

NOTICE

Date : 24/11/24

It is hereby informed to all the students ,faculties ,library and office staff of West Guwahati commerce college that on 26/11/24 there will be a spiritual event to create a holistic environment in our college .Therefore, all are requested to be present there to make the event successful.

Name of resource person :Dr. Sunita Agarawal

(Vice-principal , Dispur college)

Thank you

Time: 1 pm

Venue: conference Hall.

R. Bakman
25/11/24

R. Bakman
23/11/24

PS
23/11/24

S. Alwin
22/11/24

Princy
23/11/24

Dr. Sunita Agarawal
22/11/2024
CO-ORDINATOR, IQAC
W.G.C.C.
IQAC, Co-ordinator

Princy
28/11/24

Princy
24/11/24

Principal, i/c

W.G.C.C.
Principal i/c

West Guwahati Commerce College
Mailing Address: T-1012

Sunita Devi
25/11/2024

Princy
22/11/2024

Princy
25/11/24
22/11/24

Princy
23/11/24

Princy
25/11/24

Princy
23/11/2024
23/11/24

Attendance of Participants for attending Spiritual Lecture Date 26/11/24

Participants Name	Designation	Semester.	Contact No
Bhaba nanda Dutta	Principal		9435909924
Sujit Nandi	Asstt. Prof.		7002650983
Dipak Jain	Asstt. Prof.		9707822001
Ramant. Das	-do-		9101666675
Dr. Nandita Sarma	Asstt prof.		8486153760
Sanku Choudhary	Asst Prof		9954010026
Elera Devi	Asstt prof		9706412246
Dr. Iva Devi	Asst. prof		9954203448
Usha Kumari	Teacher		9954454160
Maneshi Bhattacharyya	Asstt prof		8638726707
Dr. Subhankar Das	Asst Prof		9954006733
Manika Kumari	office staff		9954461311
Madhusmita B Devi	Asst Prof		8876787342
Tripti Haloi	-do-		9707225487
Prashantika Barman	do		7086549711
Barasha Sarma	Librarian		6900198900

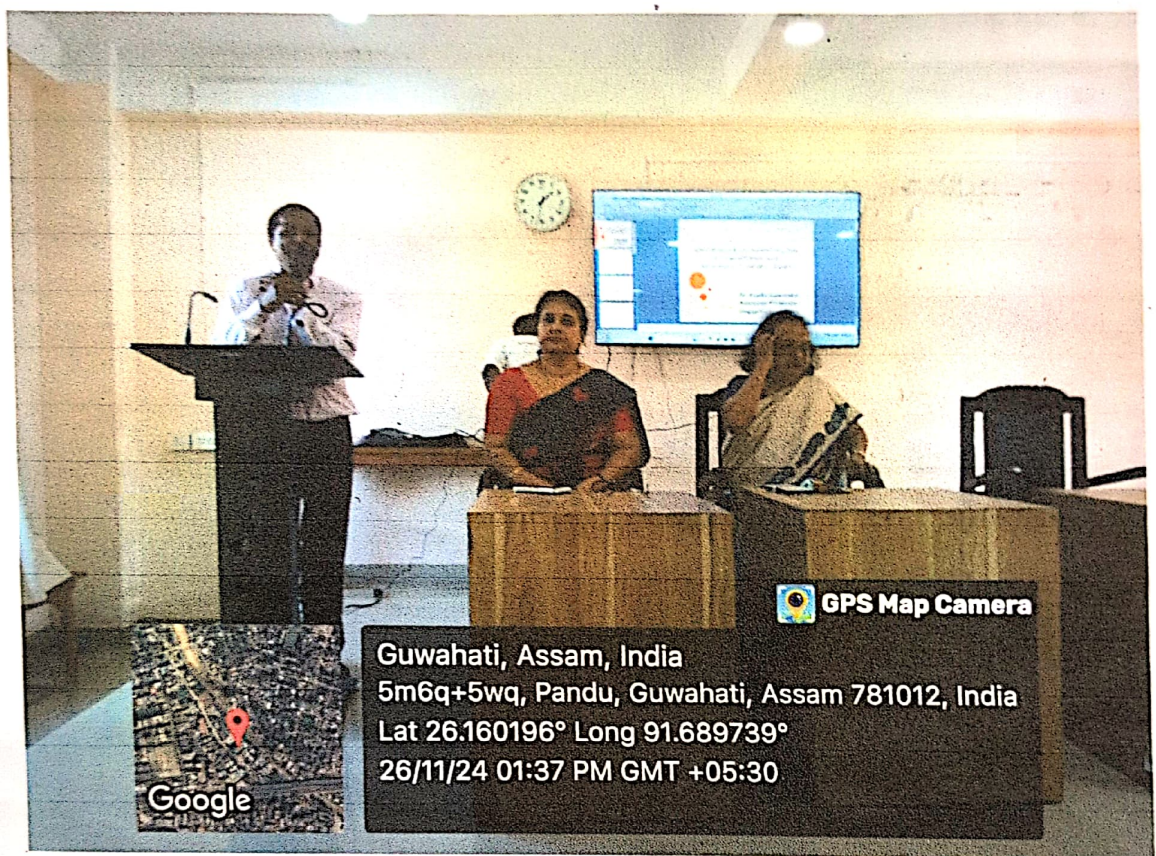
Students

Sibjee Sah	Student	B.Com 5 th Sem	6900899538
N. Shiva Rao	Student	B.Com 1 st Sem	8473837251
Binita Devi	Student	B.Com 3 rd Sem	7575915225
Shruya Dhar Bhounick	Student	B.Com 1 st Sem	8118905421
JAYA DAS	Student	B.Com 1 st Sem	7635918501
Hema Das	Student	B.Com 1 st Sem	6002587946
Putul Kumari	Student	HS 1 st Year	6901558223
Purnima Kumari	Student	HS 1 st year	6026672381
Miku Sarma	Student	B.Com 1 st Sem	9895122957
Meghali Kalita.	Student	B.Com 1 st Sem	8011979888
Reshma Khatun	Student	B.Com 1 st Sem	9394935503
Nikita Roy	Student	B.Com 1 st Sem	8486244769
Barasha Torra	Student	B.Com 1 st Sem	9957250946
Parvita Bardoloi	Student	HS 1 st yr	9401582125
Jyotika Das	Student	HS 1 st year	7896981218

S.No.	Participants Name	Designation	Semester	Contact No.
16	Ankita Nath	Student	HS 1st year	8876876495
17	Tonisha Baruah	Student	HS 1st Year	6900974525
18	Mima Malakare	Student	HS 1st Year	6002889269
19	Rimpi Das	Student	HS 1st Year	8811949431
20	Manasha Kalita	Student	HS 1st year	6002135831
21	MD ZAKIR HUSSAIN	Student	HS 1st year	7086600714
22	Nipjyoti Kachari	Student	HS 1st Year	6000399298
23	Binit Kumar Sah	Student	H.S 1st Year	9101155943
24	Hari Gopi Nath	Student	HS 1st year	6001390556
25	Akash Das	Student	HS 1st year	8471883684
26	Ankur Jyoti Das	Student	B.Com 1st Sem	9365418646
27	Anshu Dhar	Student	HS 1st year	9101699489
28	Pradip Mazumdar	Student	HS 1st year	8453337661
29	Koushik Mandal	Student	H.S. 1st year	6002386538
30	Debasan Baruah	Student	H.S. 1st year	7099862776
31	Rohan Dutta	Student	H.S. 1st year	6291032358
32	Bibek Bhowmick	"	"	995371088
33	Utsab Paul	"	HS. 1st Year	8486515355
34	Kunal Barua	"	"	6003406445
35	Rai Dey	"	"	7099451040
36	Ankit Paul	"	"	6000522073
37	Anand Choudhury	"	H.S 2nd year	8473736805
38	Jyotishmay Hira	"	H.S 1st year	7088807345
39	Prasenjit Das	"	H.S 1st year	7099135162
40	Mandeep Talukdar	"	H.S 1st year	6002123049
41	Pritham Kalita	"	H.S 1st year	9395876986
42	Saman Kalita	"	"	882272753
43	Srijay. Braishya	"	"	80173898
44	Pranesh Barman	"	"	6001839385
45	Saurav Das	Student	HS 1st year	93957787
46	Gaurav Deb Nath	"	"	84867981
47	Ramak Sen	"	"	739955381
48	P. Mujit Das	"	"	7896843
49	Jeeban Raj K	"	"	6901092906

Participant Name	Designation	Semester	Contact No.
Priyanshi Nay	Student	B.com 1 st year	7086522304
Swamita Patel	Student	B.com 1 st year	7086522306
Nandini Ray	Student	B.com 1 st year	9395290578
Anshu Kalita	Student	B.com 1 st year	9387935540
Riksha Talukdar	Student	H.S. 1 st year	8811899839
Priya Das	Student	H.S. 1 st year	7099866211
Purnima Halder	Student	H.S. 1 st year	6900595287
Smruti Sarker	Student	H.S. 1 st year	6001463398
Shita Paul	Student	H.S. 1 st year	6003905406
Sukanya Das	Student	H.S. 1 st year	7002764894
Ravi Pandey	Student	B.Com 1 st sem	7099187069
Indira Sarma	Student	H.S. 1 st year	8871068871
Diya Swargiyar	Student	H.S. 1 st year	6301077043
Angita Haloi	Student	H.S. 1 st year	7086563867
Deepanjali Dey	Student	B.com 3 rd sem	9395501877
Neha Kumari	Student	H.S. 1 st year	8822037557
Sanchita Saha	Student	H.S. 1 st year	8099448118
Tulshi Barman	Student	H.S. 1 st year	8099733932
Pinkhi Deka	Student	H.S. 1 st year	8099449424
Dishan Sarma	Student	B.Com 3 rd sem	9395054272
Sunny Talukdar	Student	"	7637838625
Anshu Kalita	Student	B.com. 1 st sem	9387935540
Tilak Das	Student	B.com 3 rd sem	9395565731
Harshajit Patowary	Student	B.com 1 st sem	6002731716
Tahneba Bono	Student	B.com 1 st sem	7896585406
Priya Gupta	Student	B.com 1 st sem	9101219196
Samirana Begum	"	B.com 1 st sem	9365896886
S. Saharoon	"	B.com 1 st sem	7896518562
Neha Kumari Jha	"	B.com 1 st sem	8822778867

Principle
26/11/24



Self Development through Dynamic Spirituality

Outcome of the Programme on Self-Development through Dynamic Spirituality

Conducted by IQAC, West Guwahati Commerce College

26th November 2024, 1:00 PM

Resource Person: Dr. Sunita Agarawal, Vice-Principal of Dispur College

On 26th November 2024, a transformative session on Self-Development through Dynamic Spirituality was held at West Guwahati Commerce College. The event was aimed at helping students understand the profound link between spirituality and personal growth, focusing on how spiritual practices can enhance their inner strength, mental clarity, and overall well-being.

Key Highlights of the Programme:

Inspiration and Motivation: The session began with an inspiring talk that introduced the concept of dynamic spirituality. The Speaker emphasized that self-development goes beyond academic achievements and material success—it involves inner growth, mental peace, and emotional stability. This motivated students to reflect on their personal lives and consider spirituality as an important tool for navigating challenges.

Spiritual Practices for Self-Growth: The students were introduced to various spiritual practices such as meditation, mindfulness, and affirmations. These practices were explained as essential for developing self-awareness, focusing the mind, and cultivating positive emotions.

Role of Positive Thinking and Visualization: A significant portion of the session was dedicated to the power of positive thinking and visualization. Students learned how to harness their thoughts to manifest their goals, improve their emotional resilience, and enhance their overall outlook on life. The practical exercises demonstrated how changing one's mindset can lead to greater success and fulfillment.

Building Inner Strength: Through the teachings on dynamic spirituality, students were shown how to build inner strength by overcoming fear, doubt, and negativity. Emphasis was placed on the importance of self-belief and self-compassion as key components of personal growth.

Interactive Discussion: The session fostered an interactive environment where students shared their experiences, asked questions, and explored how they could incorporate spiritual practices into their daily routines. Many students expressed a desire to explore more about meditation and mindfulness techniques.

Practical Tips for Daily Life: To help students integrate spirituality into their busy academic lives, practical tips were provided on how to incorporate small yet effective spiritual practices into their daily schedule. These included simple exercises like gratitude journaling, breathing exercises, and moments of reflection.

B. K. D. D.
26/11/2024
Principal I/C
West Guwahati Commerce College
Maligaon, Guwahati-781012

Outcome:

Increased Awareness: Students gained a deeper understanding of how spiritual growth can lead to holistic self-development.

Practical Tools for Growth: The students were equipped with tools and practices to enhance their emotional intelligence, mental clarity, and resilience.

Positive Impact: The session sparked a sense of enthusiasm among the students to incorporate spiritual practices into their lives for personal well-being and success.

Commitment to Self-Improvement: Many students expressed interest in attending similar sessions and learning more about dynamic spirituality as a means of enhancing their lives.

Overall, the session was a success, leaving the students with valuable insights and practical techniques for self-development through dynamic spirituality. The college is considering organizing follow-up sessions to continue promoting mental well-being and personal growth among students.

Bette
De Luna
Principal I/C
West Guwahati Commerce College
Maligaon, Guwahati-781012