

Summary Report

Workshop on “Yoga and Meditation” 2017

Organised By-

Centre for Social Work Studies, Dibrugarh University

Date- from 30/10/2017 to 03/11/2017

Introduction- A workshop on “Yoga and Meditation” was organised by the Centre for Social Work Studies, Dibrugarh University from 30/10/2017 to 03/11/2017 at P.A. Sangma Activity Centre, Dibrugarh University for the First Semester Students of Master of Social Work (MSW).

Objective of the Workshop- Achieving Holistic Health of the Participants

Total number of Participants- 32

Resource Persons- The Workshop was organized in collaboration with Vivekananda Kendra Kanyakumari and all the resource persons were from that organization.



Outcome of the Workshop- The workshop has helped the students to learn the techniques of yoga and meditation which will be helpful for them to maintain their physical and mental health, enhancing self-esteem, managing stress, improving their academic performance, and establishing and maintaining better relationships.

Signature of the Chairperson

Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University

Summary Report

Workshop on “Yoga and Meditation” 2018

Organised By-

Centre for Social Work Studies, Dibrugarh University

Date- from 20/11/2018 to 24/11/2018

Introduction- A workshop on “Yoga and Meditation” was organised by the Centre for Social Work Studies, Dibrugarh University from 20/11/2018 to 24/11/2018 at P.A. Sangma Activity Centre, Dibrugarh University for the First Semester Students of Master of Social Work (MSW).

Objective of the Workshop- Achieving Holistic Health of the Participants

Total number of Participants- 33

Resource Persons- The Workshop was organized in collaboration with Vivekananda Kendra Kanyakumari and all the resource persons were from that organization.



Outcome of the Workshop- The workshop has helped the students to learn the techniques of yoga and meditation which will be helpful for them to maintain their physical and mental health, enhancing self-esteem, managing stress, improving their academic performance, and establishing and maintaining better relationships.

Signature of the Chairperson

Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University

Summary Report

Workshop on “Yoga and Meditation” 2019

Organised By-

Centre for Social Work Studies, Dibrugarh University

Date- from 29/10/2019 to 02/11/2019

Introduction- A workshop on “Yoga and Meditation” was organised by the Centre for Social Work Studies, Dibrugarh University from 29/10/2019 to 02/11/2019 at P.A. Sangma Activity Centre, Dibrugarh University for the First Semester Students of Master of Social Work (MSW).

Objective of the Workshop- Achieving Holistic Health of the Participants

Total number of Participants- 31

Resource Persons- The Workshop was organized in collaboration with Vivekananda Kendra Kanyakumari and all the resource persons were from that organization.



Outcome of the Workshop- The workshop has helped the students to learn the techniques of yoga and meditation which will be helpful for them to maintain their physical and mental health, enhancing self-esteem, managing stress, improving their academic performance, and establishing and maintaining better relationships.

Signature of the Chairperson

A handwritten signature in blue ink, appearing to read 'Nitul Kumar Gogoi', written over a horizontal line.

Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University

Summary Report

Workshop on “Mind Education”

Organised By-

Centre for Social Work Studies, Dibrugarh University

Date- 18/11/2019

Introduction- A workshop on “Mind Education” was organised by the Centre for Social Work Studies, Dibrugarh University in collaboration with International Mind Management Institute on 18/11/2019 at P.A. Sangma Activity Centre, Dibrugarh University for the Students of Master of Social Work (MSW).

Objective of the Workshop- Achieving Holistic Health of the Participants

Total number of Participants- 32

Resource Persons- The Workshop was organized in collaboration with International Mind Management Institute and all the resource persons were from that organization.



Outcome of the Workshop- The workshop has helped the students to learn the techniques of mind management which will be helpful for them to maintain their physical and mental health, enhancing self-esteem, managing stress, improving their academic performance, and establishing and maintaining better relationships by managing their mind and designing their thought process.

Signature of the Chairperson

Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University

Summary Report

Workshop on “Life Skills and Managing Workplace Stress” 2021

Organised By-

Centre for Social Work Studies, Dibrugarh University

Date-05/03/2021

Introduction- A workshop on “Life Skills and Managing Workplace Stress” was organised by the Centre for Social Work Studies, Dibrugarh University on 05/03/2021 for the First Semester Students of Master of Social Work (MSW).

Objective of the Workshop- To help the students to develop life skills and skills in managing stress.

Total number of Participants- 33

Resource Persons- Mr Anjan Choudhury, Director, Skillfinity, Guwahati, Assam.



Outcome of the Workshop- The workshop has helped the participants to develop some of the basic life skills required for personal and professional life.

Signature of the Chairperson



Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University

Summary Report

Workshop on “Basic Skills for Social Workers” 2021

Organised By-

Centre for Social Work Studies, Dibrugarh University

Date- from 06/04/2021 to 07/04/2021

Introduction- A workshop on “Life Skills and Managing Workplace Stress” was organised by the Centre for Social Work Studies, Dibrugarh University from 06/04/2021 to 07/04/2021 for the First Semester Students of Master of Social Work (MSW).

Objective of the Workshop- To help the students to develop some of the basic skills required for practicing social work.

Total number of Participants- 33

Resource Persons- Mr Madhurjya Madhab Borah, Intregator, SeSTA, Assam.



Outcome of the Workshop- The workshop has helped the participants to develop some of the basic life skills required for practicing social work in different settings.

Signature of the Chairperson



Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University

Summary Report

Interaction Session on Disaster

Organised By-

Centre for Social Work Studies, Dibrugarh University

Date-23/09/2021

Introduction- An Interaction session was organised by the Centre for Social Work Studies, Dibrugarh University on 23/09/2021 for the Students of Master of Social Work (MSW).

Objective of the Workshop- To help the students to develop their capacity to work during disasters.

Total number of Participants- 62

Resource Persons- Mr Rahul Dey, RedR India.



Outcome of the Workshop- The interaction session has helped the students to understand the role of the social workers in managing disasters and to develop their capacity to work during disasters.

Signature of the Chairperson



Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University

Summary Report

Induction Programme, 2021

For MSW First Semester Students

Organised By-

Centre for Social Work Studies, Dibrugarh University

Date-01/11/2021

Introduction- An Induction Programme was organised by the Centre for Social Work Studies, Dibrugarh University on 01/11/2021 for the First Semester Students of Master of Social Work (MSW).

Total number of Participants- 33

Resource Persons-

1. Prof. Nitul Kumar Gogoi, DU
2. Prof. Deb Kumar Chakravorty, DU
3. Dr Utpal Das, LNB Libraby, DU
4. Dr. Himadri Barman, DU
5. Faculty members of CSWS, DU



Outcome of the Workshop- The induction programme has helped the students to develop their understanding on higher education, role of the University students, role of the University Library, role of the social sector and the scope of the Social Work Profession.

Signature of the Chairperson



Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University

Summary Report

Workshop on “Group Processes and facilitation”

Organised By-

Centre for Social Work Studies, Dibrugarh University

Date- from 02/11/2021 to 04/11/2021

Introduction- A workshop on “Group Processes and facilitation” was organised by the Centre for Social Work Studies, Dibrugarh University from 02/11/2021 to 04/11/2021 for the Third Semester Students of Master of Social Work (MSW).

Objective of the Workshop- To help the students to understand the group processes and develop their facilitation skills.

Total number of Participants- 31

Resource Persons- Mr Pradyut Bhattacharjee, Executive Director, SeSTA.



Outcome of the Workshop- The workshop has helped the students to develop the group processes and facilitation skills which will be helping them to work with groups and communities more effectively.

Signature of the Chairperson

Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University

Summary Report

Seminar on “Role of Society in Cancer Care”

Organised By-

Pratishruti Cancer and Palliative Trust

In collaboration with-

Centre for Social Work Studies, Dibrugarh University

Date-12/12/2021

Introduction- A Seminar on “Role of Society in Cancer Care” was organised by Pratishruti Cancer and Palliative Trust in collaboration with the Centre for Social Work Studies, Dibrugarh University on 12/12/2021 at Ranghar Auditorium, Dibrugarh University.

Objective of the Workshop- To help the participants to develop their understanding on the role of the society in cancer care.

Total number of Participants- 150



Outcome of the Seminar- The workshop has helped the participants to develop their understanding on the role of the society in cancer care.

Signature of the Chairperson



Prof. Nitul Kumar Gogoi
Chairperson
Centre for Social Work Studies
Dibrugarh University