progression cell Marangi Mahavidyalaya (Degree) Scanned by TapScanner

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Beautician and Make up course

From 15<sup>th</sup> June to 20<sup>TH</sup> August 2019

Organised by
Students' Support and Progression Cell
Marangi Mahabidalaya(Degree)

Mahavidyalaya (Degree

### Introduction:

With the aim of skill development, students support and progression cell had organized a skill development course on beautician and make-up course from 15<sup>th</sup> June to 20<sup>th</sup> August 2019. The main aim of organising such type of programme is to strengthened and economic dependent of the students of weaker section. Because more of the students comes to the institutions from tea garden areas. Therefore, the main aim of the institution is to provide good education along with the taking initiative for their economic upliftment. In this context, student support and progression cell have taken various initiatives for providing self employment opportunity.

The three month training course had been given by a instructor Nabajyoti Saikia. In this course more than thirty girls regularly attended and had greatly benefited from it.

Objectives: The basic objectives of this programme are

- To encourage the girls students economically through providing three month beautician course.
- To facilitated the earning source of the girl's students along with their educational classes.



Arinchandalaya (Degree

### Explanation:

To fulfilled these objectives Students Support and Progression Cell decided to conducted a three month Beautician and Make up Course in Marangi Mahavidalaya(Degree). This course was successfully conducted by the training instructor Nabajyoti Saikia. She had fruitfully trained our students on threading, facial, Hair-cutting, Bridal Make-up etc. She had successfully ended this course with the full support of our interested girls students. Our college authority had given full support to organised this course This programme had really encouraged our girls students to strengthened their economic condition and become capable to overcome their problems that they faced in day to day life. At the end of the course the participants given certificate of participation which will be helpful to their future engagement.

### Outcomes:

By participating this course the girls acknowledged the various techniques on how to threading, bridal make-up, facial, haircutting, manicure pedicure etc. After successfully completition of the course the girls became really encouraged and helped to engaged themselves as a helper in nearby Beauty parlour through providing certificate.

### Conclusion:

Student Support and Progression Cell under IQAC was really happy to organised and successfully completed three month Beautician Course for the weaker sections of the girls. Because majority of the students comes from the Tea garden area and remote areas. Such type of course really helped I our students to strengthened their economic condition and aware of different social and political issues.

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11. An Orientation programme was organized from 20 to 22 June, 2019 in college Auditorium. The objective of the programme was to motivate the students to study and cooperate in all college activities.

Topic	Orientation Programme
Organised by	Marangi Mahabidyalaya (Degree)
Date	20/06/2018 to 22/06/2019
No. of Students	80





12. International Yoga Day is celebrated in the college auditorium on 21/6/2019. Yoga helps in practicing mediation and getting relief from stress. For that purpose, the students and teachers of the college celebrate the Yoga Day.

Topic	Celebration of International Yoga Day
Organised by	Marangi Mahabidyalaya (Degree)
Date	21/06/2019
No. of Participants	35





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# A Report On Celebration of International Yoga Day



Organised by

IQAC & NSS Unit,

Marangi Mahavidyalaya

In association with

Kreeda Bharati & Nehru Yuva Kendra, Golaghat

In Collaboration with

Sewa Bharati.

Venue: Marangi Mahavidyalaya

Date: 21<sup>st</sup> June 2022.

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# Introduction:

The International Yoga Day has been celebrated across the world annually on 21<sup>st</sup> June since 2015, following its inception our college has decided to celebrate the Day under the supervision NSS Unit of the college since 2019. On 21<sup>st</sup> June 2022 the International Yoga Day has been organised by IQAC and NSS Unit at the college in association with Kreeda Bharati & Nehru Yuva Kendra, Golaghat in collaboration with Sewa Bharati. The programme has been inaugurated by the respected principal of the college. Yoga practician Sri Bhrigu Nath Lohar.

Yoga is a physical, mental and spiritual practice which originated in ancient India. Yoga embodies unity of mind and body through an action restraint and fulfilment, harmony between man and nature, a holistic approach to health and well-being.

# **Objectives:**

The main objectives of celebrating the Yoga Day are-

- 1. To encourage the participants to grow the habit of doing yoga daily.
- 2. To teach them how yoga keeps us physically, mentally and spiritually fit.

# **Explanation:**

On 21<sup>st</sup> June 2022 the International Yoga Day has been celebrated in our college auditorium. The Co-ordinator of IQAC Mr. Yugal Jyoti Borah has welcome the students and the participants to the programme and described the importance of the day.





Sri Bhrigu Nath Lohar has been invited as the Resource person for the programme. He has briefly explained the benefits of Yoga in our day to day life and the rules and regulations for doing Yoga.





After the inauguration session, Lohar has started the technical session. In this session he has taught the participants how to do Yoga. He has performed the Yoga in the platform and the students have followed her. Along with Yoga, he has been describing the benefits and ways of doing Yoga





## Outcomes:

The outcomes of this celebration are-

- The participants feel physically and mentally strength after practising Yoga in the technical session.
- 2. They are eager to do yoga regularly at home and asks the NSS programme Officer to organise this session regularly at the college.

The spiritual talks of the Resource Person have changed the thoughts of the participants.

# Conclusion:

Many Students and teachers along with office staff have participated in yoga, and they have practised yoga successfully. After the technical session the resource person has thanked the participants for their active participation in the session and also asks them to practise yoga regularly.

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