

BEST PRACTICE-1

SESSION: 2019-2020

1. TITLE OF THE PRACTICE: Empowering Girls through Workshop on Techniques of Self-Defence.

2. OBJECTIVE OF THE PRACTICE:

The objective of organizing the Workshop on Techniques of Self-Defence is to boost the self confidence among the girl students of Mangaldai College and thereby to empower them.

3. THE CONTEXT:

Violation of women and girls rights is a matter of serious concern now a days. As stated by a report published in the Hindustan times, the National Crime Records Bureau (NCRB) recorded 27,687 cases in 2018 and 30,025 cases of crime against women in 2019. In this context ensuring security of women and girls is of utmost importance. It is hoped that by learning the techniques of self-defence, women and girls will develop self-confidence and will be able to protect themselves from any kind of violence and physical assault.

4. THE PRACTICE:

The Women's Studies Research Cell of Mangaldai College organized a One-Week-Workshop on Techniques of Self-Defence for girl students in collaboration with IQAC, Mangaldai College from 21st October 2019 to 26th October, 2019 in Mangaldai College premise. In this workshop the girl students of Mangaldai College were trained with some defence skills to counter any kind of physical assault. Miss Priyanka Baishya (Karate Black Belt), trainer of Rashtriya Madhyamik Siksha Abhiyan (RMSA) of Darrang District, imparted training to total number of 46 girl students throughout the week. Efforts were made to aware the girls for applying presence of mind to counter the impending danger. The college authority also assured the participants to take necessary action for their safety within college campus.

5. EVIDENCE OF SUCCESS:

The evidence of success can be drawn from the following points-

1. Total number of 46 girl students successfully completed the workshop and certificates were distributed to all the participants.
2. All the girls expressed their satisfaction regarding the conduct of workshop after its completion.

3. The participants viewed that they have developed self confidence to fight against any kind of violence.
4. The workshop has enhanced the physical strength of the girl trainees.
5. The institution has witnessed a positive trend among the girls to aware other girls of their nearby areas about the necessities of learning self defence skills.

6. PROBLEMS ENCOUNTERED:

The problems encountered while organizing the Workshop on Techniques of Self-Defence for girls are as follows-

1. All the girl students favoured the presence of female trainer and feel hesitated to learn from a male trainer. The problem of shortage of female trainer has been faced while organizing such training camps.
2. There are some financial constrains faced by the organizers to sustain such week-long programme.
3. The traditional outlook of some parents also created hindrance in obtaining consent from girl students in participation of such karate or self defence skill training programme.

7. RESOURCES REQUIRED:

1. Allocation of more funds for organizing such extra-curricular activities will be helpful.
2. Appointment of female physical instructor is needed for the girl students.

8. NOTE:

Other girl students (who were not trained) have also expressed their interest for receiving such type of training after the completion of the workshop. Accordingly, the Women Studies Research Cell of Mangaldai College has proposed to organize such workshop for girls in every academic year.



WORKSHOP ON "TECHNIQUES OF SELF-DEFENCE"




Organized by
Women's Studies Research Cell & Women's Cell, Mangaldai College Teacher's Unit
In
Collaboration with



IQAC, Mangaldai College, Mangaldai

CERTIFICATE OF PARTICIPATION

This is to certify that *Jubilee Sarmah*, a student of 1st Semester (B.A./B.Sc./B.V oc.) of Mangaldai College has successfully completed the one week Workshop on "Techniques of self - defence" organized by Women's Studies Research Cell & Women's Cell, Mangaldai College Teacher's Unit in collaboration with IQAC, Mangaldai College from 21st October to 26th October, 2019 held in Mangaldai College, Mangaldai.


(Dr. K. K. Nath)
Principal
Mangaldai College


(Mr. P.K. Sarmah)
Coordinator
IQAC, Mangaldai College


(Dr. Barnali Deka)
Coordinator
WSRC, Mangaldai College



WORKSHOP ON "TECHNIQUES OF SELF-DEFENCE"



Organized by
Women's Studies Research Cell & Women's Cell, Mangaldai College Teacher's Unit
In
Collaboration with



IQAC, Mangaldai College, Mangaldai

CERTIFICATE OF PARTICIPATION

This is to certify that *Nikumani Bharadwaj*, a student of 1st Semester (B.A./B.Sc./B.V oc.) of Mangaldai College has successfully completed the one week Workshop on "Techniques of self - defence" organized by Women's Studies Research Cell & Women's Cell, Mangaldai College Teacher's Unit in collaboration with IQAC, Mangaldai College from 21st October to 26th October, 2019 held in Mangaldai College, Mangaldai.


(Dr. K. K. Nath)
Principal
Mangaldai College


(Mr. P.K. Sarmah)
Coordinator
IQAC, Mangaldai College


(Dr. Barnali Deka)
Coordinator
WSRC, Mangaldai College



WORKSHOP ON "TECHNIQUES OF SELF-DEFENCE"




Organized by
Women's Studies Research Cell & Women's Cell, Mangaldai College Teacher's Unit
In
Collaboration with

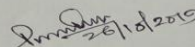


IQAC, Mangaldai College, Mangaldai

CERTIFICATE OF PARTICIPATION

This is to certify that *Nisha Borah*, a student of 1st Semester (B.A./B.Sc./B.V oc.) of Mangaldai College has successfully completed the one week Workshop on "Techniques of self - defence" organized by Women's Studies Research Cell & Women's Cell, Mangaldai College Teacher's Unit in collaboration with IQAC, Mangaldai College from 21st October to 26th October, 2019 held in Mangaldai College, Mangaldai.


(Dr. K. K. Nath)
Principal
Mangaldai College


(Mr. P.K. Sarmah)
Coordinator
IQAC, Mangaldai College


(Dr. Barnali Deka)
Coordinator
WSRC, Mangaldai College



BEST PRACTICE-2

SESSION: 2019-2020

1. TITLE OF THE PROJECT: Vermicomposting Practice in the Department of Botany.

2. OBJECTIVES OF THE PRACTICE:

As the vermicompost benefits the environment by reducing the need for chemical fertilizers and decreasing the number of organic wastes, the main objectives of vermicomposting is to utilize the campus plants wastes in order to maintain eco-friendly college campus and use the vermicompost in college gardens. It also helps in generating awareness for the production and importance of vermicompost as an organic fertilizer for horticulture and agricultural use.

3. THE CONTEXT:

Vermicompost is the product of the composting process produced by the activity of the earthworms from a wide range of organic residues. It consists of various biologically active substances such as plant growth regulators and different microbes. It contains huge amount of nitrogen, potassium, phosphorus and other elements which are essential for the growth of all types of horticultural and agricultural crops.

Vermicompost production process is a clean and healthy way to eliminate the organic wastes which improves the environment. Due to increasing environmental concerns and use of sustainable fertilizers, vermicompost attracted a lot of interest during recent years. It is an eco-friendly method of converting organic wastes into nutrient rich fertilizer. For the production of vermicompost the exotic species *Eisenia fetida* (Red worms) and *Eudrius eugeniae* (Night crawler) are used.

In the Botanical Garden of Mangaldai College several plants are planted using vermicompost as eco-friendly organic manure.

4. THE PRACTICE:

Our college has established a concrete tank having two chambers of 10 ft. length, three ft. breath 2.5 ft. height. To protect the earthworms from the sunlight a shade over the tank is also fitted. Garden wastes of college campus are collected throughout the year along with cattle dung, water hyacinth, etc. from the neighbouring areas. Initially two kgs of earthworms (*Eisenia fetida*) were introduced into the tank. Vermicompost beds are maintained properly by sprinkling of water periodically. Harvesting of vermicompost are done two times yearly. Collected vermicompost are used on the various plants of the college campus.

Demonstration classes on vermicompost preparation were organized by Dept. of Botany for the students of SEC Botany of 3rd semester and 5th semester Botany Major from time to time. Dr Manoj Kr. Chouhan, senior scientist and Ms. Banasmita Barman, SMS

Agromet of KVK Darrang and Mr Dhrubajyoti Saikia of Agriculture Training Centre cum Production Unit, Mangaldai, were invited as resource persons.

5. EVIDENCE OF SUCCESS:

- Production of about 100 Kg vermicompost for this year.
- About 70 Kg of collected vermicompost were used on the various plants of the college campus.
- About 30 Kg of vermicompost were sold to faculty members of the college.
- More than 100 students were motivated to use this skill in future.

6. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

- To build permanent unit more investment is required.
- Encountered difficulties to maintain during Covid-19 period and summer vacations.
- Encountering problems to collect the raw materials and watering the vermi beds due to shortage of work staff.

7. NOTES:

In future, there are plans to increase the production of vermicompost by increasing the number of vermi beds, as it has tremendous scope in the college campus.

Mushroom cultivation may be initiated in the college as one of the best practices which is relevant for vermicompost production as the materials used in mushroom cultivation can be reused for vermicompost production.







IQAC, Mangaldai College.