



গড়গাঁও মহাবিদ্যালয়

GARGAON COLLEGE

NAAC accredited with 'B' Grade

**Seven Day NSS Camp**

**“GENDER ISSUES, WOMEN EMPOWERMENT,  
ENTREPRENEURSHIP,  
GOOD HEALTH AND HYGIENE’**





## INTRODUCTION

The NSS unit of Gargaon College in collaboration with Krishi Vigyan Kendra, Rohdoi organised a Special Camp from 7th to 13th April, 2023 at Longak Gohain Gaon. Longak Gohain Gaon is the adopted village of Gargaon College. Dr. Rimjim Borah, the programme officer visited the adopted village on 6.4.2023 and informed the stakeholders of the village about the camp at that village. They agreed for the camp to be organised from 7th to 13th April, 2023.

The main theme of this special camp was 'Gender Issues, Women Empowerment, Entrepreneurship, Good Health and Hygiene'.

Special Camping Programme provides unique opportunities to the NSS volunteers for team work, students for group living, collective experience sharing with each other develops social consciousness and commitment, constant interaction with the local community and positive attitudes towards the community. It helps the volunteers to understand the felt needs and problems of the communities, to create durable community assets in adopted village, to combine physical work with intellectual pursuits, to develop human values, to encourage volunteers to participate enthusiastically for all round development of society.

The various activities undertaken in the special camp were -Cleanliness Drive, Tree Plantation, NEET survey, Pickle Making Training, Bamboo Product (Ornaments) Making, Poultry Farm Making Training, Best Out of Waste training, Yoga Training, Art and Craft Training, Self-defence Training, Life Skill Training, and Cultural Exchange Programme.

Mrs Sumana Hazarika (Women Entrepreneur), Basanta Nath (Bamboo Artist), Dr. Anupananda Goswami (Subject Matter Specialist, Animal Science, Krishi Vigyan Kendra, Rohdoi) and Dipjyoti Gowala (Ex -NSS Volunteer of Gargaon College) provided various training to all women of Longkak Gohain Gaon. Dr. Rimjim Borah provided training on life skill development. Ms. Smittee Kowner, Apurba Saikia and Jahnobi Phukon, Jahan Ali, Kaustav Chetia and other volunteers provided Self Defence, Yoga, Art and Craft Training to all the children of the village. All total 35 volunteers, more than 13 faculties of Gargaon College and all children of women of Longkak Gohain Gaon participated in this camp.



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## Life Skill Training Program

Dr. Rimjim Borah, the NSS programme officer provided a Life Skill Training on various life skills such as interpersonal skills, creative thinking, critical thinking, problem solving, communication skills, healthy relationships and coping with stress and emotions





## 'Best out of Waste' Training for Women

The specific aim of NSS Unit, Gargaon College is to create awareness among all sections of society regarding 3R's i.e. reduce, reuse, and recycle-all help to cut down the amount of waste we throw away. By using 3 R's concept we can contribute to our mother earth and nature. Best out of waste craft ideas are more suitable to reuse waste materials and decorate our house. Mr. Dipjyoti Gowala, an Ex-NSS volunteer of Gargaon College was invited as resource person to provide training to women of the village on making decorative items from newspapers, polythene bags and other waste materials.





## Bamboo (Ornament Making/Decorative Items) Training Programme for Women

The NSS Unit of Gargaon College organized bamboo (ornament making/decorative items) training programme for women of Longkak Gohain Gaon. Mr. Basanta Nath, a bamboo artist was invited as resource person for providing this training.

A Bamboo Ornament Making Training Programme for women in villages is a transformative entrepreneurial idea. Harnessing the versatility of bamboo, women can learn weaving, carving, and dyeing techniques to create eco-friendly decorative items. This initiative not only preserves traditional craftsmanship but also empowers women economically. With newfound skills, they can establish micro-enterprises producing unique bamboo ornaments like vases and lampshades. Emphasizing sustainable practices, the program promotes eco-conscious entrepreneurship. Beyond economic benefits, it fosters a sense of community, preserving cultural heritage and providing a pathway to global markets for these handcrafted creations. This brief but impactful training unlocks the potential of bamboo as a source of artistic expression and financial independence for women in villages.





## Pickle Making Training for Women

The NSS Unit organised a pickle making training for women. Mrs Sumana Hazarika (a famous woman entrepreneur) was invited to provide this training.

Pickle making has been an art passed down through generations, especially in rural villages where women play a crucial role in preserving traditional culinary practices. The art of pickle making involves a harmonious blend of locally sourced ingredients, traditional recipes, and a dash of creativity. In villages, women often find themselves at the heart of this culinary tradition, transforming seasonal produce into flavorful, long-lasting pickles.

Beyond its cultural significance, pickle making holds immense entrepreneurial potential for women in villages. By harnessing their culinary skills, these women can create small-scale pickle businesses that not only generate income but also empower them economically. The process involves sourcing fresh, local ingredients, fostering a connection with local farmers, and experimenting with unique flavor combinations to set their products apart in the market.

The importance of such entrepreneurial endeavors extends beyond financial gains. It contributes to the preservation of local culinary heritage, promotes sustainable farming practices, and creates a sense of community through the exchange of recipes and techniques. Moreover, pickle making as an entrepreneurial idea for women in villages enhances their self-reliance, fostering a sense of pride and empowerment as they turn a traditional skill into a sustainable source of income. Overall, it transforms a humble culinary tradition into a catalyst for economic and cultural empowerment in rural communities.





## Training Programme on Poultry Farming for Women

The NSS Unit of Gargaon College organized a training programme on poultry farming for women of the village. Dr. Anupananda Goswami (Subject Matter Specialist, Animal Science, Krishi Vigyan Kendra, Rohdoi) was invited as resource person for providing this training.

A Poultry Farming Training Programme for women in villages presents an impactful entrepreneurial opportunity. Focusing on sustainable and ethical practices, women can learn poultry management, from raising chickens to marketing eggs. This initiative not only empowers women economically but also contributes to local food security. Armed with essential skills, these women can establish small-scale poultry businesses, providing a sustainable source of income. The training emphasizes humane and eco-friendly farming methods, aligning with modern agricultural trends. Beyond economic gains, this program fosters community engagement, knowledge sharing, and the cultivation of a self-sufficient rural economy. In essence, poultry farming becomes a pathway for women in villages to achieve financial independence while contributing to the broader agricultural landscape.





## Swachhta and Discuss about Health and Hygiene

All NSS volunteers tried to create awareness among children, youth, women and other stakeholders of the village about swachhta and various issues for healthy lifestyle, mental health and physical health, hygiene and sanitation. They focused on various activities such as yoga and physical exercises for healthy life. They taught the children and women why we should keep us clean; why we should keep our surroundings clean, and how do we protect our environment from pollution and degradation.

the focus was on stressing the importance of health and hygiene for women, children, and villagers. The goal is to promote cleanliness, ensure access to clean water, and provide health education to prevent diseases and improve well-being. Recognizing women as the backbone of rural communities, there's a call for them to prioritize health for the prosperity of their families. Children, as the future of the village, benefit from a clean environment. Through community awareness programs, NSS volunteers aim to encourage habits that boost health, building resilience against illnesses. This commitment to health and hygiene establishes the foundation for a thriving rural community.







□ Participants registered/Participants present (scanned copy of the attendance sheet):

Jintu Mech 2nd Education  
Gayatri Gogoi 6th Assamese  
Tina Borgohain 6th Assamese  
Karabi Gogoi 6th Assamese  
Priyanku Konwar 4th Assamese  
Tendon Borgohain 4th Assamese  
Ruponjyoti Chetia 2nd History  
Deep Kumar Mishra 2nd Commerce  
Manab Jyoti Das 2nd Commerce  
Aporba Saikia 2nd Sociology  
Richashree Chetia 2nd Education  
Parismita Mazindar Boruah 2nd Sociology  
Prastuti Bezboruah 2nd Sociology  
Ajijur Rohman 4th Sociology  
Abhilash Sarma 2nd Economics  
Biswajit Dutta 4th Political Science  
Jahnabi Phukan 4th Political Science  
Rahul Bailung 4th Education  
Barkha Borboruah 6th Assamese  
Trishna Gogoi 4th Assamese  
Partha Pratim Chabokdhor 4th Assamese  
Tonmoyee Dutta 6th Non-Honours  
Kaustuv Chetia 6th Geology  
Smritee Konwar 6th Non-Honours  
Darsana Dutta 6th Non-Honours  
Manab Krishna Buragohain 6th Commerce  
Hemanta Boruah 6th Mathematics  
Jahan Ali 4th Education  
Puja Borpatra Gohain 4th Education

**Villagers/Visitors**

Runu Borgohain  
Rina Borgohain  
Bondita Gogoi  
Pratima Buragohain  
Gitanjali Sharma  
Aimoni Buragohain  
Devojani Bakalial  
Pranab Dowarah  
Pragya Jyoti Boruah  
Tutumoni Borgohain  
Nipamoni Buragohain  
Lukumoni Buragohain  
Kunja Gogoi  
Sewali Dowarah  
Raju Phukan  
Dibjyoti Buragohain  
Farici Buragohain  
Lukumoni Buragohain  
Kunja Gogoi  
Pintu Gogoi  
Mondita Das  
Junali Das  
Tutumoni Das  
Resma Begum  
Jina Konwar  
Bhagyawati Phukan

**Teachers**

Dr. Rimjim Borah  
Dr. Chirantan Bhagawati  
Dr. Bidyananda Borkakoty  
Devojani Bakalial  
Pranab Dowarah  
Rituraj Neog  
Dr. Saheen Shehnaz Begum  
Ms. Sujata Gowala  
Dr. Mrinal Ghosh  
Rituraj Tanu  
Goutom Hazarika  
Dr. Mintu Gogoi



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Flyer of the programs

**GARGAON COLLEGE**  
**NSS Special Camp**  
Longkak Gohain Gaon  
(Adopted Village)  
7<sup>th</sup> to 13<sup>th</sup> April, 2023  
Theme : Gender Issues, Women Empowerment &  
Entrepreneurship, Good Health and Hygiene  
Organised by  
NSS Unit, Gargaon College  
In Collaboration With  
Krishi Vigyan Kendra, Rohdoi  
Assam Agricultural University

**GARGAON COLLEGE**  
**BAMBOO PRODUCTS (ORNAMENTS) MAKING TRAINING FOR WOMEN**  
Longkak Gohain Gaon  
(Adopted Village)  
9<sup>th</sup> April, 2023  
Organised by  
NSS Unit & ECO Club, Gargaon College  
In Collaboration With  
Krishi Vigyan Kendra, Rohdoi  
Assam Agricultural University

**GARGAON COLLEGE**  
**PICKLE MAKING TRAINING FOR WOMEN**  
Longkak Gohain Gaon  
(Adopted Village)  
8<sup>th</sup> April, 2023  
Organised by  
NSS Unit & ECO Club, Gargaon College  
In Collaboration With  
Krishi Vigyan Kendra, Rohdoi  
Assam Agricultural University

**GARGAON COLLEGE**  
**POULTRY FARMING TRAINING**  
Longkak Gohain Gaon  
(Adopted Village)  
10<sup>th</sup> April, 2023  
Organised by  
NSS Unit & ECO Club, Gargaon College  
In Collaboration With  
Krishi Vigyan Kendra, Rohdoi  
Assam Agricultural University



## Newspaper cutting

# Special camp focuses on gender issues, women empowerment

OUR CORRESPONDENT

**SIVASAGAR, April 16:** The NSS Unit of Gargaon College, in collaboration with Krishi Vigyan Kendra, Rohdoi, organized a special camp at Longkak Gohain Gaon from April 7 to April 13.

The main theme of the special camp was 'Gender Issues, Women Empowerment & Entrepreneurship, Good Health and Hygiene'. During the inaugural session, Dr Rimjim Borah, NSS Programme Officer of NSS Unit Gargaon College, outlined the objectives of organizing the camp. Dr Bidyananda Borkakoty, Dr Chirantan Bhagawa-

ti also explained their views regarding the activities and purpose of organizing the camp.

The various activities undertaken in the special camp were cleanliness drive, tree plantation, NEET survey, pickle-making training, bamboo product (ornaments) making, poultry farm making training, Yoga training, art and craft training, self-defence training, life skill training, and cultural exchange programme.

Sumana Hazarika, women entrepreneur, Basanta Nath, bamboo artist, Dr Anupananda Goswami, Subject Matter Specialist, Animal Science, Krishi Vi-

gyan Kendra, Rohdoi and Dipjyoti Gowala, former NSS Volunteer of Gargaon College, provided various training to all women of Longkak Gohain Gaon. Dr Rimjim Borah provided training on life skills. Dr Sabiyasachi Mahanta, academician and Principal of Gargaon College, appreciated the efforts of the NSS unit of the college and congratulated the organizers and NSS volunteers for the successful completion of the camp. All total 35 volunteers and more than 13 faculties of Gargaon College and children and women of Longkak Gohain Gaon participated in the camp.

## YouTube link



### Special camp focuses on gender issues, women empowerment in Sivasagar

The main theme of the special camp was 'Gender Issues, Women Empowerment & Entrepreneurship, Good Health and Hygiene'.

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