

Report of the Extension Activity
Internal Quality Assurance Cell, Dudhnoi College



The 'Go Green Campaign' was initiated by International Cooperative Alliance Asia and Pacific Committee on Youth Cooperation with the aim to link youth with Sustainable Development Goals. Dudhnoi College in conformity to this international campaign curved out on its own a series of activities to be accomplished by students of its own and neighboring schools and colleges.

Accordingly, the IQAC held a **PAINTING COMPETITION** on the theme of "Go Green Campaign" in the month of December, 2021. The competition was open to all the students and registration link was shared through google form. A good number of students responded to this initiative and took parts in that competition held on 12 December, 2021. Karan Khakhalary, a student from BA 5th semester of Dudhnoi College won the first prize for his beautiful and meaningful rendering on this theme.

Date: 20/10/2022

Dr. Lalit Ch. Rabha

Principal

Dudhnoi College

Principal & Secretary
Dudhnoi College

Report of the Extension Activity

Dudhnoi College



- **Name of the Activity:** *One Day Workshop on Art of Drama*
- **Date of the Activity (From-to):** 18-11-2019
- **Place of the Activity:** Dudhnoi College
- **About the Activity:** A workshop on The Art of Drama is organised today to boost the talent of the students towards performing arts, particularly towards drama and also to offer an opportunity to identify and express their interest. A group of three resource person/Mentor--- Royanti Rabha, Manab Singha and Chitru Koch attended the workshop. They shared their experience with the students and taught them some basic skills of performing drama in a highly entertaining manner. Students showed lots of interest and participated in its activities with enthusiasm. The programme ended with a brief ceremony where each student was given a certificate of participation.

Date: 26/10/2022

Dr. Lalit Ch. Rabha

Principal

Dudhnoi College

Principal & Secretary
Dudhnoi College



Report on the Extension activity

Department of Mathematics

Dudhnoi College

Name of the activity: How to deal with Examination Stress and Anxiety

Date of the Activity :13/06/2022

Place of the Activity: Dudhnoi College

About the Activity: Department of Mathematics organized a student centric programme – **How to deal with Examination Stress and Anxiety**—with an objective to face successfully various examination related issues on 13.06.2022. Dr. Hrishikesh Kalita, Psychiatrist from Goalpara Civil Hospital acted as resource person and explained in plain terms the fear-psychosis that most of the students suffered from during the exam time. Dr. Kalita attributed all stress and anxiety to this fear-psychosis and prepared the students with ways to remove this fear from their minds. The speech was followed by an interesting interactive session where students laid bare their minds to the resource person. In this programme, more than two hundred students took part and were benefited. We are hopeful that the students will be able to handle examination pressure more efficiently in future.

Date: 26/10/2022

Dr. Lalit Ch. Rabha

Principal

Dudhnoi College

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Dudhnoi College**



Extension Activity

Financial assistance to local bodies and institution for socio-cultural developments

Dudhnoi College

Dudhnoi College was established with a mission for all round the developments of the vicinity. It not only performs the role of a teaching institution, it also shoulders responsibility for socio-cultural development of its region by organising, participating in various activities as well as by offering monetary help to various local bodies. Dudhnoi is place where different tribal culture co-exists and Dudhnoi College contributes significantly to the co-development of each of the culture. Every year, the college teachers donate not less than fifty thousand rupees for successful accomplishment of various cultural and social activities.

Date: 25/10/2022

Dr. Lalit Ch. Rabha

Principal

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Extension Activity
Distribution of foods and basic items during Covid-19 Lockdown
Dudhnoi College

Covid-19 pandemic has brought an unprecedented hardship to the life of the common people. The lockdown that was enforced to prevent the rapid spread of the disease even brought more difficulties to the life of the people, particularly to the daily wagers and labourers. In this critical moment Dudhnoi College played an important role towards the community. Each teachers, with the help of students, distributed foods and basic items as well as hand sanitisers and masks among the people, while taking utmost precaution and safety measures. In this effort, more than 250 households were benefitted with this relief.

Date: 25/10/2022

Dr. Lalit Ch. Rabha

Principal

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Report of the Extension Activity
Dudhnoi College



Name of the activity: Free Covid vaccination camp at Dudhnoi College

Date of the Activity: 05/01/2022

Place of the Activity: Commerce Building, Dudhnoi College

About the Activity: Keeping in mind the necessity of vaccination for all people irrespective of class and caste, Dudhnoi college organized a free vaccination camp inside its compound for its students as well as for its teachers, non-teaching employees and local people on 05.01/2022. More than 100 people were vaccinated on that day.

Date: 26/10/2022

Dr. Lalit Ch. Rabha

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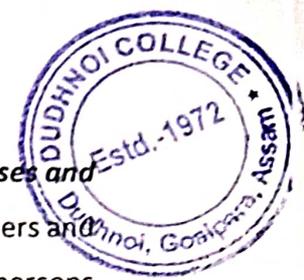
Report of the Celebration of Two-Day "World Environment Day" at Dudhnoi College



The world Environment Day is celebrated at Dudhnoi College on 4th and 5th June, 2022 with host of activities. On June 4, the Dudhnoi college family planned a host of activities at Gabilpara---a village adopted by Dudhnoi College for its socio-academic development. Accordingly, at 9 am, the principal Dr. Lalit Ch. Rabha along with IQAC coordinator Dr. Bidyut Kalita and a few other teachers including the President and Secretary of DCTA (Dudhnoi College Teachers' Association) and members of Dudhnoi Students' Union reached the village and inaugurated the programme with plantation. The villagers came in large numbers to participate in this effort and joined hands with the college authority in planting saplings. The principal, then, gave a short speech on the significance of the Environment Day and emphasised the need to preserve forestland. In his speech, it is also stressed that the saplings planted on that day be taken well care so that it can grow up to become a huge tree one day. Immediately after the plantation programme is over, a drawing competition was organised among the students of Gabilpara Lower Primary School on a theme related to conservation of nature. As many as 50 students participated in this competition and a total of 6 students were awarded in different position as 1st, 2nd and 3rd. However, all the participants got a participant's certificate from Dudhnoi College.

on 5th June, the DCTA and the office of the principal organised a day long programme to celebrate the World Environment Day. Started with a plantation drive around the college campus, the principal, teachers and students planted more than 60 saplings on that day. Moreover, the college started a flower garden under the beautification initiative of the college alongside the main entrance on that very day. In all this plantation initiative, it is ensured that the planted saplings survive to grow big and, hence, it is engraved with protective barriers of plastic nets. Two other actives were also organised side by side to


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Dudhnoi College



celebrate the day. A seminar on "*Understanding of Carbon-dioxide, Green House Gases and Climate Changes*" was successfully completed with the active participation from teachers and students. Prof. Naren Das and teachers from department of physics spoke as resource persons on that theme for the benefit of the students explaining the harmful effect of the increase of the greenhouse gases on our Earth. The Programme ended with an essay competition on the theme of "*The Plastic is a Curse for Humanity*" which was attended by a good number of students, and the results are waiting to be published very soon.

Dr. Lalit Ch. Rabha

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(NB: Snapshots taken on those days are furnished below to support the above stated activities)

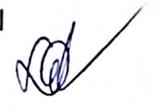
Principal & Secretary
Dudhnoi College



Report of the Celebration of "International Yoga Day" at Dudhnoi College

Dudhnoi College celebrated the International Yoga Day on 21 June, 2022 with much enthusiasm and vigour. Like the previous years and as per the direction of Director of Higher Education, Assam vide letter no. DHE/PA/Misc/3/2022/38 dated 18th June, 2022, Dudhnoi College celebrated Yoga Day of this year with Day long activities. Started with an inaugural speech by the Principal of Dudhnoi College, the activities started at 6 am with substantial number of participations from students, teachers and local people. Conducted under careful supervision of Mr. Bidhan Chakrabrty, the Yoga teachers of Arogyam Yoga club of Dudhnoi, the attendants practised and demonstrated many *Asanas* including Chanting of Vedic prayers. The main *asanas* practised today includes *surjya namaskar*, *Kapalbhati asana*, *pranayama*, *dhyana*, *sankalpa* and *santi path*. The audience greatly enjoyed the morning yoga session and displayed a remarkable sense of contentment at the end of the session. It must be mentioned here that the elaborate arrangement of the morning session was made jointly by the Department of Mathematics and Women Cell of Dudhnoi College.

As part of this celebration of the International Yoga Day, another programme was organised at 10.30 am in the conference Hall of Dudhnoi College. Named as "**Psycho-Physical Health and Yoga**", this lecture programme enlightened the mind of audience by the enriching speech of the resource person Mr. Raju Sharma, who is presently a Yoga teachers of *Patanjali Yoga pith of Goalpara*. Mr. Sharma elaborated the significance of Yoga on physical and mental health, while giving a brief historical context of the same. Referring to the health benefit of the yoga, the resource person also pointed out that consistent practice of Yoga has not only preventive power but also has curative power. It can bring peace and contentment to a suffering mind. Moreover, Mr. Sharma hinted to the universal acceptance of the practice of Yoga and its incorporation on curriculum in different stages from school to university level


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Dudhnoi College



across the world. Of late, Yoga has been recognised as sports and most probably the next Olympic will witness sports based on Yoga. Therefore, Mr. Sharma, citing to this possibility, requested that the school and college should take education of Yoga sincerely and must strive to develop it as sports in near future. The programme ends with demonstration of certain *asana* by one student and a teacher from Patanjali Yoga Pith of Goalpara. It is to be mentioned here that this auspicious programme was organised by the Department of Philosophy in collaboration with NSS unit of Dudhnoi College.

Dr. Lalit Ch. Rabha

Principal

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Principal & Secretary
Dudhnoi College**



Report on the Extension Activity Dudhnoi College

Name of the Activity: Free Health Check-Up Camp at Gabilpara Village

Date of Activity: 28/05/2022

About the Activity: Dudhnoi college is a premier educational institute of Assam catering to the higher academic needs of hundreds of students every year. It has been striving with an unshakable commitment for the all-round development of its neighbouring people since its inception in 1972. As a part of this *Institutional Responsibility Initiative*, Dudhnoi College is adopting a remote and disadvantaged village named *Gabilpara, Dudhnoi*, for its inclusive growth and development. According to the plan of this holistic mission, Dudhnoi college organised a health camp in association with Health services, Goalpara in that village on 28th May, 2022 (Saturday) to provide them with basic health requirements as well as to increase awareness on health-related issue among the villagers. Three doctors from Dudhnoi Hospital attended the programme where more than 100 villagers were benefitted from counselling and medication.

Date: 26/10/2022

Dr. Lalit Ch. Rabha

Principal

Dudhnoi College

**Principal & Secretary
Dudhnoi College**



Report on the Extension activity
Department of Economics
Dudhnoi College

Name of the activity: Kickboxing Training Programme at Lela High School , Goalpara, Assam

Date of the Activity :31/05/2022

Place of the Activity: Lela, Goalpara, Assam

About the Activity: Department of Economics with help of its students carried out a one-day training programme on kickboxing among the students of Lela High School. The programme, held in conformity to the larger Extension Activities plan currently being undertaken by Dudhnoi College, aimed to create awareness among the students about Kickboxing as sports and also as a means of self-defense. The programme witnessed success as huge numbers of students participated in it. It must be mentioned here that trainers of the programmers were invited from Dudhnoi Kickboxing Association.

Date: 26/10/2022

Dr. Lalit Ch. Rabha

Principal

Dudhnoi College

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Dudhnoi College

Report of the Extension Activity
Department of Education
Dudhnoi College



- **Name of the Activity:** A Survey on Education and Economical Condition among the Residents of Sialmari Village.
- **Date of the Activity (From-to):** 12-11-2021
- **Place of the Activity:** Sialmari Village, Dudhnoi
- **About the Activity:** The students of the Department of Education carried out a survey on Education and Economic condition among 60 households of Sialmari village, Dudhnoi. It was found during the survey that the overall economic condition of the residents of Sialmari Village is below average. As far as, educational environment is concerned, there are very few persons who have graduate and post-graduate degree, though the number of persons qualifying HSLC are not very insignificant.

Date: 26/10/2022

A handwritten signature in black ink, appearing to be "Dr. Lalit Ch. Rabha".

Dr. Lalit Ch. Rabha

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Dudhnoi College

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Dudhnoi College

Name of the activity: Awareness Programme about Women related Government Schemes



Date of the Activity (From-to): 18th May to 20th June, 2021

Place of the Activity: Kuchdhuwa Block, Goalpara, Assam

About the Activity: On 30th December 2020, Dudhnoi College organized awareness cum training programme among the students in collaboration with Mahila Sakti Kendra, Goalpara, Assam. A number of students from the Department of Political Science participated in the programme. During the period from 18th May to 20th June, 2021 the students have done a survey in their neighboring area within the Kuchdhuwa block with the help of anganwadi workers. The students tried to make the women sections of the society aware about different schemes and facilities launched by government for women empowerment and development of society. Hence, they too become aware and sensitive about gender related issues as well as of issues related to rights and duties.

Date: 26/10/2022

Dr. Lalit Ch. Rabha

Principal

Dudhnoi College

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Extension Activity
Department of Anthropology
Dudhnoi College



Name of Activity: Know Your Blood Group

- **Date of the Activity (From-to):** 29-05-2022
- **Place of the Activity:** Gabilpara Village, Dudhnoi, Assam
- **About the Activity:** The students of 4th and 6th Semester from the Department of Anthropology carried out an extension activity among the people of Gabilapara village Dudhnoi. It was a blood group test camp. Malnutrition status of the villagers was too calculated. 93 villagers of different age group were covered under this activity. Simultaneously, a report card was issued to each and every member who turned up for the test.

Date: 26/10/2022

A handwritten signature in black ink, appearing to read "Lal Ch Rabha".

Dr. Lal. Ch. Rabha

Principal

Dudhnoi College

Principal & Secretary
Dudhnoi College



Extension Activity
Department of Anthropology
Dudhnoi College

Name of the Activity: Evaluation of Malnutrition among the school students.

- **Date of the Activity (From-to):** 20-05-2022
- **Place of the Activity:** Saranarathi School, Dudhnoi, Goalpara, Assam
- **Impact of the Activity:** The students of 4th semester from the department of Anthropology carried out an evaluation task among the students of a lower primary school named Saranarathi School about the malnutrition among them. The Body Mass Index of the students was calculated which helped us to know about the status of malnutrition amongst them. Measurement of 65 students of the school was taken for this purpose and a significant number of students were found to be suffering from malnutrition.

Date: 26/10/2022

Dr. Lalit Ch. Rabha

Principal

Dudhnoi College

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Special Camp

NSS Unit, Dudhnoi College

Venue: Gabilpara Village, Dudhnoi, 783124, Goalpara, Assam

Date: 14/07/2022 to 20/07/2022

The NSS Unit of Dudhnoi College organized a special camp at its adopted village Gabilpara from 14th July, 2022 to 20th July, 2022. The following volunteers actively took part in the camp

Sl No	Name	Class
1	Richa Rabha	BA 6 th Semester
2	Manika Hazowary	BA 6 th Semester
3	Niku Kalita	BA 6 th Semester
4	Dimpal Nath	BA 6 th Semester
5	Ankit Adhikary	BA 6 th Semester
6	Samnur Hoque	BA 6 th Semester
7	Chanakya Kalita	BA 6 th Semester
8	Rupam Sarma	BA 6 th Semester
9	Abhijit Rabha	BA 6 th Semester
10	Dibyajyoti Nath	BA 6 th Semester
11	Priyanka Nath	BA 4 th Semester
12	Antara Ray	BA 4 th Semester
13	Rumi Ray	BA 4 th Semester
14	Juri Basumatary	BA 4 th Semester
15	Nilakhi Das	BA 4 th Semester


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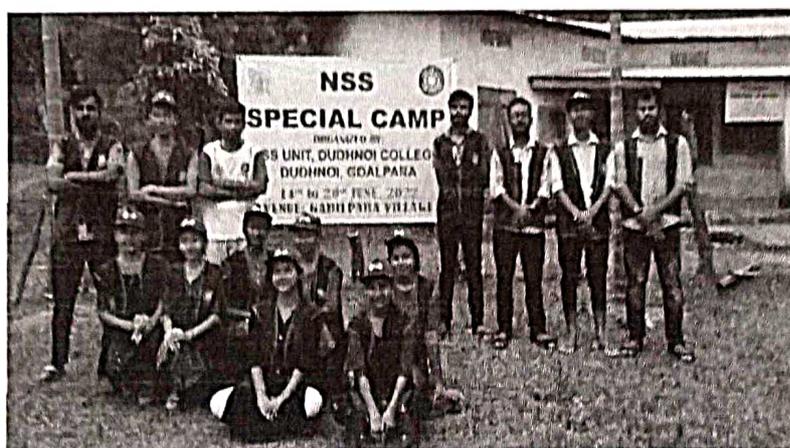


16	Dikshita Nath	BA 4 th Semester
17	Crony Marak	BA 2 nd Semester
18	Shikha Nath	BA 4 th Semester
19	Violina Das	BA 4 th Semester
20	Sangita Kalita	BA 4 th Semester

Activities:

Day 1 (14/07/2022)

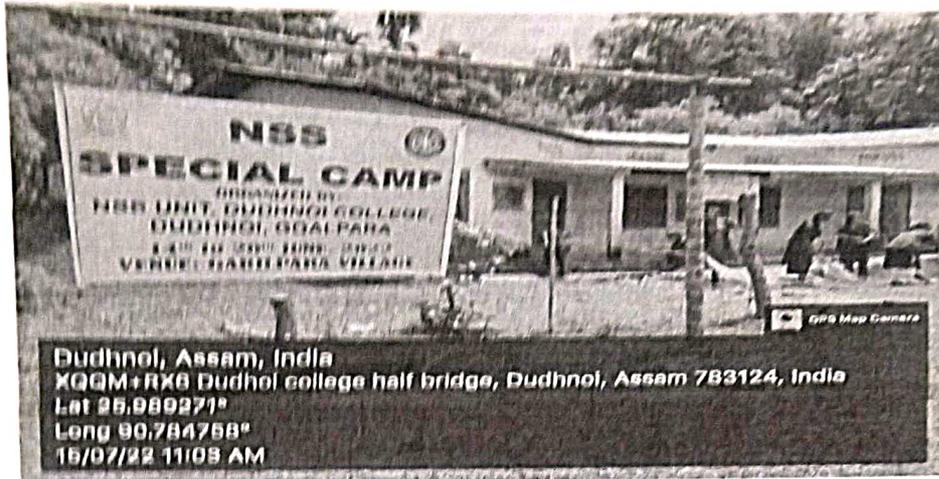
On the first day of the camp, volunteers walked through the village to get accustomed with the environment. They interacted with the village's president, secretary and other villagers.



Day 2 (15/07/2022)

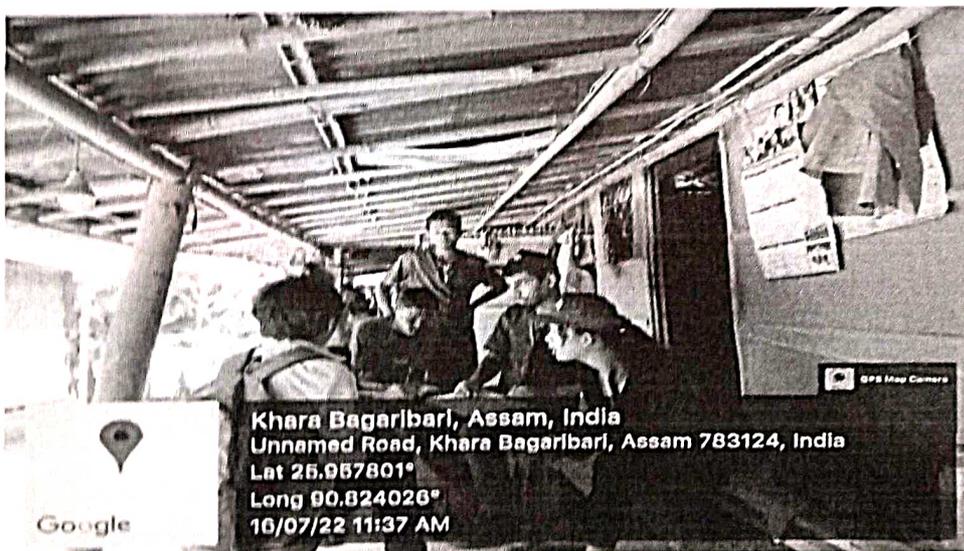
Volunteers conducted a cleanliness campaign at the village. They cleaned up the village's LP School campus, the church campus and the Health Center's campus. Some of the volunteers assisted the villagers to clean up a road frequented by the villagers.

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Dudhnoi College



Day 3 (16/07/2022)

The village's households were surveyed on the third day of the camp. Volunteers divided themselves in groups of four and conducted a socio-economic baseline survey of the whole village which is comprised of 47 households. They collected data regarding population, education, source of income, source of drinking water, availability of sanitation facilities and religion of the villagers.

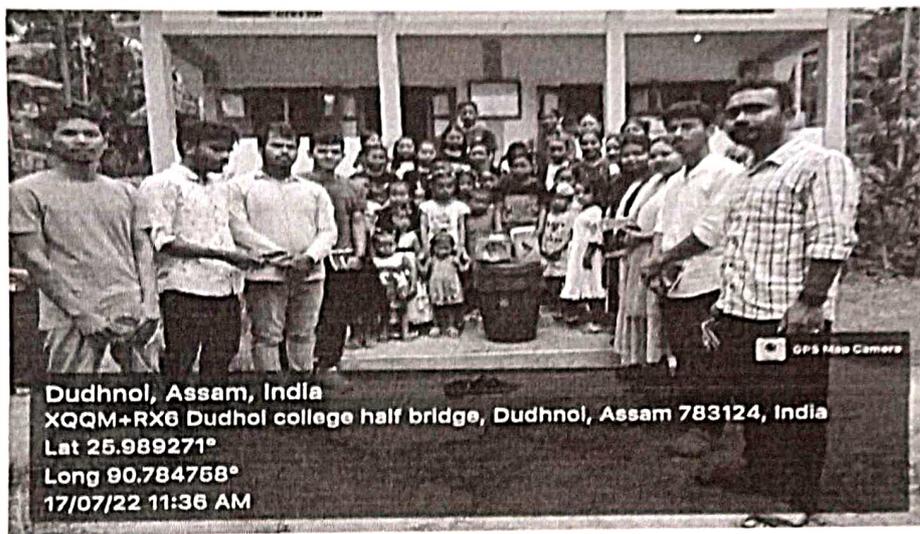



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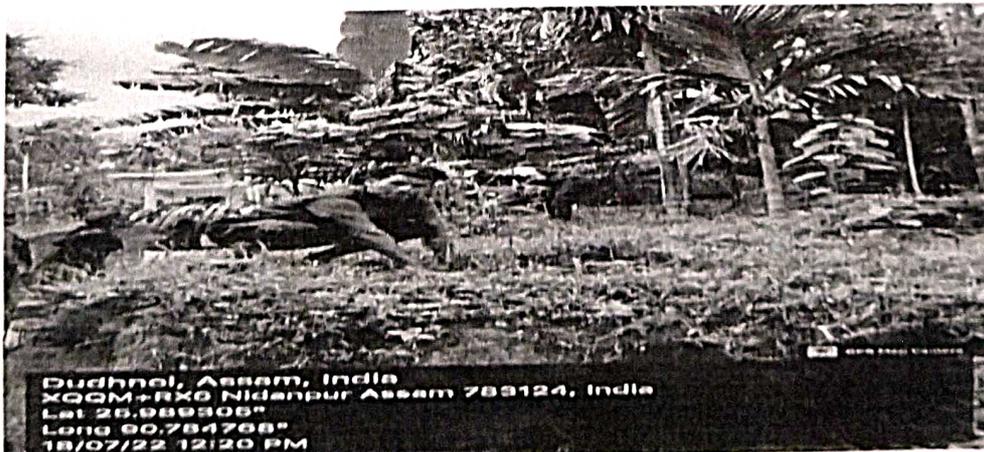
Day 4 (17/07/2022)

As the villagers consider Sunday as rest-day, volunteers decided not to perform any activity on this day. They joined the villagers in their prayer in the village church with enthusiasm. Volunteers also distributed fruits among the villagers who gathered in the church. Four dustbins were donated to the church from the unit. As a token of gratitude, three footballs were gifted to the village children.



Day 5 (18/07/2022)

On the fifth day of the camp, volunteers organized a plantation program. More than 60 saplings were planted in different locations of the village. The saplings were protected with round shaped barriers made with bamboo and net.

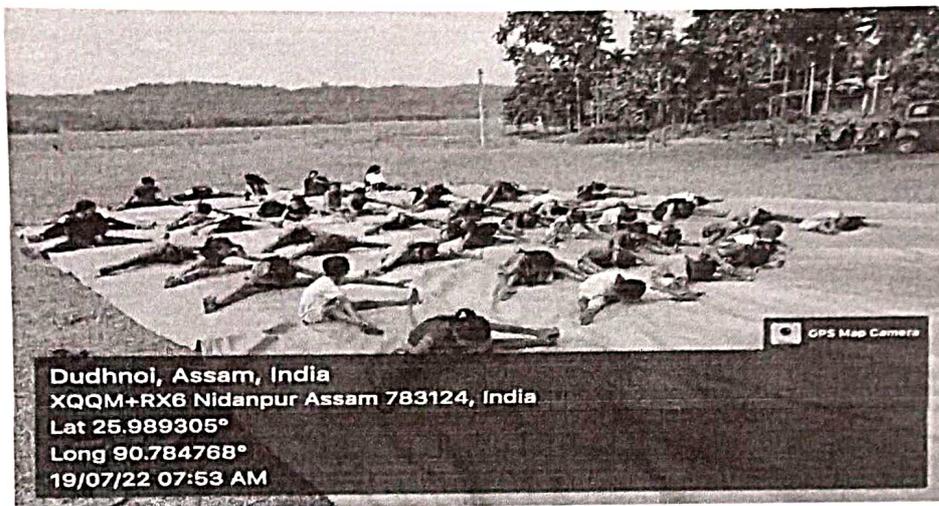


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Dudhnoi College



Day 6 (19/07/2022)

A yoga camp was organized on this day. Mr. Gautam Dalu, Yoga Instructor of Patanjali Yoga Pith, Goalpara was invited as the resource person. He talked about the importance of yoga for a sound body and mind and the all round development of an individual. He also demonstrated several yoga postures and volunteers along with the village children learnt those postures from him.



Day 7 (20/07/2022)

On the last day of the camp, volunteers organized different sports competitions among themselves and the village children, race, football, musical chair, tug of war etc several sports were played. The winners were awarded with medals and trophies.




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