### AQAR, 2023-2024



#### **Additional Information**

### Digboi Mahila Mahavidyalaya

It matters little how much equipment we use; it matters much that we be masters of all we do use

- Sam Abell

# Facilities for Cultural Activities, Sports, Games (Indoor, Outdoor), Gymnasium, Yoga Centre Etc.

Digboi Mahila Mahavidyalaya provides adequate facilities for cultural and sports facilities to the students. These facilities are available in the form of infrastructure and human resource. Equipments of culture include tabla, harmonium, guitar, flute, music system etc. Sports facilities include football, basketball, volleyball, badminton, shot-put, javelin etc. Besides, seasoned trainers groom the students to the needs of different cultural, sports, debating and literary activities. The sports equipments are kept in the custody of the students' union. It is also entrusted with the responsibilities of the upkeep of the equipments. The sports wing of the students' union is also responsible for the regular maintenance of the equipment. In addition, the college has signed a MoU with Indian Oil Corporation (Assam Oil Division) Digboi to use their land adjacent to the college as a playground for sports like race, football, long jump, high jump etc.

Auditorium: The college has an enormous auditorium which is named after its founder Dwijesh Chandra Dev Sarmah. This copious auditorium is capable of accommodating more than 700 people. All the important cultural events and competitions are organized at the auditorium. They broadly include freshman social, parting social, alumni meet, induction meeting, parentsteachers' meet, inaugural sessions of national seminars, conferences and workshops, awareness programmes, cultural, debating and literary programmes of the annual week, prize distribution ceremonies, Swaraswati Puja Celebration, Commemorative Days etc. Apart from cultural functions and general meetings it is used for multiple purposes like holding examinations, Job Melas (Placement drive), medical check-up etc.

**Gym:** The gym provides the basic equipments of fitness to the students. They include Treadmill, Flywheel Spin bike, Air Bike Exercise Cycle, Manual 4 in 1 Treadmill, Pull-up Bar, Squat Stand, Dumbbell, Barbell, Bench Press, Chest Fly Machine, Lat Pull down Machine, 4 in 1 Adjustable Machine. The gym instructor teaches the students its different aspects much to their benefit and enjoyment.

**Yoga Centres:** The college uses its multiple venues—auditorium, conference hall and basket ball court as yoga centres. Yoga instructors are invited to train the students on regular basis. Students of the college have participated in different yoga competitions and won prizes there. International Yoga Day is celebrated with great fervor each year at college.

Games: The college facilitates its students with venues of outdoor and indoor games. The outdoor games are played in nearby Soumar Vidyapeeth Field and Carmel Field. These fields are used for race, high jumps, long jumps, discus, shot put, javelin, football etc. There is a basket ball court at college and volley ball is also played inside the college premise. Indoor games like arm-wrestling, table tennis, chess, carom etc. are accommodated in different rooms of the college.

**Training:** On each of the special competitions like intercollege youth festival, regional, state and national competitions the college takes measures to train the students. Experts in the fields are invited to support the prospective participants every possible way. Teachers of the college who have expertise on those fields also train the students. They also accompany them to the competitions.

DIGBOI MAHILA MAHAVIDYALAYA
(Dr. Sanjita Chetia)
Principal
Digboi Mahila Mahavidyalaya

# A few photos:

## Principal Office





### IQAC

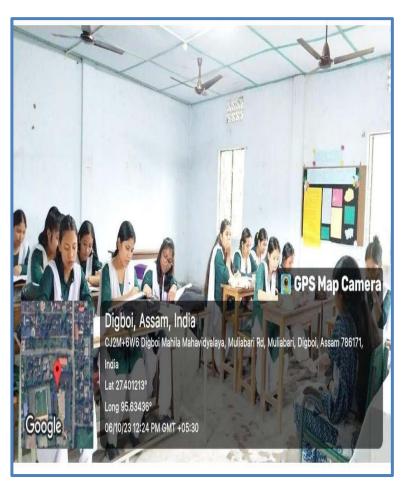














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DIGBOI MAHILA MAHAYIDYALAYA

(Dr. Sanjita Chetia)

Principal

Digboi Mahila Mahavidyalaya