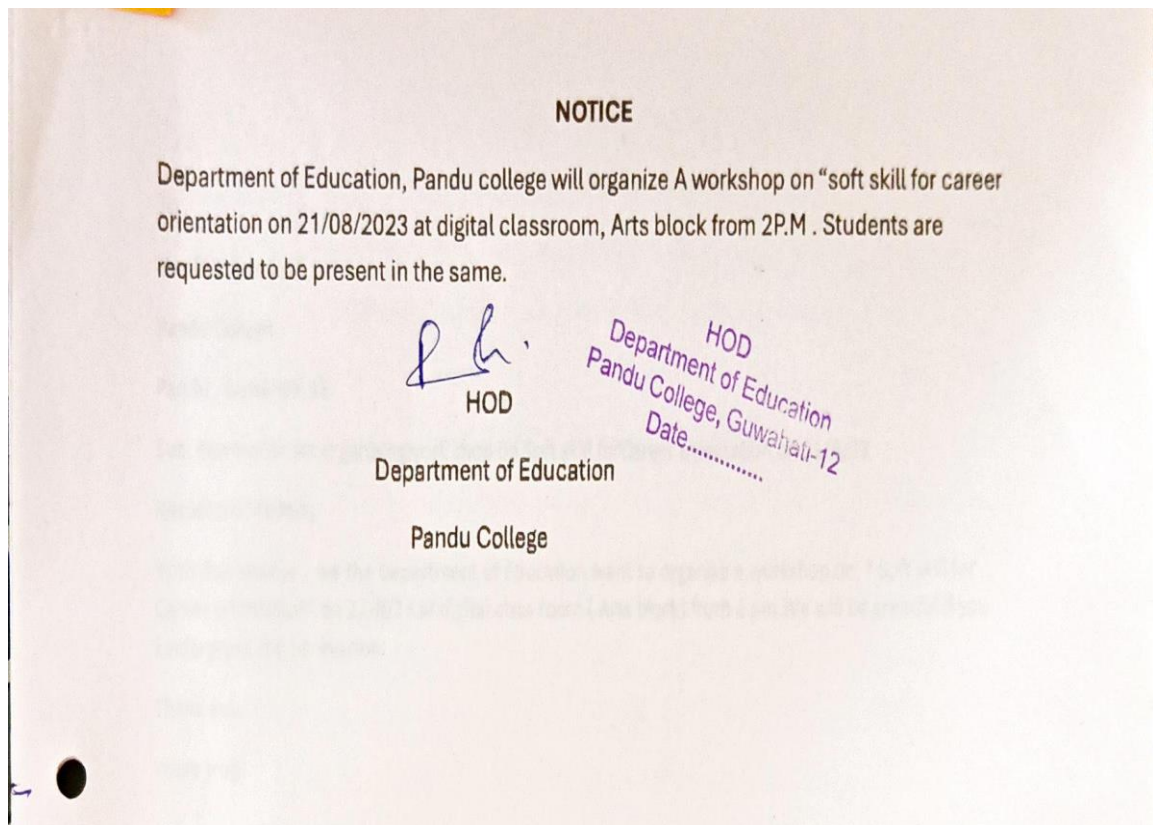



## **WORKSHOP ON 'SOFT SKILL FOR CAREER ORIENTATION'**

**Organised by  
Department of Education, Pandu College**

**DATE: 21.08.2023**

**TIME: 2PM**



  
**Dr. Sanchay Jyoti Bora**  
Principal  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam

To

The Principal (I/c)

Pandu College

Pandu , Guwahati 12

Sub: Permission for organising work shop on Soft skill for Career orientation on 21/8/23

Respected Madam,

With due honour , we the Department of Education want to organise a workshop on " Soft skill for Career orientation" on 21/8/23 at digital class room ( Arts block) from 2 pm. We will be grateful if you kindly grant the permission.

Thank you.

Yours truly

Ruma Medhi  
17/8/23

Dr. Ruma Medhi.

HoD, Department of Education.

Allow  
17.8.23

Dr. Sanchay Jyoti Bora  
Principal, Pandu College

Principal  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam



# Workshop on Soft Skill for Career Orientation

Organized by Department of Education

in collaboration with

Career Guidance and Placement Cell, Pandu College

Date: 21/08/2023

Time: 2 PM

Venue: Digital Classroom (Arts Block)

Sl.No	Name	Class	Department	Signature	Contact Number
1	Prityanka Mazumdar	B.A 1st Sem	Education	Prityanka	7002572924
2	Manashi Talukdar	B.A 1st Sem	Education	Manashi	9335336289
3	Nabanita Gogoi	B.A 1st Sem	Education	Nabanita	7099670549
4	Madhusmita Kalita	B.A 1st sem	Education	Madhusmita	9127145448
5	Dipankita Hojong	PG 1st sem	Education	Dipankita	9101905874
6	Monjira Phangchopi	PG 1st Sem	Education	Monjira	6000613259
7	Dipamoni Pathak	PG 1st Sem	Education	Dipamoni	7002288623
8	Lipika Gogoi	PG 1st Sem	Education	Lipika	6000410127
9	Sujata Devi	PG 1st Sem	Education	Sujata	7576806045
10	Nikita Bordoloi	PG 1st Sem	Education	Nikita	7099580974
11	Hirpani Talukdar	PG 1st Sem	Education	Hirpani	8403946381
12	Upasana Nath	PG 1st sem	Education	Upasana	9707114638
13	Rishika Medhi	PG 1st sem	Education	Rishika	9365970489
14	Jayashree Kakati	PG 1st sem	Education	Jayashree	8822346730
15	Jyotshna Kachari	PG 1st sem	Education	Jyotshna	8822650846
16	Siddhanta Taksipi	PG 1st Sem	Education	Siddhanta	6901426911
17	Upasana Satima	PG 3rd Sem	Education	Upasana	7002134110
18	Jharna Brahma	PG 3rd Sem	Education	Jharna	6001099406
19	Bashabi Pegu	PG 3rd Sem	Education	Bashabi	6003224547
20	Nobonita Ray	PG 3rd Sem	Education	Nobonita	8720988421
21	Minhajul Islam	PG 3rd Sem	Education	Minhajul	9365722944
22	Pritya Das	PG 3rd Sem	Education	Pritya	7638038655
23	Aminu Khafur	PG 3rd Sem	Education	Aminu	8822002116
24	Amushka Rajak	BA 3rd Sem	Economics	Amushka	8724022389
25	Juhi Mazumder	BA 3rd Sem	English	Juhi	8761910843

Dr. Sanchay Jyoti Bora  
Principal, Pandu College

Principal  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam



Sl. No.	NAME	CLASS	DEPARTMENT	SIGNATURE	Contact number
26	Sultana Khatun Yasmin	M.A 3rd Sem	Education	Yasmin	9964542510
27	Nilakshi Chakrabarty	M.A. 3rd Sem	Education	Nilakshi	9365833173
28	Barasha Kalita	BA 5th Sem	Education	Barasha	8134010343
29	Rejina Khatun	BA 5th Sem	Education	R. K	8133926410
30	Susmita Das	BA 5th Sem	Education	Susmita	8133994978
31	Yesmina Akfara	BA 3rd Sem	Education	Yesmina	938545116
32	Kalpna Karmari	BA 3rd Sem	Education	Kalpna	936562068
33	Tinty Kalita	B.A. 5th sem	Education	Tinty	9954170231
34	Kingbi Thabunia	BA 5th sem	Education	Kingbi	8453399727
35	Bhairabi Boro	BA 5th sem	Education	Bhairabi	7635940810
36	Ankita Saha	BA 5th Sem	Education	Ankita Saha	9957534523
37	Monisha Das	BA 5th Sem	Education	Monisha	9678821829
38	Payel Saha	BA 3rd Sem	Bengali	Payel Saha	9407887091
39	Nikita Dey	BA 3rd Sem	Bengali	Nikita Dey	9387741954
40	Tutika Bhownik	BA 3rd Sem	Bengali	Tutika Bhownik	62970875
41	Neha Kalita	B.A 5th sem	education	N. Kalita	82
42	Ankita Seal	B.A 5th sem	education	Ankita Seal	6002777714
43	Afsana Parbin	B.A 5th sem	education	Afsana Parbin	6901094884
44	Dipankar Das	B.A. 5th Sem	Education	Dipankar Das	6003801
45	Mahasweta Purkayastha	B.A. 3rd Sem	Bengali Education	Mahasweta Purkayastha	995724
46	Trishna Das	B.A 3rd Sem	Education	Trishna	9476843348
47	Aspita Deka	BA 3rd Sem	Education	Aspita	7099935611
48	Parvinita Das	BA 5th Sem	Education	Parvinita	7002918830
49	Smita Basumatary	BA 5th Sem	Education	Smita	8473808290
50	Riya Kumari Singh	BA 5th sem	Education	Riya	8876134047
51	Sneha Sen	BA 5th Sem	Education	Sneha	9954500396
52	Dipankar Garg	BA 5th Sem	Education	D	9957423490
53	Hanshajit Das	BA 5th Sem	Education	Hanshajit	8134815790
54	Bhabana Dargal	BA 5th Sem	Education	Bhabana	6003481330
55	Sangliopi Stefani Temonpi	BA 5th sem	education	Stefani	93877420
56	Sahmaj Parbin	BA 5th sem	Education	Sahmaj	44
57	Banani Das	"	"	Banani	93659861

700 212 73  
03

Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam



Sl.No	NAME	CLASS	DEPARTMENT	SIGNATURE	Contact number
58	Farchin Akhtar	BA 5th Sem	Education	Farchin	91087642
59	Dikshita Lahkar	BA 5th Sem	Education	Dikshita	92
60	Bhaswati Bhattacharya	BA 5th Sem	Education	Bhaswati	9365060544
61	Triena Moni Das	BA 5th Sem	Education	Triena	6901930312
62	Barasha Das	BA 1st Sem	Education	Barasha	7086526656
63	Anamika Baishya	BA 1st Sem	Education	Anamika	9127056384
64	Diwani Paul	BA 1st Sem	Education	Diwani Paul	8812053080
65	Mayuri Das	BA 1st Sem	Education	Mayuri Das	8453839704
66	PaPari Deka	BA 3rd Sem	Education	PaPari Deka	8822353063
67	Zuni Das	BA 3rd Sem	Education	Zuni Das	6002363064
68	Nikhamonika Kalita	BA 1st Sem	Education	Nikha	036588176
69	Kuki Deka	BA 1st Sem	Education	Kuki Deka	6000953583
70	Nikita Kalita	BA 1st Sem	Education	Nikita	882212509
71	Ankita Kalita	BA 5th Sem	Education	Ankita	8638186095
72	Rashmi Dasu Bisui	BA 5th Sem	Regular	Rashmi	7035412868
73	Nisha Mahato	BA 5th Sem	Regular	Nisha	8638965207
74	Prasensit Nath	BA 5th Sem	Regular	Prasensit	8472031510
75	Debabrata Bhattacharya	BA 5th Sem	Regular	Debabrata	9678028065
76	Manisha Baishya		Education	Manisha	8876988635
77	Bishal Basu Bore	BA 7th Sem	Education		8753395797
78	Zohinul Hussain	BA 1st Sem	Education		97078875
79	Friday Lk. Ghosh	BA 1st Sem	Education	Ghosh	6002921512
80	Parishmita Das	BA 1st Sem	Education	Parishmita	97078875
81	Jebin Sultana	BA 1st Sem	Education	Jebin	9395361416
82	Ashkomi Das	BA 1st Sem	Education	Ashkomi Das	9365647190
83	Sangita Banik	BA 1st Sem	Education	Sangita	8486315345
84	Manika Biswas	BA 1st Sem	Education	Manika	9864945008
85	Barasmitha Deka	BA 1st Sem	Education	Barasmitha	6001723512
86	Mrimmoyu Thakuria	BA 1st Sem	Education	M	9395168296
87	Garage Das	BA 1st Sem	Education	Garage	8822716791
88	Mariam Begum	BA 1st Sem	Education	Mariam	7099155858
89	Sonku Dey	BA 1st Sem	Education	Sonku Dey	600186995

Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam



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## REPORT ON WORKSHOP ON SOFT SKILL FOR CAREER ORIENTATION

A workshop on Soft skill for career orientation was organized by Department of Education in collaboration with Career Guidance and Placement Cell, Pandu College on 21<sup>st</sup> August 2023 at 2.00PM for the students of both undergraduate and post graduate level. MsMeghnaKoushik, resource person of the event interacted with the students and delivered a resourceful lecture on the selected theme and provides training for developing soft skill to cope up with 21<sup>st</sup> century as well as for their career orientation. The students got highly benefitted with the programme.

*Ruma Medhi,*

HOD

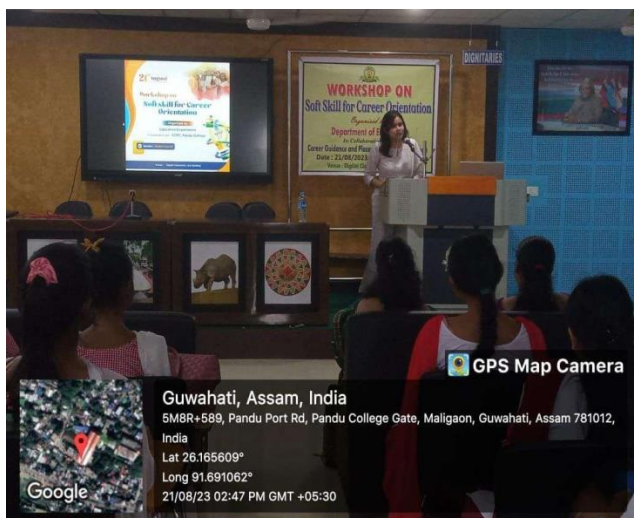
Department of Education  
Pandu College, Guwahati-12  
Date.....

*S. Bora*

Dr. Sanchay Jyoti Bora  
Principal, Pandu College

*Principal*  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam





*S Bora*  
**Dr. Sanchay Jyoti Bora**  
 Principal, Pandu College  
*Principal*  
 PANDU COLLEGE, PANDU  
 Guwahati-12, Assam

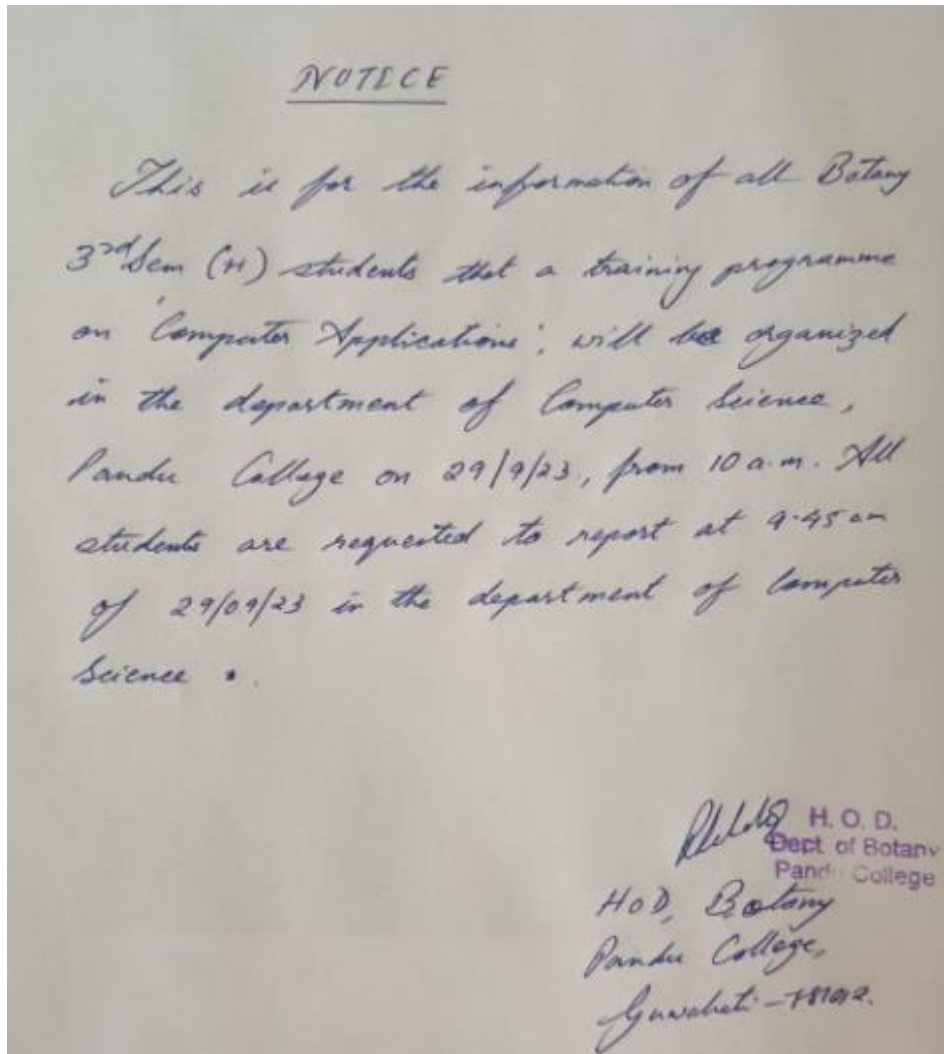



## Training on Computer Applications

### Department of Botany

Date: 29/09/23

#### 1. Notice:



  
Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
Principal  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam



## 2. Attendance:

Date: 29/9/23

A training on computer applications was organized for the students of 3<sup>rd</sup> Sem (H) was in the department of Computer Science, Pandu College.

Date: 29/9/23  
Resource Person

Teacher in charge:  
Phuloto (Dr. Liza Kabat Sarma)


Students present


1. Pratiksha Bora
2. Shagnika Barak
3. Charchita Das
4. Bhitoli Patowary
5. Jupitara Deka
6. Rajashree Das
7. Jonali Boro
8. Ronbir Chatterma
9. Salma Shabnam
10. Rakali Chakraborty
11. Hingashree Choudhury
12. Nikita Das
13. Fajful Haque
14. Aman Engla
15. Lakshmi Das
16. Jyotirmay Mahanta
17. Htekar Hussain
18. Madhurya Kalita
19. Snaha Choudhary
20. Krishitina Das
21. Dimpri Deka
22. Anshika Debbarma



## **Report on computer application training**

The students of 3<sup>rd</sup> Sem Botany (H) students were trained on computer applications in the department of Computer Science, Pandu College. The students participated actively in the training and were highly benefitted by the training. They expressed their desire to learn more about computer software.

  
Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
Principal  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam


  
HoD, Botany  
Pandu College  
Guwahati -781012



## Photographs



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Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
*Principal*  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam

***Career Counselling Session & Hands on Training Programme  
on***

***Editing and Proof Reading***

**Organised by Department of English, Pandu College, Guwahati-12**  
**Resource Person: Dr. Sanjoy Chandra Das (Assistant Professor, Dept. of Bengali, Pandu College)**

**Venue: Digital Classroom (Science Block)**

**Date: 01-02-2024**

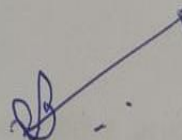
**Time: 11 AM**

**Notice**

**24-01-2024**

This is for the information of all students of Pandu College that the Department of English, Pandu College is going to organise a ***Career Counselling Session & Hands on Training Programme on Editing and Proof Reading*** on 01-02-2024 at Digital Classroom (Science Block) at 11 AM. Dr. Sanjoy Chandra Das (Assistant Professor, Dept. of Bengali, Pandu College) will grace the occasion as the Resource Person.


Therefore all the students are requested to participate in the programme.



**Dr. Bhubaneswar Deka**

**Head, Department of English**

Head  
Department of English  
Pandu College  
Guwahati-12

  
**Dr. Sanchay Jyoti Bora**  
**Principal, Pandu College**  
*Principal*  
**PANDU COLLEGE, PANDU**  
**Guwahati-12, Assam**



**Report:** On February 1, 2024, the Department of English at Pandu College organized a **Career Counselling Session and Hands-on Training Programme on Editing and Proofreading**. The event featured Dr. Sanjoy Chandra Das, an esteemed Assistant Professor from the Department of Bengali at Pandu College, as the Resource Person. Renowned for his extensive expertise in language and literature, Dr. Das conducted an engaging and insightful session aimed at developing students' skills in editing and proofreading. The programme offered practical training alongside guidance on exploring career opportunities in this field.

The session included interactive discussions and live demonstrations, providing participants with a comprehensive understanding of the intricacies involved in editing and proofreading in various contexts. Dr. Das's dynamic approach ensured active participation, making the session highly impactful and informative.

**Outcome:**

The session proved to be highly beneficial for the participants. The key outcomes were:


Practical enhancement of editing and proofreading skills.

A deeper understanding of the importance of precision and clarity in written communication.

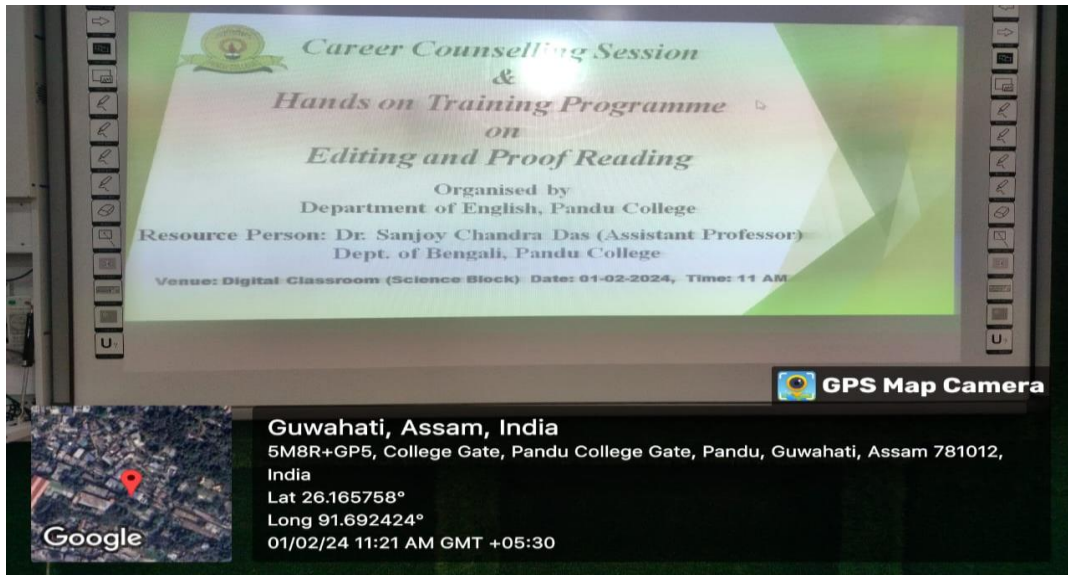
Valuable insights into career opportunities in editing and proofreading, empowering students to make informed decisions about their future paths.


Overall, the programme was a resounding success, equipping students with essential skills and confidence to excel in both academic and professional settings. This initiative reflected the Department of English's commitment to fostering student growth and career readiness.

S/d

  
Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
*Principal*  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam

Dr. Bhubaneswar Deka  
Head, Department of English

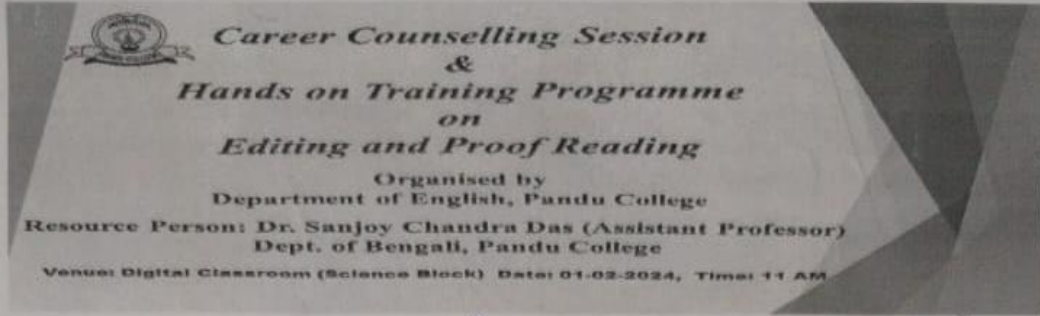


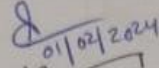
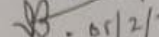
  
**Dr. Sanchay Jyoti Bora**  
Principal, Pandu College  
Principal  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam





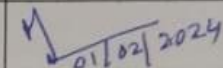
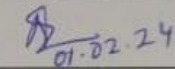
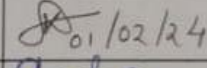
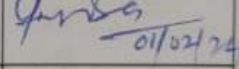
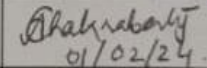
*J Bora*  
 Dr. Sanchay Jyoti Bora  
 Principal, Pandu College  
 Principal  
 PANDU COLLEGE, PANDU  
 Guwahati-12, Assam




1. Signature of Resource Person :  (DR. SANJOY CH. DAS)  
 2. Signature of HoD English :  01/02/24

Head  
 Department of English  
 Pandu College  
 Guwahati-12

Signature of Teachers / Students Present :

SL. NO.	NAME	TEACHER / STUDENT	SIGNATURE
1	Dr. Mridul Das	Teacher	 01/02/2024
2	Dr. Sanjoy Ch. Das	"	 01-02-24
3	Pallabi Konwar	"	 01/02/24
4	Anup Kumar	"	 01/02/24
5	Ashmita Chakraborty	"	 01/02/24
6	Teeya Biswas	BA 2nd Sem	Teeya Biswas
7	Juana Rahman	BA 2nd Sem	Juana Rahman
8	Dinata Laiphakpam	BA 2nd Sem	Dinata Laiphakpam
9	Hrishita Chakraborty	BA 2nd Sem	Hrishita Chakraborty
10	Prigyan Dasgupta	BA 2nd Sem	Prigyan Dasgupta
11	Jyotirmoy Kar	BA 2nd Sem	Jyotirmoy Kar
12	Mayurankshi Deb	BA 2nd Sem	Mayurankshi Deb
13	Sneha Das	BA 2nd Sem	Sneha Das
14	Ashmita Paul	BA 2nd Sem	Ashmita
15	Puja Dey	BA 2nd Sem	Puja Dey

  
 Dr. Sanchay Jyoti Bora  
 Principal, Pandu College  
 Principal  
 PANDU COLLEGE, PANDU  
 Guwahati-12, Assam



ATTENDANCE SHEET			
Venue: Digital Classroom (Science Block)		Date : 01-02-2024 Time: 11 AM	
SL. NO.	NAME	TEACHER / STUDENT	SIGNATURE
16	Shaggyashree Kumari	BA 2nd Sem	Shaggyashree
17	Sahara Goyang	BA 2nd sem	Sahara
18	Bhaswati Sharma	BA 2nd Sem	Bhaswati
19	Shradolha Dey	BA 2nd Sem	Shradolha
20	Tania Nandi	BA 2nd Sem	Tania Nandi
21	Mayeshona Dey	BA 2nd sem	Mayeshona Dey
22	Shristi Das	BA 2nd sem	Shristi Das
23	Bulbul Choudhury	BA 2nd Sem	Bulbul Choudhury
24	Bilalathi Koushik	BA 4th Sem	Bilalathi
25	Banasmili Kalita	BA 6th Sem	Banasmili
26	Shuchi Kalita	BA 6th sem	Shuchi
27	Sangita Goswami	BA 4th sem	Sangita
28	Kangki Das	BA 4th Sem	Kangki
29	Priyanka Dutta	BA 4th Sem	Priyanka
30	Nazma Wara Islam	BA 6th Semester	Nazma Wara Islam
31	Pohee Das.	BA 6th Semester	Pohee Das.
32	Anuwara Ahmed	BA 6th Semester	Anuwara
33	Kuki Bhanutee	BA 6th Semester	Kuki Bhanutee
34	Anusmita Kakati	BA 6th Sem	Anusmita
35	Pooja Das	BA 6th Sem	Pooja Das.
36	Bhaswati Ghosh.	BA 6th Sem	Ghosh.

ATTENDANCE SHEET			
Venue: Digital Classroom (Science Block)		Date : 01-02-2024 Time: 11 AM	
SL. NO.	NAME	TEACHER / STUDENT	SIGNATURE
37	Mausumi Rajkhowa	Student	Mausumi
38	Debangra R Medhi	Student	Debangra
39	Pooja Paul	Student	Pooja Paul
40	Ayusmita Datta	Student	Ayusmita Datta
41	Kunal Koushik Dey	Student	Kunal Koushik Dey
42	Ragob Sharmouque Alam	Student	Ragob Sharmouque Alam
43	Gayshree Ray	Student	Gayshree Ray
44			
45			

Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
Principal  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam

**Department of Economics, Pandu College**

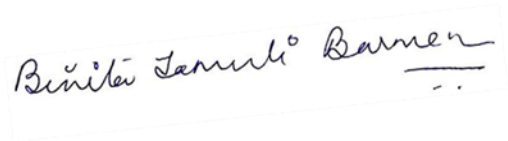
**NOTICE**

**Date: 2nd April 2024**

Department of Economics will organize a Yoga Program for the 6th Semester students of the department on 8th April 2024. All the students are hereby asked to attend and participate in the program


Venue : Digital Classroom (Science Block)

Time: 9 am



**Binita Tamuli Barman**

**HOD, Economics**



**Dr. Sanchay Jyoti Bora**  
Principal, Pandu College  
Principal  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam



## REPORT

### **Yoga for Students: Health Benefits and Tips to Improve Concentration" on 8th April 2024**

Date: 8th April 2024

Resource Person: Dr. Jhuma Biswas

The Department of Economics, in collaboration with the Pandu College Women Cell organized a program titled "Yoga for Students: Health Benefits and Tips to Improve Concentration" on 8th April 2024. The session, led by Dr. Jhuma Biswas, aimed to assist students in managing stress and enhancing concentration as they prepared for their end-semester examinations.

#### **Objectives of the Program**

To promote awareness about the physical and mental health benefits of yoga.

To provide practical tools and techniques to help students manage exam-related stress.

To enhance students' focus and concentration through yoga practices.


#### **Program Highlights**

Dr. Jhuma Biswas began the session by explaining the dual benefits of yoga—improving physical health and fostering mental clarity. She emphasized the importance of maintaining a healthy lifestyle during exam preparation. The session introduced participants to simple yet effective breathing exercises like Anulom Vilom (alternate nostril breathing) and Bhramari Pranayama (humming bee breath). These techniques were designed to reduce stress, calm the mind, and improve oxygen flow to the brain. Dr. Biswas conducted a guided meditation session, focusing on enhancing mindfulness and concentration. Students were taught how to create a distraction-free mental space for effective studying.

Dr. Biswas provided tips on integrating yoga into daily routines, balancing study schedules with physical activity, and maintaining a positive mindset during exam preparations.

#### **Outcomes of the Program**

Stress Reduction: Participants experienced immediate relaxation through the breathing and meditation exercises, gaining tools to manage exam anxiety effectively.

  
Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam


**Improved Concentration:** Students learned techniques to enhance their focus, enabling them to study more efficiently.

**Awareness of Yoga Benefits:** The program educated students about the holistic advantages of yoga, encouraging them to adopt it as a long-term practice.

**Practical Application:** The session equipped students with simple, practical yoga techniques that they could easily integrate into their daily lives.

## GPS Photos



  
Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
*Principal*  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam



## Signature Sheet

**Yoga For Students: Health Benefits And Tips To Improve Concentration**

**Organized**

**By**

**Pandu College Women Cell, Guwahati-12**

Resource Person: Dr. Jhuma Biswas  
Pandu College, Guwahati-781012, Assam

Venue: Digital Class Room (Science Block)      Date : 08/04/2024      Time: 9 AM

1. Signature of Principal : *[Signature]* 8/4/24

2. Signature of Vice Principal : *[Signature]* 8.4.24


3. Signature of Resource Person : Jhuma Biswas, *[Signature]* 8/4/24

Signature of Guests / Teachers / Students/Staff Present :

SL. NO.	NAME	GUESTS / TEACHER / STUDENT/STAFF	SIGNATURE
1	Bornali Dey	student	Bornali Dey
2	Puja Barco.	student	Puja Barco
3	Anjan Bhosernick	students	<i>[Signature]</i>
4	Khushi Kumari	Students	Khushi Kumari
5	Dala Paul	students,	Dula Paul
6	Bula Paul	student	Bula Paul
7	Annanya Barua.	Student	Annanya Barua.
8	Sangita Ray	student	Sangita Ray.
9	Nikita Bezbaruah	Student	Nikita Bezbaruah
10	Raj Mohan Dey	Student	Raj Mohan Dey
11	Romanchita Choudhury	student	Romanchita Choudhury
12	Janisha Singha	student	Janisha Singha
13	Ayush Benuik	student-	<i>[Signature]</i>
14	Aman Chhosh	Student	<i>[Signature]</i>

*[Signature]*  
Dr. Sanchay Jyoti Bora  
Principal, Pandu College  
PANDU COLLEGE, PANDU  
Guwahati-12, Assam

ATTENDANCE SHEET			
Venue: Digital Classroom, Pandu College		Date : 08-04-2024	
SL. NO.	NAME	GUESTS / TEACHER / STUDENT	SIGNATURE
13	Bishal Paul	Student	Bishal Paul
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