

5.1.2 Capacity building and skills enhancement initiatives taken by the institution



**Pub Majuli College
Bongaon, Majuli Assam**

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NATIONAL SERVICE SCHEME (NSS)

PUB MAJULI COLLEGE
BONGAON, MAJULI



Metric No: 5.1.2

Life Skill-Physical Fitness

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 Freedom 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.



Principal i/c Dipak Borah inaugurated the event of bicycle rally on 8th June 2022 on the occasion world Bicycle Day, 3rd June.

Students on the Fit India Freedom Rider Bicycle Rally



Dipak Borah
Principal
Pub Majuli College, Bongaon



REPORT ON YOGA LIFE SKILL- 2022

Name of the activity: Yoga Training : Yoga for Humanity

Date: 19th – 21st 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 under the theme of "Yoga for Humanity". The training aimed to enhance the participants' skills and knowledge about yoga and its benefits.

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.

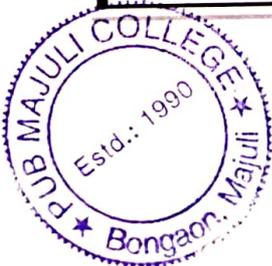
Outcome:

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.



Conclusion:

In conclusion, the three days yoga training conducted by NSS Unit of Pub Majuli College, Majuli in collaboration with Majuli District Legal Service Authority on the occasion of International Day of Yoga was a success. 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.



[Signature]
Principal
Pub Majuli College, Bongaon

Metric No: 5.1.2



Report: Career Orientation Programme-2022

Title : Career Orientation Programme
Date : 12/12/2022
Number of Student Participated: 150
Collaborating Agency: SBI Life, Regional Branch, Jorhat.

Report:

Career Counseling cell of Pub Majuli College has organized a Career Orientation Programme on the date 12/12/2022 in collaboration with SBI Life, Regional Branch, Jorhat. The Programme was chaired by Mr. Dipak Borah, Principal Pub Majuli College and the event was attended by 150 students and faculty members and was inaugurated by the Principal himself. Mr. Debojit Borthakur Branch Manager SBI Life and Mr. Gautom Protim Saikia Development Manager SBI Life were attending the programme as Resource Person.

In his welcome address, Principal, Pub Majuli College, emphasized the value of Career Guidance and wished the students good luck in choosing the appropriate career.

Both the resource person depicts more career opportunities in corporate sectors basically in SBI Life. Mr Borthakur, Branch Manager SBI Life postulate a good career opportunities for girls in SBI Life. The students were more enthusiastic to attend the programme. Mr. Surjya Kumar Doley, co-ordinator career counseling cell, gave the vote of thanks. Principal call off the programme for the day.




Principal
Pub Majuli College, Bongaon



Borok
Principal
Pub Majuli College, Bongaon