

1. Title of the Practice: Women's Day Celebration in remote area.

1. Goal: "There is no chance for welfare of the world, unless the condition of the women is improved"; believing in these words of Swami Vivekananda, the college focuses on the activities related to women empowerment. Women cell Gogamukh college organizes activities like self-defense techniques; lecture series on health and hygiene, self employment, legal awareness to aware rural women about social, economical and political right. Its motto is to help the less advantageous sections of the society. Commitment to society is an attempt to bring about a social and economic transformation of the community structure through the efforts of our Institution. The main concept is on raising the standard of living of the citizens and in reconstructing the society.

2. The Context: The Gogamukh area is an under develop area. The socio-economic condition of different tribal villages basically SC dominated villages and Tea tribes villages are very poor. Gogamukh College Women Cell every year celebrated the Women day in a remote village to aware rural backward women in different social issues like-dowry problem, early marriage, pre-age pregnancy, girls education, health problems related to women etc. And economic development of women.

3. The Practice: In 2017 it was celebrated at Lathiya Gaon, Gogamukh.

Theme: "Women in changing World: Planet 50-50 by 2030" .

Speech Delivered on

Naree Tumi Ananya -Dimbeswari Gogoi

Samaj paribartanat nareer Bhumika- Mina Borgohain

Sisur samajikikaranat Nareer bhumika-Anima saikia

Antajatik Naree Divasar Bhumika-Dina Mohan Doley

In 2018 it was celebrated in Rupahi Mising Gaong

Theme: "Time is Now: Rural and Urban activists Tranforming Women's Lives"

Talked On

Antajatik Naree Divasar tatparya-Dimbeswari Gogoi

Janajatiya Mahila sakalar samajik Unnayan-Rupjyoti Boruah (member GLSS)

Mising nareesakalar saikhik Sajagata-Jaya Gohain

2019- In Monapara, Bordoloni

Theme: "Think Equal, Bulid Smart, Innovate for Change"

Speech Delivered On

Mahila are Aini Surakhsa-Dr. Jhuma Das

Sisur Byaktitya aru Samajik Bikasat Pariyalar Bhumika-Rashmi Konch (Asstt Prof.)

Mahila sabalikaran-Luman taina

2020- In Ouguri, Betbari

Theme: I am Generation Equality: Realizing Women's Right"

Speech Delivered on

Deori Janagusthir Artha samajik Unnayanat Mahilar Bhumika-Siva Kumar Deori, (Principal Cadamguri HS)

Gamaynchar Mahila samajat Khudra bitiya Pratisthan Samuhar Pravab-Bidish Borthakur

Gramya Arthanitit Boro Mahilasakalar Bhumika-Bimal Doimary (Teacher Minmang ME)

Paribesh Nikakaranat Mohilar Bhumika-Vandana Sharma

2021- Miyang Balika ME School.

Theme: Women in Leadership: Achieving an Equal Future in a Covid-19 World"

Speech Delivered On

Rajanaitik khetrat Mohila sakalar bhumika- Dr. Jhuma das

Arthanaitik Savalikaran aru mohila-Luman taina

Mohilasakalar atmanirbharata-Kanchan Kumari Sharma

Mahilasakalar sasthya Sasetanata-Chayanika Borah

Samajat nareer sama Adhikar- Nipon Kumar Doley (Head Teacher Mingmang Girl's ME School)

2022- In Dhemaji College, Organized by Women Cell, ACTA and Dhemaji College. Book Inaugurated - "Naree: Samaj-Sahity-Sanskriti", Published by Women Cell, Gogamukh college and Research and Publication Cell, Gogamukg College.

2023- In Dakshin Bordoloni Anusuchita Jati (SC) ME School.

Theme: DigitAll: Innovation and Technology For gender Equality.

4. Evidence of success: The activities have a possible effect on the student especially girls. Programs on legal awareness, physical training, self-defense, economic freedom etc. help in developing personal, social and professional skills needed by girls and women.

5. Problem Encountered and Resources requires: The basic problem encountered in the villages is gathering the public but when they notice the working hands and activities carried out, they gradually get involved. Required resource is mainly, human.

6. Notes (Optional): The remote villages are greatly benefited by this practice. A very remarkable aspect of the practice is that they have come to know about different social, economical and moral rights. The role of a woman in household in respect of maintenance, education and cleanliness are taught in very simple way. The development of the sense of moral duty and service to the society in the mind of the students are also cultivated.

2. Title of the Practice: Yoga Camp

1. Goal: To develop physical, mental and social health. Relaxation with meditation and spiritual development.

2. The Context: Our day to day life is becoming boring, full of stress, anxiety and depression. Mechanism of life leads to depression and away from happiness. That results different physical and mental illness. For mind fullness and happiness development of physical and mental health is necessary. Spiritual practice with meditation is important for happiness. Only through Yoga practice (different kinds of asana and pranayama) this kind of physical and mental health development is possible.

3. The Practice: International Yoga Day is observed every year. On 21st June 2019 Srijut Rama Kanta Chatradhara, a local yoga specialist demonstrated various Yogasana and delivered an interesting and valuable speech on benefits of Yoga. All teaching and non-teaching staff along with students actively participated the programme.

On 21st June 2022 Jadav Pokhrel, Yoga Teacher, Rudraksh Yoga Mahavidyalaya, demonstrated various Yogasana along with speech on benefits of Yoga. All teaching and non-teaching staff and students actively participated the programme.

4. Evidence of success: A good number of participants (no age restriction) participated the camp and enjoyed the sessions. Now they are practicing in home.

5. Problem Encountered and Resources requires: We have two good Yoga teacher and the Rudrakhs Yoga Vigyan Mahavidyalaya, Gogamukh has helped to initiated the programme. The respond of the participants are very good.

6. Notes (Optional); Yoga is highly beneficial for physical and mental health because of which it become popular globally. The institution has given important on Yoga learning and practice. We have now a special paper in 2nd Semester syllabus in newly introduced NEP 2020 FYUGP. Besides it Gogamukh College provides a Certificate Course in Yoga as an Add On Course and planing to introduce Diploma and PG Course in Yoga.

3. Title of the Practice: Computer Education

1. Goal: To make student skilled in computer literacy. Computer skill is highly required in present job market and self employment.
2. The Context: Majority of the students are lack of computer proficiency. The institution is providing computer education to the students with minimal fee.
3. The Practice: Institution has well furnish computer lab of 20 computer. The students are divided in different groups and classes are take regularly without hampering normal course. Students have open access of the computer laboratory during office ours with high speed internet connectivity.
4. Evidence of success: Students have realized the importance of computer literacy in their future life and enrolment is increasing gradually.
5. Problem Encountered and Resources requires: Initially students are lacking of computer knowledge and are not interested with the course. Gradually they became interested and attend regularly the classes. We have two computer teacher (MCA) with good technical knowledge.
6. Notes (Optional): We have recently two computer courses- (1) Certificate Course in Computer Application and (2) Computer application and Networking (CAN) supported by NELITE. The courses have been are started from the session 2021-22. A good responds are found from the students. Now enrolment is more then 100. Course Offered -MS Office DTP (Assamese and English)

4. Title of the Practice: Clean and Green Campus Maintenance

1. Goal/ Objective: To maintain hygienic and eco-friendly Green Campus for healthy academic and social environment. The college develops a Clean and Green Campus where environmental friendly practices and education combine to promote sustainable and eco-friendly practices in the campus and beyond the campus.
2. The Context: Cleanliness is utmost important in individual and social life. To maintain a clean and hygienic campus a regular plan and action is required. Green campus leads environment awareness and healthy atmosphere. It is practised to bring awareness among the students about the hazards spoiling the environment and help them to understand each individual's responsibility to take an initiative to save the environment.
3. The Practice: The Institution promotes Clean and Green campus through adopting, practicing and promoting environmental friendly practices among students and staff to generate Eco-consciousness among them. Periodic (once/two in a month) clean drive of the college campus is driven by social service department of Gogamukh College Students' Union, teacher's unit of the college, and office staff under the leadership of principal and NSS. World Environmental Day is observed in the institution in every year and a vibrant awareness programme organized along with a good numbers of tree plantation.
 1. 2-10-2018 and 11/08/2018- NSS unit organized a clean programme on the banner of "Swacchta Hi Seva". All students cleans the road side and market area from Gogamukh College to Gogamukh Chariali market area and made an awareness programme on cleanliness and less use and re use of plastics.
 2. 25-01-2019- A Clean Drive Programme organised by NSS Unit Gogamukh College to clean the whole campus of Gogamukh College and 20 trees are planted back side of the College. All teaching and non-teaching staff and students participated the programme.
 3. 2-10-2021 and 29 October 2021- NSS unit organized a clean programme on the banner of "Swacchta Hi Seva". All students cleans the road side and market area from Gogamukh College to Gogamukh Chariali market area and made an awareness programme on cleanliness and less use and re use of plastics among the shop keepers and citizens. Conducted a rally to spread awareness on "Collection of Waste Plastic and Polythene at Gogamukh market places.
 4. From 15-21 October 2022 NSS Unit Gogamukh College held an NSS Camp in Goroimari Baduluka Gaon, Latak Gaon Panchayat. Other health and economical issues of villagers it is given

privilege on awareness of cleanness and plantation. A day was spent on these two issues and different activities are performed by the students with the participation of villagers and guided by teachers. Volunteers clean the roads, ponds and wells of the village with the help of villagers everyday. On 05th November 2022 Principal, Gogamukh College has given a speech on “Plantation with Religious impact on date of Birth and Death. On 06th November a awareness campaigning was organised on safe and clean drinking water.

5. We have planted tea in our fencing area for greenery campus, economic benefit and for practical knowledge about tea plantation in a business purpose.

4. Evidence of success: Every month we students and teachers clean the campus. Different tree plantation is done regularly. Now we have a beautiful Green and Clean Campus with Eco-friendly atmosphere.

5. Problem Encountered and Resources requires: Initially students are not interested with the cleanliness drive. Gradually the involved whole heartedly and make success the programme. Still a few students enjoys the activities. Motivation amongst students and faculty to not use plastic is less hence regular awareness programmes need conducted. This is possible by support from government.

6. Notes (Optional): Now we have a clean and green campus which is came out with the help of some dedicated students and teachers. Different teachers donated trees, planted and look after its growing. We have planted tea in our fencing area for greenery campus and economic benefit. The college faculty, students and staff understand their collective responsibility of contributing towards maintaining a sustainable environment and their obligations towards the society.



