NATUN NAGAR, P.O. DIKHARI MORAN

Dist.: Dibrugarh, Pin - 785675` Estd. - 1993

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Contact: 8638079402

Ref. No. ....

Date. 11 / 03/2023

### Circular

It is hereby informed to all the teaching ,non-teaching staff and students, of Moran Commerce College that a workshop on ART AND CRAFT will be organized in the College auditorium on 15/03/2023.

Therefore, all are hereby informed to participate in the program.

Principal

**Moran Commerce College** 

#### **Activities Under the Cell:**

#### ART AND CRAFT WORKSHOP

A one-day workshop on art and craft was organised on 15/03 /23, Wednesday under the aegis of NSS unit in collaboration with OBC/ST/SC and minority cell in Moran Commerce college campus. In the workshop the resource person present were:

- 1. Mr. Jahnu Changmai, Asst. Teacher, Lengeri H.S School.
- 2. Mr. Sujit Das, Head Teacher, Hatigarh L.P School.
- 3. Mrs. Rashmi Kukurasuwa, Principal, Sangeet Satra Kalakendra School.
- 4. Mrs. Moni Phukan, Teacher Sangeet Satra Kalakendra School.

At the very outset the meeting was presided by the Principal, Mrs. Iveelata Chutia and the meeting was guided by Mr. Pranaijit Mahanta, Programme Officer, NSS Unit, Mrs. Bornali Gohain, OBC Cell, Mrs. Dibyajyoti Konwar Sonowal, ST/SC Cell and Mr. Kamaruddin Ansari. All the convenors deliver their valuable speech regarding Art and Craft. The felicitation of the guest were done after that .Mr. Jahnu Changmai one of the resource person has given a short speech about art and craft and how it will help the students for their future endeavour.

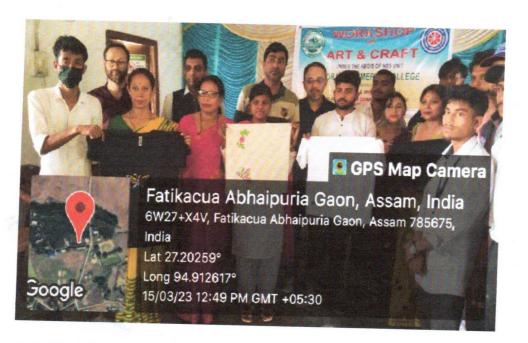
There were two sessions in one session they taught the students aboutAmbrose painting in various clothes including t-shirts, table cloth, bags, and most importantly how all these can be done in mass scale.

In the next session they taught about accessories making like jewellery, keychain, pendant, etc. The students were very much delighted and actively participated in both the session.

After the completion of the session one of the student of 6<sup>th</sup> semester thanked all the resource person and finally at the end of the workshop Mrs. Bornali Gohain, HOD, Deptt of Marketing Moran Commerce College gave vote of thanks to the resource persons, Principal, and those who were actively engaged in the workshop including the students.

Principal
Moran Commerce College
Date

Moran Com





Principal
Moran Commerce College
Date.....

coordinator
OBC Cell
OBC College

Mr.

Date: - 15/03/23 WORKSHOP ART & CRAFT Moran connerce Collège. Signature Name LNO. · Deepti Rekha Newar Scepte Rekha Newan Pallobi alors Pallobi alon. Deepika Nayak 3. Deepika Nayak. Podmini Sawashi Podmini sawashi Kalpana Garh Kalpona Garh Skirti kalandi Skiti kalandi Kapil Nayak Krayak. Ocemanta Sasani Vijal Orang Nitupal Polohu - Monmitra Grogos Koushik Gogai Molundra Rajbonski Bertoon

12/ Kirron Mahato Kircon 18/ Bibet Shah Topan Kurmi Kamaruddin Ansarci Bornali Johace as) Leena Shree Borthakar 26/ Tribeni chetia 27/ Owaelhinjyoti Gogori 26) Kelyani Konsar 30) Debyg poh. konwal Sonowal

#### A REPORT ON

#### TRAINING SESSION ON FUTURE PROGRAM

Event	3 days Training on Future Program
Theme	'Decision making', 'Priority Management' and 'Self
	Grooming'.
Organized by	JCI, Dibrugarh Royals in collaboration with Career
	counseling cell, Moran Commerce College.
Resource Person	Rachita Bhartia Garodia,
	Provisional Zone Trainer, JCI
Participation	B.com students
Date and Day	16/03/2023-18/03/2023
Time	1 pm onwards
Venue	New Building, Moran Commerce College.

#### **OBJECTIVES OF THE EVENTS:**

The primary objectives of the three-day training program for college students on future preparation were:

- Enhance Decision-Making Skills:To provide students with an understanding of various decision-making models and techniques.To improve their ability to make informed and strategic decisions in both personal and professional contexts.
- 2. Improve Priority Management:To teach students effective priority management techniques to increase productivity.To help students balance short-term tasks with long-term goals and manage their time efficiently.
- 3. Develop Personal Grooming Skills:To educate students on the importance of personal grooming in creating a positive professional image.To provide practical grooming tips and techniques to enhance their personal presentation and self-confidence.



## WORKSHOP DISCUSSION:

The three-day training program on future preparation, conducted for college students, was structured to enhance their decision-making skills, priority management, and personal grooming.

On the first day, the focus was on decision making. The students were introduced to the importance and types of decisions, ranging from routine to strategic and individual to group decisions. Various decision-making models, including rational and intuitive models, were discussed, highlighting their pros and cons. Through case studies and group exercises, students analyzed real-life scenarios and presented their decisions, fostering a collaborative learning environment. An industry expert shared insights on decision-making under pressure, followed by a Q&A session, enriching the students' understanding.

The second day emphasized priority management, teaching students techniques to enhance productivity and achieve their goals. They learned about tools such as the Eisenhower Matrix, ABC Method, and time-blocking techniques. Interactive workshops allowed students to create their priority lists and apply these tools practically. Sessions on balancing short-term tasks with long-term goals and combating procrastination provided valuable insights. A personal reflection session helped students identify areas for improvement in their time management practices.

On the final day, personal grooming was addressed, underscoring its significance in professional life. Sessions covered the basics of personal hygiene, appropriate attire, and grooming routines for hair and skincare. Practical demonstrations and hands-on grooming sessions with professional stylists provided students with practical skills. Additionally, the role of non-verbal communication and effective body language was discussed. Personalized feedback sessions helped students refine their grooming practices, enhancing their self-confidence and professional image.

#### **CONCLUSION:**

The three-day training program on future preparation, aimed at college students, was a resounding success. Over the course of the program, students gained invaluable skills in decision making, priority management, and personal grooming. The interactive sessions, hands-on activities, and expert insights provided a comprehensive learning experience, equipping students with practical tools to enhance their personal and professional lives. The positive feedback from participants underscores the effectiveness of the program and its significant impact on their growth and development.

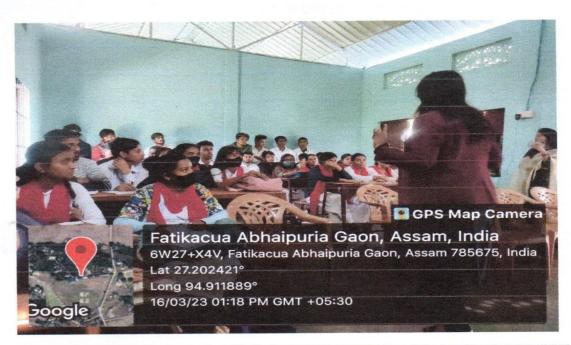
Principal i/c
Moran Commerce College
Date: 19 12 12 3

## **GLIMPSES OF THE EVENT:**











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Ref. No. .....

Date. 18/06/2018

## **Circular**

It is hereby informed to all the students, teaching and non-teaching staff of Moran Commerce College that the International Yoga Day 2018 will be organized in the college auditorium on 21st june.

Therefore, all are hereby informed to participate the program.

Principal

Principal

**Moran Commerce College** 

#### INTERNATIONAL YOGA DAY, DATED: 21-06-2018.

**INTRODUCTION:** The International Yoga Day was organised by NSS Unit of Moran Commerce College on 21<sup>st</sup> June,2018. The Yoga helps all the participants to practice for mental peace and relax.



#### **OBJECTIVES:**

- To reduce stress, anxiety, depression, and chronic pain. It can also improve sleep and enhance overall well-being and quality of life.
- To acquaint the students the essence of Yoga.

#### **EXPLANATION:**

The programme" Internation Yoga Day" was held on 21<sup>st</sup> June,2018 in the College,under the aegis of NSS Unit. The Programme started with the speech of IveelataChutia,Principal, Moran Commerce College who welcome the Yoga Trainer Miss. Manjita Gogoi with a FhulamGamusa.The participants in the session included staff of the college and 27 students of the college.

#### **OUTCOME OF THE PROGRAMME:**

Students learned the essence of practicing Yoga in day-to-day life.

#### **CONCLUSION:**

Thus, Yoga is a type of practice or discipline that enables us to keep our health and mind fit and active. The programme helps all the participants to feel relax and find peace of mind.

Moran Commerce School

20分型 2036

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Ref. No. .....

Date. 15/6/21

## Circular

It is hereby informed to all the students, teaching and non-teaching staff of Moran Commerce College that the International Yoga Day 2021 will be organized in the college auditorium on 21<sup>st</sup> june.

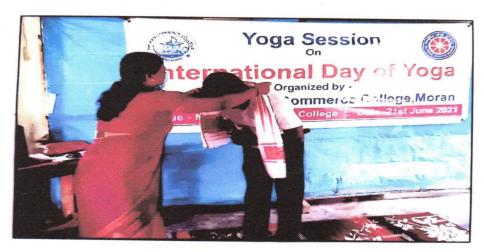
Therefore, all are hereby informed to participate the program.

Principal

**Moran Commerce College** 

# INTERNATIONAL YOGA Day . 21st June 2021

The NSS Unit organized a yoga session in the college on the occasion. Renowned yoga trainer Miss Monjita Gogoi graced the event as resource person. She not only spoke on the importance of yoga in keeping our life agile but demonstrated some Yoga tactics and mudras. The volunteers along with a few teachers participated in the session. It appeared they were greatly benefitted and encouraged by the trainer.







23 57 2022 अप्रकाहीर दिलाय प्रिक्मक कुन्निय अवह – अर्थे दिमें ला. श्रीष्ट ला. कुन्ने व्यम्स्ट प्रमेश्व प्राहीर 5057 स्पन मंबर व्यक्तिय व्यक्तिय व्यक्ति 2/ व्याद्मिल म् विश्वा देवीया 22/4/2020 थ अनिष्डा मदेश-C) कड्राक्टिया अपत्रक्टिशेal proposition grades business of ल कलाकी क्वार्ड ८। यनावी- (मार्डेड वा स्थाधीततामित जाता भी स्थाउट प्रकर्म हो देउस २०३म अर्थियर्थन क्यो-Moren Commerciae Coules !! २२। ख्रिमा प्रित की भूधिकें एएएका स्थाप 257 201 कार्या भाराका 20 न्युडारु हिंदी 204 निक्ति ती गार्थिशी 24 166 न्त्री वित्र वालानी 20) 221 निकी खिला खिराव 22/ मीनिका नाम्रक 26) MARGERT STORY 287 भूबी पूजिल 201 विभिन्न मुड 26/ and ha 29 क्षिय व्यक्ति 207 22/ निक्य तमाधारास

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Ref. No. .....

Date. 17/6/2022

### <u>Circular</u>

It is hereby informed to all the students, teaching and non-teaching staff of Moran Commerce College that the International Yoga Day 2022 will be organized in the college auditorium on 21st june.

Therefore, all are hereby informed to participate the program.

Principal

**Moran Commerce College** 

## **International Yoga Day**

#### Date - 21 June 2022

A yoga session was organised on the occasion. Mr Sanjib Handique, a well known yoga trainer spoke on the importance of yoga for sustaining a healthy life. He also exhibited different types of asanas and their benefits. Teachers and NSS volunteers took part in the session enthusiastically.





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Date. 15/06/23

## Circular

It is hereby informed to all the students, teaching and non-teaching staff of Moran Commerce College that the International Yoga Day 2023 will be organized in the college auditorium on 21<sup>st</sup> june.

Therefore, all are hereby informed to participate the program.

Principal

**Moran Commerce College** 

### **International Yoga Day**

#### Date - 21 June 2023

A yoga session was organised in the college in which Shri Om Prakash Shah, a Patanjali certified Yoga Trainer joined as resource person. He trained the volunteers and teachers in different asanas and explained the benefits of the same.





2055 2-32 मधार अध्यक्षेट राष्ट्रीय कार्यों स्थार्थ अर्थेत CHOI लाहार सका क्षेत्र - अए। लाखकारी - 250 - 555/cs - 255/26 MENSS 3/ ONZER 467 20/27 2014 2022 याउनिय याजियां क GI विद्यक्तिम GARETO 81 lite (Ally Colors anusur उर कलाकी क्लाक व अधिनत्यां हि शेष्ट दिन्न १० कत ५०० सिंग भाउ बहुर तकार रिकार कि । विस ३३१ यहंत्रस्य अवर पिरहर्की (६४३म) भीजानुकी रिक्टिका न्यान्त असूर्य भारत 261 20% ज्जोिं कालाको 2091 यन्त्राचार नाड 201 नीजिका नार्योष मिन्नी खरम हन वास 201 किलान प्राप्ति 23/ ज्यू भव हाहना 22/ They to say to 26/ 28/ खालाफ किए क्षिण्यान अस्तर 207 26/ मिंड जाहक मज़िंद 201 24 नार्विक कि 22/ व्यक्त द्यार्थिय 901

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Ref. No. .....

Date. 16/02/23

### Circular

It is hereby informed to all the teaching ,non-teaching staff and students, of Moran Commerce College that the NSS and Women Cell of Moran Commerce College is going to organize free health check up camp on 21th February 2023 in the College auditorium.

Therefore, all are hereby informed to participate the program.

Principal

**Moran Commerce College** 

## 1. Free Health Check up Camp at College Campus.

## Date - 21st Feb 2023

The camp was held under RBSK scheme in collaboration with Khowang PHC.A group of doctors headed by Dr.P. Sonowal examined a good number of people coming from nearby places and advised them accordingly.

