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#1 REPORT ON YOGA SESSION (21/06/2021)

A Yoga session was held on the occasion of 7 th International Yoga Day. The programme was organised jointly by IQAC, UBA Cell and Environment and Climate Cell of Dakshin Kamrup College for the Teaching and Non-teaching staff . Mr. Bikash Baruah, a PG Diploma in Yoga and MA in Yoga and Naturopathy was the resource person of the session. Mr. Baruah has national and International Yoga silver medals to his credit and also an International Yoga C grade referee.

In our modern life which is afflicted by stress and other life-style diseases, Yoga can be of real help. Mr. Baruah started with defining Yoga and why it is important to let it be a movement to build a healthy society. Then he went on to speak about healthy eating habit and healthy living. After that he explained 8 parts in Yoga. And finally he ended up answering queries of the participants, Mr. Manabendra Kalita, faculty, Dept. of Biotechnology and Coordinator of ECC was the moderator of the session which was inaugurated by the Principal, D.K.College, Dr. Nabajyoti Das.

#2 ONE DAY WORKSHOP ON LIFE SKILLS BY ENGLISH STUDY FORUM (09/11/2021)

A one day workshop on Life Skills was held on 9/11/21 at 10am in K.K Handiqui Conference Hall, organised by English Study Forum, D.K College, Mirza. Anuj Kalita, Assistant Professor of Philosophy was invited as the resource person for the workshop. Teachers and students of the English Department actively participated in the workshop. Before the starting of the session a brief introduction was given by Astt. Prof. Himangshu Ranjan Barman and the resource person was felicitated with a Gamusa by Astt. Prof. Seema Hazarika. The workshop began with a warm welcome address by Dr. Debajit Das. The resource person began the session by explaining the meaning and importance of life skills. The speaker talked about ten core life skills like self awareness, creative thinking, empathy, interpersonal relationship etc. A very interesting and lively environment was built up during the session. It was an interactive programme in which students were given certain activities and questions to solve. They also actively participated in the programme. The workshop got over with the vote of thanks by Dr. Aparna Goswami.

#3 WORKSHOP ON ICT TOOLS (22/12/2021)

On 22-12-2021 English Study Forum, Department of English and IQAC Dakshin Kamrup College, Mirza, organized a "1 Day Workshop on ICT Tools for Students" at 11am in room no. 203. The Workshop began with a warm introductory speech regarding the benefits of ICT by Dr Jilmil Bora, HoD of English and IQAC Coordinator. Dr Nabajyoti Das, Principal of the college, Mirza inaugurated the workshop with a brief speech. Astt. Prof. Himangshu Ranjan Barman gave a short introduction of the resource persons- Assistant Professors Dr Devajit Das and Chandana Das faculties of Department of English of the college. Students from various departments participated in the workshop.. Dr Devajit Das taught the students to create Google form and Chandana Das taught about the use of Canva, an online presentation tool that could be created in cell phones. Other than these students were also given E-Resource websites links for easy access to various articles and e- books. The students were greatly benefitted by the workshop. The vote of thanks was offered by Astt. Prof. Bhaswati Sarma. Include photos of the program

(Dr. Nabajyoti Das)
Principal
Dakshin Kamrup College, Mirza