

Extension Activities :2017-18

1. A Tour to Shillong Funded by Govt. of Assam.

| | |
|---------------------|---|
| Topic | A Tour to Shillong |
| Organised by | Marangi Mahabidyalaya (Degree) |
| Date | 29 th Sept -2 nd oct.2017 |
| No. of Participants | 30 |



- 18/ Jyotika Jit Gogoi
- 19/ Trishna Phungol.
- 20) Babita Boruah
- 21) Nomita Sireka.
- 22) Debajit Rajbanshi
- 23/ Kamal Bordoloi
- 24/ Sureoj Tanti
- 25/ Md. Wakil Ali
- 26/ Miss Nayanmoni Saikia.
- 27/ Md. Mustak Ali
- 28/ Miss Chimpri Borra.
- 29/ Sui Rimmant Chagari
- 30/ Sri Titu Das

Sd/-
PRINCIPAL
Morang Mahabichayal Dammai

TOPIC- EDUCATIONAL TOUR TO SHILLONG

NAME- SHANTI KUJUR
CLASS- B.A-5th SEM
ROLL NO- 60
STD- MARANGI MAHABLOYA-
LAYA [DEGREE]
Date: 17/10/2017

Shanti
MARANGI MAHABLOYA-
LAYA [DEGREE]

Shillong is the capital city and a hill station located in the north-eastern state of Meghalaya. It is at an altitude of 1496 metres above sea level. 'Um Shyllong; which is at an altitude of 6,447 metres above sea level is the highest point of this place.

In 1864, the British made Shillong the civil station of the Khasi and Jaintia Hills and since then this place has become more substantial at the same time, has also grown in its size, when Assam became a Chief Commissioner's Province Shillong was selected as the headquarters of this new administration due to the convenient location of this place which is between the Brahmaputra and Surma valleys and the pleasant weather.

Shillong remained the capital of Assam until the new state of Meghalaya was formed on 21st January, 1972. After the division of both the states, Shillong became the capital of Meghalaya and Dispur in Guwahati was made the capital of Assam.

Shillong Peak: At the height of 649ft and 1965m above sea level, this is the highest point of Shillong. It offers a breathtaking panoramic views of the entire city, the Himalayas, its waterfalls as well as of the Bangladesh plains. A Telescope is available for tourists to get a bird eye view. Trekking up to this semi-circular peak is highly recommended for the best views but it is often bounded by heavy fog.

It is said that Shillong gets its name from this peak itself. Regional tales tell that the patron deity 'Lishyllong' resides in the hills and protects the city from all evils. The U Shulong site at the top of the peak is sacred and every spring at the air force base and features a radar station of the Indian air force. Due to security reasons, heavy checking is done at the gates, and tourists are asked to deposit their cameras.

July 17/10/2017
PRINCIPAL
Mahabubnagar(Degree)

Eco-park Cherrapunji: Eco Park is one of the popular tourist attractions of Cherrapunji from where the visitors can enjoy lovely views of the 'Green Canyons' of Cherrapunji along with the waterfalls that are located nearby. The eco-park also has crystal clear water stream in its boundaries. Designed and maintained by the Government of Meghalaya.

Walk past the crossover bridge to arrive at its end for admiring the nice views of the canyons. The views from here are simply breathtaking. Right from the other side of the part, admire the amazing views of the plains of Bangladesh. The park also has a vast variety of indigenous orchids given by the Shillong Agri-Horticultural Society. These orchids are placed in the Green House of the park. This unique park is a newly developed one. Placed atop a plateau, this part offers nice views of the Sylhet Plains of Bangladesh. The Southern corner of the Eco-Park is the originating point of the popular Noh Nohsingithiang Falls.

17/10/2017
PRINCIPAL V/S
MORANGI MOHAMEDYALAVI/DEP
P.T.O

Elephant Falls: Elephant Falls is the British name of what the local Khasi people once refers to as Ka sshaid lai Pateny Khashiew (or three steps water falls) since the falls actually consists of three section in succession. We learned from a sign here that British renamed the falls because there used to be rock resembling and elephant near the left side of the main fall. However, that rock was destroyed in an earthquake back in 1897. Then after descending the last flight of steps alongside the third (bottommost) waterfalls there was a shelter and little bit of platform for photo to discourage swimming. The photo taken at the top of this page was between the last of the steps and the viewing platform at the base of Elephant Falls.

Lady Hydari Park: Lady Hydari Park is named after the first lady of the area, wife of the first Governor of Assam, Shillong being under Assam administration during the British occupation. Along with Ward Lake it is the best maintained park also house a museum. The main aim is to highlight the state rich biodiversity. You get to see stuffed leopard, skulls of elephant photos of

rare animals found in the state and surprisingly the dried skin of python clipped to the wall.

The garden is always full of life with carefully ~~pruned~~ pruned flowers beds and lush lawns. The lower part is occupied by gracefully swim and is a sight to behold. Though the park surrounded by concrete building and sometimes you wished you could see beyond that its still is a small nature haven hidden in the midst of all the hustle-bustle of city life.

Churches in Shillong: The Shillong Baptist Church in Petic Bazaar is one of the most popular churches in Shillong. The church comes alive on Sunday because of the elaborate mass it conduct. So if you are in Shillong on a Sunday, don't miss out the opportunity to visit this church. Here you will also have the chance to mingle with locals as they come for their traditional Sunday Prayer. The church also organises Sunday School within its premises. Many christain wedding are also organised in the church.

You can experience the peace and serenity as you pray at the altar of the holy

and beverages for refreshment. Along with the Chand Lake is a Botanical Garden that houses an extensive of exotic plants and flowers. Located beneath the Raj Bhawan (Government Residence) the lake can easily be approached through local transport.

Mawsmai Caves: Mawsmai Caves well near Cherrapunji well cave. The caves of Meghalaya comprise a large number of caves in the Jaintia Khasi Hills and Garo Hills district in the Indian state of Meghalaya and are amongst the longest caves in the world. Of the ten longest and deepest caves in India, the first nine are in Meghalaya while the tenth is in Mizoram. The longest is Krem Liat Prah in the Jaintia Hills, which is 30,957m (101,600ft). The word "Krem" means caves in the local Khasi language.

The exploration of the caves of Meghalaya is currently undertaken for both scientific and recreational pursuits. and there are still many unexplored and partially explored caves in the state. The annual caving expeditions organized by Meghalaya Adventure Association (MAAA) are known as "Caving in the shade of the clouds Project". The caves because they are

This is the original school building. Loved the look. Besides the school there is a medical facility, tribal museum, computer training facility, dairy, baking p facility, stitching. I call it a integrated Township where most of the needs are taken care in-house. Also has weaving facility so local ladies can earn money and a Tribal culture museum.



Scanned by TapScanner

Rajy
12/10/2013
PRINCIPAL/IC
Maronai Mahabidyalaya/Bentrai

P.T.A

Scanned by TapScanner

2. Educational Tour to DhansiriMukhBokakhat.

| | |
|----------------------------|--------------------------------|
| Topic | Education Tour |
| Organised by | Department of Sociology |
| Date | 11/12/2017 |
| No. of Participants | 27 |



**Field Study at Bohikhowa Gaon
Under Bokakhat Sub-division
Conducted by
Department of Sociology**

Date-11-12-2017

The following students of the department of sociology have participated in field study conducted at Bohikhowa Gaon, under Bokakhat Sub-division.

| Sl. No | Roll No | Name of the Student | Contact No | Sign of the Student |
|--------|---------|---------------------|------------|---------------------|
| 1 | 18 | Mompi Begum | 8721091429 | Mompi Begum |
| 2 | 24 | Lina Das | 9101048467 | Lina Das |
| 3 | 16 | Momita Behera | 9101586697 | Momita Behera |
| 4 | 15 | Tulika Gowalla | 9101389490 | Tulika Gowalla |
| 5 | 19 | Sumitra Borchetia | 8638209852 | Sumitra Borchetia |
| 6 | 37 | Pompi Borah | 6002776991 | Pompi Borah |
| 7 | 90 | Pinki Pachoni | 8011684204 | Pinki Pachoni |
| 8 | 35 | Papori Hazarika | 9101721242 | Papori Hazarika |
| 9 | 32 | Bornali Borah | 9365361187 | Bornali Borah |
| 10 | 203 | Bulbuli Gohain | 6000421460 | Bulbuli Gohain |
| 11 | 27 | Jimpi Saikia | 9365123832 | Jimpi Saikia |
| 12 | 22 | Rakhimoni Borah | 9365741563 | Rakhimoni Borah |
| 13 | 33 | Pobi Chetry | 8638861274 | Pobi Chetry |
| 14 | 28 | Mandira Chetry | 6001360785 | Mandira Chetry |
| 15 | 25 | Punyabati Chetry | 6001463462 | Punyabati Chetry |
| 16 | 26 | Nitu Chetry | 9101829856 | Nitu Chetry |
| 17 | 34 | Chimpi Thengal | 6003767128 | Chimpi Thengal |
| 18 | 93 | Aftab Ahmed | 9864711265 | Aftab Ahmed |
| 19 | 95 | Mustak Ahmed | 8721019609 | Mustak Ahmed |
| 20 | 38 | Himan Boruah | 8134814047 | Himan Boruah |
| 21 | 39 | Manash Pratim Gogoi | 600332915 | Manash pratim Gogoi |
| 22 | 17 | Dhajya Phukan | 9101039449 | Dhajya Phukan |
| 23 | 94 | Gauranga Borah | 9127161126 | Gauranga Borah |
| 24 | 91 | Rima Bordoloi | 9101898305 | Rima Bordoloi |
| 25 | 87 | Neha Begam | 6003451197 | Neha Begam |
| 26 | 30 | Sushil Ghatowar | 6000518620 | Sushil Ghatowar |
| 27 | 84 | Binita Singh | 9853100121 | Binita Singh |

Pallabi Saikia
(Pallabi Saikia, HoD, Sociology)

11/12/2017
PRINCIPAL VC
Marngi Mahabubpatroyal (Degree)

Date - 5-12-2017.

To the principal, Marangi Mahavidyalaya, Degree

Subject - Seeking permission for Field Study,

Sir,

with due respect I want to inform you that the Deptt of Sociology, Marangi Mahavidyalaya (Degree) going to arrange a field study on 11-12-2017 at Bohikhowa gaon in Bolcachat Sub-division.

Therefore, I request you to grant permission for the same.

Thankings you

Yours Faithfully
Pallabi Sainia
MOD, Deptt of Sociology.

Permitted
Principal
Marangi Mahavidyalaya (Degree)
5/12

11

**A Report on
Field Study
at
Bohikhowa Gaon, Dhanshrimukh
under Bokakhat sub-division
Conducted by
Department of Sociology
Marangi Mahabidyalaya (Degree)**

**Submitted By
Department of Sociology
Marangi Mahabidyalaya(Degree)**

P. S. S. S.
3/11/2018
Head
Department of Sociology
Marangi Mahabidyalaya

Introduction

Field research is a qualitative and quantitative method of data collection that aims to observe, interact and understand people of a particular area. One can acquire knowledge and solve problems by conducting field studies in different places. Viewing this, the department of Sociology, Marangi Mahabidyalaya (Degree) decided to conduct a field study with the students of the department at Bohikhowa Gaon, Dhanshrimukh, Bokakhat.

Objectives of the study

1. To make efficient the students of the department in research work
2. To make the student understand the necessity of community research

About the process of the Study

A discussion is done regarding the field study with the teachers of the department and decided to conduct a field study at Bohikhowa Gaon under Bokakhat Sub-division. In this purpose, permission is asked from the principal and he agreed with us and permitted for conducting the field work. So, we four teachers of the department set out our journey on 17th December, 2017 for field work at Bohikhowa Gaon, Dhanshrimukh, under Bokakhat Sub-division. The Bohikhowa Gaon is situated in the southern part of the river Brahmaputra. The distance of this village from Bokakhat town is about 7 km. There are 81 families living in this village with their own culture and tradition. Majority of the families of the village are Mishing. So, at first we attempted to identify the Mishing families for collecting house to house data. The students then started to collect data from the Mishing families. The village headman of the village guided the students for collecting data from the families of the village. On the basis of the data collection, the students of the department are asked to prepare a project report on the topic 'Socio-economic Status of the Mishing Community and its Changing Pattern: A Study in Bohikhowa Gaon'



Principia
2019
Department of Sociology

3. Field visit to Rajapukhuri Shyam Gaon, Dist: Golaghat to introduce the socio-cultural and economic structure of the Shyam Community.

| | |
|------------------|--------------------------------|
| Topic | Field Visit |
| Organised by | Marangi Mahavidyalaya (Degree) |
| Date | 16/02/2018 |
| No. Participants | 59 |



To the Principal g/c,

Maransi Mahavidyalaya (Degree)

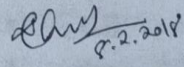
Date: 8.2.2018.

Sub: Application for Field study.

Sir,

With due respect I would like to state you that as the incharge of skill-based course, I have decided to go to Rajapukhuri Shyam Gram, under Cudaghal district for field study with the student of skill-based course as it is mandatory for them, we have decided to go on 16.2.2018. Therefore, I request you to grant permission for the same.

Thanking you,
yours sincerely,


(Daisy Ran Chutia).

in charge, Skill based course.

N.B. The list of students are enclosed with this application.

Permitted
8/2/2018
Principal
Mahavidyalaya (Degree)

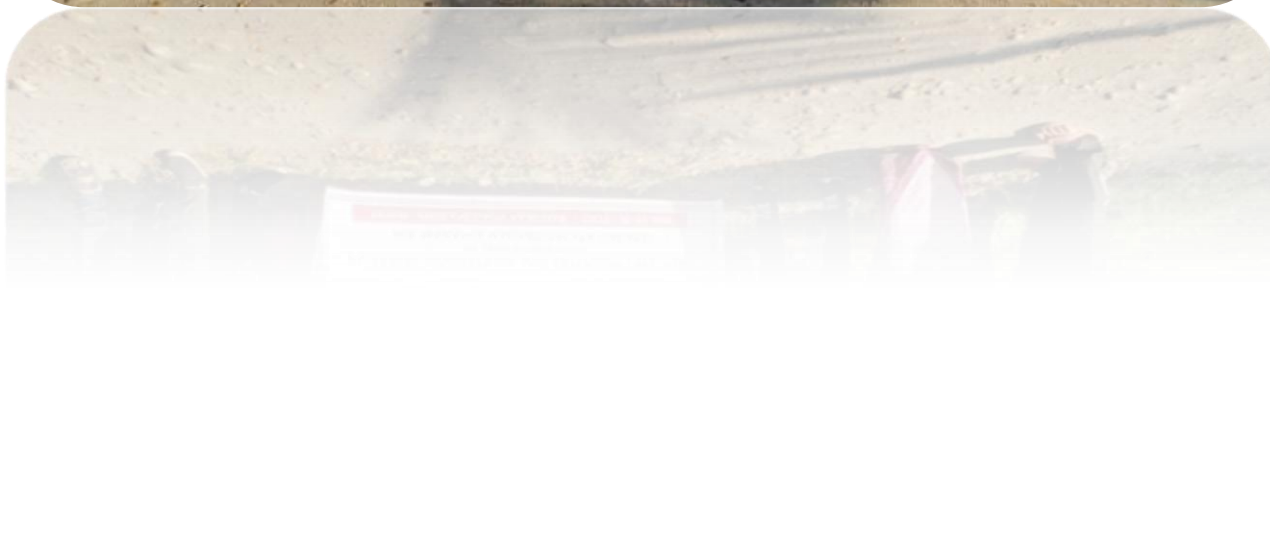
স্বদেশী শ্রমিক শ্রমিক (গোপনীয়)
 প্রাথমিক অর্থসূচী (২০১৮)

- | | |
|---------------------|---------------------|
| ১/ সুখী শ্রমিক | ৩০/ আনন্দ বসু |
| ২/ শিবু শ্রমিক | ৩১/ দিনেশ্বর শ্রমিক |
| ৩/ বিজয় চন্দ্র | ৩২/ শ্রমিক শ্রমিক |
| ৪/ দেবপ্রিয় শ্রমিক | ৩৩/ প্রভু শ্রমিক |
| ৫/ শ্রমিক শ্রমিক | ৩৪/ দিনেশ্বর শ্রমিক |
| ৬/ শ্রমিক শ্রমিক | ৩৫/ শ্রমিক শ্রমিক |
| ৭/ শ্রমিক শ্রমিক | ৩৬/ শ্রমিক শ্রমিক |
| ৮/ সুখী শ্রমিক | ৩৭/ শ্রমিক শ্রমিক |
| ৯/ শ্রমিক শ্রমিক | ৩৮/ শ্রমিক শ্রমিক |
| ১০/ শ্রমিক শ্রমিক | ৩৯/ শ্রমিক শ্রমিক |
| ১১/ শ্রমিক শ্রমিক | ৪০/ শ্রমিক শ্রমিক |
| ১২/ শ্রমিক শ্রমিক | ৪১/ শ্রমিক শ্রমিক |
| ১৩/ শ্রমিক শ্রমিক | ৪২/ শ্রমিক শ্রমিক |
| ১৪/ শ্রমিক শ্রমিক | ৪৩/ শ্রমিক শ্রমিক |
| ১৫/ শ্রমিক শ্রমিক | ৪৪/ শ্রমিক শ্রমিক |
| ১৬/ শ্রমিক শ্রমিক | ৪৫/ শ্রমিক শ্রমিক |
| ১৭/ শ্রমিক শ্রমিক | ৪৬/ শ্রমিক শ্রমিক |
| ১৮/ শ্রমিক শ্রমিক | ৪৭/ শ্রমিক শ্রমিক |
| ১৯/ শ্রমিক শ্রমিক | ৪৮/ শ্রমিক শ্রমিক |
| ২০/ শ্রমিক শ্রমিক | ৪৯/ শ্রমিক শ্রমিক |
| ২১/ শ্রমিক শ্রমিক | ৫০/ শ্রমিক শ্রমিক |
| ২২/ শ্রমিক শ্রমিক | ৫১/ শ্রমিক শ্রমিক |
| ২৩/ শ্রমিক শ্রমিক | ৫২/ শ্রমিক শ্রমিক |
| ২৪/ শ্রমিক শ্রমিক | ৫৩/ শ্রমিক শ্রমিক |
| ২৫/ শ্রমিক শ্রমিক | ৫৪/ শ্রমিক শ্রমিক |
| ২৬/ শ্রমিক শ্রমিক | ৫৫/ শ্রমিক শ্রমিক |
| ২৭/ শ্রমিক শ্রমিক | ৫৬/ শ্রমিক শ্রমিক |
| ২৮/ শ্রমিক শ্রমিক | ৫৭/ শ্রমিক শ্রমিক |
| ২৯/ শ্রমিক শ্রমিক | ৫৮/ শ্রমিক শ্রমিক |
| ৩০/ শ্রমিক শ্রমিক | ৫৯/ শ্রমিক শ্রমিক |
| | ৬০/ শ্রমিক শ্রমিক |

exchange
 daily min. club

4. Inauguration Ceremony of village adoption programme at Phulanigaon(Phulanibari Gaon). The main purposes are to develop their socio-economic, cultural and education status of the villagers and to empower the women of the village.

| | |
|---------------------|--|
| Topic | Inauguration programme of adoption of village. |
| Organised by | Research, Innovations & Extension Cell. |
| Date | 05/03/2018 |
| No. of Participants | 39 |





OFFICE OF THE PRINCIPAL
MARANGI MAHABIDYALAYA (DEGREE)

মৰঙি মহাবিদ্যালয় (স্নাতক)

স্থাপিত : ১৯৯০ চন

Ph. : 9101179870 P.O. Lettekujan, Golaghat
e-mail ID : marangimahabidyalaya2016@gmail.Com

Ref No.

Date.....

To,

The Gram Pradhan (Village Headman)

No-3 Doigrung Phulanibari Gaon.

Date: 2nd March 2018.

Sub: Application for seeking permission to adopt village.

Sir,

With due respect I would like to state you that Marangi Mahabidyalaya (Degree) is going to adopt No-3 Doigrung Phulanibari Gaon as a part of extension activity to the nearby areas of the college. The college will do various types of activities relating to health, cleanliness, education, culture, training for self-employment opportunities etc. at the village. Therefore, you are requested to give permission to adopt the village.

This is for your kind consideration and needful action.

Thanking You.

Yours sincerely

Permission Granted
Sri Anil Hazarika
গাঁও প্রধান
সংকল্পিত, ধনলাইও.কে.চাংবিল, বিবি পথাৰ,
কছাৰী গাঁও.১ নং, ২ নং, ৩ নং, ৪ নং বি.প্রোগ
মৌজা - মৰঙি বাজহ চহা, জা.ক- নি.প্রোগ
জিলা, গোলাঘাট (মহান)

- 02/06/2018

(Padma Kanta Hazarika)
Principal I/c
Marangi Mahabidyalaya (Degree)

To,

The Principal,
Marangi Mahavidyalaya (Degree)
Date: 4/3/2018

Sub: Application for seeking Permission for the Inauguration Ceremony of village adoption programme at Phulani gaon (Phulanibari Gaon).

Sir,


With due respect I would like to state that today the Teachers' Unit of the college has decided to go for Inauguration Ceremony of village adoption programme at Phulani gaon (Phulanibari Gaon). The main purpose are to develop their socio-economic, cultural and education status of the villagers and to empower the women of the village.

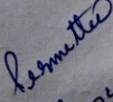
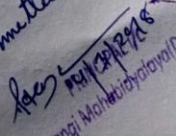
Therefore, you are requested to grant permission to do the same. It is our duty to respect him.

This is for your kind consideration and needful action.

Thanking You.

Yours' Sincerely


(Nava Kamal Borah)
Convenor,
Research, Innovations and
Extension cell
Marangi Mahavidyalaya (Degree)



Marangi Mahavidyalaya (Degree)

General Meeting for adopting Village.
Venue: Phularibari Gaon Namghoti.
Date: 5th March 2018.

Agenda

1. Adoption of Phularibari Gaon
by The college
2. Discussion on various activities
at The adopted village.
3. Formation of Committee.
4. Others
5. conclusion

✓ Narceandra Nath Deka

20/10/22
PRINCIPAL, IIC
Marangi Mahavidyalaya

Proceeding:

Today on 5th March 2018, the General Meeting on adopting Village is held at Phulanibari Manangan. The meeting has been presided over by the retired Teacher of the Village Mr. Narendran.

The purpose of the meeting is that the College (Marang, Mahabidyatalaya Degree) is going to adopt Phulanibari Village as a part of extension activities of the college and the college aims to uplift the basic infrastructure like education, health, culture, environment, Socio-economic condition empowerment of the women of the village.

The principal of the college Mr. Padma Kanta Bhargava has explained about all the activities that the college is willing to do for the upliftment people of the village. The chairperson of meeting also agrees with the principal of the college and agree to participate in all kinds of activities performed by the college in the village.

The village people are happy to be a part of the college. They are agree to organise any socio-economic and cultural activities in the village in association with the college. They also say that there are many opportunities for socio-economic, cultural religious, etc. activities in the village and all men and women are agree

to participate in such activities. The teaching staff of the college say that they will organise such kind of activities in the village to uplift status and socio-economic condition of the villagers. They will also give interest in empowering the women.

Since both the college and the village are agree to co-operate each other in any activities.

The Principal of the college says that Kerkach Innovation and Extension cell along with N.S.S. Unit, Red Ribbon Club, student union, Teachers unit of the college will actively co-operate with the college.

The chairperson is also agree to the activities which will be done in the college. He welcomes the college as a part of the college village. He describes how he was engaged in establishing the college how it has come there.

At the end of the meeting the Principal delivers note of

To the Chairperson for his active participation during the establishment of the college and his encouragement to adopt this village. He is thankful to the villagers as they are readily agreed to be a part of the college. He also thankful to the members of the college including administration, teaching and non-teaching staff, students, IQAC, Research, Innovations and Extension cell and, NSS Unit, for their esteem participation in the meeting.

The Resolutions of the meeting are -

1/ The College adopts Phulani Bari Gaon, which is 2 km. away from the college.

2/ Activities like women empowerment, socio-economic and cultural activities, health awareness and health checkup, cleanliness education, and guidance will be held there by the college.

8/ Both the college and the village will be co-operate in such activities.

Village Adoption Committee.

A Committee is formed for the adopting the village and the committee's members are as follow -

① Advisor - Mr. Narendran Dutta

- Mr. Padma Kanta Hazarika

② President - Mr. Mohan Boruah

③ Vice President - Mr. Nagen Dutta

Mr. Yugas Jyoti Borah

④ Secretary :- Mr. Nava Kamal Borah

Mr. Sumi Dutta

⑤ Member - Mr. Jayanta Borah

Mr. Sujit Borah,

Mr. Prasanta Borah,

Mr. Monuj Dutta,

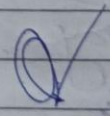
Mrs Pallabi Saikia

Mrs Manikangana Bodo

Mrs. Rekha moni Kulem

Narendra Nath Dui

Narendra Nath Dui


PRINCIPAL
Mangal Mahavidyalaya

General Meeting for Adopting Village

Organize by

Marangi Mahabidyalaya (Degree)

Venue: Phulanibari Gaon Namghar

Date; 5th March 2018

Attendance Sheet

| Sl. No | Name of Participants | Signature |
|--------|-------------------------|-------------|
| 01 | Narendra Nath Duetta | N. Duetta |
| 02 | Nobon Ch. Pruk | N. Pruk |
| 03 | Nilaji Dutta | N. Dutta |
| 04 | Sunil Dutta | S. Dutta |
| 05 | Pranab | P. Pr |
| 06 | Shri Arabin Dutta | A. Dutta |
| 07 | Soni Debajitanti Puzaki | S. Puzaki |
| 08 | Usha Dutta | U. D |
| 09 | Mousum Modhar Dutta | M. D |
| 10 | Jiten Dutta | J. D |
| 11 | Lily Dutta | L. D |
| 12 | Prayushi Dutta | P. Dutta |
| 13 | Richa Dutta | Richa Dutta |
| 14 | Rita Dutta | R. Dutta |
| 15 | Rita Dutta | R. Dutta |
| 16 | Mirati Dutta | M. Dutta |
| 17 | Rabon Bora | R. Bora |
| 18 | Krishnali Bora | K. Bora |
| 19 | Rita Bora | R. Bora |
| 20 | N. Bora | N. Bora |

[Signature]
PRINCIPAL, J/C
Marangi Mahabidyalaya

| | | |
|----|-------------------|--------------|
| 21 | Ranu Borca | R. Borca |
| 22 | Gaurabijuti Borca | |
| 23 | Sambison Borca | |
| 24 | ସମ୍ବିଷଣ ବରା | R. Borca |
| 25 | ସମ୍ବିଷଣ ୫୩ | ସମ୍ବିଷଣ |
| 26 | Sites Borca | SB |
| 27 | BIPUL SAILUA | |
| 28 | ସିପୁଲ ବରା | ସିପୁଲ |
| 29 | Tulm Pap | Tulm Pap |
| 30 | Dipa Usong | Dipa Usong |
| 31 | Purabi Borca | Purabi Borca |
| 32 | Dipen Gagai | Dipen |
| 33 | Purabi Usong | Usong |
| 34 | Jayanta Borca | Jay |
| 35 | Pallabi SAILUA | SB |
| 36 | Rupam Kalita | Kalita |
| 37 | Archi Borca | Archi |
| 38 | Kakali Borca | |
| 39 | Monalisha Tamuly | |
| 40 | | |
| 41 | | |
| 42 | | |
| 43 | | |
| 44 | | |
| 45 | | |
| 46 | | |
| 47 | | |
| 48 | | |
| 49 | | |
| 50 | | |
| 51 | | |
| 52 | | |

PRINCIPAL Mahendrapalaya

5. Celebration of International Women's Day at Panka Girls' High School by the Women Cell of the College and distributed sanitary napkins to the students.

| | |
|---------------------|---------------------------|
| Topic | International Women's Day |
| Organised by | Women Cell |
| Date | 08/03/2018 |
| No. of Participants | 13 |



To,
The Principal,
Marangi Mahavidyalaya (Degree)
Date: 7/3/2018

Sub: Application for seeking Permission for the Celebration of International Women's Day at Panka Girls' High School by the Women Cell of the College and distributed sanitary napkins to the students.

Sir,

With due respect I would like to state that today the Teachers' Unit of the college has decided to go for the Celebration of International Women's Day at Panka Girls' High School by the Women Cell of the College and distributed sanitary napkins to the students.

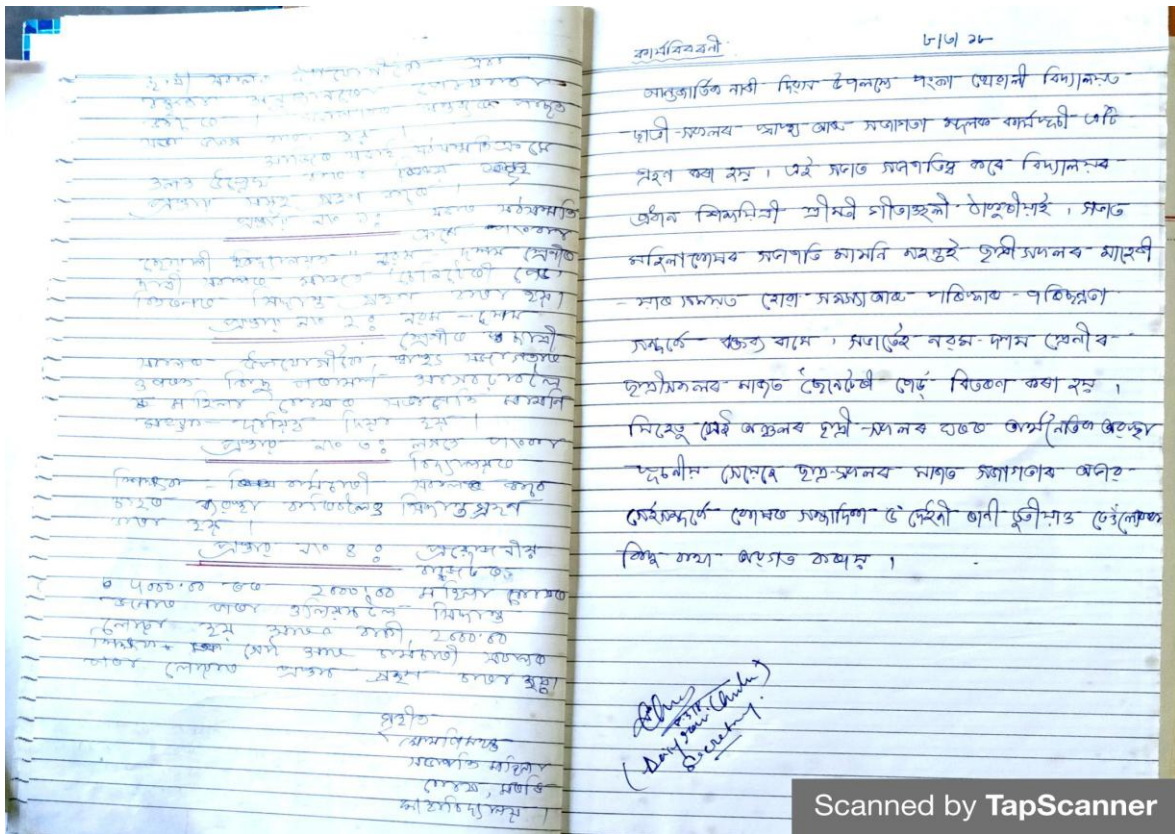
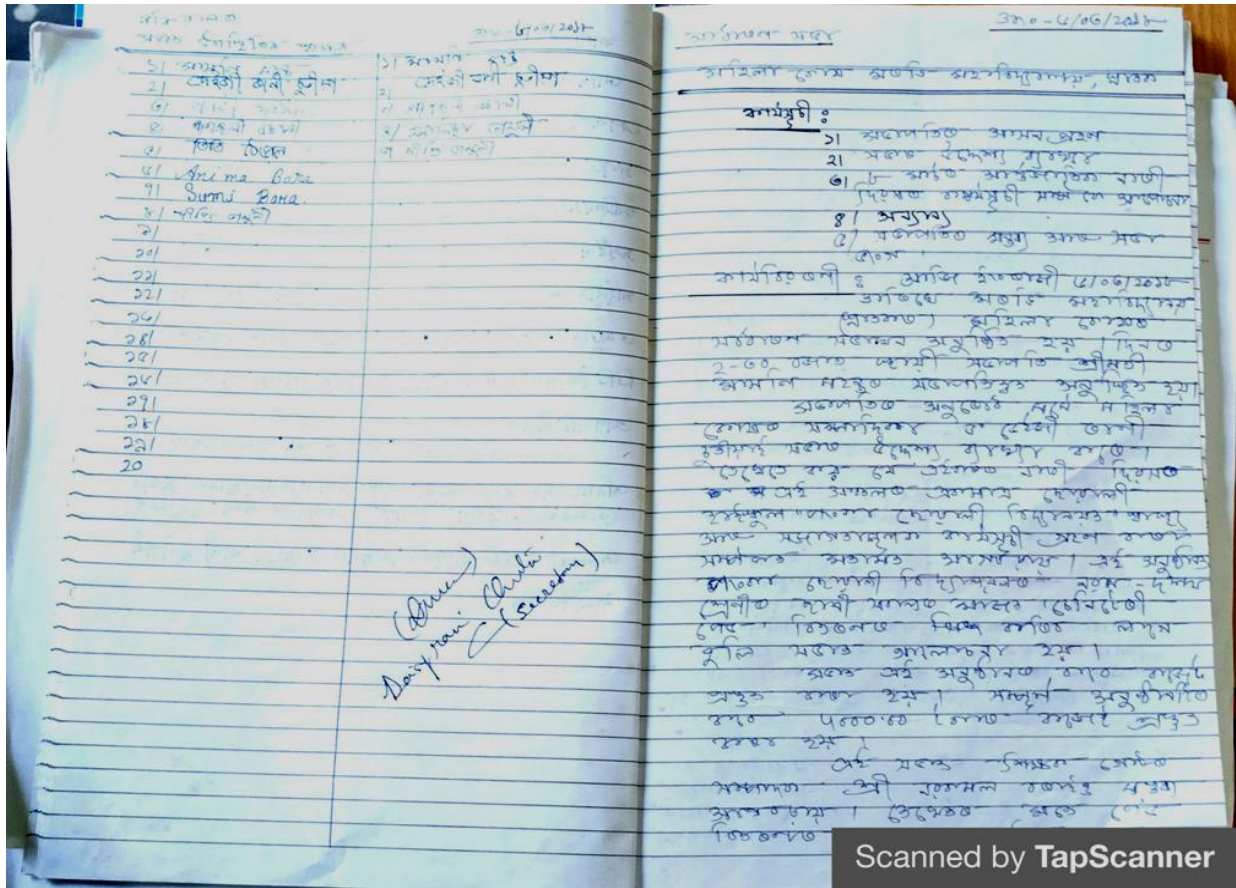
Therefore, you are requested to grant permission to do the same. It is our duty to respect the girls..

This is for your kind consideration and needful action.

Thanking You.

Yours' Sincerely
Daisyrani Chutia (Dr. Daisyrani Chutia)
Secretary
Women cell
Marangi Mahavidyalaya (Degree)

Submitted
Daisyrani Chutia
Marangi Mahavidyalaya (Degree)



Report of the
Sanitary Pad Distribution and Speech on Menstrual Hygiene
By Women cell
Marangi Mahbidyalaya(Degree)

Date: 08.03.2018

"I believe that education on menstrual health and hygiene should be a priority to address our girls' needs while in school"

-- Ivana Orolicki , a school principal of Serbia

Introduction:

Women's Day should be celebrated by every woman as her existence and contribution to the society is priceless. Women's day is celebrated every year on 8th March . There are so many different ways to celebrate this day. This year our college women cell has decided to do certain new activities relating to the school girls students.

Menstruation is still clouded by taboos and socio-cultural restrictions resulting in adolescent girls remaining ignorant of the facts of menstruation and hygienic practices, which sometimes results in adverse health outcomes. Therefore, each and every adolescent girl should have sound knowledge on menstruation and menstrual hygiene related practices like using sanitary napkins and taking bath during these special days.

Objectives of the Programme:

As per the fourth National Family Health Survey 2015-16, only 57.6% Indian girls and women aged between 15 and 24 years use hygienic methods of protection during their menstrual periods. Hence providing students with adequate and timely information and promoting menstrual health is of utmost importance.

1. To distribute sanitary pads among the teen ager girls student of Ponka Girls High School.
2. Provide an awareness speech on health care and menstrual hygiene of the girls.

About the Programme:

Management of menstruation can present substantial challenges to girls in low- income settings. Many girls in primary and secondary schools in rural areas skip school when their monthly menstrual cycle is in full swing. They are subjected to embarrassment and fear of teasing related to menstruation. This together with menstrual pain and lack of effective materials for menstrual hygiene management leads to school absenteeism and thus impeding their academic performance. Marangi Mahavidyalaya (Degree) women cell members have decided to distribute sanitary pads among the girls of the school as a menstrual hygiene intervention to reduce school absenteeism. On the other hand poor menstrual hygiene can lead to urinary or reproductive tract infections and affect the well-being of students.

For fulfilling the objectives of our cell , a group of women cell members visited the respected school and distributed the sanitary pads among the girls of class viii to class x .Also our president of the cell has delivered a beautiful speech on health care and menstrual hygiene. Principal of the respective school has also delivered an important speech on puberty. After that, we wind up our programme with tea and snacks arrange by us and by the school.

Outcome of the Programme:

This programme is proved to be a very fruitful one. Girl students of the respected school had got lots of knowledge on puberty, health care and menstrual hygiene. Receiving sanitary pads from us also make them happy and smile.

#####

Mahat
9/5/2018
Chub
9.5.2018

6. Celebration of World Environment Day by the Women Cell on beat plastic pollution to aware the public regarding the pollution created by use of plastic.

| | |
|---------------------|------------------------|
| Topic | Beat Plastic Pollution |
| Organised by | Women Cell |
| Date | 05/06/2018 |
| No. of Participants | 32 |



To,

The Principal,
Marangi Mahavidyalaya (Degree)
Date: 4/3/2018

Sub: Application for seeking Permission for the Celebration of World Environment Day by the Women Cell on beat plastic pollution to aware the public regarding the pollution created by use of plastic.

Sir,

With due respect I would like to state that the Teachers' Unit of the college has decided to go Celebration of World Environment Day by the Women Cell on beat plastic pollution to aware the public regarding the pollution created by use of plastic.

Therefore, you are requested to grant permission to do the same. It is our duty to save nature.

This is for your kind consideration and needful action.

Thanking You.

Yours' Sincerely



(Dr. Daisyrani Chutia)
Secretary
Women cell
Marangi Mahavidyalaya (Degree)

Permitted
Dr. Daisyrani Chutia
Marangi Mahavidyalaya (Degree)

7. Celebration of International Yoga Day at college Campus for the purpose of practicing meditation and to get relief from stress.

| | |
|---------------------|--------------------------------|
| Topic | International Yoga Day |
| Organised by | Marangi Mahabidyalaya (Degree) |
| Date | 21/06/2018 |
| No. of Participants | 32 |



*A Report on
International Yoga day
Organized by
Marangi Mahavidyalaya (degree)
Date-21st June 2018*

Principals
Marangi Mahavidyalaya (Degree)
Date _____/_____/2018

Introduction:

Yoga is an essential part of human life .By practising Yoga a man can lead a healthy life with strong mind and physic. The main Theme of International Yoga Day, 2018 is – “Yoga for Peace”. This day was celebrated in the college for the mental peace and physical fitness among the Marangi Mahabidyalaya (Degree) family.

Objectives:

1. To enable the Marangi Mahabidyalaya (Degree) family to have mental peace and fitness,
2. To make aware about the significant of the practice of Yoga in our day to day life
3. To integrate moral values through practice Yoga

Explanation:

The Programme was started at 8-30 A.M approx. Mr.Yugal Jyoti Borah,the IQAC Co-ordinator hosted the Programme by delivering the objectives of the programme and introducing the resource person cum trainer. Mrs Moonmoon Bordoloi, Assistant Professor Department of Education Marangi Mahabidyalaya (Degree). She Was Felicitate with a Phulam Gamusha and Delivered a speech on Yoga. After that she starts the training programme to the trainees like college students, teaching and non – teaching staff of the college. Workout had been done on meditation, moral values, emotional attitudes and how to control depression and anxiety.



Saxi Zilka
Principal
Marangi Mahabidyalaya (Degree)
Date _____

Outcomes:

1. Marangi Mahavidyalaya (Degree) family aware about the importance of Yoga, its effectiveness in daily routine.
2. Through the Programme, students, teachers and non-teaching staff of the college learned the techniques of Yoga

Conclusion:

Such Programme like International Yoga Day makes people aware of essentiality of Yoga .This Programme becomes successful due to the co-operation of the 32 participants along with the resource person.

21/10/2016
Principal
Marangi Mahavidyalaya (Degree)
Date