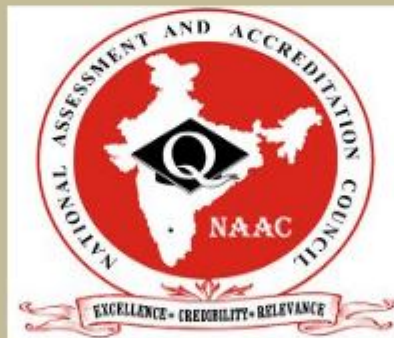


CRITERION-5
STUDENT SUPPORT AND PROGRESSION

**5.1.3 Capacity building and skills enhancement
initiatives**

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

**AWARENESS PROGRAM ON 'HEALTH, NUTRITION AND ADDICTION
FREE SOCIETY' (Held on 28th May, 2023)**

 মনোহাৰী দেৱী কানৈ মহিলা মহাবিদ্যালয়ৰ
মহিলা অধ্যয়ন আৰু উন্নয়ন কোষ
তথা
মন:স্তাত্ত্বিক পৰামৰ্শদান কোষৰ যৌথ উদ্যোগত
সজাগতা অনুষ্ঠান
বিষয়ঃ স্বাস্থ্য, পৰিপুষ্টি আৰু নিচামুক্ত সমাজ
সমল ব্যক্তিঃ ডা° ফাৰহানা ছাহীন হুছেইন
(অসম চিকিৎসা মহাবিদ্যালয়, ডিব্ৰুগড়)
স্থানঃ নগাখেলীয়া গাঁও, ডিব্ৰুগড় ■ দিনাংকঃ ২৮-০৫-২০২৩

- An awareness program on 'Health, Nutrition and Addiction Free Society' was organized by Cell for Women Studies and Development in collaboration with Psychological Counselling Cell of MDKG College, Dibrugarh, Assam on 28th May, 2023 at the adopted village of the College, Nagakhelia Gaon, Dibrugarh. Resource person (i) Dr. Farhana Shaheen Hussain of Assam Medical College Hospital (AMCH), Dibrugarh, accompanied by Dr. Sagolsem Marucharan Devi of Assam Medical College Hospital (AMCH), Dibrugarh was invited for the awareness program.
- The program was participated by **36 participants** (which includes the Resource Persons, Faculties & Members of the MDKG College, and the Villagers of Nagakhelia Gaon)
- **The delivery of the talk of the Resource Person (Dr. Farhana Shaheen Hussain)** highlighted the following:
 - ✓ Dr. Hussain asserted that health and nutrition should be prioritized by everyone for a healthy living. She also added the healthy nutrition intake such as eating right, eating well, eating healthy should be maintained by all. Further the intake of good amount of protein, carbohydrates and essential vitamins needed for the body was well explained. She also stated that improper consumption and an imbalance diet can lead to several health problems which can deteriorate a person's physical as well as mental health.
 - ✓ Further, talking about addiction and substance abuse, she pointed that such consumption imbalances a person's health. A large amount of such substances can lead to various health hazards, which ultimately results in the imbalance of nutrients that are needed for a healthy body. Hence, she cautioned the audience to take the matter seriously and addressed the availabilities and facilities that are provided by various Health Centers and Hospitals such as AMCH, Dibrugarh, V.G Hospital, Dibrugarh, for proper counselling and treatment at the right time.
 - ✓ Moreover, in support to the points of Dr. Hussain, Dr. S.M. Devi also added that when such abusive substance addiction becomes a habit, it can lead to several disorders in a human being such as stress, anxiety, depression, personal as well as family and societal problems. Therefore, such problems should be well addressed, and she requested the participants of the Village to spread the facilities that are provided by Government relating to health.

• **Interaction & Feedback from the Audience/Village People of Nagakhelia:**

- ✓ The audience present in the program appreciated the discussion, and interacted the resource person stating that, they are also against substance abuse which leads to different disturbance in the environment. Moreover, they thanked the resource person for addressing the centers and hospitals that can provide counselling to help a person from consumption of improper substances. Further, they applauded the program that was held on such an important topic.
- ✓ In addition to this, the Members of the College present there also suggested the Villagers to take proper initiative and become the voice to eradicate the use of substance abuse among the upcoming generation of the Village.



PARTICIPANTS PRESENT: The program was participated by 36 participants (which includes the Resource Persons, Faculties & Members of the MDKG College, and the Villagers of Nagakhelia Gaon).

A Career Counselling session on 'NEW AGE SKILLS GETS FOR A SUCCESSFUL CAREER'
(Held on: 9th February, 2023)



- A career counselling session on **'NEW AGE SKILLS GETS FOR A SUCCESSFUL CAREER'** was conducted by the Pune Institute of Business management on 9th February, 2023 at the College Premises. Resource person Mr. Zulfi Ali Bhutto (Competitive Triathlete and Ironman) a corporate panelist and visiting faculty of PIBM (Pune Institute of Business Management) who conducts mentoring and coaching to different parts of students has conducted the session among the students of MDKG College.
- A total of 104 student participants were present in the session. Moreover, IQAC Co-ordinator, Dr. Utpal Sut and CC&PCell Co-ordinator, Dr. Mitali Sonowal was also present in the session. The programme was inaugurated by IQAC Co-ordinator, Dr. Utpal Sut with a brief summary of the importance of the new age skills towards opting a successful career.
- The session highlighted by Resource person Mr. Zulfi Ali Bhutto are Right selection of subjects at right time, concept of skills, different domain specific training and profile training, mentioned Fintech as one of the future perspective, explained different aspects such as emotional, physical and mental and also explained the aspects of career opportunities.
- There was a positive feedback among the student participants towards the session, which enabled them to think appropriately and choose career opportunities wisely for future achievement.

Reference Person Signature

① Zulf. Gungu
 ② Viji Raj Agarwalla.
 ③ VEDARU SURESH SOWRI

K. V. Jay
 K. V. Jay
 1/1/2023
 10/10/2023

Dr. Utpal Sait
 Dr. Hetal Jaiswal

Sl. No.	Name	Department
1	Himanshu P. Singh	
2	Pamya Sonawal	
3	Ana Saggi	
4	Juni Saggi	
5	Lipika Sonwal	
6	Kangana Bhargava	
7	Omni NM Banasi	
8	Aishwariya Sharma	
9	Ashwameyee Gogoi	
10	Bondha Gogoi	
11	Rishana Khatri	
12	Abhani Sainia	
13	Sapanya Dasgupta	
14	Pooa Yamsani	
15	Rishika Phkoral	Education 6 th Sem
16	Tanmoni Chelleng	Education 6 th Sem
17	Prasanti Neog	Education 6 th Sem
18	Abanishi Chakrabarti	Political Science (6 th Sem)
19	Apollika Hagarika	Political Science 6 th Sem
20	Indrakshi Saha	(Education Dept 2nd Sem)
21	Disha Baruah	Education (6 th Sem)
22	Fahana Hovan	Education (6 th Sem)
23	Kriti Dioni	Education (6 th Sem)
24	Tilina Prukar	Education (6 th Sem)
25	Ushakshi Sainia	Education (6 th Sem)
26	Rhanya Day	Education (6 th Sem)
27	Pooja Chakrabarti	Education (6 th Sem)
28	Anita Sekhar	Education (6 th Sem)
29	Ananya Baruah	English (6 th Sem)
30	Jashika Baruah	English (6 th Sem)
31	Rhanya Saha	English (6 th Sem)
32	Rajwani Baruah	Education (6 th Sem)
33	Ushakshi Saha	Education (6 th Sem)
34	Rishika Saha	Education (6 th Sem)
35	Rishika Saha	Education (2 nd Sem)

36	Parshanti Deka	Education (2 nd Sem)
37	Anika Gogoi	Education (2 nd Sem)
38	Mandira Chitra	Business (6 th Sem)
39	Lakshmi Chakrabarti	Education (6 th Sem)
40	Susmita Bordua	Education (6 th Sem)
41	Kamabi Gogoi	Education (6 th Sem)
42	Lakshmi Neog	Education (6 th Sem)
43	Himadri Kowari	Education (6 th Sem)
44	Arpanita Paul	Political Science (6 th Sem)
45	Sushmita Paul	Political Science (6 th Sem)
46	Nabasha Chakrabarti	Political Science (6 th Sem)
47	Sini Baruah	Political Science (6 th Sem)
48	Chandana Gogoi	Political Science (6 th Sem)
49	Kanabi Phukan	Political Science (6 th Sem)
50	Nitamoni Gogoi	Political Science (6 th Sem)
51	Niki Deka	Political Science (6 th Sem)
52	Chonali Rai	English (2 nd Sem)
53	Ananya Gogoi	Economics (6 th Sem)
54	Ushakshi Baruah	Political Science (6 th Sem)

56	Rupaksha Gogoi	Education (4 th Sem)
57	Anika Sonwal	Political Science (4 th Sem)
58	Wendy Bhargava	Economics (4 th Sem)
59	Pranjali Chakrabarti	Business (4 th Sem)
60	Jashika Deka	Business (4 th Sem)
61	Khushi Saha	Political Science (4 th Sem)
62	Rishika Saha	Political Science (6 th Sem)
63	Anika Saha	Economics (6 th Sem)
64	Jashika Saha	Philosophy (6 th Sem)
65	Sangita Ray	Philosophy (6 th Sem)
66	Miyanka Baruah	Philosophy (6 th Sem)
67	Shweta Baruah	English (6 th Sem)
68	Pransha Chakrabarti	Philosophy (6 th Sem)
69	Rashmi Baruah	Philosophy (6 th Sem)
70	Pransha Baruah	Philosophy (6 th Sem)
71	Mishra Bhargava	Philosophy (6 th Sem)
72	Jami Saha	Economics (6 th Sem)
73	Rishika Saha	Economics (6 th Sem)
74	Squiti Chakrabarti	Education (6 th Sem)
75	Ushakshi Chakrabarti	Education (6 th Sem)
76	Pransha Bhargava	Education (2 nd Sem)
77	Pransha Ray	Education (2 nd Sem)
78	Pransha Baruah	Education (2 nd Sem)
79	Tina Saha	Education (2 nd Sem)
80	Anushree Baruah	English (6 th Sem)
81	Shikha Saha	Education (2 nd Sem)
82	Sushree Chakrabarti	Education (2 nd Sem)
83	Himadri Saha	Education (2 nd Sem)
84	Sangita Saha	English Dept (6 th Sem)
85	Lakshmi Gogoi	English Dept (6 th Sem)
86	Lakshmi Gogoi	Economics Dept (6 th Sem)
87	Bondha Gogoi	Education Dept (6 th Sem)
88	Bondha Gogoi	Philosophy Dept (6 th Sem)
89	Pooja Saha	Philosophy (6 th Sem)
90	Pransha Saha	English (6 th Sem)

1. Priyanka Paul	HPCB Department 6 th Sem
2. Anushree Paul	Home Science (6 th Sem)
3. Pooja Bhargava	Economics Dept 6 th Sem
4. Tanvi Gogoi	Economics Dept 6 th Sem
5. Gargi Senapati	Economics Dept 4 th Sem
6. Anika Saha	Economics Dept 4 th Sem
7. Pooja Saha	Economics Dept 4 th Sem
8. Anushree Bhargava	Economics Dept 4 th Sem
9. Lakshmi Bhargava	Economics Dept 6 th Sem
10. Pooja Saha	Economics Dept 6 th Sem
11. Rishika Bhargava	Economics Dept 6 th Sem
12. Ushakshi Gogoi	Economics Department 6 th Sem
13. Pooja Gogoi	Economics Dept 6 th Sem
14. Sushree Saha	English Dept 2 nd Sem

COMPUTER AWARENESS PROGRAM (Held on 13th March, 2023)

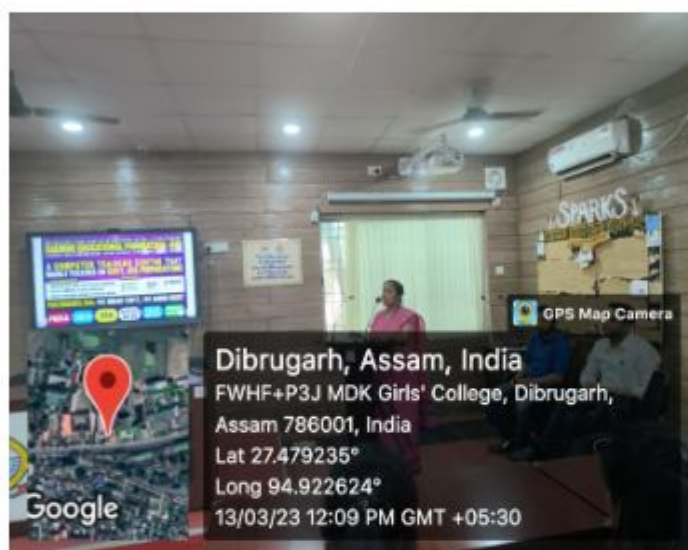


KAUSHIK EDUCATIONAL FOUNDATION
AN ISO 9001:2015 CERTIFIED
REGISTERED SOCIETY UNDER GOVT. OF ASSAM (RS/DIB/255/F/06 OF 2021 - 2022)
REGISTERED AS AN MSME UNDER GOVT. OF INDIA (UDYAM - AS - 10 - 0001626)

COMPUTER AWARENESS PROGRAM
ORGANIZED BY CAREER COUNSELLING CELL
MDKG College in association with
KAUSHIK EDUCATIONAL FOUNDATION (KEF)

VENUE: MDKG COLLEGE
DATE: 13-03-2023
TIME: 12:00 pm

Resource Person - Suddipta Kaushik & Team



- A Computer awareness program was organized for the students of MDKG College on 13th March, 2023 at Room No.1. The program was organized by Career Counselling and Placement Cell of MDKG College in association with Kaushik Educational Foundation (KEF) { *Already have a MOU the College}
- Resource persons: Mr. Suddipta Kaushik (Co- Founder of KEF) and Mr. Binit Dutta (Senior Faculty of KEF) has conveyed the session on the importance and basics of Computer Awareness program.
- A total of 80 students participated in the session. Along with that Vice Principal, Dr. Anju Bora and CC&PCell Co-ordinator, Dr. Mitali Sonowal was also present in the session. The session was inaugurated by CC&PCell Co-ordinator, Dr. Mitali Sonowal and pointed out the objective of the session. Further, Vice Principal, Dr. Anju Bora, addressed the welcome speech to the house and mentioned about the utmost importance of computer in the recent era.
- The session highlighted by the Resource persons indicated the importance of computer knowledge in today's world, the basic foundation of computer knowledge, the career opportunities, being techno-friendly. Students were also suggested towards opting pertinent degrees in computer where they indicated the importance of Diplomas, PGDCA, BCA, and MCA etc.
- Feedback from the students towards the session was very fruitful, a good interaction among the students with the resource persons were seen, where computer related career opportunities and admissions to learn computer was also discussed. Moreover, most of the students were ready to take admissions in the KEF foundation.

Members present

* Resource Persons

- 1/ Sudipta Kausik
- 2/ Binit Dutta

Members

- 1/ Dr. Mitali Sonowal
13/05/23

* DATE: - 13th MARCH, 2023

NAME & Dept	NAME & Dept
1) Rabhmi Hazarika (Sociology)	37) Poo Dutta (Assamese) 282
2) Lanchita Bhagawati (Sociology)	38) Liza Chutia (Assamese) 168
3) Priyom Choudhury (Sociology)	39) Pallabita Choudhury (English) 237
4) Kristina Lalun (Sociology)	40) Robati Mech (English) 292
5) Anupriya Konwar (Sociology)	41) Sagorika Paul (Economics) 319
6) Preeti Saikia Neog (Sociology)	42) Anshama Das (Economics) 70
7) Ellova Baidya (Sociology)	43) Bidisharani Gogoi (Economics) 56
8) Namoni Chetia (Sociology)	44) Parishmita Dutta (Economics) 245
9) Aplee Chetia (Sociology)	45) Shikha Sarapaty (Economics) 343
10) Barsha Gope (1 st year)	46) Anushka Neog (Economics) 26
11) Ajitajali Barddoi (1 st year)	47) Zeena Chakma (Economics) 415
12) Ritu Dutta (1 st year)	48) Tanya Dey (Economics) 139
13) Kongkono Kalita (Education)	49) Archana Chakma (Economics) 34
14) Ankita Gogoi (Education)	50) Ankita Gogoi (English) 13
15) Urveshee Bapatra (Education)	51) Kajalshree Gogoi
16) Disha Handique (Education)	52) Pubari Saikia
17) Sarbanu Baruah (Assamese)	53) Jomoni Saikia
18) Niharika Bhowmik (Assamese)	54) Ritika Gogoi (Economics)
19) Dishmoni Sonowal (Political Science)	55) Kristina Gogoi (Economics)
20) Banbi Konwar (Political Science)	56) Liza Gogoi (Economics)
21) Durbee Dutta (Political Science) 96	57) Juktanai Deka (Assamese) 210
22) Deivy Deka Baruah (Assamese) 76	58) Anannya Gogoi (Economics) 13
23) Gritawali Hazarika (Assamese) 112	59) Khushi Borgehain (Economics)
24) Rinky Verma (Assamese) 301	60) Divy Handique (Economics) 95
25) Sneha Subudhax (Assamese) 364	61) Hemangini Sonowal (Pol Science) 117
26) Himabti Sonwah (Education) 119	62) Ritika Chakrabarty (English) 307
27) Surakshee Chutia (Education) 382	
28) Shilpi Shikha Sonowal (Education) 345	
29) Tanmayee Hazarika (Assamese) 400	63) Jeya Doha (English) 136
30) Karina Gogoi (Assamese) 148	64) Nidita Borgohain (Geography) 228
31) Priyanka Konch (Assamese) 389	65) Reya Paul (Geography) 275
32) Himashree Baruah (Assamese) 121	66) Barasha Choudhury (Assamese) 42
33) Smita Dutta (Assamese) 358	67) Parishmita Chutia (Assamese) 243
34) Bishnya Banya Sonowal (Assamese) 57	68) Ribubba Das (Education) 296
35) Samikhya Phukan (Assamese) 329	69) Preetna Sharma (Education) 426
36) Sibani Saikia (Assamese) 357	70) Parishmita Deka (Edw) 244

- 71) Indrakshi Seli (Education) 126
- 72/ Lashmi Deori (Education) 164
- 73/ Tina Taid (Education) 398
- 74/ Sebika Narah (Education) 341
- 75 Greetali Dutta (Economics) 109
- 76) Mahyabin Hussain (Economics) 176 (NSS)
- 77) Bedita Jyoti (Economics) 46.
- 78) Pragmita Mishra (Sociology) 39. (NSS)
- 79) Shaheen Aziz Khan (Sociology) 342 (NSS)
- 80) Anurubha Gogoi (Education, 439)

An Entrepreneurship Awareness Program

Date: 24/03/2023

An Entrepreneurship Awareness Program is held on 24-03-2023 at MDKG College under the sponsorship of Development Commissioner of MSME, Govt. of India and organized by IIE of Guwahati, Assam. Mr. Arunav Handique and Mr. Ajitesh Gitani deliver speech on Entrepreneurship and the ways how Entrepreneurship can be achieved through different examples and demonstrations. IQAC and Entrepreneurship Development Cell of MDKG College take the initiatives to conduct the program. All total 76 participants attended the program and the program is anchored by Dr. Utpal Sut, IQAC Coordinator of MDKG College.



An interactive session on 'Development & care of Physical & Mental Health among Girls'

Organised by Cell for Women Studies & Development, MDKG College & Elora Bigyan Mancha of Dibrugarh Unit

Date: 4th March, 2023

An interactive session on 'Development & care of Physical & Mental Health among Girls' was organized by Cell for Women Studies & Development, MDKG College & Elora Bigyan Mancha of Dibrugarh Unit on 4th March, 2023 at the college premises (Arts campus, room no: 1 at 11:00 a.m onwards). Invited Resource Persons of the session were: Dr. Rina Ahmed (Gynecologist, AMCH), Dr. Hem Chandra Kalita (Cardiologist, AMCH) and Dr. Dhrubojyoti Bhuyan (Psychiatrist, AMCH). The session was participated by the members of Elora Bigyan Mancha, Faculties of MDKG College and 104 students of MDKG College.

The session emphasized the following aspects: causes of heart diseases, valid amount of consumption of salt in every diet keeps a person healthy, frequent check-ups of blood pressure and weight as per age and its measures to control, causes of obesity and its prevention, benefits of exercise and its impact on health. Dr. Rina Ahmed emphasizes exercise, hygiene, good use of sanitary pads, reducing body and foot odor during menstruation, skin care and also keeping hair healthy, and consumption of water. Moreover, she has talked about handling cramps during periods where exercise, warm baths, medication, or a heating pad can be a solution to solve cramps. Dr. Dhrubojyoti Bhuyan highlighted stress and its impact on our body, the importance of time management for good health, good sleep for the body, building positive thinking within oneself, dealing with failure and also valuing ourselves.



মহিলা কোষ
মনোহাৰী দেৱী কানৈ মহিলা মহাবিদ্যালয়
আৰু
ইলোৰা বিজ্ঞান মঞ্চ, ডিব্ৰুগড় শাখাৰ যৌথ উদ্যোগত আয়োজিত
আলোচনা সত্ৰ
মুৰ্তীৰ শাৰীৰিক আৰু মানসিক স্বাস্থ্যৰ যতন
আলোচকসকলঃ ডাঃ শ্ৰীশা আহমেদ, স্ত্ৰীৰোগ বিশেষজ্ঞ
ডাঃ হেমচন্দ্ৰ কলিতা, হৃদযোগ বিশেষজ্ঞ
ডাঃ ধ্ৰুবজ্যোতি ভূঞা, মনোৰোগ বিশেষজ্ঞ
অসম চিকিৎসা মহাবিদ্যালয়
স্থানঃ মনোহাৰী দেৱী কানৈ মহিলা মহাবিদ্যালয় প্ৰাঙ্গণ | সময়ঃ পুৱা ১১ বজা
তাৰিখঃ ৪ মাৰ্চ, ২০২৩



ONLINE LECTURE SERIES ON WEB TECHNOLOGIES

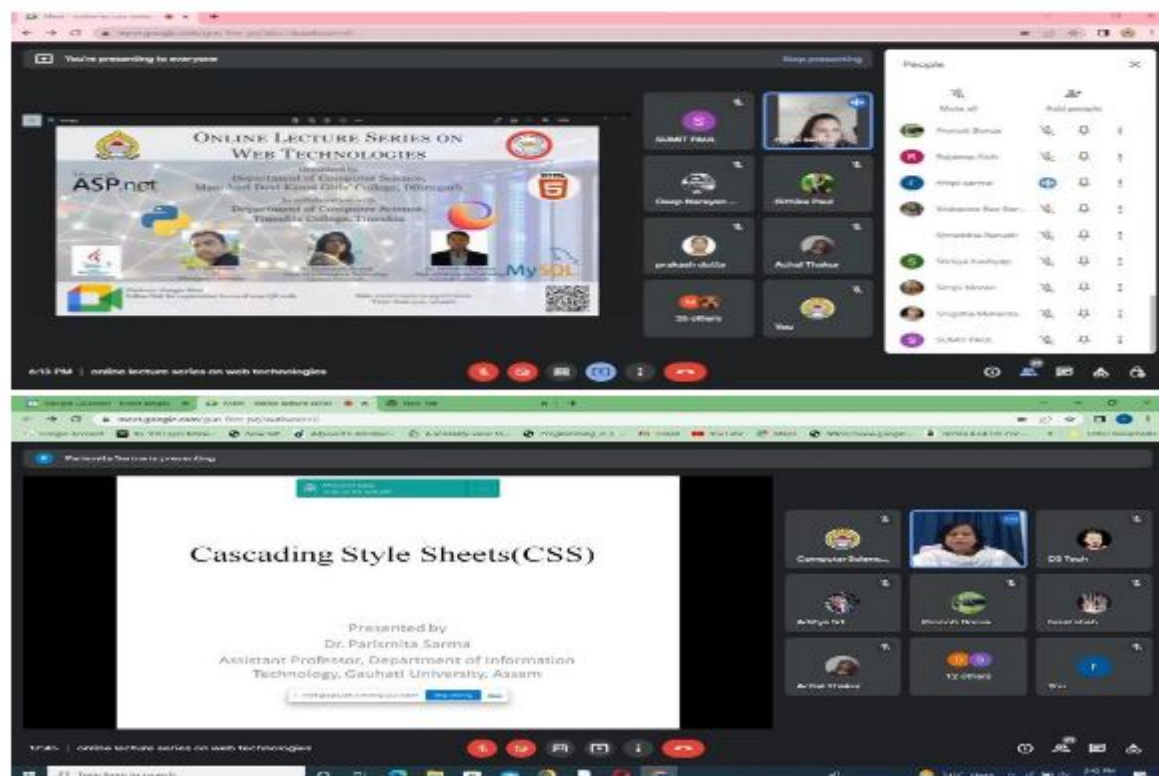
Organized by DEPARTMENT OF COMPUTER SCIENCE,
MANOHARI DEVI KANOI GIRLS' COLLEGE, DIBRUGARH.

In collaboration with
DEPARTMENT OF COMPUTER SCIENCE,
TINSUKIA COLLEGE, TINSUKIA

Date: 1st JULY – 3rd JULY, 2022

Online lecture series on Web Technologies was organised by the Department of Computer Science, of MDKG COLLEGE, Dibrugarh in collaboration with Department of Computer Science of TINSUKIA COLLEGE, Tinsukia from the 1st of JULY to 3rd of JULY, 2022. This lecture series is intended to teach the basics involved in publishing content on the World Wide Web. This includes the 'scripting language of the Web' such as javascript ; parl as a web programming language due to its text manipulation capabilities and rapid development cycle. It basically used to handle encrypted Web data, including e-commerce transactions. Cascading Style Sheets (CSS) are the main coding files used to lay out a website and its design. Total 66 students participated in the programme. The resource persons invited for the meeting were:

- Dr. Ujjal Saikia, Assistant Professor, Department of Computer Science and Applications , Dibrugarh University, Dibrugarh.
- Dr. Parismita Sarma, Assistant Professor, Department of Information Technologies , Guwahati University, Guwahati.
- Dr. Mirzanur Rahman, Assistant Professor, Department of Information Technologies , Guwahati University, Guwahati.



YOGA WORKSHOP

Organized by NCC, MDKG College

Date: 21st June, 2022

A yoga workshop was held on the eve of International Yoga Day on 21st June, 2022 in collaboration with the Department of Assamese. 56 cadets of 63 Assam, Bn NCC MDKG college participated in this program.



Celebration of International Day of Yoga by NSS Unit, MDKG College

Date: 21st June, 2022

International Yoga Day was observed by the students and faculty of MDKG College on 21st June, 2022 in college auditorium. The Programme was started at 7.30 AM with lighting of lamp by the Vice Principal Dr. Anju Borah. In her inaugural speech, she spoke about the significance of Yoga for living a healthy life. Altogether 50 students along with faculty members participated in the programme. The programme included chanting of Prayer practicing different Asana, Yogasana, including Kapal bhati, Pranayama etc. The programme ended with chanting of shanti path.



Self Development Programme on Topic: “Impact Of Social Media On Youth And Social Values”
(Held on 31st August, 2022)

		
<p>Welcome you all to the</p> <p>STUDENTS DEVELOPMENT PROGRAM</p> <p>In Collaboration with Career Counselling & Placement Cell MDKG College, Dibrugarh, Assam</p> <p>Topic : “Impact of Social Media on Youth and Social Values”</p> <p>Date : 31st August 2022 Venue Time : 1:00 PM Room No.-1 (Arts Campus)</p>		

- A Student Development Programme on the topic *“Impact of Social Media on Youth and Social Values”* has been organized by ICF AI Business School in collaboration with Career Counselling and Placement Cell, MDKG College, Dibrugarh on 31st August, 2022 at MDKG College. Resource Person Prof. Arpita Chowdhury of IBS Business School, Kolkata Campus who is a successful mentor in various skill development, placement mentoring process as well as student mentor has been invited to conduct the session among the students of MDKG College. The programme was inaugurated by Dr. Nibedita Phukan, Principal of MDKG College where she addressed the house with the important aspects of recent trends in relation to social media and social values. Madam also highlighted the various positive and negative impacts that how the social media have immensely influenced worldwide.
- With the purpose in hand Resource Person Prof. Arpita Chowdhury has highlighted and discussed the session which included what actually is Social media?, the various impact of social media, pointed out yearly statistical data of the internet users in India, impact of social networking sites (both positive and negative impacts). Moreover, the session also taught the students about what are the different and important skills needed for life. Further, she also mentioned that right use of social media can enable the youth to lead a positive way which can include benefits in the different spheres of life such as educational aspects, social aspects, political aspects, being up to-date with the current trends, and also focusing on smart work.
- Total 97 students from MDKG College Dibrugarh, participated in the seminar programme.

Glimpse of the Programme



A three day Meditation Programme

Date: 13th October – 15th October, 2022

A three day Meditation Programme was Organised by Diamond Jubilee Celebration Committee in association with Heartfulness Foundation, Dibrugarh Branch, from 13th-15th October, 2022. The programme was attended by around 90 participants which includes students, teaching and non-teaching staff of the college. The resource persons were Br Premananda Thakur, Sister Anita Sonar, Br. O. P Agrawal, Rtd. Col. Nitesh Jangid, Br. S Subramanyam. The Resource persons explained and illustrated three steps of meditation, viz. Relaxation, Cleaning & Prayer.



The poster features a central logo with a green and blue circular design. To the left is the college crest, and to the right is the 'heartfulness' logo. The text is arranged in a clear, hierarchical manner, providing all necessary details about the event.

Meditation Programme
Organised by
Diamond Jubilee Celebration Committee, 2022-23
M. D. K. G. College, Dibrugarh
In Collaboration With Heartfulness Institute
Shri Ramchandra Mission
World Head Quarter - Kanha Shantivanam, Telengana
Date: 13th - 15th October, 2022
Time: 2pm-3pm



THREE DAYS WORKSHOP ON SELF-EMPOWERMENT

(Held on 7th, 8th, & 9th June, 2022)



**Three Day Workshop
on
“Self-Empowerment”**

Organised by :
Students Union 2021-22, M.D.K.G. College, Dibrugarh

In Association with
**Career Counselling & Placement Cell
under the Aegis of IQAC, M.D.K.G. College, Dibrugarh**

Resource Person :
NAYAN YEIN
(Alumnus of NSD tie)

📅 : 7th, 8th & 9th June, 2022
🕒 : 2 p.m. - 3.30 p.m.
**📍 : Newly Constructed Hall
at 2nd Floor of MDKG College
Office Building (Arts Campus)**

Limited Seats

- A Three day workshop on ‘Self-empowerment’ was organized for the students of MDKG College by the Students Union 2021-22 in association with Career Counselling & Placement Cell, under the aegis of IQAC, MDKG College, Dibrugarh.
- Resource Person Sri. Nayan Yein (Alumni of national School of Drama, Tripura, Theatre in Education (TIE) has been invited to conduct the 3 day workshop on 7th, 8th, & 9th, June, 2022.
- The workshop emphasized on self-observation, group improvisation, intra-relation, writing about self, the various process of drama including discussion as well as various activity based games.
- Altogether 37 students from different departments of MDKG College have actively participated in the workshop.

Glimpse of the 3 days workshop





Dibrugarh, Assam, India
 FV8F+4Q3, Dibrugarh, Assam 786003, India
 Lat 27.463792°
 Long 94.874199°
 07/06/22 02:46 PM



Dibrugarh, Assam, India
 FV8F+4Q3, Dibrugarh, Assam 786003, India
 Lat 27.463792°
 Long 94.874199°
 08/06/22 03:13 PM



Dibrugarh, Assam, India
 FWHF+P3J MDK Girls' College, Dibrugarh, Assam 786001,
 India
 Lat 27.479256°
 Long 94.922738°
 09/06/22 04:07 PM



Dibrugarh, Assam, India
 FWHF+P3J MDK Girls' College, Dibrugarh, Assam 786001, India
 Lat 27.479221°
 Long 94.922714°
 09/06/22 04:12 PM

NATIONAL WORKSHOP ON COMPUTER LITERACY PROGRAM

Organized by
DEPARTMENT OF COMPUTER SCIENCE,
MANOHARI DEVI KANOI GIRLS' COLLEGE, DIBRUGARH
In collaboration with
IQAC, M.D.K.G. COLLEGE, DIBRUGAH

Date: 26th -28th May, 2022

NATIONAL WORKSHOP ON COMPUTER LITERACY PROGRAM
(ONLY FOR UG STUDENTS)

MANOHARI DEVI KANOI GIRLS COLLEGE
K.C. GOGOI PATH, KHALIHAMARI,
DIBRUGARH-1, ASSAM

ORGANIZED BY
DEPARTMENT OF COMPUTER SCIENCE, M.D.K.G. COLLEGE
IN ASSOCIATION WITH
IQAC, M.D.K.G. COLLEGE

RESOURCE PERSON
DR. NIAZ ALI SHAH
EX-FACULTY,
DIBRU COLLEGE

RESOURCE PERSON
ZAFER S. SHAH
DATA ENGINEER
FORD MOTOR COMPANY

PATRON
DR. NIBEDITA PHUKAN
PRINCIPAL,
M.D.K.G. COLLEGE

CONVENOR
DR. UTRAL SUT
COORDINATOR, IQAC,
M.D.K.G. COLLEGE

CONVENOR
RIMPI SARMA
HOD, DEPT. OF COMPUTER SCIENCE
M.D.K.G. COLLEGE

26 to 28 May 2022
MDKG Science Block
9:00 am

Registration fee
₹ 100/- only

FOR FURTHER DETAILS CONTACT: 8724836788
9401988535

PARTICIPANTS MAY BRING THEIR OWN LAPTOPS

A national workshop was organised by the Department of Computer Science in association with IQAC of MDKG COLLEGE from the 26th of May to 28th of May, 2022. This Co-curricular activity is in concurrence with systematic approach towards raising computer literacy, overview of emerging industrial and research trends and career options in the field of computer Science among the students. The resource persons invited for the meeting were:

- Dr. Niaz Ali Shah, Former Associate Professor, Department of Computer Science, Dibru College, Dibrugarh
- Ms. Rimpri Sarma, Assistant Professor, Department of Computer Science, M.D.K.G College, Dibrugarh.
- Mr. Zafer S. Shah, Data Engineer, Ford Motor Company, Chennai

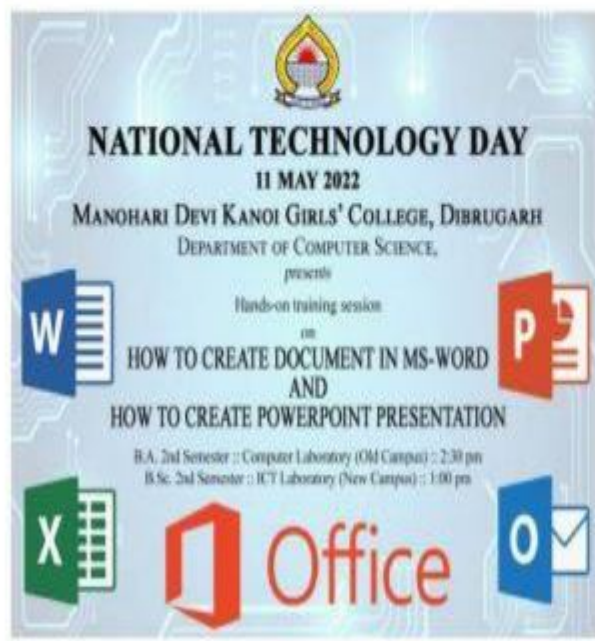


HANDS-ON TRAINING SESSION ON HOW TO CREATE DOCUMENT ON MS-WORD AND HOW TO CREATE POWERPOINT PRESENTATION

Date: 11/05/2022

A one-day hands-on training session titled "How to create document in MS-Word and How to create PowerPoint presentation" was organized for the BA and B.Sc. second semester students to celebrate the occasion of National Technology Day on 11th May, 2022. The programme was organised by the Department of Computer Science, M.D.K.G. College.

The resource person for the program was Ms. Rimpi Sarma, Assistant professor and HOD, Department of Computer Science, M.D.K.G. College. The target audience were the students of second semester of B.A. and B.Sc. programmes. The total number of participating students were 32 (10 from B.Sc. and 22 from B.A). The students reported to have an immersive and informative experience during the sessions and were interested in participating in similar events in the future.



TRAINING SESSION IN ICT LABORATORY, NEW CAMPUS

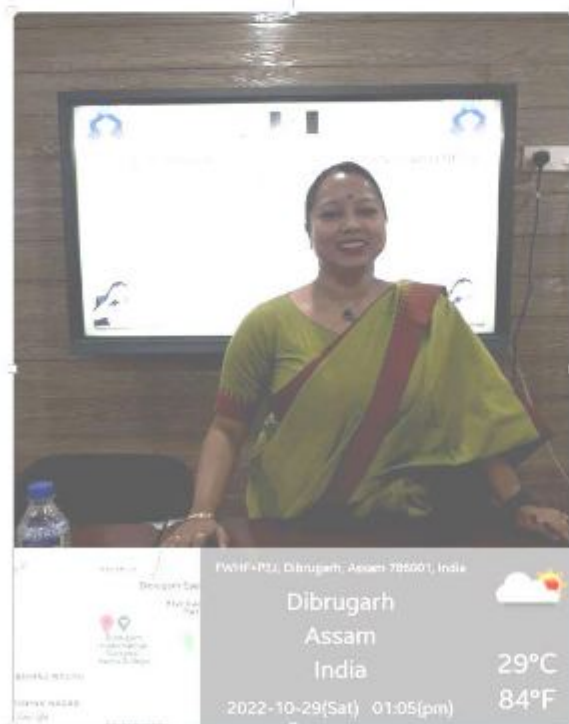


A program on 'Self Therapeutic Practices for Students' Psychological Wellness and Grievances'

Organized by Psychological Counselling Cell in collaboration with Grievances Redressal Cell of M.D.K.G. College

Date: 29.10. 2022

A program on 'Self Therapeutic Practices for Students' Psychological Wellness and Grievances' was organized by the Psychological Counselling Cell in collaboration with the Grievances Redressal Cell of M.D.K.G. College on 29.10. 2022. The Resource Person for the program was Bornali Nath Dowerah, Assistant Professor of the Department of English, M.D.K.G. College and Positive Psychiatry and student counseling Practitioner. The Resource person propounded the idea of enhancing general psychological well-being, by following the individual's hobbies and other activities the individual likes to engage in for a long duration which build-up mental comfort and ease. She further elaborated that the negative thoughts or feelings of a person are normal and learning to recognize the pattern and accepting them, will help to alter that state of negative effect of the particular stimulus. She provided solutions which included undertaking random, periodic steps like participating in a particular sport, watching a film, spending time with friends and family, and various measures. These measures help in the exposure of the individual to external positive stimuli which help to alter the negative regressions of the individual and they are filled with an overall sense of fulfillment by eliminating the negative consequential effects. It is not always necessary to seek the help of a counselor but rather some of these self-therapeutic practices might have the same desired effect as expected from a therapist. 45 numbers of students actively participated in the program and the program followed with interaction with the Resource Person.



THE RESOURCE PERSON OF THE PROGRAMME BORNALI NATH DOWERAH



PARTICIPANTS OF THE PROGRAMME

A Interactive session on “Holistic Wellness: Grow and Glow for a Healthy Life”

Organized by Department of Home Science, MDKG College

Date: 3rd September, 2022



**DIAMOND JUBILEE YEAR
2022-2023**

**MDKG COLLEGE,
DIBRUGARH**

Celebration of National Nutrition Week
(1st September-7th September)
2022

**TOPIC: HOLISTIC WELLNESS: GROW AND GLOW
FOR A HEALTHY LIFE**

BY

**Mrs. Nasifa Khatun
Multiskilled Counselor
AMCH, Dibrugarh**

Organized by

**Department of Home Science
in
Collaboration with IQAC
MDKG College, Dibrugarh**

3rd September, 2022

Time: 1 PM

Students present in the session

celebration of National Nutrition Week (2022)

Topic: Holistic Wellness: "Pass and Glass for a Healthy Life"

Date: 03/09/2022

Nome	Signature and date
1. Nikhita Pambha	Nikhita 3/9/22
2. Utkal Sait	Utkal 3/9/22
3. Poojitha	Poojitha 3/9/22
4. Namashi Sharma	Namashi 3/9/22
5. Shekhar Pradyuman	Shekhar 3/9/22
6. Sanyasta Saini	Sanyasta 3/9/22
7. Malina Basumaty	Malina 3/9/22
8. Abhishek P. Gulai	Abhishek 3/9/22
9. Dr. Indrani Sen Gupta	Indrani 3/9/22
10. Dr. Mitali Agrawal	Mitali 3/9/22
11. Dr. Gitanjali Bernal	Gitanjali 3/9/22
12. Sachinjit Singh	Sachinjit 3/9/22
13. Anshuman Bernal	Anshuman 3/9/22
14. Zareen Koushan Haque	Zareen 3/9/22
15. An (Mrs) Aditya Saitia	Aditya 3/9/22
16. Dr. Hardem Pathak Sahi	Hardem 3/9/22
17. Hafiza Tabassum Ahmad (HS)	Hafiza 3/9/22
18. Abhinav Gargi (HS)	Gargi 3/9/22
19. Loni Otho (HS)	Loni 3/9/22
20. Dona Chhangmai (HS)	Dona 3/9/22

Nome	Signature and date
21. Fatima Ayesha (HS)	Fatima 3/9/22
22. Anshul Kumar Rai (HS)	Anshul 3/9/22
23. Anjali Rai (HS)	Anjali 3/9/22
24. Anshul Das (HS)	Anshul 3/9/22
25. Anshika Gargi (HS)	Anshika 3/9/22
26. Anshika Das (HS)	Anshika 3/9/22
27. Nikhita Chelia (HS)	Nikhita 3/9/22
28. Anshika Kumar Singh (HS)	Anshika 3/9/22
29. Anshika Chaturvedi (HS)	Anshika 3/9/22
30. Anshika Mehta (HS)	Anshika 3/9/22
31. Anshika Das (HS)	Anshika 3/9/22
32. Anshika Kumar Singh (HS)	Anshika 3/9/22
33. Anshika Kumar Sharma (HS)	Anshika 3/9/22
34. Anshika Das (HS)	Anshika 3/9/22
35. Anshika Das (HS)	Anshika 3/9/22
36. Anshika Das (HS)	Anshika 3/9/22
37. Anshika Das (HS)	Anshika 3/9/22
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41. Anshika Das (HS)	Anshika 3/9/22
42. Anshika Das (HS)	Anshika 3/9/22
43. Anshika Das (HS)	Anshika 3/9/22
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45. Anshika Das (HS)	Anshika 3/9/22
46. Anshika Das (HS)	Anshika 3/9/22
47. Anshika Das (HS)	Anshika 3/9/22
48. Anshika Das (HS)	Anshika 3/9/22
49. Anshika Das (HS)	Anshika 3/9/22
50. Anshika Das (HS)	Anshika 3/9/22
51. Anshika Das (HS)	Anshika 3/9/22

Employability Skill Training Programme

Organized by Manohari Devi Kanoi Girls' College in collaboration with Mahindra
Pride Classroom

Date: 02/05/2022 – 13/05/2022

Mahindra

PRIDE CLASSROOM

College Name	MANOHARI DEVI KANOI GIRLS' COLLEGE		
Location	DIBRUGARH, ASSAM		
District	DIBRUGARH		
Batch Number	Name Of the Trainer	Date	Time
BATCH- 1	JASASWANI MONALISA BEHERA	02-05-2022 TO 13-05-2022	02:00PM TO 06:00 PM
BATCH-2	SMITA DEKA	02-05-2022 TO 13-05-2022	02:00PM TO 06:00 PM
Date	Day	Hour	Time
02-05-2022	MONDAY	4	02:00PM TO 06:00 PM
04-05-2022	WEDNESDAY	4	02:00PM TO 06:00 PM
05-05-2022	THURSDAY	4	02:00PM TO 06:00 PM
06-05-2022	FRIDAY	4	02:00PM TO 06:00 PM
07-05-2022	SATURDAY	4	02:00PM TO 06:00 PM
09-05-2022	MONDAY	4	02:00PM TO 06:00 PM
10-05-2022	TUESDAY	4	02:00PM TO 06:00 PM
11-05-2022	WEDNESDAY	4	02:00PM TO 06:00 PM
12-05-2022	THURSDAY	4	02:00PM TO 06:00 PM
13-05-2022	FRIDAY	4	02:00PM TO 06:00 PM
TOTAL	10 DAYS	40HRS	

A motivational program 'SETBACK'

Organized by Psychological Counselling Cell of M.D.K.G. College

Date: 15-12-2021

A motivational program 'SETBACK' was organized for students by Psychological Counselling Cell of M.D.K.G. College on 15.12.2021 at conference room of campus ii (science block), M.D.K.G. College. Resource Person of the program was Dr. Pranjal Buragohain, Assistant Professor of department of Education of Dibrugarh University and an expert on Positive Psychology. The co-ordinator of the cell Dr. Rupali Majumder welcomed all with a brief welcome address. Honourable principal Dr. Nibedita Phukan inaugurated the program by delivering a few words on significant concerns of mental health in the context of the COVID-19 pandemic and lockdown situation. The Co-ordinator of IQAC, Dr. Utpal Sut spoke a few words on the emerging concern of mental health of the young generation. Dr. Pranjal Buragohain spoke on 'how to remain emotionally balanced in different situations of life'. While speaking on mental health, he elaborated on some rigorous mental beliefs that can lead to mental depression. He emphasized 'resetting one's mind' with alternative beliefs for soundness of mental health. Almost 110 students participated in the program. It was a successful program as students participated actively and interacted with the resource person addressing issues related to their mental health. The program ended with a vote of thanks by Dr. Madira Borthakur Saikia, a member of the cell.



MEMBERS OF PSYCHOLOGICAL COUNSELLING CELL WITH RESOURCE PERSON OF THE PROGRAM



WEBINAR ON

COMMUNICATION SKILLS IN TOURISM MANAGEMENT



DEPARTMENT OF GEOGRAPHY
M.D.K.GIRLS' COLLEGE, DIBRUGARH
PRESENTS
A TALK ON

COMMUNICATION SKILLS IN TOURISM MANAGEMENT
WITH SPECIAL REFERENCE TO
VERBAL COMMUNICATION AND BODY LANGUAGE

DATE: 28TH JULY 2021 TIME: 10 AM IN 

SPEAKER
Mr. Sanjay Banerjee
Faculty Member
Finch Aviation
Dibrugarh

INAUGURAL SPEECH
Dr. Nibedita Phukan
Principal
M.D. K.G. College
Dibrugarh

A webinar on "Communication Skills in Tourism Management with special reference to Verbal Communication and Body Language" was organized on 28th July 2021 by the Geography Department of M.D.K.G.College. Dr. M. Bagchi the Head of the Department welcoming everyone introduced the Speaker, Mr. Sanjay Banerjee a faculty member of Finch Aviation to the participants. In her inaugural address, Dr. Nibedita Phukan, Principal of the college stressed on the significance of communication skills. Dr. Utpal Sut, Co-ordinator(IQAC) appreciated the Department's initiative to organize such a value based program.Mr. Sanjay Banerjee, the invited Speaker began his lucid deliberation on the significance of Verbal and non-verbal communication, the agendas, barriers faced and factors affecting the process. He described the importance of Body Language in Tourism industry. He concluded that one has to be a good listener, be confident and think before speaking for developing communication skills.In the lively interactive session, the participants who were mostly 4th semester Geography Honours students and a few History Honours students discussed the problems faced by them while communicating with Mr. Banerjee offering probable solutions to overcome them. Dr. Lohit Saikia, Associate Professor, Ms. Dipanwita Bora and Ms. Sangita Gogoi, Assistant Professors made value added observations and thanked the Speaker for such a wonderful deliberation. Dr. M. Bagchi concluded the webinar by rendering the vote of thanks.



A Lecture on “Junk Food and Adolescent” on the occasion of National Nutritional Week

Organized by the Department of Home Science, MDKG College

Date: 1st – 7th September, 2019

DEPARTMENT OF HOME SCIENCE

Observation of National Nutritional Week (1st september-7th september)

A lecture on “JUNK FOOD AND ADOLESCENT”

On 4th September, 2019 a lecture was arranged at Home Science Department on junk food and adolescent on the occasion of National Nutritional Week . The lecture was given by our Ex-vice principal Dr. Pallabi Boruah .

NUTRITIOUS BEVERAGE COMPETITION

On 7th sept ,2019| Nutritious Beverage Competition was held in Home Science Department . All three semester had participated on this competition .



**REPORT ON
A PSYCHOLOGICAL COUNSELLING
PROGRAMME**

**WEBINAR ON
MANAGING MENTAL HEALTH DURING THE
COVID-19 PANDEMIC**

**SPEAKER:
DR. BRINDA SHARMA
CLINICAL PSYCHOLOGIST**



**ORGANISED BY:
DEPARTMENT OF GEOGRAPHY
M.D.K.G. COLLEGE, DIBRUGARH, ASSAM
22th JUNE 2020**

ORGANISED BY

**GEOGRAPHY DEPARTMENT,
M.D.K.G.COLLEGE, DIBRUGARH.**

REPORT

Introduction

Human civilisation is facing extraordinary challenges due to COVID-19 pandemic and subsequent nationwide lockdown imposed by countries. In India too a nationwide lockdown was announced from 25th March 2020 as the pandemic began increasing at an alarming rate. This resulted in the closure of educational institutions besides paralysing virtually all economic activity.

Students suffered a great deal due to mental stress of being isolated and the surge of online classes. Physical alienation from peer group and inability to interact among themselves or teachers, insecurities of appearing in examinations triggered a lot anxiety among the student fraternity.

Objective

The Department of Geography of MDKG College felt the necessity to reach out to its departmental students in this hour of crisis when the pandemic was wrecking havoc in physiological and psychological health of the students of the region. With this objective in mind, the department arranged for a webinar on “Managing Mental Health during COVID-19 Pandemic” with the noted Clinical Psychologist, *Dr. Brinda Sharma* as the distinguished speaker.

Participants

The webinar was hosted by Dr. M.Bagchi, Head of the Department in ZOOM platform on 22nd June 2020 from 5.30 PM evening. The link was shared exactly at 5.20 PM and around 78 departmental students joined it. The meeting was attended by Dr. Nibedita Phukan, Principal of the college and the departmental teachers, Dr. Lohit Saikia (Associate Professor), Ms Sangita Gogoi (Assistant Professor) besides the Head.

The Programme

Dr. M. Bagchi welcomed the resource person, Principal, teachers and students participants and elaborated the objectives of the webinar. She introduced the resource person, Dr. Brinda Sharma who has been serving as a Clinical Psychologist for the past 12 years which included serving at the Child Guidance Centre of National Institute of Public Cooperation and Child Development, Guwahati and as an Assistant Professor at Centre for Behavioural Studies in Dibrugarh University. Presently, she is serving from ARUNIT , her centre for psychological management.

Dr. Nibedita Phukan, Principal of MDKG College in her brief speech thanked the Geography Department for such a noble initiative and expressed that the students would surely be benefitted with the counselling programme.

The Deliberation

Dr. Brinda Sharma started her enlightening deliberation along with sharing her PPT and spoke for almost an hour about the stress and anxiety faced by people, especially students due to the ongoing pandemic and lockdown. Thereafter, there was a lively interaction among the students, teachers and the speaker for another hour.

Students' Interaction

Students expressed their insecurities and claustrophobic feeling they were experiencing due to their physical confinement within their houses and asked the Dr. B. Sharma how to manage them. Dr. B. Sharma advised them to busy themselves with some hobbies, reading, meditation, exercise, etc., in order to be physically and mentally motivated. The students gratefully thanked the resource person for her helpful advice. Dr. B.Sharma also informed the students that she would be available over telephone for the students if they required any help later.

Principal and Faculty's words

Dr. Nibedita Phukan (Principal) thanked Dr. B.Sharma for her motivating session and hoped that the students had been greatly benefitted by the deliberation.

Dr. Lohit Saikia, Associate Professor of the department expressed his gratitude to the resource person and said that in such a critical hour where students and teachers are grappling with pros and cons of online classes and uncertain future, the deliberation of the resource person had proved very refreshing and encouraging.

Ms. Sangita Gogoi Assistant Professor of the department sharing her recent experience of an acquaintance who had been mentally stressed due to the pandemic and had contemplated suicide said that the webinar had been indeed well timed and needful as the students were feeling isolated.

Concluding words by the Head of Geography Department

Dr. M. Bagchi, Head of the department thanked the Principal for her gracious and motivating presence in the webinar at such a short notice. She rendered her heartfelt thanks to Dr. Brinda Sharma for an enlightening and motivating deliberation. She mentioned that Dr. B.Sharma's friendly approach towards the students had indeed helped them to speak up their problems and ask questions. She thanked Dr. Lohit Saikia for his overwhelming support and needful advice and Ms. Sangita Gogoi for her active co-operation in the webinar. Lastly, she thanked the students who had patiently participated in the webinar inspite of some facing network issues and actively interacting with the resource person with their endless queries, a testimony of the webinar being highly successful.

She requested the students to fill up and submit a webinar Feedback Form whose she had shared shortly.

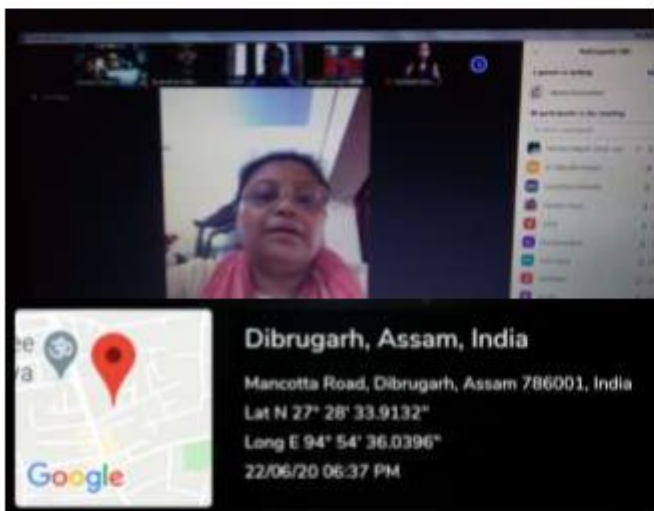
CAPTURED MOMENTS OF THE WEBINAR



Dr. Brinda Sharma, the distinguished speaker



Some of the participants



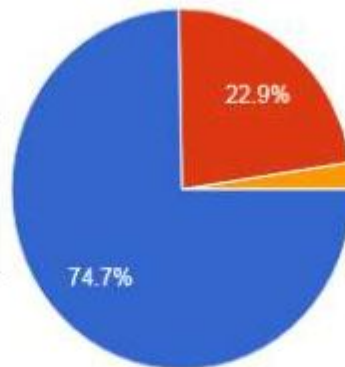
Dr. Nibedita Phukan, Principal of MDKG College sharing her views



Students interacting with the speaker

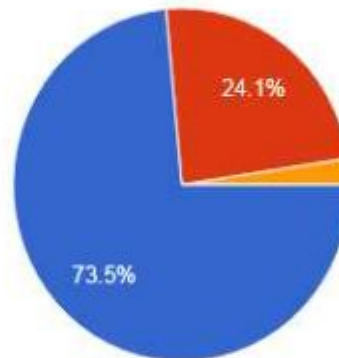
ANALYSIS OF FEEDBACK RECEIVED FROM STUDENTS ABOUT THE THE WEBINAR

1. How satisfied were you with the content of the webinar?



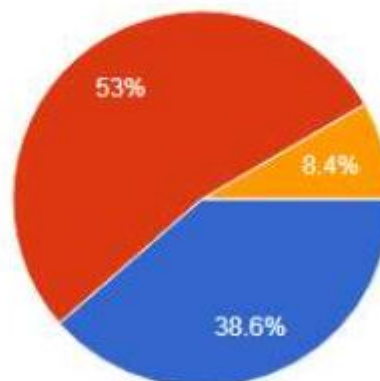
● Very much
● Good
● Average
● Not satisfied

2. How satisfied were you with the queries and discussions ?



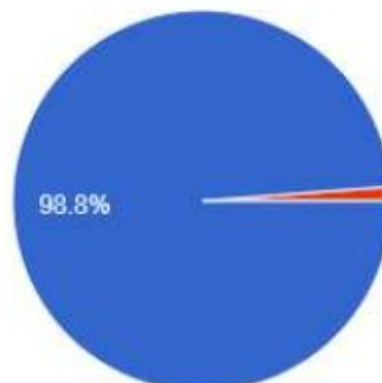
● Very much
● Good
● Average
● Not satisfied

3. How relevant were they to your personal goal of attending the webinar?



● Very high
● High
● Moderate
● Low

4. Would you like the department to organise such webinars/ talks in future?



● Yes
● No

COMMENTS OF STUDENT PARTICIPANTS ON THE WEBINAR

PUSPA SHARMA

The webinar really helped solving all dots which was in my mind. Thank you mam for conducting this webinar , it is an big motivating factor for our department and special thanks to miss brindha baruah sharma mam for giving her valuable time to us. We look forward for more such webinar.

Purabi Talukdar

অশেষ ধন্যবাদ maam আজি ইমান গুৰুত্বপূৰ্ণ webinar খন পতাৰ বাবে। বৰ্তমান সময়ত বিশেষকৈ আমাৰ বয়সৰ লৰা ছোৱালীসমূহে অতি সহজে মানসিক ভাবে ভাগি পৰা দেখা যায়। আৰু বৰ্তমান দেশৰ যি পৰিস্থিতি সেইসময়ত বহুতো negative চিন্তাধাৰা আহি থাকে। আজি dr. Brinda maam এ সহজভাৱে ইমান ধুনীয়াকৈ কথা বোৰ বুজালে যে আমি সঁচাকৈ বহুত উপকৃত হৈছোঁ। মোৰ মনত চলি থকা বহুত প্ৰশ্নৰ উত্তৰো সহজে পালোঁ। শেষত ভূগোল বিভাগ ,সন্মানীয় শিক্ষাগুৰু আৰু ডঃ brinda maam ক অশেষ ধন্যবাদ থাকিল।

Sangeeta Barua

সঁচাকৈয়ে আজিৰ webinar খনৰ পৰা বহুত উপকৃত হ'লো | আমি সাধাৰণতেই সন্মুখীন হৈ থকা বিভিন্ন মানসিক সমস্যা সমূহৰ সমাধান পাই ভাল লাগিল | কথাখিনীয়ে আমাক বহু ক্ষেত্ৰত হয়তো সাহস যোগাব। অশেষ ধন্যবাদ ma'am ইমান এটা সুন্দৰ পদক্ষেপ লোৱাৰ বাবে |

Gitirima Gogoi

Depression really becomes a common problem now a days but to get rid of it our society is lacking counselling as a result the ratio has been increasing with the passing of time. Today's Webinar was such a motivational and inspirational seminar that I was fully counselled through it. It removed completely the other side of my sub conscious mind and energized me to love my life and my works.... Thanks ma'am for being a part of today's webinar.

Mandira Sonowal

I would like to thank the entire Geography department for inviting such an inspiring lady Dr Brinda Sharma ma'am. It was very interesting to hear about mental health from her. Thank you madam Bagchi for organizing the webinar so well even after having poor network connection and for truly a memorable evening. I am proud of being a part of the department.

Rimpi Gogoi

ধন্যবাদ আপোনালোকৰ এই webinar খনৰ জৰিয়তে বহু উপকৃত হলো | জীৱন যুগত আগবাঢ়ি যোৱাৰ ক্ষেত্ৰত বহুত সাহস আৰু প্ৰেৰণা পালো | আশা কৰো আপোনালোকে সদায় এনেকৈয়ে আমাক উৎসাহ আৰু প্ৰেৰণা যোগায় যায় যেন ||

Niha Dadhara

Webinar খন খুব প্ৰয়োজনীয় আছিল, কিছুমান mental problems ৰ reason and solution জনা নাছিলো..সেইবোৰৰ জ্ঞান লাভ কৰি তেনে ভাৱ হৈছে যে career and future লগত জৰিত আমি Bhut Katha janibo parilu

Mridusmita Kotoky

Hosakoia aji webinar khnr pora bohu upokrito holu .bortamn homoiyot jibont bohutu problem ahi pora.hai hokolu buror lgt knke honmukhin hobo paru tar bohu gyan LV korilu . Hosakoia geographynt student hisape aji moi proud feel korisu.

Rikhita Saikia7:48 AM

Ma'am আপোনাক অশেষ ধন্যবাদ জ্ঞাপন কৰিলো এনেকোৱা এটা webinar অনুষ্ঠিত কৰাৰ বাবে | মোৰ ..নেটৱৰ্কৰ অসুবিধা হোৱাৰ বাবে মই Dr.Brinda ma'am যে কোৱা সকলোবোৰ কথা শুনিব নোৱাৰিলো যদিও যিবোৰ কথা আৰু ...সকলোকে দিয়া পৰামৰ্শবোৰ ..শুনিলো ...আৰু...মইও বহু উপকৃত হ'লো সেই পৰামৰ্শবোৰৰ পৰা .সেয়ে মই Dr Brinda ma'am ক ধন্যবাদ জ্ঞাপন কৰিছো আমাক তেও তেখেতৰ অকনমান সময় আমাক দি যিবোৰ জ্ঞান দিলে | আৰু আগলৈও যাতে এনেকোৱা অনুষ্ঠান অনুষ্ঠিত হৈ থাকে |

Risha Hazarika7:55 AM

সন্মানীয় শিক্ষাগুৰু আৰু Dr. Brinda Ma'am'k অশেষ ধন্যবাদ | এই অনুষ্ঠানৰ জৰিয়তে সঁচাকৈয়ে বহুখিনি উপকৃত হ'লো, লগতে জীৱন যুগত আগুৱাই যাবলৈ উৎসাহ পালো | নিজকে বুজি পোৱা যেন অনুভৱ হ'ল কিয়নো তাত উত্থাপন

কৰা কেবাটাও প্ৰশ্ন মোৰ জীৱনত খাপ খাই গতিকে উত্তৰ সমূহ পাই মই সুখী। আগলুক সময়তো এনেধৰণৰ অনুষ্ঠানৰ জৰিয়তে উৎসাহ আৰু প্ৰেৰণা পাম বুলি আশা ৰাখিলোঁ।

Leeja Gogoi 7:59 AM

Ma'am, the webinar was very helpful for me. We know that our mind is so much important, as it controls the body..so it is very necessary to keep it positive or else we get hooked up with unnecessary thought which further leads to depression, anxiety, fear etc..Dr. Brinda Ma'am taught us how to bring small positive changes in our daily activities to overcome negativity and make our life more mindful with better living.. I also learned that a purposeful life leads to a healthier and happier life, for which we need to get connect with ourselves to bring up our best selves...

Divya Singh 8:11 AM

I feel myself lucky to be the student of Geography department where our teachers are so caring and helpful not only in our studies but also in other matters. I take this platform to thank our teachers and our guest speaker Dr. Brinda maam , the session was really helpful for me as well as for whole department. In this time many things are revolving in our mind, we are always in dilemma what is right n what is wrong, such sessions helps us to check on our ownself, which we rarely do .so i think such session should be conducted again n if it is possible it should be continued after the pandemic , because we all humans need maintenance of our mental health.

Himashree Mishra 8:14 AM

Webinar khnr ayujon korar babe Ma'am apunak, sirk aru Sangita ma'am loi okhekh dhanyabad jonaisu aru logote ai webinar khn hofol huat ekmatro aru ati gurutto purno abodan agbohuar babe Dr.Brinda ma'am k bohot dhoinyo bad jonaisu... Webinar khn amar doinindin jibonr logot bohu khetrot jorito asil babe bihu kotha hikilu... Tare kisu nam kotha moi bhabi boi pora nasilu... Jene- anor pora nijei bisora dhoronei jikunu eta kothar reaction pam buli akha kora tu.....ai kotha tue hosa koiei muk bohot apluto korise...moi ai kotha tu ketiau bhabiei puan asilu babe hoitu aiporjonto moi enekua ejon manuhoru nam lobo nuaru jak hokolu kotha kou ba kobo paru..... Aitu matro eta udahorn he..ene dhonor an bohot kotha aje ji bur ma'am e bhal dore bujai dile aru jie hosakoiei amak hohai koribo....ako kobo bisarim ma'am jitu huk un huk r kotha koisil... Moi bhabu mur enekua bohot kotha ase jitur pora moi unhuk hobo pora nai ba moi sestau kora nasilu .. Jene recently SSR or mritu t moi hosakoei bohot dukh paisilu aru last one week r pora moi tar etau news bad dibo pora nai... Hoi moi ai kotha tut huk hoi asu buli kobo bisaru.. Kintu kali ma'am kotha bur huni ene lagise jen moi u overcome koribo lage aru moi koribo parim... Hekhot kobo bisarisu ma'am apunalukor kotha... Apunalukor nisina ejon ejon teacheror jie studentr kebol academic dikh tur kotha ei sinta nokori teulukor hokolu dhonor (mental, emotional) bikakh huar uporot gurutto dise aru amar babe eta eman dhunia plateform creat korise jot ami amar homoissya burur homadhan bisari paisu.tene keijon man teacheror student huatu mur babe hosakoiei bohot hobhagyor kotha .

KAKOLI DUTTA 8:25 AM

An optimistic attitude is the practice of focusing on the good in any given situation.....Thank you for everything you have done. Thank you ma'am for conducting this webinar. It's really a positive change to everyone's life.

Rimpee Bakalial 8:40 AM

প্ৰথমে আপোনালোক সকলোলৈ ধন্যবাদ জনাইছো। মানসিক সমস্যা আৰু ইয়াৰ সমাধান সম্পৰ্কে মাজে সময়ে আলোচনাৰ খুবেই জৰুৰী কিয়নো বৰ্তমান সময়ত আমাৰ সমবয়সীয়া প্ৰায়বোৰ লৰা ছোৱালী কিছুমান মানসিক অশান্তি বা সমস্যাত ভোগা দেখা যায়। কালি অনুষ্ঠিত webinar খনৰ জৰিয়তে এনে সমস্যাৰ কাৰণ তথা সমাধানৰ সম্পৰ্কে বহু কথাই জানিব পাৰিলো। ভৱিষ্যতেও এনেধৰণৰ অনুষ্ঠান অনুষ্ঠিত কৰি আমাক উপকৃত কৰিব বুলি আশা কৰিলো।

namita gogoi 8:52 AM

Thank you so much ma'am for organizing the webinar and it was my pleasure to a part of this webinar. As we known that it was on mental health issues depression, overthinking etc and on this note Dr.Brinda ma'am explain how to overcome with negative impact for living a better life with positivity And its was motivational webinar for all of us. thank you ma'am for conducting this webinar

ডিব্ৰুগড়ৰ কানৈ মহাবিদ্যালয়ত অনলাইন আলোচনা-চক্ৰ

নিম্নমীমা বাৰ্তা, লাহোৰাল, ২৭ জুন : মহামাৰী ক'ৰোনা ভাইৰাছৰ পৰিপ্ৰেক্ষিতত দেশৰ প্ৰায় সকলো ঠাইতে শ্ৰেণীকোঠাৰ পাঠদান ব্যৱস্থা বন্ধ হৈ থকাৰ মাজত অনলাইন ব্যৱস্থাবে ডিব্ৰুগড়ৰ মনোহাৰী দেৱী কানৈ মহাবিদ্যালয়ৰ ভূগোল বিভাগৰ উদ্যোগত ২২ জুনত সফলভাৱে ৰূপায়ণ হয় এক অনলাইন আলোচনা-চক্ৰ। বিভাগটোৰ স্নাতক শ্ৰেণীৰ ২য়, ৪র্থ আৰু ৬ষ্ঠ বাৰ্ষিক শ্ৰেণীৰ প্ৰধান বিষয়ৰ ছাত্ৰীসকলক লৈ আয়োজন হোৱা অদৃশ্যমান (virtual) আলোচনা-চক্ৰখন সোমবাৰে মহাবিদ্যালয়খনৰ ভূগোল বিভাগৰ মুৰব্বী অধ্যাপক ড° মৌটুচি বাগ্‌চীৰ পৰিচালনাত সম্পন্ন হয়। মহাবিদ্যালয়খনৰ অধ্যক্ষ ড° নিবেদিতা ফুকনে সন্মানীয় অতিথি হিচাপে অংশগ্ৰহণ কৰি ছাত্ৰীসকলক উদ্দেশ্যি এক উত্থাপনামূলক বক্তব্য প্ৰদান কৰাৰ লগতে ভূগোল বিভাগৰ উদ্যোগৰ শলাগ লয়। 'ক'ভিড-১৯-অতিমাৰীৰ ব্যাহত জনজীৱনৰ সময়ছোৱাত মানসিক স্বাস্থ্যৰ ব্যৱস্থাপনা শীৰ্ষক বক্তব্য প্ৰদান কৰে মনোবিজ্ঞানী ড° বৃন্দা বৰুৱাই। অনুষ্ঠানত অংশগ্ৰহণ কৰি বিভাগটোৰ এগৰাকী অধ্যাপক ড° লোহিত শইকীয়াই ছাত্ৰীসকলক এনে ভাৱেৰ সময়খিনিত পৰিবেশ-অনুকূল অভ্যাস গঢ়ি তুলি সময়খিনি আওঁৱৰাই নিবলৈ আহ্বান জনায়। অসম তথা অৰুণাচলৰ মুঠ প্ৰায় শতাধিক ছাত্ৰীৰ অংশগ্ৰহণেৰে শ্ৰেণীকোঠাৰ পৰিমাি ভাঙি জীপাল হৈ পৰা অনলাইন আলোচনা-চক্ৰখনত মনোবিজ্ঞানী গৰাকীয়ে উৎসুক ছাত্ৰীসকলে কৰা প্ৰশ্নৰো আকৰ্ষণীয় উত্তৰ দিয়ে।

আলোচনা-চক্ৰ সম্পন্ন

লাহোৰাল : নিজা সংবাদদাতা, ৩০ জুন : ডিব্ৰুগড়ৰ মনোহাৰী দেৱী কানৈ মহিলা মহাবিদ্যালয়ৰ ভূগোল বিভাগৰ উদ্যোগত এক অনলাইন আলোচনা-চক্ৰ অনুষ্ঠিত হয়। বিভাগটোৰ স্নাতক শ্ৰেণীৰ দ্বিতীয়, চতুৰ্থ আৰু ষষ্ঠ বাৰ্ষিক শ্ৰেণীৰ প্ৰধান বিষয়ৰ ছাত্ৰীসকলক লৈ আয়োজন হোৱা আলোচনা-চক্ৰখন মহাবিদ্যালয়খনৰ ভূগোল বিভাগৰ মুৰব্বী অধ্যাপক ড° মৌটুচি বাগ্‌চীৰ পৰিচালনাত সম্পন্ন হয়। মহাবিদ্যালয়খনৰ অধ্যক্ষ ড° নিবেদিতা ফুকনে সন্মানীয় অতিথি হিচাপে উপস্থিত থাকে। তদুপৰি ড° বৃন্দা বৰুৱা শৰ্মা, ড° লোহিত শইকীয়ায়ো বক্তব্য ৰাখে।

PRESS RELEASE BY: DR. LOHIT SAIKIA

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A talk cum interactive session on 'How to present before interviewer: Dress up matters'

Date: 27/08/2019

A talk cum interactive session on 'How to present before interviewer: Dress up matters' was organized in the department of Philosophy on 27.8.2019. Resource Person for the programme was Dr. Mandira Barthakur Saikia, Assistant Professor Department of Home Science of MDKG College.



Dr.Mandira Borthakur Saikia with Students

An Awareness programme on 'Psychological Counseling for Adult Girls and Counter Stress Management'

Organized by Department of Philosophy, MDKG College

Date: 06/03/2019

An awareness and psychological counseling session was organized by the Department of philosophy on 06/03/2019. The Target group of the session was students of even semesters of the Philosophy department. Dr. Sangeeta Saikia, Assistant Professor of Home Science department of MDKG College served as a resource person. The session was interactive and ended with the collection of feedback from students. Total 22 students participated in the programme.



Dr.Sangeeta Saikia with students in the awareness programme.