

Orientation Programme on Menstrual Hygiene Management

Girl students of Don Bosco College, Kohima attended an orientation session on 'Menstrual Hygiene Management' specifically organized by the Family Planning Association of India (FPA India) for the college on 19th October, 2020 at 3:00 pm via Zoom Online platform App.

The girls were oriented by Akangkola Namo, Programme Officer, FPA India, Nagaland Branch. During the session, the Programme Officer oriented the girls on the basic facts and knowledge about menstruation and its cycle, taboos related to it along with menstrual health and its importance; why it is important and required to maintain good hygiene during periods.

The programme was chaired by Ms. Zevisano Khate, DBCK Staff while Dr. Imtinaro Longkumer, Coordinator Women Cell, DBCK proposed the vote of thanks.

The orientation concluded with interaction and questions by students which were answered by the speaker. Around 192 girls from DBCK successfully attended the orientation programme.



F.P. Sarma
10/11/2020
Principal
Don Bosco College
PB - 430
Kohima-797001 Nagaland

A handwritten signature in blue ink, located to the right of the principal's stamp.

REPORT ON FINE ARTS CLUB

ACTIVITY –IV

On November 26, 2020, Fine Arts Club, DBCK, conducted its fourth activity on the theme “Weaving skills”. On this day all the club members were asked to create/ make anything of their choice incorporating the theme of the day.

All the club members actively participated, showcasing their vibrant skills and talents. The best two, Hiwale - 1st Semester (Edu) and Rukuvo – 5th Semester (Soc) was awarded with a book each (Rs. 250/-) from Amazon.

Report by,
Tonitoli
Secretary, Fine arts club, dbck



Plastic basket weaving.

The product is not completed because I ran out of time.

- Neingusanuo Pienyu
5th semester, English department.



DON BOSCO COLLEGE, KOHIMA

DUTY AND JOY

The NSS UNIT (DBCK), 2nd semester students under the guidance of college, started a mission program in the NSS adopted village, that's Chedema Village; under the theme "EMPOWERING VILLAGE CHILDREN".

The program started on 5th April, 2021 and would conclude on 10th May, 2021.

Day 1: date 5th April

- Going Club was- National Cadet Corps (NCC).
- Activities conducted are::
 - Physical exercise
 - Yoga
 - Singing the National Anthem of India
 - Parades and March past
 - Laughing games
 - Fun time with children
 - Interaction and photography

- NCC cadets:
 - Kumlula Yimchuger
 - Helula Yimchuger
 - Yetsang Yimchuger
 - Lorenbeni Mozhui

Detail report:

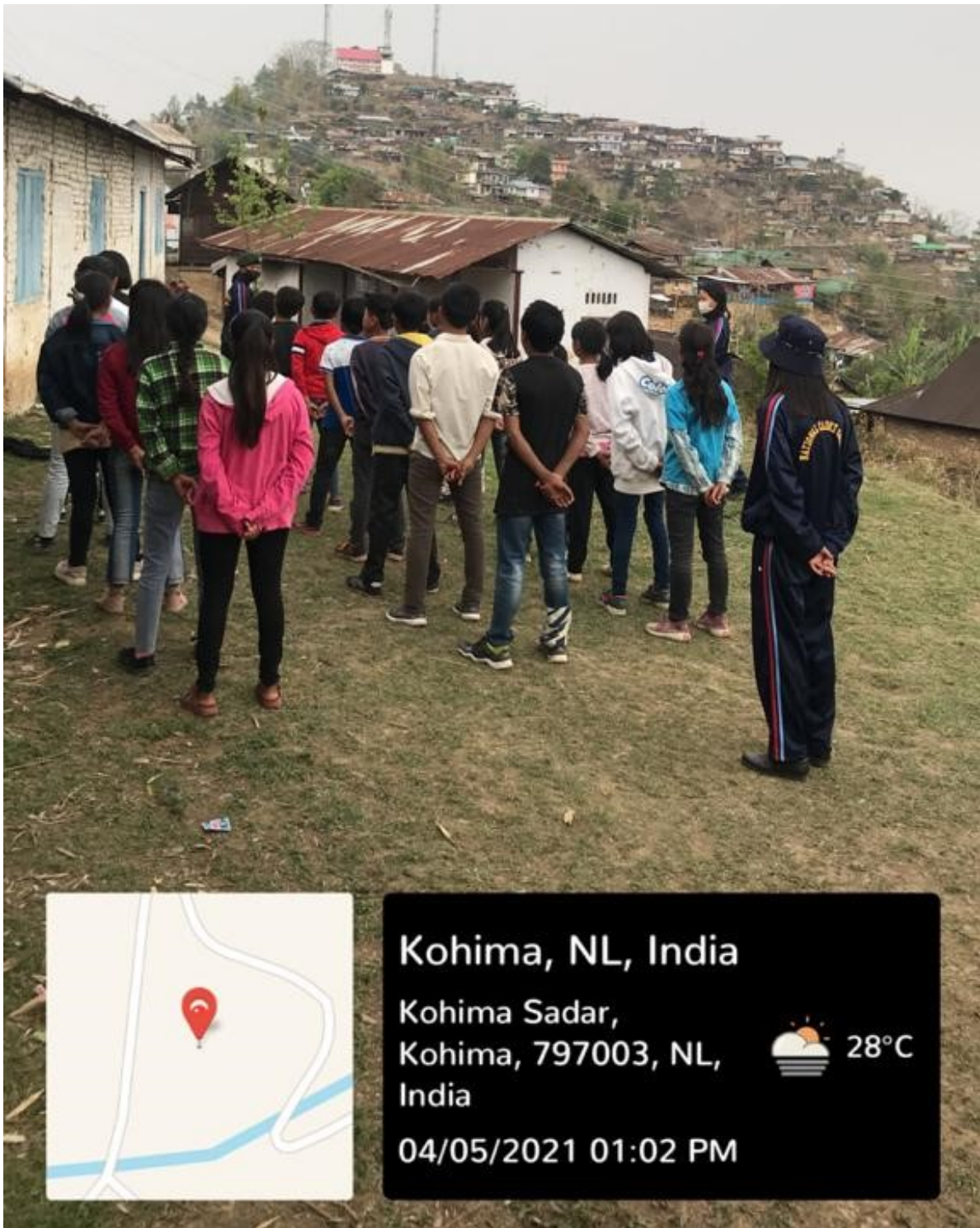
The first day of the mission program was organised in collaboration with the NCC, and all together 10 students went to the village.

The program started with Ebibeni leading a prayer than introducing the club and their activities. The head master of Government Middle School, Chedema took some times encouraging students for active participation than was followed by President of Students Union Chedema ,who thanked the college and NSS for adopting the village and conducting various activities for the children there.

The NCC did take their time and carried the various activities, bringing joy and happiness in children, teachers and all.

It was a wonderful day of teaching and learning.

The day concluded, with interaction with students, photography session and with thanksgiving prayer.



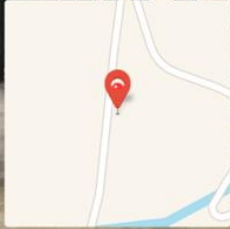
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Kohima, 797003, NL,
India



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Kohima, NL, India

Kohima Sadar,
Kohima, 797003, NL,
India



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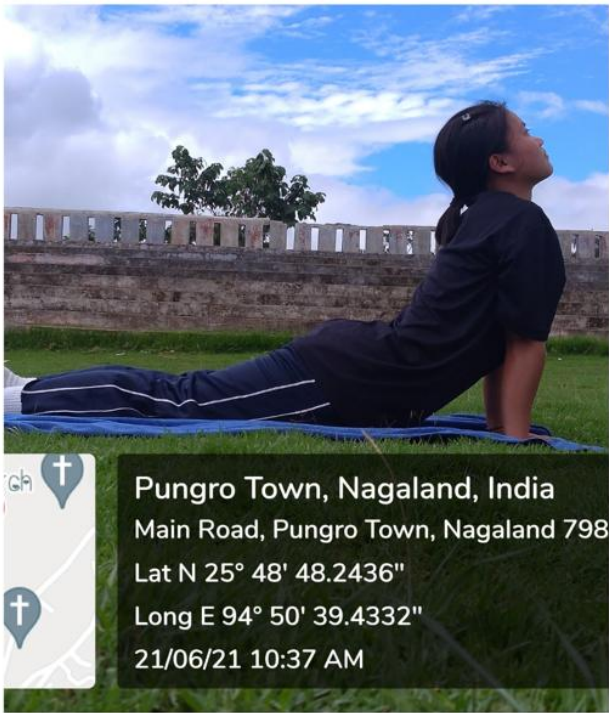
Report

International Yoga Day- NSS and NCC Report:

21st June 2021: The International Yoga Day is celebrated every year on June 21. The day (21 June) was chosen because June 21 is the longest day in Northern Hemisphere. As per UN's website, the theme for this year's Yoga Day was "YOGA FOR WELL- BEING". This year the Yoga Day was observed through digital video conference i.e, online mode due to the COVID Pandemic. The event was made successful after 2 days (19th-20th June) of continuous rehearsal via Google Meet App. And finally on dated 21st June at hour of 9:30 A.M to 10:30 A.M the actual day was observed in which Cadets from different schools and colleges performed yoga under the guidance of Yoga Guru Dr. Arvind in a video conference through Google Meet. Different yoga postures and benefits of yoga in controlling one's mind, body and soul were taught to the attendees. This event gave us a chance to know how yoga embodies unity of mind and body.



CDT- Tsurila z
1st NL Girl BN NCC
Don Bosco College Kohima



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Long E 94° 50' 39.4332"
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Cadet Kumlula A Yimchunger
NL20SWA103435
Don Bosco College Kohima
Naga Girls NCC Kohima

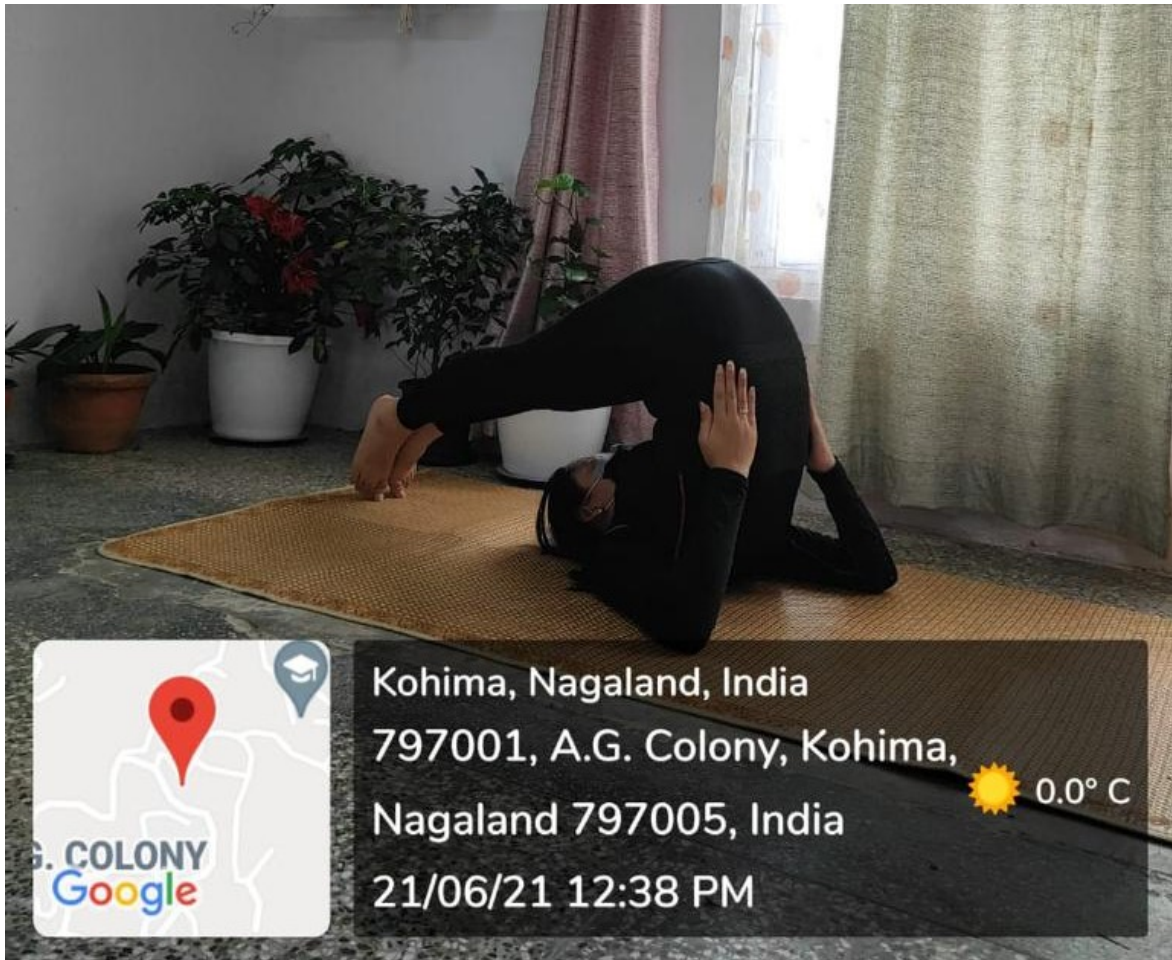


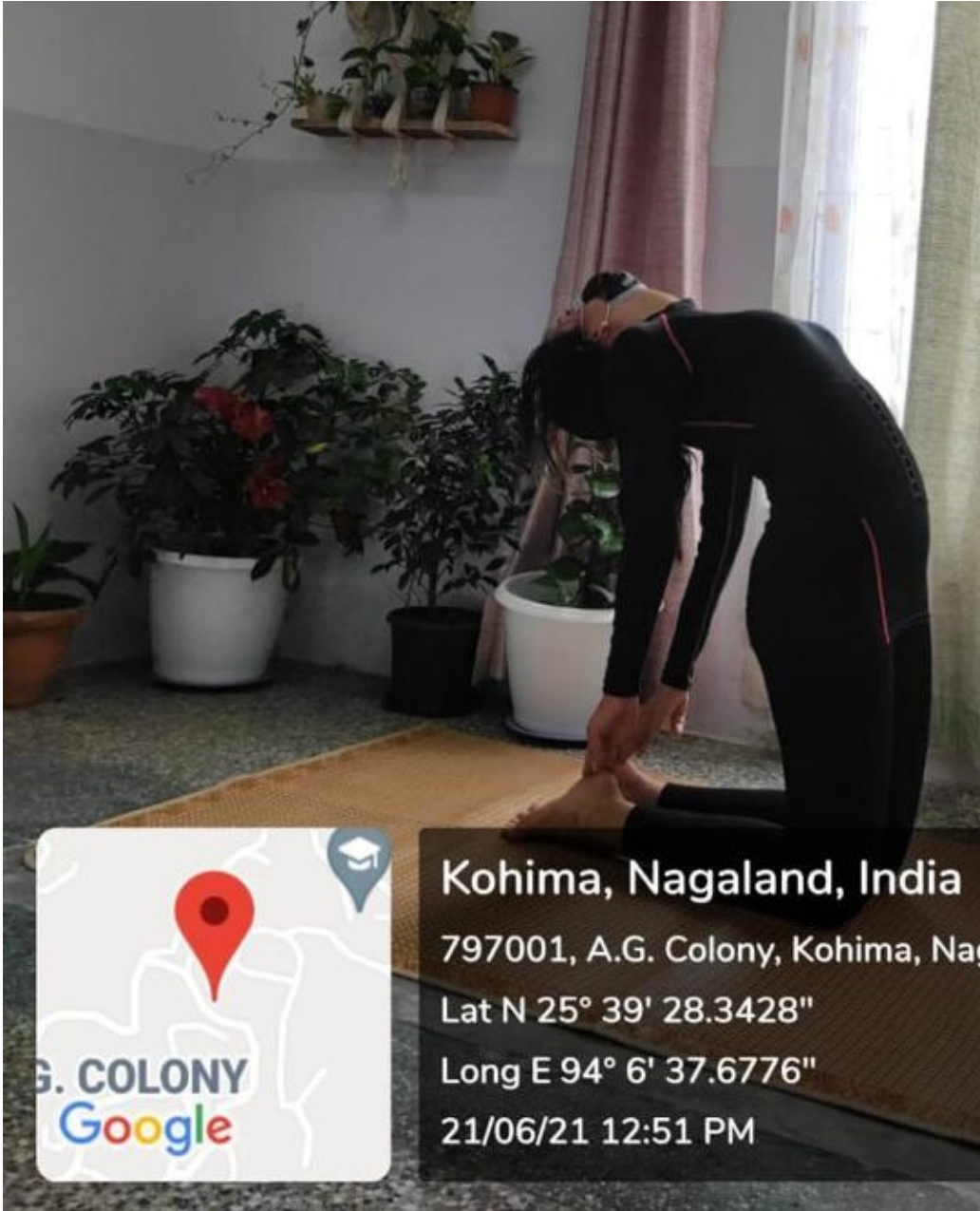
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REPORT

NSS Celebrate International Yoga Day

21st June 2021: The 7th International Yoga Day was celebrated on 21st June, 2021. As part of the international event, the National Ayush Mission in collaboration with the NSS Cell of Nagaland organized an online virtual meet and the volunteers were asked to click pictures of them performing yoga postures (asanas). In response to the call of the nation, the volunteers of Don Bosco College, Kohima also participated. Two volunteers, Adotsa C Nyuwi of English department, and Sukisiigla Jamir of Political Science department participated by performing different postures of yoga.





A.G. COLONY
Google

Kohima, Nagaland, India
797001, A.G. Colony, Kohima, Nagaland
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