

**Report on Yoga, Physical Fitness, Health and Hygiene,  
Self-employment and Entrepreneurial Skill**



**NALBARI COMMERCE COLLEGE**

P.O.: Chowkbazar, Dist.: Nalbari

State: Assam, Pin: 781334

Website: [www.nccnalbari.in](http://www.nccnalbari.in)

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- Extension activity cell of Nalbari Commerce College observed 5<sup>th</sup> international yoga divas on 21<sup>st</sup> June, 2019. Venue of this program was indoor sports complex of Nalbari Commerce College. On this occasion, Dr. Atul Chandra Haloi, principal, Nalbari Commerce College has spoken about benefits of yoga for health of human being. Further, 20 college staff and 120 students were practiced yoga on this special day.

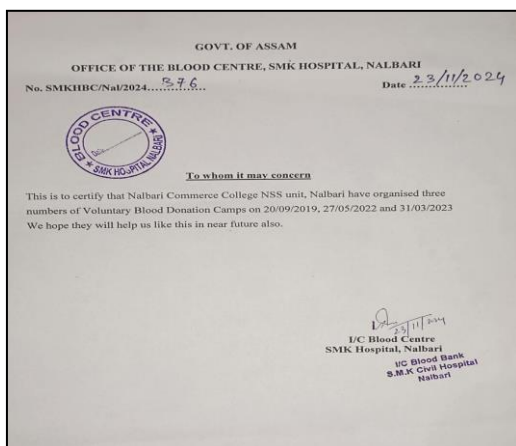


- The Extension Activity Cell of Nalbari Commerce College organized a cleanliness drive at college campus on 10<sup>th</sup> September, 2019. Total 6 college teaching and non-teaching staff and 25 students of the college were participated in the event.



**20-9-2019**

Event	Blood Donation Camp and Health Awareness Camp.
Place	Nalbari commerce College
Organized by	Red Ribbon Club Nalbari commerce college in collaboration with Blood Bank Shwahid Mukanda Kakati Hospital, Nalbari
Resouse Person	Dr Ranjan Bhatta
No of blood donar (students)	48
Certificate of the programme	Pasted below



Program Report under National Service Scheme Nalbari Commerce College, Nalbari, Assam	
Event	Yoga Awareness Camp
Place	College Campus
Date	27-05-2022
Organized by	NSS Unit, Nalbari Commerce College, Nalbari
Resource person	NA
Activity	Yoga Awareness among Student.
Number of participants	100
Two Photograph of the event	Pasted Below



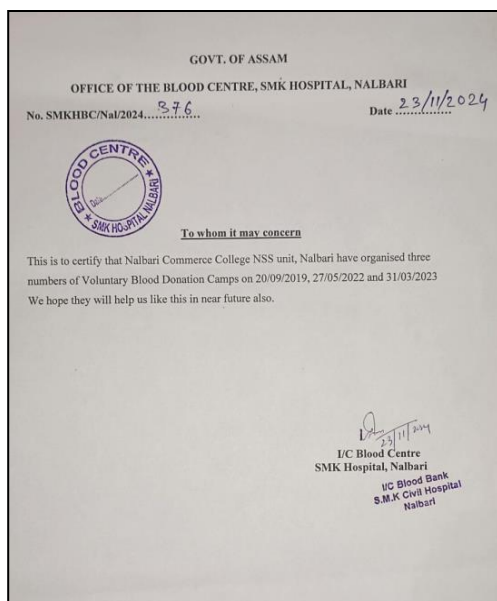
**Date: 27-5-2022**

Event	Blood Donation Camp and Health Awareness Camp
Place	Nalbari commerce College
Organized by	Red Ribbon Club Nalbari commerce college in collaboration with Blood Bank Shwahid Mukanda Kakati Hospital Nalbari
Resouse Person	Dr. Chakreshwar Haloi
No of blood donar (students)	33

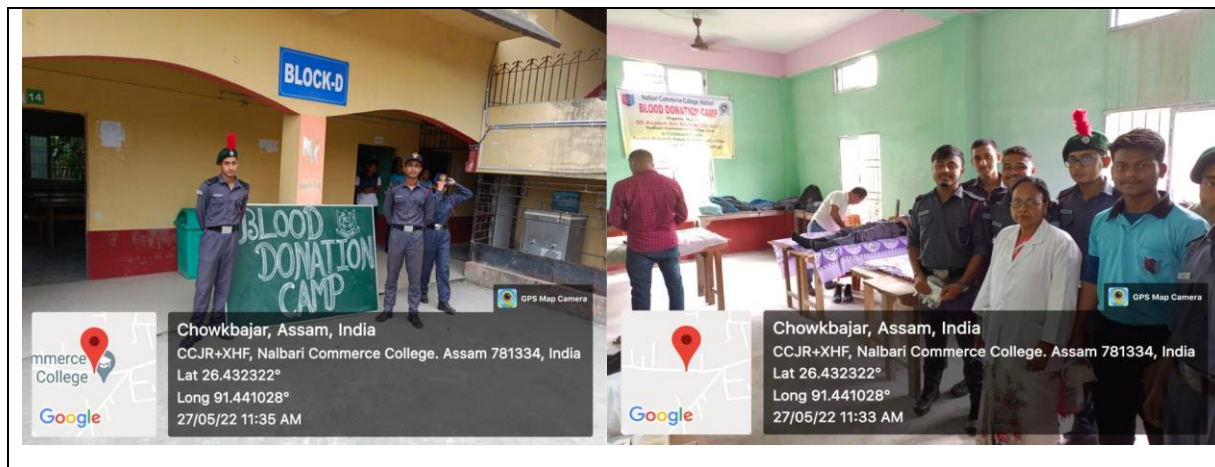


Certificate of the programme

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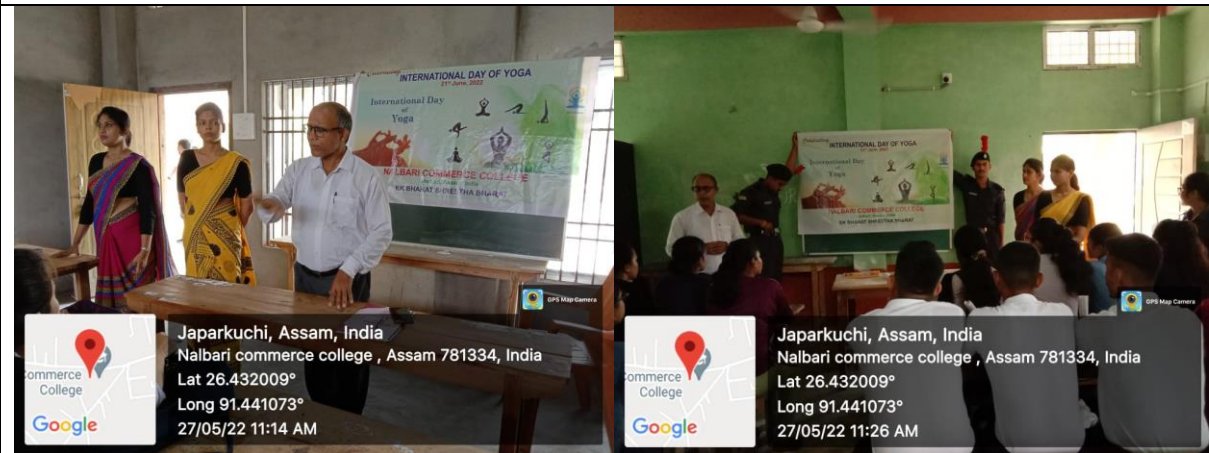
NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Entrepreneurship Development Program
Place	Conference Hall, Nalbari Commerce College
Date	16/7/2022
Organized by	DICC, Nalbari in collaboration with NAAPIA
Details of Activity	Entrepreneurship Development Program organized by DICC, Nalbari in collaboration with NAAPIA at Nalbari Commerce College on 26 July, 2022. Principal Dr. Basanta Kalita lighting the ceremonial lamp and delivering the Welcome Address to the participants. Total 92 participants were present in the program.
Number of participants	92
Two Photograph of the event	Pasted Below
Blood Donation Camp by NCC Unit in collaboration with Swahid Mukut Kakati Civil Hospital on 27 May, 2022.	



**Cleanliness Drive and Plantation program on the occasion of World Environment Day by NCC Unit on 5 June, 2022**



## International Yoga Divas by Extension Activity Cell and NCC unit on 21 June, 2022




## 50 Assam Air Sqn NCC unit participated in the Run for Unity Program organized by Nalbari Commerce College on 31 October, 2022








  
 Principal cum Secretary  
 Nalbari Commerce College  
 Nalbari, Assam

Program Report under Nalbari Commerce College, Nalbari, Assam	
Event	Cleanliness Drive and Plantation Program.
Place	Kharjara Ashram, Janigog Village.
Date	17-08-2022
Organized by	50 Assam Air Sqn NCC Unit, Nalbari Commerce College, Nalbari
Resource person	NA
Activity	Tree Plantation
Number of participants	100
Two Photograph of the event	Pasted Below



Institution's Innovation Council NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Talk session on “Entrepreneurship Skill, Attitude and Behavioral development”
Place	Conference Hall
Date	28/2/2023
Organized by	IIC of Nalbari Commerce
Resource Person	Sri Anjanjyoti Goswami, business manager, IIM Kolkata
Details of Activity	IIC of Nalbari Commerce college organized a talk session on “Entrepreneurship Skill, Attitude and Behavioral development” on 28/2/2023. The resource person was Sri Anjanjyoti Goswami, businessman. Total 109 students were present in the program. The participants were enlightened about the dynamic situational context that an entrepreneur faces in the form of rewards and rejection in due course and how right attitude and behavior can help deal the crisis.
Number of participants	109
Two Photograph of the event	Pasted Below



  
 Principal cum Secretary  
 Nalbari Commerce College  
 Nalbari, Assam


**Date: 31-3-2023**

<b>Event</b>	<b>Blood Donation Camp</b>
<b>Place</b>	<b>Nalbari commerce College</b>
<b>Organized by</b>	<b>Red Ribbon Club Nalbari commerce college in collaboration with blood bank Shwahid Mukanda Kakati Hospital, Nalbari</b>
<b>Resouse Person</b>	<b>Dr Chakreshwar Haloi</b>
<b>No of blood donar (students)</b>	<b>22</b>
<b>Certificate of the programme</b>	<b>Pasted below</b>

GOVT. OF ASSAM


OFFICE OF THE BLOOD CENTRE, SMK HOSPITAL, NALBARI

No. SMKHC/Nal/2024.....376..... Date 23/11/2024



To whom it may concern

This is to certify that Nalbari Commerce College NSS unit, Nalbari have organised three numbers of Voluntary Blood Donation Camps on 20/09/2019, 27/05/2022 and 31/03/2023 We hope they will help us like this in near future also.

  
 I/C Blood Centre  
 SMK Hospital, Nalbari  
 I/C Blood Bank  
 S.M.K Civil Hospital  
 Nalbari



50 Assam Air Sqn NCC Unit of Nalbari Commerce College adopts the statue of Freedom Fighter, Former Chairman of Nalbari Municipality Board, Former President of Nalbari Zila Sahitya Sabha and prominent Leftist Leader Late Lohit Ch. Das located in the heart of Nalbari town and accordingly a cleanliness drive is taken out to clean the statue on 4<sup>th</sup> March, 2023. Mrs. Lakshi Rani Das, wife of Late Lohit Ch Das also attends the program. 4 March, 2023



Statue Cleaning Program organized by 50 Assam Air Sqn NCC Unit of Nalbari Commerce College on the occasion of 96<sup>th</sup> Birth Anniversary of Freedom Fighter and former Chairman of Nalbari Municipality Board Late Lohit Ch. Das today the 7 April, 2023.



Cleanliness Drive and Plantation Program organized by 50 Assam Air Sqn NCC Unit of Nalbari Commerce College on 5 June, 2023 at college campus, Kharjhara Ashram and Janigog on the occasion of World Environment Day.



<b>Program Report under Nalbari Commerce College, Nalbari, Assam</b>	
<b>Event</b>	<b>Cleanliness Drive and Plantation Program and Environment Awareness Lecture.</b>
<b>Place</b>	<b>Kharjara Village.</b>
<b>Date</b>	<b>05-06-2023</b>
<b>Organized by</b>	<b>Unnat Bharat Abiyan Cell</b>
<b>Resource person</b>	<b>Prof. Kumud Rabha, Asstt Prof. Nalbari College,</b>





	<b>Nalbari</b>
<b>Activity</b>	<b>1. Plantation of Saplings.</b>
<b>Number of participants</b>	<b>96</b>
<b>Two Photograph of the event</b>	<b>Pasted Below</b>



## Program Report under National Service Scheme

Nalbari Commerce College, Nalbari, Assam

Date: 5 June 11 June, 2023


<b>Event</b>	<b>Seven day Program</b>	
<b>Place</b>	<b>Janigog village, Nalbari</b>	
<b>Resouse person</b>	<b>Mahhedra Buzarbaruah and Prof. Kumud Chandra Rabha, Nalbari College</b>	
<b>Activity</b>	<b>Day 1 :</b>	<b>Distribution of saplings</b>
	<b>Day 2 :</b>	<b>Drawing compition among children of</b>
	<b>Day 3:</b>	<b>Environmental awareness speech by Kumud Rabha, Asstt. Professor, Nalbari College</b>
	<b>Day 4:</b>	<b>General Health Checkup by Dr. Sakreswar Haloi Dr.</b>
	<b>Day 5:</b>	<b>Eye Checkup by Dr. Yueab Ali</b>
	<b>Day 6:</b>	<b>Woman Empowerment Program. Resource person: Dr. Leena Deka, Professor, MNC College</b>
	<b>Day 7:</b>	<b>Distribution of prize</b>
<b>Number of participants</b>	<b>785</b>	
<b>Photograph of the event</b>	<b>Pasted below</b>	
<b>Organized by</b>	<b>N SS nalbari commerce college in collaboration with bashudev Mandir committe</b>	



Niz-Bahjani, Assam, India  
Mail Chowk, Niz-Bahjani, Assam 781334, India

Event	Awareness Program on Women Health.
Place	Auditorium Hall, Karia, Nalbari
Date	02-06-2023
Organized by	Unnat Bharat Abhiyan Cell
Resource person	Dr. Kamal Dev Goswami, Deputy Superintendent, Mahatma Gandhi Model Hospital, Adabari, Nalbari
Activity	Awareness Program on Woman Health
Number of participants	96
Two Photograph of the event	Pasted Below



  
 Principal cum Secretary  
 Nalbari Commerce College  
 Nalbari, Assam



Unnat Bharat Abhiyan Cell NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Cleanliness Drive and Plantation Program and Environment Awareness Lecture
Place	Janigog Village, Nalbari
Date	05-06-2023
Organized by	Unnat Bharat Abhiyan Cell
Resource person	Prof. Kumud Rabha, Assistant Professor, Nalbari College, Nalbari
Activity	1. Cleanliness drive 2. Environmental Awareness Lecture 3. Plantation of saplings
Number of participants	96
Two Photograph of the event	Pasted Below



September,  
Control  
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ets of 50






Cleanliness Drive-- 'Ek Tareekh, Ek Ghanta' as a part of 'Swachhata Hi Seva' Campaign organized by National Cadet Corps (NCC) and National Service Scheme (NSS) and Yuva Tourism Club of Nalbari Commerce College on 1 October, 2023.



Cleanliness Drive and Plantation Program held under Unnat Bharat Abhiyan Scheme by Unnat Bharat Abhiyan Cell in collaboration with 50 Assam Air Sqn NCC Unit of Nalbari Commerce College at 841 No. Prathamik Bidyalay, Terechia, Nalbari on 6<sup>th</sup> October, 2023.



Cleanliness Drive and Plantation Program held under Unnat Bharat Abhiyan Scheme by Unnat Bharat Abhiyan Cell in collaboration with 50 Assam Air Sqn NCC Unit of Nalbari Commerce College at Milan Digheli LP School, Digheli Nalbari on 6<sup>th</sup> October, 2023.

  
 Principal cum Secretary  
 Nalbari Commerce College  
 Nalbari, Assam



Unnat Bharat Abhiyan Cell NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Cleanliness Drive and Plantation Program
Unnat Bharat Abhiyan Cell NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Cleanliness Drive and Plantation Program
Resource person	841 No LP School, Terechia
Activity	Cleanliness Drive and Plantation
Date	06/10/2023
Number of participants	27
Two Photograph of the event	Pasted Below

Principal cum Secretary  
Nalbari Commerce College  
Nalbari, Assam




Organized by	Unnat Bharat Abhiyan Cell in Collaboration with 50 Assam Air Sqn NCC
Institution's Innovation Council NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Entrepreneurship & Innovation as Career Opportunity
Activity	Cleanliness Drive and Plantation.
Place	Conference Hall, Nalbari Commerce College
Number of participants	27
Two Photograph of the event	Pasted Below





Date	23/11/2023
Organized by	IIC of Nalbari Commerce College
Resource Person	Dr. Uddipana Gogoi Assistant Professor, Department of Finance Nalbari Commerce College
Details of Activity	IIC of Nalbari Commerce college organized a talk session on “Entrepreneurship & Innovation as Career Opportunity” on 23/11/2023. The resource persons were Dr. Uddipana Gogoi Assistant Professor, Department of Finance Nalbari Commerce College. Total 45 students were present in the program. The participants were enlightened about the range of opportunities for career options due to the holistic surge in innovation and entrepreneurial activities and thereby channelizing their career direction.
Number of participants	45
Two Photograph of the event	Pasted Below




  
 Principal cum Secretary  
 Nalbari Commerce College  
 Nalbari, Assam

Institution's Innovation Council NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Talk session on “How to develop business ideas”
Place	Conference Hall, Nalbari Commerce College
Date	23/11/2023
Organized by	IIC of Nalbari Commerce College
Resource Person	Bibhuti Bhusan Das Assistant Professor (Sr.), Department of Management Nalbari Commerce college
Details of Activity	IIC of Nalbari Commerce College organized a talk session on “How to develop business ideas” on 23/11/2023. Bibhuti Bhusan Das Assistant Professor (Sr.), Department of Management Nalbari


	Commerce college was the resource person of the program. Total
Institution's Innovation Council NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	developing business ideas spontaneously which was showcased by Talk session on "My Story-Entrepreneurial Journey"
Place	Conference Hall, Nalbari Commerce College
Number of participants	64
Two Photograph of the event	Pasted Below



  
 Principal cum Secretary  
 Nalbari Commerce College  
 Nalbari, Assam

Date	23/11/2023
Organized by	IIC of Nalbari Commerce College
Resource Person	Nisha Choudhury
Details of Activity	IIC of Nalbari Commerce college organized a talk session on “My Story-Entrepreneurial Journey” on 23/11/2023. Nisha Choudhury, local entrepreneur was the resource person of the program. Total 53 students were present in the program. The participants were motivated with the entrepreneurial journey as they could understand the challenges and milestones associated and how to assess risks and opportunities.
Number of participants	53
Two Photograph of the event	Pasted Below



  
 Principal cum Secretary  
 Nalbari Commerce College  
 Nalbari, Assam



## **Program Report under National Service Scheme**

**Nalbari Commerce College, Nalbari, Assam**

**Date: 1 December 2023**

<b>Event</b>	<b>Health Awareness Camp</b>
<b>Place</b>	<b>Nalbari commerce College</b>
<b>Organized by</b>	<b>NSS Nalbari commerce college</b>
<b>Resouse Person</b>	<b>Dr . Rantu Barman</b>
<b>No of participant</b>	<b>Thirty Two</b>
<b>Certificate of the Program</b>	<b>Pasted below</b>



Institution's Innovation Cell  
NALBARI COMMERCE COLLEGE  
Nalbari, Assam



50 Assam Air Sqn NCC Unit of Nalbari Commerce College cleaned the Statue of Late Lohit Ch. Das, Freedom Fighter, former Chairman of Nalbari Municipal Board, Architect of Modern Nalbari and Social Activist on the occasion of his birth anniversary on 19<sup>th</sup> December, 2023.

Event	Talk session on “Entrepreneurship Skill, Attitude and Behavioral development”
Place	Room -13
Date	29/2/2024
Organized by	IIC of Nalbari Commerce
Resource Person	Mercy Engtipi Assistant Professor, Department of Management Nalbari Commerce College
Details of Activity	The session focused mainly on entrepreneurship and the right kind of skills and Attitude of the entrepreneur at certain situation. It also pinpointed the various behavioural areas that needs to be developed at a certain point of time. Creating a positive mindset and having the correct attitude at the right time. As entrepreneurship is not all about thorough record of success but full of hurdles, failures and challenges. It was briefly discussed with the students. The participants interacted on the various related skills need to be learnt and carry6the right attitude as an entrepreneur
Number of participants	60
Two Photograph of the event	Pasted Below





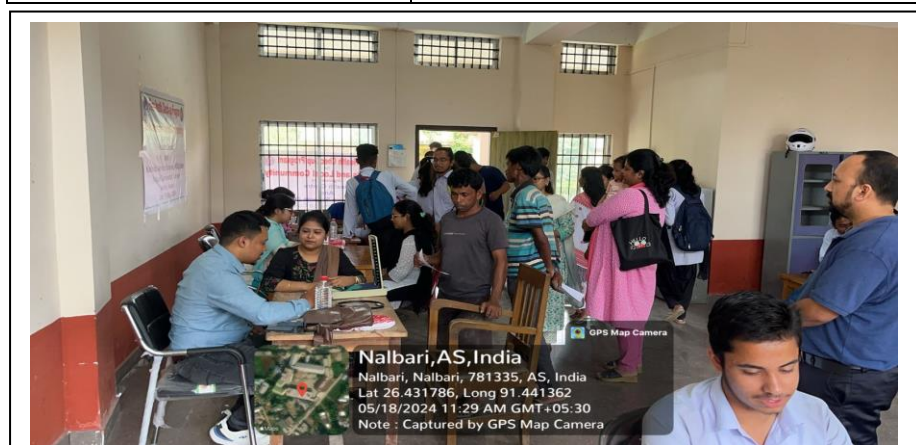
## Program Report under National Service Scheme

Nalbari Commerce College, Nalbari, Assam

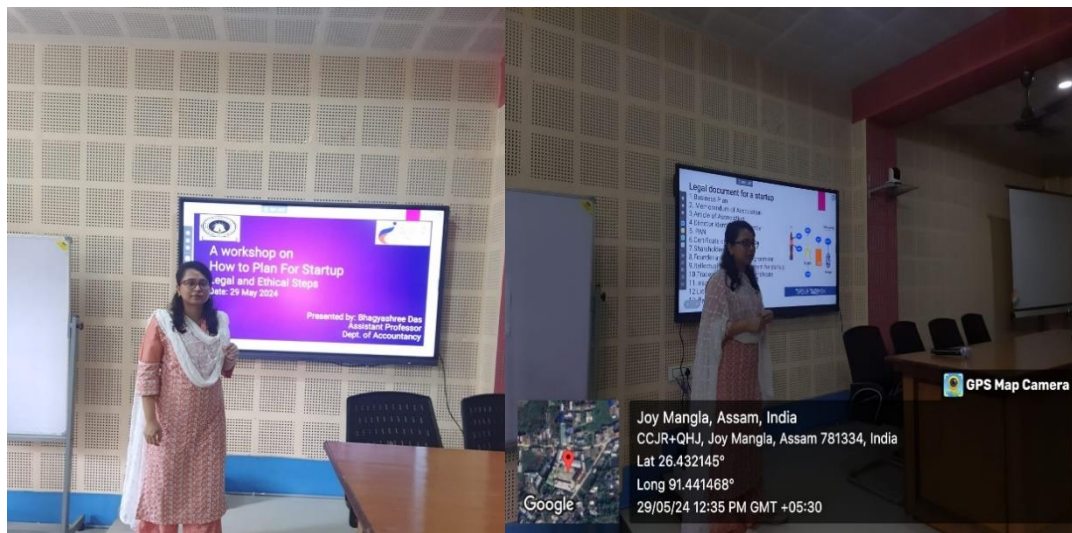
Date: 18<sup>th</sup> May 2024

Event	Health checkup camp
Place	Nalbari Commerce College,

	<b>Nalbari, Assam</b>
<b>Resouse person</b>	<b>Dr Sakreswar Haloi</b>
<b>Activity</b>	<b>General Health Checkup of all students, staff and local community</b>
<b>Number of participants</b>	<b>785</b>
<b>Two Photograph of the event</b>	<b>Pasted below</b>
<b>Organized by</b>	<b>N SS nalbari commerce college</b>




Institution's Innovation Cell NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Workshop on "How to Plan for Start Ups in Assam"
Place	Conference hall
Date	29/5/2024
Organized by	IIC of Nalbari Commerce
Resource Person	Bhagyashree Das, Assistant Professor, Department of Accountancy, Nalbari Commerce College
Details of Activity	IIC of Nalbari Commerce College organized a workshop on How to Plan for Start Ups dated 29/5/2024. Bhagyashree Das, Assistant Professor, Department of Accountancy, Nalbari Commerce College was resource person of the program. Total 41 students were participated in the program.
Number of participants	41
Two Photograph of the event	Pasted Below






Place	Conference hall
Date	30/5/2024
Organized by	IIC of Nalbari Commerce
Resource Person	Deepsikha Devi Assistant Professor, Department of Accountancy Nalbari Commerce College.
Details of Activity	IIC of Nalbari Commerce college organized a talk session on “STARTUP IN ASSAM” on 30/5/2024. The resource person was Deepsikha Devi Assistant Professor, Department of Accountancy Nalbari Commerce College. Total 40 students were present in the program. The participants were informed about startups in Assam and how to start a business with innovative ideas. This session also encourages participants to pursue their innovations, inspired by existing startups in Assam.
Number of participants	40
Two Photograph of the event	Pasted Below




  
Principal cum Secretary  
Nalbari Commerce College  
Nalbari, Assam

  
Principal cum Secretary  
Nalbari Commerce College  
Nalbari, Assam

Institution's Innovation Cell NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Talk session on Session on Accelerator/Incubation Opportunities for Students and Faculties-Opportunities for Early Stage Entrepreneurs
Place	Conference hall
Date	23/8/2024
Organized by	IIC of Nalbari Commerce
Resource Person	Smita Choudhury Assistant Professor, Department of Economics Nalbari Commerce College
Details of Activity	IIC of Nalbari Commerce college organized a talk session on “Session on Accelerator/Incubation Opportunities for Students and Faculties-Opportunities for Early Stage Entrepreneurs” on 23/8/2024. The resource person was Smita Choudhury Assistant Professor, Department of Economics Nalbari Commerce College. Total 70 students were present in the program. The participants were enlightened about the current situation of Entrepreneurship in India and the facilities available for young entrepreneurs to start their entrepreneurial journey.
Number of participants	70
Two Photograph of the event	Pasted Below






  
 Principal cum Secretary  
 Nalbari Commerce College  
 Nalbari, Assam

Institution's Innovation Cell NALBARI COMMERCE COLLEGE Nalbari, Assam	
Event	Lecture series on "Developing Business Idea into Reality"
Place	Conference hall
Date	16/5/2024
Organized by	IIC of Nalbari Commerce
Resource Person	Mr. Arunav Bhagabati Entrepreneur & Business Developer, Guwahati
Details of Activity	IIC of Nalbari Commerce college organized a lecture on "Developing Business Idea into Reality" on 16/5/2024. The resource person was Mr. Arunav Bhagabati Entrepreneur & Business Developer, Guwahati. Total 100 students were present in the program.
Number of participants	100
Two Photograph of the event	Pasted Below



  
Principal cum Secretary  
Nalbari Commerce College  
Nalbari, Assam

## Program Report under National Service Scheme

Nalbari Commerce College, Nalbari, Assam

Date: 1 October 2024

Event	Swachata Hi Seva Campaign (Ek Tareekh Ek Ghanta)
Place	Nalbari Commerce College, Nalbari, Assam
Resource person	Dr Dinamoni Bhagabati,
Activity	Tree plantation and cleanliness drive by the NSS students of Nalbari Commerce College.
Number of participants	78
Two Photograph of the event	Pasted below
Organized by	N SS Nalbari commerce college





## Program Report under National Service Scheme

Nalbari Commerce College, Nalbari, Assam

Date: 26<sup>th</sup> Sept. '2024

Event	Swachata Hi Seva Campaign
Place	Nalbari Commerce College, Nalbari, Assam
Resource person	Dr Dinamoni Bhagabati,
Activity	Road and College premises cleanliness drive by the NSS students and B.Voc. students
Number of participants	78
Two Photograph of the event	Pasted below
Organized by	N SS of Nalbari Commerce College and Department of B. Voc .





50 Assam Air Sqn NCC Unit of Nalbari Commerce College organized the International Yoga Divas on 21 June, 2024



