



BEST PRACTICE-I

Green Clean and Eco-Friendly Campus Initiative

**DAKSHIN KAMRUP GIRLS' COLLEGE,
MIRZA**



Prepared by

Internal Quality Assurance Cell (IQAC)

Dakshin Kamrup Girls' College, Mirza

PIN 781125 Kamrup: Assam

<https://dkgirlscollege.in/>

Best Practices I Green Clean and Eco-Friendly Campus Initiatives

Programme undertaken in 2018-2019 Session under this practices

1. Swachh Bharat Summer Internship -100 hours of Swachhta (20-06-2018 to 04-07-2018)

25 NSS volunteers enrolled their names in Swachh Bharat Summer Internship Programme .Programme officer of the unit served as a nodal officer for the programme. The duration of the internship was from **20-06-2018 to 04-07-2018**. The volunteers were made to involve themselves in various activities right from 9 AM to 4PM in the evening .The programmes during the internship were as follows:-



Swachh Bharat summer internship programme to be held from 20-06-2018 to 04-07-2018



Cleaning Drive in the campus inadopted village



Plantation Drive in and around the campus



Training programme on reuse and recycling of waste materials like plastic bags and bottles

2. NSS activities on Swachhata on the occasion of “ Swachhata Hi Seva”

The campaign for a Swachh Bharat or clean India, which began four years ago(2014) was made into a nation wide movement today. The” Swachhata hi seva” movement aims to ensure a high standard of cleanliness across the country, which was Mahatma Gandhi’s dream for the nation. In pursuance to the directions given by the Director Students’ welfare and programme Coordinator ,NSS Cell Gauhati University in respect of the campaign “Swachhata Hi Seva”,a few no of programmes have been scheduled for the NSS volunteers and also for the other students of the college to be accomplished during the **15th of September to 2nd of October 2018**. On 15th sept.2018 NSS volunteers took the Pledge on Swachhata or Swachhtasapath and then took the initiative of making the other students aware about the importance of cleanliness through the “SwachhataSapath.” The Swachhtasapath was followed by a cleanliness drive in the college premises and around the campus in which along with the NSS volunteers other students also actively participated.



Swachhata Hi Seva

a few no of programmes have been scheduled for the NSS volunteers and also for the other students of the college to be accomplished during the **15th of September to 2nd of October 2018**.



Swachhta Hi Seva

a few no of programmes have been scheduled for the NSS

3. Campus Cleaning Drive(01-03-2019)

Campus cleaning drive was conducted by the NSS unit of the college on **01-03-2019**. Altogether 10 volunteers took active part in the programme. The day long activity was started with a 1 min meditation.The main objective of the drive was to create an awareness towards cleanliness and to make them feel responsible for their institution. PO of the NSS unit Dr.Mitali Kathkatia supervised the cleaning activities of the volunteers.



Campus cleaning drive was conducted by the NSS unit of the college on **01-03-2019**

4. World Environment Day(05-06-2019)

World Environment Day was observed by the NSS Unit of Dakshin Kamrup Girls college Mirza on **05-06-2019**. Green Oscar Awardee Dr. Purnima Barman was invited as a resource person to grace the event. Her delivered her speech on the topic "Conservation of Biodiversity in NE India and the Role of Youth" followed by showing a documentary on her journey of rescuing and conserving Greater Adjutant Stork in Kamrup District. Her entire presentation was very inspiring and informative one. Principal of the college Dr. Gajendra Adhikary expressed his views on the importance of wild life conservation for environmental protection. Programme officer Dr. Mitali Kathkatia Coordinated the event and delivered the vote of thanks to all present in the event. The programme was attended by the students, faculty members, librarian and the office staff of the college



World Environment Day was observed by the NSS Unit of Dakshin Kamrup Girls' college Mirza on **05-06-2019**

5. Cleaning Drive-(11-06-2019)

After the flag hoisting ceremony cleaning drive was conducted inside the college campus. Volunteers cleaned all the departments, corridors and the library.



6. **Plantation and Service during admission.(12-06-2019)**

Plantation Drive was conducted on 12-06-2019 in the college campus. Each volunteer took one plant from their homes and planted in tubs. Volunteers also rendered their service in the admission process of the college on that day.



Plantation and Service during admission.(12-06-2019)

Programme undertaken in 2019-2020 Session under this practices

7. **“ BE THE CHANGE YOU WISH TO SEE IN THE WORLD”-Mahatma Gundhi**

In pursuant of the vision of Swachh Bharat Abhiyan, the Swachh Bharat Summer Internship 2019, the 50 hours of Swachhata has been launched by the Ministry of Jal Shakti in association with the Ministry of Youth Affairs and Sports, and HQ NCC. The prime objectives of this internship programme was to engage the youth across the country and develop their skill and orientation for solid waste management (SWM) related work, amplifying mass awareness on cleanliness and strengthen the people’s movement(Jan Andolan) on Swachh Bharat Mission. This is in line with the Honorable Prime Minister Sri NarendraModi’s call on October 02, 2014 for each individual to devote 100 hours of Swachhta through the year. The programme was expected to provide a great learning experience to students and also further the existing measures undertaken by the government in ensuring clean and healthy India. In order to fulfill the mission of making India a clean and healthy India place to live in, Swachh Bharat Summer Internship Programme 2019 was organized by the NSS Unit of Dakshin Kamrup Girls’ College Mirza in Kochpara Adopted Village from **04-07-2019 to 11-07-2019**. A team of 23 energetic and vibrant interns (NSS volunteers) got registered for this summer internship on Swachhata. The intern have done the following activities with full cooperation, zeal and enthusiasm during the period of 50 hours of summer internship.



Swachh Bharat Summer Internship Programme 2019 was organized by the NSS Unit of Dakshin Kamrup Girls' College Mirza in Kochpara Adopted Village from **04-07-2019 to 11-07-2019**

8. Plantation programme(08-07-2019)

As a part of Swachh Bharat Summer Internship Programme- 50 hours of Swachhata, a plantation drive was organized by the NSS unit in the campus of Kochpara primary school. The main objective of this drive was to sensitize students towards the need of preserving our environment and ecology.



Swachh Bharat Summer Internship Programme- 50 hours of Swachhata , a plantation drive was organized by the NSS unit

9. Cleaning drive(09-07-2019)

Cleanliness is the habitual act that keeps us away from dirt and diseases as well as help us to maintain good health .The main objective of conducting this programme was to create awareness among the students regarding cleanliness and its benefits. Volunteers were very happy to be the part of this great drive. The drive was conducted in the entire school campus and in the nearby places.

The internship programme was conducted successfully under the able guidance of Dr. Gajendra Adhikary, Principal , Dakshin Kamrup Girls' College ,Mirza , Regional Director NSS Sri Dipak Kumar and Dr. Ranjan Kakoty, Director Students Welfare, Gauhati University. The volunteers participated enthusiastically in the internship under the supervision of Dr.Mitali Kathkatia ,Programme officer, NSS unit Dakshin Kamrup Girls' College, Mirza. The sincere and innovative efforts of the volunteers truly made this endeavor successful and effective.



Cleaning drive(09-07-2019)

10. SwachhtaPakhwara (02-08-2019 to 15-08-2019)

Swachhta Spath

To mark the observance of Swachhta Pakhwara, NSS volunteers of Dakshin Kamrup Girls College, Mirza took the Pledge on Swachhta or Swachhta Spath on 02-08-2019. NSS volunteers took the initiatives in encouraging the students to take the pledge with utmost sincerity.

Cleaning Drive (06-08-2019)

A cleaning Drive was organized by the NSS unit to clean the college campus. The day long programme was conducted by the volunteers along with the programme officer of the NSS unit of the college. Altogether 20 volunteers took active part in the cleaning drive.



SwachhtaSapath



Cleaning Drive(06-08-2019)

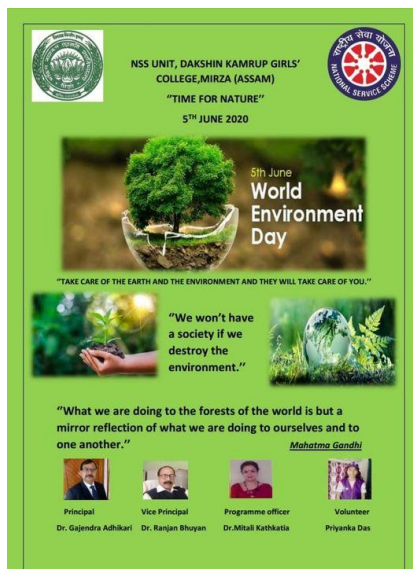
11. Plantation programme (10-08-2019)

Plantation of trees helps in making our environment pure and healthy conserves water, helps in climate control, preserve soil and benefits the overall environment in several ways. With these objectives, A plantation drive was organized as a part of Swachhta Pakhwara. 20 NSS volunteers took the initiative in the plantation programme and planted plants in earthen pot.



Plantation programme (10-08-2019)

12. Celebrated World Environment Day on 5th June 2020.



Programme undertaken in 2020-2021 Session under this practices

13. Few activities of the NSS unit, Dakshin Kamrup Girls' College under the banner of "Gandagi Mukh Bharat" a week long campaign from 8th to 15th August 2020 on Seachhta launched by the Department of Drinking water and Sanitation, Ministry of Jail Shakti.



Few activities of the NSS unit, Dakshin Kamrup Girls' College under the banner of "Gandagi Mukh Bharat" a week long campaign from 8th to 15th August 2020

14. Rashtriya Ekta Diwas, The National Unity Day 2020 To commemorate the 145th birth anniversary of great leader and politician Sardar Vallabhbhai Patel, the National Unity Day is being celebrated on October 31 across the country. The NSS Unit of Dakshin Kamrup Girls College, Mirza celebrated the National Unity Day by taking 'Unity Pledge' from their respective homes today on 31st of October, 2020 They also wrote creative slogans to spread the messages of unity. Rashtriya Balika Diwas is a day dedicated towards the welfare of the girl child in India. The day is observed on 24th January every year to address the needs and concerns of a girl child's health, nutrition and education among the masses. NSS unit of Dakshin Kamrup Girls college, Mirza celebrated the day by conducting awareness activities on environment, importance of education, health and hygiene in the adopted village. Volunteers also planted saplings in the village and distributed pens to the girls of the community.

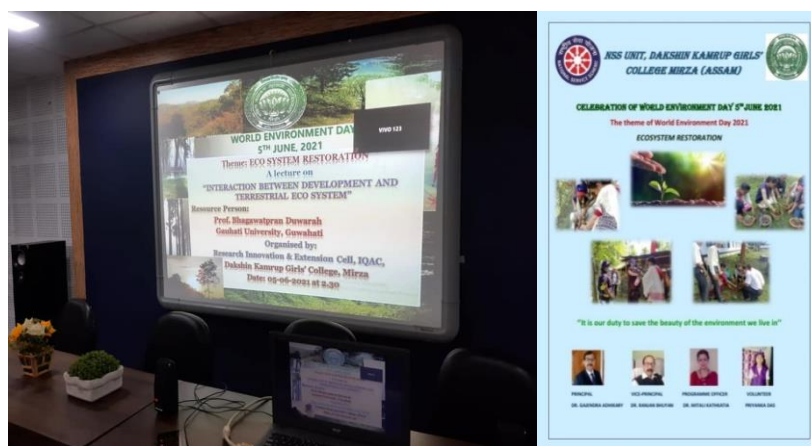


15. With a view to make the students aware about the conservation of nature and environment, the Research Innovation and Extension Cell of the IQAC, Dakshin Kamrup Girls' College organised an awareness programme on 19th March,2021. A lecture entitled "Snake: Superstition, Conservation and Awareness" was organised and the resource person was Sri Prasanna Kalita. The programme was attended by Dr. Gajendra Adhikary, Principal of the college, the faculty members and a large number of students. The lecture was followed by an interactive session.



16. Celebration of the World Environment Day in Dakshin Kamrup Girls' College, Mirza.

To mark the day, a lecture programme was organised by the Research Innovation and Extension Cell of the IQAC on 5th June, 2021 on the topic entitled, "Interaction between Development and Terrestrial Eco-system". The lecture, organised on Zoom was delivered by eminent scholar prof. BhagawatpranDuwarah of the Gauhati University. It was inaugurated by Dr.GajendraAdhikary, principal of the college. The lecture was attended by faculty members, existing students and the alumnae of the college. The programme was followed by a plantation programme in the college campus. A photography competition was also organised among students on the theme, 'Eco-system Restoration' by the NSS Unit and the Dept. of Mass Communication and Journalism of DKGC.



17. International Day of Forests (21 March 2021)

The United Nations General Assembly proclaimed 21 March as the International Day of Forests (IDF) in 2012. The Day celebrates and raises awareness of the importance of all types of forests. On each International Day of Forests, countries are encouraged to undertake local, national and international efforts to organize activities involving forests and trees. The theme for each International Day of Forests is chosen by the Collaborative Partnership on Forests. The theme for 2021 is "Forest Restoration: A Path to Recovery and Well-being". With this objective in view, the Greenary Committee of Social Entrepreneurship Swachhta and Rural Engagement Cell and the NSS Unit of Dakshin Kamrup Girls' college Mirza organised a Slogan Competition among the students on the importance of preservation and conservation of forests. Dr. Gajendra Adhikary, Principal of the college encouraged the students to come forward and engage themselves in

preserving the environment. The event was very successful with the overwhelming response from the students.



Programme undertaken in 2021-2022 Session under this practices

18. CELEBRATION OF GANDHI JAYANTI 2ND OCTOBER 2021

GANDHI JAYANTI CELEBRATION at Dakshin Kamrup Girls' College Mirza. The National Service Scheme unit of Dakshin Kamrup Girls' College Mirza celebrated Gandhi Jayanti on 02/10/2021. AS a part special occasion, the NSS volunteers of the College participated in plog and freedom run under the guidance of the NSS programme officer DR. Mitali Kathkatia. The volunteers devoted their day by cleaning the surrounding of their localities to promote a sense of cleanliness among people. The programme was inaugurated by singing the devotional song widely popularized by Mahatma Gandhi "Raghupati Raghava Rajaram" A plantation drive was also organized. Former principal of the college Dr. Gajendra Adhikary and Principal Dr. Ranjan Bhuyan inaugurated the plantation drive by planting saplings. Faculty members of the college took active part in the programme. The event ended with a light refreshment.



19. CELEBRATION OF "RASHTRIYA EKTA DIWAS 31st OCTOBER, 2021

"Rashtriya Ekta Diwas" or the National Unity Day was celebrated in Dakshin Kamrup Girls college under the initiative of the NSS Unit of the college. The day commemorates the birth anniversary of



Sardar Vallabhbhai Patel who played an important role in uniting India. Known as the 'Iron Man' of was also a founding leader of the Republic of India.

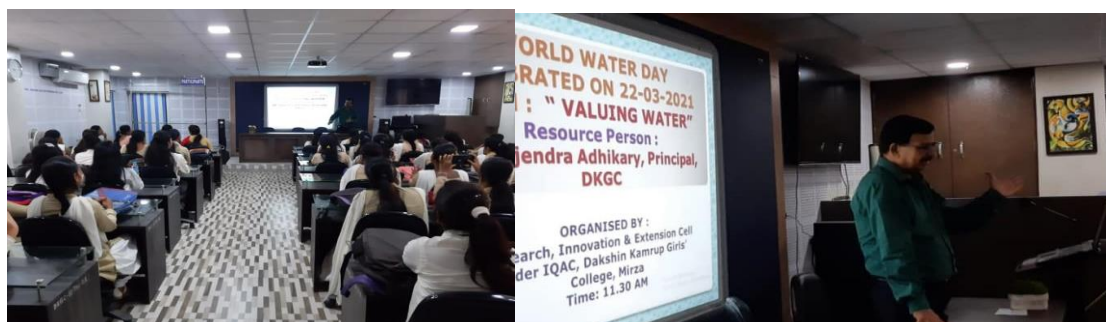
A series of activities were conducted by the Unit to mark the occasion. The “Rashtriya Ekta Diwas Pledge” was taken by all the students of college under the guidance of the faculty members. It was followed by brief lectures delivered by Dr. Ranjan Bhuyan, Principal, i/c of the college, and faculty members. A painting competition was also organised in Sontola primary school on " Ekota" which was followed by an awareness speech on the importance of the day by Dr. Mitali kathkatia, PO, NSS unit of the college. The volunteers also actively participated in a campus-cleaning activity.

The occasion reaffirmed the importance of unity, integrity and security amongst the students and staff and the inherent strength and resilience of our nation to withstand any actual and potential threat.



a campus-cleaning activity

20. The World Water Day is celebrated on March 22nd every year to educate people about the importance of water. Dakshin Kamrup Girls' College, Mirza celebrated the Day in the college premises on. A lecture was was organised by the Research, Innovation and Extension Cell of IQAC. Dr. Gajendra Adhikary, Principal, Dakshin Kamrup Girls' College delivered the lecture focussing on the value of water and water crisis faced by the world.



21. The World Environment Day(05.06.2022) was celebrated today by Dakshin Kamrup Girls' College by organizing a plantation drive in the college campus. The initiative was taken by 'Xuwani Dharani' & the Research, Innovation and Extension Committee, IQAC, D.K. Girls' College. Students, teachers and office staff of the college participated in the programme with great enthusiasm.



Programme undertaken in 2022-2023 Session under this practices

22. The Chief Minister's Institutional Plantation Programme

The Chief Minister's Institutional Plantation Programme was organized by the NSS unit, Research, Innovation and Extension Cell, IQAC and "Xuani Dhoroni" [Green Army] of Dakshin Kamrup Girls' College, Mirza on 18-07-2022. Dr. Nara kanta Adhikary, Principal, the Programme Officer NSS unit Dr. Mitali Kathkatia ,Dr. Jahnabi Devi ,Convenor Research, Innovation Extension Cell, IQAC and students of the college were present and participated in the plantation drive. The plantation drive will be continued till 15th of August 2022 and will be organised on 4 phases .





23. NSS Day Celebration

The NSS Unit of Dakshin Kamrup Girls' College, Mirza celebrated the 'NSS Day' on 24th of September 2022 along with the freshman social of the college. Volunteers organized a cleaning drive for the event and sang the NSS song before the beginning of the meeting. They also played an active role in smooth functioning of the entire event.



Organized a cleaning drive

24. The NSS Unit, Dakshin Kamrup Girls' College, Mirza under the guidance of the Programme officer Dr.Mitali Kathkatia organised a massive Swachhta Drive on 19th of October 2022 under the banner of Swachh Bharat Mission in Mirza. The unit collected approximately 80 kg. of plastic waste



25. The NSS Unit and IQAC of Dakshin Kamrup Girls' College, Mirza celebrated the 400th Birth Anniversary of Mahabir Lachit Barphukan on 20th of November 2022 with day long activities. As a part of the week-long celebration of 400th birth anniversary of Mahabir

Lachit Barphukan a rally was organised by the Unit followed by sapling plantation and cleaning drive around the campus. The participation of Dr. Nara kanta Adhikary, Principal of the college along with the faculty members and students made the event a grand success.



26. Celebration of Farmers Day (23-12-2022)

"Once in your life you need a doctor, a lawyer, a policeman, a preacher but everyday 3 times a day you need a farmer"--Brenda Schoepp. The NSS Unit of Dakshin Kamrup Girls' college Mirza in association with the Career Guidance Cell celebrated the 'Farmers Day' on 23-12-2022 to pay respect and gratitude to the farmers who save us from starving. Along with plantation and signage hanging students were taken to a nearby village Nahira to visit local farms and to felicitate the dedicated farmer for 6 decades Sri Kameswar Das. Students were very much inspired by the life story of Sri kameswar Das as a good human being and as a successful farmer.



Celebrated the 'Farmers Day' on 23-12-2022 to pay respect and gratitude to the farmers who save us from starving. Along with plantation

27. Plantation of Orchid

Date: 01-09-2022

Department of History in collaboration with Skill and Human Resource Development Cell, D.K. Girls' College, Mirza organized orchid sapling plantation programme in the college premises on 01.09.2022. the main objective behind this initiative are to preserve rare orchid species in the college premises and to maintain the ecosystem and biodiversity of the nature. 30 different species of orchid were planted. The orchids were given by the students of History Department and the faculty members of Economics Department. Dr. Ripun Doley, HoD, Department of History thanked all those who supplied the orchids and supported this event. Students and faculty member of History Department actively participated in this event



28. Plantation of Money Plant

Suwani Dharani (Eco-Club) of Dakshin Kmarup Girls' College, Mirza planted sampling of Money Plant in the College Campus on 12-06-2023.



29. Celebration World Environment Day on 05-06-2023





BEST PRACTICE-II

Healthy People Healthy Nation Initiative

DAKSHIN KAMRUP GIRLS' COLLEGE, MIRZA



Prepared by

Internal Quality Assurance Cell (IQAC)

Dakshin Kamrup Girls' College, Mirza

PIN 781125 Kamrup: Assam

<https://dkgirlscollege.in/>

Best Practices II

Title of the Practice: Healthy People Healthy Nation Initiative:

Programme undertaken in 2018-2019 Session under these practices

1. As a part of its continuous endeavor to serve the society, the NSS unit of Dakshin Kamrup Girls College, Mirza organised a blood donation camp on 22-09-2018 in association with the GMCH, Guwahati. NSS volunteers, Students Teaching and non-teaching staff of the college came forward for the noble cause with great vivacity. Dr. Gajendra Adhikary, Principal of the college was the first donor of day. Dr. Upakul Kashyap, Propaganda officer Mrs. Jyotirekha Barman, technician Sri Mrinal Haloi and Rita Pathak from GMCH were present on the occasion and extended their support in smooth functioning of the camp. A certificate and refreshment was given to each donor as a token of gratitude.



2. Every individual is a valuable asset to the society. According to WHO, traffic crashes kill more than 1.24 million people and injure 20 to 50 million a year. Road safety week is a national event aimed at raising public awareness about traffic rules and to reduce casualties due to road accidents. The NSS unit of Dakshin Kamrup Girls' College organised a Road Safety Awareness Rally as a part of the cultural procession of the college on 4th of February 2019 to provide logistic support to the road safety week campaign (4-2-2019 to 10-2 2019) and to develop a safety culture among the public, help them to change the strongly embedded culture of neglecting safety. NSS volunteers took part in the rally with great joy and enthusiasm by waiving playcards on traffic rules.



3. The NSS Unit of Dakshin Kamrup Girls College Mirza, celebrated the World 'No Tobacco Day' on 31st of May 2019. Volunteers displayed the posters, made by them on tobacco menace for public awareness. They also put tobacco free Zone signage in the college campus. Dr. Gajendra Adhikary, Principal of Dakshin Kamrup Girls College, Mirza expressed his cooperation in the noble attempt to spread the message of tobacco hazards.



4. Awareness programme on Health and hygiene organised by the NSS Unit of Dakshin Kamrup Girls College Mirza. Dr. Rekha Devi Borah, delivered her speech on Nutrition, Health and Hygiene on 14th of June 2019.



5. One small step towards a Tobacco Free World as a part of the Special Camp, an Awareness campaign was organized by the NSS Unit of the college on tobacco menace on 1st of June, 2019. Volunteers of Dakshin Kamrup Girls' College, Mirza are seen interacting with the community people in the adopted village of the college.



6. International Day of Yoga was celebrated in Dakshin Kamrup Girls College, Mirza on 21-06-2019. The event was jointly organized by the NSS Unit and Curricular Aspects Committee of Dakshin Kamrup Girls' College, Mirza. Dr. G. Adhikary, Principal of the college, NSS programme officer Dr. Mitali Kathkatia and convenor, Curricular Aspects Committee Sri Kamal Bora participated in the yoga session along with other members of the college family.....Sri Jayashree Chaudhury, an alumni of the college was the resource person for the event.



7. One day Workshop on Self defence and Vovinam Martial Art was organised on 27th June, 2019 by the Career Guidance Cell and the NSS Unit of Dakshin Kamrup Girls' College, Mirza in collaboration with Assam Vovinam Association. Master Papu Khan General Secretary of the Association conducted the programme as the Resource Person.



8. Department of Economics and the Institutional Values and Practices Committee of Dakshin Kamrup Girls College Mirza, organised a one day health awareness programme at Challi Village on 15.06.19. The programme was a collaborative work with Dept. of Biotechnology, Govt. Of India, organized to make the villagers aware about Tuberculosis and Paragonimiasis. The resource person of the programme was Dr. Mihir Goswami, HoD Dept. of Pulmonary Medicine, Jorhat Medical College. HEALTH AWARENESS PROGRAMME Organize by Department of Economics 15-06-2019



Programme undertaken in 2019-2020 Session under this practices

9. Integrating mind and body with formal education. One of the premier institutions of higher education for girls, Dakshin Kamrup Girls' College, Mirza has taken initiatives to help its students through compulsory yoga training. It is aimed at to instill confidence in them and provide training for inculcating compassion, mindfulness and generosity. Ms. Jayashree Choudhury, one of the Alumnae of the college is the in-charge of the training programme.



10. Celebration of 'Poshan Maah' under the initiative of the NSS Unit, Dakshin Kamrup Girls' College. As part of *Poshan Mah*, a lecture was given by Ranjana Deka, on the topic 'Balanced Diet, Healthy Diet'. It was a one-day program organized by the N.S.S. unit of D. K. Girls' College, Mirza, on 20.9.2019.



11. As a part of the 'Poshan Abhiyan' launched by our Honourable Prime Minister Sri Narendra Modi in Jhun Jhunu Rajasthan in March 2018, the NSS unit of Dakshin Kamrup Girls' College, Mirza organised an awareness programme on 'Nutrition and Swachhta' at Sontola Village on 11.09.2019. School students took active part in the painting competition. The Program Officer of the college unit, Dr. Mitali Kathkatia delivered a speech on importance of Swachta and healthy living through a balanced diet.



12. "Health is Wealth" In order to create an awareness among the students of Sontola Primary and ME School, the NSS Unit of Dakshin Kamrup Girls College, Mirza organized a programme on "Balanced Diet-Healthy Life" on 20-9-2019. Dr. Mitali Kathkatia, PO of the Unit delivered a brief speech on the importance of "Poshan" or Nutrition for a healthy life. Dr. Rekha Devi Bora delivered her speech on the concept of balanced diet and the food, necessary for maintaining sound health.



13. In order to create awareness about Covid 19, a demonstration on the preparation of homemade sanitizer was given by Ms. Richa Kalita, on 20.3.2020.



14. Some moments of the Awareness Drive against COVID-19 organised by Dakshin Kamrup Girls College, Mirza on 21st March, 2020.



15. The NSS unit of the college has organized an Awareness Drive on Corona Virus (COVID-19) in three phases till date. It started on 18-03-2020 with an awareness drive inside the college campus by distributing leaflets and displaying posters about the precautionary measures against the disease. On 20th and 21st the Unit attempted to make students and the community people aware about the 'Janata Curfew' at Uparhali maket area by distributing leaflets. Thirdly, the unit made a door to door awareness campaign in Sontala village in association with Sontala ME School. The unit distributed musks and

leaflets on Janaya Curfew and on the precautionary measures regarding COVID-19NSS programme Officer Dr. Mitali Kathkatia and Dr. Malabika Roy, president, Teacher Unit of the college along with two volunteers participated in the campaign.



16. Awareness Drive against COVID 19 by the Volunteers of the NSS Unit of the college on 18-04-2020

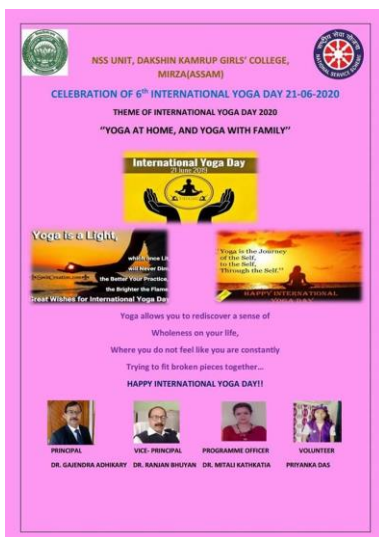


17. 'COVID-19 Awareness' An online Poster Competition on the above subject was organised by the Dept. of English among its Major students during the lockdown period. 13 students of different semesters participated in the competition. 29 June 2020



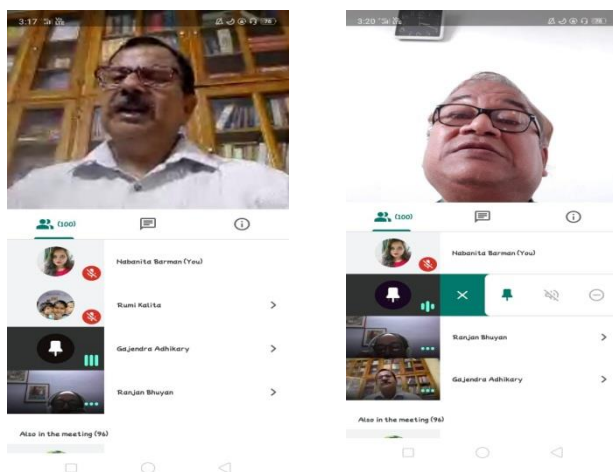


18. The 6th International Yoga Day was Celebrated by the Dakshin Kamrup Girls' College, Mirza on 21-06-2020 based on the theme of the year "Yoga at Home and Yoga with Family". The NSS unit of the college took the initiative and brought everyone together on this auspicious day.



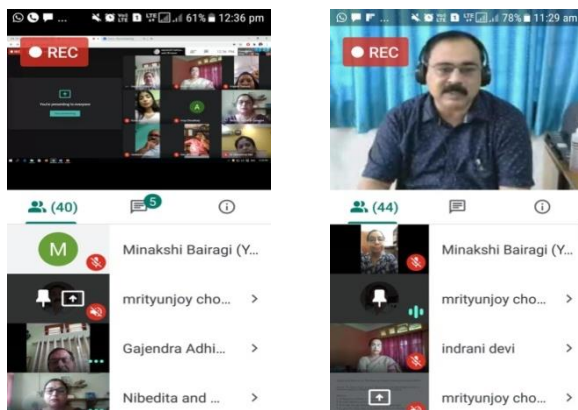
Programme undertaken in 2020-2021 Session under this practices

19. A National Webinar was jointly organised by the Dept. of English and the Dept. Assamese of Dakshin Kamrup Girls College on 09.07.2020 on the topic entitled "COVID 19 and Responsibilities of Writers with special reference to World Pandemic Literature". The Resource person of the Webinar was Prof Nigamananda Das, Dean School of Humanities and Education, Nagaland University.

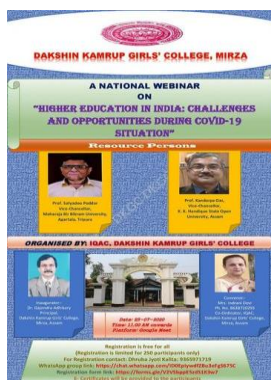




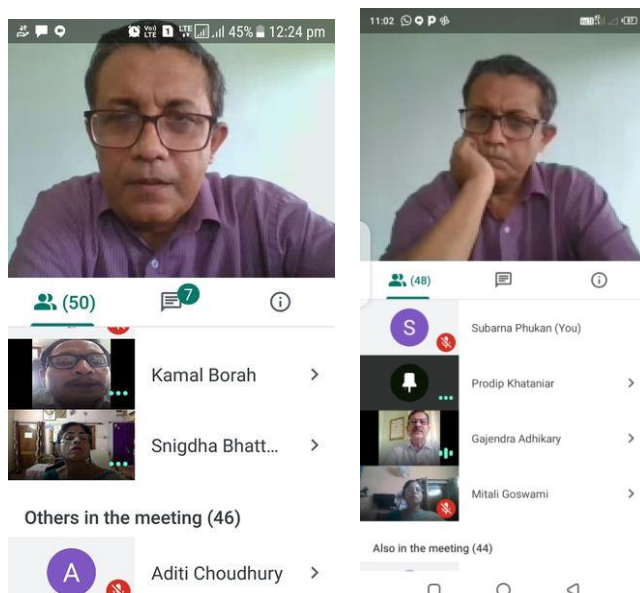
20. The Dept. of Economics of Dakshin Kamrup Girls College has organised a national webinar today(24-07-2020) on "Digital Financial Services during COVID-19 Pandemic". The Resource Person of the one day webinar was Mr. Mrityunjoy Chowdhury, Deputy Director, Postal Training (Guwahati), Dept of Post, Govt. of India. Stressing on the need of digital services in the present time, the speaker elaborated diverse aspects of the subject. The talk was followed by an interaction session. The webinar was inaugurated by Dr. Gajendra Adhikary, Principal of the college.



21. The IQAC of Dakshin Kamrup Girls' College organised a National Webinar on 25.07.2020 on the topic entitled "Higher Education in india: Challenges and Opportunities during COVID-19 Situation". Prof Satyadeo Poddar, Vice Chancellor of Maharaja Bir Bikram University, Tripura and Prof Kandarpa Das, Vice Chancellor, K.K. Handique State Open University graced the occasion as Resource Persons. The programme was inaugurated by Dr. Gajendra Adhikary, Principal of the host college. The webinar was conducted by Indrani Devi, Co-ordinator, IQAC of the college



22. The Dept.of Philosophy of Dakshin Kamrup Girls' College today organised a Webinar on "Coping up with Exam stress amidst Covid Pandemic".The invited Speaker was Dr. Pradip Khataniar, retired Prof, Dept of Philosophy, Cotton University. The Inaugural lecture was delivered by Dr. Gajendra Ahikary, principal of the college. The welcome note was presented by Mrs. Mitali Goswami, HOD, Dept.of Philosophy while the vote of thanks was offered by Alaka Das, Assistant Prof of the Dept. The Convenor of the programme was Mr. K Borah. 05/08/2020



23. Few activities of the NSS unit, Dakshin Kamrup Girls' College under the banner of "Gandagi Mukt Bharat" a week long campaign from 8th to 15 th August 2020 on Seachhta launched by the Department of Drinking water and Sanitation, Ministry of Jail Shakti.



24. Sanitization Programme undertaken at Dakshin Kamrup Girls' College Campus.



25. Commencement of COVID testing The faculty members and the office staff of Dakshin Kamrup Girls' College got tested themselves in the Corona Virus testing centre today. Some people from the neighbouring area of the college also voluntarily have undergone swab testing on 25-07-2020.

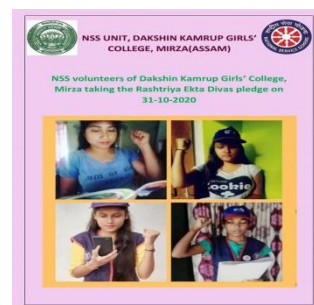
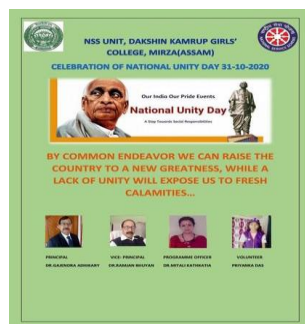


26. "You must be the change you wish to see in the world" -Mahatma Gandhi To commemorate the of 150th Birth Anniversary of Mahatma Gandhi (Gandhi Jayanti) and Fit India Freedom Run

Movement, the NSS unit of Dakshin Kamrup Girls College Mirza organised a series of activities from 24th of September to 2nd of October 2020. The volunteers of the unit actively participated in the Fit India Freedom run. They also distributed guava, Lime and Pomegranate saplings along with masks and soaps to 50 families of Kochpara village, Mirza On 2nd October 2020, the volunteers and the P.O., undertook plog run in their respective areas for about 2 kilometers collecting garbage on their way. Their participation in the 'village swachhata drive' through 1hour shramdaan is truly appreciable. Each of the volunteers planted a sapling with one villager. Inspired by the efforts of the NSS volunteers, the villagers promised to take care of the saplings given to them. The volunteers of the unit are committed to march forward with the vision of Green India, Clean India.



27. Rashtriya Ekta Diwas, the National Unity Day on 31st October 2020. The NSS Unit of Dakshin Kamrup Girls' College, Mirza celebrated the National Unity Day by taking 'Unity Pledge' from their respective homes today on 31st of October, 2020. NSS unit of Dakshin Kamrup Girls' College, Mirza celebrated the day by conducting awareness activities on environment, importance of education, health and hygiene in the adopted village. Volunteers also planted saplings in the village and distributed pens to the girls of the community.

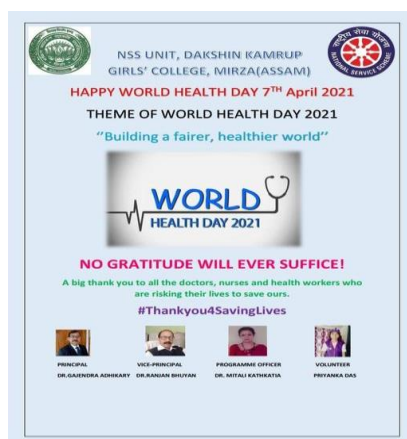


28. The International Infection Prevention Week 2020 was celebrated by the NSS unit of Dakshin Kamrup Girls' College Mirza, Assam on 21st October 2020. As a part of the celebration, the unit organised an interactive lecture session with Dr. Kanak Talukdar, senior Dermatologist, TB Hospital Guwahati. Dr. Talukdar elaborated on the concept of

infection and various strategies to prevent infection. He urged every-one to be aware about the true nature of Covid-19 and follow the covid protocol as specified by the health department. He also inspired the students to remain fit and healthy and take care of not only their physical health but also mental, emotional, social and spiritual aspects of life. The importance of vitamins in boosting our immune system was also very clearly discussed. Dr. Gajendra Adhikary, the principal of the college also expressed his views on maintaining proper health and hygiene and on the importance of Yoga and meditation. Programme Officer Dr. Mitali Kathkatia coordinated the program and offered the vote of thanks.



29. On the occasion of World Health Day

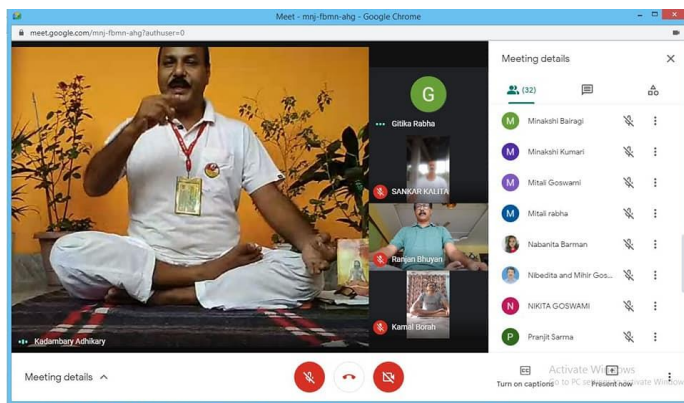


30. An awareness programme on Covid-19 vaccination drive, 'Vaccine Mohotsav' was held at Dakshin Kamrup Girls' College Mirza on 11th April 2021 which was organised by the NSS unit of the college. Sri Dipak Kumar, Regional Director NSS, Guwahati Assam was the resource person for the event. The resource person threw light on the basic objectives of the 'Vaccine Mohotsav' and also on the role of NSS Volunteers in this regard. Dr.

Gajendra Adhikary, principal of the college also delivered a speech on the importance of maintaining Covid protocol in our day to day life and vaccination. The programme was coordinated by the Programme Officer, Dr. Mitali Kathkatia.



31. Celebration of the 'International Yoga Day' on 21st June ,2021 Some moments of the webinar organised by the Curricular Aspects Committee of IQAC, Dakshin Kamrup Girls' College on the occasion of the International Yoga Day. Students, faculty members and the office staff of the college took part in the webinar. Dr. Gajendra Adhikary, principal of the college inaugurated the programme with a brief speech. Dr. Narakanta Adhikary, HoD History of the college conducted the programme as the resource person.



Programme undertaken in 2021-2022 Session under this practices

32. CELEBRATION OF WORLD MENTAL HEALTH DAY

The COVID-19 pandemic has had a major impact on people's mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. During the world Health Assembly in May 2021, governments around the world recognized the need to scale up quality mental health services at all levels. The theme of World 0 Day 2021 is "Mental Health In an Unequal World" Accordingly the NSS Unit and Dept of English, Dakshin Kamrup Girls' College Mirza celebrated the World Mental Health Day on 10-10-2021. The keys to mental health were discussed by Dr.Mitali Kathkatia, PO,NSS Unit. Dr. Minakshi Bairagi, Associate professor Dept.of English delivered her speech on the importance of maintaining a sound mental health for a balanced life.She also encouraged the volunteers to devote their leisure time to creative work. Few physical exercises were also demonstrated by Dr. Mitali kathkatia. 40 students of the college participated in the programme.



33. Celebration of the 'International Peace Day' at Dakshin Kamrup Girls' College. Each year the 21st September is celebrated all over the world as the 'International Day of Peace'. The UN General Assembly has declared it as a day devoted to strengthening the ideals of peace by observing 24 hours of non-violence and cease-fire. This year, the theme for the 'International Day of Peace' is “Recovering Better for an Equitable and Sustainable World”. The aim is to celebrate peace by standing up against acts of hatred online and offline, and by spreading compassion, kindness, and hope in the face of the pandemic. Accordingly, the NSS Unit in association with the Dept. of English and IQAC of Dakshin Kamrup Girls' college, Mirza has celebrated the Day on 21st of September, 2021 by organising a on the spot paragraph writing competition on the topic, "Peace of

Mind begins with the Quality of Our Thoughts ".The competition was started after a few minutes of meditation. A number of students enthusiastically participated in the program.



34. Road safety

An Awareness programme on road safety was organized by the Transport Management Committee of Dakshin Kamrup Girls' College on 29.12.2021. Resource Person, Mr. Jibendra Brahma, O.C, Palashbari Police Station delivered a lecture on the subject to make the students and teachers aware about the road safety measures. The lecture was followed by an interaction with the Resource person. Around 50 students attended the programme. Dr. R Bhuyan, principal IC, and other faculty members were present in the programme.



35. '**Awareness programme on Road Safety** organised in Dakshin Kamrup Girls' College premises on 29.01.22 as a part of the 33rd National Road Safety Week(24-30 Jan,2022). The programme was organised by Sun Pharma Laboratories Ltd. Ghy in collaboration with Dakshin Kamrup Girls' College. The programme included a quiz competition and a painting competition among the students of the college.



36. The '**World No Tobacco Day**' is observed every year on May 31st to raise awareness about the damage caused by tobacco consumption. Apart from causing environmental degradation, tobacco kills over 80 lakh people across the world every year. The NSS Unit and the Dept. of History of *Dakshin Kamrup Girls' college* joined hands to observe the day on 31-5-2022 with a view to create an awareness among its students about the hazards of tobacco consumption. *Dr. Nara Kanta Adhikary, Principal* of the college, *Dr. Mitali Kathkatia, PO, NSS Unit* and *Dr. Ripun Doley* of Dept. of History delivered speeches on various aspects of the issue. Students took the anti- tobacco pledge and distributed stickers bearing Anti-Tobacco message among the teachers, students and staff.



37. Some moments of the three day long programme on Mental and Physical health entitled "Health is Happiness - A Campaign ". (on 26th and 27th March and 26th April,2022). Organised by D.K.Girls' College. The programme was coordinated by Kamal Bora, Asstt. Professor, Dept. Of Philosophy, and Saurabh Kalita, Asstt. Professor, Dept of Political Science of the college.





38. The International Day of Action for Women's Health was celebrated in the Dakshin Kamrup Girls' college Mirza on 28th of May 2022. The prime objective of celebrating the day was to take action, mobilize, and highlight demands towards the fulfillment of women's right to health. The event was organized by the NSS Unit, Dept. of Education and the Dept of English, DKGK, Mirza. The resource person Dr. Malabika Debi Associate professor, Dept. of Anatomy, Tezpur Medical College and Hospital, Tezpur delivered her speech on various issues related to women's reproductive health and rights. Dr. Nara Kanta Adhikary, principal of the college also offered his valuable suggestions on maintaining a sound physical and mental health for a healthy living.



**Three Days Free Yoga Session – 30th May To 1st June 2022
Dakshin Kamrup Girls' College, Mirza**

39. In continuation with the spirit of 'Azadi Ka Amrit Mohotsav' and the 8th international yoga day - 2022, the Institutional Values and Best Practices Committee and the Student Support and Progression Committee of IQAC, D.K.G.College organized a three day yoga camp in the college premises from 30/05/2022 to 01/06/2022. The programme was organized by the two committees in collaboration with the Indian Yoga Culture and Yoga Therapy Centre, Guwahati. Resource persons of the programme were Mrs.Dipali Brahma and Ms. Kanika Das. The programme was inaugurated by Dr.N.K.Adhikary, Principal, Dakshin Kamrup Girls' College. Altogether 25 students and members of the teaching and non-teaching staff participated in the programme.



40. The International Yoga Day was celebrated at Dakshin Kamrup Girls' College premises on 21-06-2022 with a day long programme. The event was jointly organized by the Student Support and Progression committee of IQAC and the NSS unit of the college. The students practiced yoga under the guidance of yoga Bistarok Sri Troilukya Kalita and Ms. Dipali Nath. The main aim of the celebration is to help people become aware of the close connection between the body and the mind and the vital role of yoga in healthy living. The resource person elaborated on how yoga practice helps in increasing self-awareness, decision making and also in taking actions that benefit the society. In keeping with the central focus of overall physical and spiritual wellness of International Yoga Day, the Women Cell, the NSS Unit and the Student Union of Dakshin Kamrup Girls' College, Mirza today organized a speech cum demonstration programme on physiotherapy. The lecture titled, "Importance of Physiotherapy for Neurological, Musculoskeletal and Cardiovascular Problems" was delivered by Physiotherapist Dr. Seema Das. The valuable insight and guidance the resource person provided on the topic was highly appreciated. Her exceedingly satisfying speech tuned with professionalism and commitment to the area of Physiotherapy was truly beneficial to the participants.



41. The NSS Unit of Dakshin Kamrup Girls' College, Mirza celebrated the 5th 'Rashtriya Poshan Maah' on 30th September 2022 at BalBharati Public School, Mirza with an awareness mission on health and hygiene. The volunteers along with programme officer Dr. Mitali Kathkatia performed activities for the students with an aim to bring focus on nutrition and good health. The Central Theme of Poshan Maah 2022 is “MahilaurSwasthya” and “BachaurShiksha”.



Programme undertaken in 2022-2023 Session under this practices

42. **NSS SPECIAL CAMP 24-01-2022 TO 30-01-2022 :**

The National Service Scheme Unit of Dakshin Kamrup Girls' College Mirza organized a Seven Day NSS Special Camp at Sontola village, Mirza from 24-01.2022 to 30.01.2022. 30. The NSS volunteers from the college participated in the camp. The camp was inaugurated by the Principal i/c of the college Dr. RanjanBhuyan by hoisting the NSS flag. The volunteers along with the Programme Officer Dr. Mitali Kathkatia organized various activities which include plantation, cleaning drive, yoga session, craft workshop, academic sessions on health and nutrition, wall painting, workshop on Madhubani painting and pickle making. The Unit also distributed blankets to 30 students of the SontolaAnchalik ME school of Sontola village. The prime objectives of this camp were to inculcate the spirit of selfless service and voluntary work among the volunteers, to prepare the young mind to work for the upliftmentof the common masses of the society. The camp concluded with the valedictory session with a brief cultural programme.



43. The National Sports Day is celebrated to commemorate the birth anniversary of hockey legend Dhyan Chand .The celebration aims at spreading awareness about the importance of physical activities and sports in life. The NSS unit in association with the Union Body Dakshin Kamrup Girls' Mirza celebrated the National Sports Day with a day-long activities. Dr. Ripun Doley, In-charge Games and Sports Dakshin Kamrup Girls, Mirza delivered the inaugural speech which was followed by various traditional games. The enthusiasm and vibrant participation of the students made the event a memorable one.



44. The International Day of Action for Women's Health:

The International Day of Action for Women's Health was celebrated in the Dakshin Kamrup Girls' college Mirza on 28th of May 2022. The prime objective of celebrating the day was to take action, mobilize, and highlight demands towards the fulfillment of women's right to health. The event was organized by the NSS Unit, Dept. of Education and the Dept. of English, DKGC, Mirza. The resource person Dr. Malabika Debi Associate professor, Dept. of Anatomy, Tezpur Medical College and Hospital, Tezpur delivered her speech on various issues related to women's reproductive health and rights. Dr. Nara Kanta Adhikary, Principal of the college also offered his valuable suggestions on maintaining a sound physical and mental health for a healthy living.



45. Menstrual Hygiene Awareness Programme 18-03-2023 :

Menstruation is not a problem but poor menstrual hygiene is a problem. Poor menstrual hygiene, however, can pose serious health risks, like reproductive and urinary tract infections which can result in future infertility and birth complications. Keeping in mind the significance of the issue, the NSS Unit supported and coordinated an Awareness programme on Menstrual Hygiene organized by the Foundation of Research and reforms in association with the Govt. Ayurvedic College and Hospital Guwahati. The resource persons were Sri Subhasish Das, President, Foundation for Research and Reforms, Journalist, TV producer & Director and CSR Consultant Prof (Doctor) Yanbeni Humtsoe. HOD, Dept. of Prasuti Tantra and Stree Rog. Govt. Ayurvedic College and Hospital, Dr. AnudepaNath and B. Dr. Anita Basumatary, Research Scholars of the Ayurvedic College and Hospital Guwahati. Faculty members and students of the college actively participated in the interaction session of the programme.



46. **Women self Defense Training Programme:** Dakshin Kamrup Girls' College, Mirza organized a Self-Defence Training in coloration with Biranga Assam Police on 23-04-2023 in the college premises. The Honourable SP of Kamrup District was also present in the programme. Honourable DGP, Assa, doted competitive Examination Books through the SP, Kamrup for the students of the college on the same programme



47. The sanitary napkin vending machine is a very important device for women health and hygiene. It is safe, hygienic, and user friendly. The NSS Unit of Dakshin Kamrup Girls' College, Mirza installed 2nd sanitary napkin vending machine on 31-05-2023 in the college premises for the benefit of the students.

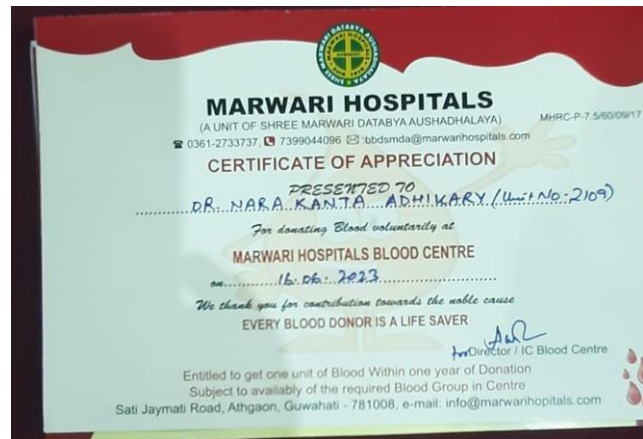


48. **Name of the Programme: Free Health Check-Up on 2/2/2023**

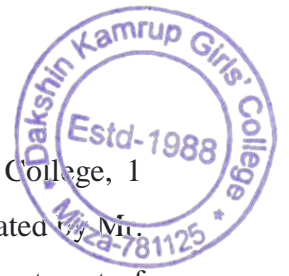
The NSS Unit of the college organised Free Health Check-up Camp on 02/02/2023 in the Dakshin Kamrup Girls' College, Premises. Large numbers of students and teaching and Non-teaching members of the college took part in the programme.



49. A BLOOD DONATION CUM Free Health Check-up camp organized by the NSS Unit of Dakshin Kamrup Girls' College, Mirza, in collaboration with Department of Education Dakshin Kamrup Girls' College on 16-06-2023 in the college premises.



50. The Department of philosophy, Dakshin Kamrup Girls' College, Mirza jointly organized a 30 hour Add on Course on Yoga from 15th June to 30th June 2023 with the Department of Education, Dakshin Kamrup Girls' College, Mirza. The Department of Philosophy, Chhaygaon College took initiatives in this programme as part of MoU that is focus on 10th april 2023. In this programme altogether 33 students participated. Out of



them 4 four students were from the Department of Philosophy Chhaygaon College, 1 student from Dakshin Kamrup College, Mirza. This Add on Course co-ordinated by Mr. Kamaleswar Borah, Department of Philosophy and Dr. Mitali Kathkatia, Department of Education with active participation of the faculty members of both departments. Course instructors were Miss Kanika Das and Miss Arundhati Das from Ramananda Yoga Centre, Maligaon

