

WORKSHOP REPORT OF NSS

TOPIC: Yoga, Mind and Memory

Date: 21st 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 21st 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.

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

One Week Free Online Yoga Classes

Date: 15th to 21st 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 15th – 21st 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 21st June with a workshop on Mind and Memory.

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

Plantation Drive on World Environment Day

Date: 5th June,2021

Time: 9 AM- 2:30 PM

Organizer(s): NSS Unit of Digboi Mahavidyalaya

Place: College campus

On 5th 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.

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

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.

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

Participation in Blood Donation Camp

Date: 14th 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 14th 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.

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

Street Play on International Women's Day

Date: 8th 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 8th 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.

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

12 day Free Yoga Camp For School children

Date: From 16th June to 27th 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 16th June to 27th 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, 21st 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 27th June the camp came to a conclusion with prize distribution ceremony organized by the NSS volunteers.

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

Online Prize Money Speech Competition

Date: 5th 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.

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