

Extension Activity 01

| Programme Name: | Survey, Health awareness at adopted village |
|----------------------|---|
| Programme Date: | 01-07-2018 to 31-07-2018 |
| Programme Duration: | 1 month (100 hrs) |
| Organized by: | NSS Unit |
| Name of the Scheme | SBSI |
| No. Of Participants: | 44 |
| Venue: | Dhelakhat TE of Gottong GP |
| Mode: | Offline |
| | |

Programme Summary:

Volunteers conducted door to door survey, health awareness campaign, hand washing technique, street play, rally, video show, model making, road cleaning etc at Dhelakhat TE of Gottong GP





Extension Activity 02

| Programme Name: | Visiting China by NSS Volunteer |
|----------------------|---------------------------------|
| Programme Date: | 3/7/18-10/7/18 |
| Programme Duration: | 8 Days |
| Organized by: | MYAS,Govt. of India |
| Name of the Scheme | International youth Exchange |
| No. Of Participants: | Students:01 |
| Venue: | China |
| Mode: | Offline |
| - | |

Programme Summary:

Paulomi Mukherjee visited China





Extension Activity 03

| Programme Name: | Cleanliness drive in School, adopted old age home, Road |
|----------------------|--|
| Programme Date: | 1-15Aug/18 |
| Programme Duration: | 15 Days (10 Hrs) |
| Organized by: | NSS Unit |
| Name of the Scheme | SwachhataPakhwada |
| No. Of Participants: | 200 Volunteers |
| Venue: | Amar Ghar Old age home, adopted school, Women's College, Tinsukia. |
| Mode: | Offline |

Programme Summary:

10 volunteers in each groupworked for 15 days and cleaned college campus, class rooms, library, laboratory, auditorium, adopted school, old age home etc





Extension Activity 04

| Programme Name: | PLEDGE FOR LIFE conducted by Volunteers in College Campus |
|----------------------|--|
| Programme Date: | 6/8/2018 |
| Programme Duration: | 1 day (15 mins) |
| Organized by: | NSS Unit |
| Name of the Scheme | Anti tobacco campaign |
| No. Of Participants: | 150 (NSS Volunteers) |
| Venue: | College Campus |
| Mode: | Offline |

Programme Summary:

Anti Tobacco Campaign was conducted at Women's College, Tinsukia by the students of NSS unit.





Extension Activity 05

| Programme Name: | Mobile Library Facility offered by college |
|----------------------|---|
| Programme Date: | 14/8/2018 |
| Programme Duration: | 1 day |
| Organized by: | Library,Women's College, Tinsukia |
| Name of the Scheme | Gyan Vriksha Mission |
| No. Of Participants: | Librarian along with two staff of Women's College, Tinsukia |
| Venue: | Bengmora Jatiyo Vidyalaya, Tinsukia |
| Mode: | Offline |
| | |

Programme Summary:

Total 45 books were handed over to the headmaster of Begmora Jatiyo Vidyalaya for the benefit of the students of the school for one month.

Evidential Support:

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Extension Activity 06

| Programme Name: | Visit to a GayatriMandir School for Distribution of Stationary & Sweets and Celebration of Independence Day |
|---------------------|---|
| Programme Date: | 15 [™] AUGUST, 2018 |
| Programme Duration: | 1 DAY |



| Organized by: | ROTARACT CLUB OF WOMEN'S COLLEGE, TINSUKIA |
|----------------------|--|
| Name of the Scheme | Aids to school children |
| No. Of Participants: | 40+ |
| Venue: | School at GayatriMandir |
| Mode: | Offline |

Programme Details:

7 members of Rotaract Club of Women's College, Tinsukia visited the school at GayatriMandir, Tinsukia to conduct a drawing Competition on the occasion of Independence day and also distributed stationary to approximately 40 students.

Evidential Support:



Extension Activity 07

| Programme Name: | PLEDGE FOR LIFE |
|---------------------|-----------------|
| Programme Date: | 28/8/2018 |
| Programme Duration: | 1 day |



| Organized by: | NSS Unit | |
|----------------------|---|--|
| Name of the Scheme | Anti tobacco campaign | |
| No. Of Participants: | Teachers& Guardians: :23 (12 teachers and 11 guardians) | |
| | Students: 115(School children) | |
| Venue: | DurgabariSishuVidyalaya | |
| Mode: | Offline | |

Programme Summary:

Anti Tobacco Campaign was conducted at DurgabariSishuVidyalaya by the students of NSS unit.

Evidential Support:



Extension Activity 08

| Programme Name: | PLEDGE FOR LIFE conducted by Volunteers in neighboring school |
|-----------------|--|
| Programme Date: | 13/9/2018 |



| Programme Duration: | 1 day |
|----------------------|---|
| Organized by: | NSS Unit |
| Name of the Scheme | Anti tobacco campaign |
| No. Of Participants: | 95 (School Children) 8 (NSS Volunteers) |
| Venue: | Tinsukia Bengali Girls High School |
| Mode: | Offline |

Programme Summary:

Anti Tobacco Campaign was conducted at Tinsukia Bengali Girls High School by 8 volunteers of NSS unit.





| Programme Name: | PLEDGE FOR LIFE |
|----------------------|-----------------------------------|
| Programme Date: | 15/9/2018 |
| Programme Duration: | 1 day |
| Organized by: | NSS Unit |
| Name of the Scheme | Anti tobacco campaign |
| No. Of Participants: | Students: 200, NSS Volunteers; 10 |
| Venue: | Women's College Tinsukia |
| Mode: | Offline |
| | |

Programme Details:

200 students of Women's College, Tinsukia took anti tobacco consumption pledge.





Extension Activities & outreach programs: Session: 2018-2019

Women's College, Tinsukia Extension Activity 10

| 21/9/2018 1 day |
|-----------------------------------|
| 1 day |
| |
| NSS Unit |
| Anti tobacco campaign |
| Students: 111, NSS Volunteers; 10 |
| Samarjyoti School |
| Offline |
| |

Programme Summary:

Anti Tobacco Campaign was conducted at Samajyoti School by the volunteers of NSS unit.





Extension Activity 11

| AWARENESS COTPA FIELD VISIT |
|---------------------------------------|
| 21/9/2018 |
| 1 day |
| NSS Unit |
| Anti tobacco campaign |
| Beneficiaries: 1000 +, Volunteers: 10 |
| Tinsukia District |
| Offline |
| |

Programme Details:

NSS volunteers of Women's College, Tinsukia made 1000s of students and shopkeepers in Tinsukia take pledge for anti tobacco consumption.





| Programme Name: | PLEDGE FOR LIFE |
|----------------------|---------------------------|
| Programme Date: | 24/9/2018 |
| Programme Duration: | 1 day |
| Organized by: | NSS Unit |
| Name of the Scheme | Anti tobacco campaign |
| No. Of Participants: | Teachers: 10 |
| | Students: 95 |
| Venue: | Women's College, Tinsukia |
| Mode: | Offline |

Programme Details:

On 24th September, 2018 (NSS Day), the NSS Unit of Women's College, Tinsukia organized '**pledge for life campaign'** (anti-tobacco) for the teachers and students of the college whereby more than 150 students and teachers took pledge.





Extension Activity 13

| Programme Name: | Cleanliness drive in Daily Bazaar, Road and Durgabari |
|----------------------|---|
| Programme Date: | 02/10/2018 |
| Programme Duration: | 1 Day (2 hrs) |
| Organized by: | NSS & NCC Unit |
| Name of the Scheme | Gandhi Jayanti |
| No. Of Participants: | 15 |
| Venue: | Durgabari area, daily bazaar and college campus |
| Mode: | Offline |

Programme Summary:

Volunteers cleaned Durgabari area, daily bazaar and college campus





Extension Activity 14

| Programme Name: | Diwali Celebration at Old Age Home " Amar Ghor Tinsukia " |
|----------------------|--|
| Programme Date: | 05/11/2018 |
| Programme Duration: | 1 DAY |
| Organized by: | ROTARACT CLUB OF WOMEN'S COLLEGE, TINSUKIA |
| Name of the Scheme | Community service |
| No. Of Participants: | 09 |
| Venue: | Amar Ghor Old Age Home |
| Mode: | Offline |

Programme Details:

9 members of Rotaract Club of Women's College, Tinsukia went to celebrate Diwali with the residents of old age home to make them feel loved and cared for.





Extension Activity 15

| Programme Name: | Rally and street play on AIDS Awareness |
|----------------------|---|
| Programme Date: | 01/12/2018 |
| Programme Duration: | 1 Day (2 hrs) |
| Organized by: | NSS |
| Name of the Scheme | AIDS Awareness |
| No. Of Participants: | 45 |
| Venue: | Tinsukia Chariali |
| Mode: | Offline |
| | |

Programme Summary:

45 volunteers of NSS performed a street play and took out a rally to spread awareness about AIDS.





Extension Activity 16

| Programme Name: | Went to Gyanankush, an Orphanage and Organized Kids Olympics |
|----------------------|--|
| Programme Date: | 02/12/2018 |
| Programme Duration: | 1 DAY |
| Organized by: | ROTARACT CLUB OF WOMEN'S COLLEGE, TINSUKIA in collaboration with Rotary Club of Tinsukia |
| Name of the Scheme | Community service |
| No. Of Participants: | 103 |
| Venue: | Gyanankush |
| Mode: | Offline |

Programme Details:

10 members of Rotaract club of Women's College, Tinsukia along with Rotaract club of Tinsukia organized Kids Olympics for students of Gyanankush.





Extension Activity 17

| Programme Name: | PLEDGE FOR LIFE IN G.S. LOHIA COLLEGE |
|----------------------|---------------------------------------|
| Programme Date: | 03/12/2018 |
| Programme Duration: | 1 day |
| Organized by: | NSS Unit |
| Name of the Scheme | Anti tobacco campaign |
| No. Of Participants: | Teachers: 15 |
| | Students: 300 |
| Venue: | G.S. LOHIA COLLEGE |
| Mode: | Offline |

Programme Summary:

14 volunteers of NSS Unit of Women's College, Tinsukia; conducted an anti tobacco campaign at G.S. Lohia Girls' College, Tinsukia.





Extension Activity 18

| Programme Name: | New Year Celebration at Orphanage Gyanankush |
|----------------------|---|
| Programme Date: | 01/01/2019 |
| Programme Duration: | 1 DAY |
| Organized by: | ROTARACT CLUB OF WOMEN'S COLLEGE, TINSUKIA |
| Name of the Scheme | COMMUNITY SERVICE |
| No. Of Participants: | 4 (Members), 25 (Beneficiaries) |
| Venue: | Gyanankush |
| Mode: | Offline |

Programme Details:

Members of Rotaract Club of Women's College, Tinsukia alongwith members of Rotaract Club of Tinsukia went to Gyanankush to celebrate Christmas and New year with the students there. The members distributed Christmas caps, sweets and gifts to the students there.





Extension Activity 19

| Programme Name: | 65 students from different institutions of Tinsukia participated in debate competition |
|----------------------|--|
| Programme Date: | 24/01/2019 |
| Programme Duration: | 1 DAY |
| Organized by: | NSS UNIT |
| Name of the Scheme | District Youth Parliament |
| No. Of Participants: | 65 |
| Venue: | Women's College, Tinsukia |
| Mode: | Offline |

Programme Summary:

The NSS Unit of Women's College, Tinsukia successfully organized the district level Youth Parliament on 24th January, 2019. Total 65 youths throughout the district were selected for final round on the basis of 'walk on screening' and online screening. The most important role played by panel of judges comprising of Dr.BudhinGogoi (Principal-Margherita college), Ms.Mayuri Sharma Baruah(Journalist and teacher, Tinsukia college), Mr.Manoranjan Sharma(social activist) and Dr. A. Borthakur (an eminent sports personality and academician). Winners were selected on the basis of points as per guidelines.





Extension Activity 20

| Programme Name: | Visit to Happy School to Donate Winter wear, Shoes, Stationary |
|----------------------|---|
| Programme Date: | 26/01/2019 |
| Programme Duration: | 1 DAY |
| Organized by: | ROTARACT CLUB OF WOMEN'S COLLEGE, TINSUKIA |
| Name of the Scheme | COMMUNITY SERVICE |
| No. Of Participants: | 02 |
| Venue: | Happy School |
| Mode: | Offline |

Programme Details:

2 members of Rotaract Club of Women's College, Tinsukia along with Rotaract Club of Tinsukia and Rotary Club of Tinsukia visited Happy School on the occasion o Republic day and donated winterwear, shoes and stationary to the children.





Extension Activity 21

| Programme Name: | National productivity day |
|----------------------|---------------------------|
| Programme Date: | 18/02/2019 |
| Programme Duration: | 1 DAY (1 hr) |
| Organized by: | NSS |
| Name of the Scheme | AWARENESS |
| No. Of Participants: | 25 |
| Venue: | Women's College, Tinsukia |
| Mode: | Offline |
| | |

Programme Summary:

Volunteers attended a lecture programme on "productivity, economy and sustainability". Lecture was delivered by Ms. SuprityShyam of Economics dept.



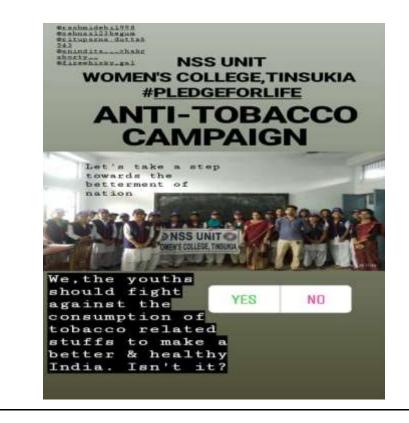


Extension Activity 22

| Programme Name: | PLEDGE FOR LIFE |
|----------------------|-----------------------|
| Programme Date: | 23/02/2019 |
| Programme Duration: | 1 day |
| Organized by: | NSS Unit |
| Name of the Scheme | Anti tobacco campaign |
| No. Of Participants: | Teachers: |
| | Students: |
| Mode: | Online |
| | |

Programme Details:

NSS unit of Women's College, Tinsukia conducted an online Anti Tobacco campaign.





Extension Activity 23

| Programme Name: | National Science Day Observation |
|----------------------|---------------------------------------|
| Programme Date: | 28/02/2019 |
| Programme Duration: | 1 DAY |
| Organized by: | IQAC |
| Name of the Scheme | Science awareness |
| No. Of Participants: | Students: 60 |
| Venue: | Auditorium, Women's College, Tinsukia |
| Mode: | Offline |

Programme Details:

National science Day Observation began with Flag hoisting followed by a floral tribute to C.V. Raman & S. Ramanujan. A presentation was made by Honorable Principal of Women's College, Tinsukia Dr. RajibBrdoloi. Various competitions were organized in which 60 students from 15 different schools participated.

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Extension Activity 24

| Programme Name: | Walkathon on breast cancer and cervical cancer awareness, legal awareness programme |
|----------------------|---|
| Programme Date: | 08/03/2019 |
| Programme Duration: | 1 DAY (3 hrs) |
| Organized by: | NSS & Women's Cell, TSK |
| Name of the Scheme | International Women's Day |
| No. Of Participants: | 80 |
| Venue: | Tinsukia |
| Mode: | Offline |

Programme Summary:

NSS Unit of Women's College, Tinsukia organized a number of programmes for cancer awareness and prevention during 2018-19 period. The volunteers conducted door to door **survey in adopted village** to aware the villagers on harmful uses of tobacco, gutkha, and other tobacco related products. **NSS Volunteers (80)** and PO participated in **Breast and Cervical cancer awareness rally** on 8th March, 2019 in collaboration with Indian Medical Association, women branch.





Extension Activity 25

| Programme Name: | We For Her (Sanitary Napkin Distribution at a Govt. School in Guijan) |
|----------------------|---|
| Programme Date: | 08/03/2019 |
| Programme Duration: | 1 DAY |
| Organized by: | ROTARACT CLUB OF WOMEN'S COLLEGE, TINSUKIA |
| Name of the Scheme | Community service |
| No. Of Participants: | 10 |
| Venue: | Guijan |
| Mode: | Offline |

Programme Details:

10 members of Rotarct Cub of Women's College, Tinsukia alog with Rotary Club of Tinsukia, Rotaract Club of Tinsukia and Tinsukia District Forum of Obstericians and Gyaneacologists visited and distributed Sanitary napkins to girls of a govt. School in guijan.





Extension Activity 26

| Programme Name: | 7 days programme in adopted village: survey, eye check up, educational help to children |
|----------------------|---|
| Programme Date: | 17/03/2019-22/03/2019 |
| Programme Duration: | 6 DAYS |
| Organized by: | NSS |
| Name of the Scheme | NSS Special campaign |
| No. Of Participants: | 65 (Volunteers) |
| Venue: | Goriating Village |
| Mode: | Offline |

Programme Summary:

The NSS unit conducted special camp activities in adopted village (Goriating) with following activities: Survey, anti-tobacco awareness programme, immunization, cleanliness drive, health awareness, eye check- up, book distribution, quiz programmeetc

This time total 65 volunteers attended the camp and they were divided into small groups to conduct survey in each houses of the village. There were two types of survey they conducted on 18th and 19th. One was about immunization and vaccination and second one was about tobacco uses. From the survey it was found that most of the children of the village were given timely vaccines as per doctors' advice and they are quite healthy also. On the other hand it was found that every body of the village takestamul and few other tobacco products or country made liquor. On 17th there was free eye check up camp where eye specialist from Tinsukia, Dr. P.K. Bhattacharjee came and tested a number of people of the village. He also offered free eye operation in his Hospital in the next week .On 20th, the volunteers organized cleanliness drive in the village for two hours in the morning and afterwards they took classes in different class. On 21st, quiz and sports, extempore speech competition were conducted among the children. The last day was for open meeting where prizes were distributed among the children. The valedictory function was presided over by the Principal of Women's College, Tinsukia.





Extension Activity 27

| Programme Name: | 11 students attended NSS Camp in Arunachal Pradesh |
|----------------------|--|
| Programme Date: | 23/03/2019-27/03/2019 |
| Programme Duration: | 5 DAYS |
| Organized by: | MYAS,Govt. of India |
| Name of the Scheme | NE NSS Festival |
| No. Of Participants: | 11 |
| Venue: | Donbosco college, Itanagar |
| Mode: | Offline |

Programme Summary:

In different competitions in the camp , SukanyaDey got first prize in report writing, SadhanaMandal got second in poem writing, Archanakumari got third in extempore speech competition whereas SonaliKustha got participation certificate in sketch competition, Nikita kumari in Volleyball.





Extension Activity 28

| Programme Name: | Free health check up camp in Women's College Hostel |
|----------------------|---|
| Programme Date: | 31/03/2019 |
| Programme Duration: | 1 DAY (2.5 hrs) |
| Organized by: | NSS & IMA, Tinsukia |
| Name of the Scheme | Community service |
| No. Of Participants: | 13 |
| Venue: | S.C. DeySorcar Hostel, Women's College, Tinsukia |
| Mode: | Offline |

Programme Summary:

Dr.PrernaAgarwal, an eminent gynaecologist of Tinsukia was invited in the camp. She examined the health of 20 students and spoke on life skill, habit change etc to maintain a good health without taking any medicine.





Extension Activity 29

| Menstrual hygiene week |
|---------------------------|
| 21/5/19-28/5/19 |
| 1 WEEK (7 hrs) |
| NSS |
| Awareness programme |
| 12 |
| Women's College, Tinsukia |
| Offline |
| |

Programme Summary:

Lecture on menstrual hygiene, sanitation, nutrition, activities during periods etc by different experts and Doctors. On 28th Dr. Prerna K. Agarwal delivered lecture on menstrual hygiene. Target group-H.S. students. Collaborators-NSS,NCC,CHSC





Extension Activity 30

| Programme Name: | Mass plantation in Janumukh village |
|----------------------|--|
| Programme Date: | 05/06/2019 |
| Programme Duration: | 1 DAY (3 hrs) |
| Organized by: | NSS Unit, NCC and Eco club |
| Name of the Scheme | World Environment Day |
| No. Of Participants: | 25 |
| Venue: | Janumukh Village (New Campus of the College) |
| Mode: | Offline |
| | · |

Programme Summary:

Mass plantation-150 saplings planted in new college campus at Janumukh village Collaborators-NSS,Eco club, NCC





Extension Activity 31

| Programme Name: | Yoga camp: Five days Yoga training |
|----------------------|------------------------------------|
| Programme Date: | 17/6/19-21/6/19 |
| Programme Duration: | 5 DAYS |
| Organized by: | NSS UNIT |
| Name of the Scheme | International Yoga Day |
| No. Of Participants: | Teachers: 15 |
| | Students: 85 |
| Venue: | Women's College, Tinsukia |
| Mode: | Offline |
| Programme Summary: | |

