

Report on Workshop on “Secret to Happiness”

Special talk on “**Secret to Happiness**” was organised by Value Education Committee, Lumding College, Lumding. Resource person, Sri Vishnu Prakash, full time Art of Living Teacher. He is the founder director at sridhenu.org. and NGO for social upliftment. Before dedicating his life completely to the Art of Living , he served as a veteran software developer at Microsoft. Inspired by Gurudev Sri Sri Ravishankar, he came to know that teaching was his calling and he has been into it ever since then. He has been conducting AOL workshops at IITs, ISB , IIIT, Banking Corporates, Central Prisons and remote villages of Assam and Northeast for the last 7 years. He also leads a research wing at Sridhenu about indigenous cow therapy. His talks revolve around the ways to be happy. Happiness is the basic mental need of every human being. But, due to stress, anxiety and the fast lifestyle, mentally and physically, all are tired with a distorted lifestyle. Practising meditation is not so easy for general people. But the specially designed 'Sudarshan Kriya' by the holiness Gurudev Sri Sri Ravishankar has successfully met the vision of making meditation a universally accessible process. This technique circumscribes all the dimensions of existence and does the job of bringing them in harmonious balance with each other. His speech motivated a batch of 38 participants. A few students and teachers showed interest in participating in the happiness programme of the Art of Living.



Report on Rastriya Ekta Divas

IQAC Lumding College has organised programmes and events related to Sardar Vallabhbhai Patel and his contribution for the unification of the country on 3rd November, 2016 at 11 A.M. Essay writing competition on the character and contribution of Sardar Patel, current issues of Unity and the 'most creative slogan' contest on the relevance and importance of National Unity and inspiring and motivational lectures were organised on the occasion. About 104 students participated in the event and the top three participants were awarded prizes. Besides, all the participants were given a certificate of participation. The chair person had highlighted the significance of the day and its observation. In his key note address, he had emphatically suggested the importance of Unity within the Nation which is the crying heed of the day. The celebration ended with the vote of thanks by the convener.



Report on the Awareness of Drugs Abuse

The Extension Cell of Lumding College has organised a programme on the Awareness of Drugs Abuse on 26th June, 2016 in the conference hall of the College. The Programme was jointly collaborated by Assam Police and Internal Quality Assurance Cell, Lumding College. Mr. Debojit Mukherjee, Superintendent of Police, Hojai (Assam) was the chief guest of the programme. Around 45 teachers and 102 students flocked on the programme. Dr. Mrinal Kanti Paul delivered lucidly on the inaugural section of the programme on Indian Youth and Drugs. The Chief guest of the Programme Mr. Mukherjee presented a vivid description on the degeneration of the Youth of State and Country in particular by the impact of the consumption of these life threatening habits. The programme ended with a pledge ‘ Say No to Drugs’.



Report on the Programme on Adult Education

The Extension Cell of Lumding College has organised a camp on Adult Education on 15th December, 2015 at Rastrabhasa L.P.School, APTF, Lumding. The camp was attended by 11 faculty members and 46 students. The camp was inaugurated by Dr. Mrinal Kanti Paul, Principal Lumding College. Prof. Nilu Paul in her speech spoke highly on the necessity of organising such camp in future also. Nearly 100 people of the rural folk and slum areas in and Lumding attended the camp. They were thought the necessity of Education. Initially they were provided books and copy with an introduction to alphabets and numeric. The camp ended with a vote of thanks from the organiser.



Report on Workshop on "Science and Spirituality"

Workshop on "Science and Spirituality" is held at Lumding College Library Reading Room on 12/12/2014 at 11 AM. Members of Lumding College again feels honoured having B.K. Mohan Singhal among them as Recourse Person. In general perspective, science and spirituality are poles apart. But how life's vital processes are run by science and enriched by spirituality has been clearly and thoroughly explained by the honourable resource person. The Value Education Committee collaborated with Prajapita Brahmakumaris to organise this event. 114 participants took part in this workshop including students, teachers and non-teaching staff of the college. Other speakers, B.K. Arjuna and B.K. Kalpana briely added to the topic.



REPORT ON UGC SPONSORED NATIONAL SEMINAR ON
“VIVEKANANDA – THE TRENDSETTER” ON 31ST OCTOBER AND 1ST NOVEMBER-
2014

A UGC SPONSORED National Seminar entitled “**VIVEKANANDA – THE TRENDSETTER**” was held at Lumding College, Lumding on 31st October and 1st November, 2014. The objective of the seminar was to bring together the academicians and experts from different parts of the country to exchange knowledge and ideas of Swami Vivekananda. Seminar was inaugurated with the lighting of lamp by the guests and opening song “Vedic Chanting” by the students. Just after the inauguration, an inaugural song was sung by the students. This was followed by welcome address by Mrs. Sarbari Debnath, HOD, Bengali department, Lumding College and Joint Co-Ordinator of the seminar. Just after welcome address valuable speeches on Vivekananda were delivered by Dr. Mrinal Kanti Paul, Principal, Lumding College, Mrs. Maya Chakraborty, President, Governing Body, Lumding College, Dr. Tapashi Gupta, President, Women Cell, Lumding College Unit, Dr. Mukti Deb Chowdhury, Ex-HOD, Dept of Bengali and Ex Principal, Cotton college, Guwahati, Dr. Sanjay De, Associate Professor and HOD, Dept of Bengali, Nagaon College, Nagaon. Keynote address was presented by Swami Suparnananda Maharaj, Secretary, Ramkrishna Mission Institute of Culture, Golpark, Kolkata. Inaugural session ended with vote of thanks by Mrs. Nkita Misra, Asstt. Co-ordinator of the seminar and Asstt. Prof., Dept. of Bengali, Lumding College.

Two days seminar had highlighted different areas, views and life of Swami Vivekananda with presentation of 80 papers by scholars of different parts of India. The valedictory session speech was given by resource persons and a vote of thanks given by Mrs. Onkita Misra, Asstt. Co-Ordinator of the seminar and Asstt. Prof., Dept. of Bengali, Lumding College.



Report on the UGC Sponsored Note Seminar on “ Human Security its Component and Threat” held on 5th October, 2013

A UGC sponsored National Seminar on “ Human Security : Its components and Threat ” was conducted by the Dept. of Political science, Lumding College on 4th and 5th October, 2013. The seminar organizing committee consisted of Dr. M.K Paul, Principal, Lumding College as the President, Mr. Nibash Paul, Working President , Dr. Parimal Acharjee as the Co-Ordinator and Mrs. Mandira Dutta Gupta and Mr. Uttam Das as Joint Co-Ordinator.

The seminar was inaugurated by Dr. S.B. Medhi, IAS (Retd. former commissioner and secretary, Govt. of Assam. Speeches were delivered by Prof. R.R. Dhamala, HOD , Political science , Assam university, Silchar. Dr. Alpana Bugohain, HOD, Political Science, Dibrugarg University, Dr. K.C. Das , Associate Professor, Dept. of political Science, Diphu Campus, Assam University, Silchar, Dr. P.C. Acharjee, Co-ordinator, Mr. Tapash Das, Vice-President, Dishari (NGO) , Diphu, Karbialong, Assam. Dr. Medhi delivered the key notes address and the inaugural session ended with the vote of thanks offered by Mrs. Mandira Dutta Gupta, Asstt. Prof. Dept. of Political Science, Lumding College.

Different areas, threats and challenges to Human security were highlighted in the seminar along with the presentation of 34 papers by scholars from different parts of North east India.



Report on Workshop on "Building Harmonious Relationship"

Workshop on "**Building Harmonious Relationship**" organised by Value Education Committee has been held on 17/05/2013. B.K. Mohan Singhal has remained the resource person. Venue: Lumding College Library Reading Room.

B.K. Mohan Singhal, Brahma Kumari, Mount Abu, is an M.Tech from Indian School of Mines (ISM), Dhanbad (1967). He joined ONGC in 1967 and served for 28 years in various capacities in Assam, Gujarat and Uttarakhand. He took voluntary retirement in 1996 while serving as Suptd. Geophysicist. He came in contact with the Brahma Kumaris in 1961 and since then, has remained an active member of the organization. Now, in Brahma Kumaris Ishwariya Vishwavidyalaya, he serves as the Member of Governing Body of Rajayoga Education and Research Foundation; Member of H.Q. Management Committee, National Coordinator of Scientists and Engineers Wing; Coordinator of Academy for a Better World Gyan Saorvar, Mount Abu; Editor of SEWs-NEWs, a Quaternary Publication of Scientists and Engineers Wing (SEW). He contributed a lot in Environmental Awareness Campaigns and Disaster Management Campaigns in India and Nepal. He is the recipient of Paryavaran Shree award by MHRD, 1992; International Award for Human Resource Development and Spiritual Development by International Association of Educators for World Peace (IAEWP), USA and Common Wealth Association for the Education and Training of Adults (CAETA), UK in 2004.

Distinguished guests were B.K. Arjun and B.K. Kalpana. After felicitation programme, convener, Value Education Committee, Sanghamitra Das Bose briefly explained the aim of the workshop. School and college students come from diverse backgrounds having diverse mentality. To build up the harmonious relationship between teachers and students, students with fellow students and workers and their colleagues, meditation can take a vital role. The resource person strongly explained how harmonious relationship is the prime necessity in the work places. He involved the participants by different techniques, adopting using visual aids. Eg. PowerPoint presentation. He also taught different meditation techniques and made the workshop successful. Total no. of participants were 103 including students, teachers and office staff.

