5.1.3 Capacity building and skills enhancement initiatives taken by the institution

Add- on/ Certificate Course in Soft Skills

Academic Session: 2016-17

The Department of English has been offering a self-financing three months certificate course in Soft Skills since 2015. The course is offered for three months, with two batches in an academic year. The classes are conducted in the college on three-week days from 3p.m.-5 p.m. Total number of hours is 72 hours. The eligibility criteria for this course is 10+2 passed. Classes are taken by the faculty members of the department.

Aims and Objectives: The course aims at making the students understand the fundamental soft skills and of their practical usage. Through this course they learn to communicate effectively and confidently. They also learn how to identify and overcome the barriers in interpersonal relationship in order to obtain best results. Students would find this course immensely useful for building a career and also finding employment as soft skill trainers.

The course has been started keeping in view the crucial role of language skills and soft skills in personal as well as professional life of the younger generation. In the era of globalization, it has become imperative to become proficient in both soft skills and life skills. Therefore, with the objective of equipping students with the vital communication and soft skills to succeed in the highly competitive world, the Department of English proposes to offer a specially designed Certificate Course in Soft Skills.

Course Outcome: After completing this course, students will be able to:

- ➤ Understand the significance and essence of a wide range of soft skills.
- Learn how to apply soft skills in a wide range of social and professional environment.
- Will acquire the skill of employing soft skills to improve interpersonal relationships.
- ➤ Learn how to employ soft skills to enhance employability and ensure workplace and career success.

Syllabus

Unit-1

- 1. **Soft Skills: An Introduction** Definition and significance of soft skills; Process, Importance and Measurement of Soft Skills Development.
- 2. **Self-Discovery:** Discovering the self; Setting Goals; Beliefs, Values, Attitude, Virtue.
- 3. **Positivity and Motivation:** Developing Positive Thinking and Attitude; Driving out Negativity; Meaning and Theories of Motivation; Enhancing Motivational Levels.
- 4. **Personality Development:** Meaning, Nature, Features, Stages, Models; Learning Skills; Adaptability Skills

Unit-2

- 1. **Interpersonal Communication**: Interpersonal relations; communication models, process and barriers; team communication; developing interpersonal relationships.
- 2. **Public Speaking**: Skills, Methods, Strategies and Essential tips for effective public speaking.
- 3. **Group Discussion:** Importance, Planning, Elements, Skills assessed; Effectively Disagreeing, Initiating, Summarizing and Attaining the Objective.
- 4. **Non- Verbal Communication:** Importance and Elements; Body Language.
- 5. **Teamwork and Leadership Skills:** Concept of Terms; Building Effective Teams; Concept of Leadership.

- 6. **Presentation Skills:** Types, Content, Audience Analysis, Essential Tips- Before, During and After Overcoming Nervousness
- 7. **Etiquette and Manners:** Social and Business.

Unit-3

- 1. **Phonetics:** Received Pronunciation, Speech Mechanism, Speech Sounds Threefold Pronunciation, Transcription
- 2. **Situational Conversation:** At the.... doctor's, post office, bank, railway station, college, government office, book shop, taking an admission etc.
- 3. Writing Skills: Art of Writing, Paragraph Writing, Letter Writing.

Unit-4

- 1. **Decision- Making and Problem- Solving Skills:** Meaning, Types and Models, Group and Ethical Decision- Making, Problems and Dilemmas in application of these skills.
- 2. **Conflict management:** Conflict- Definition, Nature, Types and Causes; Methods of Conflict Resolution.
- 3. **Stress Management:** Stress- Definition, Nature, Types, Symptoms and Causes; Stress Analysis Models and Impact of Stress; Measurement and Management of Stress.
- 4. **Leadership and Assertiveness Skills:** A Good Leader; Leaders and Managers; Leadership Theories; Types of Leaders; Leadership Behavior; Assertiveness Skills.
- 5. **Interview Skills:** Interviewer and Interviewee- in- depth perspective. Before, During and After The Interview. Tips for Success

Reference Books:

- 1. *Managing Soft Skills for Personality Development* edited by B.N. Ghosh, McGraw Hill India, 2012.
- 2. English and Soft Skills- S.P. Dhanavel, Orient Blackswan India, 2010.
- 3. Personality Development and Soft Skills- Barun K. Mitra- Oxford University Press, 2nd Edition 2016
- 4. Decoding Communication- A Complete Handbook for Effective Communication- Girish Jain and Manzoor Moideen- Notion Press, 1st Edition 2021.
- 5. *A Course in Phonetics and Spoken English* J Sethi and P.V. Dhamija- Prentice Hall Indian Learning Private Limited, Standard Edition, 1999.

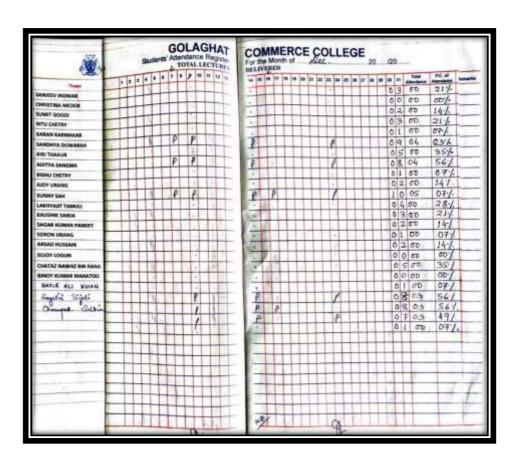
Evaluation

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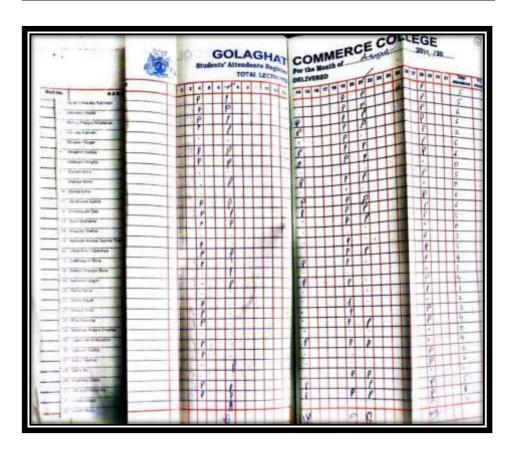
- a. Continuous Evaluation of 20 marks: Comprises of quizzes, assignments, etc.
- b. Final Evaluation of 80 marks: Comprises of Written Examination: 60 marks Oral Examination: 20 marks.

Certification

At the end of the course the Course Coordinator (HOD) determines the grading of the students based on the evaluation process. The gradation in the certificate ranges from 'O' to 'F'



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A Workshop on "Dealing with Phonetics: A journey to the Speech sounds of English" was held on 23rd June, 2017. The Workshop was organised by Entrepreneurship & Career Guidance Cell. The Resource Persons of the Workshop were Mrs Nandini Baruah, Assistant Professor, Department of English, Golaghat Commerce College and Mrs Nazia Rahman, Assistant Professor, Department of English, Golaghat Commerce College

Title of the Program/ Event	A Workshop on "Dealing with Phonetics: A journey to the Speech sounds of English"
Organizer	ECGC
Resource Person	Mrs Nandini Baruah, Assistant Professor, Mrs Nazia Rahman, Assistant Professor, Department of English, Golaghat Commerce College
Date	23.06.2017
No. of Participants	72





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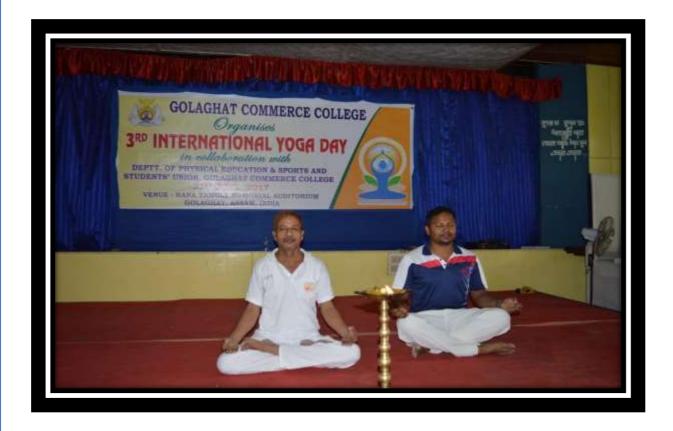
"International Mother Languages Day" was organized by the Department of Assamese, Golaghat Commerce College on 21/02/2017. Mrs. Sabita Saikia, Assistant Professor, Dept. of Assamese was the Resource Person who facilitated the whole Workshop.

Title of the Program/ Event	Celebration of International Mother Languages Day
Organizer	Department of Assamese
Resource Person	Mrs. Sabita Saikia, Assistant Professor,
	Dept. of Assamese
Date	21/02/2017
No. of Participants	92



Celebration of International Yoga Day 2017: 3rd International Yoga Day was celebrated in the college on 21st June, 2017. Mr. Lakhi Saikia, Associate Professor, Dept. of Banking was the Resource person of the programme.

Title of the Program/ Event	Celebration of International Yoga Day 2017
Organizer	Golaghat Commerce College in collaboration with Students' Union
Resource Person	Mr. Lakhi Saikia, Associate Professor, Dept. of Banking
Date	21/06/2017
No. of Participants	90





Celebration of International Yoga Day 2018: International Yoga Day was celebrated in the college on 21st June, 2018. Ms Priyanka Saikia, Ex-student was the Resource person of the programme.

Title of the Program/ Event	Celebration of International Yoga Day 2018
Organizer	Golaghat Commerce College in collaboration with Students' Union
Resource Person	Ms Priyanka Saikia, Ex-student
Date	21/06/2018
No. of Participants	86

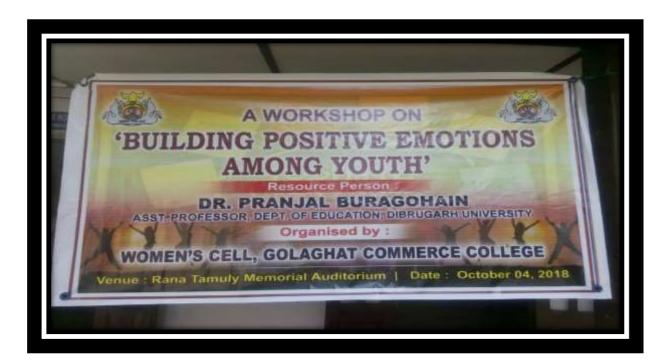






6. Workshop on "Building Positive Emotions Among Youth"

Title of the Program/ Event	Workshop on "Building Positive Emotions Among Youth"
Organizer	Women's Cell, Golaghat Commerce College
Resource Person	Dr. Pranjal Buragohain, Assistant Professor, Dibrugarh University, Dibrugarh
Date	04.10.2018
No. of Participants	175







To sensitize positive mind among the younger generation the women cell, Golaghat Commerce College organized a programme on dated 4th Oct. 2018 at Golaghat Commerce College auditorium Hall. The theme of the programme was "Building Positive Emotion Among Youth". At the very beginning secretary, Women Cell Dr. Dipali Gogoi invited the honorable guest to the dais and facilitated with a love of token, after a while Dr. Dipali Gogoi highlighted the objectives of the programme. For this programme noted and well-known drama artist Dr. Pranjal Buragohain, Assistant Professor, Department of Education, Dibrugarh University was invited as a resource person and he delivered his valuable lecture on said topic which was actively interacted and participated by a large number of students as well as teachers of the College. At the end of the day long programme the secretary Dr. Dipali Gogoi offered her vote of thanks to all stakeholder who participated and successfully conducted the said programme.

Celebration of Rabha Divas

Title of the Program/ Event	Celebration of Rabha Divas
Organizer	Kishalaya Sahitya-Sanskriti Chora (Dept. of Assamese English and Hindi)
Date	20.06.2019
No. of Participants	150

Organizer: Kishalaya Sahitya-Sanskriti Chora (A Literary and Cultural forum of Department of Assamese, English and Hindi)

The Kishalaya Sahitya-Sanskriti Chora of Golaghat Commerce College celebrated Rabha Divas on June 20, 2019, on the occasion of the death anniversary of Kalaguru Bishnu Prasad Rabha, who contributed immensely to the literary, cultural and political arena of Assam.

The event was held at the Rana Tamuly Memorial Auditorium. At the beginning of the event, the Principal Anup Kumar Das lit the lamp in front of the portrait of Kalaguru Bishnu Prasad Rabha. The main meeting started with a chorus sang by a group of students of the college. Dr Jivan Jyoti Kakati, Senior faculty from the Dept. of English and the President of Kishalaya Sahitya-Sanskriti Chora, delivered the welcome address and stated about the important role of Bishnu Prasad Rabha in shaping the greater Assamese Community. Mr. Anup Kumar Das, Principal, of Golaghat Commerce College, highlighted the multifaceted personality of Kalaguru Bishnu Rabha and emphasized on inheriting the ideals directed by the notable Assamese personality. Celebrating the Rabha Divas, from the student's side, Ananta Saikia and Pompi Gogoi spoke about the life and works of Bishnu Rabha. Assistant Prof. Mandira Bora, Shrimanta Prasad Hazarika, Rinki Das and two students Anirudha Borah and Vedanta Tamuli enthralled everyone with performances of Rabha Sangeet. It was followed with a speech on Bishnu Rabha's poem by Sabita Saikia, Assistant Professor, Department of Assamese. By reciting self composed poems on Bishnu Rabha, students Shilpi Saikia and Swarnabh Priyam enhanced the beauty of the event. Associate Professors Paresh Saikia and Anamika Hazarika discussed various aspects of Bhisnu Rabha's talent. On the occasion of Rabha Divas, Bishnu Rabha's Portrait Drawing Competition was also held among the students of the college. Artist Kula Bora, who is an employee of the college, was felicitated by Kishalaya Sahitya-Sanskriti Chora for his artwork. The event was hosted by Dr. Dipali Gogoi and Swadhinata Gogoi joint Secretary of Kishalaya Sahitya-Sanskriti Chora and ended with offering vote of thanks by Sabita Saikia.





Celebration of International Yoga Day 2019: International Yoga Day was celebrated in the college on 21st June, 2019. Mr Satyaranjan Barua, Ex-student was the Resource person of the programme.

Title of the Program/ Event	Celebration of International Yoga Day 2019
Organizer	Golaghat Commerce College in collaboration with Students' Union
Resource Person	Mr Satyaranjan Barua, Ex-student
Date	21/06/2019
No. of Participants	70





Workshop on Understanding Mental Health of the Students : Coping with Stress and Building Resilience

Title of the Program/ Event	Workshop on Understanding Mental Health of the Students: Coping with Stress and Building Resilience
Organizer	Women's Cell, Golaghat Commerce College
Resource Person	Mr. Anjan Choudhury, IIE, Guwahati
Date	24.09.2019
No. of Participants	150

Students are generally regarded as the future of nation. To boost up the mental health and strength among college going students the Women Cell, Golaghat Commerce College organized a one-day workshop at college auditorium dated 24th Sept, 2019. The theme of the workshop was "Understanding Mental Health of the Students: Coping with stress and Building Resilience," For that workshop noted senior consultant, IIE, Guwahati, Mr. Anjan Chowdhury was invited as a resource person. Mr. Chaudhary stressed his speech on mental health and how to build resilience in the young minds among the students. At the end of the day secretary, Women Cell Mrs. Nandini Baruah offered her heartfelt gratitude to all students as well as teachers of the College for helping their presented in the workshop at a successful manner.





Three Months Certificate Course in Computer Application

Name of the course: CCA (3 Months Certificate Course in Computer Application)

*This course is conducting in collaboration with P-Tech Computer Institute, Golaghat.

Eligibility Criteria: Minimum 10th standard Pass

Duration: 3 Months

Intake Capacity: 60 Seats per Shift

Selection/ Admission criteria: First Come first serve basis (College students are given priority).

Attendance for Appearing Final Exam: Minimum 75%

Fees structure: Rs. 1500/- (Total Course Fee)

Weekly Classes: 4 Classes (Each class is of 1 Hour)

Month of Course Start: Generally in July

Examination structure: Theory: 50 Marks + Practical: 20 Marks

Question Pattern for Theory Exam:

i. Multiple Choice questions: 10 questions (Each of 1 mark)

ii. True/False: 10 questions (Each of 1 mark)

iii. Fill in the blanks: 10 questions (Each of 1 mark)

iv. Matching: 10 questions (Each of 1 mark)

v. Descriptive questions: 2 (Each of 5 marks)

Question Pattern for Practical Exam:

i. 2 questions have to attempt out of multiple questions on Windows OS, MS-Word, MS-Excel, MS-PowerPoint and Internet.

Grading Scheme:

Since it is a short term course so instate of awarding grade on each paper overall grade based on performance of student on both Theory and Practical exam and grade is providing according to the following rules:

Percentage:	<50%	>=50 & <55	>=55 & <65	>=65 & <85	>=85
Grade:	F	С	В	A	S

Available infrastructure:

- a) A multi-user system consist of 1 Server and 60 Terminal in RUSSA building Computer Lab of Golaghat Commerce College.
- b) One One-Line UPS for entire system with backup capacity for 45 minutes

Teaching staff:

- a) 1 Assistant Prof. (Sri Dibyendu Palit, MCA)
- b) 1 Lab Assistant. (Sri Manash Pratim Hazarika, PGDCA)

Advantages of the course and future prospects

CCA Course Curriculum:

The following papers are teaching to the students in the CCA course

- a) Computer Basic (Theory Paper)
- b) Windows OS Environment
- c) MS-Office
 - i. MS-Word
 - ii. MS-Excel
 - iii. MS-PowerPoint
- d) Computer Network and Internet Basic

CCA Course Curriculum in Details:

• Computer Basic

- o Definition of Computer
- o Characteristics and Limitation of Computer
- Types of Computer
- o Functional components of Digital computer
- o Concept of Hardware and Software
- o Different types of Software
- Memory Measuring Units
- Concept of File and Folder

• Windows OS

- o Introduction to Windows OS (Version 7 or 10)
- o Different Actions of mouse (Pointing, Clicking, Double Clicking and Dragging)
- Windows Desktop and its components
- How to Start and shut down computer
- How to Starting and closing application software
- Component of a Window
- o Creating, saving and opening file.
- o Difference between "Save" and "Save As" option
- o Purposes of My Computer, My Document, & Recycle Bin.
- File & Folder Creation, Copy & Move, Delete and Rename File & Folder in My Computer.
- o Uses of Notepad, WordPad and Paint

• MS-Word

- o Concept of Word-processing and MS-Word as word processor
- o Introduction of MS-Word window
- o Text composing, Bold, Italic, Underline, Superscript and Subscript form of text, textcolouring, highlight etc.
- o Paragraph Formatting: Align Left, Align Right, Center, Justify, Bullet, Numbering etc.
- Inserting special symbols in text.
- o Table creation, editing table etc.
- Introduction to Auto Text, Auto Correct features and Grammar and spell check facility.
- Insert different objects in MS-Word document (Picture, Clip Art, Shapes, Smart Art and Chart etc).
- o Page Setup
- o Printing document.

MS-Excel

- o Concept of Spreadsheet and MS-Excel as spreadsheet software
- Introduction to MS-Excel window
- o Concept of Worksheet & Workbook.
- o Adding and deleting worksheet from a workbook.
- o Performing different types of calculation in worksheet using formula
- Auto numbering
- o Difference between formula and functions in MS-Excel
- Categories of MS-Excel functions and use of some common functions such as SUM, SUMIF, COUNT, AVERAGE, IF, MAX, MIN, LARGE, SMALL, UPPER, LOWER, LEN etc
- o Graphical representation data in MS-Excel.
- o Printing in Excel.
- Use of worksheet (e.g. total mark calculation, payroll preparation etc.)
- Sorting and Filtering

• PowerPoint

- Concept of Presentation and benefit of MS-PowerPoint in PresentationPreparation.
- Introduction to MS-PowerPoint window
- Concept of slide and presentation.
- Different method of creating presentation.
- Type of Slide Layout.
- Inserting text, different objects in slide.
- Inserting new slide
- Set animation effect to slide objects.
- Slide show.

• Internet Basic

- o Introduction to computer network
- o Types of computer network
- Communication media and types
- Types of Transmission (Serial and Parallel)
- o Modes of Communication (Simples, Half-Duplex and Full-Duplex)
- o Types of Transmission signal, Modulation, Demodulation and MODEM.
- What is Internet
- Use of Internet
- o Origin and History of Internet.
- o Internet based popular services (Email, WWW, FTP, Telnet, Usenet-Newsgroup, IRC etc)
- Client-Server concept
- Concept of Hyper Text and Hyper Link.
- WWW, Web Server, Web Page, Web Site, Web Browser and Search Engine.
- o Concept of Web Site domain

• E-Mail Basic

- o Concept of email
- o Postal system and Email system.

Students' Records for CCA Course 2020

Batch*

Student Enroll	Appear	Passed	Result in Final Exam				
			F Grade	C Grade	B Grade	A Grade	S Grade
14	14	14	Nil	Nil	Nil	3	11

2021 Batch*

Student Enroll	Appear	Passed	Result in Final Exam				
			F Grade C Grade		B Grade	A Grade	S Grade
167	50	50	Nil	Nil	6	23	21

Exam Evaluation Details, CCA Batch 2020

Details of CCA Final Exam of Batch 2020 Evaluation ReportExam Held on 20th March 2020

Roll No. (Reg. No.)	Student Name	Year of Passing	Theor Y Marks (50)	Practical Marks (10)	Total Marks (50+10=6 0)	Percentag e
1	ANKITA PAUL	2020	49	8	57	95.00
2	SUJAY GHOSH	2020	48	8	56	93.33
3	BIKASH DAS	2020	46	8	54	90.00
4	PUSKAR BARLA	2020	45	8	53	88.33
5	SILPA DAM	2020	49	8	57	95.00
6	RUPREKHA SAIKIA	2020	49	8	57	95.00
7	MOMOTA CHETRY	2020	49	8	57	95.00
8	JIMLI BORA	2020	40	8	48	80.00
9	ARFAN AHMED	2020	48	8	56	93.33
10	AMON NAYAK	2020	41	8	49	81.67
11	BIPLOV KUMAR	2020	47	8	55	91.67
12	ABHIMAN YU GOSWAMI	2020	47	8	55	91.67
13	ANIKET GUPTA	2020	42	8	50	83.33
14	SMRITI GOGOI	2020	48	8	56	93.33

Exam Evaluation Details, CCA Batch 2021-22

Details of CCA Final Exam of Batch 2021-22 Evaluation ReportExam Held on 11th June 2022

	Τ	2022 I		<u> </u>	I		1	I
<u>Sl</u> . <u>No</u> .	Roll No. (Re g. No.)	Student Name	Y ea r of Passin g	Theory Marks (50)	Practi cal Marks (10)	Total Marks (50+10)	Overall Per.	Grad e
1	21	ABHINASH MORANG	2022	42	8	50	83.33	A
2	111	ABUL HASHAN KURESHI	2022	43	8	51	85.00	S
3	139	AJAY DAS	2022	47	8	55	91.67	S
4	112	AMIT KUMAR SAH	2022	32	8	40	66.67	A
5	23	ANUPRIYA DOLEY	2022	25	8	33	55.00	В
6	148	ARJUN CHAWRA	2022	39	8	47	78.33	A
7	146	ASHOK RAM	2022	35	8	43	71.67	A
8	158	BHASKOR JYOTI BORA	2022	48	8	56	93.33	S
9	20	BIBEK TAMULY	2022	49	8	57	95.00	S
10	107	BIJASH KUMAR GUPTA	2022	43	8	51	85.00	S
11	134	BIRU GUPTA	2022	38	8	46	76.67	A
12	77	BISHWA JYOTI GOGOI	2022	41	8	49	81.67	A
13	25	BITUPON BORKOTOKY	2022	42	8	50	83.33	A
14	163	BONDONA TERONPI	2022	41	8	49	81.67	A
15	25	CHAMPAK SAIKIA	2022	49	8	57	95.00	S
16	13	DHARMA JYOTI SAIKIA	2022	42	8	50	83.33	A
17	157	DIPANKAR PHUKAN	2022	41	8	49	81.67	A
18	65	DORISH HAW	2022	44	8	52	86.67	S
19	147	HEEMAKHEE KONWAR	2022	39	8	47	78.33	A
20	130	INDRA RAJBONSHI	2022	46	8	54	90.00	S
21	69	IRFAN ALI	2022	46	8	54	90.00	S
22	167	JUGANTA BORUAH	2022	49	8	57	95.00	S
23	85	JYOTI KUMARI	2022	50	8	58	96.67	S
24	116	KOUSHIK SAIKIA	2022	50	8	58	96.67	S
25	166	LARSIIM BEYPI	2022	25	8	33	55.00	В
26	61	LONGKIRI SINGNAR	2022	49	8	57	95.00	S
27	109	LUTFA BEGUM	2022	27	8	35	58.33	В
28	124	MAMTA SHARMA	2022	40	8	48	80.00	A
29	118	MOHAN THAKUR	2022	30	8	38	63.33	В
30	87	NABAKANTA NATH	2022	49	8	57	95.00	S
31	44	NIHAR NATH	2022	42	8	50	83.33	A
32	123	PALLAVI JAISWAL	2022	37	8	45	75.00	A
33	32	PARIS DANG	2022	40	8	48	80.00	A
34	14	PARTHA PRATIM PHATOWALI	2022	50	8	58	96.67	S

35	96	POROM JYOTI BURHAGOH AIN	2022	34	8	42	70.00	A
36	122	PRERNA JAISWAL	2022	43	8	51	85.00	S
37	84	PRIYANKA BORAH	2022	40	8	48	80.00	Α
38	8	PROTIBHA ENGTIPI	2022	27	8	35	58.33	В
39	117	RAJ SINGH	2022	33	8	41	68.33	A
40	103	RANI BASFOR	2022	26	8	34	56.67	В
41	66	RICHEN LAMA	2022	50	8	58	96.67	S
42	58	ROHINI GOGOI	2022	38	8	46	76.67	A
43	119	SAHIL GUPTA	2022	41	8	49	81.67	A
44	81	SAMIRAN SAIKIA	2022	49	8	57	95.00	S
45	144	SHEKHAR PRASAD KASHYAP	2022	39	8	47	78.33	A
46	76	SOMIM RAZAQ HUSSAIN	2022	41	8	49	81.67	Α
47	70	SUDIPTA HAZARIKA	2022	50	8	58	96.67	S
48	79	SUNNY SAH	2022	49	8	57	95.00	S
49	83	TEZ BAHADUR TAMANG	2022	49	8	57	95.00	S
50	110	ZABITULLA KHAN	2022	42	8	50	83.33	A



Principal
Golaghat Commerce College
Golaghat, Assam, India





Certificate Course in Yoga

GOLAGHAT COMMERCE COLLEGE JYOTINAGAR, GOLAGHAT ASSAM -785621 2020

Name of the Course: Certificate Course in Yoga

Level: Certificate

Stream: Any Stream

Subject : Yoga

Eligibility Criteria: 12+

Duration: 3 month

Language: Assamese/ English

Attendance: Minimum 75%

Fees structure:

Admission- 550

Monthly - 150

Practical- 200

Examination – 300

Total 1500

Lecture and practical time: Afternoon 2.00pm to 3.00pm and morning 6 am to 8 am.

Academic calendar for the course:

Admission: In the month of September

Class start – 1st week of October

Class: 5 days in a week (3 days theory 2 days practical)

Project Preparation: 3rd week of December

Examination: 1st week of January

Examination Structure: Project Work- 20

Practical- 80

Theory - 100

<u>Marks</u>	<u>Grade</u>
Above 90%	A+
80%-89%	A
60%-79%	В
40%-59%	C
Below 40%	D (Fail)

Available Infrastructure: Indoor stadium

Teaching staff: Qualified Teacher/ Instructor

General objectives of the Course

- 1. To enable student to become competent and committed professionals willing to perform a yoga trainer.
- 2. To make student to use competencies and skills needed for becoming an effective yoga trainer.
- 3. To acquaints student with the practical knowledge of yogasana, kriyas, yogic therapy and pranayama
- 4. To enable student to prepare the yoga programme.
- 5. To bring awareness of the fundamentals

SYLLABUS

THEORY

PART A: YOG PARICHAYA

UNIT I: Introduction. Brief to origin of yoga, History and development of Yoga. Meaning and definition of yoga. Aim objective and importance of yoga.

UNIT II: Classification/types of yoga, elements of yoga, concept of Hatha yoga (Physical, Mental and Spiritual Health)

UNIT III: Principles of yogic practices, meaning of asana, importance type and principles of asana

Meaning of pranayama, type and principles of pranayama. Physiological values of pranayama

UNIT IV: Introduction of shudhi kiryas, objectives of shudhi kiryas, types of shudhi kiryas, physiological values of shudhi kiryas.

PART B: FUNDAMENTAL OF ANATOMY AND PHYSIOLOGY IN YOGA

UNIT I: Introduction of human body and its system. Meaning, definition of Anatomy and Physiology and importance in yogic practise

UNIT II: Respiratory system .Skelton system Digestive system. Circulatory system, Nervous system, Muscular system, Excretory system, Endocrine system, effect of asanas on various system,

UNIT III: Balance Diet and nutrition, macro and micro nutrients, nutritive and non nutritive components, diet for weight control (a healthy weight, the pitfalls of dieting, food intolerance and food myth)

PART C: YOGA AND WELLNESS

UNIT I: Concept of Health, Wellness and Illness, causes of Illness according to yoga vassistha.

UNIT II: Role of yoga as mind body medicine with reference to yogic texts, role of yoga in stress management, relaxation techniques for improving concentration – yoga nidra.

UNIT III: Yoga and lifestyle related diseases (obesity, diabetes, asthma, hypertension, back pain)

PRACTICAL

- 1. Surya Namaskar
- 2. Asanas.
- 3. Pranayama
- 4. Shudhi Kiryas
- 5. Viva
- 6. Project Work

THEORY QUESTION PAPER

GOLAGHAT COMMERCE COLLEGE

SUBJECT: YOGA

2020-2021

Time- 3 Hours Marks-100

Instructions:

- 1. The question papers consists of 46 questions.
- 2. All question are compulsory
- 3. Questions 1- 20carry 1 mark each.
- 4. Questions 21-30 carrying 2 marks each should be in approximately 40-60 words
- 5. Questions 31-40carrying 3 marks each should be in approximately 80-100 words
- 6. Questions 41-46carrying 5 marks each should be in approximately 150-200 words

1.	The Word Yoga is derived from which Sanskrit Word?
	a. Nir b.Yuj c. Yukti d. None of these
2.	The main source of Vitamin C is
	a. Guava b. Egg c. Milk d. Banana
3.	Which of the following Asanas is not recommended for diabetes patients?
	a. Bhujangasana b.Pawanmuktasana c. Pachimottanasana d.Tadasana
4.	Which Asana is helpful in maintaining normal blood pressure?
	a. Shavasana b. Padmasana c. Shalabhasana d. Vakrasana
5.	Pulmonary veins carry which type of the blood to the left atrium?

a. Oxygenated b. Deoxygenated c. Impure d. None of the above

- 6. The elements of Niyama are
 - a. 3 b. 4 c.5 d. 6
- 7. How many calories per day required for a normal person?
 - a. 1500-2000 b. 2000-2500 c. 2500-3000 d. 3000-3500
- 8. One of the possible causes for Obesity could be
- a. Heredity b. Excessive eating c. Fast metabolism d. both(a) and (b)
- 9. Components of wellness are

- a. Social b. Physical c. Emotional d. All of the above
- 10. Kapalbhati improves the functioning of the
 - a. Lungs b. Knees c. Joints d. Liver
- 11. The benifits of Yog-Nidra include....
 - a. Better sleep b. Reduced stress c. Increased blood flow d. All of these
- 12. The ability to maintain a healthy quality of life that allows us to get most out of our daily activities is called
 - a. Physical fitness b. Physical wellness c. Physical strength d. Flexibility
- 13. There are bones in the axial Skelton.
 - a. 20 b.40 c.60 d.80
- 14. Bones serve as an important store house of minerals such as....
 - a. Iron b. Phosphorus c. Calcium d. Both (b) and (c)
- 15. It is recommended todrink of water daily.
 - a. 1-2 litre b. 2-3 litre c. 1-1.5 litre d. 3-4 litre
- 16. Excessive intake of Carbohydrates may lead to
 - a. Loose skin b. Heart disease c. Fatigue d. Weight loss
- 17. The Asana isthe element of Yoga
 - a. Second b. Third c. Sixth d. Eight
- 18. According to Maharsri Patanjali, Yoga has
 - a. 4 Elements b. 6 Elements c. 8 Elements d. 10 Elements
- 19. Bhujangasana Resembles a
 - a. Fish b. Snake c. Cow d. None of these
- 20. Which of these Asanas helps in improving concentration?
 - a. Matsyasana b. Vrikshasana c. Halasana d. Bhujangasana
- 21. What do you mean by Anatomy?
- 22. Write any two Physiological values of Pranayama.
- 23. What is Balanced Diet?
- 24. Write short note on Hypertension.
- 25. What do you understand by Physical Wellness?
- 26. What is Hatha Yoga?
- 27. Write two benefits of Tadasana.
- 28. What do you mean by "Healthy Weight"
- 29. What is Yog Nidra?
- 30. Explain the word of" Samadhi"
- 31. Define Skelton System.
- 32. Write any three Principle of Yogic practices.
- 33. What is the meaning of Yoga? Explain the word "Niyama".
- 34. What is Dhouti Kriyas? Enlist two benifits.
- 35. Write the name of organs of Respiratory system.
- 36. Write briefly about protein as an essential components of diet.
- 37. "Yoga is a way of healthy life." Critically explain.
- 38. Explain the merits and de merits of Padahastasana.

Or

Explain the merits and demerits of Bhujangasana.

39. Draw a diagram of Heart.

Or

Draw a diagram of Respiratory system

40. What is obesity? Name the three Asanas for reducing Obesity.

Or

What is backpain? name the three Asanas for reducing backpain.

- 41. Explain the role of Yoga in stress management.
- 42. Explain the procedure of Pawanmuktasana.

Or

Explain the procedure of Usttrasana.

43. Describe the various elements of Yoga.

Or

Define asthama. What are the important symptoms of Asthma. List the Asanas you will recommended to Asthma patients.

44. Write the function of Circulatory system.

Or

Write the functions of Skeletons system.

45. What are the Shudhi kriyas? Write the objectives of Shudhi kriyas.

Or

What do you mean by Pranayama? Explain in details.

46. Describe the procedure for performing Kapal-bhati.along with its benifits and contraindications.

Or

Define yoga. Explain aim, objectives and importance of yoga.

RESULT
2020 Batch

SERIA L NO.	NAME OF THE STUDENT	MARKS OBTAIN ED IN THEORY (100)	MARKS OBTAINE D IN PRACTIC AL (80)	PROJEC T WORK (20)	TOTA L (200)	%	GRAD E
1	ANUPAM SAIKIA	60	70	15	145	72. 5	В
2	AYUSHMAN KOUSHIK	64	72	16	152	76	В
3	BASOB GOGOI	66	72	16	154	77	В
4	BISWAJIT AGARWAL A	58	70	17	145	72. 5	В
5	DIPANKAR DOLEY	62	68	16	146	73	В
6	DIPAK SWARGIAR Y	55	65	15	135	67. 5	В
7	KARNAP KAMAN	65	70	16	151	75. 5	В
8	PRATIKSHA DAS	63	72	18	153	76. 5	В
9	RAHUL LOING	50	65	16	131	65. 5	В
10	RUPSIKHA DEKA	68	75	18	161	80. 5	A
11	SAGAR BURAGOHA IN	48	65	15	128	64	В



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Golaghat Commerce College
Golaghat, Assam, India









STUDENTS LIST OF CERTIFICATE COURSE IN YOGA 2021-2022

SL.	NAME
NO	
1	RITIKA CHAKRAWATY
2	KISHAN PRADHAN
3	HIMADRI KAMAN
4	LIZA GOGOI
5	PAYEL DEY
6	SHARDHA RANI BORDOLOI
7	RAM SHRESTRA
8	PRANJALIM HANDHIQUE
9	AMIT SUBEDI
10	BISHAL RAI
11	ABINASH SARMAH

GOLAGHAT COMMERCE COLLEGE

SUBJECT: YOGA

2022

Time- 90 Min Marks-100

Instructions:

- 1. The question papers consists of 50 questions.
- 2. All question are compulsory
- 3. Questions 1-50 carry 2 mark each
- 4. Question 1-44 objective type
- 5. Question 45-50 fill in the blanks
- 1. International yoga day is celebrated on
 - a. 21 may b. 21 march c.21 june d. 21 july
- 2. Gomukhasana, Usthasana ,Matsyasana are helpful in curing which disease?
 - a. Diabetes b. Backpain c. Asthama d. Obesity
- 3. The perfect food, known as balanced diet is one that
 - a. Satisfies our hunger b. Contains all nutrious elements of food
 - b. Has been cooked very well d. is easy to digest
- 4. What is manufactured from the Iron that we obtain from our diet
 - a. Bone cells b. Haemoglobin C. Bone Marrow d. Protoplasm
- 5.is the optimal state of health of individual and groups
 - a. Fitness b. Strength c. Wellness d. None of these
- 6. Which of these is not an lemnts of the Yoga Path?
 - a. Parihara b. Dhyana c. Pratyahara d. Niyama
- 7. Which of these is not a corrective Asana?
 - a. Shavasana b. Shirsasana c. Bhujangasana d. Mayurasana
- 8. Which of these not a component of Pranayama?
 - a. Puraka b. Rechaka c. Bhastrika d. Kumbhaka
- 9. Yoga Nidra is performed in this asana.
 - a. Padmasana b. Sukhasana c. Shavasana d. Tadasana
- 10. The Word Yoga is derived from which Sanskrit Word?
 - a. Nir b.Yuj c. Yukti d. None of these
- 11. The main source of Vitamin C is
 - a. Guava b. Egg c. Milk d. Banana
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- 14. Pulmonary veins carry which type of the blood to the left atrium?
 - a. Oxygenated b. Deoxygenated c. Impure d. None of the above
- 15. The elements of Niyama are
 - a. 3 b. 4 c.5
- 16. How many calories per day required for a normal person?
 - a. 1500-2000 b. 2000-2500 c. 2500-3000 d. 3000-3500
- 17. One of the possible causes for Obesity could be
 - a. Heredity b. Excessive eating c. Fast metabolism d. both(a) and (b)

d. 6

- 18. Components of wellness are
 - a. Social b. Physical c. Emotional d. All of the above
- 19. Kapalbhati improves the functioning of the
 - a. Lungs b. Knees c. Joints d. Liver
- 20. Theis the largest bone in the body.
 - a. Tibia b. Femur c. Tarsals d. Fibula
- 21. Vajrasana
 - a. Silver pose b. Gold pose c. Bronze d. Diamond pose
- 22.is part of SURYA NAMASKAR
 - a. Vajrasana b. Trikonasana c. Hastasana d. None of these
- 23. Ardha matsyendrasana is perfomed in
 - a. Standing position b. Sitting Position c. Forward bend lying position D. none of these
- 24. Vakrasana helps to relieve from
 - a. Back pain b. Constipation c. Headache d. Knee pain
- 25. The benifits of Yog-Nidra include....
 - a. Better sleep b. Reduced stress c. Increased blood flow d. All of these
- 26. The ability to maintain a healthy quality of life that allows us to get most out of our daily activities is called
 - a. Physical fitness b. Physical wellness c. Physical strength d. Flexibility
- 27. There are bones in the axial Skelton.
 - a. 20 b.40 c.60 d.80
- 28. Bones serve as an important store house of minerals such as....
 - a. Iron b. Phosphorus c. Calcium d. Both (b) and (c)
- 29. It is recommended todrink of water daily.
 - a. 1-2 litre b. 2-3 litre c. 1-1.5 litre d. 3-4 litre
- 30. Excessive intake of Carbohydrates may lead to
 - a. Loose skin b. Heart disease c. Fatigue d. Weight loss
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 - a. Second b. Third c. Sixth d. Eight
- 32. According to Maharsri Patanjali, Yoga has
 - a. 4 Elements b. 6 Elements c. 8 Elements d. 10 Elements
- 33. Bhujangasana Resembles a
 - a. Fish b. Snake c. Cow d. None of these
- 34. Which of these Asanas helps in improving concentration?

- a. Matsyasana b. Vrikshasana c. Halasana d. Bhujangasana
- 35. How many Kriyas (purification process) are there?
 - a. 6 b. 4 c. 3 d. 9
- 36. Kapalbhati is known to benefit the
 - a. Eyes b. Lower digestive tract c. Respiratory system d. Nasal tract
- 37. According to"YOGA is the control of modifications or fluctuations"
 - a. Kathaporisad b. Patanjali c. The Bhagwad Gita d. none of these
- 38. Pratyahara refers to ...
 - a. Meditation b. Concentration c. Withdrawal of sense d. Posture
- 39. Social Wellness refers to the.....with others.
 - a. Eating b. Exercise c. Playing d. interaction
- 40. How many bones does an adult human have?
 - a. 150 b. 200 c. 206 d. 250
- 41. How many distinctive parts does a Skelton system have?
 - a. 2 b. 4 c. 5 d. 6
- 42. Which of the following is not a part of circulatory system?
 - a. Heart b. Arteries c. Nose d. Capillaries
- 43. How many chambers does a human heart have?
 - a. 2 b. 5 c. 4 d. 3
- 44. Which of the following is the function of respiratory system.
 - a. Mechanism b. Inspiration c. Expiration d. All of these
- 45. The known science of self development is..........
- 46.is the first element of Ashtang Yoga
- 47. The yoga kriya in which a soft long cotton cloth is used is.......
- 48. There aretypes of Shatkarma.
- 49.is a good method of massaging internal organs of the digestive system.
- 50. Not having a desire to get more things than the basic needs is known as.......

Date 76 07 22 8

Principal
Golaghat Commerce College
Golaghat, Assam, India

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Department of Mathematics & Statistics organised Celebration of "International Pi Day" on 15th March 2021. Dr. Surajit Dutta, principal of C N B college, Bokakhat was the Resource person of the programme.

Title of the Program/ Event	Celebration of "International Pi Day"
Organizer	Department of Mathematics & Statistics
Resource Person	Dr. Surajit Dutta, principal of C N B college,
Date	15.03. 2021
No. of Participants	70







GOLAGHAT COMMERCE COLLEGE

Jyoti Nagar, Golaghat, Assam, Pin -785621 (NAAC - B)

Dr. Utpal Sarma M.Sc., Ph. D. Principal ☎ 03774 285065(O) Mob.: 94359 35234

Email: utpalsarmagic@rediffmail.com pcomm_glt@bsnl.in principalgce1972@gmail.com

No. GCC 198/20-21

Date 13th Morel'21

Dr. Surajit Dutta Principal, CNB College, Bokakhat

Subject: Invitation as a Resource Person for the Programme "Celebration of International

Pi day".

Sir.

It is our sincere pleasure to invite you as a Resource Person for the Programme "Celebration of International Pi day" to be organised by Dept. of Mathematics & Statistics, Golaghat Commerce College on 15/03/2021 (Monday) from 11 AM to 12.30 PM.

We believe your expert deliberation would immensely benefit the audience.

We do hope that you can make time in your busy schedule to attend as Resource person and share your ideas. Your confirmation of attendance will be greatly appreciated.

(Dr. Utpal Sarma)

Principal

Golaghat Commerce Gollege Principal Golaghat Commerce College Golaghat, Assam 7. Celebration of International Yoga Day 2021: International Yoga Day was celebrated in the college on 21st June, 2021. Mr Satyaranjan Barua, Ex-student, Ex-student was the Resource person of the programme.

Title of the Program/ Event	Celebration of International Yoga Day 2021
Organizer	Golaghat Commerce College in collaboration with Students' Union
Resource Person	Mr Satyaranjan Barua, Ex-student
Date	21/06/2021
No. of Participants	40





8. Add-on Course on "Suddha Hindi Bhasha Shikshyan"

जोड़ा गया(Add -on) /प्रमाणपत्र पाठ्यक्रम "शुद्ध हिन्दी भाषा शिक्षण"

सत्र - 2020-21

पाठ्यक्रम प्रस्तुतः हिन्दी विभाग द्वारा गोलाघाट वाणिज्य महाविद्यालय, गोलाघाट.

राष्ट्रीय के पुनर्निर्माण के कार्य में भाषा शिक्षण का विशेष महत्व है। भाषा के माध्यम से ही छात्र ज्ञान-विज्ञान के अनेक विषयों का अध्ययन करते हैं, यदि छात्र का भाषा पर अधिकार नहीं होगा तो वह ज्ञान के क्षेत्र में प्रगति नहीं कर पाएगा। भाषा ही हमारे चिन्तन का आधार भी है किसी भी जन तंत्र की सफलता उसके नागरिकों के चिन्तन पर ही निर्भर करती हैं।

इसलिए विद्यार्थियों के बीच भाषा की समझ पैदा करने के लिए, गोलाघाट वाणिज्य महाविद्यालय, के हिन्दी विभाग द्वारा आयोजित 'शुद्ध हिन्दी भाषा शिक्षण' की मूल बातों को ध्यान में रखते हुए ऐड-ऑन पाठ्यक्रम 23 नवंबर 2020 से 23 दिसंबर 2020 तक आयोजित किया गया था। शैक्षणिक सत्र 2020-21 के दौरान 30 घंटे विधिवत रूप से पाठ्यक्रम पूरा किया गया था। प्रारंभ में 50 विद्यार्थियों ने संबंधित पाठ्यक्रम के लिए नामांकन किया था जबिक 30 छात्रों ने पाठ्यक्रम पूरा किया। पाठ्यक्रम में कुल 5 इकाई शामिल थी। अंतिम परीक्षा आयोजन के दौरान सफल उम्मीदवारों को एक विधिवत मूल्यांकन के बाद प्रमाण पत्र से सम्मानित किया गया था।

पाठ्यक्रम का नाम : 'शुद्ध हिन्दी भाषा शिक्षण' में प्रमाणपत्र पाठ्यक्रम।

पाठ्यक्रम की अवधि : 2 घंटे

पाठ्यक्रम शुरू होने की तिथि: 23/11/2020

समापन की तिथि: 23/12/2020

नामांकित छात्रों की संख्या: 30

पाठ्यक्रम पूरा करने वाले छात्रों की संख्या : 23

पाठ्यक्रम समन्वयक : विभाग अध्यक्ष, हिन्दी विभाग।

पाठ्यक्रम प्रशिक्षक : हिन्दी विभाग, गोलाघाट वाणिज्य महाविद्यालय।

हिन्दी भाषा शिक्षण के उद्देश्य :

- विदयाथियों को श्द्ध बोलने तथा श्द्ध लिखने का ज्ञान देना ।
- सरल एवं प्रभाव पूर्ण तथा स्पष्ट भाषा में अपने भाव और अन्भूतियों एवं विचारों को व्यक्त करना ।
- भाषा को हाव-भाव के साथ एवं आरोह अवरोह के साथ वाचन करने की कला का ज्ञान होना ।
- दूसरों की लिखी ह्ई भाषा एवं बोली हुई भाषा को समझने की योग्यता उत्पन्न करना ।
- विद्यार्थियों के ज्ञान विवेक एवं चरित्र का विकास करना।
- पठन-पाठन के प्रति रुचि उत्पन्न करना ।
- छात्र-छात्रियों को सत साहित्य की रचना के योग्य बनाना।
- छात्रों में क्रमबद्ध विचार करने, भाव को अभिव्यक्त करने, तथा ज्ञानार्जन के प्रति गहरी रुचि उत्पन्न करने का प्रयास करना ।
- साहित्य का लक्ष्य उत्तम नागरिक उत्पन्न करना भी हैं इसलिए हिन्दी शिक्षण का उद्देश्य नागरिकता के उत्तम से उत्तम गुणों का विकास भी है।

पाठ्यक्रम (Syllabus)

जोड़ा गया(Add -on) /प्रमाणपत्र पाठ्यक्रम "शुद्ध हिन्दी भाषा शिक्षण"

इकाई 1 - भाषा का स्वरूप एवं भाषा की भूमिका।

इकाई 2 - भाषायी दक्षताएं

श्रवण, वाचन, पठन एवं लेखन।

इकाई 3 - मानक हिन्दी का भाषा वैज्ञानिक विवरण

- हिन्दी भाषा में वर्ण स्वर, व्यंजन
- शब्द रचना,
- लिंग, वचन, कारक चिन्ह, काल, ।

इकाई 4 – हिन्दी शिक्षण कौशलों का विकास एवं सूक्ष्म शिक्षण

शिक्षण कौशल – अर्थ , परिभाषा, महत्व।

इकाई 5 – भाषा साहित्य और सौन्दर्य

- सृजनात्मक भाषा के विविध रूप हिन्दी शिक्षण के उद्देश्य, हिन्दी की विभिन्न विधाओं को पढ़ाने के उद्देश्य।
- साहित्य अभिव्यक्ति के विविध रूप –कविता को पढ़ना-पढ़ाना, गद्दय की विविध विधाओं को पढ़ना-पढाना।
- कविता, कहानी, नाटक, निबंध की पाठ विधि तैयार करना ।

पाठ्यक्रम मूल्यांकन के दो चरण थे :

- मौखिक मूल्यांकन -30
- लिखित मूल्यांकन -70

प्रमाणीकरण:

पाठ्यक्रम के अंत में पाठ्यक्रम के समन्वयक मूल्यांकन प्रक्रिया के आधार पर छात्रों के श्रेणी निर्धारण (Grading) किया गया। प्रमाणपत्र में श्रेणीकरण A से D तक था। श्रेणीकरण के अनुसार विद्यार्थियों को प्रमाणपत्र प्रदान किया गया।

विभागाध्यक्षा, हिन्दी विभाग

गोलाघाट वाणिज्य महाविद्यालय, गोलाघाट



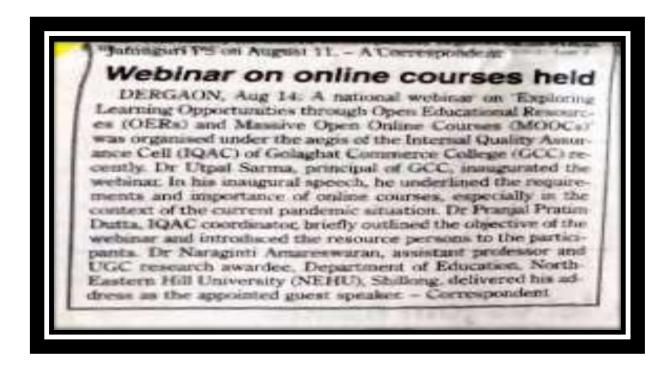
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9. National Webinar on "Exploring Learning Opportunities through Open Educational Resources (OERs) and Massive Open Online Courses (MOOCs)"

Title of the Program/ Event	National Webinar on "Exploring Learning Opportunities through Open Educational Resources (OERs) and Massive Open Online Courses (MOOCs)"
	Courses (MOOCs)
Organizer	IQAC, Golaghat Commerce College
Resource Person	Dr. Naraginti Amareswaran, Assistant Professor, NEHU, Shillong,
	Meghalaya
Date	07.08.2021
No. of Participants	100
Youtube link	https://youtu.be/nQfaXp7iL6w





Health Awareness Programme for Students organised by Golaghat Commerce College on 1st October, 2021 Resource Person of the programme was Dr Sunita Ekka, Golaghat Civil Hospital

Title of the Program/	Health Awareness Programme for Students
Event	
Organizer	Golaghat Commerce College
Resource Person	Dr Sunita Ekka, Golaghat Civil Hospital
Date	01.11.2021
No. of Participants	150





17. "Presentation Skills" Organised by Department of English, Golaghat Commerce College on 17/11/2021

Title of the Program/ Event	Presentation Skills
Organizer	Department of English
Resource Person	Dr. Papari Nayak, Assistant Professor, Department of Management, Golaghat Commerce College
Date	17.11.2021
No. of Teacher Participants	110

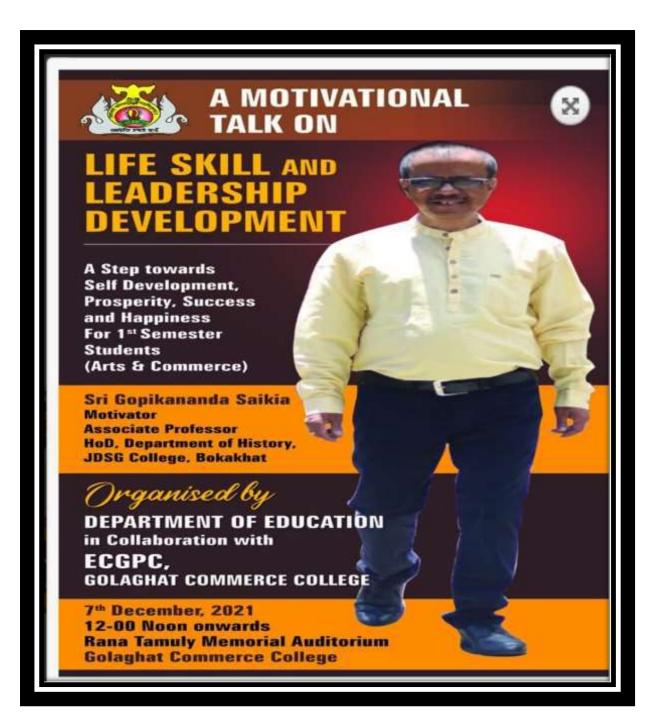
A guest lecture titled "Presentation Skills" was delivered by Dr. Papari Nayak, Assistant Professor, Department of Management, Golaghat Commerce College on 17th Novemeber, 2021 at the college auditorium. The target audience of the program was the students of B. Com.1 st Semester. Ms. Himadri Gogoi, Assistant Professor, Department of English welcomed the Resource Person and the students. She said that in the contemporary academic and professional worlds, presentation has become a critical soft skill. Therefore, it has become imperative for the students to learn to develop strong presentation skills. The invited speaker then delivered her lecture. She said that the main purpose of a presentation is to give information, to persuade the audience to act and to create goodwill. Therefore, a good presentation should have a good subject matter, should match with the objective, should best fit the audience, and should be well organized. Thereafter, the speaker guided the students on how to make an effective Power Point presentation. The program ended with a vote of thanks by Ms. Swadhinata Gogoi, Assistant Professor, Department of English. Thanking the Resource Person, she said that the expert deliberation on the topic by the Invited Resource Person would immensely benefit the students.



A talk on "Life Skill and Leadership Development" was organised by Department of Education and ECGPC, Golaghat Commerce College on 7th December , 2021. The Resource person was Sri Gopikanta Saikia, Associate Professor, JDSG College

Title of the Program/	A talk on "Life Skill and Leadership Development"
Event	
Organizan	hy Department of Education and ECCDC
Organizer	by Department of Education and ECGPC
Resource Person	Sri Gopikanta Saikia, Associate Professor, JDSG College
Date	07.12.2021
No. of Participants	159





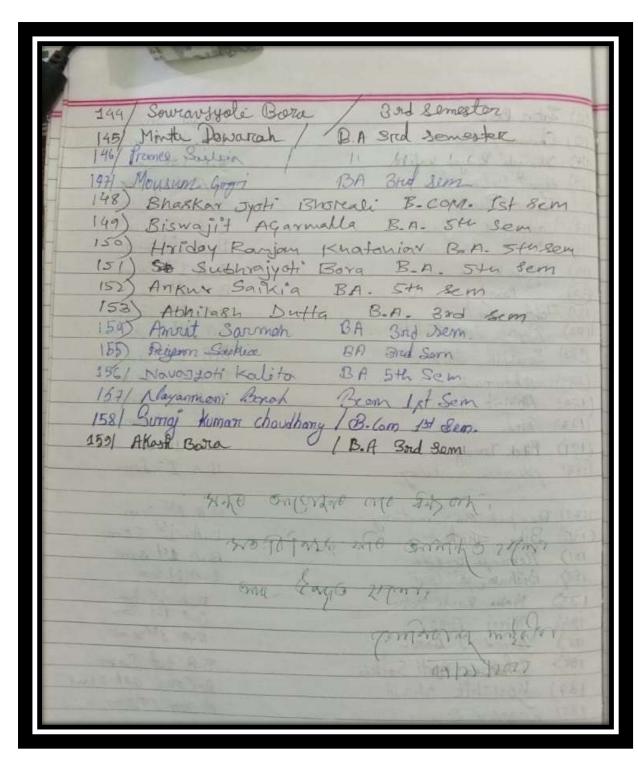
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	Date: 07.12.2021
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10. Ankita Saikia	B.A 1st Semester
11. Sudakshana Huzariika	B.A 1st Semester
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33. Prijanka Barah	Ist sem
34 Archana Kechani	Ist sem
1 35 Justi Kumari	1st sem
06. Chayanika Saud	151 Sem
37. Lidfa Begun	Jet Sem
38. Karahi Das	1 st Sem
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51. Prijanka Das	B. A 1st Sem
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138) Longtini Singnan	
(135) Give Ram Kurmi	B. Com 1st Sem
(40) Bishal Rai	B Com 1st Sem
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(143) Asiah Nag (143) Ranjan Bapia	B.A 1st sem B.A 1st sem
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Departmental Workshop on 'Seminar Paper: Writing and Presentation'

Title of the Program/ Event	'Seminar Paper: Writing and Presentation'
Organizer	Department of Assamese
Resource Person	Dr. Pradip Borah, Assistant Professor, Department of Assamese
Date	10/12/2021
No. of Participants	50

A Departmental Workshop on 'Seminar Paper: Writing and Presentation' was organized by Jonakee Chora, Department of Assamese of Golaghat Commerce College. The program started with a welcome address by Mrs. Anamika Hazarika, HoD, Department of Assamese. After inaugural session, the technical sessions of the workshop conducted by Dr. Pradip Borah, Assistant Professor, Department of Assamese. He discussed various aspects of writing and presentations of a Seminar paper. The workshop was attended by the students of B.A. 1 st, 3 rd and 5th semesters of Assamese Honours.



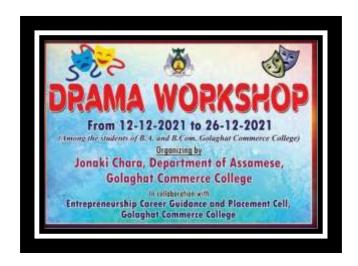




Drama Workshop w.e.f. 12-12-2021 to 26-12-2021 (Among the students of B.A. and B. Com., Golaghat Commerce College) was organized by Jonaki Chara, Department of Assamese in collaboration with Entrepreneurship, Career Guidance and Placement Cell.

Title of the Program/ Event	Drama Workshop
Organizer	Jonaki Chara, Department of Assamese in collaboration with
	Entrepreneurship, Career Guidance and Placement Cell
Co-Ordinator	Dr. Pradip Borah, Assistant Professor, Department of
	Assamese
Date	12-12-2021 to 26-12-2021
No. of Participants	38

Departmental Workshop on 'Seminar Paper: Writing and Presentation' was organized by: Jonakee Chora, Department of Assamese Golaghat Commerce College, Golaghat, Assam Date: 10/12/2021 On 21st December, 2021 a Departmental Workshop on 'Seminar Paper: Writing and Presentation' was organized by Jonakee Chora, Department of Assamese of Golaghat Commerce College. The program started with a welcome address by Mrs. Anamika Hazarika, HoD, Department of Assamese. After inaugural session, the technical sessions of the workshop conducted by Dr. Pradip Borah, Assistant Professor, Department of Assamese. He discussed various aspects of writing and presentations of a Seminar paper. The workshop was attended by the students of B.A. 1 st, 3 rd and 5th semesters of Assamese Honours.



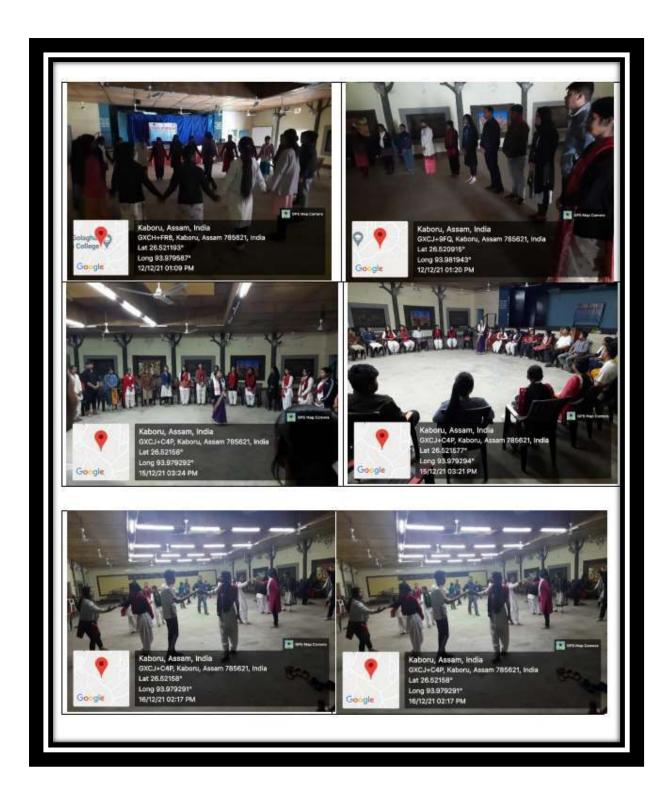
- Coordinator of the workshop: Dr. Prodip Borah
- Schedule of the workshop:

Day	Date	Resource Person/Guest	Topic/Activity
ľ	12-12-2021	Dr. Utpal Sarma Paresh Saikia Bhaskar Kakati Sabita Saikia Diparani Baruah Dr. Dipali Gogoi Arindam Bora Banti Kalita Palash Loing	Inaugural Session
2	13-12-2021	Dr. Prodip Borah	Introduction to Drama Motivation
3	14-12-2021	Dr. Prodip Borah	Team building Introduction to Theatre Body Movement for Drama Stage
4	15-12-2021	Meghali Saikia	Voice Modulation Dialogue Delivery
-do-	-do-	Dr. Prodip Borah	Emotional Journey Dialogue Delivery Pronunciation
5	16-12-2021	Dr. Prodip Borah	Assamese Drama Evolution of Assamese Drama Theatrical Exercise
6	17-12-2021	Sabita Saikia	Types of Drama
-do-	-do-	Dr. Prodip Borah	Acting Theatrical Exercise
7	18-12-2021	Dr. Prodip Borah	Direction Practical of Direction Improvisation
8	19-12-2021	Dhrubajyoti Kakati	1. Make-up
9	20-12-2021	Dr. Dipali Gogoi	1. Rasa

-do-	-do-	Dr. Prodip Borah	Acting Exercise applying Rasa Theatrical Exercise	
10	21-12-2021	Dr. Prodip Borah	Types of Acting Mime Mono Act Acting Improvisation	
11	22-12-2021	Dr. Prodip Borah	Improvisation Practical of Acting	
12	23-12-2021		Music in Drama Sound in Drama Improvisation	
13	24-12-2021	Arindam Bora	Script Writing	
-do-	-do-	Dr. Prodip Borah	Practical of Script writing Improvisation	
14	25-12-2021	Dr. Prodip Borah	Script Reading for Final Production Music Practice Improvisation	
15	26-12-2021	Dr. Prodip Borah	Practices for Closing Ceremony	
16	27-12-2021	8	Closing Ceremony	

• List of the Participent:

Sl. No	Name of the Participent	Class	Department
1	Seema Das	1st Semester	Assamese
2	Dimpi Saikia	3rd Semester	Assamese
3	Dipjyoti Das	3 rd Semester	Assamese
4	Mosfika Begum	3 rd Semester	Assamese
5	Priyanka Gogoi	3 rd Semester	Assamese
6	HemantakumarSaikia	3 rd Semester	Assamese
7	Mujbin Begum	3rd Semester	Assamese
8	Tasrinara Rahman	3 rd Semester	Assamese
9	Mallika Begum	3rd Semester	Assamese
10	Sangita Baishya	3 rd Semester	Assamese
11	Rashmirekha Das	3 rd Semester	Assamese
12	Anusuya Sandilya	3rd Semester	Assamese
13	Priyanka Bora	3rd Semester	Assamese
14	Rupam Das	3rd Semester	Geography
15	Bhagyalakshi Saikia	1st Semester	Assamese
16	Lucky Bora	1st Semester	Assamese
17	Niharika Nath	1st Semester	Assamese
18	Ankita Saikia	3 rd Semester	History
19	Musfika Begum	3 rd Semester	Assamese
20	Jenisha Bora	1st Semester	Assamese
21	Bhitali Gogoi	1st Semester	History
22	Sukumar Tanti	1st Semester	Assamese
23	Karnap Kaman	5th Semester	Assamese
24	Aranya Mudoi	5th Semester	Geography
25	Abdul Rajak	5th Semester	English
26	Probal Bora	3 rd Semester	Assamese
27	Gargee Saikia	1st Semester	Assamese
28	Chandana Kalita	1st Semester	Economics
29	Purnasha Sarmah	3rd Semester	Political Science
30	Asthapriya Bora	3rd Semester	Geography
31	Binita Saikia	3 rd Semester	Political Science
32	Sima Saikia	3 rd Semester	Geography
33	Pahi Gogoi	3rd Semester	Assamese
34	Monikha Gandhia	1st Semester	B.Com
35	Binita Basumatary	1st Semester	B. Com
36	Tumoni Saikia	1st Semester	Education
37	Dibyajyoti Sahu	1st Semester	B. Com
38	Biplab Saikia	3rd Semester	Assamese



Link of the news of the production: https://fb.watch/aObZiWzPDd/

International Mother Language Day, also known as Matribhasha Divas was organised by Dept. of Assamese on 21st February, 2022. The Principal, Faculty Members, Office Staff and students of the College participated the program. The Resource person was Mr. Arindom Bora, Assistant Professor, Department of Economics.

Title of the Program/ Event	International Mother Language Day
Organizer	Dept. of Assamese
Resource Person	Mr. Arindom Bora, Assistant Professor, Department of Economics.
Date	21.02.2022
No. of Participants	39







जार्सिक कार्या मिएम -2022 International Mother Language In 2022 ण: : 25 mg and 2022 डे क्सान्तिक कामारक : 21 E 301ml - SEA 2/ व्यामिका उपमिन्त 6) GNATAD TOY 81 411BDD 577101 AM 29) Harnest Sing ए अन्मर्भन वर्ण ए। द्वीवन ज्यानि कावरी जिल्लामण्डन स्विका 9) पीम्सबानी यक्ता । 92/ Ram Shuestha 03/ Tadan angalia subol mileon, भे दः मुत्रमे भोग । 34) (ಎಂಬರಿಮ ಕಾಂಧಿತ್ ३०। अर्थिक मार्म १ 35> Pruganti Pajak 36> pruspa Grupta 37) GAN 2018 2013 013 01 ss) 3. wast exal ाष्ट्रम निकार विकास 86) Apra नाडा 38> Yasin Ahmed. 39/ बाह्याखन्मा विदेश्यात्रा इ । हाम क्या १८० श्रीकीकार नहता । 26/ Sniha Hagarika Maloti Bangskai Di Priyanka Mohardi Julumani go gai 22/ विद्यान नाम उन्निर्म प्रवा 28) आर्डिमा रेडियानी-2 थ वित्र करिक्टर 26- 3/31 BOOK

A workshop "Communication Skills for College Students – A Brief Workshop " was organised by Department of Economics on 8th April 2022. The Resource Person was Mr. Debajit Saikia, Skills Trainer, Mumbai.

Title of the Program/ Event	A workshop "Communication Skills for College Students – A Brief Workshop "
Organizer	Deptartment of Economics
Resource Person	Mr. Debajit Saikia, Skills Trainer, Mumbai.
Date	08.04.2022
No. of Teacher Participants	107





Communication Skills for College Students - A brief workshop Oregan sed by Department of Economics, Gologhal Commerce College: 8/04/2022 Time: 11 a.m. 1. Do Otpal Sarma 2. prawing Horoms 3. Dobajit Saikia 4. Remareleha Buragehair Andles of 22 5. July and Begum. 1 3 W 22 6. Promab Patholi 7. Birmingh Daley . So Harid Intin Dalli J. Biman broudland 10. Manash Predin Boremon 13w08/04/203 11. Nardini Baruah. Hasan 11-12 12. Dr. Rionki Das 13 Sneha Hazarika May 64/22 14. Flandisa Base 15. Blaskare Kakati SW805soor metror 17. Monuerama Saissia 18 DR Devatil- Duble 19 Rojesh Jaiswal 20 Paras Poolin Dailes 21 Arindam Bora Gran 24 Meghale Saifia 55 Junti duarch 26 - Dr Karnb. Dem 27. Da Godin Donat

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One Day Workshop on "Basic Self Defence" was organised by Women's Cell of Golaghat Commerce College on 25.01.2022

Title of the Program/ Event	One Day Workshop on "Basic Self Defence"
Organizer	Women's Cell
Resource Person	Experts from Parakram Combat Centre
Date	25.01.2022
No. of Participants	70



Name of Participants	Designation	Class	Phone. No.
Rubina Sultana	Student	m.com 2nd sem	6001102949
Ankita Belwar	Student	B.A 2nd Semester	9957615862
Sandhya Gupta	Student	Becom 4th sem	9365569146
Kajal Shah	Student	B.com 4th .sem	6001497586
Sneha bakshi	Student	6 th sem	9101165311
Priya kashyap	Student	B.A.6th sem	7086309663
PAYAL GUPTA	Student	B.com 6th semester	6001767905
Abhilekha Goswami	Student	H.S 2nd year	9706124168
Nisha shah	Student	B.com 6th semester	8011242502
Ranu Sultana	Student	M. Com 2nd sem	7002774776
Prerona kalita	Student	BA 4th semester	6003053225
Jyoti Gupta	Student	M.com 2nd sem	9706284529
Zafrina Ahmed	Student	M.com 2nd semester	9365765557
Sarkuru tisso	Student	M.com 2nd sem	9707789286
AZMI AKHTAR HUSSAIN	Student	M.com 2nd semester	9365892942
Sunny sah	Student	BA 2nd semester	7896317646
Polly Tamuly	Student	Ba 2nd Sem	6003044385
Gayatri Sijali	Student	B.A 2nd Semester	9954512305
Divya Darlami	Student	BA 2nd semester	8473913470
Sumi Sah	Student		7638047392
Sibani Bhagat	Student	Degree B.A 4th sem	60013 10184
Bina Urang	Student	Degree BA 4th sem	6001698594
Namrata kumari Gupta	Student	B.com 6th semester	7002968865
Shimran Kaur	Student	H.S.1st year	9954584629
Nabanita Darabdhara	Housewife	No student	9678845895
Ankita Gupta	Student	B.Com 6th semester	+919101322764
Pooja Shah	Student	M. Com 2nd sem	9365178294
Saima Atia Ahmed	Student	B.com 2nd semester	9395258988
Lokhimi saikia	Student	B.com 2nd semester	9394577686
Miss devojani mech	House wife		9365130627
Devojani mech	House wife		9365130627
Waljit Kaur	Student	B.Com 6th sem	6003168048
Unis j rengma	Student	BA2ND semester	8822181759

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Ranjana Saikia	Student	B.A.4th Semester	8099176867(9401275383)
Lucky Bora	Student	BA2nd sem	6003705289
Ranjana Saikia	Student	B.A 4th Semester	8099176867(9401275383)
Seema Das	Student	BA 2nd Sem	7099830972
Bhagyalakshi Saikia	Student	B.a 2nd Semester	7086322080
Miss Pranami saikia	Student	BA 4th semester	6001453838
Miss Binita Saikia	Student	BA 4th sm.	8822864039
Miss Binita Saikia	Student	BA 4th sem	8822864039
Mintu bora	Student	BA 2 sem	9707574180
Himashree saikia	Student	4th sem	6001833646
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Mintu bora	Student	BA 2 Sem	9707574180
Miss jenisha Bora	Student	BA 2nd sem	8822568767
Priyangona Devi	Student	B.A 4th semester	9101455735
Krishnami chutia	Student	B. Come 2nd semester	8472040368
Tasrin ara Rahman	Student	B.A 4th semester	9365331295
Mujbin Begum	Student	B.A 4th semester	7896046739
Mosfika begum	Student	B.A 4th sem	7896324291
Priyanka Gogoo	Student	B.A 4th semester	7896570804
Roshmi Rekha Das	Student	B.A 4rd semester	88221896571
Priyanka bora	Student	B. A 4th semester	9864824694
Purnasha sarmah	Student	BA 4th sem	6003866376
Daisy bora	Student	B.A 4th semester	9707802793
Rupdihun timungpi	Student	BA2ND semester	6901479260
Bondo teronpi	Student	BA2nd semester	7099812436
Puja shah	Student	BA 6th semester	6003162805
Anusuya Sandilya	Student	B.A 4th semester	8134988348
Ruchi Agarwall	Student	B.com 2nd semester	9395005172
Dibya Ghosh	Student	H.S 1st year (11)	7635945216
Basanti das	Student	B.A 2nd semester	9707803138
Miss Subhangona Devi	Student	BA 4rd semester	8822300572
Barun Dusad	Student	BA 4th Sem	8135929918
Rupali ghatuwal	Student	2rd semistar	6001410518
Roshmi shyam	Student	Ba 2nd sem	6001977501
Lucky Bora	Student	Ba 2nd sem	6003705289

