

### 3.3.3

Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., ( including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organized in collaboration with industry, community and NGOs ) during the year.

#### 1. Webinar on “ Cancer prevention & healthy lifestyle”

**SANJEEVANI**  
...life beyond cancer

**Sanjeevani - Life Beyond Cancer (Headquarters: Mumbai)**  
in association with  
**NSS Unit, Digboi Mahila Mahavidyalaya**  
welcome you to a webinar on

**"Cancer Prevention & Healthy Lifestyle"**

**Date: 15th February, 2021**  
**Time: 6:00pm-7:30pm**

**Join Us on Zoom**  
**Meeting ID: 886 2883 6421**  
**Passcode: 252865**

**Speaker:**  
**Ms. Sumki Begum**  
Program Coordinator (Outreach), SLBC

**E-CERTIFICATE WILL BE PROVIDED!**

**ALL ARE WELCOME!**

**LET'S JOIN HANDS AND BEAT CANCER TOGETHER!**

#### 2. Workshop on” MIND and Memory “

**CELEBRATION OF INTERNATIONAL DAY OF YOGA**  
21st June, 2021  
**Online Workshop on Mind & Memory**  
(Time 8am onwards)  
**Resource Person**

**Parash Moni Borah**  
Yoga & Naturopath  
NLP Coach  
**Inaugurator :**  
**Dr. Dipok Goswami**  
Principal i/c  
Digboi Mahila Mahavidyalaya

**Free Online Yoga Class**  
Time: (6.45 am onwards)  
Platform : Zoom

**Organised By**  
**NSS Unit & IQAC, Digboi Mahila Mahavidyalaya**  
Yoga In Association with Peace  
YOG GURUKUL ASOM



3. One week free online Yoga classes for Students of DMM.



4. World environment day



5. 12 days Free yoga camp for school students



6. Cleanliness drive



7. Organised Street Play on the occasion of International Women's Day



8. Online Prize Money speech competition

**On The Occasion of World Environment Day 5th June, 2021**  
Theme : Ecosystem Restoration  
Prize money Speech Competition  
(Topic : Covid-19 and Environment)  
Organised By : NSS Unit, Digboi Mahila Mahavidyalaya, Dist- Karbi Ang, Assam

**Rules & Regulations**  
Send Your Video for 2mins through whatsapp  
Ask for the link for video submission on 04/06/2021  
Voice & Speech Should be clear  
Whatsapp only - 9476946316

**DIGBOI MAHILA MAHAVIDYALAYA**  
CERTIFICATE OF PARTICIPATION  
THIS IS CERTIFY THAT  
Miss. Shruti Debnath .  
B. A. 2nd Semester  
HAS SECURED THIRD PLACE IN THE ONLINE PRIZEMONEY SPEECH COMPETITION HELD ON WORLD ENVIRONMENT DAY, 5TH JUNE, 2021, ORGANIZED BY NSS UNIT, DIGBOI MAHILA MAHAVIDYALAYA.

DR. DIPOK GOSWAMI  
Principal I/C,  
Digboi Mahila Mahavidyalaya

DR. SMITA RANI SAIRIA  
Program Officer, NSS Unit,  
Digboi Mahila Mahavidyalaya