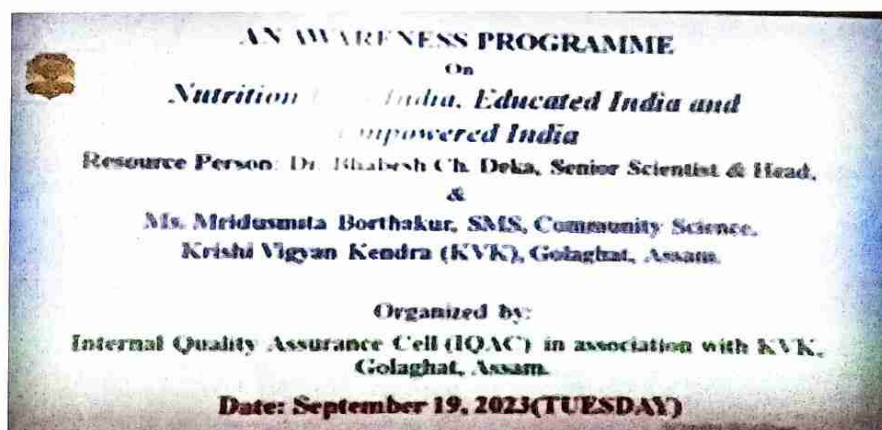


3.4.3 (2023-2024)

Daylong workshop on Nutrition India, Educated India and Empowered India

On September 19, 2023 the IQAC conducted a significant workshop at Mahendra Nath Memorial, focusing on Nutrition India, Educated India, and Empowered India. The event aimed to address pressing issues related to nutrition, education, and empowerment in India. Mrs. Mridusmita Borthakur, a Subject Matter Specialist (SMS) from Krishi Vigyan Kendra (KVK), Golaghat, Assam, participated as a Resource Person, sharing her expertise and insights on these vital subjects. Mrs. Borthakur highlighted the importance of nutrition in enhancing the overall health and productivity of communities. She extensively touched upon the issue of malnutrition in India and the world in general, particularly among children and women in rural areas. She laid emphasis on promoting kitchen gardens and local agricultural practices that can enhance food security and nutrition. Highlighting the need for educational campaigns to raise awareness about balanced diets, micronutrients, and the benefits of consuming locally sourced foods, Mrs. Borthakur stressed the need for equitable access to education, particularly for girls and marginalized communities. The workshop concluded with an interactive session where participants shared their experiences and challenges related to nutrition, education, and empowerment.

Snapshot of the Daylong Workshop on 19th Sep, 2023



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Food Mela Cum Entrepreneurship Development Programme among students of Different Departments

Kamargaon College, Golaghat, Assam hosted a Food Mela Cum Entrepreneurship Development Programme on October 10, 2023. The programme aimed at fostering entrepreneurial skills among students while promoting ethnic food. This initiative was part of the college's commitment to enhance students' understanding of entrepreneurship and to celebrate the rich culinary heritage of the region. The primary objectives of the event were to encourage entrepreneurship among students and promote the diversity and richness of ethnic foods. Through the programme, efforts were made to provide a platform for students to showcase their culinary skills and entrepreneurial ideas. The programme featured esteemed resource persons: **Mrs. Mridusmita Borthakur** and **Dr. Bhoirab Gogoi**, both Subject Matter Specialists (SMS) from KVK, Golaghat. **Dr. Bhabesh Chandra Deka**, Head of KVK and Associate Professor, who provided insights into agricultural practices and sustainable entrepreneurship. The programme commenced with an inaugural speech that highlighted the importance of entrepreneurship in today's economy and the role of ethnic food in promoting cultural heritage. Students from different departments set up stalls showcasing a variety of ethnic dishes, reflecting the culinary diversity of Assam. This not only provided students with practical experience in managing a food business but also attracted visitors from the college and the local community. The resource persons visited each stall of the departments and gave their valuable feedback. At the conclusion of the event, awards were given to the best food stalls and innovative business ideas, encouraging students to pursue their entrepreneurial dreams. The IQAC, Kamargaon College extends its gratitude to all participants, resource persons, and volunteers who contributed to the successful organization of this event. The college looks forward to hosting more such initiatives in the future to further promote entrepreneurship and cultural heritage

Snapshot of Food Mela Cum Entrepreneurship Development on 10th Oct, 2023

👁️ বিশ্ব খাদ্য দিৱস (World Food Day)ৰ সৈতে সংগতি ৰাখি 👁️
কমাৰগাঁও মহাবিদ্যালয়ৰ আভ্যন্তৰীণ মান নিৰূপন কোষ (IQAC)ৰ উদ্যোগত
খলুৱা খাদ্য প্ৰদৰ্শন তথা উদ্যোগী বিকশীকৰণ
(Food Mela cum Entrepreneurship Development)
তাৰিখঃ ১৬-১০-২০২৩ (সোমবাৰ)
Date: 16-10-2023 (Monday)
স্থানঃ কমাৰগাঁও মহাবিদ্যালয়
Venue: Kamargaon College
সমূহ ৰহিভক নিমন্ত্ৰণ জনালোঁ।



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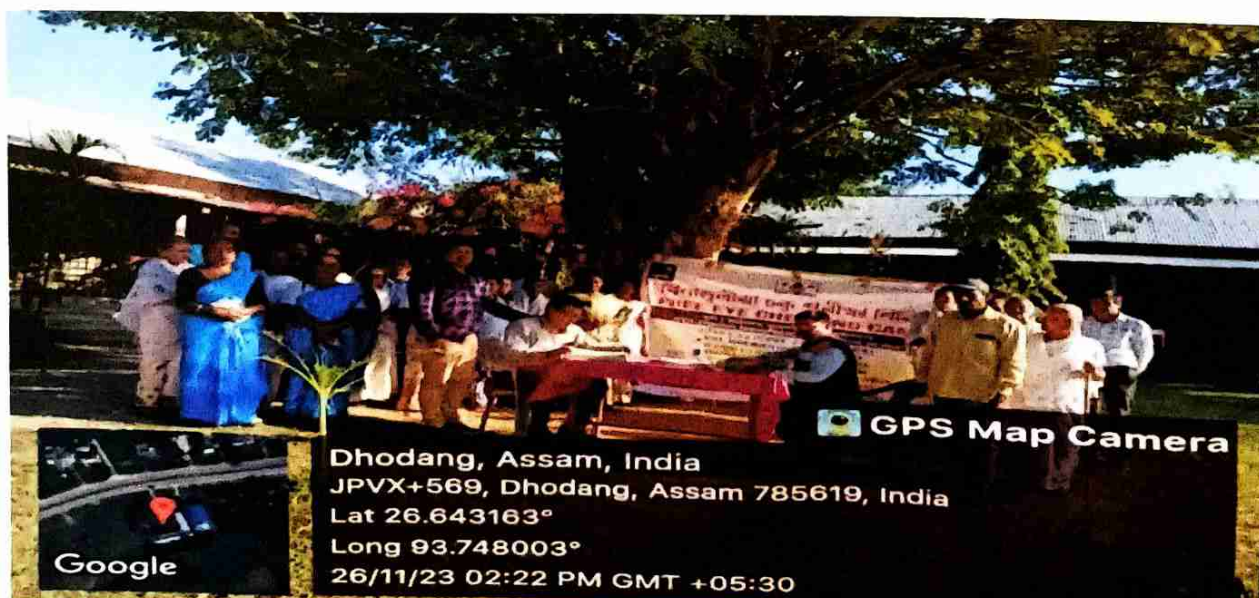
Free Eye Checking Camp for People of the entire Kamargaon Locality

A Free Eye Checking Camp was held on November 26, 2023, at Gyanydoy High School, Kamargaon, to provide free eye care services to the local community. The program was organized by the Internal Quality Assurance Cell (IQAC) in collaboration with Lions Eye Hospital, Jorhat, and VKNRL, Golaghat. The camp aimed to raise awareness about eye health and offer free eye checks to residents of Kamargaon.

A total of 154 participants attended the camp, where they received comprehensive eye exams conducted by expert ophthalmologists. Participants were also provided with advice on eye care and preventive measures. Those requiring further treatment or spectacles were referred to the Lions Eye Hospital.

The event was a significant in promoting health awareness and providing essential services to the community. Organizers expressed gratitude to all partners and volunteers who made the camp a valuable initiative for the people of Kamargaon.


Snapshot of Free Eye Checking Camp on 26th Nov, 2023



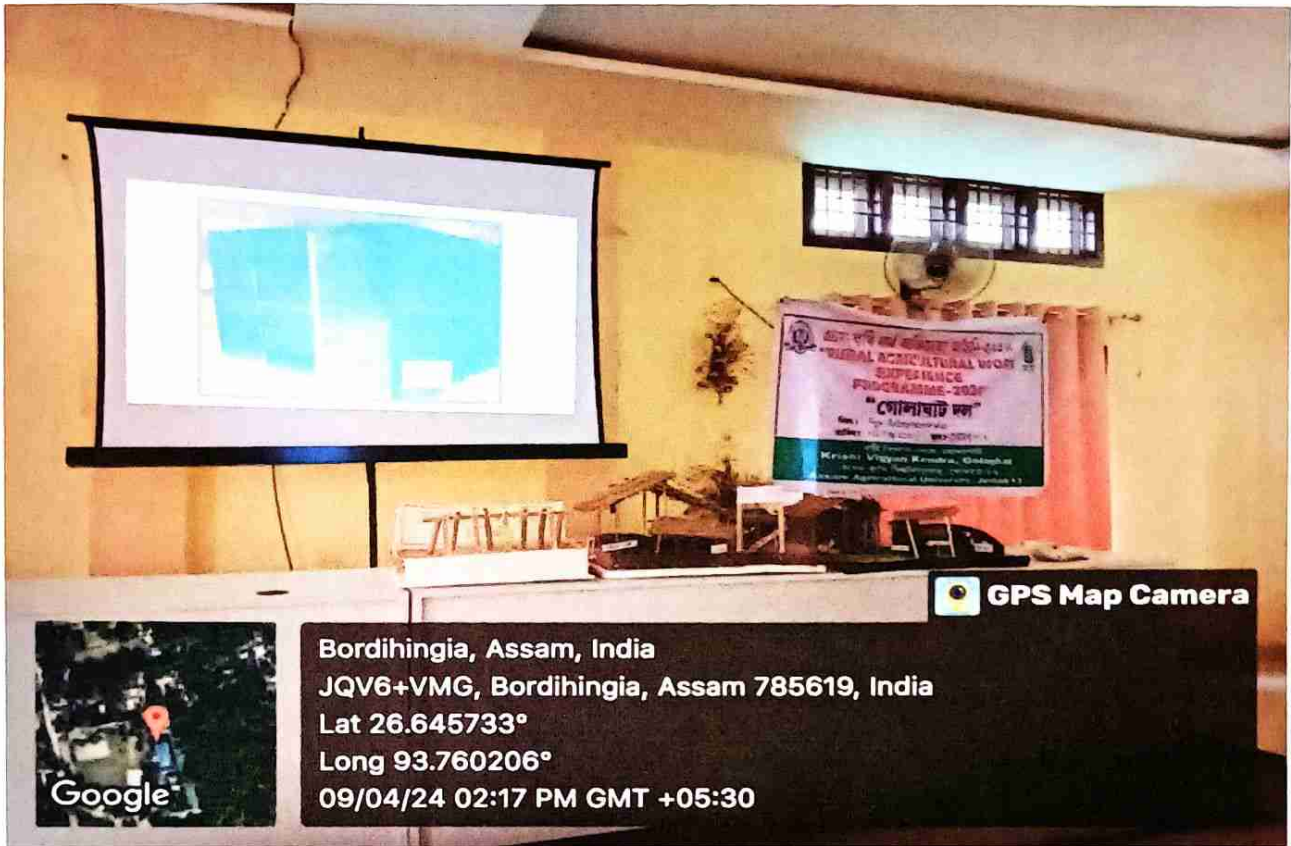
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Workshop on Vermi Compost and Mushroom Development

On April 9, 2024, Kamargaon College organized a daylong workshop focused on Vermi Composting and Mushroom Development. This event aimed to enhance students' understanding of sustainable agricultural practices and promote innovative farming techniques. The workshop featured resource persons who are 6th-semester B.Sc. Agriculture students from Assam Agriculture University, Jorhat. The workshop focused on educating participants about the principles and practices of vermicomposting, introducing the techniques of mushroom cultivation as an alternative source of income and encouraging sustainable agricultural practices among students and the local farming community. The workshop commenced with an introductory session highlighting the importance of organic farming and waste management. The resource persons presented detailed insights into Vermicomposting and explained in detail vermicomposting process and its benefits for soil health. They also arranged demonstration of the materials required for setting up a vermicompost system and initiated Hands-on activity where participants engaged in creating small-scale vermicompost bins. Further, they discussed in detail about Mushroom Development and gave an overview of various mushroom species suitable for cultivation, with a focus on oyster and button mushrooms. They provided step-by-step guidance on the mushroom growing process, including substrate preparation, inoculation, and harvesting. Discussions were held on the nutritional benefits of mushrooms and their role in enhancing food security. The workshop was highly interactive, with participants encouraged to ask questions and share their experiences related to composting and mushroom cultivation. Group discussions facilitated knowledge sharing and stimulated interest in these sustainable practices. Thus, the workshop on Vermi Compost and Mushroom Development successfully provided valuable insights into sustainable agricultural practices. The participation of 74 students and other attendees from AAU not only enhanced the learning experience but also fostered a sense of community among aspiring agricultural professionals. The event concluded with a vote of thanks from the organizers, expressing gratitude to the resource persons and participants for their active involvement.

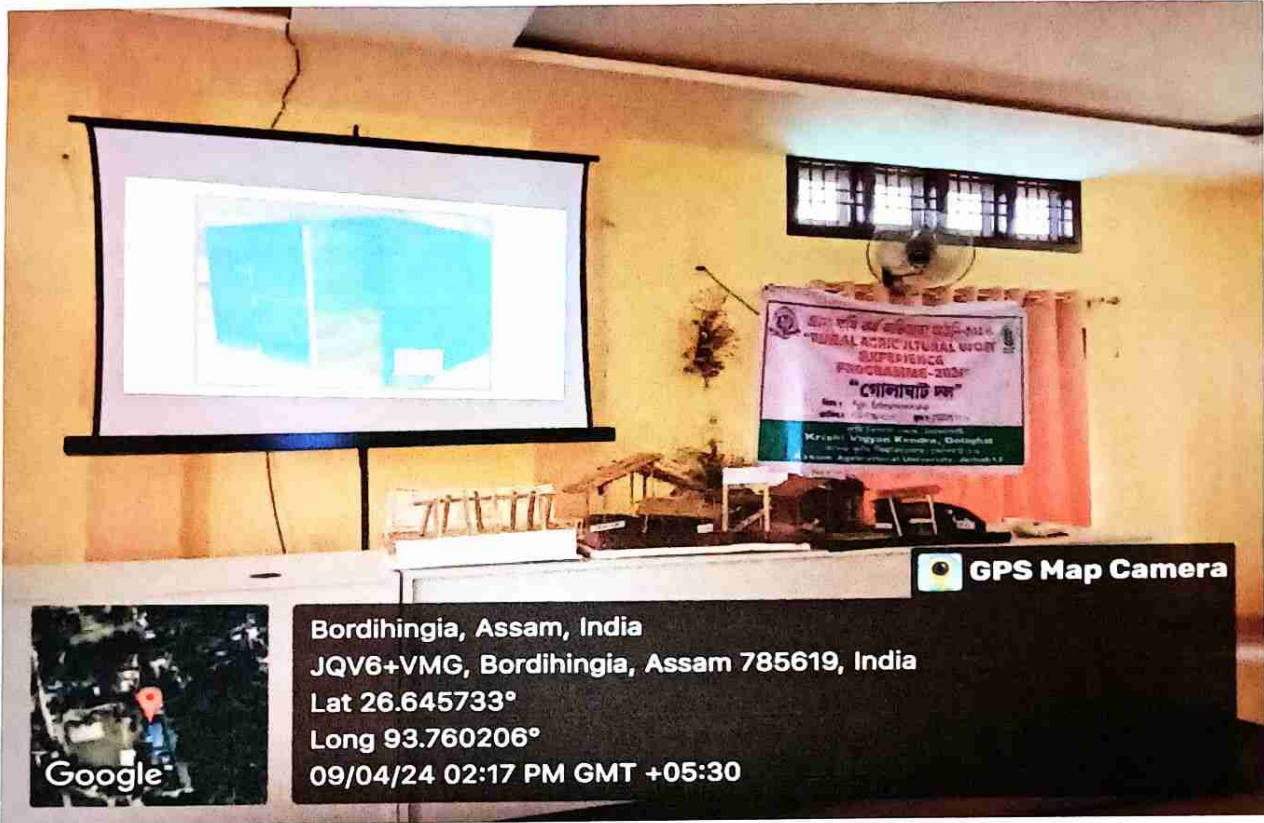

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Snapshot of Workshop on Vermi Compost and Mushroom Development on 9th April, 2024



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**Snapshot of Workshop on Vermi Compost and Mushroom Development on
9th April, 2024**



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Celebration and plantation on the occasion of World Environment Day in the College Campus and in Panidihingia L.P School

On June 5, 2024, World Environment Day was celebrated by the NSS (National Service Scheme) and IQAC (Internal Quality Assurance Cell) of the college, with a special focus on raising awareness about environmental sustainability and promoting tree plantation.

The day began with an opening ceremony in the college campus, where the Chief Guest, along with faculty members and student volunteers, highlighted the importance of protecting the environment. The theme for this year's celebration was "Revitalize Our Ecosystems," which resonated with the growing global concern about climate change and habitat loss.

Following the inaugural address, a tree plantation drive was organized. A total of 50 saplings, including fruit-bearing and medicinal plants, were planted in designated areas of the campus. The participants, including students and staff members, actively participated in planting the saplings, each of which was carefully nurtured with water and labelled for easy identification.

In the afternoon, a group of 40 NSS volunteers and faculty members travelled to Panidihingia L.P. School, where they conducted a similar plantation activity. The school students, along with the volunteers, planted 30 saplings in the school grounds, engaging in an informative session about the significance of trees in maintaining ecological balance.

Both events were aimed at fostering a sense of environmental responsibility among the participants. The plantation activities not only contributed to the green cover of the area but also served as a reminder of the importance of collective action in the fight against climate change.

Snapshot of Plantation Programme on 19th Sep, 2023



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Free Health Camp at Goroimari High School for the people of the greater Kamargaon College

A Free Health Camp was successfully organized on June 6, 2024, at Goroimari High School for the people of the greater Kamargaon College area. The event was jointly organized by the Internal Quality Assurance Cell (IQAC) and the National Service Scheme (NSS) unit of Kamargaon College, in association with VKNRL, Golaghat.

The primary objective of the health camp was to provide free healthcare services and raise awareness about various health issues in the community. A total of 160 participants from nearby villages attended the camp, availing of free medical checkups and consultations. The camp featured a team of qualified doctors and healthcare professionals who conducted general health assessments, including blood pressure monitoring, blood sugar testing, and general health counselling.

In addition to basic health services, the camp also focused on spreading awareness regarding preventive healthcare, sanitation, and nutrition. Medicines were provided free of charge to those who required them, and health-related pamphlets and educational materials were distributed to the participants.

VKNRL, Golaghat, contributed significantly to the success of the event by providing medical supplies and logistical support. The organizing team ensured smooth coordination, with volunteers from the NSS unit assisting in managing the crowd, registering participants, and guiding them through various health check-up stations.

The camp was highly appreciated by the local community, with many participants expressing gratitude for the free medical services and the opportunity to receive timely health interventions. The event not only served the immediate health needs of the population but also helped in fostering a sense of social responsibility and community well-being.

Snapshot of Free Health Camp on 6th June, 2024



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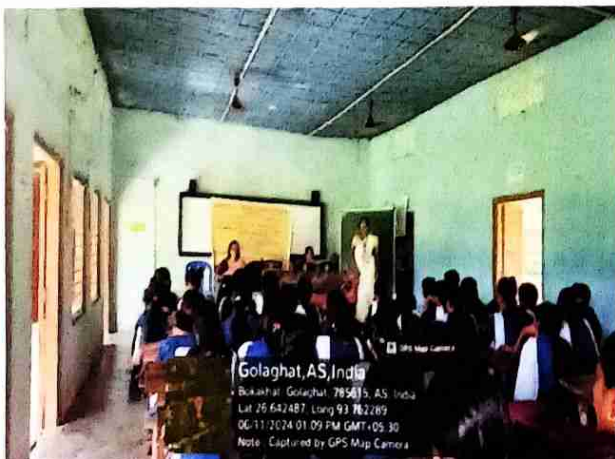
Awareness cum Sensitization Programme on Girl Child and Physical Changes during Adolescence & Sexual Harassment and Legal provisions

The Women Cell and the IQAC organised a workshop on *Girl Child and Physical Changes during Adolescence & Sexual Harassment and Legal provisions* on June 11, 2024 at Kamargaon Girls' High School, Golaghat. Focusing on critical issues affecting girl children, the event aimed to educate participants about the physical changes during adolescence and raise awareness about sexual harassment, alongside discussing relevant legal provisions. The basic objectives of the workshop were to inform students about the physical changes occurring during adolescence, discuss the implications of these changes in the context of personal health and social interactions and raise awareness about sexual harassment and empower students with knowledge of their legal rights. The workshop began with an introductory address by the organizers, highlighting the importance of understanding both physical and emotional changes during adolescence. In Session 1 on *Physical Changes During Adolescence*

Mrs. Ankita Kalita led the first session, discussing the biological changes that occur during puberty, emotional and psychological aspects of adolescence and the significance of self-care and health awareness during this transformative period. Interactive activities included Q&A sessions where students expressed their concerns and shared experiences, fostering a supportive environment. In session 2 on *Sexual Harassment and Legal Provisions* Ms. Shamima Khanom Juna facilitated the second session, which covered definitions and examples of sexual harassment, the impact of harassment on mental health and educational pursuits and legal rights and provisions available to victims of sexual harassment, including relevant laws and support systems. The session encouraged students to speak up against harassment and provided practical advice on how to seek help. The workshop was well-received, with active participation from students. Many expressed gratitude for the information shared, noting that it empowered them to understand and navigate their adolescent years more confidently. The resource persons emphasized the importance of open communication with trusted adults regarding any issues faced. The workshop, in short, provided valuable insights into both the physical and emotional aspects of adolescence while addressing the pressing issue of sexual harassment. The collaboration between Kamargaon College and Kamargaon Girls' High School proved effective in fostering a safe and informative environment for young girls.

Snapshot of the Awareness Cum sensitization Programme on 11th

June, 2024



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Awareness cum Sensitizing programme on Menstrual Hygiene and Girl Child at Mohuramukh High School

A workshop cum awareness programme on *menstrual hygiene* was conducted at Mohuramukh Higher Secondary School in Golaghat on June 15, 2024. The workshop was organized by the Women Cell in collaboration with the Internal Quality Assurance Cell (IQAC). The workshop aimed to educate and empower girl students about menstrual hygiene, break taboos surrounding menstruation, and promote health awareness. Through the workshop cum awareness programme, efforts were made to provide information on menstrual hygiene management, raise awareness about the importance of menstrual health, discuss myths and misconceptions related to menstruation and equip students with practical knowledge and skills for maintaining menstrual hygiene. The workshop was attended by 435 students from various grades, along with faculty members and representatives from the Women Cell and IQAC. In the inaugural session, Principal of Mohuramukh Higher Secondary School spoke briefly about the workshop and welcomed the Resource Persons namely Mrs. Mousumi Sinha, specialist for Mental Health, VKNRL, Golaghat and Dr. Karabi Saikia, doctor, VKNRL, Golaghat. The workshop included Presentation on menstrual hygiene, covering topics such as the menstrual cycle, hygiene practices, and the use of menstrual products and discussions of common myths and cultural stigmas associated with menstruation were held in the workshop. The event also comprised a practical demonstration on the use of sanitary products, including pads and menstrual cups. In the Q & A session, students raised queries related to menstrual hygiene, asked questions and shared their experiences. The workshop fostered an environment where students felt comfortable discussing menstruation and related issues and the participants gained a better understanding of the importance of maintaining menstrual hygiene for their health and well-being. It also helped in increasing awareness of the societal taboos and challenges faced by girls during menstruation and encouraging students to advocate for change. At the end of the workshop, Participants expressed gratitude for the knowledge shared and appreciated the opportunity to discuss issues that are often considered taboo. Many participants indicated a desire for follow-up sessions to further explore women's health topics.

Snapshot : Awareness Cum sensitization Programme on 15th June,

2024



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Plantation Programme on Amrit Brikkha Andolan, Govt. of Assam

Kamargaon College, in collaboration with the NSS Unit and the Internal Quality Assurance Cell (IQAC), organized a plantation drive on September 19, 2023, under the **Amrit Brikkha Andolan** initiative, a govt. of Assam mission aimed at environmental sustainability and enhancing greenery across the country. The programme, held on the college campus, witnessed active participation from students, faculty members, and local community volunteers.

The event was organized in line with the Government of Assam's efforts to promote environmental conservation and increase the state's green cover. The plantation drive aimed to encourage students and faculty to engage in eco-friendly activities and contribute to the fight against climate change.

The event began with an informative session led by the coordinator of the NSS Unit, who emphasized the significance of planting trees, maintaining biodiversity, and ensuring ecological balance. The Principal of Kamargaon College, in his opening address, highlighted the role of educational institutions in promoting environmental consciousness and their responsibility in shaping a sustainable future for coming generations.

Over 20 saplings of various local species, including medicinal plants and fruit-bearing trees, were planted by the participants. The college campus was selected as a prime location for the drive to enhance its greenery and provide a clean, fresh atmosphere for both students and staff.

The event was concluded with a pledge to take collective action for protecting the environment and preserving nature. Participants expressed their commitment to nurturing the planted saplings and ensuring their growth. The successful event helped raise awareness about environmental preservation and contributed to the larger vision of creating a greener, healthier planet.

Snapshot of Amrit Brikkha Andolan on 19th Sept, 2023



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