

**MEDITATION CUM PERSONALITY DEVELOPMENT CELL (M.P.D.C)
SILAPATHAR SCIENCE COLLEGE**

A Brief report on MPDC Programs

1. Inauguration of Meditation cum Personality Development Cell (MPDC)

Date : 06/06/2013

The Meditation cum Personality Development Cell (MPDC) was established on 06/06/2013 for the first time in the college. It was established to develop all rounder students i.e. physical mental, musical and literature etc. The program was inaugurated by Sri Bipin Chandra Chutia, Assistant Teacher in presence of GB member president Dr Koudinya, Principal Sri Ranjit Saikia Sir and all teaching and non teaching staff members of the Silapathar Science College.

1. Inaugurator of MPDC Cell : Sri Bipin Chandra Chutia.

(Assistant Teacher)

2. Miss Manisha Rupchanda assistant teacher of Bibekananda Centre.

3. Sri Mohendra Gogoi. Retrd.SP.

Sri Chitra Ranjon Basumatary. Vice President, ASSU.



2. Yoga Class

Date: 10/06/2013

The resource person was Dr Mukunda Madhav Rajbonshi, Associate Professor of Lakhimpur Girls College, Lakhimpur. The target group of the program was new comers, 1st Semester

On this day the resource person deliver a lecture on how to increase mind power (IQ) through YOGA (Meditation). He also explained about the Calm mind and the vacant mind.



3.

Date: 13/06/2013

The resource person was Sri Diganta Dihingia and the target group was B.Sc. 3rd semester students of the college.

The resource person took a class on Yoga Meditation. He explained about the all Yoga ashana and their benefits. He also mentioned the role of yoga in Intellectual. Mental Emotional and Spiritual development in a student.



4. Motivational Talk

Date: 22/07/2013

The resource person were Sri Jiwan Taye, Singer , producer, and Director and Ms Silpi Junak Taye. The target group was 5th semester Students of the college.

The resource person gave a Motivational talk on literature, cultural and musical system of modern age. He explain about the patriotic great person of India, and how they fought against the British and able to independent our country from the British rule. He also shared his experience about the film production and direction with the students.



5. Carrier Guidance :

Date : 25/07/2013

The resource person was Sri S. Saikia, Manager, SBI, Kulajan Branch. Silapathar, Dhemaji. The target group was 3rd Semester Students of the college.

It was a program on carrier guidance. The resource person gave some ideas about the preparation of competitive examinations. He added that knowledge, Patience Motivation and Personality Development has a positive effect on one's life. He also added that there is no replacement of hardwork.



6. Motivational Talk

Date: 8/08/2013

The resource person was SriDiganta Hazarika, Asst. Professor of Dhemaji College. The target group was 3th semester Students of the college.

A Motivational al talk was given by the resource person .He emphasize on the soft information in education system. He also explained how the negativity can be change into positive attitude towards the achievement of our goal.



7. Motivational Talk

Date : 14/08/2014

The resource person was Dr. Sankar Patowary, singer, asst. professor Dhemaji Commerce college.

Miss Manisha Rupchanda Asst. Teacher of Bibekananda Centre. The target group was 3rd Semester Students of the College.

On this date the resource person emphasize on how to increase concentration during study. He started his lecture by singing one Bhupen Hazarika, song. He also motivated the students to develop JATIYOTABADI among them.



8. Motivational Talk

Date : 28/08/2014

The resource person was Dr Uttam Das, World record holder in Mirror Language. The target group was 3rd semester students of the college.

A special guest was invited to the MPDC cell of the college who got the Doctorate degree on “Mirror writing of world record U.K. He motivated the students saying that everyone is unique and special. He suggested the students to make themselves ready for each and every competition and bring limelight to different qualities that they poses. Atlast he concluded his Motivational al talk with a “quotation Shout for the moon if you do not land you will get the stars.”



9. Carrier Guidance :

Date : 29/08/2014

The resource person was Sri Satyokam Dutta IAS Dhemaji and the target group was 3rd. semester students of the college.

The resource person discuss with the students about how to prepare for UPSC and APSC examination. Different guest were deliver their lecture on all rounder development. Lastly the speech was concluded by explaining the quotation "Think Globally act locally" by Mr Chitraranjan Basumatary, ASSU (President).



DATE: 29.8.14

Invited Guest : Satyokam Dutta (IAS)

The 3rd class of M.K.P.D.C started with the Omkar chanda by Sundi Sonowal followed by the students of Silapathar Sevenm college.

Followed by the Guest was felicitated and the programme started. Satyokam Dutta delivered his speech by giving suggestion to the students in following way.

1. How to what is UPSC, APSC examination.
2. How to prepare for these examination.
3. He gave more strength to read at least one newspaper.
4. How to makeup the time in competitive exam.
5. How to consulting counselling yourself.
6. He interacted with students and motivated the students to be ready from today onwards for coming competitive exams.
7. He explained the different stages of UPSC exams neatly.
8. He explained how to face the interview board.
9. Answering the question of Karishma sir, he explained, what answer he was given in an interview board when asked about the backward place "Dhemaji".
10. He explained how to take the benefit of reservation quota.
12. He explained how the Nayanam konwar (IAS of Tezpur) get success in the IAS exam instead of poor economic condition.

Speech of Chitraranjan Basumatary (President of Dhemaji ASSU)

He explained that M.K.P.D.C of Silapathar is one of the important cell for the all round development of the student in silapathar. "Think Globally act locally" explained this quotation with example.

Signature:

1. Dr. Ranjit Sainia. 29.08.2014
2. Satyokam Dutta 29/08/2014
3. Chitraranjan Basumatary 29/08/2014
4. Subhash Kumar 29/08/2014
5. Kishore Ranjan Chutia. 29/08/14
6. Siddhartha Phukan. 29/08/14
7. Karishma
8. Rajit Biswas
9. Jiten Boruah

Principal
Silapathar Sevenm College
Silapathar-781059

10. Motivational Talk

Date : 20/08/2015

The resource person was Father Peter, Principal, Don Bosco High School Silapathar. The target group was 3rd Semester students of the SSsC.

On this day the program was mainly focus on the Discipline. The resource person discuss about how one should maintain discipline to be successful in life.



11. Motivational Talk

Date : 27/08/2015

The resource person was Sri Joy Chokrobarty. Software Developer, Gutenberg, Sweden. The target group was Students of B.Sc. 1st Semester.

It was a program on Motivational talk given by the resource person specially on Hardworking, will power, and Honesty.



12. Motivational Talk

Date: 06/09/2015

The resource person was Sri Pronob Choudhuri, OC GREF, Jalakiasuti. The target group was B.Sc. 1st semester students of the college.

The program was on Motivational talk emphasizing on learning of different language and self awareness or able to know one's weak and strong point so that success can be possible in future.

Office of the Principal
Sri Pronob Choudhuri
Date: 29.08.14

Invited Guest: Satyakam Dutta (IAS)

The 3rd class of MKPDC started with the Omkar chanta by Junior Senanai followed by the students of Selapathar Senanai college.

Followed by the Guest was felicitated and the programme started. Satyakam Dutta delivered his speech by giving suggestion to the students in following way.

1. How to what is UPSC, APSC examination.
2. How to prepare for these examination.
3. He gave more strength to read at least one newspaper.
4. How to make up the time in competitive exam.
5. How to counselling yourself.
6. He interacted with students and motivated the students to be ready from today onwards for coming competitive exams.
7. He explained the different stages of UPSC examination.
8. He explained how to face the interview board.
9. Answering the question of Kanyasulkam, he explained, what answer he was given in interview board when asked about the backward place "Dhemaji".
10. He explained how to take the benefit of reservation quota.
11. He explained how the Nayanam konwar (IAS of Tezpur) get success in the IAS exam instead of poor economic condition.

Speech of Chittaranjan Basumatary (President of Dhemaji ASU)

He explained that MKPDC of Selapathar college is one of the important cell for the all round development of the student in selapathar. "Think Globally act locally" explained this quotation with example.

Signature:

1. Dr. Ranjit Sainia. 29.08.2014
2. Satyakam Dutta 29/08/2014
3. Chittaranjan Basumatary 29/08/2014
4. Subhash Kumar 29/08/2014
5. Kuntim Ranjan Chatterjee 29/08/14
6. Siddhartha Phukan 29/08/14
7. Kuntim Ranjan Chatterjee
8. Jyoti Biswas
9. Jiten Borah

Principal
Selapathar Senanai College
Selapathar-781059

13. Motivational Talk

Date: 26/09/2015

The resource person was Mr Bhaskor Pegu, ADC, Dhemaji and the target group was all the teaching and non teaching staff along with the students.

The program was started with “ Digantor hipare alookor hondhanot “ a beautiful assamese line for the students. The resource person mainly focus on the active communication system and explain its benefits with example.



14. Motivational Talk

Date : 08/10/2015

The resource person was an alumniof the college, Dr Anupam Purukayeshtho (MBBS)and the target group was B. Sc. 3rd semester and students of H.S. 2nd Year.

He shared his experience with the students and motivated them to be self confident. He also explained that their mind set should be perfect so that no one can prevent them from achieving their goal.



15. Motivational Talk

Date: 29/10/2015

The resource person was also an alumni of the college Sri Ajoy Tamang, an Entepreneure and the target group was Students of B. Sc. 5th semester.

The program was on both Motivational al talk and Environmental Awarnes. The resource person was an alumni of the Silapatha Science College. He became nostalgic by attending the MPDC program in his own college. He share his experience and request each and everyone to be neat and clean and make our environment survivable for all type of organism.



16. Motivational Talk

Date: 20/01/2016

The resource person was Sri Pronob Choudhuri OC, GREF, Jalakiasuti. Today's target group was 3rd Semester students of the college.

It was a Motivational talk by the resource person who started his talk by emphasizing the ability to know the different language. He explained three eligibility criteria for incoming generation

1. Language Mastery: International and regional.
2. Mastering the potential: One should master his potential to survive in this changing world as new horizon keeps on coming always.
3. Always be prepared for the opportunities, coming ahead.

20/01/16

Name - Pronob Chaudhury
Designation - OC, GREF, Jalakiasuti.
Topic - Motivational class

Target Group - H.S. 1st year (Sec A & B).
Language: Hindi & English

⇒ The class started with Omkar chants.
The guest was then felicitated by a 'flam gamosa' and welcome for the class.

The guest started his class and asked few students to learn different languages as according to him, it ~~at~~ the people learn more languages, more fields or ~~opportunities~~ ^{opportunities} are available for them.

The guest also told 3 eligibility criteria for income generation -

- 1) Language mastery - International
- Regional
- 2) Mastering the potential: One has to master his potentials to survive in this changing world as new horizons keeps on coming always.

The guest also cited some examples.

Lastly, the guest said that one of the important key to success is preparedness for opportunity.

The class ended with 'Omkar chants' and the co-ordinator gave vote of thanks.

Principal
Silapathar Science College
Silapathar-787059

17. Celebration of International Yoga Day.

Date: 21/06/2016

The resource person was Dr Ranjit Saikia, Principal, S. Sc. C and the Patonjali YOG Samity Silapathar. The target group was the Students of 5th.Semester.

It was a YOGA class .Celebrated the “International Yoga day” in association with the NSS group of Silapathar Science College.



18.Yoga Class

Date: 06. 08/2016

The resource person was Sri Mani Sankor Rai , Vice President , YOG Samity Dhemaaji. The target group was B.Sc . 1st semester students of the college.

The program was on YOGA class for the new comers. The resource person took a yoga class and asked everyone to practice yoga regularly to improve concentration, mind power, calmness and free from many diseases.



19. Motivational al Talk


Date: 15/09/2016

The resource person was Mr Rahul Debnath, BBM, (Bangalore), Sound Engineer.

The target group was B. Sc 1st semester students of the college.

A Motivational al class on carrier guidance was carried out by the resource person. He explain about the positive energy and try to creat it in every steps of life. He asked students to identify their own uniqueness and peculiarities and move forward towards the goal. He gave many examples and lastly said that it requires lots of patience and hardworking to achieve one's own aim in life.


Date: 15/09/16



Name - Rahul Debnath
Educational Qualification - BBM (Bangalore)
- Sound Engineering (SAE -
School of Audio Engineering, Chennai)
Topic : Motivational class.

Work Profile -

- Paravasthanadenu - Lead Vocalist
(Kannad Movie)
 - Sonu Nigam, Shreya Ghoshal,
Vijay Prakash, Krishna
Bewra.
- Dui (Assamese movie) - Zubin, Deepankar
Rishika Sharma
Siddhanta Hazarika
Manjra Ganguly
Nizee Gitsree
- Album - Dreamgirl (For Hema Malini)
- Babul Supriyo
- Also lots of Documentaries with
Jatin Sharma.



Principal
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20. Universal Brotherhood day Celebration

Date: 09/09/2016

The resource person was Dr Banjit Bhatta, Associate professor, Dhemaji College. The target group of program was all the students of the college.

On this day, Universal Brotherhood Day was celebrated in Silapathar Science College to mark Swami Vivekananda's Speech of world religion meet, 1983. Here in this program the resource person emphasized on "Changing ourselves for good and understand our potentialities as true human being and walk towards the horizon where the present concept of universal Brotherhood in turned to reality.

 9-9-16

Today, on this 9th day of September 2016, Universal Brotherhood Day was celebrated in Silapathar Science College to mark the Swami Vivekananda's Speech of World religion meet, 1983.

Silapathar Science College unit for Meditation and Personality Development Cell in association of VKV, Dhemaji hosted the programme with successful outcome of being able to deliver the precious teachings of Swami ji as per the agenda overleaf.

Members present in the occasion:

- ① Principal, Si. Sc. College
- ② Lakshminarayana Goswami, Principal, VKV, Dhemaji.
- ③ Rupakanti H. Secretary VKSPV Guwahati
- ④ Rajat Bhatia - G.P.
- ⑤ Vikram Jyoti Lahon, Asst. Prof., Dept. of English
- ⑥ And 9 (nine) student representative of VKV, Dhemaji
- ⑦ 120 (One Hundred & twenty) nos of B.Sc. 1st Semester students

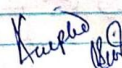
Proceeding of the meeting:

The meeting started with the lighting of the ceremonial lamp by Dr. Banjit Bhatia, Principal Silapathar Science College, Silapathar and Lakshminarayana.

The Vote of Thanks was ^{extended} given by Mr. Jayajal Mali, Asst. Prof. Dept. of Zoology, Silapathar Science College to each and everyone present in the occasion. He specially thanked the guest students from VKV, Dhemaji for their wonderful presentation. He thanked the Resource Persons in person for their valuable speech. Lastly he thanked Ms. Tina Bora, the anchor of the programme who very sincerely carried over the entire programme towards success, not the least he thanked the students of this college for attending the programme and making it a success with the words

"Arise, awake, stop not till the goal is achieved"

Vikram Jyoti Lahon
Asst. Prof., Dept. of English
Silapathar Science College.


Principal
Silapathar Science College
Silapathar-787059

21.Environmental Awareness Programme

Date: 30/05/2017

On this day, the resource person was the Padmashree Sri Jadav Payeng, the Forest man of India.

The target group was all the students of S. Sc. C. along with school students.

It was an interaction Session with the forest man of India. Two documentaries, based on the forest man of India were showed. It showed how he had faced hardships and how consistent he was in his work and after a long 30 yrs the “Mulai Kathoni” is converted to a habitat of large number of wild fauna and flora. The forest man of India emphasis on planting more and more trees to make our earth sustainable for presents as well as future generation.



22. Motivational Talk

Date: 07/08/2017

The resource person was Dr Banjit Bhatta, Associate professor of Dhemaji College and the target group was B. Sc. 1st semester students of the college.

It was a Motivational class by the resource person for the target groups. He described that the students of 12-18 yrs of age have such talent that they can achieve everything in life by utilizing, managing and proper using of their mind power. He also compared institution with the river and the water in the river as 'Amrit' or holy water. In the river with knowledge with the 'Holy Water'. Now it is up to students to gather knowledge or not. He also suggested some questions for oneself to increase confidence in students, i.e., YES I CAN, No One is Beautiful than Me, Such type of quotations were uttered by the resource person to improve as well as increase confidence in young generation.

MPD Session dated August 2017.

Resource Person: Dr. Banjit Bhatta, Associate Prof., Dhemaji College.

Members present:

1. Mr. Ranjit Sankia
2. Dr. Banjit Bhatta
3. Mr. Jai Anjanali Mali
4. Mr. Janti Sonowal
5. Mr. Nihon Jyoti Sahoo
6. Mr. Bhaskar Jyoti Bhuyan

Target Group: H.S. 10th year & B.Sc. 1st Sem. Students.

Topic: A class on motivation

The class started with 'Omkar' and after felicitation of the guest.

The guest started his speech and told about three letter golden word 'YES I CAN' that if followed will change the life.

The guest also said that the students of 12-18 years of age have such talent that they can achieve everything in life but they have to utilise it properly, manage it and those who have utilised it properly have become great persons in their life.

The guest says that an institution is like a river and the water in the river is Amrit or 'Holy Water'. In the same way he compared an institution with the river and the knowledge with 'holy water'. Now he said it's upon the

student's to gather knowledge or not.

The guest also emphasized on reading books and going to the library to gather knowledge.

He also asked the students to get up early and stand in front of mirror and say no one is beautiful than me (self). Mine universe is so beautiful and I am one of the good man on this earth. So, if we think positively early morning, good things will take place and if we think negatively, our mind will start acting accordingly and nothing good will happen with us.

The guest also said "Information is not knowledge but information is required to gather knowledge and application of knowledge is very important."

The guest also said that Goals should be SMART- Specific, Measurable, Achievable, Reasonable, & Time Bound.

SWOT - Strength, Weakness, Opportunity & Threats.

Last the guest asked the students to always remember "Where one was born? Where is his/her home? Where is he/she now? Where is he/she going and why?"

The Principal of the college, then thanked the guest & said the importance of the class & how & why it was established.

Then the co-ordinator thanked the guest & principal and all members present & the class ended with "Omkar Chants".

23. Motivational Talk

Date: 12/08/2017

The resource person was Dr Dharanidhor Goswami, Joint Secretary, AHSEC, Guwahati. The target group was B.Sc. 3rd semester students of the college.

The program was on Motivational class. The resource person started his lecture by describing the will power as a real knowledge. He cited that the importance of choosing of goal, Dream, stability, hardwork patience, perseverance etc. in ones success journey. He also explain that parents should not force their children to choose their aim in life, it should be independent. In this contact he added the perseverance of "Margret Mitchell and her famous book "Gone with the wind".

Date: 12/08/17

Name: Dr. Dharanidhor Goswami
Designation: Joint Secretary, AHSEC, Guwahati
Topic: Motivational Class
Target Group: B.Sc. 3rd year students.

The programme started with the 'Om' Kare dhara, followed by meditation. Then our honourable chief guest along with our principal Sir was facilitated with a phoolan Gamasa, Mibui Gulas and a phoolan Gamasa respectively.

A welcome speech was given by our respected principal Sir Dr. Ranjit Saikia. He also highlighted the purpose of the gathering in the MPDC Hall.

Our Honorable Chief guest, was also requested to give a speech. He mentioned the purpose of his visit and spoke his mind. He has come here for an inspection. He delivered a very wonderful speech bearing the story of the relationship between God and the teachers, in the world. The importance of teachers, how a teacher can lead a student towards God and knowledge. His speech reminded us of the respect a teacher is given to in India. Teachers being the deliverers of knowledge should always be careful and helpful towards the students. If a teacher is truly devoted towards his duty, his students as teachers will always help the students to shine.

of thanks. The session ended with the 'Om' Kare dhara.

Members Present:

1. Dr. Ranjit Saikia
2. Ankush Chutia
3. Bhaskar Syoti Bhuyan
4. Jaanmoni Buragohain
5. Kabita Kumar
6. Trishna Bhuyan Saikia
7. Deizee Singh Pegu
8. Sanjay Mahato
9. Arpan Purnakayastha
10. Dharanidhar Pegu
11. Nitesh Das
12. Juntio Sonowal
13. Tai Dayal Mali

Principal
Silapathar Science College
Silapathar-787059

24. Yoga Class

Date : 20/8/2017

On this day, the Silapathar Science College was visited by Sri Prodan Boruah MP, Lakhimpur loksabha. He Appreciated the MPDC cell of the College and attend the YOGA class along with the Patanjali YOG Samiti of Silapathar.



25. Motivational Talk

Date: 26/09/2017

The resource person was Dr Uttam Das, world record holder in mirror language and Sri Bijoy Das, Principal, Mothers Pride School, Dhemaji. The target group was the 5th semester and H.S. 2nd year students of the college.

The program was a class on Motivational al talk. The resource person motivated the students to showcase their talents and work hard so that success will be their. The another resource person emphasis on inviting the barber, cobbler, tailor, etc. as they are also a apart of society. We should hear some fact from them also.



26. Celebration of International Yoga Day

Date:21/06/2018

The resource person was Mrs Rumi Borgohain and three members of Patanjali Yog Samiti Silapathar and the target group was B. Sc. 1st semester students of the college.

Celebrating the International Yoga day at Silapathar Science College in the MPDC Hall. 700 students and 50 numbers of College staff members participated in the program.



27. Yoga Class

Date : 02/08/2018

The resource person was Mr Monisankar Rai , Vice President, Patanjoli Yog Samiti, Dhemaji. The target group was B.Sc. 1st semester students of the college.

A YOGA class was taken by the Yogguru (resource person) to the new comers of the college. He explain about the benefits of yoga in many aspects such as bring concentration in study, to relief pain, recover many diseases, relief from body pain , and many more disease and how yoga make our body fit, active and healthy.



28. Motivational Talk

Date: 20/08/2018

The resource person was Mr Kowstavmoni Kakoti , Reporter, Protidin Time and the target group was B.Sc. 1st semester students of the college.

The resource person was a journalist of Protidin time . He share his experience and struggle with the students. He asked each and everyone to set certain goals in life and to work hard to acheive it. Unless and until one sets goal, cannot reach their goal.

29. Hudhakonthor husthito geet- hahityor bisar

Date : 09/07/2019

The resource person was Dr Banjit Bhatta, Retrd. Associate Professor, Department of Zoology, Dhemaji College. The target group was All teaching and non teaching staff along with degree students.

A program organized by the MPDC cell to pay homnoge to the Birth Anniversary Day of the legend, the Bharat Ratna Awardee, Dr Bhupen Hazarika. “Hudhakonthor husthito geet- hahityor bisar” hirkhok adinia alluchonachokro.’ It was a day of discussion about the creation of Bharat Ratna Dr. Bhupen Hazarika. The resource person pointed that each and every song of Dr. Bhupen Hazarika is a poem and is filled with literatures. He said that the legand wrote many songs on the ‘NATURE’and meaning of many Bhupendra song were explain by him. He sung many Bhupendra song and nicely explain about the meaning of the song. At last he urged that being an assamese, we should also have a stand on such works of the legend and should think of the conservation measures for the future generation. The resource person finaly concluded his speech with the Bhupendra Geet, MANUHE MANUHOR BABE.....singing together with the audience present in the auditorium.



30. Motivational Talk

Date : 09/10/2019

The resource person was Dr Jiwan Saikia , Asst. professor, Deppt. Of Chemistry, Dibrugarh University. The target group was B. Sc 1st semester students of the college.

It was a Motivational al talk by the resource person. He briefly explains about the recent education Policy of India. He also compared the education system of India and aboard. He asked the students to develop communication skill, which is essential to be success in life.He pointed out the use of technologies and discussed about the merit and demerits of technology. In the final session of his speech he motivated the students with scientific background into the field of employment such as Banking sector, Research, NGO, etc. He also share his experience during the period of USA with the students.



31. A Discussion on Astro – Physics and superstitious

Date:17/09/2019

The resource person was Dr Pranab Jyoti Chetia, Curator Member Secretary, and Jorhat Planetarium. The target group was B.Sc. 3rd semester students of the college.

It was a program on Astro – Physics by the resource person. He also explains real fact of many superstitious which are the belief of many different societies.

