

**Reports of Extension activities sensitising students and neighbourhood communities to social issues
for holistic development for last five years**

Report on International Yoga Day

Dated 21/06/2017

International Yoga Day was observed in a solemn atmosphere in the early morning in the college auditorium on 21st June, 2017. Ms Deepmala Paul, Assistant Professor in the department of Commerce and a trained Yoga enthusiast as well demonstrated Yoga *asanas* and *pranayams*. Teachers and students present there followed her with much interest and vigour. She explained the function and benefits of each body posture that confirmed a peace of mind. The event continued for one hour.





Sd/-
G.C. Banik
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on NSS Day

Dated 24/09/2017

NSS unit of the college observed and celebrated NSS foundation day on 24th September, 2017. The event commenced with the lighting of lamp by Dr. Tanuj Kr. Dey, Principal i/c. Mr.Gautam Chandra Banik, Programme Officer of the unit presented a formal welcome address and shared with the gathering the genesis and objectives of NSS. He talked about the role of volunteers and encouraged the students to get involved with NSS unit and render service to communities in need. Dr. Dey, Principal i/c appreciated the role of volunteers and encouraged them to continue the good work for the betterment of the College and society in general. In order to commemorate the foundation day, NSS volunteers of the college celebrated the day by reciting patriotic songs and slogans and performed cultural programmes. The event ended with a vote of thanks from the Programme officer.

Sd/-

G.C. Banik
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on the Protest March against the heinous act of rape and murder of a young girl named Kinirung Reang.

Dated 24-03-2018

As per the resolutions taken in the meeting of Women's cell, IQAC held on 20th March 2018, a team of teachers including Dr Ng. Dayamay Singha, Co-ordinator of IQAC, Gautam Chandra Banik, Programme Officer of NSS unit, Dr S. Bebita Devi, Convenor of Women's cell visited, on 23rd March, 2018, the house and family of a wretched victim of a gang-rape cum murder at Betcherra taken place on 14th March 2018 with a mission of condemning the inhuman act of rape and brutal murder of Kinirung Reang, a young tribal girl. An amount of Rs.23,000 as a financial aid from the college family including the teaching fraternity, students and office bearers was handed over to the bereaved family. Besides, in order to mark the protest against the heinous crime in Betcherra, a rally was also organized by Women's cell in collaboration with NSS on 24th March 2018 in which a good number of students and teaching staff took part spontaneously. In this regard a memorandum was also submitted to the D.C. of Hailakandi to take the immediate severe action for such kind of inhuman act so that such crime cannot be repeated in future. The protest march was later followed by a prayer for the departed soul of the innocent Kinirung Reang.



Justice for KINIRUNG RIANG



Courtesy :
WOMEN'S CELL
In Collaboration with
NSS, Lala Rural College
Date-24-3- 18

RAPE is not the
Presence of NO
It's the Absence of
SENSE

दिली किन रिंग
असुख भए
असुख भए



Sd/-

Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on Special Camp

Dated 14/04/2018

The NSS unit organised a Special Camp in a village named *Jangleetila* under Koyah Tea Estate, Dt. Hailakandi, Assam on 7th April, 2018. The camp was centred at 392 No. Jangleetila LPS. As many as 50 volunteers took part in the camp. The people of the locality were encouraged and enthusiastic about the various activities meant for and attributed to them. The volunteers conducted a survey on the villagers through questionnaires on the socio-economic condition of the households. The villagers welcomed volunteers spontaneously whoever visited them. With patience they responded to all queries posed by the volunteers. In the process, a good number of data about their livelihood vis-a-vis their socio-economic condition had been collected. Under the guidance of Mr. G.C. Banik, Programme Officer of the unit along with other teachers who actively participated in the camp, the volunteers executed various activities for the betterment of the locality and well-being of people such as plantation programme, cleanliness drive and anti-tobacco campaign. They visited door to door to generate awareness about cleanliness, afforestation and health issues. The week-long programme ended vigorously much to the satisfaction of the local people.





Sd/-
G.C. Banik
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on International Yoga Day

Dated 21-06-2018

The NSS unit observed International Yoga Day on 21st June, 2018. Mr. G.C. Banik, Programme Officer of the unit, presented a welcome address and spoke on the importance of the day. Dr. Tanuj Kr. Dey, Principal of the college emphasised on the unity of body and soul that only Yoga offers. Mr. Abhijit Nath, a Yoga instructor of repute was invited on the occasion. He exhibited 'yoga asanas & pranayams' telling their importance and effectiveness as well. A good no. of teachers and students attended the event. They all followed body postures as demonstrated by the instructor with much enthusiasm and intensity. At the end of the programme, all pledged to devote a time to yoga in early morning on daily basis to keep the body fit and healthy.





Sd/-
G.C. Banik
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on 100 hrs Swachh Bharat Summer Internship

Dated 16th August, 2018

The IQAC in collaboration with the NSS unit conducted 100 hrs Swachh Bharat Summer Internship that acted as an extension to Swachh Bharat Mission. In the inaugural day Dr. Tanuj Kr. Dey, the Principal i/c, Dr. Ng. Dayamay Singha, Coordinator, IQAC and Mr. G.C. Banik, NSS Programme Officer highlighted at length on the role of NSS volunteers in the domain of cleanliness and its positive impact on society and environment as well and in transforming Swachh Bharat into a citizen's movement.

The various activities concerning various aspects of cleanliness spread over the fortnight. The volunteers undertook awareness programmes regarding cleanliness, hygiene and sanitation. They went to the market place and took shopkeepers and common people in confidence about the necessity and importance of Swachhata. They made dustbins and distributed among merchants and shopkeeper to keep them in front of their establishments. Besides, within the campus of the college they opted for wall- paintings to exhibit the importance of cleanliness and of sustaining the principles of hygiene. In order to disseminate the value of Swachhata among people, volunteers took the aid of flex banners, posters and pamphlets in and outside the campus. Moreover, the unit conducted quiz and speech competition on the topic of Swachhata in the college auditorium the volunteers were ecstatic and enthusiastic throughout the internship.

Relevant photos enclosed herewith







Sd/-
Dr. Ng. Dayamay Singha,
Coordinator, IQAC
Lala Rural College, Lala

Report on Awareness Programme on Blood Donation

Dated 21/08/2018

The NSS unit organized the Felicitation and Awareness Programme about the benefits of Blood Donation on 21st August, 2018 in the college auditorium. Mr. G.C. Banik, Programme Officer of the unit welcomed all and spoke on the positive side and benefits of donating blood. He pinpointed on the humanitarian side of blood donors who tend to donate blood to people unknown to them; this act of selfless service enhances the very essence of blood donation. Dr. Tanuj Kr. Dey, Principal i/c encouraged teachers as well as students to come forward to join this noble campaign. Mr. Paritosh Chandra Dutta, President, Barak Valley Voluntary Blood Donors, Hailakandi Branch, oriented the awareness on the merits of blood donation. He talked on the medical aspects as well as social aspects of the whole process of blood donation. At the end of the program, he felicitated 21 no. of blood donors who donated blood in the previous year followed by the vote of thanks offered by the program Officer.

Sd/-

G.C. Banik
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Blood Donation Camp

Dated on 25-08-2018

The NSS unit held the blood donation camp in the college on 25th August, 2018. Mr. Paritosh Chandra Dutta, President, Barak Valley Voluntary Blood Donors, Hailakandi Branch, graced the occasion with a medical team. A total of 41 blood donors comprising students, teachers and local people turned up. Many others failed to pass the medical test. A sense of enthusiasm and interest was pervaded among students, most of whom turned up to donate blood for the first time. The medical team came from Silchar and took initiatives to make the event a productive one. They were well assisted by the NSS volunteers during the whole proceeding of blood donation. The first blood donor in the camp was Dr. Tanuj Kr. Dey, Principal of the college himself. All the blood donors were provided with packets of health nourishing juices and fruits. At the end of the programme, The Programme Officer thanked all participants including the medical team, teachers, student-volunteers and other stakeholders for their concerted efforts to make the event a fruitful one to its desired effect.



Sd/-
G.C. Banik
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on NSS Day

Dated 24/09/2018

NSS unit of the college celebrated NSS foundation day on 24th September, 2018. Mr. Gautam Chandra Banik, Programme Officer of the unit addressed an enthusiastic and pleasant gathering comprising teachers and students in the auditorium and talked about how NSS was launched way back in Gandhiji's centenary year of 1969 on this day of 24th September. He further added that NSS activities featured cleaning, hygiene, afforestation, awareness rallies, community survey. Dr. Tanuj Kr. Dey, Principal of the college too motivated students to work for the cause of human beings. To mark the occasion, the Programme officer made an appeal to all to join him for a cleanliness drive in the campus and accordingly all joined in the campaign to make the campus hygienic and free from pollution of dust and air.





Sd/-
G.C. Banik
Programme Officer
NSS unit,
Lala Rural College, Lala

Awareness Camp on Recruitment in Defense on 26/ 09/ 2018

Lala Rural College has over the years cherished the mission of updating students of the college with the various prospects and opportunities of career establishment and jobs. To this end, the college authority invited a resourceful team of CRPF officials to the college to generate awareness and knowledge about the recruitment opportunities in Defense. The CRPF officials responded in positive and accordingly, in the college auditorium an awareness camp on recruitment in defense was held under the aegis of the IQAC of the college on 26/9/2018. They addressed the students and elaborately discussed on various aspects of the recruitment in defense like qualification, age limit, prospects etc. They also suggested students to log in the website 'crpf.gov.in' for further information such as how to apply for various posts in Defense. Students were very enthusiastic and put forward their queries before them for which interaction turned lively and fruitful thereby making the session a worthwhile and engaging one.

Sd/-

Dr. Ng. Dayamay Singha,
Coordinator, IQAC
Lala Rural College, Lala

Report on Surgical Strike Day

Dated 29/09/2018

As per UGC directives, 'Surgical Strike Day' was organised under the aegis of NSS unit of the college in collaboration IQAC on 29th September, 2018 by the unit to mark the second anniversary of the surgical strikes carried out by the Indian Army across the line of control. Mr. Rajkumar, Asstt. Commander, CRPF was specially invited as the chief guest. He narrated in a solemn atmosphere the Uri attack followed by the surgical strike. Dr. Tanauj Kumar Dey, Principal i/c spoke about the significance of the day by paying tributes to defence personnel. Prof. G.C. Banik, Programme Officer of the NSS Unit highlighted the sacrifices made by the Indian Defence personnel. All present in the occasion observed one-minute silence in order to pay homage to martyrs who laid their lives in the Uri attack. The programme ended with a vote of thanks from the programme officer.

Sd/-

G.C. Banik
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Anti-Tobacco awareness programme

Dated on 26-11-2018

The NSS unit of the college organised an anti-tobacco awareness programme on 26th November, 2018 in the auditorium of the college. Mr. Gautam Chandra Banik, Programme Officer of the unit addressed the gathering and delivered the welcome speech. Mr. Banik in his inaugural speech presented the statistics of the baneful impact of the tobacco consumption on individuals in particular and upon the society in general nationwide. Dr. Tanuj Kr. Dey, Principal i/c appealed in his speech to the youth to eschew tobacco consumption of any form and thereby inspire others too to abstain from taking and purchasing tobacco articles. He invited students to volunteer to join this noble cause of the anti-tobacco campaign. The programme officer apprised the gathering of various plans of action designed to be taken up in future to disseminate the message door to door of tobacco consumption being detrimental to the growth of body and mind. At the end of the programme, all took in unison 'Pledge for life' to renounce tobacco consumption of all sorts, followed by a vote of thanks proposed by the programme officer.





Sd/-
G.C. Banik
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on 9th National Voters' Day

Dated 25/01/2019

The 9th National Voters' Day was celebrated in the college premises on 25th January, 2019. The event organised by NSS, Lala Rural College unit, Lala was attended with much enthusiasm by teachers, students as well as volunteers of the unit. The programme was presided over by Dr Simarekha Das, Principal in-Charge of the day. At the outset, Dr Manas Sinha, Programme Officer of the unit addressed the students and talked about the motto of the National Voters' Day and intimated them that with the theme of 'No voter to be left behind' the event was designed by the government with the objective of ensuring the maximum enrolment of the new voters, in particular, in the electoral roll. He appealed to the students who attained the age of 18 years to cast their votes in elections by applying their democratic right to vote. Then Mr. Gautam Chandra Banik, H.O.D., Commerce, emphasised, in his speech, on the awareness and the necessity in regard to the voting right of youth. He pleaded the new generation to come forward and change the socio-political scenario of the country in the positive perspectives. Thereafter, a pledge was taken in unison by all to vote in the elections without any negative considerations. Finally the programme ended with a vote of thanks offered by the programme officer.

Relevant photographs enclosed herewith





Sd/-

Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report of Candlelight Vigil on 21/02/ 2019 as a mark of protest against Pulwama incident in Kashmir

Like the rest of India, this small town, Lala was shocked to the core due to the inhuman killing of several CRPF personnel by a terrorist attack at Pulwama, a city under the union territory of Jammu and Kashmir occurred on 14 February, 2019. On 21/02/ 2019 Lala Rural College organized under the aegis of IQAC in collaboration of NSS unit a silent candlelight vigil on the main thoroughfares of Lala town. After obtaining the due permission from the district authority the college faculty members, non- teaching staffs along with a good number of students joined together and started the solemn march towards the heart of the town at 6:00 p.m. starting from the college campus in order to pay homage to the martyrs as well as a mark of protest against the inhuman act of terrorism. It covered prominent streets of the town and came back to the college campus. Finally it ended with the lighting of candles on the Martyrs' altar in the college campus. The mood of the vigil was somber reflecting the trauma and pain due to the unprecedented terrorist attack on the unarmed CRPF personal at Pulwama.





Sd/-
Dr. Ng. Dayamay Singha,
Coordinator, IQAC
Lala Rural College, Lala

Report on International Women's Day

Dated 8th March, 2019

The Women's Cell, Lala Rural College observed International Women's Day on 8th March 2019 along with the rest of the world. The programme was started at 1 pm. keeping in view the sensitization of the status and security issues of women, self-defense technique was demonstrated by two of our students, namely Rajib Kar and Madhusmita Nath. The students were very excited and they enquired of different techniques for self-defense. Almost all the faculty members and non-teaching staff were also present in the programme which was then followed by plantation of saplings in the college field. The teachers and the students brought saplings, and these were planted to commemorate this special day. Finally, the observation of International Women's Day ended with an art competition for the students. The theme of the competition was 'Women and society'. Among seven competitors, both Mitali Suklabaidya and Elina Mazumdar were awarded jointly first prizes with Mangesh Kalwar and Aditi Bhattacharjee being second and third prize winners respectively. The panel of judges were the members of the Women's Cell, Lala Rural College.

Relevant photos enclosed herewith







Sd/-
Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on Distribution of old cloths by Women's Cell

Dated 19.3.2019

Where there is a will, there is a way. With this spirit, the Women's Cell, Lala Rural College decided to extend their hand to the needy people. Anuradha Saha, Assistant Professor, Deptt. of Economics and chairperson of Women's Cell communicated with a government registered NGO called 'Thunder Bolt'. On 19th March, 2019, the Cell arranged a programme for handing over the old cloths. On that day, some members of 'Thunder Bolt' including their President, Mr. Sujit Das visited the college. In this connection it should be mentioned that the teachers and the students collected old cloths to be handed over. In presence of the Principal, Dr. T. K. Dey, the Cell handed over huge quantity of old cloths to the NGO. The President, on behalf of the NGO assured that the cloths would be properly distributed to the people of villages. He expressed his gratitude to the Women's Cell in particular and the college fraternity in general for such a noble and humanitarian work. In his brief speech, the Principal of the college expressed his thankfulness to the members of the NGO for sharing their valuable time with the college family and also he thanked the 'women's Cell' for taking such kind of initiatives. With this gesture of gratitude, the programme came to an end.

Some photographs for the distribution of clothes







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2019/4/2 17:07



Sd/-
Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on Career Guidance Programme

Dated 20/03/2019

Women's Cell, Lala Rural College in collaboration with Career Counseling Cell, IQAC, Lala Rural College organized a career counseling programme on 20.03.2019 in the college premises. Some teachers from 'Ramanujan: Institute of Competitive Exams' visited the college to guide the existing students for career building that would be of beneficial for their future. In the First session, Mr. Shahanawaz Khan highlighted on various avenues of career, how to be prepared for different competitive exams after completing graduation and even after passing higher secondary level. He also laid emphasis on confidence building measures and advised to maintain positive attitude of mind.

Sabatani Barlaskar conducted the second session after tea break. In that session a mock test for the students was conducted. It was announced that three students getting highest aggregate marks (1st, 2nd and 3rd) would be given free coaching classes for any competitive exams. Later, through a letter they informed that three among our students acquired highest aggregate marks. These students were: Mangesh Kalwar (1st semester), Saurav Paul (2ndsem) and Sumit Das (3rdsem). Overall, the programme ended with a great enthusiasm from the students.

Sd/-
Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on Special Camp

Dated 21/03/2019

The NSS Unit of Lala Rural College, Lala organised a seven-day Special Camp at Rabidas Para on 14th March 2019. As the locality was on the outskirts of Lala and housed economically and socially weaker communities, the unit decided to orchestrate the special camp there. The camp was centred at Rabidas Para L.P. School and inaugurated by Mr. Tapan Nath, the Ward Commissioner in presence of the Principal of the college, Dr Tanuj Kumar Dey, Mrs. Abha Devi, teacher of the school along with the President, the pupils and other stakeholders of the school, local people, the current and the former Programme Officers, teacher members and as many as fifty volunteers of the unit. The theme of the camp was 'Health is Wealth' keeping in correspondence with the NSS theme of 'Healthy Youth for Healthy India'. The week-long camp, led by Dr Manas Sinha and Mr. Gautam Chandra Banik, current Programme Officer and former Programme Officer of the unit respectively, included activities such as door-to-door visit to some fifty odd households to survey the socio-economic condition of the locality through questionnaires carried out by volunteers, Anti-tobacco Awareness programme followed by Pledge for life and a Health Camp done in collaboration with Lala Primary Health Centre headed by Dr. Jahidul Islam. A total of 108 no. of people got themselves medically checked up and were given free medicines. The camp spotlighted issues related to health, cleanliness, education and the like. The camp ended on 20th March with the objective of sending volunteers periodically to the L.P. School bereft of sufficient teachers to assist in imparting lessons to pupils.









Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Anti-Terrorism Day

Dated 21/05/2019

The NSS unit of the college observed Anti-Terrorism Day in association with Nehru Yuva Kendra, Hailakandi. Mr. Sekhar Deb, District Coordinator, Nehru Yuva Kendra, Hailakandi presided over the programme. Dr. Tanuj Kumar Dey, Principal of the college, Mrs. Anuradha De, Dr. Simarekha Das, Dr L. Chiro kumar Singha, Dr. Manas Sinha, Programme Officer, NSS unit of the college graced the dais. Besides, other teaching staff and non-teaching staff and a good number of students witnessed the programme. All dignitaries spoke on the importance of the day. Mr. Deb addressed the gathering saying that this day was observed as a tribute to martyrs including Lt. Rajiv Gandhi, former Prime Minister of the country who was assassinated in a terror attack on this day of 21st May, 1991. Dr. Dey, Principal of the college spoke at length about the baneful impact of terrorism on the society. The programme ended with the pledge taken by all with an objective of opposing all forms of terrorism and violence and of spreading the message of peace and humanity.

Sd/-

Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Awareness programme on the use of EVM\VV PAT

Dated 27/03/2019

Women's Cell, Lala Rural College organized an awareness programme in the college premises on the use of EVM\VV PAT on 27.3.2019. District Administration, Hailakandi sent Mr. Suman Das, Mr. Debojyoti Das and Mr. Jainul Haque Barbhuiyan to train the students on the use of EVM\VV PAT. The programme was started by the introductory speech by Dr. Manas Sinha, Asstt. Prof. Deptt. of English, Lala Rural College. It was helpful as some of the students whose names got enrolled in the voter list would cast their votes in the upcoming election the first time. So they were very excited and found interested and so they asked various related questions which made the session interactive. Finally, Dr. T. K. De, the Principal, Lala Rural College expressed his thankfulness to the District Administration for such a fruitful initiative.



Sd/-

Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on World No Tobacco Day

Dated 31st May, 2019

The NSS unit of Lala Rural College observed 'World No Tobacco Day' on 31st May, 2019 in the college premises. The programme was designed to raise awareness among students on the harmful and deadly effects of tobacco use and, at the same time, to discourage the use of tobacco in any form. Dr Tanuj Kumar Dey, Principal of the college advocated for implementation of effective policies on the part of the Govt. to reduce tobacco consumption and urged for a united fight for tobacco control. Besides, he made an appeal by saying that guardians and parents should avoid tobacco consumption and take necessary measures to promote their own health, and that of their children, by protecting them from threats of tobacco. Mr. Gautam Chandra Banik, former Programme Officer of the unit talked at length on various diseases prompted by tobacco consumption, such as lung cancer, chronic respiratory disease, tuberculosis etc. He shared the data that spoke of the severity of the global ill effects of tobacco use and consumption. Dr Manas Sinha, Programme Officer of the unit highlighted on air pollution precipitated by tobacco smoke leading to lung cancer and other respiratory issues. At the end, a pledge was taken to free millions from smoking and thereby from tobacco in any form.

Sd/-

Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on International Yoga Day

Dated 21/6/2019

The 5th International Yoga Day was celebrated on 21st June, 2019 by NSS unit of the college in the college premises. Dr Tanuj Kumar Dey, Principal of the college, Dr Manas Sinha, Programme Officer of the unit, Mr Gautam Chandra Banik, Mr. Tapas Nath, Mrs Anuradha Dey, Anamika Khersa and some other teachers and students, NSS volunteers all attended the programme, with full gusto and enthusiasm, that continued from 7am till 8.30 am. The chief invitee was Mr. Abhijit Nath, Patanjali Yoga *Procharak* of the district. He played the role of the Yoga instructor who demonstrated multiple yoga *asanas* and *pranayamas* and explained their benefits for health and well-being. All followed minutely his demonstrations with much vigour. Mr. Nath simultaneously addressed the gathering and conveyed the message that Yoga is more than a physical exercise; it is a way of life; it not merely comforts body, it purifies mind and soul; it, if performed regularly with devotion, offers soothing effect on physical and mental affairs of an individual. The programme ended with a vote of thanks by the programme officer.





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Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Blood Donation Camp

Dated on 21/09/2019

A Blood donation camp was organised on 21st September, 2019 in the college premises under the aegis of the NSS unit of the college. Dr. Manas Sinha, Programme Officer of the unit presented a warm welcome and offered greetings to the gathering and spoke on the significance of the day. Dr. Tanuj Kr. Dey, Principal i/c offered a motivational speech to encourage all to volunteer to donate blood as a humanitarian act. Mr. ParitoshChandra Dutta, President, Barak Valley Voluntary Blood Donors, Hailakandi Branch arrived with a medical team to engineer the the process of blood donation. As many as 40 donors turned up to donate blood among whom maximum donors were students. Students volunteered to take part spontaneously. The blood donors were given packets of healthy food items. At the end of the program, the programme officer acknowledged his gratefulness to all who made the event a meaningful and productive one.

Relevant photos enclosed herewith





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Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on NSS Day

Dated 24/09/2019

NSS unit of the college celebrated the foundation day of NSS. Dr. Manas Sinha, Programme officer welcomed all and shared with the gathering in the auditorium the evolution of NSS and its role and function based on the community service attributed to the common people in general and the underprivileged in particular. Dr. Tanuj Kr Dey, Principal i/c, highlighted the productive service rendered by NSS volunteers to the people in distress. Mr. Gautam Chandra Banik, HOD, Commerce, spoke at length about the role of NSS volunteers in the domain of social services, such as helping people in need and in the crisis of natural calamities and disasters. He appealed to students to get enrolled in the NSS unit to make use of the opportunity and the platform that NSS generally offers to work for people. To mark the NSS day, student volunteers conducted a cleanliness drive in the campus.



Sd/-

Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Mental Health

Dated 01/10/2019

The term 'mental health'/ 'mental fitness' is increasingly being used by psychologists, mental health practitioners, educational institutions, organisations and the general population to denote logical thinking, clear comprehension and reasoning ability which improves one's inner ability to be self-determined. One of the essential roles in educational institutions is to protect boy's and girl's mental health as teenagers at a high risk of mental health issues. Keeping all these importance in view, to make students more aware of mental health an awareness programme on mental health was organised on 1st October 2019 at the auditorium of Lala Rural College by Women's' Cell, IQAC, Lala Rural College in collaboration with District Mental Health Programme. With an objective of targeted intervention cum screening camp at the college campus SahidIqbal Mazumder, a member of District Health Society, elaborately discussed about the reality of mental illness and the way to improve and overcome it. Dr. Ng. Dayamay Singha, Co-ordinator of IQAC, Dr S. Bebita Devi, Convenor of the Women's Cell, IQAC, Lala Rural College, teaching fraternity of Lala Rural College, Lala and Students of Lala Rural College and members of District Health Society took part in the programme actively. The programme was ended with vote of thanks from the convenor of Women's cell, IQAC. Above all, the co-operation and support from the faculty members of the college, students and the members of the District Health Society made the programme a success.







Sd/-
Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on 10th National Voters' Day

Dated 25/01/2020

The programme was presided over by Dr. Simarekha Das, Principal in-Charge of the day. At first, Dr Manas Sinha, Programme Officer of the unit addressed the students and talked about the motto of the National Voters' Day and intimated them that with the theme of 'No voter to be left behind' the event was designed by the government with the objective of ensuring the maximum enrolment of the new voters, in particular, in the electoral roll. He appealed to the students who attained the age of 18 years to cast their votes in elections by applying their democratic right to vote. Mr. Gautam Chandra Banik, H.O.D., Commerce, emphasised, in his speech, on the necessity of an awareness with regard to the voting right of youth. He pleaded the new generation to come forward and change the socio-political scenario of the country in positive perspectives. Thereafter, a pledge was taken in unison by all to vote in the elections without any negative considerations. Finally the programme ended with a vote of thanks offered by the programme officer.





Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Relief Work during COVID pandemic

Dated 18/04/2020

NSS unit of Lala Rural College organised an awareness programme as well as a relief work at Rabidaspara, adopted village of the college on 18th April, 2020 at 11 am. Dr. Manas Sinha, Programme Officer of the unit and Mr. Gautam Chandra Banik, former Programme Officer led the social event duly supported by NSS volunteers and teachers namely, Mrs. Anuradha De and Tapas Nath. The essential rations and food articles were distributed among as many as 70 nos. of underprivileged and needy families who were affected due to the lockdown in the wake of corona (COVID 19) pandemic. The distribution was done keeping a sharp eye on maintaining social distance and using face masks. Mr. Tapan Nath, former Ward Commissioner, Mr. Bablu Suklabaidya, President, Rabidas para L.P. School and Mr. Subrata Paul, a social activist had been active participants to facilitate the smooth functioning of the programme. Moreover, the volunteers and the teachers sensitised people to the awareness of the threat of coronavirus and used posters and made important directives and ways about how to avoid this virus infection by maintaining social distance and sanitization especially. The lockdown minimised the presence of volunteers and teachers; but their motivation and inspiration were instrumental behind this relief act. It was noteworthy that the principal and all teaching staff of the college offered monetary contributions for this noble cause at the hour of crisis due to the pandemic.







Sd/-
 Dr. Manas Sinha
 Programme Officer
 NSS unit,
 Lala Rural College, Lala

Report on Activities by Mahila Shakti Kendra, Lala Rural College Unit

A new scheme namely **Mahila Shakti Kendra (MSK)** under the umbrella scheme of 'Pradhan Mantri Sakti Karan Yajna' was approved for implementation during 2017-18 up to 2019-20. The scheme provided an interface for rural women to approach the Government for availing themselves of their entitlements and for the empowering of those rural women through awareness generation, training, and capacity building. MSK acts as a link between local administration, State Government and Ministry of Women and Child Development for implementing woman-centric schemes and programmes of the Government. As per the guideline of MSK for Block Level Committee four lady faculty members were entrusted from Lala Rural College to do MSK related assignments. They are namely:

1. Anurdha De, Assistant Professor
2. Dr S Bebita Devi, Assistant Professor
3. Anuradha Saha, Assistant Professor
4. Anamika Khersa, Assistant Professor

Among the four teacher, two teachers, namely Anurdha De, Assistant Professor and Dr S Bebita Devi, Assistant Professor, participated in the State Level MSK Training Programme as stakeholders from the college. Henceforth, MSK unit of the college selected fifty student volunteers from the college, and they were given orientation training regarding various woman-centric schemes and programmes of the government and awareness on the scheme of MSK. Under the supervision of teacher members of MSK unit of the college, those trained student volunteers were engaged in the community extension services like collection of data and door to door campaigning in rural area for 200 hours per volunteer within four months. After the completion of their service hours, they submitted reports of their activities to the district authority and then from district authority to state authority. After the verification of their activity reports, student volunteers were provided Community Extension Service certificates as well as remunerations. The student volunteers made concerted efforts periodically to generate awareness among rural womenfolk about all the schemes under MSK thereby motivating and mobilizing rural women for participating in PRI institutions, Gram Sabha meetings and the like where nature and merits of various woman-centric schemes were discussed and communicated to them so that they could avail themselves of the fruits of such schemes.

Some relevant photos are attached herewith:











Sd/-
Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on NSS Day

Dated 24/09/2020

The NSS unit of the college observed the Foundation day of NSS on virtual mode. Dr. Tanuj Kr. Dey, Principal of the college highlighted various activities directed towards holistic development of people in need that spoke volume of tenacity and determination coupled with the undaunted spirit of a NSS volunteer tended to possess. He appealed to students to join hands in ventures that would reap wonders for the underprivileged people. Dr. Manas Sinha, Programme Officer of the unit encouraged volunteers to remain strong and render valuable assistance to people in distress in the unprecedented crisis of COVID pandemic that would continue to wreck havocs all over the world. On this special occasion of the foundation day, the NSS unit organised an E-Quiz.

Sd/-

Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Distribution of old cloths by Women's Cell

Dated 20/10/2020

Women's Cell, Lala Rural College, arranged a programme for handing over the old cloths to an NGO named Native Pride Club on 20th October 2020. On that day, some members of Native Pride Club including their Secretary, Mr. Joydeep Nath visited the college. In this connection it should be mentioned that the teachers and the students collected old cloths to be handed over. In presence of the faculty members the Cell handed over huge quantity of old cloths to the NGO. The Secretary, on behalf of the NGO assured that the cloths would be properly distributed to the needy people of villages. He expressed his gratitude to the Women's Cell in particular and the college fraternity in general for such a noble and humanitarian work. Dr. S. Bebita Devi, the convenor of Women's Cell of the college expressed her thankfulness to the members of the NGO for sharing their valuable time with the college family. With this gesture of gratitude, the programme came to an end.



Sd/-

Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on National Youth Day

Dated 12/01/2021

The NSS unit celebrated National Youth Day in collaboration with IQAC cell of the college in order to mark the 158th birth anniversary of Swami Vivekananda. Maintaining COVID-19 protocol, the programme was held in the auditorium. The Programme Officer, Dr. Manas Sinha addressed and welcomed all. He stressed on the theme 'Channelizing Youth Power for Nation Building'. Before that, Dr. Tanuj Kr. Dey, the Principal i/c lighted the lamp and then a floral tribute was offered to the portrait of Swami Vivekananda. The Principal spoke on the inspiring life of Swami Vivekananda. He added that Swamiji always stressed on the role of youth in nation building. Ms. Anamika Khersa, Assistant Professor, Dept. English highlighted on the various aspects of the life and philosophy of Swamiji that upheld the true value and significance of a human life. She appealed to students present to follow the ideals of Swamiji that are path-breaking in the holistic development of an individual and the society as a whole. Dr. Mithun Nath, Co-ordinator, IQAC organised an online Quiz competition among students on the occasion of National Youth Day; the successful students were given e-certificates later.





Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Awareness Programme as a part of 32nd National Road Safety Month

Dated 03/02/2021

An awareness programme on 32nd National Road Safety was organised in the auditorium by the District Road Safety Committee, Hailakandi in association with IQAC and NSS unit of the college. Dr. Manas Sinha, Programme Officer, NSS unit presented a formal inaugural speech on the occasion. Two resource persons, namely Mr. Syed Rafiqul Mannan, DTO, Hailakandi and Mr. Sahab Uddin Tapadar, Enforcement Inspector, Hailakandi graced the occasion. Both the resource persons enlightened the gathering about the safest possible measures to evade any road accident. Both the distinguished speakers highlighted provisions about the road safety norms. The students were given pamphlets concerning ways and measures to tackle road accidents. The programme was coordinated by Dr. Mithun Nath, Co-ordinator, IQAC.





Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Anti-Terrorism Day

Dated 21/05/2021

As per the directions of the Government of India vide circular number as referred the IQAC, Lala Rural College has organized a programme on 'Google meet' virtual platform to observe Anti-terrorism Day, 2021 on 21st May, 2021 at 11:00 a.m. The program was presided over by Dr. Tanuj Kumar Dey, Principal-in-Charge of the College and a total of 41 participants comprising both teachers and students have participated in it. The programme was co-ordinated by Dr. Mithun Nath, Co-ordinator IQAC, Lala Rural College. At the outset, the Principal-in-Charge of the College has inaugurated the anti-terrorism pledge taking ceremony by elaborating its importance and relevance in present context. He then administered the anti-terrorism PLEDGE to all the participants. Thereafter the meeting was opened for all to take part in discussion and which ultimately produced a very fruitful discussion on the topic. The programme ended with the vote of thanks from the President.

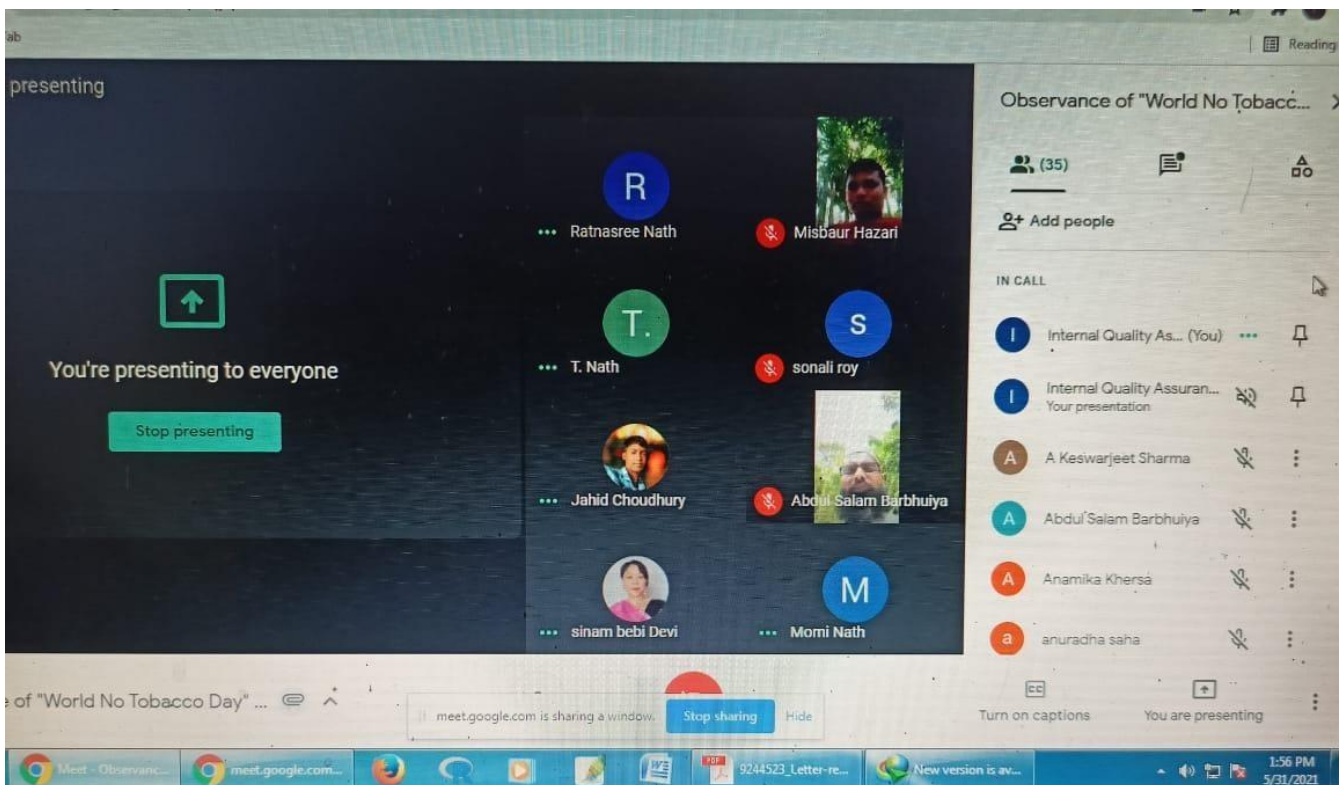
Sd/-

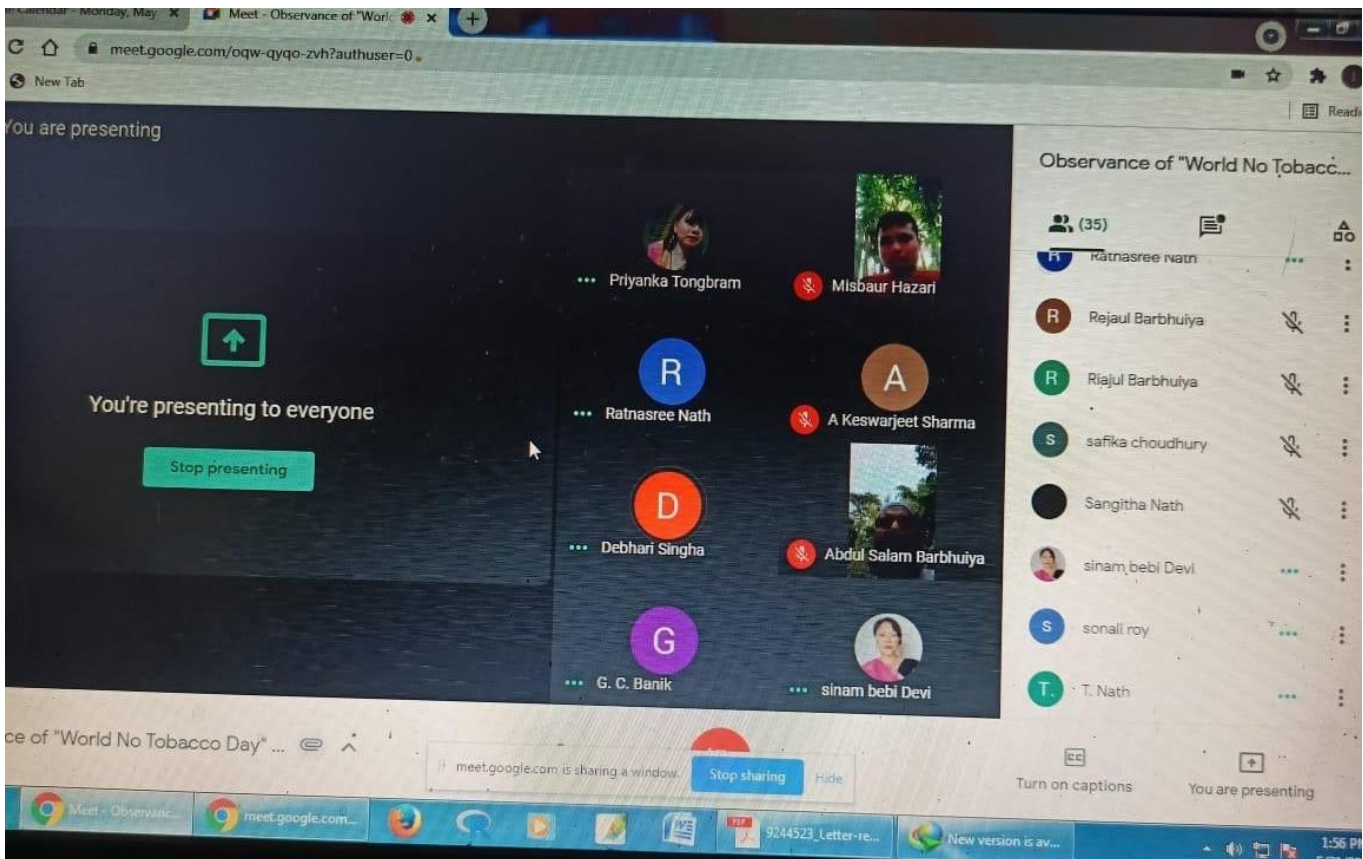
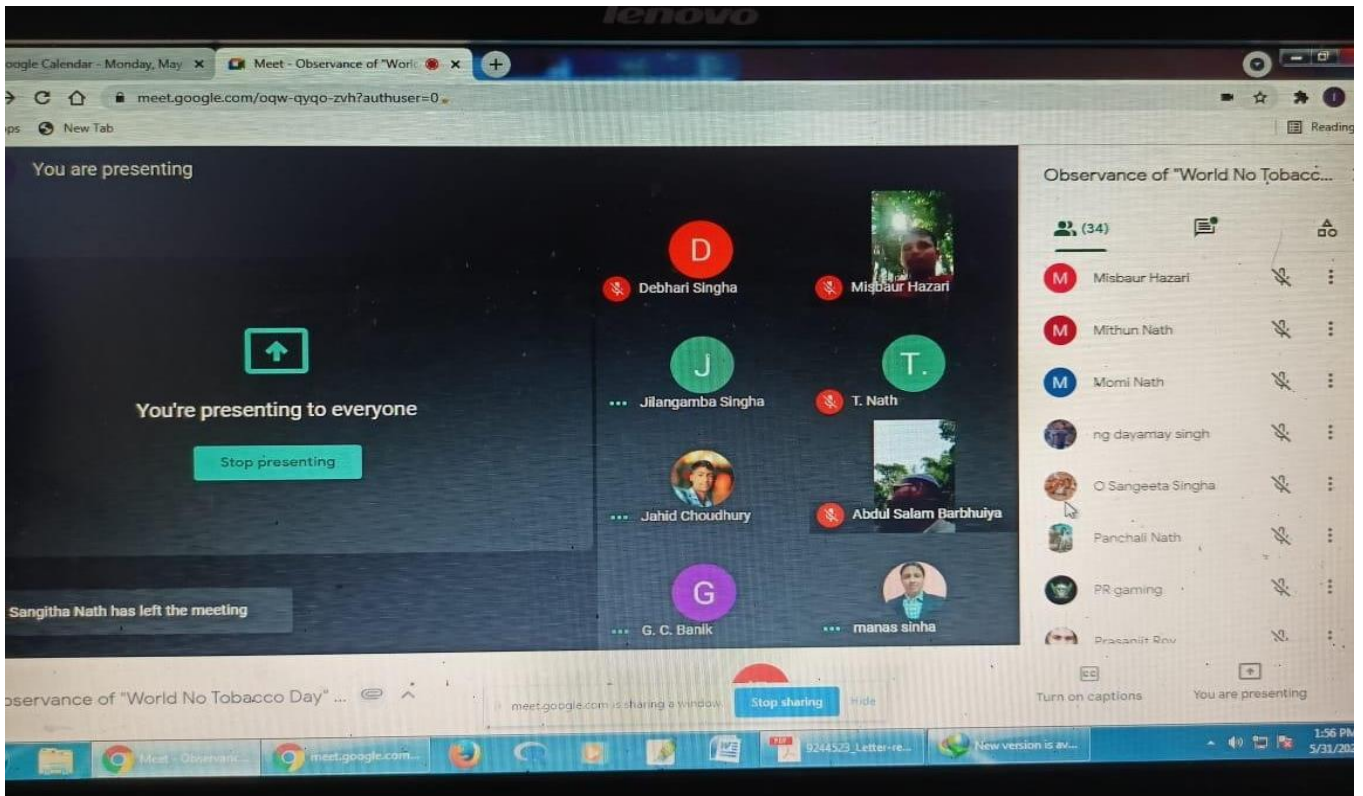
Dr. Mithun Nath,
Coordinator, IQAC,
Lala Rural College, Lala

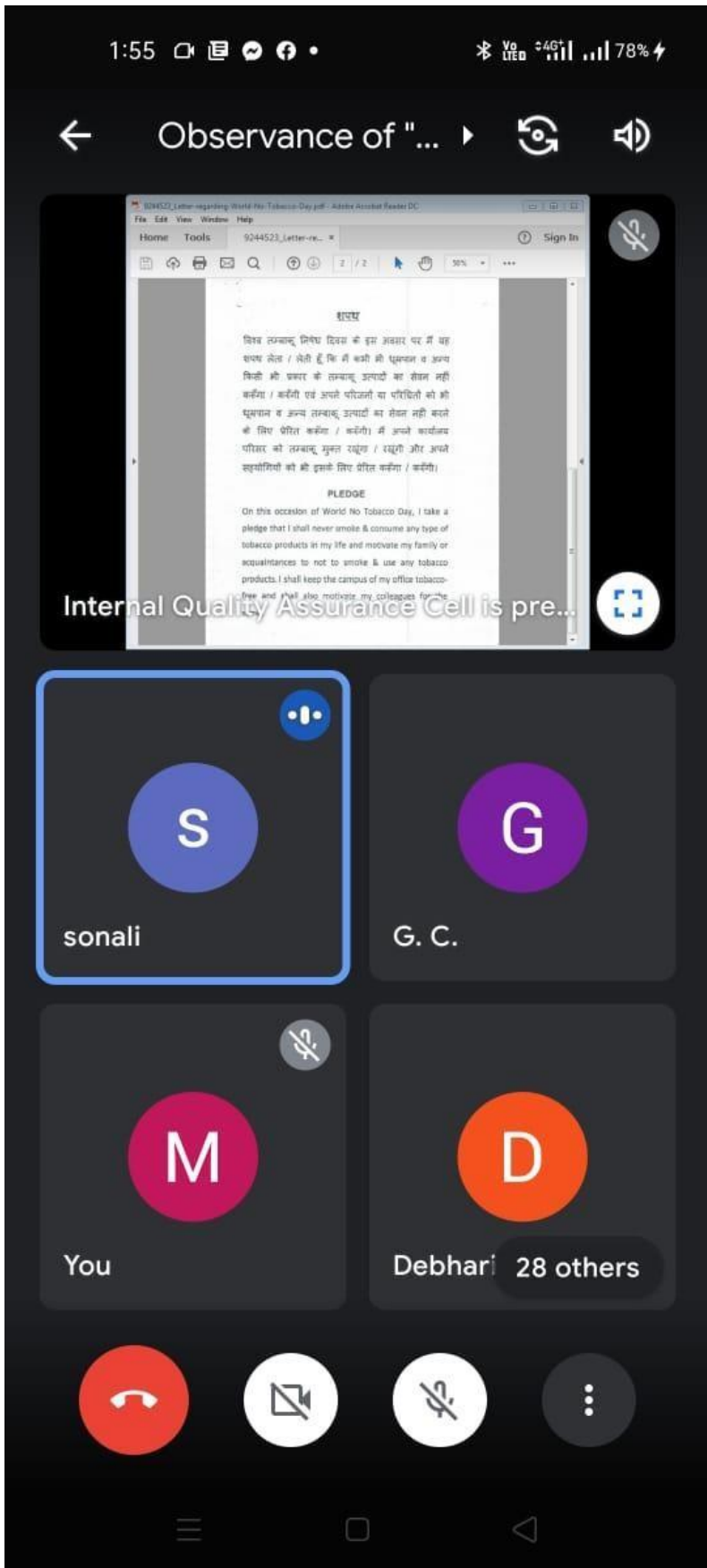
Report on World No Tobacco Day

Dated 31/05/2021

In response to the UGC communication vide latter number as referred, the IQAC, Lala Rural College in collaboration with NSS, Lala Rural College Unit, has organized a programme on 'Google meet' virtual platform to observe the **"World No Tobacco Day, 2021"** on 31st May, 2021 at 1:30 p.m. The programme was presided over by Mr. Gautam Chandra Banik, Head, Department of Commerce, Lala Rural College and a total of 63 participants comprising both teachers and students have participated in it. The programme was conducted and co-ordinated by Dr. Mithun Nath, Co-ordinator, IQAC, Lala Rural College. At the outset, the Co-ordinator, IQAC has explained the importance and relevance of organizing such a Programme and requested Mr. Gautam Chandra Banik, HoD, Commerce to preside over the same. Being nominated as President, Mr. G.C. Banik has formally inaugurated the Programme with his key note address covering all aspects of the day. Following him, Dr. Manas Sinha, Programme Officer, NSS has focused on the theme of the year "Commit to Quit" and elaborated the harmful and deadly effects of tobacco and discouraged its use in any form. Following this thought-provoking deliberations, the President of the Programme has administered the PLEDGE of the day to all the participants in a befitting manner. The programme ended with the vote of thanks from the Programme Officer, NSS.







Sd/-
Dr.Mithun Nath,
Coordinator, IQAC
Lala Rural College, Lala

Report on 125th Birth Anniversary of Netaji Subhas Chandra Bose on 23rd January 2021

125th Birth Anniversary of Netaji Subhas Chandra Bose was observed in the college auditorium with great honour. Organized by the Cultural Cell, IQAC, Lala Rural College, the programme was inaugurated by the Principal, Dr. Tanauj Kumar Dey through lighting the lamp and paying floral tribute to the portrait of Netaji. After this formal inauguration, he delivered his lecture which was followed by another lecture by Prof. Gautam Chandra Banik, Head of the Department of Commerce. Both of them threw light on the ideology and activities of Netaji and his relevance in present day context. Two students of our college viz, Bikash Roy and Alima Khanom Laskar also delivered lecture on relevant topic. Then a brief cultural programme with patriotic songs, dance and recitation was started which was performed by the students of the college. Student's participation, attendance and performance made the programme grand success. Teachers of the college were also present in good number. Finally, the programme ended with vote of thanks from the convenor, of the Cultural Cell, IQAC, Lala Rural College.

Sd/-

Anuradha De
Convener,
Cultural Cell, IQAC
Lala Rural College, Lala

Report on 11th National Voters' Day

Dated 25/01/2021

The 11th National Voters' Day was organised in the college premises on 25th January, 2021 by the department of Political Science in collaboration with IQAC and NSS unit of the college. The event was attended with much enthusiasm by teachers and as many as 185 nos. of students. The programme was presided over by Dr Tanuj Kumar Dey, Principal in-Charge of the college. At the outset, the Principal addressed the students and talked about the genesis of the National Voters' Day. Dr. Mithun Nath, Co-ordinator, IQAC highlighted on the theme of 'Making Our Voters Empowered, Vigilant, Safe and Informed'. Dr Manas Sinha, Programme Officer, NSS unit talked on the objective of such event which was to ensure the maximum enrolment of the new voters, in particular, in the electoral roll. He appealed to the students who attained the age of 18 years to cast their votes in elections by applying their democratic right to vote. Then Dr L. Chiro Kumar Singha, Head of the department of Political Science emphasised, in his speech, on the importance in regard to the voting right of youth. Thereafter, a pledge was taken in unison in order to vote in the elections without fail. At the end part of the programme, an online Quiz competition was held amongst students. Finally, the programme ended with a vote of thanks offered by the Co-ordinator, IQAC.

Sd/-

Dr. L. Chiro Kr. Singha,
HOD, Political Science,
Lala Rural College, Lala

Report of Observance of World Environment Day

Dated 05/06/2021

On 5th June, 2021 the 'World Environment Day' was observed at Lala Rural College with various programmes. It was organized by IQAC in collaboration with NSS and Eco Club, Lala Rural College, Lala. As a part of this observance, students and teachers of the college were requested to plant one sapling in their respective places on the occasion of World Environment Day on 5th June, 2021. Responding to that appeal, a good number of students and teachers have planted saplings at their respective places and mailed the photographs of the same to the IQAC email id. Besides, there was a thematic '**Poster Competition**' among the students'. A total of 10 students participated in the competition and among them, on the basis of excellence; the **first** place was won by Ankita Nath, TDC 6th Semester (Bengali Hon.). The **second** place was won by Yesh Bothra of H.S. Final year and **third** place was jointly won by Bina Singha, TDC 4th Semester (English Hon.) and Sany Debnath of H.S. Final year. At 7-00 p.m. in the evening a virtual programme was organized on Google Meet with Dr. Tanuj Kumar Dey, Principal-in-Charge in the chair and a total of 70 participants comprising both teachers and students have participated in it. At the outset, the Co-ordinator, IQAC, has welcomed all the guests and participants who attended the programme on virtual platform through his welcome address. Then the Principal-in-Charge, Dr. Tanuj Kr. Dey, in his inaugural speech beautifully explained the environmental degradation and human carelessness. Following him, Mr. Gautam Chandra Banik, HOD, Commerce and Mrs. Anuradha Dey, Assistant Professor, department of History have also pointed out various environmental issues and emphasized the need of human awareness for protecting the environment. From among students Bikash Roy of TDC 6th Semester has also delivered a speech on that occasion. After a very fruitful discussion on the relevant topic, Dr. Manas Sinha, Programme Officer, NSS has announced the names of the winners of the 'Poster Competition' organized on that occasion. The programme ended with a vote of thanks from Dr. Sonali Roy, Assistant Professor, Department of Commerce. All the participants of the virtual programme and those who planted saplings on the occasion of World Environment Day have been awarded an e-'Certificate of Appreciation' at the end of the Programme. The programme was conducted by Ms. Anamika Khersa, Asst. Professor, Department of English and co-ordinated by Dr. Mithun Nath, Co-ordinator, IQAC, Lala Rural College. Some photos of the program enclosed herewith







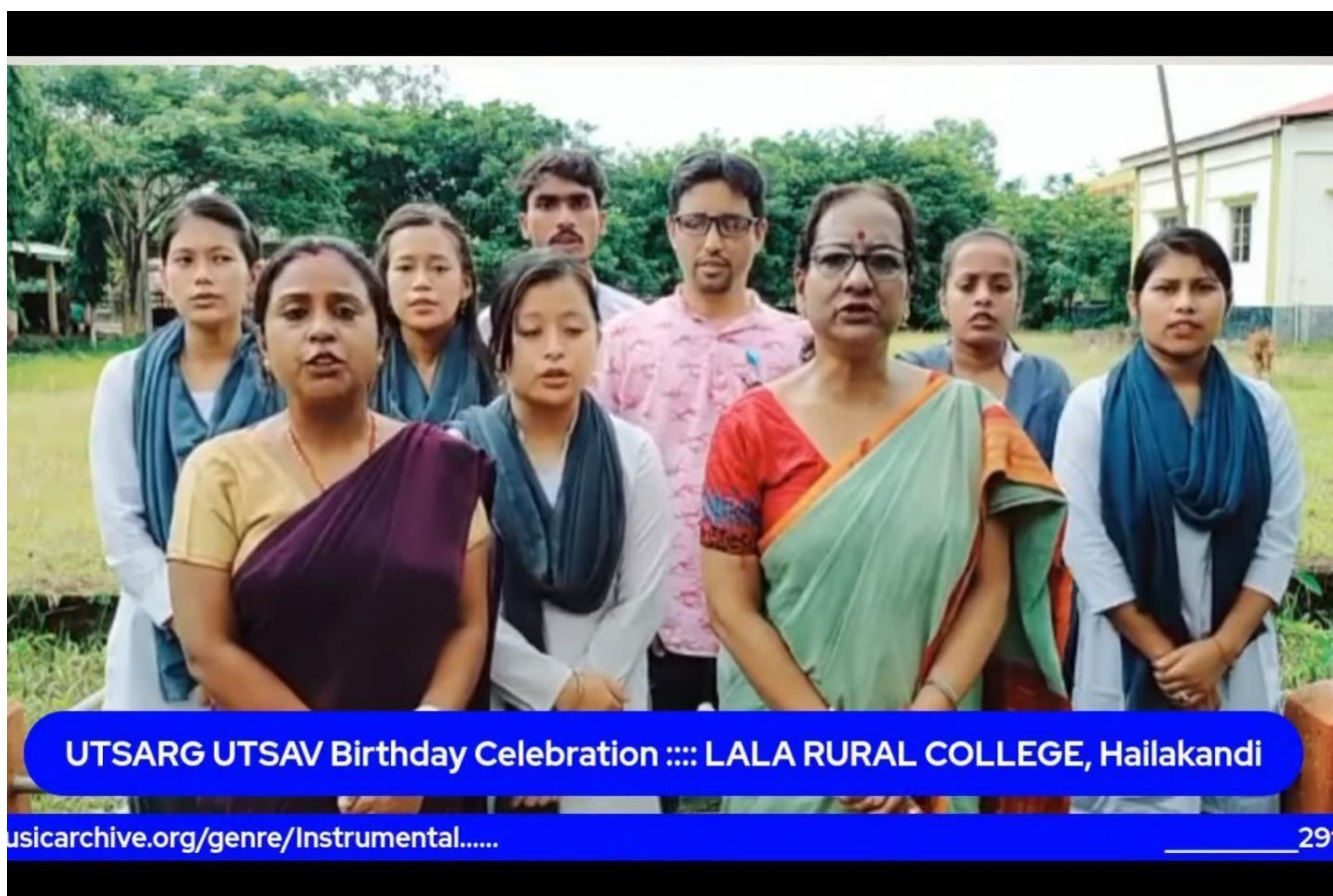
Sd/-
Dr. Mithun Nath,
Coordinator, IQAC
Lala Rural College, Lala

Report on UTSARG UTSAV Birthday Celebration Dated 29/08/2021

NSS unit, Lala Rural College, Lala in collaboration with Blood Bank, Silchar Medical College & Hospital, Silchar conducted “UTSARG UTSAV Birthday Celebration” on 29th August, 2021 on a virtual platform which was telecast LIVE on YouTube & Facebook at 7.30 pm. The event aimed at generating awareness of blood donation, especially at scrapping of replacement blood therapy amongst family members and familiar circles, which do not take notice of any health issues and complications of blood donors. It was designed to encourage all viewers for their voluntary participation in the mission of blood donation through blood banks. The event was an edutainment in nature. It was a judicious combination of educational programme on the importance of blood donation through deliberation of speeches made by medical experts as well as the faculties and students of the college and cultural programme in the form of songs and dances. The moderator of the event was K. Dipika Singha, Assistant Professor from the faculty of Commerce, Lala Rural College. She conducted the programme in its entirety. She initiated the programme by highlighting the importance of blood donation and its impact on the society. The programme then began with the National Anthem chanted gracefully by a group of students followed by the delightful rendition of the welcome song by Puja Nath, a student of the college; then followed the *college sangeet* harmoniously presented by both teachers and students together, namely Dr. Manas Sinha, Ms. Anuradha De and Dr. Lakshmi Nath along with students, namely Bina Singha, Sangeeta Singha, Julan Dhusad, Supriya Singha etc. The Principal of the college, Dr. Tanuj Kumar Dey, in his welcome speech, greeted all the guests and the viewers and appealed to youths to come forward irrespective of caste, language and religion to donate blood voluntarily as it is a noble act bordering on the true essence of humanity. Then a virtual tour of the college and its campus was viewed. Mr. Gautam Chandra Banik, HOD, Commerce on being called upon spoke on the value of blood by saying, blood knows no gender, no language, no race, no religion; blood cannot be created in a laboratory nor can be created artificially by any scientist; he concluded by appealing students to pledge to donate one unit of blood on their respective birthdays. Dr. Manas Sinha, Programme Officer, NSS unit of the college conveyed his thought on the approach of blood donation under UTSARG UTSAV that its scope was nation-wide due to which a sense of glory and pride could be perceived. Thereafter, the three guests added a charm and intensity to the edutainment. The first one was Rahul Jain who in 2019 was invited by the Government of Latvia to visit the country's cultural institutions and meet their heads in order to strengthen Indo-Latvian cooperation in the field of art and culture including films. He in this virtual live programme placed his thought on the harmful effect and impact of drug trafficking. He appealed to youths to deviate from this baneful path of drugs which would be detrimental to the growth of a society. Then Dr Debadatta Dhar Chanda who is currently working as Professor and Head, department of Microbiology and also the head of the Covid-19 RT-PCR Laboratory, Silchar Medical College and Hospital, alerted viewers to the possible danger of the window period which would possess the high risk of transmission of any infection or virus by the donor to the recipient. She made an emphasis in her speech to evade the replacement therapy of blood donation and opt for the blood bank to make it self-sufficient to meet the need of blood for the needy patients. Then another guest, Sanjoy Prakash Das, an "A" grade Tabla player and a Staff Artist, All India

Radio, Silchar with her daughter, Jnanashree Das playing a harmonium presented a splendid display of a tabla-harmonium *jugalbandi* entralling all viewers. The last speaker of the evening was Dr. Rajiv Biswas, Assistant Professor, Blood Bank, Silchar Medical College & Hospital, Silchar who actively coordinated the program from the Blood Bank. He elaborately talked on the nuances of blood, especially hemoglobin and plasma and their notion and effect from a patient's perspective. He too emphasised on the abolition of blood replacement therapy and insisted all viewers on taking part in this campaign of blood donation through blood banks. In the course of the programme the college students too marked their excellence in arts and culture through their exhibition of dances, songs and deliberation of speeches. Students, namely Bikash Roy, Amber Pandey and Th. Nongpoknganba Singha beautifully delivered their speeches on the varied aspects of blood donation. A Manipuri traditional dance was delicately presented by the duo, Bina Singha and Bem Singha. Then Neha Nath and Supriya Banik graced the occasion by their elegant dances respectively on patriotic themes. Baishali Nath presented a patriotic song exquisitely followed by the outstanding rendition of another patriotic song by Supriya singha and Sangeeta Singha together to the much joy of viewers. At last, the programme ended with a vote of thanks from the moderator.

Some photos of the program enclosed herewith





Dr Rajib Biswas

UTSARG UTSAV

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UTSARG UTSAV Birthday Celebration :::: LALA RURAL COLLEGE, Hailakandi

st, Sunday, 2021___UTSARG UTSAV Birthday Celebration___ Celebrate your Birthday as UTSARG UTSAV



UTSARG UTSAV Birthday Celebration ::: LALA RURAL COLLEGE, Hailakandi

genre/Instrumental..... _____ 29th August, Sunday

LALA RURAL COLLEGE 🕒 ↻



UTSARG UTSAV Birthday Celebration ::: LALA RURAL COLLEGE, Hailakandi

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LALA RURAL COLLEGE **BLOOD DONATION FOR NATION** **RAKTDAAAN** 



Dr D Dhar Chanda **UTSARG UTSAV**

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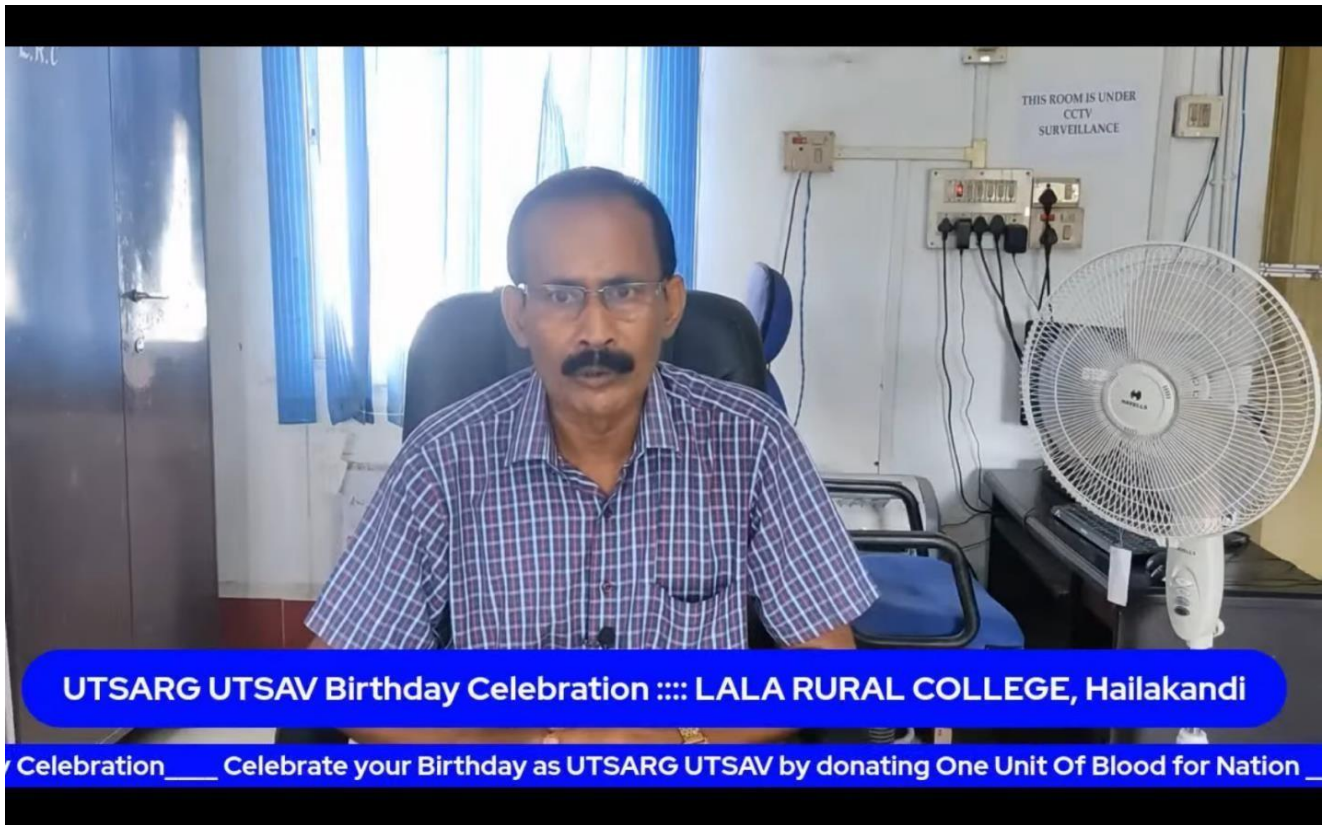
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LALA RURAL COLLEGE **BLOOD DONATION FOR NATION** **RAKTDAAAN** 



Sanjoy Prakash Das **UTSARG UTSAV**

Always Follow COVID-19 APPROPRIATE BEHAVIOUR _____ Register Yourself for UTSARG UTSAV



Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on the Awareness Programme about HIV, TB & Blood Donation

Dated 08/09/2021

NSS unit, Lala Rural College, Lala, in its bid to commemorate 75 years of India's Independence, organized the online competition among students of the college on three themes, namely HIV, TB & Blood Donation. The competition was designed to generate awareness campaign for NewIndia@75 as formulated by ASACS under the guidance of NACO (National AIDS Control Organization). As per the guideline, the competition was supposed to be held from August 12-August 20, 2021. But due to the on-going admission process of TDC1st Semester (CBCS) and the submission process of assignments by students of Non CBCS coupled with the holding of Unit tests for CBCS Even Semester, the event in the form of the competition commenced from 22 August that lasted till 27 August. The students took part in the competition spontaneously. In agreement with the prescribed guidelines, Nodal Officers for the competition of each theme were appointed from the college, who were supposed to conduct the competition. Accordingly Prof. Gautam Chandra Banik and Dipika Singha were made Nodal Officers for Blood Donation, Prof. Anuradha Saha and Dr. S. Bebita Devi for TB and Dr Mithun Nath for HIV. Moreover, as per the guideline, one different form of competition was held for each different theme. For example, poster making competition was held for TB, one-minute video for the awareness of Blood Donation and Quiz competition for HIV. In addition to it, to encourage students one more competition in the form of one-minute video for TB was also organized. The students took part in all competitions spontaneously. A panel of judges was constituted to decide the prize winners with the following teachers: Prof Anuradha De, Dr. Mithun Nath, Dr F,U. Mazumder and Dr L. Musindra Singha. Accordingly, on the appointed date of 28th August, two judges namely, Prof De and Dr Mithun Nath turned up and sat together on a virtual platform to verify and judge. The following students were chosen and declared as prize winners.

- A. Poster making competition (on TB)
 1. Ankita Nath (6th Semester, Non CBCS)
 2. Reshmita Nath (6th Semester, CBCS)
 3. Neha Nath (4th Semester, CBCS)
- B. One-minute video competition (on Blood Donation)
 1. Ankita Nath (6th Semester, Non CBCS)
 2. Bikash Roy (6th Semester, CBCS)
 3. Shrabani Nath (4th Semester, CBCS)
- C. Quiz competition (on HIV)
 1. Nayek Rangkhil (2nd Semester, CBCS)
 2. Nandita Singha (6th Semester, CBCS)
 3. Pallobi Rajwar (2nd Semester, CBCS)

Moreover, the following three students were only participants for one-minute video for TB:

1. Amirul Islam Barbhuiya (2nd Semester, CBCS)
2. Bikash Roy (6th Semester, CBCS)
3. Chaitali Das (HS 2nd Year, Commerce)

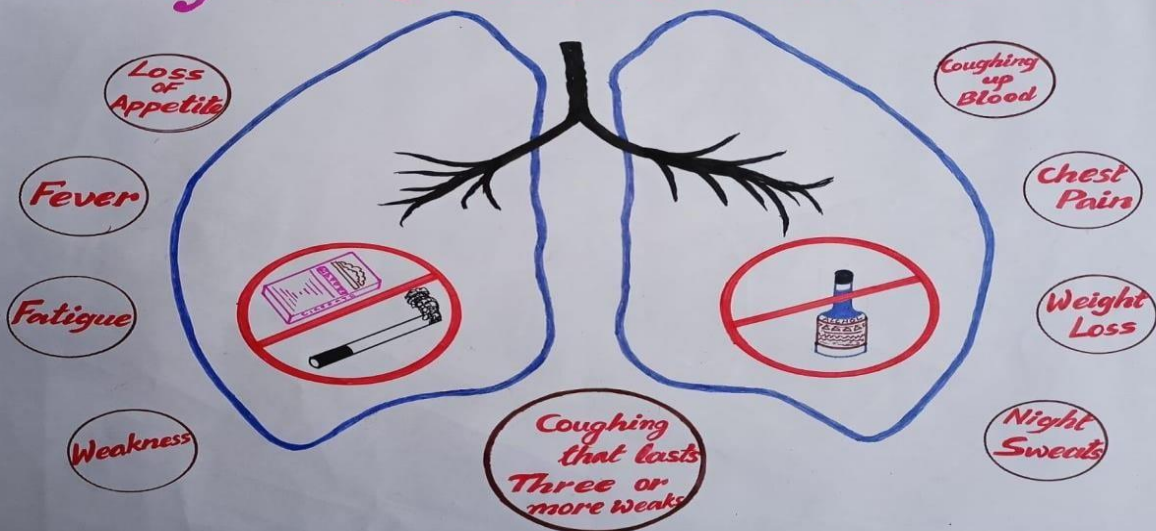
The whole event in the process ended on a positive note.

Some posters created by participants enclosed herewith

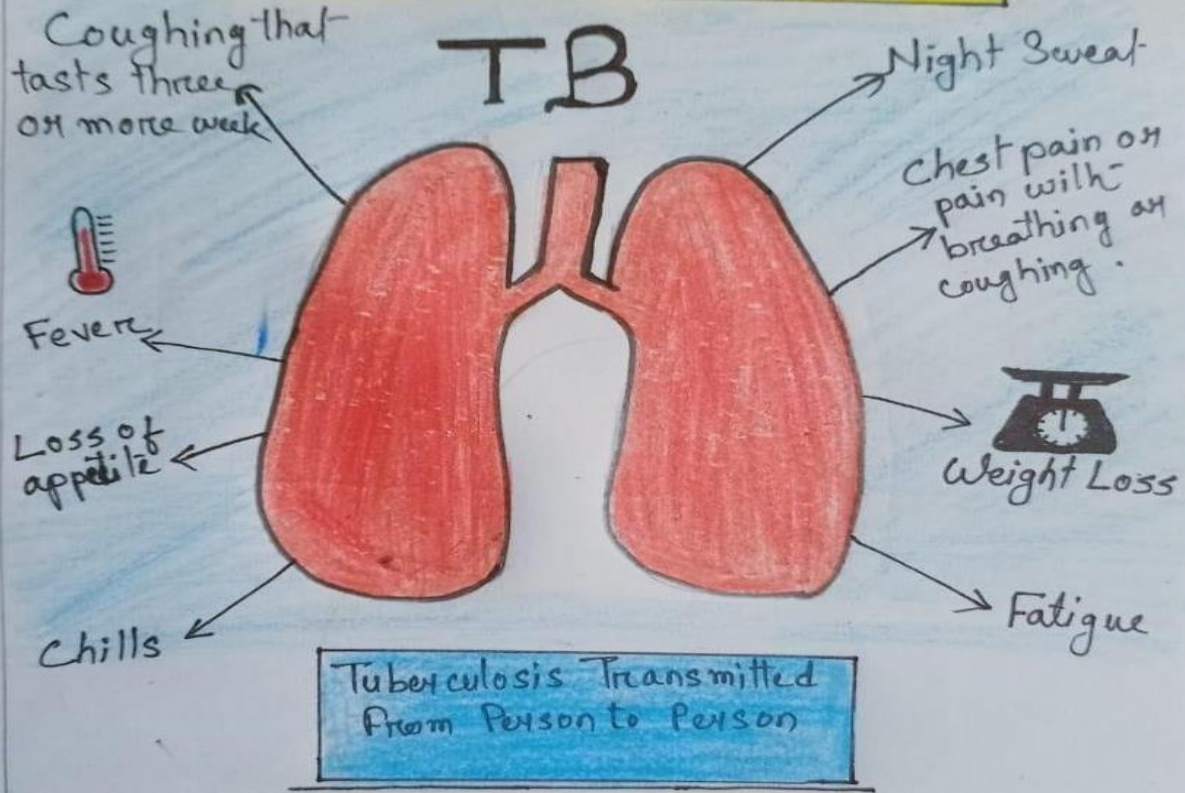
Say No To Tuberculosis



Signs & Symptoms of TUBERCULOSIS



Signs and symptoms of active TB include:



Sd/-

Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on the observance of the Foundation Day of NSS

Dated 24th September, 2021

NSS unit of Lala Rural College, Lala organized an event on NSS day or the Foundation day of NSS on 24th September, 2021 in the Hall No. 9 of the college at 1 pm. The Principal of the college, Dr. Tanuj Kumar Dey in the inaugural speech spoke on the relevance of NSS in today's context. He said that NSS since its inception has been doing wonders in the field of community service across the states of the country; in the time of any crisis, whether it is man-made or natural disasters volunteers of NSS always have come forward voluntarily and selflessly to render service in the affected areas; even in the COVID pandemic along with frontline workers, volunteers of NSS have jumped into action in the form of awareness programme as to how to safeguard against the pandemic or in the form of relief work. He appealed to students present in the event to follow the ideals of NSS and thereby instill in them the work ethics along with academic wisdom. Dr. Manas Sinha, Programme Officer, NSS unit of the college shared with students the genesis of NSS. He said that NSS was launched by the then Union Education Minister, V.K.R.V. Rao way back in 1969 on the birth centenary of Mahatma Gandhi with a view to cultivating personality development in volunteers and youths in the way of providing essential services to the weaker sections of people in the remote areas. He thanked volunteers of the NSS unit of the college by acknowledging their valuable works in their efforts to organize a relief work by distributing staple food items among under-privileged people last year during the first wave of COVID pandemic. He concluded by saying that the outgoing students of the college should carry forward the legacy of NSS work ethics in the practical world. Then Dr. Sinha, in order to mark the occasion of the Foundation day, uploaded in the students' WhatsApp groups a link for an online Quiz competition on NSS in which a good number of students took part and on successful attempts students were issued e- certificates accordingly. The event ended with a light refreshment.

Some photos of the program enclosed herewith





Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on the Observance of National Youth Day

Dated 12th January, 2022

On 12th January, 2022, the NSS unit of Lala Rural College organised an event on the Observance of 25th National Youth Day in the Auditorium of the college on the auspicious occasion of the 159th Birth Anniversary of Swami Vivekananda, one of the greatest philosophers as well as reformers of the country. Dr. Manas Sinha, Programme Officer of the NSS unit of the college welcomed all and invited Dr. Tanuj Kumar Dey, Principal of the college to light the lamp. To mark the occasion, accordingly the lamp was lighted and then the floral tribute was offered at the portrait of Swamiji by the Principal and other teachers and students as well. Miss Anamika Khersa, Asstt. Professor, deptt. of English carried forward the programme as an anchor. She herself spoke on the role of youth addressing the students and urged them to inculcate in them all positive values that Swami Vivekananda upheld all his life towards the nation-building. Mr. Gautam Chandra Banik, HOD, Commerce, highlighted at length the ideals and work ethics of Swamiji that have inspired and will continue to inspire people of all classes and generations citing anecdotes from the life of the great man. The Principal then encouraged the students in his speech to come forward to work for the society which is the need of the hour keeping in mind Swami Vivekananda as their inspiration and the driving force. The programme then ended with a vote of thanks from the anchor.

Some photos of the program enclosed herewith







Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Swachhata Abhiyan

Dated 20/01/2022

NSS unit of Lala Rural College, Lala organised and conducted a cleanliness drive under the banner of 'Swachhata Abhiyan' in collaboration with Students' Welfare Cell in the college premises on 20th January, 2022. Dr. Manas Sinha, the Programme officer of NSS unit welcomed all student- volunteers before the drive being initiated and carried out. Then the Principal of the college, Dr. Tanuj Kumar Dey spoke a few words on the importance of the cleanliness in its all aspects. He motivated the students into action. Thereafter, under the guidance of Dr. Manas Sinha, Programme Officer and Anuradha Saha, Convener of Students' Welfare Cell, as many as 55 numbers of students took part in the cleanliness drive that ran for nearly three hours. They first swept the floors of the verandah with brooms and then picked up and gathered all worn-out packets and plastics and cut weeds and then put all garbage aside to a corner where all waste were burnt thereby cleansing the entire campus. The teachers of the college guided the students throughout the drive. At the end, the Programme officer and the Convener of Welfare Cell offered thanks to all active participants who were later served with refreshments.

Some photos enclosed herewith





Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Breast Cancer Awareness Programme

Dated : 26th February 2022

An awareness programme on Breast Cancer was organized at Lala Rural College auditorium on Saturday 26th February 2022 under the joint auspices of Lions Club, Cachar Cancer Hospital, Amrutanjan Health Care and Women's Cell, Lala Rural College. Two resource persons, namely Dr. Shakshi Generiwal and Dr. Nishant Gourav Pathak of the Cancer hospital elaborately discussed about the symptoms, care and treatment of breast cancer. Further, they mentioned that early detection and proper treatment may save the lives of many people. Kalyan Chakraborty, administrative officer of Cancer hospital, Dr. S. Bebita Devi, Convenor of Women's Cell, Lala Rural College, and Joynal Uddin Laskar, Secretary of Lions Club among others stressed the need of creating awareness on cancer in general and on breast cancer in particular. Dilip Kumar Kangshabanik conducted the whole programme. Thereafter the discussion was opened to all to take part in and subsequently the session brought a fruitful result on the breast cancer awareness amongst the students. At the end part of the Programme Sanitary napkins were distributed among girl students present in the event. The programme was ended with the vote of thanks from Nurul Hussain Mazumdar, member of Lions Club.

Some photos of the program enclosed herewith





Sd/-
Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on Celebration of International Women's Day

Dated 08/03/2022

All Assam College teachers Association (ACTA), Karimganj–Hailakandi Zone in collaboration with Women's Cell, IQAC, Lala Rural College, Lala, celebrated International Women's Day on 8th March, 2022 at Native Pride Club, Rongpur, centred on the theme of "Gender equality today for a sustainable tomorrow".

. Dr. S. Bebita Devi, Assistant Secretary, Women's Cell, Karimganj-Hailakandi Zone as well as the Convenor of the Women's cell, IQAC, Lala Rural College, Lala delivered the welcome address. The guest speaker, Dr. Manisha Chakrabarty (Banik), Medical Officer, Katlicherra, BPHE talked on the the awareness on health and hygiene. Further, two other resource speakers, Prof. Anuradha De and Dr.Mithun Nath, delivered valuable speeches about the theme. Prof. Asmat Sultana, President, ACTA, Karimganj-Hailakandi Zone delivered her presidential address highlighting the importance of gender equality. Dr. L. Chirokumar Singha, Dr. Sonali Roy, President and Secretary of ACTA unit, teachers and students of Lala Rual College, members of the Native Pride Club and the villagers of Rongpur, attended the programme. Besides, sanitary napkins were distributed to the women-folk of the village. Dr. Lakshmi Nath, conducted the programme. The event ended with a vote of thanks proposed by Anamika Khersa, the faculty from the college.

Some photos of the program enclosed herewith





Sd/-

Dr. S. Bebita Devi
Convener,
Women's Cell, IQAC
Lala Rural College, Lala

Report on Special Camp

Dated 15/03/2022

The NSS Unit of Lala Rural College organised a seven-day Special Camp at Singalla Basti on 9th March 2022. As the locality was on the outskirts of the town of Lala and inhabited by needy communities, the unit set up the special camp there. The camp was centred at Ayodhya Rai Memorial High School located at the rural background of Singalla Basti. In the inaugural address, Dr. Manas Sinha, Programme Officer of the unit, conveyed the aim and purpose of the camp. He said that the camp was designed to instil the idea of social welfare in volunteers and to provide services to the society, especially here to the under-privileged locality of Singalla Basti and to identify the needs and problems of the local community. Then Mr. Rupnarayan Roy, President of the school assured the unit of the full cooperation and assistance to the desired effect. Before that, Dr. Tanuj Kumar Dey, Principal of the college flagged off the camp. The theme of the camp was 'Youth for holistic development'. On the first day of the camp, the student-volunteers conducted with the aid of questionnaires a survey of the socio-economic conditions of people residing at Singalla Basti. In the process, the volunteers made door-to-door visits to households of the locality. The other noteworthy activities done throughout the week-long camp were Health camp, Plantation, Cleanliness Drive and Anti-Tobacco Awareness programme. The Health Camp was arranged in collaboration with Lala Primary Health Centre headed by Dr. Jahidul Islam and Dr. Mangan Sana Senjam. As many as 92 people were administered free medical check-up and provided free medicines. Then an awareness program was held on the issue of the ills of tobacco consumption. The volunteers conducted a first-hand survey on the issue by paying visits to households of the locality and incorporated data in specific questionnaires. Thereafter, the importance of an eco-friendly environment was highlighted and the need of plantation was emphasized. To this effect, some hundred saplings were distributed to households and volunteers themselves planted the saplings along with the local people. The camp drew special attention to issues related to education, health, plantation and the like. The camp ended on 15th March with a pledge of rendering voluntary community services in the coming days.

Some photos of the program enclosed herewith







vivo S1 Pro
48MP AI Quad Camera



Sd/-
Dr. Manas Sinha
Programme Officer
NSS unit,
Lala Rural College, Lala

Report on Observance of *Bhasha Shahid Divas*

Dated 19/05/2022

"19th May is a memorable day observed as *Bhasha Shahid Divas* (Language Martyrs' Day) in the region of Barak valley. To pay whole-hearted tribute to eleven martyrs on this day, the teachers and students of different semesters assembled together in the premises of Lala Rural College at 10am on 19th May, 2022. At 10.30 am all the teachers and the students present offered floral tribute to the martyrs. After this inaugural programme in the college premises some teachers, namely Mrs. Anuradha De, Dr. Lakshmi Nath and Dr. Mayurakshi Nath along with some students of the Department of Bengali visited 748 no. Lala Town Model LP School at 11 am. Post floral tribute offered to the martyrs, a short programme was started. The college students taught the kids the spellings of the names of the martyrs and then exhibited simple art and craft which are easy and conducive for them to follow. Neha Nath performed a delicate dance. The kids also performed at their level best. Mrs. Mridula Nath, the head teacher of the school and other school teachers actively coordinated the programme. In fact, without their support it was not possible for the college group to arrange the programme. The whole observance programme was organised by the Cultural Cell, IQAC, and the Department of Bengali jointly.

Some photos of the program enclosed herewith





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19/05/22 12:11 PM



Srinath Rd

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HJ47+744, Bishnupur, Assam 788163, India
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Long 92.612773°
19/05/22 11:18 AM

Sd/-
Anuradha De
Convener,
Cultural Cell, IQAC,
Lala Rural College, Lala