### 3.4.3 Extension and Outreach Programs



## Pub Majuli College Bongaon, Majuli Assam

#### Contents:

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## 1. International Day of Yoga Clebration

International Day of Yoga (IDY) is celebrated every year on 21<sup>st</sup> June globally to raise awareness about the benefits of yoga for the physical, mental and spiritual well-being of individuals. The NSS Unit of Pub Majuli College has been consistently celebrating International Yoga Day to promote yoga among the students and faculty members. The celebrations have been conducted in collaboration with different agencies, experts, and volunteers. Here is provide year-wise reports of the International Day of Yoga celebration from 2017-18 to 2021-22.

## Report: 1.1 International Day of Yoga Celebration, 2017- 2018

Name of the activity

: Training on Yoga

Date of the activity

: 19th - 21st June, 2018

Number of students participated: 150

Collaborating Agency : IQAC, Pub Majuli College

#### Introduction:

As part of the celebration of the celebration of International Day of Yoga, the NSS Unit of Pub Majuli College organized a three day yoga training from 19<sup>th</sup>- 21<sup>st</sup> June, 2018 in collaboration with IQAC, Pub Majuli College.

#### Objectivities:

The primary objective of the program was to promote the importance of yoga as a life skill enhancement initiative for fitness and encourage students to adopt a healthy lifestyle.

#### **Activities:**

During the three day training session, the yoga expert Mr Junti Dutta demonstrated and taught different types of yogasana to the participants. The training sessions included pranayama, meditation, and various yoga postures to enhance flexibility, strength, and balance. The expert also explained the benefits of each asana and how it helps in maintaining physical and mental health. The participants actively participated in the program and learned the techniques of yoga under the guidance of the expert.

#### Outcome:

The three day yoga training organized by the NSS unit of Pub Majuli College was a huge success. The program not only provided an opportunity for the students to learn and practice yoga but also helped them understanding the importance of yoga in maintaining the healthy lifestyle. The program received a a positive response from the participants, and they showed enthusiasm to adopt yoga as a life skill enhancement initiative for fitness and encouraging students to lead a healthy lifestyle.

Principal Pub Majuli College, Bongaon



## Photo: 1.1 International Day of Yoga Celebration, 2017-18





Yoga Training as part of International Day of Yoga Celebration,19<sup>th</sup>- 21<sup>st</sup> June, 2018

Principal Principal Bongaon





#### Report: 1.2 International Day of Yoga Celebration-2019

Title : Yoga Training: Celebrating International Day of Yoga

Date : 21<sup>st</sup> June, 2019 Number of Student Participated: 120

Collaborating Agency: Eco Club, Pub Majuli College

#### Introduction:

The National Service Scheme (NSS) unit of the college in collaboration with Eco Club organized one-day yoga training on the occasion of International Day of Yoga on 21st June 2019. The event was attended by 120 students and faculty members and was inaugurated by the Principal, Dr. Arup Kr Borah. The yoga session was conducted by Lai Madhookailya from The Art of Living. The Eco Club Co-ordinator, Budhin Borah, anchored the program, and the NSS Program Officer, Mr. Uttam Saikia, gave the vote of thanks. Participants were given participation certificates by the NSS unit of this college.

#### Objectives:

The primary objective of the one-day yoga workshop was to promote yoga as a life skill enhancement initiative among students and faculty members. The workshop aimed to:

- > Create awareness about the benefits of yoga for overall physical and mental health.
- Encourage participants to adopt yoga as a daily routine.
- Provide a platform for participants to learn and practice yoga under the guidance of an expert.

#### Outcome:

The one-day yoga workshop on International Day of Yoga 2019 was a success. The workshop achieved the following outcomes:

- Increased awareness about the benefits of yoga for overall physical and mental health among participants.
- Participants learned and practiced yoga under the guidance of an expert.
- Participants were encouraged to adopt yoga as a daily routine for life skill enhancement.

#### Conclusion:

The one-day yoga training on International Day of Yoga 2019 was a significant step towards promoting yoga as a life skill enhancement initiative among students and faculty members. The workshop was successful in achieving its objectives and creating awareness about the benefits of yoga. The NSS unit of this college and Eco Club deserve appreciation for organizing such an event.





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## Report: 1.3 International Day of Yoga Celebration, 2020

Name of activity

: Yoga at Home and Yoga With Family

Date of activity

: 21st June. 2020

Number of Students participated: 15 Collaborating agency

: None

#### Introduction:

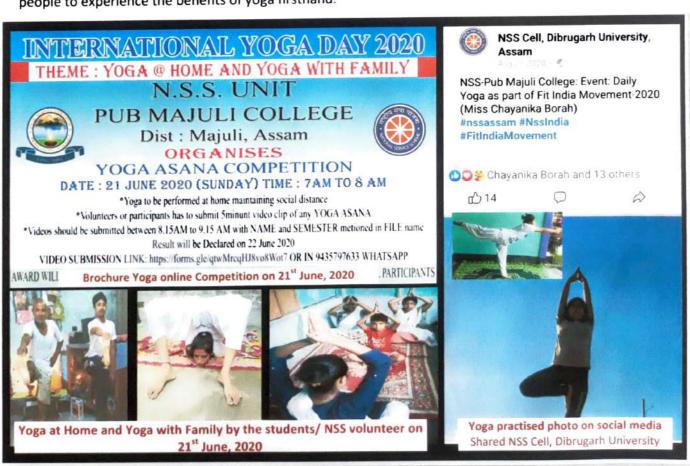
Due to the COVID-19 pandemic, the celebration of IDY 2020 was limited to online platforms and practicing yoga at home under the theme of "Yoga at Home and Yoga with Family" and the slogan- "Stay healthy by doing yoga every morning, every day".

#### **Objectives:**

The objectives of celebrating IDY 2020 were to spread awareness about the importance of yoga, encourage people to practice yoga for their overall health and well-being, and to promote harmony and peace in society.

#### Outcome:

Even though the celebration of IDY 2020 was limited to online platforms, the volunteers of the college participated in an online yoga competition organized by the Program office of the Unit. The competition was well received, and certificates and prizes were awarded to the winners. The principal of the college, Dr Arup Kr Borah, also practiced yoga at home to inspire the volunteers to participate in the competition. The celebration of IDY 2020 at home with family members provided an opportunity for people to experience the benefits of yoga firsthand.





#### Report: 1.4 International Day of Yoga Celebration- 2021

Name of the Activity: Yoga for Well-being

Date of Activity: 21st June 2021

Number of students participated: 20

Collaborating Agency: None

#### Introduction:

Again due to COVID-19 pandemic, the Pub Majuli College was unable to conduct any event on International Day of Yoga on campus in 2021. However, The NSS unit of Pub Majuli College celebrated the International Day of Yoga under the theme "Yoga for well-being" on 21st June 2021 only by practiced yoga at home and shared their videos photo on social media. Limited numbers of student were participated in the program as part of the celebration. .

#### Objectives:

The main objective of celebrating International Day of Yoga was to create awareness among the community about the importance of yoga in maintaining a healthy body and mind. The theme "Yoga for well-being" was chosen to emphasize the importance of yoga in promoting overall well-being and mental health, for this purpose NSS volunteers practiced yoga at home and shared on social media.

#### Outcome:

By doing so, they were able to spread awareness about the benefits of practicing yoga and motivate others to take up yoga for maintaining for healthy lifestyle. The celebration of International Day of Yoga by the NSS Unit of Pub Majuli College was a great success, despite the restrictions imposed by the pandemic. The volunteers' effort to promote the benefits of yoga and their commitment to maintaining a healthy lifestyle serve as an inspiration to others in the community.



Students practised Yoga with family at home on 21st June, 2021

Pub Majuli College, Bongaon

Name of the activity: Yoga Training: Yoga for Harmony

Date: 19<sup>th</sup> – 21<sup>st</sup> June, 2022

Number of student participated: 200

Collaborating Agency: District Legal Service Authority (DLSA), Majuli

Introduction:

The NSS Unit of Pub Majuli College, Majuli in collaboration with Majuli District Legal Service Authority organized a three days training on Yoga as Life skill from 19th to 21st June 2022 on the occasion of International Day of Yoga. The training aimed to enhance the participants' skills and knowledge about yoga and its benefits.

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#### Objectives:

The objectives of the training were:

- To promote yoga as a life skill among the students and faculty members.
- To provide basic knowledge of yoga postures, breathing exercises, and meditation techniques.
- > To create awareness about the benefits of yoga in maintaining a healthy lifestyle
- To facilitate a platform for the participants to learn from experienced yoga instructors.
- To motivate the participants to continue practicing yoga regularly.

#### **Activities:**

The training was conducted for three days and involved practical sessions on various yoga postures, breathing exercises, and meditation techniques. The first two days were conducted by Mr. Junti Dutta, General Secretary & yoga instructor of Majuli District Sports and Yogasana Association, and Miss Jyotshna Kalita, Yoga teacher of Patanjali & NSS ex-volunteer of this college. On the last day, Mr. Madhurjya Sarma, Patanjali Yoga instructor of Majuli, conducted the sessions. The training was inaugurated by the Principal, Mr. Dipak Borah, who lit the lamp. The delegates from DLSA, including Chief judicial Magistrate Bankim Ch. Sarmah, District Session Judge Nagen Senabaia, and others, were felicitated with fulam gamusa by the volunteers. Mr. Senabaia inaugurated the last day event. The participants who completed all the sessions were awarded completion certificates. A total of 200 students and faculty members participated in the workshop, out of which 100 were recognized with certificates.

#### Outcome:

The training was successful in achieving its objectives. The participants gained knowledge about various yoga postures, breathing exercises, and meditation techniques. They also learned about the benefits of yoga in maintaining a healthy lifestyle. The experienced yoga instructors provided valuable insights into yoga practices, which motivated the participants to continue practicing yoga regularly. The training also provided a platform for the participants to interact with experienced yoga instructors and learn from them. The training provided a platform for the participants to learn and practice yoga postures, breathing exercises, and meditation techniques. The experienced yoga instructors provided valuable insights into yoga practices, which motivated the participants to continue practicing yoga regularly. The training also created awareness about the benefits of yoga in maintaining a healthy lifestyle. The participants who completed all the sessions were awarded completion certificates, which will encourage them to continue practicing yoga.

Pub Majuli College, Bongaon

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#### PHOTO: 1.5 INTERNATIONAL DAY OF YOGA CELEBRATION- 2022



Countdown YOGA Practice by studens at home before the celebration of International Day of Yoga, 2022





#### 2. DRUG FREE INDIA – An Awareness Programme

Name of the activity: Talks on "Drug Free India Campaign."

Date: 18<sup>th</sup> & 19<sup>th</sup> February 2019 Number of students participated: 80

Collaborating Agency: The Art of Living, Assam branch

#### Introduction:

The NSS Unit of Pub Majuli College, in collaboration with Art of Living, Assam, organized Talks on "Drug Free India" as campaign and life skill enhancement initiative for Health & Hygiene on 18th and 19th February 2019. The program aimed to educate the youth about the harmful effects of drug addiction and encourage them to lead a drug-free life. The event was attended by large numbers of student, community members. Notable speakers and participants included S.P. Nirmaljit Nath, Bipin Saikia (GB President of the college), Dr Arup kr Borah (Principal of the college), Mrs Julee Mahant (Meditation Teacher from Art of Living group), Mr. Utpal Das (a popular Assamese actor), and delegates and experts who shared their experiences and knowledge about drug addiction.

#### **Objectives:**

- To create awareness among youth about the harmful effects of drug addiction.
- > To motivate the youth to lead a drug-free life.
- To provide a platform for experts and participants to interact and discuss the issue of drug abuse.
- To enhance life skills among the youth for health and hygiene.

#### **Activities:**

The program started with a bargeet sung by an NSS volunteer, followed by an inauguration ceremony by S.P. Nirmaljit Nath and Dr Arup kr Borah. Delegates spoke on the theme, and Lai Madhookalya, Trainer & Coordinator of Art of Living, gave a objective at the beginning. The second day started with a slok by Mrs Julee Mahant, and Principal Dr Borah inaugurated the event. Utpal Das gave a motivational speech and took a pledge with the audience to lead a drug-free life. The program also included interactive sessions, a sudden drama, and oath-taking. The delegates and experts shared their experiences and knowledge about the impact of drug addiction on individuals, families, and society. The talks also included informational resources and meditation sessions for stress control.

#### Outcomes:

The Drug Free India workshop was successful in achieving its objectives. The program created awareness among the youth about the harmful effects of drug addiction and motivated them to lead a drug-free life. The interactive sessions and discussions provided a platform for experts and participants to interact and discuss the issue of drug abuse. The workshop enhanced life skills among the youth for health and hygiene. The talks was attended by a large number of students and community members, making it a significant initiative towards creating awareness about the harmful effects of drug addiction.

#### Conclusion:

The Drug Free India awareness Campaign program was a significant initiative towards Life Skill enhancement on Health and Hygiene by creating awareness about the harmful effects of drug addiction. It provided a platform for experts and participants to interact and discuss the issue of drug abuse. The event was successful in motivating the youth to lead a drug-free life, and it was well-received by the attendees, who appreciated the efforts made by the organizers to raise awareness about the issue of drug addiction.

Principal Pub Majuli College, Bongaon



## Photo: 2. Drug Free India- An Awareness pgram



Founder principal Dr Aurp kr Borah and delegates lighting lamp on Day 1 inaugural

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Speaker Mr Utpal Das, Actor talks on Drugs Free India on Day 2 of the program





## 3. Cleanliness Drive and Plantation on the occasion of Gandhi Jayanti

Name of activity

: Cleanliness Drive and Plantation on the occasion of Gandhi Jayanti

Date of activity

: 02/10/2019

Number of Students participated: 15 Collaborating agency

#### Introduction:

Pub Majuli College is celebrate Gandhi Jayanti on 2<sup>nd</sup> October every year to commemorate the birth anniversary of Mahatma Gandhi, the Father of the Nation. On 2<sup>nd</sup> October, 2019 NSS unit of this college organized a cleanliness drive and plantation orogram on the campus and nearby areas, as Mahatma Gandhi always emphasized the importance of cleanliness and hygine. The celebration began with the lighting of the lamp to pay tribute to the grat leader followed by a breif introduction to M.K. Gandhi's life by the college principal.

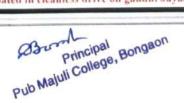
#### Objective:

The objective of the program was to create awareness among students and staff about the importance of cleanliness and environmental conservation. The program aimed to encourage students and faculty members to actively participate in these initiatives and take responsibility for their surroundings.

#### Outcome:

The students and faculties actively participated in the cleanliness drive and collected garbage from various locations on the campus and disposed of it safely. They also planted 30 saplings to promote environmental conservation. Each teacher took responsibility for nurturing a sapling. emphasizing the responsibility for college campus and nearby areas and contributing to a cleaner, greener environment. Thus the cleanliness drive and plantation program on Gandhi Jayanti have been successful in creating awareness about the importance of cleanliness and environmental conservation.







## **NATIONAL SERVICE SCHEME (NSS)**



Metric No: 3.4.3





#### 4. A NATIONAL LEVEL LECTURE SERIES (VIRTUAL)

Title: A National Level Lecture Series on " When to go to a Doctor: Common Chest Difficulties and its Diagnosis, Waste-Free Assam As Circular Economy, and Use of ICT and Internet Security "

Date: 14/08/2020

Collaborating Agency: Jointly organized by National Service Scheme (NSS Unit) and IQAC of Pub Majuli College,

Majuli, Assam Platform: Zoom

Fund: Funding by Pub Majuli College

Number of students participated: 200 students

Organizing Committee:

Organizing President : Mr Dipak Borah, Vice Proncipal of Pub Majuli College

Joint Convener : Mr Uttam Saikia, NSS Program Officer & Asstt. Prof of Sociology, Pub Majuli

College

Mr Anup Kr Borah, Asstt. Professor of Political Science, Pub Majuli College

Member : Mr Prasanta Bharali, IQAC Co-ordinator & Asstt. Prof. of Economics, Pub Majuli

College Pub Majuli College

Hosted by : Mr U Saikia, NSS Program Officer of this college

#### Introduction:

The National Level Lecture Series was a virtual event jointly organized by the National Service Scheme (NSS Unit) and IQAC of Pub Majuli College, Majuli, Assam. The event was held on August 14th, 2020, from 4 P.M. onwards, and was conducted on the Zoom platform. The event was aimed at providing knowledge and insights into various topics of national importance, such as common chest difficulties, waste-free Assam, and the use of ICT and internet security.

#### **Activities:**

The event was inaugurated by Dr Arup Kr Borah, the Principal of Pub Majuli College, and the chief guest of the event was Dr Devid Kardong, the Program Coordinator of NSS Cell, Dibrugarh University. The event had three speakers who presented on their respective topics.

The first lecture was given by Dr Priyanka Changmai, a Pulmonologist and Assistant Professor of Jorhat Medical College. She spoke on the topic, "When to go to a Doctor: Common Chest Difficulties and its Diagnosis." Dr Changmai discussed the common chest difficulties, their symptoms, and the necessary precautions that should be taken. She also explained how a diagnosis is made for such difficulties and emphasized the importance of seeking medical attention in such cases.

The second lecture was given by Dr Mukul Ch Borah, the State Project Administrator of MHRD. He spoke on the topic, "Waste-Free Assam As Circular Economy." Dr Borah highlighted the importance of waste management and waste reduction, and how it can benefit the state's economy by recycle the gurbages. He also discussed the concept of the circular economy, its benefits, and its role in reducing waste.

The third lecture was given by Mr Devraj Mahanta, a System Analyst and Software Developer of Mantra Associates, Guwahati. He spoke on the topic, "Use of ICT and Internet Security." Mr Mahanta discussed the importance of cybersecurity in today's world and how individuals can protect themselves from cyber threats. He also discussed the use of ICT in various sectors, such as education, healthcare, and finance.

Principal Published College, Bongaon

Metric No: 3.4.3
Significance:

The National Level Lecture Series was an important event that provided valuable insights into various topics of national importance. The event was attended by 1162 participants, and 671 participants across participated in the event. The participants were from different parts of the country and included students.

#### Conclusion:

The National Level Lecture Series was a successful event that provided valuable insights into various topics of national importance. The event was well-organized and was able to attract a large number of participants. The event was a joint effort of the National Service Scheme (NSS Unit) and IQAC of Pub Majuli College, and it was funded by the college. The event was conducted on the Zoom platform, YouTube Live and the participants were able to attend the event from the comfort of their homes. Overall, the event was a great success and was appreciated by all the participants.

#### Link for participants and e-certificate awardees list:

https://docs.google.com/spreadsheets/d/1KHuqv0uSBeynetU9IQG98CjKIFCi1gnPW3d1vhaCSkE/edit?usp=drivesdk

Video link: https://www.youtube.com/live/XCNwciQpkYY?feature=share



Principal Principal Bongaon

Sample e-Certificate of this Lecture Series



## NATIONAL SERVICE SCHEME (NSS) PUB MAJULI COLLEGE BONGAON, MAJULI



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Metric No: 3.4.3

#### 5. World Bicycle Day

Name of the activity : Fit India Freedom Rider Bicycle Rally

Date of activity : 08/06/2022

Number of students participated: 200

Collaborating Agency : Eco Club, Pub Majuli College.

#### Introduction:

On the occasion of World Bicycle Day on 3rd June 2022, the NSS unit of our college organized a bicycle rally on 8th June 2022 to promote physical fitness and as a life skill enhancement initiative, titled as Fit India Freedon Rider Bicycle Rally. The rally was organized in collaboration with the EcoClub of the college and had 200 students and faculty members. The Principal i/c Dipak Borah inaugurated the event and the NSS Program Officer and EcoClub coordinator led the rally.

#### **Activities:**

The participants carried placards and banners highlighting the importance of cycling for personal health and for the environment. They also chanted slogans promoting cycling. The rally created a lot of enthusiasm among the people and many onlookers also joined in the rally.

At the end of the rally, the participants gathered at Pub Majuli College where they were served light refreshments. The event ended with the vote of thanks by Program Officer Mr. Uttam Saikia.

#### Outcome:

The bicycle rally was a huge success, with participants enjoying the 5 km route from the college through ITI college, Bongaon Chariali, and Rawanapar bridge before returning to the college. The rally promoted physical fitness and encouraged participants to adopt cycling as a mode of transportation. The collaboration with the EcoClub of the college highlighted the importance of sustainable transportation and environmental awareness. Overall, the event was a great opportunity for students and faculty members to come together and promote healthy living, ecofriendly and sustainable transportation.



## NATIONAL SERVICE SCHEME (NSS) Bongaot PUB MAJULI COLLEGE

BONGAON, MAJULI

6. Report on Wasted Plastic Collection Program

Title of the Program: Wasted Plastic Collection Program as Part of Clean India Campaign

Date: 1st -31st October 2022

Venue: Public Places- Rawanapar and Bongaon Chariali.
Collaborating agency: NSS Unit of Pub Majuli College

Number of students participated: 64

#### Introduction:

The Wasted Plastic Collection Program was conducted by the NSS Unit of Pub Majuli College in Rawanapar and Bongaon Chariali, Majuli, from 1st-31st October 2022. The aim was to collect and dispose of wasted plastic from public places to promote cleanliness and hygiene in the community.

#### Aims:

The main aim of the program was to promote the Clean India Campaign and create awareness among the public about the importance of waste management and cleanliness. The program aimed to collect a significant amount of wasted plastic from public places and properly dispose of it.

#### Outcome:

The program was a success as a total of 134 kg of wasted plastic was collected from public places by the 64 participating students and faculty members. The program officer, Uttam Saikia, guided the volunteers to ensure the proper collection and disposal of the plastic waste. Volunteers were divided into small groups and collected wasted plastic from different public places near the college in the month of October, 2022. On 22<sup>nd</sup> to 27<sup>th</sup> October 2022, all the volunteers jointly campaigned at the venue mentioned to spread awareness about the importance of waste management and cleanliness. The program has contributed to creating awareness among the public about the importance of waste management and cleanliness. The appreciation certificate from the 108 No Bongaon Gaon Panchayat is a testimony to the success of the program.

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Photo: 6. Wasted Plastic Collection Program



Principal Principal Bongaon