

## WORKSHOP REPORT OF NSS

**TOPIC:** Yoga, Mind and Memory

**Date:** 21<sup>st</sup> June 2021

**Time:** 10 AM Onwards

**Organizer(s):** Yog Gurukul Asom & NSS Unit, Digboi Mahila Mahavidyalaya

**Platform:** zoom

The NSS Unit, Digboi Mahila Mahavidyalaya in Association with YOG Gurukul Asom organized an Online Yoga Workshop on Mind and Memory on 21<sup>st</sup> June 2021 from 10 AM onwards. Dr. Dipok Goswami, Principal, Digboi Mahila Mahavidyalaya, made the inaugural address and Dr. S.R. Saikia, NSS Programme Officer, Digboi Mahila Mahavidyalaya, cited the purpose of the webinar. The Resource Person of the workshop was Parash Moni Borah, Yoga and Naturopath, NLP coach. A total number of 92 students participated in the online workshop. The workshop was conducted virtually through Zoom platform. The programme was concluded with vote of thanks delivered by Dr. S.R. Saikia.

*Saikia*  
21.06.21

Dr. S.R. Saikia  
NSS Programme Officer  
Digboi Mahila Mahavidyalaya  
National Service Scheme  
Digboi Mahila Mahavidyalaya  
Digboi, Assam

## 12 day Free Yoga Camp For School children

Date: From 16<sup>th</sup> June to 27<sup>th</sup> June, 2021

Time: 6 AM – 7 AM

Organizer(s): NSS Digboi Mahila Mahavidyalaya

Place: Jaleswari L.P. School, Pangaree

A free yoga camp was organized by NSS volunteers of Digboi Mahila Mahavidyalaya from 16<sup>th</sup> June to 27<sup>th</sup> June 2021. It was held in the school field of Jaleswari L.P. School, Pangaree, Digboi. Approximately 30 Students joined the free yoga camp. On the day of International Yoga day, 21<sup>st</sup> June 2021, a competition was organized by the volunteers for the participants on yoga camp. On the last day of the camp i.e. on 27<sup>th</sup> June the camp came to a conclusion with prize distribution ceremony organized by the NSS volunteers.

*Saikia*  
27.06.21

Dr. S.R. Saikia

NSS Programme Officer

Digboi Mahila Mahavidyalaya

Programme Officer  
National Service Scheme  
Digboi Mahila Mahavidyalaya  
Digboi, Assam

### Online Prize Money Speech Competition

**Date:** 5<sup>th</sup> June ,2021

**Time:** 10 Am -3:00PM

**Organizer(s):** NSS unit Digboi Mahila Mahavidyalaya

**Platform:** zoom

An online prize money speech competition was organized by the NSS Unit, Digboi Mahila Mahavidyalaya, on the occasion of World Environment Day 2021. The topic of the competition was "Covid 19 and Environment". The event was conducted through virtual mode. Total 18 students participated in the competition.

*Saikia*  
5.06.21

Dr. S.R. Saikia  
NSS Programme Officer  
Digboi Mahila Mahavidyalaya

Programme Officer  
National Service Scheme  
Digboi Mahila Mahavidyalaya  
Digboi, Assam

## One Week Free Online Yoga Classes

**Date:** 15<sup>th</sup> to 21<sup>st</sup> June,2021

**Time:** 6:30 AM- 7:30AM

**Organizer(s):** Yog Gurukul Asom & NSS Unit, Digboi Mahila Mahavidyalaya

**Platform:** ZOOM

The NSS Unit , DMM in association with YOG GURUKUL ASOM, organized “One week free online yoga classes” from 15<sup>th</sup> – 21<sup>st</sup> June 2021. The instructor of the yoga classes was Mr. Parash Moni Borah, Yoga and Naturopath, NLP coach. A total number of 65 students along with their family members participated in the yoga classes. The classes were conducted online through Zoom, the timing of the classes were from 6:30 am – 8:30 am. The online yoga classes ended on 21<sup>st</sup> June with a workshop on Mind and Memory.

*Saikia*  
21.06.21

Dr. S.R. Saikia  
NSS Programme Officer  
Digboi Mahila Mahavidyalaya  
Programme Officer  
National Service Scheme  
Digboi Mahila Mahavidyalaya  
Digboi, Assam

## Plantation Drive on World Environment Day

**Date:** 5<sup>th</sup> June, 2021

**Time:** 9 AM- 2:30 PM

**Organizer(s):** NSS Unit of Digboi Mahavidyalaya

**Place:** College campus

On 5<sup>th</sup> June 2021, the NSS Unit of Digboi Mahavidyalaya, organized plantation of saplings on the occasion of World Environment Day. The Principal Dr. Dipok Goswami, programme officer Dr. S.R. Saikia and teachers of the college and few volunteers had participated on the college campus. On the same day the NSS volunteers also planted saplings in their own residences.

*Saikia*  
5.06.21

Dr. S.R. Saikia

NSS Programme Officer

Digboi Mahila Mahavidyalaya

Programme Officer  
National Service Scheme  
Digboi Mahila Mahavidyalaya  
Digboi, Assam

## Cleanliness drive

**Date:** 15th February ,2021

**Time:** 10:30 AM- 1:30PM

**Organizer(s):** NSS Unit & IQAC Digboi Mahila Mahavidyalaya

**Venue:** college campus

The NSS Unit, DMM organized a "Cleanliness Drive" on 15/02/2021 in the college campus. A total number of 18 NSS volunteers took part in this cleanliness drive. They cleaned the Auditorium, college field classrooms and college premises. The Cleanliness Drive was organized in collaboration with IQAC, Digboi Mahila Mahavidyalaya.

*Saikia*  
15.02.21

Dr. S.R. Saikia

NSS Programme Officer

Digboi Mahila Mahavidyalaya

Programme Officer  
National Service Scheme  
Digboi Mahila Mahavidyalaya  
Digboi, Assam

## Street Play on International Women's Day

**Date:** 8<sup>th</sup> March ,2021

**Time:** 11 AM- 12:30 PM

**Organizer(s):** NSS unit and Women's Cell Digboi Mahila Mahavidyalaya

**Place:** Digboi Town

The NSS Unit and Women's Cell of DMM organized a "Street Play" on "Domestic violence" on the occasion of International Women's Day on 8<sup>th</sup> March 2021. The college students participated in the street play and enacted various roles on dowry. They also highlighted the problems related to women on eve-teasing and gender inequality. The street play was showcased on Digboi Town.

*Saikia*  
8.03.21

Dr. S.R. Saikia  
NSS Programme Officer  
Digboi Mahila Mahavidyalaya

Programme Officer  
National Service Scheme  
Digboi Mahila Mahavidyalaya  
Digboi, Assam



## Participation in Blood Donation Camp

**Date:** 14<sup>th</sup> June, 2021

**Time:** 9 AM- 2:30 PM

**Organizer(s):** NSS Digboi College Unit and 18 GARHWAL RIFLES (Army)

**Place:** Pangaree High School

The NSS Digboi College Unit and 18 GARHWAL RIFLES (Army) jointly organized a "Blood Donation Camp" at Pangaree High School in the occasion of World Blood Donation Day on 14<sup>th</sup> June 2021. The NSS volunteers of Digboi Mahila Mahavidyalaya assisted in the Blood Donation Camp. Sunita Lama, a NSS volunteer of DMM donated blood in the Blood Donation Camp. The blood Donation Camp was jointly organized by the Blood Bank of Assam Medical College and Hospital.

*S.R. Saikia*  
15.06.21

Dr. S.R. Saikia  
NSS Programme Officer  
Digboi Mahila Mahavidyalaya

Programme Officer  
National Service Scheme  
Digboi Mahila Mahavidyalaya  
Digboi, Assam