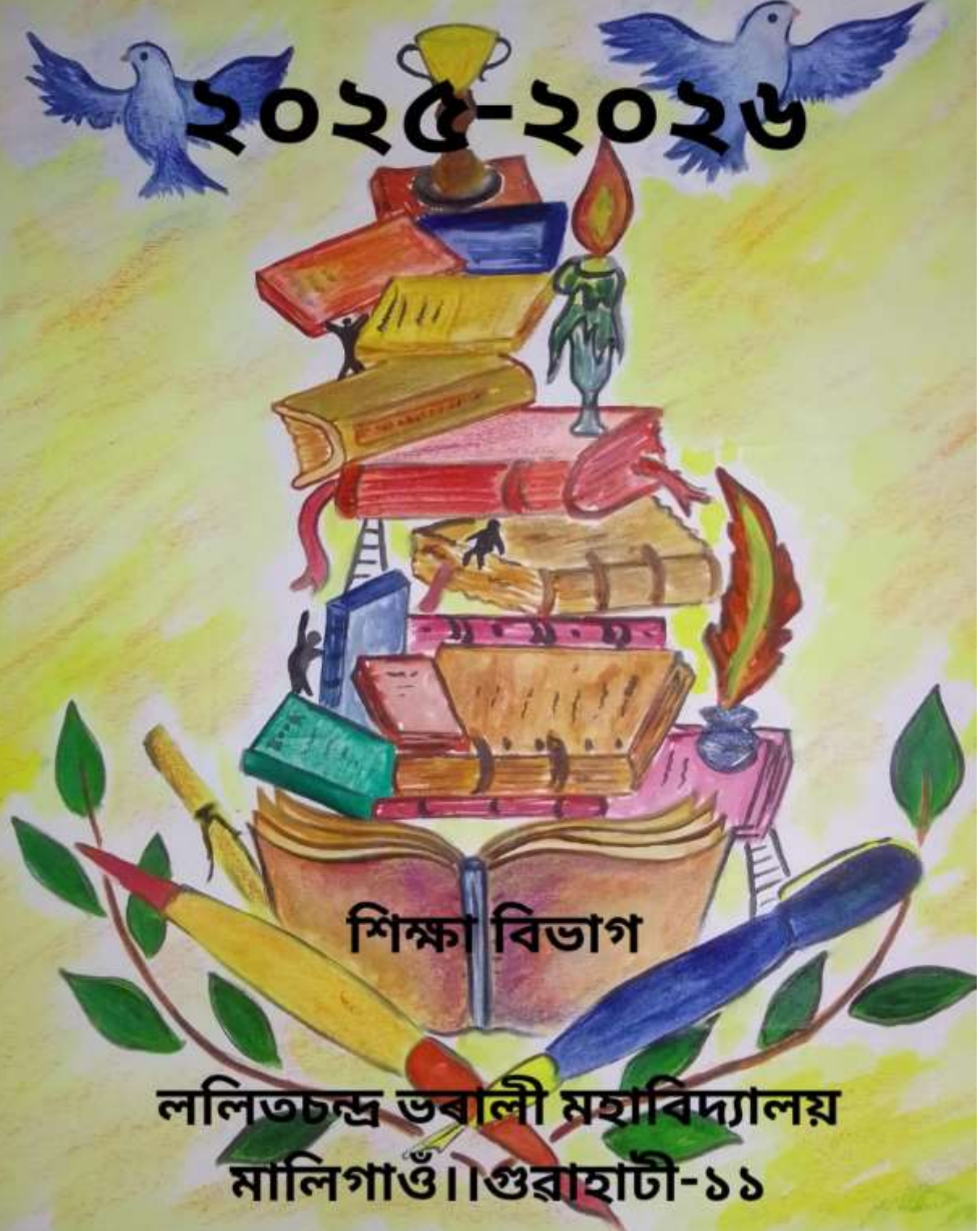


# জাগৰণ

২০২৫-২০২৬



শিক্ষা বিভাগ

ললিতচন্দ্ৰ ভৰালী মহাবিদ্যালয়

মালিগাওঁ।।গুৱাহাটী-১১



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## সম্পাদনা সমিতিৰ একাষাৰ-

এখন মহাবিদ্যালয়ৰ অন্তৰ্গত একোটা বিভাগৰ সাংস্কৃতিক পৰম্পৰা বিভাগটোৱে  
প্ৰকাশ কৰা আলোচনী সমূহৰ জৰিয়তে অটুট থাকে। ললিত চন্দ্ৰ ভৰালী মহা--  
বিদ্যালয়ৰ 'শিক্ষা বিভাগে' ইং ২০২৫ চনত 'জাগৰণ' নামৰ এখনি বাৰ্ষিক  
আলোচনী উন্মোচন কৰাৰ প্ৰয়াসেৰে শিক্ষা বিভাগৰ সমূহ শিক্ষয়িত্ৰীবৃন্দ আৰু  
ছাত্ৰ-ছাত্ৰীসকলে এই আলোচনীৰ কাম হাতত লৈছে।

সাহিত্যই সদায়েই জাতিৰ আকাংক্ষা, মান-অভিমান, হাঁহি-কান্দোন আদিৰ ওপৰত  
গুৰুত্ব দিয়ে। আলোচনী খনন যোগেদিও এইবোৰ দিশ সুন্দৰভাবে ফুটাই তোলা  
হৈছে। বিভিন্নজনৰ লেখা আৰু আন্তৰিক সহযোগেৰে সমৃদ্ধ 'জাগৰণ' ক সবল  
আৰু সুঠাম ৰূপত প্ৰকাশ কৰিবলৈ আমি যথেষ্ট পৰিমাণে চেষ্টা আগবঢ়াইছো।

আলোচনীখনত প্ৰকাশ পোৱা বিভিন্ন লেখাসমূহে শিক্ষক- শিক্ষয়িত্ৰী তথা ছাত্ৰ-  
ছাত্ৰীক আকৰ্ষিত কৰিব বুলি আশা কৰিলোঁ। লগতে যিসকল ছাত্ৰ-ছাত্ৰীৰ লিখনি  
প্ৰকাশ কৰিব নোৱাৰিলো তেওঁলোকৰ ওচৰত আমি ক্ষমা প্ৰাৰ্থী।

শেষত, আমাৰ এই কাৰ্যৰ বাবে সকলো প্ৰকাৰে সহায়-সহযোগ তথা দিহা-পৰামৰ্শ  
প্ৰদান কৰা সকলো শিক্ষক শিক্ষয়িত্ৰী আৰু ছাত্ৰ-ছাত্ৰীক অশেষ ধন্যবাদ জ্ঞাপন  
কৰিলোঁ। অজানিতে বৈ যোৱা আমাৰ ভুল ত্ৰুটিৰ বাবে সকলোৰে ওচৰত ক্ষমা  
বিচাৰি আমাৰ প্ৰতিবেদন সামৰিলোঁ।

জয়তু ললিত চন্দ্ৰ ভৰালী মহাবিদ্যালয়  
জয়তু শিক্ষা বিভাগ  
জয়তু 'জাগৰণ' ২০২৫

সবিনয়ে

সমূহ শিক্ষা বিভাগৰ শিক্ষয়িত্ৰী আৰু ছাত্ৰ-ছাত্ৰীবৃন্দৰ হৈ আৰজু আলী

## ***Acknowledgement.***

*It gives us immense pleasure to present this digital magazine of the Department of Education, which reflects the dedication, creativity, and collective efforts of our faculty and students. The magazine has been made possible through the sincere and tireless contributions of enthusiastic individuals involved in its preparation.*

*The magazine represents a platform for thoughtful expression, where voices are raised on relevant social concerns with confidence and responsibility, aiming to create awareness and reflection among readers. We hope that the articles included will inform, inspire, and leave a lasting impression on all who read them.*

*The Editorial Board gratefully acknowledges the efforts of all members, with special appreciation for the students whose commitment, patience, and hard work were instrumental in completing this magazine.*

*We would like to express our special thanks to Dr. Amrendra Kalita, Principal, LCB College, Maligaon, Dr. Anita Bhagabati, HOD, Department of Education, LCB College, Maligaon, and for their constant guidance, encouragement, and valuable support, which played a vital role in making this departmental magazine a success.*

*Thanking You  
Advisers*

*Jayasree Saikia,  
Assistant Professor*

*Prerona Goswami,  
Guest Faculty*

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**CREATIVE  
WRITINGS**

# মোৰ মাঁ

মই শুনা আটাতকৈ ভাল লগা শব্দটো মোৰ মাঁ  
মই দেখা আটাতকৈ মৰম লগা মানুহটো মোৰ মাঁ  
কেনেকৈ পুজিম তোমাক মোৰ মাঁ  
জনমে- জনমে তুমি হবা মোৰ মাঁ  
তুমি মোৰ মৰমৰ  
তুমি মোৰ চেনেহৰ  
তুমিয়েইতো একমাত্ৰ মোৰ মৰমৰ মাঁ।

লীনা ভূজেল



# মৰমৰ জুবিন দা

জুবিন দা সকলোকে এৰি থৈ  
গ'লাগৈ অজান দেশলৈ,  
সকলোৱে যুঁজ দিছে  
তোমাক ন্যায় দিয়াৰ হৈ।

নৱপ্ৰজন্মৰ পৰা প্ৰাপ্তবয়স্কলৈ  
সকলোৰে মুখে মুখে তোমাৰেই নাম  
সকলোৰে মনত ঠাই লৈছা তুমি  
ভগৱান হৈ।

টিনা দাস



## এজাক ধুমুহাই কাড়ি নিলে তোমাক

অসমৰ জনপ্ৰিয় শিল্পী তুমি,  
যাক বেয়া পোৱা নাছিল এই অসমখনত।  
তুমি কিয় গ'লা সেই বিদেশী ঠাইখনলৈ,  
যিয়ে তোমাক কাড়ি নিলে সমগ্ৰ  
অসমবাসীৰ পৰা।

যাবলগীয়া সময়ও হোৱা নাছিল,  
তুমি আমাক অকলশৰীয়া কৰি গুচি গ'লা।  
সমগ্ৰ অসমে কান্দিছে তোমাৰ বাবে,  
তুমি য'তে আছা ভালে থাকিবা,  
তুমি য'তে আছা সুখত থাকিবা।

এজাক ধুমুহাই আহি তোমাক আমাৰ পৰা  
কাড়ি লৈ গ'ল,  
গোটেই অসমখন আজি নিজান হৈ পৰিল।

বিশ্বজিৎ দাস



# শিশু

কিমান মৰমীয়াল  
কিমান নিস্পাপ ইহঁত  
যেন একো একো পাহ ফুল  
ইহঁতৰ মনত নাই কোনো পাপ  
নাই কোনো হিংসা ,  
নাজানে কোনো জটিল কথা  
কোনো জটিল ভাষা । এই ফুলকেইপাহো  
তথাপিও সিহঁত কিয় বাৰু হয়  
সন্তাসৰ বলি  
সন্তাস জৰ্জৰ জটিলতৰে ভৰা  
এই পৃথিৱীখনক  
সিহঁতেইটো এমুঠি হাঁহি বিলাই আছে  
নহ'লে যেন কাহানিবাই হ'লহেতেন  
শ্মশান এই ধৰা  
কিন্তু ! আজি এই ফুলকেইপাহো  
যেন মৰহি যোৱাৰ পথত  
হে কুৎসিত কদৰ্যৰে ভৰা  
নিষ্ঠুৰ মানুহবোৰ  
দিয়া.....  
দিয়াচোন অকন হাঁহিবলৈ সিহঁতক  
দিয়াচোন কবলৈ সিহঁতক  
সিহঁতৰ মনৰ কথাবোৰ  
হে নিষ্ঠুৰ মানুহবোৰ  
কৰাচোন তোমালোকৰ মনবোৰো  
সিহঁতৰ দৰে নিস্পাপ , নিৰ্মল আৰু পৱিত্ৰ।

## প্ৰেৰণা

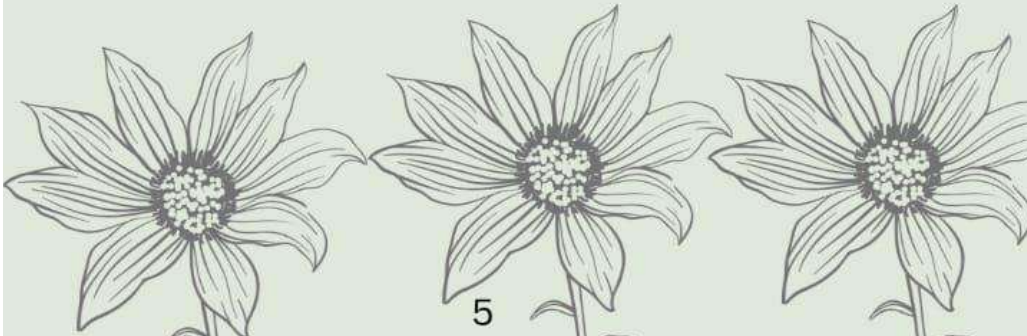


চৰাই এটাই উৰিবলৈ প্ৰেৰণা ক'ৰ পৰা পায়!  
ইয়াৰ সৰু সৰু ডেউকা দুখন আকাশত মুক্তভাৱে বিয়পি  
পৰিল।

এখন নদীৰ প্ৰেৰণা মই জানো, আজিও  
সাগৰখন সকলো অজ্ঞাত বাধাৰ মাজেৰে বৈ গৈছে।  
গছৰ প্ৰেৰণা বুজি পোৱাৰ উপায় আছেনে?  
নেদেখাকৈ কেনেকৈ পোহৰৰ ওচৰ পায়গৈ!

এটা ফুলৰ প্ৰেৰণা ঠিক ক'ত?  
ই নিজাববীয়াকৈ ফুলি আনন্দত নাচি থাকে।  
কবিতাৰ ফুলবোৰ ফুলিবলৈ কিহে ধাৰমান কৰে?  
বুজাৰ মধুৰতা জাগি উঠে বিষাদৰ ছাঁত।  
কবিৰ প্ৰেৰণা সত্যৰ সৌন্দৰ্য্যত নিহিত হৈ আছে!  
মিছাৰ আন্ধাৰত পোহৰ আখৰেৰে জিলিকি উঠে।

চুলতান হুছেইন



# প্ৰিয়তম



তোমাক চুই চোৱাৰ হেপাহ।  
তোমাক সাৱটি ধৰাৰ হেপাহ।।  
তোমাৰ হাতত ধৰি খোজ কঢ়াৰ হেপাহ।  
কত আছা তুমি।  
অ মোৰ প্ৰাণৰ প্ৰিয়।।  
হিয়াৰ গভীৰ প্ৰেমৰ সুভাষ তুমি।  
কোমল হৃদয়ৰ ব্যকুলতা তুমি।।  
মাজ ৰাতি মোৰ সপোনৰ লগৰী তুমি।  
কলীয়া মেঘৰ বৰষুণ তুমি।  
নিয়ৰ হৈ আহি মোৰ গালত  
দিবা চুমা যাচি।।

এবাৰলে অহিবা তুমি ।  
বাৰিষা অহাৰ বাটেৰে।।  
বুকুতে মূৰটো গুজি শুনিবা ।  
মোৰ হৃদয়ত সাঁচি থোৱা ।  
তোমাৰ নামৰ সমস্ত গোপন কবিতা ॥

নেজনো কেতিয়া, কেনেকৈ।  
তোমাৰ প্ৰেমত পৰিলোঁ।।  
কিদৰে বুজা ও তোমাক।  
কিমান ভালপাও মই ॥  
কি এক অজান অনুভৱ  
বৈ আছে মোৰ হৃদয়ত  
মই নাজানো।।

আকাশ এ বতাহে তোমাকে দেখো।।  
মই নাজানো তুমি মোৰ হৈ নে নহয়।  
হৃদয়ে মাথো কয়।।  
তুমি মোৰ প্ৰিয়তম।।

## বৈ বৈ বিনাব কুলিৰ মাত

বৈ বৈ বিনাব দিয়া কুলিৰ মাতৰ সুৰ হ'ব দিয়া  
মায়া হৈ আকৌ এবাৰ তোমাৰ বুকুৰ প্ৰাপ্তি হ'ব দিয়া  
এই যন্ত্ৰৰ পৃথিৱীত আকৌ এবাৰ নায়ক হ'ব দিয়া  
প্ৰীতিৰ সুবাসেৰে তোমাক সাজো কৰিব দিয়া  
আতৰি আতৰি থাকিলেও তোমাৰ মাতত  
ধপলিয়াই অহা পখি  
বৈ থাকে তোমালৈ বুলি  
সৌ মাজুলীৰ ছোৱালী জনিয়ে সোঁৱৰাই মাতিছে  
তোমাক  
তোমাৰ মিঠা চাৱনিত মন্ত্ৰমুগ্ধ হোৱা চকু হালেও  
তোমাক বিচাৰে  
ক'ত আছা? আহা  
আকৌ এবাৰ অনুৰাধাৰ মৰম বুতলাহি  
শিশু শিশু মনতোক যৌৱনৰ আৱেগ ঢালাহি  
জোনাকী ৰাতি পপীয়া তৰাৰ পোহৰত সপো সপোন  
গুঠাহি মৰম বিয়পাই পাখি মেলি উৰিবলৈ  
শিকোৱাহি  
আকৌ এবাৰ জুবিন হোৱাহি।

দেৱৰাজ মহন্ত

## *Beautiful Nightmare*



IS IT A DREAM OR WHAT? WAIT.....  
Heartbeat sound like a melody itself  
The wall of the room fold by itself  
and I'm walking through the mirror  
Who doesn't remember my face.



Is I'm there.....

Or something shape like me  
The boundaries and echoes  
My cold feet humming like it's danger

The sky drips blood  
All the stars are dead  
I can feel the fear of tomorrow  
Bleeding red through the cracks of sky



It's beautiful  
The fear is feel like home  
In this place I'm half ghost and half alive  
Fully wishing to stay sleep forever.



-Pinakee Saikia

## **THE ALGORITHMIC IMAGINATION: A NEW ERA CREATIVITY :**

ANKITA DAS

Artificial Intelligence (AI) is no longer just a tool for technology experts — it's becoming a creative partner for artists, writers, designers, and musicians. From generating digital art to composing music or writing stories, AI is transforming how we think about creativity itself.

Creativity is no longer defined only by human hands or human mind . With the rise of advanced AI system , a new kind of imagination has entered the scene – one powered by algorithms instead of emotions . This shift doesn't just add another tool for creators ; it fundamentally changes how ideas are formed , developed and realised .

AI's algorithmic imagination work differently from human creativity . It doesn't " feel " inspiration , but it can process millions of images , sounds and texts to generate something new within seconds . This capacity open doors that were previously impossible: instead concept exploration , rapid prototyping and limitless experimentation . Designer's use AI to test visual styles . Musicians use it to build melodies. Writer's use it to break creativity blocks . In short , AI amplifies the creative process by removing barriers of time , skills and scale .





In the future , creativity will be a collaboration between humans and intelligent machines . Artists will use AI as a brush , not a replacement . The challenge is to use technology wisely – keeping creativity human , even in a digital world .

## ছবিৰে বৰ্ণিত জীৱন

### ( THE ART OF SEEING : A PERSPECTIVE OF MOBILE PHOTOGRAPHY )

BIPASHA BAISHYA

ফটোগ্ৰাফী : জীৱনৰ মুহূৰ্ত বন্দী কৰা।

ফটোগ্ৰাফী মাত্ৰ ছবি তোলা কাম নহয় - ই হৈছে সেই অনুভূতি, গল্প আৰু স্মৃতি বন্দী কৰাৰ এটা কৌশল যি শব্দৰে প্ৰকাশ কৰিব নোৱাৰি। প্ৰতিটো ছবিৰ নিজৰ এটা ছন্দ থাকে: পাহাৰৰ খেল, ছাঁৰ গভীৰতা আৰু প্ৰতিটো ফ্ৰেমৰ অন্তৰ্ভুক্ত গল্প। পাহাৰৰ ওপৰত উদীয়মান সূৰ্যদয় হওক বা, কোনো অচিনাক্ত ব্যক্তিৰ স্বাভাৱিক হাঁহি-প্ৰতিখন ছবিয়ে শিকাই ধৰে, মমত্ব বৃজা আৰু দৃষ্টিকোণ। ফটোগ্ৰাফীৰ মাজেৰে নই শিকিছো সৰু সৰু বস্তুত সৌন্দৰ্য দেখা-গধূলিৰ ৰং, বজাৰৰ বাস্তৱ কোলাহল, দিশাৰ জোনটি, আকাশৰ বেলি, চৰাই, মেঘ আদি এইটো কেৱল মোৰ নথ নহয়, ই হৈছে মোৰ বিশ্বৰ সৈতে সংযোগ স্থাপন কৰাৰ মাধ্যম।

ফটোগ্ৰাফী মত্ৰ এটা কেমেৰাৰ বোতাম টিপা নহয় - ই হৈছে জীৱনক এটা ভিন্ন দৃষ্টিভংগীৰ জৰিয়তে লক্ষ্য কৰাৰ উপায়। মোৰ এই শব্দৰ আৰম্ভণি হৈছিল মোবাইলত অনোসন্দীপা (Random) ছবি তোলাৰে, কিন্তু সময়ৰ লগে লগে এইটো এটা উত্তেজনাপূৰ্ণ অনুভৱত পৰিণত হয়, যিয়ে মোৰ বিশ্ব দেখাৰ দৃষ্টিভংগী সলনি কৰিলে। প্ৰতিখন ফটোয়ে একোটা গল্প কয়, এটি অনুভূতি বন্দী কৰে আৰু এটা মুহূৰ্তক সংৰক্ষণ কৰে যি পুনৰ কেতিয়াও একে বৃপত ঘূৰি আহিব নোৱাৰে।

ফটোগ্রাফীৰ আটাইতকৈ আকৰ্ষণীয় দিশ হৈছে - ই  
সাধাৰণ বস্তুক অসাধাৰণ বৃত্তত প্ৰদৰ্শন কৰাৰ ক্ষমতা । এজন বন্ধুৰ হাঁহি  
, ৰাস্তাত পৰি থকা সূৰ্য্যৰ পোহৰ - বন্দী হোৱাৰ পিছতে সকলোবিনাক  
অৰ্থপূৰ্ণ হৈ উঠে । মোৰ মোবাইলৰ কেমেৰাৰ মাজেৰে মই শিকিছো মঞ্চৰ  
হবলৈ আৰু সেই সৰু সৰু বিবৰণবোৰ লক্ষ্য কৰিবলৈ যিবোৰ মানুহে  
দিনচৰাৰ ব্যস্ততাত সাধাৰণতে উমেছা কৰে ।

ফটোগ্ৰাফীয়ে মোক অধিক ধৈৰ্যশীল আৰু বস্তুনিষ্ঠ কৰি  
তুলিছে । সঠিক পোহৰ বা উপযুক্ত কোণৰ বাবে অপেক্ষা কৰাটোয়ে  
মনোযোগ আৰু শৃংখলা শিকায়। পাছত ছবি সম্পাদনা কৰাটোয়ে  
সৃষ্টিশীলতাৰ এক নতুন দিশ যোগায়, যাৰ জৰিয়তে মই শব্দৰ পৰিৱৰ্তে  
অনুভূতি আৰু চিত্ৰাধৰাৰ চিত্ৰৰ মাধ্যমেৰে প্ৰকাশ কৰিব পাৰোঁ। ই হৈছে  
শিল্প আৰু দক্ষতাৰ মাজৰ এক সুমিলন - যত প্ৰযুক্তিগত আৰু মানসিক  
দুয়োটা দিশ একেলগে কাম কৰে ।

এই শব্দটোয়ে মোক শান্তি আৰু স্বাধীনতা দিয়ে। যেতিয়া  
মই চিত্ৰিত বা অনুপ্ৰেৰণা হীন অনুভৱ কৰোঁ, তেতিয়া মই মোবাইল লৈ  
বাহিৰলৈ ওলাই যাওঁ । দৃশ্য সন্ধানৰ জৰিয়তে চলে এনে লাগে যেন ধ্যানত  
মগ্ন হৈছোঁ - ই মোক কোলাহলৰ পৰা দূৰ কৰি পুনৰ সৌন্দৰ্যৰ সৈতে  
সংযোগ স্থাপন কৰায় । মোৰ বাবে ফটোগ্ৰাফী কেৱল মাত্ৰ ছবি তোলা  
প্ৰক্ৰিয়া নহয় - ই হৈছে সেই অনুভূতি, দৃষ্টিভংগী আৰু গল্প বন্দী কৰাৰ  
উপায় যিবোৰ শব্দেৰে প্ৰকাশ কৰিব নোৱাৰি । মোবাইলৰ কেমেৰা মাত্ৰ  
এটা সজুনি, কিন্তু এটা সঁচা শিল্প হৈছে দৃষ্টিভংগী।

**ARTICLES,  
REPORT &  
WRITE-UPS**

## The Importance of Mental Health Awareness

Let's be honest—mental health isn't talked about enough. Millions of people struggle every year, but far too many stay silent because they're afraid of being judged. In fact, around 19% of adults, 46% of teens, and 13% of children face mental health issues, yet only half get the help they need. Even today, suicide remains one of the leading causes of death worldwide, taking about 740,000 lives each year. It's heartbreaking—and often, happens because people feel alone or misunderstood. That's why mental health awareness matters so much. Mental illness isn't a sign of weakness. It's a health condition—just like diabetes or asthma—that affects the brain, mood, and behavior. It can be caused by genetics, trauma, or chemical imbalances. Common struggles like anxiety, depression, PTSD, and bipolar disorder can make daily life tough, but with support and understanding, things can get better.



*So how does awareness actually help?*

Spreading mental health awareness breaks the stigma. Talking openly about mental health helps replace judgment with compassion. When we share our stories, others realize they're not alone. It encourages people to seek help. When mental health care feels normal, more people reach out for therapy or treatment early instead of suffering in silence. It saves lives. Knowing the warning signs—like mood changes, hopelessness, or withdrawal—can lead to early intervention and prevent tragedy. Many families had suffered unnecessary trauma just because one person couldn't bother to take help from therapy which led to generational trauma. Once it starts, it's very hard to break the cycle. Asking for help is not a taboo, it's a sign of courage and strength. In schools, workplaces, and families, awareness should create safe spaces where people feel accepted and understood, not ashamed. Empathy doesn't require fixing someone; it means being there and showing that their feelings matter.

At the end of the day, mental health awareness isn't just about understanding—it's about action. It's about checking in on your friends, being kind to yourself, and reminding others that it's okay to ask for help. Mentalhealth education should be as essential as physical health education. Because when we talk about mental health, we don't just raise awareness—we create

HOPE

“Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that the better for us all.” – ERIK ERIKSON



*Arju Ali*  
*3rd Semester*

## The Caste System in Modern India: An Issue That Still Exists

The caste system in India is something we've all heard about – an ancient structure that divided people based on birth. Many believe it's a thing of the past, but honestly, it still shapes how our society works today. Even though India has changed so much, the echoes of caste can still be felt in schools, workplaces, and even daily life.

Our Constitution made it clear that caste-based discrimination is wrong. Article 15 bans discrimination based on caste, Article 17 abolishes untouchability, and Article 46 encourages the upliftment of Scheduled Castes and Scheduled Tribes. On paper, these are powerful promises. But in reality, we still see stories that break your heart – stories that remind us how far we still have to go.

### **Indra Meghwal beaten to death by teacher for drinking water from pot, is it freedom?**

A nine-year-old Dalit boy died on Saturday after he was beaten up by a teacher for drinking water from a pot in a private school in the Jalore district, Chail Singh is arrested under SC/ST PoA Act.



Even today, many Dalit students face humiliation in schools – being asked to clean toilets or sit separately from others. There are laws against this, there are campaigns promoting equality, and yet, these old beliefs continue to show up in the smallest and cruelest ways. It's like we've advanced in technology but not fully in mentality.

Yes, things are changing. Younger generations are questioning these outdated ideas. Social media has given people the power to speak out, to challenge discrimination, and to demand fairness. There's a growing sense that caste shouldn't define who you are or what you can achieve.

But let's be real – change takes time. Caste discrimination didn't disappear overnight, and it won't. What matters is that we keep talking about it, keep educating people, and keep pushing for equality in every space. Because only when we truly treat everyone the same – regardless of caste – can we say India has moved forward in the way it was always meant to.

# Tips for Public Speaking



## **1. NERVOUSNESS IS NORMAL. PRACTICE AND PREPARE!**

All people feel some physiological reactions like pounding hearts and trembling hands. Do not associate these feelings with the sense that you will perform poorly or make a fool of yourself. Some nerves are good. The adrenaline rush that makes you sweat also makes you more alert and ready to give your best performance.

The best way to overcome anxiety is to prepare, prepare, and prepare some more. Take the time to go over your notes several times. Once you have become comfortable with the material, practice—a lot. Videotape yourself, or get a friend to critique your performance.

## **2. KNOW YOUR AUDIENCE. YOUR SPEECH IS ABOUT THEM, NOT YOU.**

Before you begin to craft your message, consider who the message is intended for. Learn as much about your listeners as you can. This will help you determine your choice of words, level of information, organization pattern, and motivational statement.

**3. ORGANIZE YOUR MATERIAL IN THE MOST EFFECTIVE MANNER TO ATTAIN YOUR PURPOSE.**

Create the framework for your speech. Write down the topic, general purpose, specific purpose, central idea, and main points. Make sure to grab the audience's attention in the first 30 seconds.

**4. WATCH FOR FEEDBACK AND ADAPT TO IT.**

Keep the focus on the audience. Gauge their reactions, adjust your message, and stay flexible. Delivering a canned speech will guarantee that you lose the attention of or confuse even the most devoted listeners.

**5. LET YOUR PERSONALITY COME THROUGH.**

Be yourself, don't become a talking head—in any type of communication. You will establish better credibility if your personality shines through, and your audience will trust what you have to say if they can see you as a real person.

**6. USE HUMOR, TELL STORIES, AND USE EFFECTIVE LANGUAGE.**

Inject a funny anecdote in your presentation, and you will certainly grab your audience's attention. Audiences generally like a personal touch in a speech. A story can provide that.

**7. DON'T READ UNLESS YOU HAVE TO. WORK FROM AN OUTLINE.**

Reading from a script or slide fractures the interpersonal connection. By maintaining eye contact with the audience, you keep the focus on yourself and your message. A brief outline can serve to jog your memory and keep you on task.

**8. USE YOUR VOICE AND HANDS EFFECTIVELY. OMIT NERVOUS GESTURES.**

Nonverbal communication carries most of the message. Good delivery does not call attention to itself, but instead conveys the speaker's ideas clearly and without distraction.

**9. GRAB ATTENTION AT THE BEGINNING, AND CLOSE WITH A DYNAMIC END.**

Do you enjoy hearing a speech start with "Today I'm going to talk to you about X"? Most people don't. Instead, use a startling statistic, an interesting anecdote, or concise quotation. Conclude your speech with a summary and a strong statement that your audience is sure to remember.

**10. USE AUDIOVISUAL AIDS WISELY.**

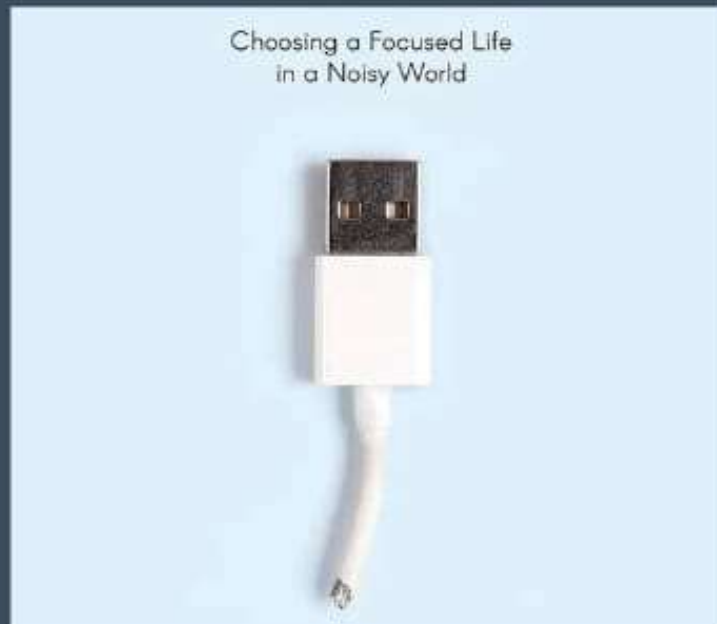
Too many can break the direct connection to the audience, so use them sparingly. They should enhance or clarify your content, or capture and maintain your audience's attention.

**Practice Does Not Make Perfect**

Good communication is never perfect, and nobody expects you to be perfect. However, putting in the requisite time to prepare will help you deliver a better speech. You may not be able to shake your nerves entirely, but you can learn to minimize them.

Dr. Anita Bhagabati  
Head, Department of Education

## DIGITAL MINIMALISM: A GROWING RESPONSE TO TECHNOLOGY OVERLOAD



The digital age has reshaped how we communicate, learn, and build our identities. Smartphones keep us connected every second, and social platforms compete constantly for our attention. While this connectivity has brought undeniable benefits, it has also created a quiet pressure on young minds: the pressure to respond quickly, stay updated always, and consume information without pause. As this load becomes heavier, many students and professionals are turning toward digital minimalism—a deliberate, thoughtful way of using technology without letting it take over their lives.

Studies in behavioural science reveal what many experience every day: long hours of screen exposure reduce attention span, raise anxiety levels, and disturb natural sleep cycles. When notifications, messages, and online content come at us without a break, the mind struggles to find clarity. This has encouraged individuals to adopt simple yet meaningful habits—muting non-essential notifications, creating boundaries for social media, and setting aside regular “offline time” to recharge. These small steps help restore a sense of control in a world that feels constantly switched on.

Digital minimalism is not a rejection of technology. Instead, it reflects a deeper desire for balance—a value our previous generations understood well. Before screens took centre stage, people spent more time in direct conversations, focused work, and slow, meaningful routines. The return toward simplicity mirrors that wisdom. By using technology selectively and purposefully, individuals are experiencing clearer thinking, better emotional well-being, and richer offline relationships.

The growing interest in digital minimalism signals an important cultural shift. It shows that today's generation is not just adapting to technology but learning to guide it, rather than be guided by it. In a world overflowing with information, choosing when to disconnect becomes an act of self-care and strength. This movement reminds us that true progress does not come from constant online presence, but from a balanced, intentional use of the tools that shape our modern lives.

*Prerona Goswami*  
*Guest Faculty*

# REPORT ON THE IMPACT STUDY OF THE SERVICES OF LIONS CLUB OF NARANGI AT BURHA MAYONG VILLAGE, DIST-MORIGAON



(Survey conducted by the Department of Education, Lalit Chandra Bharali College, Maligaon, Guwahati on 29.04.2023)

**Lions Club of Narangi**, established in **1965**, has been rendering community service in various fields ever since its inception, 58 years ago. In 2012-'13, Lions Club of Narangi decided to adopt the underdeveloped village of Burha Mayong for its all round development. This village, consisting of Tiwa, Karbi and Bodo communities, is located about 40 kms east of Guwahati.

In the course of the survey of the village it was found that there were 158 families in the village, of which 4 families were relocated leaving 154 families. Out of 154 families 30 families had their toilets built within their compound . Lions Club of Narangi constructed 124 toilets for each of the remaining 124 families. In addition the Club constructed 3 toilets at the High school (One for girls, one for boys and one for staff) and one for Mahila Samity (Total toilets 128). This project was initiated and completed in the year 2016-17.

## **Other projects undertaken**

### *1. Mahila Samity ... Activities by Lions Club of Narangi:*

(I) One additional room constructed for the samity and the existing room was given a facelift.

(II) One toilet constructed.

(III) 7 looms provided for the weavers. Free yarn of different colours provided to the weavers and a 100% buyback arrangement was organised with TRIFED.

(IV) Electricity, fan, table, chair, almirah and books for the library was provided.

(V) A sewing machine was also given.

### *2. Highschool Activities:*

(I) Fans provided for the school classrooms.

(II) Disconnected electricity was restored by paying necessary dues.

(III) Two almirahs with plenty of books for the students were provided for the library.

(IV) Two computers were provided.

(V) Desks and benches were supplied.

(VI) Entire roof which was leaking replaced with new blue coloured Dyna Roof.

(VII) Trees were planted in the compound.

(VIII) Overhead tank with pump was provided for continuous water supply. Water filters were provided for students and teachers.

### *3. General Welfare Activities:*

- (I) Regular Diabetes detection camp organised for villagers.
- (II) Regular general health check up camps organised, distributed medicines free of cost.
- (III) Eye check up camps organised on a regular basis.
- (IV) Cataract operations for those diagnosed with cataract are facilitated, providing all facilities. Operations are done at Guwahati Medical College Hospital.
- (V) Saplings are given for plantation.
- (VI) Dustbins have been provided for placing them at different locations to keep the village clean.
- (VII) 30 solar lights provided at different locations to keep the village well lit after dusk.
- (VIII) Eri farming has been started in the village by involving the women of the village. Three self help groups have been constituted comprising 22 women for the project which is picking up.
- (IX) Animal Health Camps are organised for cattle and live stock and they are immunised and medicines are supplied free of cost to address any specific need.



#### 4. Educational Survey:



The impact survey was conducted by the **Education Department of Lalit Chandra Bharali college**. The village is situated in Morigoan District. Burha Mayong, though well connected by road infrastructure, is an under developed village. The village was adopted by the Lions club Narangi in the year of 2012 as a social service activity with an objective to address the issues which needed immediate action to let the villagers have at least the basic facilities. The survey was conducted by covering 20 families of the village at different locations of village which represented a cluster of households.

A questionnaire was prepared to obtain the desired information and the villagers were asked to reply to the queries contained in the questionnaire.

From the questionnaire prepared it was found that -

(I) 12 out of 20 families were joint families and other 8 were nuclear families.

(II) There were four respondents within the age group of 20-30 years of which two were male and two were female. There were three female respondents within the age group 30-40 years. Two male and six female respondents were within the age group of 40-50 years. There were two male respondents within the age group of 50-60 years while above 60 years of age there were two male and one female.

(III) 3. Out of 20 family respondents, most of the families earn their livelihood from agriculture and weaving using looms and sewing while only 6 individuals (from three families) were in Government services.

(IV) The villagers gave a list of activities which the Lions club of Narangi did for them-

(a) Distribution of looms (Taataxal).

(b) Construction of toilets for more than 120 households.

(c) Replacement of roof for the High School.

(d) Solar light installed to lit up the village at night.

- (e) Free health camps held for the villagers and free medicines are distributed.
- (f) Eye camps are held and persons detected with cataract operated free of cost.
- (g) Vateriaary and animal immunisation camps are held and free medicines given .
- (h) Supply of various books for the School library.and Mahila Samity
- (i) Free Eri Silk worms provided for cultivation and production of silk threads.



- Most of the villagers representing about 80% of them said that Lions club of Narangi helped the people specially the women in becoming independent or self dependent.
- From the survey it was known that the health or eye camps are organised every year free of cost.
- Of the villagers, 70% said that the toilets provided by the Lions Club of Narangi helped them in maintaining good health and hygiene. After this they could fathom the concept of cleanliness.
- 90% of villagers said that the condition of school complex has been improved after getting various assistance from Lions Club of Narangi.

It is interesting to note that one resident of Burha Mayong Village namely Sewali Ojha said that she did not get any help or assistance from Lions club of Narangi,

Villagers of Burha Mayong have made some suggestions for Lions club of Narangi which are as follows :

1. In future the club should do more activities for the development of the village.
2. Lions club of Narangi should help in education of the children specially in obtaining higher education. Emphasis should be given on organising coaching classes for Medical and Engineering entrance examinations.
3. To extend necessary help in establishing Small Scale and Cottage industries.
4. Cremation ground in the village should be improved.

- Observations by the students of Education Department-



It was seen that most of the villagers have sanitary toilets with water facility. Solar light facilities were found in front of most of the houses. They were rearing Eri Silkworm for the purpose of production of the yarn. Many individuals said that they could get back a clear vision after they got their cataract removed by undergoing eye operations free of cost with the help of Lions club of Narangi. The villagers were, unequivocally of the opinion that Lions Club of Narangi have done a lot for them and they seemed contented with the services provided so far, though there are enough scope to improve the educational and socio economic conditions of the villagers .

It is felt that there is enough scope for taking Burha Mayong village as a case study and can be taken as a source of research.

- Other Activities undertaken by the Team-



The team visited the museum of the locality named **Mayang Museum and Research Centre** to have an understanding of the history and culture of the place once known as the Land of Black Magic and had a view of the archaeological relics, photographs and utensils dating back to several hundred years which were displayed there. The person in charge of the museum explained as to how magic has always fascinated people from time immemorial across generations – young and the old. He also explained as to how the practice has slowly died down and aversion of the young generation towards the art has resulted in its gradual extinction. The practice is now prevalent only within a small group of people living in that area.

Mayong still practices the tradition of Monarch. Although he does not use his powers of a king, he is considered to be a reverend figure in the society and his judgements are valued by the people living there.

It is felt that a separate independent study can be done on the museum itself and on the art of magic being practised even now by a handful of the villagers from the ancestral period.

The Mayong village is located in a picturesque setting of nature near the mighty Brahmaputra river. And in the heart of Mayong lies the Pobitora Wild Life Sanctuary that has the highest concentration of one horned rhinoceros anywhere in the world. The team had a beautiful distant view of the sanctuary from road passing alongside the sanctuary.

The educational tour concluded with the scenic image of the sanctuary in mind..

**Dr. Anita Bhagabati (HOD)**

**On behalf of the**

**Department of Education**

**Lalit Chandra Bharali College**



## ASSAM: A JEWEL IN THE NORTHEAST



Assam, nestled in the heart of Northeast India, is a land where nature and culture blend beautifully, with its lush green forests, rolling hills, and the mighty Brahmaputra River flowing through its heart, Assam feels like a poem written by nature itself. It is home to the majestic 'Greater One-Horned Rhinoceros that roams freely in Kaziranga National Park, a true symbol of pride and protection. The sacred Kamakhya Temple, standing high on the Nilachal Hill, fills the air with faith and spiritual peace, drawing thousands of devotees every year.

Assam is also known across the world for its aromatic Assam Tea, a cup of warmth that connects people across boundaries. The river Brahmaputra cradles both the world's largest river island, Majuli, rich in art and culture, and the smallest river island, Umananda, a peaceful spot of devotion. The golden glow of Muga silk, unique to Assam, adds another feather to its rich heritage. Every breeze that blows here carries the scent of tea, the songs of the fields, and the stories of its simple yet soulful people. Assam is not just a place it's a feeling that stays in your heart forever.

## The Royal Bengal Tiger – The Pride of India



The Royal Bengal Tiger, scientifically known as *Panthera tigris tigris*, is one of the most magnificent and powerful creatures on Earth. It is India's national animal and represents strength, courage, and majesty. Found mainly in India, Bangladesh, Bhutan, and Nepal, the largest population lives in India's dense forests such as the Sundarbans, Kaziranga, Ranthambore, and Jim Corbett National Park.

This tiger's striking orange coat with black stripes and piercing eyes makes it one of the most beautiful animals in the wild. As an apex predator, the Royal Bengal Tiger plays a vital role in maintaining the balance of nature. It controls the population of herbivores like deer and wild boar, ensuring that vegetation and forest ecosystems remain healthy.

Unfortunately, this majestic animal has faced serious threats from poaching, deforestation, and human encroachment. Its skin and bones are illegally traded, and its natural habitats are shrinking rapidly. To protect them, the Indian government launched Project Tiger in 1973, which has significantly helped in increasing their population.

The Royal Bengal Tiger is more than just a wild animal it is a symbol of India's rich biodiversity and cultural heritage. Conserving this species means protecting our forests, rivers, and countless other forms of life. The roar of the Bengal Tiger echoes as a call to action: to respect and preserve nature before it's too late.



• The Neurological Basis of Addiction: The compulsive nature of addiction is rooted in profound and long-lasting changes to specific neural circuits, primarily the brain's reward system.

• The Dopamine Overload: Nearly all addictive substances target the brain's mesolimbic pathway, or reward circuit. The primary mechanism involves releasing massive, unnatural surges of the **neurotransmitter dopamine** in the **nucleus accumbens (NAc)**. This rush of dopamine acts as an intense positive reinforcement signal, fundamentally altering the brain to prioritize the drug-seeking behavior above all natural rewards (food, sex, social interaction).

• Neuroplasticity and Tolerance: With repeated drug exposure, the brain attempts to maintain homeostasis through neuroplasticity, resulting in two critical long-term changes:

1. Tolerance: The brain downregulates (reduces) the number or sensitivity of dopamine receptors in the NAc. Consequently, the user requires larger and more frequent doses to achieve the original euphoric effect, or often, just to alleviate withdrawal and feel "normal."

2. Impaired Executive Function: Chronic substance use structurally and functionally degrades the **prefrontal cortex (PFC)**, the brain region responsible for impulse control, judgment, planning, and rational decision-making. This impairment transforms voluntary drug use into the compulsive behavior characteristic of addiction, as the individual loses the ability to rationally override the powerful drug-seeking impulse.

## Classification of Addictive Substances

Addictive substances are classified based on their primary pharmacological effects on the Central Nervous System (CNS), each presenting unique risks and patterns of misuse.

<u>Substance Class</u>	<u>Primary Effect on CNS</u>	<u>Key Risk Factor</u>	<u>Examples</u>
Depressants (Downers)	Slow down CNS activity; induce calm, relaxation, and drowsiness.	Fatal overdose due to severe respiratory depression.	Alcohol, Opioids (Heroin, Fentanyl, Prescription Painkillers), Benzodiazepines (e.g., Xanax, Valium).
Stimulants (Uppers)	Accelerate CNS activity; increase alertness, energy, heart rate, and blood pressure.	Heart attack, stroke, and extreme paranoia.	Cocaine, Methamphetamine, Nicotine, and Prescription Amphetamines (e.g., Adderall).
Hallucinogens (Psychedelics)	Profoundly distort a person's perceptions of reality, mood, and thought.	Acute anxiety, panic attacks, or persistent psychosis.	LSD, Psilocybin (mushrooms), and Dissociatives like Ketamine.
Cannabinoids	Complex effects, including altered perception, euphoria, and relaxation.	Cognitive deficits and potential link to mental health issues with heavy use.	Marijuana, Hashish.

## Etiology: The Interplay of Risk Factors

Addiction is multifactorial, emerging from a complex interaction between genetics, environment, and development.

Studies suggest that genetics account for 40% to 60% of an individual's vulnerability to developing an SUD. Factors such as early childhood trauma, chronic stress, lack of social support, and peer/social networks that endorse drug use are powerful environmental contributors. Adolescence is a critical period of vulnerability because the PFC, which regulates inhibition, continues to mature until the mid-twenties. Early substance use can interrupt this crucial development. A high correlation exists between SUD and other mental health disorders (e.g., Depression, Anxiety, PTSD). Many individuals use substances as a form of self-medication to manage untreated symptoms.

## Societal and Individual Consequences

The pathology of addiction extends outward, creating ripple effects across familial, economic, and societal structures.



Chronic substance use leads to organ damage (liver, heart, lung), cognitive deficits, infectious diseases (e.g., HIV, Hepatitis C), and a significantly elevated risk of overdose and suicide. The national cost of SUD is staggering, encompassing healthcare expenses, lost workplace productivity, increased crime rates, and criminal justice expenditures. Addiction severely strains interpersonal relationships, leading to conflict, financial instability, and profound emotional distress and trauma for family members, especially children.

## Pathways to Recovery and Effective Treatment

Given its classification as a chronic disease, addiction requires long-term, evidence-based management, moving beyond single-step solutions.



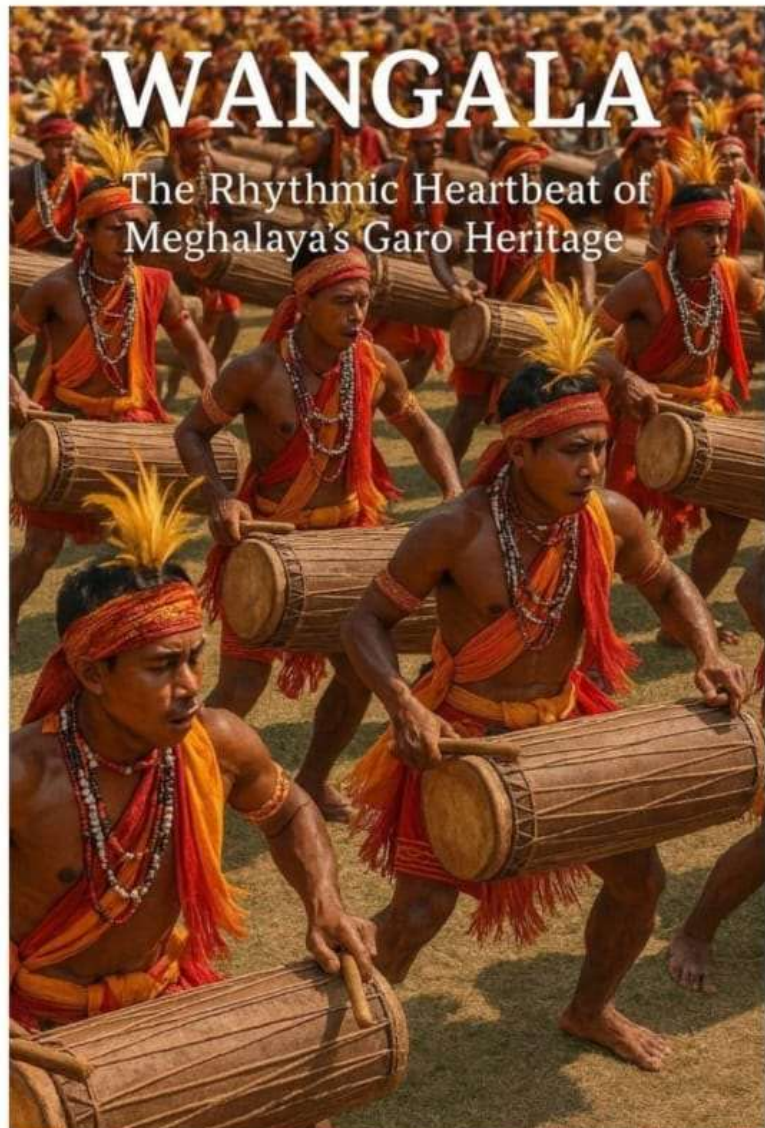
- Detoxification (Detox): Supervised medical management of acute withdrawal symptoms. This is a critical first step for stability but is not, in itself, a cure.
- Behavioral Therapies: The core of long-term recovery, including Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI), which help patients identify triggers, manage cravings, and develop resilient coping skills.
- Medication-Assisted Treatment (MAT): Utilizing FDA-approved medications (e.g., Naltrexone, Methadone, Buprenorphine) alongside counseling. MAT is proven to reduce cravings, stabilize brain function, prevent relapse, and significantly lower the risk of fatal overdose.
- Long-Term Support: Participation in peer-support groups (such as 12-step programs) provides a crucial social safety net, addressing the isolation and stigma that often fuel relapse.

Substance Use Disorder is a complex bio-psycho-social disease that demands academic rigor and compassion. By understanding addiction as a fundamental disorder of brain function and by implementing comprehensive, integrated strategies—combining neuroscientific knowledge, personalized behavioral therapies, and Medication-Assisted Treatment—society can effectively move beyond outdated moral stigma. The ultimate goal must be to promote recovery, reduce societal burden, and treat those affected with the dignity and specialized medical care required for any other chronic illness.

*Asha Das*  
*3rd Semester*

# WANGALA FESTIVAL

The wangala festival also known as the “Festival of Hundred Drums” festival is celebrated with Zeal and enthusiasm in Indian north-eastern state of Meghalaya. Celebrated since 1976, it is the most important festival of the Garo tribe and attracts a lot of tourists. During the wangala tribals offer sacrifices to please the Sun God (Saljong) for a successful harvest at the onset of winter.



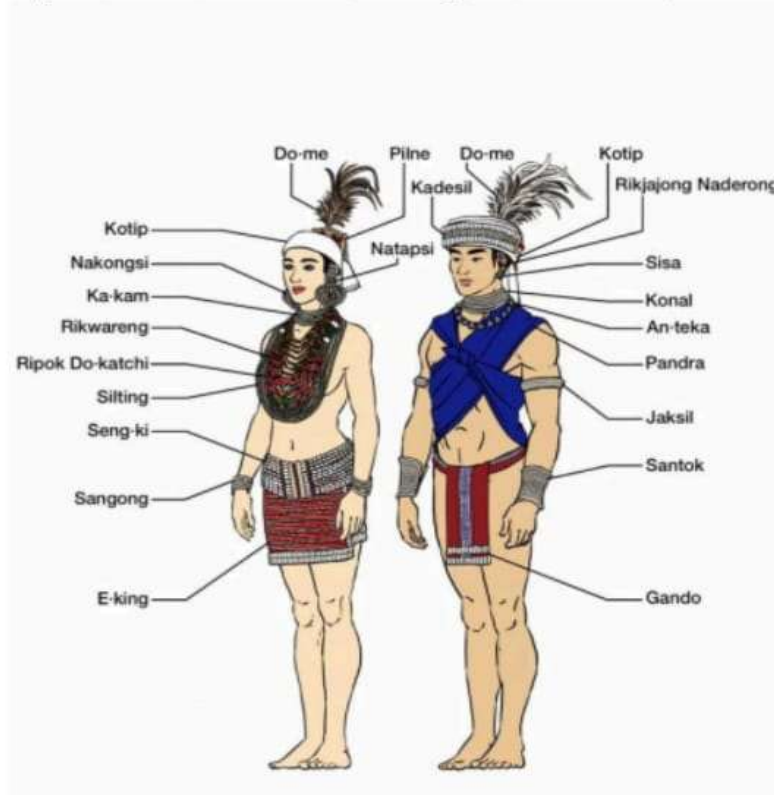
Wangala is the most famous and biggest festival of all the Garos people. It is the Thanksgiving harvest festival. A preparation for this festival starts in advance after announcement of the dates by the Nokma (Village Leader).

It is the most essential harvest festival of the unconverted Garos (Songsarek). Wangala is the Thanksgiving harvest festival which every Garo village celebrated for several days. They celebrated with drinking rice beer, eating various types of meat, sprinkling rice flour, beating drums, playing flutes, merrymaking. All the ages of people young or old, men or women, rich or poor wear traditional dresses, headgear and ornaments. They all joined in together to dance vigorously to the popular song and celebrated together for many days in the month of October and November every year. They combined different agricultural activities in the dances, making out the significant stages in the annual cycle and made it an occasion for the most joyous celebration of the year. It shows that all the Garo festivals had two parts which is the religious and social. The religious rituals were performed with solemnity and devotion but the social part was joyful celebration in indulgence in feasting, dancing and merrymaking.



Rice Beer

The traditional attire of the Garo people or A.chik Mande, features distinct wrap-around garments for women, primarily the Dakmanda and simple loincloths (Gando or Daksara) for a men, complemented by vibrant ornaments and headgear. Garo women are skilled weavers and their traditional clothing is both practical and decorative. There are -Dakmanda, Daksari, E.king, Gana and kotip. Men's traditional clothing is simpler, though attire is worn for festivals. There are - Gando, Pandra, and Turban (kotip). Ornaments and Accessories are wear for both men and women are very fond of ornaments which are vital part of the attire. There are - Rigitok, Natapsi, Sisa, Jaksan, Seng.ki, Do.me, Pilne etc.....



**Ornaments and Accessories**

In wangala dance they do group performance. The dance is a communalevent bringing together all the ages of the people. Dancers are known as nomil (girls) and Pante (boys), performed in synchronised movements and steps. The music and instruments of the dance is famous for the powerful synchronised beats of numerous traditional drums (Dama). Other instruments used in the orchestra include gongs (Rang) and flutes made of bamboo or buffalo horn (Adil or Rang).



**Buffalo Horn(Adil or Rang)**



## **Wangala Dance**

WANGALA isn't just a ritual but the tradition for all the Garo people. This festival brings a lot of joy and happiness to one's life because it is the only festival that brings every person together from far and near, you can also see the pictures of a girl and boy performing together, witnessing the happiness of being together. Wangala is the heartbeat of every Garo person. Lastly, the ritual is devoted and also closed by the Nokma. These are the basic important activities of Wangala and through it shows the unity among all the Garo people.

*Selvira O Sangma  
5th Semester*

## শৈশৱ হৰণ: শিশু শ্ৰমিক সমস্যাৰ কঠিন সত্য



শিশু শ্ৰমিকতা সমাজৰ বাবে গভীৰ চিন্তাৰ বিষয়। আধুনিক যুগতো বহু শিশুৱে বিদ্যালয়লৈ নুজোৱা, বিভিন্ন কঠিন কামত নিযুক্ত হ'ব লাগে। ইটাভটা, দোকান, চাহ বাগান, গৃহস্থালী কৰ্ম বা নিৰ্মাণ স্থান—যিকোনো ঠাইত শিশু কৰ্মৰত দেখা যায়। খেল-ধুলা, শিক্ষা, নিৰ্ভয় শৈশৱৰ দিনবোৰ কঠোৰ কামৰ নিচিনা দায়িত্বত হেৰাই যায়।

এই সমস্যাৰ মূল কাৰণ দৰিদ্ৰতা, অশিক্ষিত আৰু সামাজিক অসচেতনতা। বহু পৰিয়ালৰ বাবে শিশু হৈছে টকাউপাৰ্জনৰ এক অঙ্গ। ক্ষুদ্ৰ আয়েৰে সংসাৰ চলাই নাপাৰে পৰিয়ালবোৰে সন্তানক কামলৈ যোৱাত বাধ্য কৰাই। ফলত শিশুটি শিক্ষাৰ সুযোগে নাপাই, ভবিষ্যৎটোকো আঁধাৰত পেলায়।

শিশু শ্ৰমিকতাৰ ক্ষতি বহু গভীৰ। সবু বয়সতে শাৰীৰিকভাৱে কঠিন কাম কৰাত তেওঁলোকৰ স্বাস্থ্য নষ্ট হয়, মানসিক বিকাশ বাধাগ্ৰস্ত হয়, আৰু বহু শিশু আজীৱন দাৱিদ্ৰাৰ চক্ৰত পৰি থাকে। শিক্ষা নোহোৱাত সমাজতো তেওঁলোকৰ সম্ভাৱনাৰ সদ্ব্যৱহাৰ হ'ব নোৱাৰে।

যদিও চৰকাৰে শিশু শ্ৰমিকতা ৰোধৰ বাবে কঠোৰ আইন কৰিছে, বাস্তৱিক ক্ষেত্ৰত আইন সম্পূৰ্ণভাৱে প্ৰয়োগ হোৱা দেখা নাযায়। শিশুবোৰ গোপনে বহু স্বলভ কাম কৰি থাকে। এই সমস্যাৰ সমাধানৰ বাবে সমাজৰ সহযোগিতা, সচেতনতা বৃদ্ধি, দৰিদ্ৰ পৰিয়ালৰ অৰ্থনৈতিক সহায় আৰু শিক্ষাৰ সুযোগ অতি জৰুৰি।

প্ৰতিজনে উপযুক্ত ভূমিকা পালন কৰিলে শিশু শ্ৰমিকতা ত্ৰাস পাব পাৰে। কিয়নো, শিশুৰ শৈশৱ একবাৰ হেৰাই গ'লে পুনৰ নহয়—তেন্তে সমাজেই আগবাঢ়ি এই শৈশৱৰ সুৰক্ষা নিশ্চিত কৰিব লাগিব।



শিশু শ্ৰমিক শিশুৰ শিক্ষাত বাধাৰ সৃষ্টি কৰা বা মানসিক, শাৰীৰিক, সামাজিক বা নৈতিক মংগলৰ বাবে ঞ্জিতিকাৰক যিকোনো ধৰণৰ কামৰ জৰিয়তে শিশুৰ শোষণ। ই এক বিশ্বব্যাপী বিষয়, ভাৰতকে ধৰি বিভিন্ন দেশক আমেৰিকাৰ শ্ৰম বিভাগৰ দৰে সংস্থাই নিৰ্দিষ্ট খণ্ডত উৎপাদিত সামগ্ৰীত ইয়াৰ উল্লেখযোগ্য প্ৰাদুৰ্ভাৱ খকা বুলি চিনাক্ত কৰিছে। শিশু শ্ৰমিক প্ৰতিৰোধৰ বাবে আইন প্ৰণয়ন কৰা হৈছে যদিও বিশেষকৈ উৎপাদন আৰু কৃষিৰ ক্ষেত্ৰত ই এক উল্লেখযোগ্য প্ৰত্যাহ্বান হৈয়েই আছে। শিশু শ্ৰম হ'ল যিকোনো কাম যিটো শিশুৰ বাবে শোষণমূলক, মানসিক, শাৰীৰিক, সামাজিক বা নৈতিকভাৱে ঞ্জিতিকাৰক, আৰু ই তেওঁলোকৰ নিয়মিতভাৱে ফুললৈ যোৱাৰ ঞ্জমতাত বাধাৰ সৃষ্টি কৰে।

ই শিশুৰ শিক্ষাৰ পৰা বঞ্চিত কৰে আৰু দীৰ্ঘম্যাদী শাৰীৰিক আৰু মানসিক স্বাস্থ্যজনিত সমস্যাৰ সৃষ্টি কৰিব পাৰে। আমেৰিকাৰ শ্ৰম বিভাগৰ শিশু শ্ৰম বা বলপূৰ্বক শ্ৰমৰ দ্বাৰা উৎপাদিত সামগ্ৰীৰ তালিকাত ভাৰতৰ দৰে দেশৰ সামগ্ৰী অন্তৰ্ভুক্ত কৰা হৈছে, য'ত কিছুমান উদ্যোগত শিশু শ্ৰমিক চিত্তাৰ বিষয়।

বহু দেশত শিশু শ্ৰমিকৰ বিৰুদ্ধে আইন আছে, যেনে ভাৰতৰ কিশোৰ ন্যায় আইন আৰু শিশু শ্ৰমিক নিষেধাজ্ঞা আৰু বিলাপ আইন, যাৰ লক্ষ্য হৈছে শিশু শ্ৰমিক চিনাক্ত আৰু বন্ধ কৰা। কিছুমান কোম্পানীয়ে শিশু শ্ৰমিকৰ সন্দৰ্ভত নিজৰ যোগান শৃংখলৰ ওপৰত নিৰীক্ষণৰ সন্মুখীন হৈছে, যাৰ ফলত তদন্ত আৰু উৎপাদন প্ৰক্ৰিয়াত অধিক স্বচ্ছতাৰ বাবে ঠেলি দিয়া হৈছে।

শিশু শ্ৰমকেৱল সামাজিক বিষয় নহয়— ই শৈশৱ, মৰ্যাদা আৰু মৌলিক মানৱ অধিকাৰৰ উলংঘা। যেতিয়া শিশুৱে কাম কৰিবলৈ বাধ্য হয়, তেতিয়া তেওঁলোকে মুক্তভাৱে শিকিবলৈ, বৃদ্ধি পাবলৈ আৰু সপোন দেখাৰ সুযোগ হেৰুৱাই পেলায়। এই চক্ৰটো ভংগ কৰিবলৈ সামূহিক দায়িত্বৰ প্ৰয়োজন: পৰিয়াল, সমাজ, চৰকাৰ, আৰু বিশ্ব সম্প্ৰদায়ে একেলগে কাম কৰি প্ৰতিটো শিশুৰ বাবে শিক্ষা, সুৰক্ষা আৰু সম সুযোগ নিশ্চিত কৰিব লাগিব। শিশুসকলক সুৰক্ষিত আৰু সবলীকৰণ হ'লেহে এটা জাতি সঁচা অৰ্থত আগবাঢ়িব পাৰিব। শিশু শ্ৰমিকৰ অন্ত পেলোৱাটো কেৱল বাধ্যবাধকতা নহয়—ই ভৱিষ্যত ৰক্ষা কৰাৰ প্ৰতিশ্ৰুতি।

**Name: Rizwana Sultana**

# ARTWORKS



*Dalibha Salukdar*  
3rd semester



*Debapratim Das  
3rd Semester*



*Sonia Dey*

*3rd Semester*







Debapratim Das  
3rd Semester

**DEPARTMENTAL  
ACTIVITIES &  
ACHIEVEMENTS**

## OVERVIEW OF THE DEPARTMENT

Established in 1971.

Initiated Honours Courses since 1988.  
Presently the Department offers-  
BA Major and Minor Courses (FYUGP)

## FACULTY PROFILE

1	Dr. Anita Bhagabati	M.A., Ph.D
2	Aradhana Dutta	M.A., NET, B.Ed, LL.B.
3	Jayasree Saikia	M.A., M.phil, SLET

## RESULTS(IN PASS PERCENTAGE

Year	Percentage
2023	100
2024	86.88

# RESULTS

## DEPARTMENT: EDUCATION

**BATCH:**  
**FINAL(2023/2024)**

2023-G.U. Roll No.	CGPA	2024-G.U. Roll No.	CGPA
0016	6.34	0002	4.62
0017	6.27	0003	4.68
0018	7.22	0020	BACK
0019	6.73	0021	5.62
0021	7.74	0023	7.00
0025	6.65	0026	4.92
0028	6.61	0027	5.04
0029	6.42	0028	6.28

2023-G.U. Roll No.	CGPA	2024-G.U. Roll No.	CGPA
0030	7.00	0036	5.70
0031	7.27	0038	7.41
0034	6.76	0050	6.41
0038	6.43	0060	BACK
0039	7.07	0071	5.32
0047	6.64	0074	5.62
0050	6.95	0083	7.20
0052	7.12		

**Best Graduate of the  
College(Arts Stream) in 2024,  
Achieved by Karishma  
Bhargav, Department of  
Education**

## DEPARTMENTEL ACTIVITIES

Year	Number of Activities
2023	10
2024	10

## EXTRA-CURRICULAR ACTIVITIES

Organizing **Parent Teacher Meeting**, every year.

Donations of food items to the **Jibonalaya Child Care Home** (2023-2024).

Two day training program on "**Employment Enhancement Techniques**".

**Tree Plantation** in the college campus.

## UNIQUE DEPARTMENTEL ACTIVITIES

**Book inauguration** (Book edited from nine projects done by students).

**Contribution of books by the students** of 6th semester to the Department itself.

## DEPARTMENTAL ACTIVITIES

**Date: 27.02.23**

**Inauguration of wall magazine entitled “Stop child labour”**

**Resource person: Dr. Amarendra Kalita, Principal, LCB College**

**Date: 10.03.23**

**Employment Enhancement Techniques**

**Resource person: Anjanyoti Choudhury**

**Date: 11.03.23**

**Inauguration of handwritten magazine**

**Resource person: Dr. Amarendra Kalita, Principal, LCB College**

**Date: 21.03.2023**

**Talk on “New Age Teaching Learning --- Cognitive Functionalities”**

**Resource person: Prof. Kandarpa Sarma, Dept. of Electronics and Communication Technology**

**Date: 01.04.2023**

A survey was conducted by the Department of Education. The survey was on the impact study of the services of Lions Club of Narangi at Burha Mayang village.

**Date: 08.04.24**

College week was celebrated. Students of the Department of Education participated.

**Date: 23.09.23**

Donation of plants to the college was done by the students of the Department of Education.

**Date: 31.10.23**

Inauguration of hand written magazine was held. Dr. B. Ram Bhuyan, HoD, Mathematics inaugurated the magazine.

**Date: 17.11.23**

A visit to Jibonalaya Child Care Home was organized by the Department of Education along with the cluster departments of History, Political Science and Philosophy.

**Date: 06.02.24**

An orientation programme was organized by the cluster departments of Education, Political Science, History and Philosophy in collaboration with the Student Discipline and Mentoring Cell, LCB College.

**Date: 10.02.24**

A Parent Teacher Meeting was held by the cluster departments of Education, Political Science, History and Philosophy.

**Date: 23.02.24**

A field trip to Karbi Anglong Autonomous Council, Diphu was organized by the cluster departments of Education, Political Science, History and Philosophy.

**Date: 16.03.24**

An interdisciplinary programme was conducted. The class was taken by Kunjalata Brahma Bathari from the Political Science Department.

**Date: 14.05.24**

A farewell meeting was organized by the Department of Education.

**Date: 28.10.24**

A lecture on “Prevention of oral cancer” was delivered. The resource person was T Linda Mawi from DownTown University.

**Date: 21.03.25**

An awareness programme on Swachh Bharat Mission under Swachh Survekshan 2024 was organized by GMC and the cluster departments.

**Date: 05.11.24**

The inauguration of the handwritten magazine was held. Dr. B. Ram Bhuyan, HoD, Mathematics inaugurated the magazine.

**Date: 20.11.24**

A comprehensive health checkup camp was organized by the cluster departments along with Lions Club, Narangi, Guwahati.

**Date: 26.11.24**

Constitution Day 2024 was observed by the cluster departments of Education, Political Science, History and Philosophy.

**Date: 30.01.25**

The inauguration of an edited book was held. Dr. B. Ram Bhuyan, HoD, Mathematics inaugurated the book.

**Date: 06.02.25**

College week was celebrated. Students of the Department of Education participated.

**Date: 25.02.25**

An educational tour to Bagamati was organized by the cluster departments of Education, Political Science, History and Philosophy.

# ACADEMIC ACTIVITIES AT A GLIMPSE



**Inauguration of  
Jagaran**

**Jibonalaya  
Child Care  
Home**





## Donation of books by 6th Semester Students

## Book Inauguration





## Comprehensive Health Check Up Camp

## Quiz Competition





## Lecture Programme on Prevention of Oral Cancer

SPECIAL FEATURE:  
MOBILE  
PHOTOGRAPHY

(This section presents  
selected mobile  
photographs contributed  
by Bipasha Bashya, 5<sup>th</sup>  
Semester & Sonia  
Dey, 3<sup>rd</sup> Semester)



