



WORKSHOP REPORT

- Title : **Workshop On Body Language.**
- Date : **04/08/2022.**
- Organizer : IQAC, Udalguri College, Udalguri, 784509.
- Panellist : 1. Dr . Luke Daimari, Principal, Udalguri College.
2. Dr. Nilima Dutta , Vice Principal , Udalguri College.
3. Rupam Dutta, HOD, English Department , Udalguri College.
4. Dr. Anjan Upadhyay, IQAC Coordinator.
5. Sujit Biswas, Asso. Professor, English Department, Udalguri College.
6. Dr. Khanin Dutta, Asst. Professor, Philosophy Department, Udalguri College.

WORKSHOP SUMMARY:

On 4th of August, 2022, a workshop was conducted by the IQAC, Udalguri College at 11:00 A.M, entitled “Workshop On Body Language”. This report gives an overview of the workshop, summarizes the various discussions and notes the principle conclusions that were reached.

DISCUSSION:

The workshop focused on the analysis of ‘Body Language as a non- verbal communication’ that involves body movement. People in an educational environment can convey a great deal of information without even speaking ; through non-verbal communication. Not all values, beliefs, thoughts and intentions are communicated verbally. In an ongoing communication, most of those are communicated non-verbally. In non- verbal communication, our human body expresses our feelings and intentions through conscious and unconscious movements and postures, accompanied by gestures, facial expressions, eye contacts and touch. This collectively forms a separate language of the body within the ongoing communication. This is called ‘Body Language’

OBJECTIVES:

1. Communication is made up of so much more than words. Non Verbal cues such as tone of voice, gestures and posture all play their part.
2. When one read ‘signs’ as such, one can understand the complete message in what someone is telling you. One will be more aware of people’s reactions to what you say and do, too.
3. Encountering these signs or behaviour, and being aware of what these signals mean can help one to adjust what one says and how one says it.
4. Promoting positive Body Language such as having an open posture, using a firm handshake, maintaining good eye contact, nodding of the head, smile and so on .
5. Recognizing different body language signs when communicating can help in the improvement of professional relationships and success in the learning place.

CONCLUSION:

The participants are made aware of the positive effects of body language and how they can use it for their own benefit as an effective communication tool. They are made to understand the importance of both verbal and non-verbal communication and how they can complement each other

The following page includes the information of the student participants that were present in the workshop.


PRINCIPAL
UDALGURI COLLEGE
UDALGURI

DATE: 04/08/2022

SEMESTER: BA 4th Semester

Sl.No.	Roll No.	Name of the students / Participants	Regular/ Honors	Department
1	8	YAGAL BASUMATARY	HONORS	Political Science
2	12	MRIDUL DEKA	REGULAR	
3	20	JWNGLARI BASUMATARY	HONORS	Political Science
4	45	SOMAINA KHAKHLARI	REGULAR	
5	51	JISAYA BASUMATARY	HONORS	Bodo
6	55	BIRON BORO	HONORS	Economics
7	66	PEROTI BORO	REGULAR	
8	74	LATIKA DEKA	HONORS	Education
9	82	NIKHA DAIMARI	HONORS	Economics
10	94	GITANJALI DAS	HONORS	Economics
11	102	RINTU BASUMATARY	REGULAR	
12	105	MUNI DAIMARI	HONORS	Bodo
13	122	PRIYANKA KALITA	HONORS	Philosophy
14	125	PRONITA BRAHMA	REGULAR	
15	131	MIGDIL DAIMARI	REGULAR	
16	137	RWIMU NARZARI	HONORS	Bodo
17	146	KANTO BASUMATARY	REGULAR	
18	150	BIRONI GOYARI	HONORS	Bodo
19	153	APIKSHA BASUMATARY	HONORS	English
20	162	ALEX BASUMATARY	REGULAR	
21	168	GOPIN BORO	REGULAR	
22	174	ANJEEMA BAGLARY	REGULAR	
23	186	DIPEN NARZARI	REGULAR	
24	189	PRIYANKA DAIMARI	HONORS	Economics
25	194	GIYANI BASUMATARY	HONORS	Economics
26	200	NISHA DAIMARI	HONORS	Bodo
27	203	RANKUMAR BASUMATARY	REGULAR	
28	207	SANJITA BRAHMA	REGULAR	
29	214	TUPHAN BAGLARI	HONORS	Political Science
30	216	JAHNABI SARMAH	HONORS	Education
31	218	SONA BORO	REGULAR	
32	221	RONGINA BASUMATARY	REGULAR	
33	222	RINGSHAR DAIMARI	HONORS	Political Science
34	227	DAITHUN BASUMATARY	HONORS	Economics
35	230	AJWLI NARZARY	HONORS	Bodo
36	235	MAYU BAGLARY	HONORS	Bodo
37	238	RADHA NARZARY	REGULAR	
38	240	LUCAS DAIMARI	REGULAR	
39	244	NIKITA KALITA	HONORS	Assamese
40	245	RICHARD DAIMARI	REGULAR	

41	248	RINKEY DEVI	REGULAR	
42	253	SOMAINA BASUMATARY	REGULAR	
43	254	JANGILA BASUMATARY	REGULAR	
44	259	AISHA DAIMARI	REGULAR	
45	261	MOHIMA DAIMARI	HONORS	Bodo
46	264	DWITHUN SWARGIARY	REGULAR	
47	267	KARUNA BARMAN	HONORS	Political Science
48	272	BARASHA DEKA	HONORS	Political Science
49	274	DANESWAR DAIMARI	REGULAR	
50	277	RUPASH DAIMARI	REGULAR	
51	280	BIPUL LIMBU	REGULAR	
52	282	BIRON BRAHMA	HONORS	Education
53	285	PRIYUD DAIMARI	REGULAR	
54	287	JYOTI DAIMARI	REGULAR	
55	294	SAHJAHAN ANSARI	REGULAR	
56	298	BEAUTY DAIMARI	REGULAR	
57	302	DHANJIT DAIMARI	HONORS	Education
58	306	SUJUMA BASUMATARY	HONORS	Economics
59	308	MITHISAR BADUMATARY	HONORS	Education
60	311	RAHUL BASUMATARY	REGULAR	
61	313	SOMAINA BASUMATARY	HONORS	Bodo
62	315	PRIYANKA CHALIHA	HONORS	Philosophy
63	319	NEHEMIAH DAIMARI	HONORS	Political Science
64	322	SONATHI SWARGIARY	HONORS	Bodo
65	323	JESSICA BASUMATARY	HONORS	English
66	330	SUDEMSHRI BASUMATARY	REGULAR	
67	333	SABITA BASUMATARY	HONORS	Economics
68	341	SANGITA DEVI	HONORS	Philosophy
69	344	RIDJILBALA DAIMARI	HONORS	Bodo
70	349	DEEPA DAIMARI	REGULAR	
71	351	SUSHMITA BORO	HONORS	Philosophy
72	357	ROSHMINA DAIMARI	HONORS	Economics
73	361	URMILA BORO	HONORS	Assamese
74	364	DODERE BASUMATARY	REGULAR	
75	366	RITUL RABHA	REGULAR	
76	369	ANISHA DAIMARI	REGULAR	
77	371	SITA RAI	REGULAR	
78	374	DAIMALU DAIMARI	REGULAR	
79	377	MEGHNATH PRADHAN	REGULAR	
80	379	GRACESTER DAIMARI	HONORS	Education
81	382	SUMITRA BORO	HONORS	History
82	386	BANDITA RABHA	REGULAR	
83	389	DONALD DAIMARI	HONORS	Philosophy

84	393	SWAPNA DAIMARI	REGULAR	
85	395	TEK BAHADUR SIRPALI	HONORS	Philosophy
86	398	JINKLE DAIMARI	HONORS	Political Science
87	405	SONIA BRAHMA	HONORS	Philosophy
88	406	BABITA SHARMA	HONORS	Education
89	410	KAKOLI SARKAR	REGULAR	
90	414	THULUNGA BRAHMA	HONORS	Bodo
91	416	RITA DEVI	REGULAR	
92	419	JUNAS SOREN	REGULAR	
93	421	PRIYA DAIMARI	REGULAR	
94	424	GAKUL KRISHNA KATAKI	HONORS	Philosophy
95	428	SUNIL MOCHAHARI	REGULAR	
96	430	GEETAMONI BRAHMA	HONORS	Education
97	433	PURABI BAYAN	REGULAR	
98	435	HEMONTA NARZARI	REGULAR	
99	437	JINKY DEVI	REGULAR	
100	440	KRITIKA DEVI	HONORS	History
101	443	BINITA BRAHMA	REGULAR	
102	447	ANKITA DEVI	HONORS	Education
103	450	LAKHI DEVI	HONORS	Philosophy
104	453	SURANJAN BASUMATARY	HONORS	Economics
105	462	BHASKAR CHETRY	HONORS	Political Science
106	466	RUHILA MARANDI	REGULAR	
107	470	BIRWNGW DAIMARI	REGULAR	
108	472	SUBHASISH SHARMA	HONORS	English
109	491	NISHA BHAMDARI	REGULAR	
110	477	ANANTA BASUMATARY	REGULAR	
111	489	SABITRI DEVI	REGULAR	
112	481	RITU DEVI	REGULAR	
113	490	ANKITA DEKA	REGULAR	
114	487	NIRMALA DEVI	HONORS	Philosophy
115	539	MEDINI SANGMA	HONORS	Education
116	492	AMISHA BAGLARI	REGULAR	
117	537	RUPA MAGAR	REGULAR	
118	510	BHUMIKA DAIMARI	REGULAR	
119	496	GITANJALI RABHA	REGULAR	
120	497	JANMONI RABHA	HONORS	Assamese
121	521	PURABI RABHA	HONORS	Political Science
122	500	EDWARD BASIMATARY	REGULAR	
123	529	SODEEP BASUMATARY	REGULAR	
124	534	KRIPA BAGLARY	REGULAR	
125	519	RIYA DAS	HONORS	History
126	518	DWIMALI BORO	HONORS	English

127	509	MOHIMA DAIMARI	HONORS	Bodo
128	501	SAGARIKA MEDHI	HONORS	Assamese
129	527	ROMEO DAIMARI	HONORS	English
130	495	MERISA DAIMARI	REGULAR	
131	693	SHANSHRI SWARGIARY	HONORS	Education
132	643	PRONAB RABHA	REGULAR	
133	645	JATIN RABHA	REGULAR	
134	678	PUJA RAJBHAR	REGULAR	
135	660	PRITY SUTRADHAR	HONORS	Philosophy
136	612	NITU BASUMATARY	REGULAR	
137	623	SALOMI MOCHAHARI	REGULAR	
138	622	HIRA DAIMARI	REGULAR	
139	635	JAYASHREE BORO	HONORS	Philosophy
140	624	SUNALI BASUMATARY	REGULAR	
141	542	ROMELA NARZARY	REGULAR	
142	548	MOUSUMI BRAHMA	HONORS	Education
143	584	RONGJALI BASUMATARY	HONORS	Bodo
144	581	RAJ KUMAR DAS	HONORS	Political Science
145	579	DEBEN BADUMATARY	REGULAR	
146	546	BISHAL MALLIK	REGULAR	
147	563	HOMNATH CHETRY	REGULAR	
148	568	PRIYA DAIMARI	REGULAR	
149	572	ARPANA DAS	HONORS	Education
150	559	JURIN HARIZAN	HONORS	Assamese
151	570	UDANGSRI NARZARU	REGULAR	
152	503	MUSMEL DAIMARI	REGULAR	
153	509	MOHIMA DAIMARI	HONORS	Bodo
154	480	CHAMPA THAKUR	HONORS	Assamese
155	471	JUMUNA BORO	REGULAR	
156	478	PRIYA CHETRY	HONORS	Assamese
157	451	SAMRITA SWARGIARY	REGULAR	
158	459	TRIJIA DAIMARI	REGULAR	
159	380	BIJOY BAGLARI	REGULAR	
160	384	SAMARIA DAIMARI	REGULAR	
161	378	MITHUSEN BASUMATARY	REGULAR	
162	373	MARCHY DAIMARI	REGULAR	
163	365	MOHIT CHETRY	HONORS	Education
164	362	LAIMWNSRI BASUMATARY	REGULAR	
165	356	JOUGASHRI BASUMATARY	REGULAR	
166	269	FWISALI BASUMATARY	REGULAR	
167	266	RANGILA DAIMARI	REGULAR	
168	297	BORNALI BRAHMA	REGULAR	
169	243	BABITA DEVI	REGULAR	

170	682	GANGA DEVI	HONORS	History
171	656	SWRANGSAR BRAHMA	REGULAR	
172	673	PROSENJIT DAIMARI	REGULAR	
173	662	UMAN MURMU	REGULAR	
174	679	LAKHI DEVI	HONORS	Philosophy
175	691	TUTUMONI DAS	HONORS	Political Science
176	684	RUPAHI GOYARI	REGULAR	
177	686	LUSENA HASDA	HONORS	Assamese
178	692	SUCHITRA SAHA	REGULAR	
179	669	DALISHMA DAS	HONORS	Philosophy
180	646	HANNA BASUMATARY	REGULAR	
181	651	MANMITA CHOUDHURY	HONORS	Political Science
182	590	ANSUMA DAIMARI	REGULAR	
183	595	PEROSH KHAKHLARI	REGULAR	
184	620	MITHINGA DAIMARI	REGULAR	
185	621	ASMITA HASDAK	REGULAR	
186	627	JIMI BASUMATARY	HONORS	History
187	607	SAMILI BASUMATARY	REGULAR	
188	633	TEEKA RAI	REGULAR	
189	571	JINA DAIMARI	REGULAR	
190	549	GAUTAM BORO	HONORS	Economics
191	544	RAM TANTI	REGULAR	
192	582	REMAIL KISKU	REGULAR	
193	555	SANGITA DEURI	REGULAR	
194	574	KRANTI BORO	HONORS	Philosophy
195	601	WILSON MARDI	REGULAR	
196	589	JISHMI BOSUMATARY	REGULAR	
197	640	ABIR DAIMARI	HONORS	Political Science
198	553	RUSTOM DAIMARI	REGULAR	
199	541	RISHIKA RABHA	HONORS	Philosophy
200	586	BARASHA SONOWAL	REGULAR	


 Dr Luke Daimary
 Principal,
 Udalguri College

PRINCIPAL
 UDALGURI COLLEGE
 UDALGURI


 Dr Anjan Upadhyay,
 Coordinator,
 Assistant Professor

Coordinator
 IQAC
 Udalguri College
 Udalguri, BTR, Assam