

## Reports of programmes related to Indian Knowledge System and other initiatives for the transfer of knowledge 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 21<sup>st</sup> June, 2017 under the aegis of the IQAC in collaboration with the NSS unit of the college. 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 International Yoga Day

Dated 21-06-2018

The NSS unit observed International Yoga Day on 21<sup>st</sup> 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 International Yoga Day

Dated 21/6/2019

The 5<sup>th</sup> International Yoga Day was celebrated on 21<sup>st</sup> June, 2019 by the IQAC in collaboration with the 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 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 158<sup>th</sup> 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 the Observance of National Youth Day

Dated 12<sup>th</sup> January, 2022

On 12<sup>th</sup> January, 2022, the NSS unit of Lala Rural College organised an event on the Observance of 25<sup>th</sup> National Youth Day in the Auditorium of the college on the auspicious occasion of the 159<sup>th</sup> 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 three days' Workshop on Folk Dance

Organized by  
Cultural Cell, IQAC, Lala Rural College

Dated 28<sup>th</sup> May – 31<sup>st</sup> May, 2022

Resource Person: Mrs. Jayanti Ghosh

As per the resolution of the meeting of the cultural Cell, IQAC, Lala Rural College held on 24.05.2022, a dance workshop was organized in the college premises. Students from different semesters attended this workshop. Mrs. Jayanti Ghosh from Udayan Nritya Niketan, Lala rendered her whole-hearted service as the resource person. The participants were Nikita Modak (II sem), Tina Dey (II sem), Sayantoni Nath (II sem), Arup Paul (II sem), Nibedita Das (II sem), Sudipa Nath (II sem), Lohori Choudhury (II Sem), Priyaleima Singha (II sem), Satyajit Kar, etc. On 31<sup>st</sup> May, in valedictory session certificates were given to all the participants by Dr. T.K. Dey, Principal, Lala Rural College. Dr. Mithun Nath, Coordinator, IQAC, Lala Rural College, Mrs. Jayanti Ghosh, Mrs. Anuradha De and Dr. Lakshmi Nath. Sincere efforts and enthusiastic participation of the students made the workshop success.

### Relevant photographs





GPS Map Camera



Lala, Assam, India

HJ52+6RR, College Road, Lala, Assam 788163, India

Lat 24.55824°

Long 92.602113°

31/05/22 02:03 PM



GPS Map Camera



Lala, Assam, India

HJ52+6RR, College Road, Lala, Assam 788163, India

Lat 24.558204°

Long 92.602134°

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

## Reports of Annual Social Meet 2018 by cultural committee

In the students Council Lala Rural College, a cultural sub committee was formed to conduct cultural program and various competitions in the annual social meet 2018 in this subcommittee following teachers were in charge:

1. Professor Anuradha De, Department of History
2. Professor Lakshmi Nath, Department of Bengali

Following students were members of this committee:

1. Rafikul Alam Barbhuiya- 4th semester
2. Bindia Bordia – 4<sup>th</sup> semester
3. Anupama Nath- 4th semester
4. Joyeeta Nath- 6th semester

Annual social meet was organised in Lala Rural College which was held from 2.2.2018 to 9. 2.2018. Cultural Committee took full initiative to make the cultural program a grand success. Some interesting competitions were organised by the committee. These were:-

**Mehndi Competition** was held on 3/2/ 2018 from 11:30am to 12:30pm. The girl student set on the ground with their partners and many other students and teachers were assembled there to cheer up the competitors. Two judges of the competition were Gulshan Praveen Assistant professor, department of Political science and Dr. Sonali Roy, Assistant professor, department of Commerce. Among the six competitors following students stood out as first, second and third respectively: Suhana Begum Laskar, Neetu Banik and Anupama Nath.

The students and teachers accepted the decisions of the judges.

**Cooking Competition** was held on 5.2.2018 from 1:00 p.m. to 3:00 p.m. It was a unique competition in which students enjoyed a lot. For competition groups were formed consisting of maximum for students. The competitors brought all the necessary goods and ingredients for cooking personally. Following groups of students took part in the competition:

1. Krishna Nanda Sharma, Lokendra Sinha and Geeta Shree Sinha,
2. Snigdha Nath and Prema Nath
3. Ankita Nath, Rajyashree Nath, Sangeeta Kaur and Honey Nath

Each of the group cooked very delicious food items though quantity of food was not very huge because their main attention was in variety of food items and quality also. The judges of the competition were Dr. T. K. Dey, principal Lala Rural College, Dr. Ng. Dayamay Singha and Professor G.C. Banik, HOD Commerce.

It was really difficult task for the judges to determine the rank of the competitors as they cooked different food items and all the items were praiseworthy. So, the judges decided to award them equal prize. The students and teachers were satisfied with the decision of the judges.

**Alpana Competition** was held on 6.2.2018 from 11am to 12.30pm. Infact, the girls students were very interested about this competition. The long Varanda of the auditorium was cleaned for this purpose and there

seven girl students exposed their love for art through Rongoli. It was indeed a beautiful and colourful event. They mainly used tined colour, abir (gulal) and rice powder. The judges of the competition were Prof. Anuradha Saha, Assistant Professor, Department of Economics and Dr. S. Bebita Devi, Assistant Professor, Department of History. They awarded Snigdha Nath, Suhana Begum Laskar and Rajyashree Nath – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize respectively.

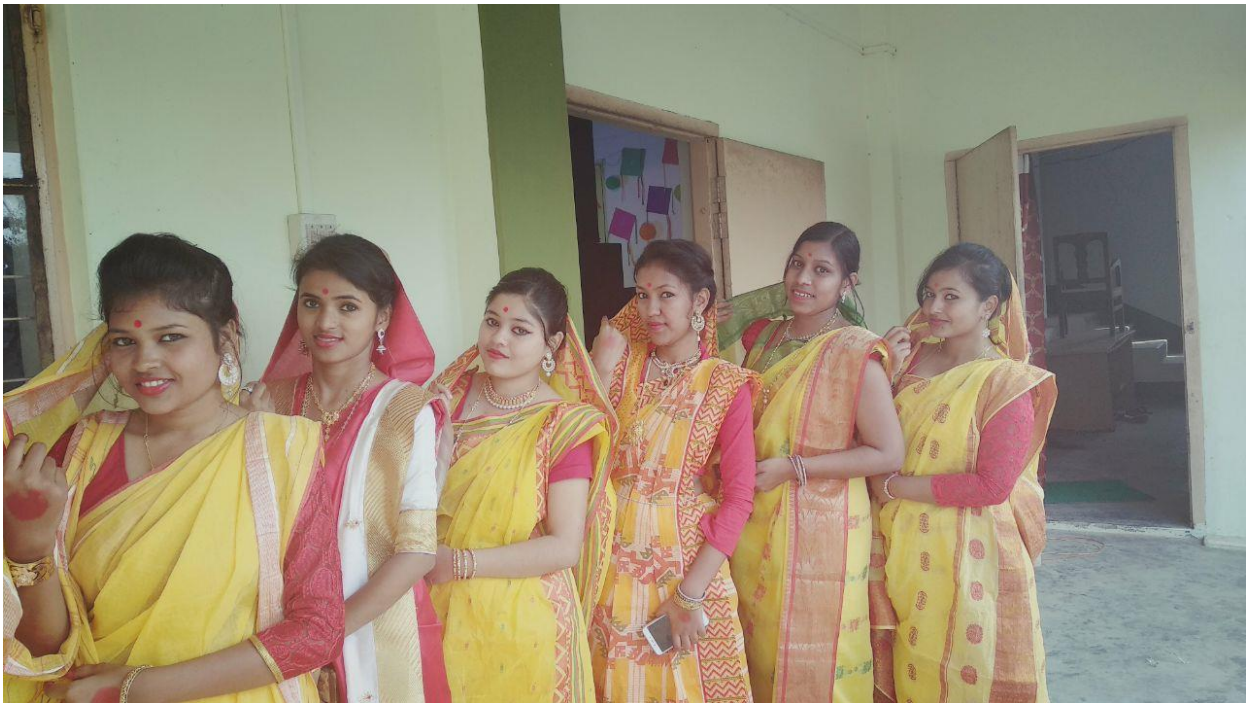
Last competition in the cultural section was ‘Go as you like’ which was held on 8.2.2018 from 12pm. In a meeting of the cultural committee, it was decided that the theme character of the competition would be confined only in historical personalities. Accordingly, they dressed up. It was an enjoyable competition and students gave their best effort to express their character effectively. The judges of the competition were Dr. Seemarekha Das, Head of the Department of Bengali and Prof. G.C. Banik, Head, Department of Commerce. The judges declared following students as winners: Tapan Kar (1st) Bindia Bordia (2nd), and Snigdha Nath (3rd).

On 9.2.2018 from 12pm onwards prize distribution ceremony was held which was followed by a short cultural programme. Students, both boys and girls enthusiastically participated in the programme. The cultural programme was supervised by Prof. Anuradha De, Assistant Professor Department of History and Dr. Lakshmi Nath, Assistant Professor Department of Bengali. The programme was designed with songs and dances of various colour.

Finally, the Annual Social Meet, 2018 was ended with vote of thanks from Dr. Tanuj Kumar Dey, Principal, Lala Rural College, Lala.

### Photo gallery















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

## **Report of Cultural Events under Annual Social Meet 2019-20**

The Annual Social Meet took place in the college premises with great pomp and enthusiasm in the month of February, 2020. There were cultural events designed and conducted by Cultural Committee as part of Annual Social Meet, 2019-20. Prior to the commencement of Annual Social Meet, decisions were taken unanimously to conduct the following cultural events:

1. Mehndi Competition
2. Alpana Competition
3. Cultural Programme

Two teachers were in charge to supervise the events:

1. Anuradha De, Assistant Professor, Department of History
2. Dr. Lakshmi Nath, Assistant Professor, Department of Bengali.

The cultural events began with Mehndi Competition. There are as many as 10 girl students who took part in the competition. As per the rule of the competition Mehndi design should be portrayed on one hand till elbow. Besides, Mehndi design must cover one hand and both sides of the palm. The designated judges thoroughly observed the Mehndi display and unanimously adjudged position holders. The following participants were ranked:

1. Suhana Laskar, 1<sup>st</sup>
2. Sangita Kar, 2<sup>nd</sup>
3. Aditi Bhattacharjee, 3<sup>rd</sup>

The next cultural event was Alpana Competition which was conceived to nurture creativity among students. The designated space for drawing of Alpana was the long verandha of the college auditorium. Time duration allotted was 50 minutes. Materials for making Alpana were brought by the participants themselves. The judges were namely: Anuradha Saha, a faculty from the Economics department and Dr. S. Bebita Devi, faculty from department of History. The judges chose the following stand-out performers:

1. Sangita Kar, 1<sup>st</sup>
2. Aditi Bhattacharjee, 2<sup>nd</sup>
3. Monisha Nath, 3<sup>rd</sup>

Another cultural event that drew the attention of all was Embroidery Competition. The event was intended to cultivate in students the creative art of sewing. The participants were very much enthusiastic trying their hand in such a creative work. The participants brought necessary items of embroidery like needle, thread and clothe etc. Nine girl students participated in this competition. The judges were Anamika Khersa, Assistant Professor, Department of English and Mayurakshi Nath, Assistant Professor, Department of Bengali. After a through scrutiny of the performances of embroidery display, the following students were judged as rank holders:

1. Ankita Nath, 1<sup>st</sup>
2. Sangita Kar, 2<sup>nd</sup>
3. Sudipta Banik, 3<sup>rd</sup>

In addition, a cultural programme focusing on Indian traditional dance forms and music was held. Students exhibited their potentials in a graceful way. All the cultural events under the Annual Social Meet were attended and well appreciated by one and all. The participants involved were encouraged by the Principal, Dr. Tanuj Kumar Dey and by the teaching staffs as well who applauded them throughout the course of the cultural events.

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

## Annual Social Meet-2021-22

### Competitions and programmes under Cultural Cell, Lala Rural College

According to the meeting of the Cultural Cell, Lala Rural College held on 7.2.2022 and 9.2.22, following competitions were started on due date and at due time.

**Alpana competition** was held on 10.2.2022 from 10.30 am to 11.15 am

**Competitors were:** 1. Shraboni Nath (V sem), 2. Sneha Nath (HS II year), 3. Madhumita Dey (III sem), 4. Rima Sheel (III sem), 5. Tina Dey (I sem). Shraboni Nath, Rima Sheel and Sneha Nath were awarded 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize respectively.

**Total no of participants were five.**

Judges of the competition were Dr. Mithun Nath and Dr. S. Bebita Devi.

**Mehendi competition** was held on the same day from 11.30 am to 12.30 pm.

**Competitors were:** 1. Baishali Roy (V sem), 2. Rajashree Bhowmik (HS I year), 3. Krishna Das (III sem), 4. Sraddha Chattarjee (III sem), 5. Nibedita Das (I sem), 6. Shilpi Das (I sem), 7. Sharmi Das (III sem), 8. Arpita Nath (I sem), 9. Rima Sheel (III sem), 10. Susmita Nath (I sem).

Winners of the competition were Nibedita Das (1st), Susmita Nath and Rima Sheel (2nd), Rajashree Bhowmik and Krishna Das (3rd).

**Total no of participants- 10**

Dr. Mithun Nath, Prof. Anuradha Saha, Prof. Dipika Singha and Dr O. Usharani Singha consented to act as judges of the event.

**Art competition** was held on 12.2.2022 from 2.15pm to 3.15pm.

**Participants were:** 1. Satyajit Kar (III sem), 2. Sneha Nath (H.S II yr), 3. Rima Shil (III sem), 4. Sanjay Kangsabanik (H.S I yr), 5. Rajashree Bhowmik (H.S I yr), 6. Shusmita Das (I sem), 7. Tina Dey (I sem), 8. I. Priyachanu (III sem), 9. Sharmi Das (III sem), 10. Abhishek Das (V Sem).

Winners were: Rima Shil (1<sup>st</sup>), Sneha Nath and Abhishek Das (jointly 2<sup>nd</sup>), Satyajit Kar and Rajashree Bhowmik (Jointly 3<sup>rd</sup>).

Judges of this competition were Mrs. Anuradha De, Dr. Mithun Nath and Dr. S. Bebita Devi.

These were some competitions held under Cultural Cell, IQAC, Lala rural College.

At the end of the Annual Social Meet, 2022, a Cultural Programme was held on 13.2.2022. Various Items performed by the students of the college made the programme a grand success. The programme ended with National Anthem.

### Photo gallery





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Shot by Julani Dasad 📸

2022/02/10 11:12







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

## **Report on 5 Days Vocational Training Programme on Cutting and Tailoring organised by Vocational Training & Life Skill Development Cell, IOAC, Lala Rural College, Lala**

With a small step taken towards skill development and making the students self-sufficient this 5 Days Vocational Training Programme on Cutting and Tailoring was organised by Vocational Training & Life Skill Development Cell, IQAC, Lala Rural College, Lala from 27<sup>th</sup> May to 31<sup>st</sup> May, 2022 in the premises of the college.

Inauguration of the programme was held on 27<sup>th</sup> May, 2022 at Old Library Building of the college and the inaugural session began at 11.00 a.m. with the welcome address by Dr. Sonali Roy, Convenor, Vocational Training & Life Skill Development Cell, IQAC, followed by the inaugural speech by Dr. Ng. Dayamoy Singha, HoD, Department of History. He emphasized on the significance of skill development and how necessary it is for every student to earn their livelihood independently.

The course was a meticulously designed tailoring course for beginners. Ms. Moonmoon Kangsabanik was hired as the instructor for the programme with arrangement of one stitching machine. The instructor was chosen based on her experience, qualification and her self-motivation to teach students. A total of 22 students, both from Arts and Commerce Stream, participated in the programme. In this course the basics of tailoring, which included how to take measurement, how to choose the right fabrics, and how to cut and sew a basic garment like blouse and kurti was taught. On the last day of the programme the students exhibited their skill of stitching, whatever they have learned from this vocational training programme and were also given participation certificates.

The valedictory session started from 2.30 p.m on 31<sup>st</sup> May, 2022 with the speech of Dr. Tanuj Kumar Dey, Principal i/c. The speech elucidated on the importance of imparting employability skills along with the process of holistic development of the students. The programme wrapped up around 4:30 p.m. with the vote of thanks from the Convener. The college authority had given tremendous support and co-ordination in making this event successful.

Enclosures:

1. Programme Schedule
2. List of Participants
3. Photographs

## PROGRAMME SCHEDULE

DAY 1: 27 <sup>th</sup> MAY,2022	
11.00 a.m to 11.15 a.m	Inaugural Session
11.30 a.m to 11.45 a.m	Tea Break
11.45 p.m to 2.00 p.m	Theory on Cutting & Tailoring
2.00 p.m to 2.30 p.m	Lunch Break
2.30 p.m to 4.30 p.m	Theory on Measurement : Rules & Practices

DAY 2: 28 <sup>th</sup> MAY,2022	
11.00 a.m to 1.00 p.m.	Practical on Measurement
1.00 p.m to 2.00 p.m	Introduction to Sewing Machine
2.00 p.m to 2.30 p.m	Lunch Break
2.30 p.m to 4.30 p.m	Practical on Use of Sewing Machine

DAY 3: 29 <sup>th</sup> MAY,2022	
11.00 a.m to 1.00 p.m.	Theory on Drafting / Pattern Making
1.00 p.m to 1.30 p.m	Lunch Break
1.30 p.m to 4.30 p.m	Basic Stitching-Preparation of sample pieces of stitches(Hand stitches - Machine stitches)

DAY 4: 30 <sup>th</sup> MAY,2022	
11.00 a.m to 1.00 p.m	Stitching Skills:- - Knowledge about: - Seams, Darts, Tucks, flares, plackets, pockets, necklines, hem, collars & cuff Pleats, Buttons Hole, Buttons Hooks and Eye, Tich buttons
1.00 p.m to 1.30 p.m	Lunch Break
1.30 p.m to 4.30 p.m	Drafting, Fabric Cutting and Sewing Process- Marking with different measurement - Cutting the cloth as per marking, leaving margin for inlays and turnings. - Practice in stitching on paper for straight zigzig, round etc. - Stitching of - Handkerchief / Bib / Pillow cover / Blouse/Kurti/ Salwar Kameez

DAY 5: 31 <sup>st</sup> MAY,2022	
11.00 a.m to 2.00 p.m	Preparation of samples.
2.00 p.m to 2.30 p.m	Lunch Break
2.30 p.m to 4.30 p.m	Valedictory Session

## List of Participants:

Sl. No.	Name	Class/Semester	Roll.No.
1.	KAJAREE NATH	6 <sup>th</sup> sem(C)	14
2.	RUMPI BHAR	6 <sup>th</sup> sem(A)	87
3.	PUJA TATO	6 <sup>th</sup> sem(A)	144
4.	PAPRI NATH	4 <sup>th</sup> sem(A)	36
5.	H-ESHITA SINGHA	4 <sup>th</sup> sem(A)	25
6.	BABLI NATH	6 <sup>th</sup> sem(C)	09
7.	RATNASREE NATH	6 <sup>th</sup> sem(A)	80
8.	ANKITA NATH	2 <sup>nd</sup> Sem(A)	08
9.	SUPARNA ROY	4 <sup>th</sup> sem(C)	14
10.	PAYEL MAHANTA	4 <sup>th</sup> sem(A)	123
11.	SABANA DILKIS KHANAM MAZ.	4 <sup>th</sup> sem(A)	39
12.	ANJITA DAS	6 <sup>th</sup> sem(C)	19
13.	RUPALI MAL	6 <sup>th</sup> sem(C)	20
14.	L. PRIYA CHANU	4 <sup>th</sup> sem(A)	68
15.	Y. MAGHA DEVI	4 <sup>th</sup> sem(A)	28
16.	PALLABI NATH	4 <sup>th</sup> sem(A)	98
17.	SHRABANI NATH	6 <sup>th</sup> sem(A)	34
18.	SUNALI SINGHA	6 <sup>th</sup> sem(A)	15
19.	N. NAMITA SINGHA	6 <sup>th</sup> sem(A)	35
20.	MUSINA AMIN LASKAR	4 <sup>th</sup> sem(A)	32
21.	YEASMIN SULTANA LASKAR	4 <sup>th</sup> sem(A)	126
22.	SALMA BEGOM ANSARY	6 <sup>th</sup> sem(A)	07

## Photographs:





Sd/-

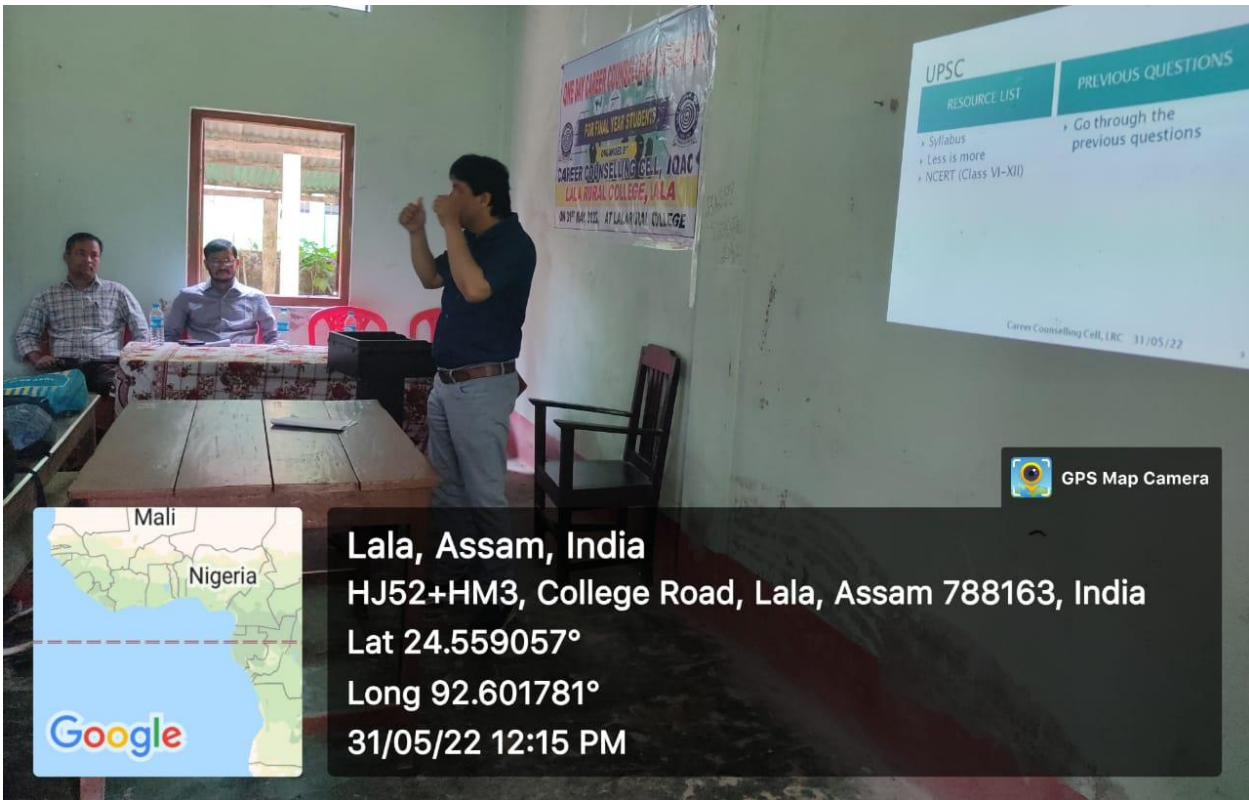
Dr. Sonali Roy  
Convener,  
Vocational Training &  
Life Skill Development Cell, IQAC,  
Lala Rural College, Lala

## A Report on Career Guidance - 2022

On 31<sup>st</sup> May 2022, Career Counselling Cell, IQAC, Lala Rural College conducted a career guidance programme at the premises of Lala Rural College, Lala. The programme was basically designed on the topic of Career Opportunities after acquiring graduation in both Arts and Commerce stream. Though it was specially arranged for the final year students only but student from other semesters also took part in the programme. A total of 96 students took part in the programme. By 11.00 in the morning, the programme was started by the Convener of the Cell, Mrs Deepmala Paul with a welcome speech. She welcomed our respected Principal, Dr. Tanuj Kr. Dey, IQAC, Co-Ordinator, Dr. Mithun Nath, other faculties and all the students present out there. Then there was a speech by our honourable Principal, Dr. Tanuj Kr. Dey, he motivated and encouraged the students to take part in such types of programme and also advised them to choose the right career. The Co-Ordinator, IQAC, Lala Rural College, Dr. Mithun Nath also motivated the students to be confident and communicative in life. Besides, hardwork, time management and focus on the line opted are important aspects to be taken care of. Dr. Manas Sinha, HOD, Deptt of English and Mr. Gautam Chandra Banik, Asstt. Prof of Commerce was invited as resource persons for the first and second sessions respectively. Dr Sinha in the first session apprised the students with best courses after completion of graduation in Arts which includes Master of Arts (MA), Master of Business Administration (MBA), Bachelor of Education Courses (B.Ed), Postgraduate Diploma Courses, Designing and Fine Arts Courses, Law Courses etc. Dr Sinha also cited some job opportunities like UPSC, APSC, SEC, RRB, TET, Bank PO etc. He discussed in details the procedure to apply and various books and journals to follow. He also asked the students to contact him at any time with any kind of help regarding career guidance. We were very lucky to have him with us on that programme. Then, after tea-break, Gautam Chandra Banik, resource person for the second half session, came up with very interesting and useful topic for the students who were interested to pursue for higher studies after completion of their B. Com course. He enlightened us with many course opportunities like Master of Business Administration (MBA), Chartered Accountancy (CA), Company Secretary (CS), Master of Commerce (M.Com), Chartered Financial Analyst (CFA), Business Accounting and Taxation (BAT), Certified Management Accountant (CMA), US Certified Public Accounting (CPA), Financial Risk Manager (FRM), Association of Chartered Certified Accountants (ACCA), Bachelor of Education Courses (B.Ed), Digital Marketing. All the students were highly motivated and got to know about various opportunities after completing the graduation. It was very informative day for the students. The Programme came to an end with a 'Vote of Thanks' proposed by Mrs. K. Dipika Singha, Asstt. Prof., Deptt. of Commerce, member of the Cell by 1.45 in the afternoon.







Sd/-

Deepmala Paul

Covener, Career Counselling Cell

Lala Rural College, Lala



## Report on 15 Days Computer Training Course Date: 21<sup>st</sup> May to 4<sup>th</sup> June, 2022

Venue: Rongpur Part- I, Lala, Hailakandi

A Computer Training Programme/Course for the students was organized by the Vocational Training and Life Skill Development Cell, IQAC, Lala Rural College in collaboration with Mongaldip Infotech under Soft Skill Development Programme from 21<sup>st</sup> May to 4<sup>th</sup> June, 2022 with an objective to acquaint the students with knowledge of computer basics and applications. The inaugural session began at 10.30 a.m. with opening remarks by Dr. Sonali Roy, Convener, Vocational Training and Life Skill Development Cell, IQAC, Lala Rural College. Dr. Tanuj Kumar Dey, Principal, Lala Rural College inaugurated the programme and gave his inaugural speech highlighting the importance of computer knowledge in today's world. A total of 30 students, both from Arts and Commerce Stream, participated in the programme. The training process was incredible and interesting, as the institution provided the environment/ space, instructors and training manual/ curriculum was distributed to each participant before the start of the process. All the sessions were very effective and fruitful for the participating students. The queries put forward were effectively answered by the efficient instructors of the institution. The valedictory session was held on 4<sup>th</sup> June, 2022 at 4.00 p.m. It started with the speech of Dr. Tanuj Kumar Dey, Principal i/c. He emphasized on the fact that having an in-depth knowledge of computers is an invaluable skill to have these days. Since the extensive use of computers is bound to increase in the foreseeable future, computer skills will be really valuable. He also assured that the college would be organising more such training programmes in future to enhance the computer knowledge of the students of Lala Rural College. The programme wrapped up around 4:30 p.m. with the distribution of certificates and delivery of vote of thanks by Mrs. Deepmala Paul, Asstt. Professor and Member, Vocational Training and Life Skill Development Cell, IQAC. The college authority had given tremendous support and co-ordination in making this event a successful one. After completion of this workshop students have felt encouraged to explore these areas further.

Enclosures:

1. Course Outline
2. List of Participants
3. Photographs

Sd/-

Dr. Sonali Roy, Convener,  
Vocational Training & Life  
Skill Development Cell, IQAC

### Course Outline:

Topic	Sub -Topics
Computer Applications & Basics	Introduction, Basic Applications of Computer, Components of Computer, Connecting Computer Components, Computer Hardware & Software.
Computer Operating System	Basics of Operating System, Linux, Windows, Task Icons, Bars, System Settings, Setting Date & Time, File Management.
Word Processing	Introduction, Printing a File, Document Creation, Editing, Saving & Text Formatting,
Working with Graphs and Charts	Creating Charts using Char Wizard - Steps to Create an Embedded Chart, Steps to Create Separate Charts on a Chart Sheet. Sizing and Moving Charts. Updating Charts, Changing the Chart Type. Adding Titles and Gridlines and Formatting Legends - Adding a chart title, Adding gridlines and formatting legends. Previewing and Printing Charts.

Topic	Sub -Topics
Microsoft Excel, Spreadsheet & Worksheet	Introduction, Rows, Columns & Cells, creating and using multiple worksheets and linking workbooks.
Power point	Slides, Creating Power Point Presentation and Designing.
Database Management	Introduction, Adding Sort Codes, Sorting the Database, Basics of List, Finding Records, Using Wildcards, Filtering Records in a Worksheet - Customizing filters, Using multiple filters, Summarizing Data, Creating the Pivot Table.
Using Functions	Applying Functions - The Round Function, The Count Function, The Max Function, The Min Function, The Average Function, The Sum Function. Worksheet Function using Function Wizard, The Vlookup Function
Creating and Using Macros	Creating Macros, Recording Macros and Steps for recording a Macro, Recording the macro, Running a Macro. Documenting the Macros - Examine your macros, Step to add comments in a macro. Assigning Macros to Buttons - Creating Macro Buttons, Resizing a macro button, Moving a macro button. Running Macros with Macro Button, Using a Keyboard short-cut to Run Macro, Assigning a short-cuts key to a macro.
Introduction to Internet	WWW & Web Browsers, Basics of Computer Network, Internet, Search Engines, URLs, How to Use Web Browser? An Overview of Computer Viruses, Basics of Email, How to Use Email, Instant Messaging, Formatting an Email.
Integrating Excel with Word and the Internet	Integrating Worksheet Data and Charts with Word, Creating an Embedded Worksheet Object in Word Document, Creating a Hyperlink to a Word Document, Using the Internet Assistant Wizard to Convert Worksheet Data and Charts to Web Pages.
Creating Web	Creating a Web Page from a wizard, Creating a web page from a Template, Converting a Word Document to a Web page.
MS ACCESS	Ms Access Database Components, Introduction to Database - Creating Database- Wizard, Creating Tables Wizard, Design View, Datasheet View. Basic Structure of Tables – Field Names, Data Types, Description, Properties. Creating Queries - Opening Queries, Design View, Datasheet View, Closing Queries. Introduction to Form - Opening a Form, Types of Forms, Designing a Form Wizard, Navigating in Forms, Finding Records in Forms. Introduction to Reports - Opening and Viewing Reports, Types of Reports, Forms and Reports, Closing and Saving Reports.

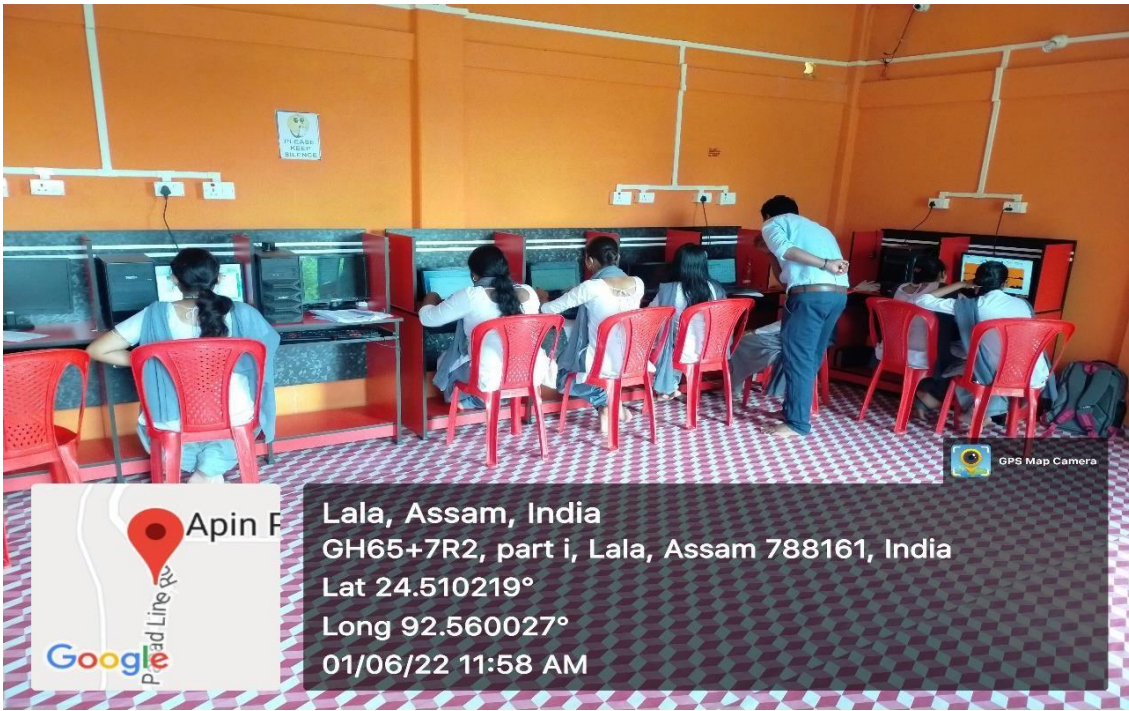
**List of Participants:**

<b>Sl. No.</b>	<b>Name</b>	<b>Class</b>
1	Ksh. Albeto Singha	TDC II Sem (C)
2	Anwar Shahid Laskar	TDC II Sem (C)
3	Nikita Modak	TDC II Sem (A)
4	Tina Dey	TDC II Sem (A)
5	Priya Nath	TDC II Sem (A)
6	Ampi Nath	TDC IV Sem (A)
7	Poheli Nath	TDC IV Sem (A)
8	Puja Nath	TDC II Sem (A)
9	Piyali Roy	TDC IV Sem (A)
10	Taposhi Ghosh	TDC IV Sem (A)
11	Satyajit Kar	TDC IV Sem (C)
12	Lakshmi Nath	TDC IV Sem (A)
13	Khadija Begom Choudhury	TDC II Sem (A)
14	Mousumi Nath	TDC II Sem (A)
15	Debdali Nath	TDC II Sem (C)
16	N. Nungshileima Singha	TDC II Sem (C)
17	Sangitha Nath	TDC VI Sem (A)
18	Neha Nath	TDC VI Sem (A)
19	Baisali Roy	TDC VI Sem (A)
20	Suraj Kar	TDC VI Sem (A)
21	Julan Dushad	TDC VI Sem (A)
22	Popy Nath	TDC VI Sem (A)
23	Abu Salman Mazumdar	TDC II Sem (C)
24	Champok Das	TDC II Sem (C)
25	Th. Kirtiman Sharma	TDC IV Sem (C)
26	Priya Devi Nunia	TDC IV Sem (C)
27	Shivam Das	TDC IV Sem (C)
28	Masum Ahmed Mozumdar	TDC VI Sem (C)
29	Johura Begum Laskar	TDC VI Sem (C)
30	Monu Lunia	TDC VI Sem (C)

**Photographs:**









Sd/-

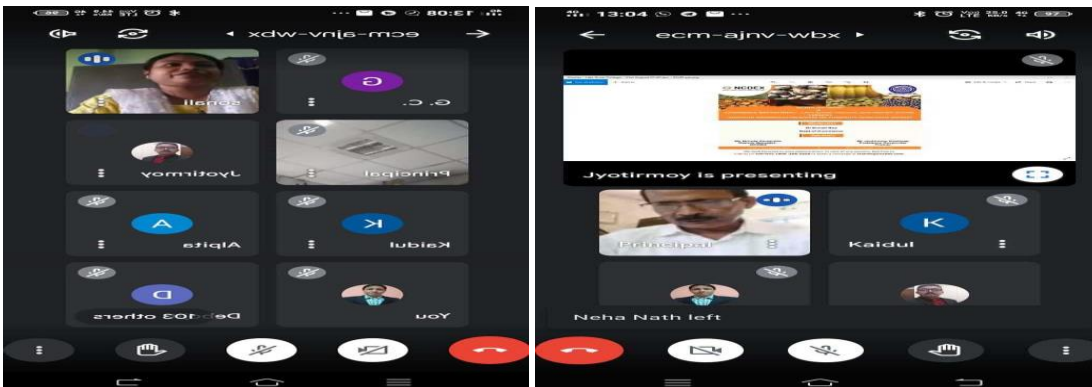
Dr. Sonali Roy  
Convener,  
Vocational Training &  
Life Skill Development Cell, IQAC,  
Lala Rural College, Lala

## Report on Investor Awareness Programme on Commodity Derivatives Market

### Ref:

- LRC (Whatsapp) Notice dated 29<sup>th</sup> August,2021
- Google meet link: <https://meet.google.com/ecm-ajnv-wbx>

A one day webinar on Investor Awareness on Commodity Derivatives Market was organized by Department of Commerce, Lala Rural College in collaboration with NCDEX (National Commodity Derivatives Exchange Limited) Investor Protection Fund Trust on 31<sup>st</sup> August, 2021 via Google Meet. The inaugural session began at 1.00 p.m. with opening remarks by the moderator of the programme, Dr. Sonali Roy, Assistant Professor, Department of Commerce followed by an inaugural speech by Principal i/c, Dr. Tanuj Kumar Dey. In his welcome address, he welcomed the research experts Mr. Jyotirmoy Kashyap, Freelance Corporate Trainer and Ms. Brinda Sengupta, Deputy Manager, NCDEX and all the participants. He emphasized on the role of investment in ensuring present and future financial security. Next, Mr. Gautam Chandra Banik, H.O.D., Department of Commerce, in his speech expressed his gratitude to NCDEX for giving the opportunity to organize a webinar on a theme, relevant to investment need and emphasized on the importance of such programmes. He said that the objective of this webinar is to create awareness about the importance and also the functioning of commodity trading in India. Before the technical session started the moderator gave a brief introduction of the programme and of the experts. The technical session began with introduction to commodity derivatives market by Mr. Jyotirmoy Kashyap. The session enlightened the participants with why commodity derivatives are needed and what is the objective behind it. This session involved a brief introduction to forward, futures and options and how they work. It also gave the insights on various trading strategies that are used in commodity trading like arbitrage, hedging and short term trading. The session included inquisitive presentation and visuals on how the commodities market work. The end of the session was taken up by Ms. Brinda Sengupta. She elaborated on the structure of NCDEX and its various subsidiary bodies. She also introduced the various courses and career opportunities present with NCDEX. The webinar aimed at disseminating in-depth knowledge about the commodity derivatives market and its benefits. This comprehensive webinar gave the participants an overview about the commodity futures market, benefits of hedging, importance and need for risk management measures, advantages of trading on a regulated commodity exchange platforms, and the regulatory perspective. On the whole, the entire session was very interactive and interesting. The queries put forward by the participants were effectively answered by the experts. It was a golden opportunity for the students of Lala Rural College and they stood highly enriched and greatly benefitted from the insights shared by the experts. The webinar witnessed a strong participation. A total of 103 participants, including students and faculty members of the college, participated in the programme. The webinar wrapped up around 3:30 p.m. with the vote of thanks from the moderator. Gurukul Edutech was the technical partner of the webinar.



Sd/-

Dr. Sonali Roy,  
Assistant Professor,  
Department of Commerce,  
Lala Rural College, Lala



## **Report on Arts and Craft Exhibition 2020-2021**

On the auspicious occasion of Saraswati Puja on 16<sup>th</sup> February 2021, the Women's Cell of Lala Rural College organised an arts and craft exhibition for the students of the college within the college premises. The idea behind the exhibition was to encourage the students to discover their creativity and to provide a platform to showcase their skill that was to beautifully conform with the day of reverence to Goddess Saraswati, universally acknowledged as goddess of knowledge, music and arts. The exhibition was open for participation for all the students of the college. The Women's Cell received enthusiastic response from the students. A total number of thirteen students including a passed out student signed up for the exhibition. The exhibition was inaugurated by the Principal i/c Dr. Tanuj Kr. Dey at 11 am in the presence of guests, faculty members and students. Speaking on the occasion, the Principal appreciated the endeavour of the Women's Cell and urged on the necessity of continuity of such positive practices in the near future for the benefit of the students of Lala Rural College. The exhibition was well received by all present. All the faculty members of the Women's Cell, Lala Rural College were directly involved in preparing the schedule, collecting arts and crafts from students and arranging them for the exhibition. The exhibition was open till 3pm.

Relevant photographs enclosed herewith





Sd/-

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