

**DEPARTMENT OF ANTHROPOLOGY, MORIGAON COLLEGE(AUTONOMOUS)**

**REPORT ON: EXTENSION ACTIVITY-**

**VENUE: MANIPUR VILLAGE**

**DATE OF ACTIVITY: 13.11.2025**

**ORGANIZED BY: DEPARTMENT OF ANTHROPOLOGY**

**Guide Teacher** : Dr. Nilofar Jasmin & Dr. Nayanjyoti Goswami

**OBJECTIVES OF THE EVENT:** The primary objective of this program is to make children aware of the importance of maintaining healthy height and body weight. Additionally, the event seeks to collect essential anthropometric and physiological data for academic and research purposes.

**NUMBER OF PARTICIPANT:** 21 numbers of students of Major course participated in the event. Students were accompanied by Two guide Teachers

**DETAILS OF THE EVENT**

**Title: Awareness Program on Blood Pressure, Height and Weight Management**

As part of the department's ongoing commitment to community engagement and public health education, the Department of Anthropology organized an extension activity aimed at monitoring and raising awareness about blood pressure and weight management. This initiative reflects the holistic and applied nature of anthropology, linking health, culture, and everyday lifestyle practices. Under the supervision of **Dr. Nilofar Jasmin, Dr. Nayanjyoti Goswami**, students conducted blood pressure assessments and weight measurements. Basic demographic and health-related information—including age, sex, weight, height, and BP readings—was systematically recorded. Counseling sessions were also provided to participants, explaining the significance of elevated blood pressure and offering simple, practical guidelines for healthy living. The extension activity proved to be highly effective, reinforcing the department's commitment to using anthropological knowledge for community welfare. It also enriched students' understanding of biocultural health issues and strengthened their practical fieldwork skills.

**OUTCOMES OF THE EVENTS** The program yielded several significant outcomes. Firstly, participants were screened for blood pressure and weight-related concerns, among teachers of the Manipur MV school and weight and height management among the students studying in Lower primary level in the school, allowing for the early identification of individuals who may be at risk of hypertension or obesity or malnutritions. Those with borderline or concerning readings were advised to seek further medical evaluation, thereby promoting early intervention and preventive healthcare. Secondly, the event provided valuable experiential learning opportunities for the students. They gained practical skills in community interaction, anthropometric measurement, physiological assessment, and systematic data recording—skills essential for applied anthropological and biocultural research. Finally, the program contributed to enhancing health awareness within the community. Participants received clear information about the risks associated with uncontrolled blood pressure and unhealthy body weight, fostering a better understanding of preventive health practices. Overall, the event successfully combined community service with academic learning, strengthening both public health knowledge and student competency.

LIST OF PARTICIPANTS WITH SIGNATURE

Date: 13/11/25

An awareness programme on "Health, Hygiene, Food habits & Nutritional Status" was conducted in the "Manipal" "Miyala Vidyalaya", Manipal, Morigaon Assam. Students of 3rd Semester (Major), guide teachers Dr. Nilofar Jamnii, Dr. Nayabjyoti Goswami took part in the programme. Teachers of the school & students were the target group. ~~Some~~ Measured BMI of students & recorded. Blood pressure also measured.

Signatures of participants

- |                           |   |
|---------------------------|---|
| 1. Dr. Nilofar Jamnii     | } Dept. of Anthropology<br>Morigaon College |
| 2. Dr. Nayabjyoti Goswami |   |
| 3. Mamoni Devi (IC)       |   |
| 4. Ajanta Sarkar (AT)     |   |
| 5. Manmaji Saikia (H.T)   |   |
| 6. Anas Parman            |   |
| 7.                        |   |
| 8.                        |   |
| 9.                        |   |

Students of 3rd Sem (Major)

- |                              |                           |
|------------------------------|---------------------------|
| 1) Subha Bania (539)         | 11) Protishona Deka (417) |
| 2) Krishna Pratim Nath (359) | 12) Preksha Borah (419)   |
| 3) Bikirani Deka (88)        | 13) Saanvi Sultana (548)  |
| 4) Himanshu Gogoi (174)      | 14) Anindita Das (23)     |
| 5) Dipjyoti Nath (136)       | 15) Samira Jamnii (502)   |
| 6) Sonalika Patan (532)      |                           |
| 7) Kuterina Nath (256)       |                           |
| 8) Ismita Begum (183)        |                           |
| 9) Dipasha Boruah (133)      |                           |
| 10) Sahnaz Sultana (491)     |                           |

class: J-V

Participant- students: (signature)

Page No.

Date: / /

Sl No	Name	Age	Height	Weight	B.M.I	Sl
1.	Bhargav	5	109 cm	16	13.7 kg/m <sup>2</sup>	1
2.	Sarmista	6	114	19	14.6	
3.	Paragmoni Deka	5	112	18	14.3	
4.	mani das	6	119	19	13.9	
5.	mun Bordoloi	6	113	18	14.1	
6.	Parismita	6	112	20	14.1	
7.	Kuldi Konwar	6	110	17	14	
8.	Flamoni	6	116	22	16.3	
9.	Himanga	6	112	18	14.3	
10.	Violina Borca	6	111	18	14.6	
11.	Pallab Patan	6	115	19	14.9	
12.	Himakshi Patan	6	118	19	13.6	
13.	Mousom Patan	6	119	19	13.4	
14.	Sandini Patan	9	127	24	14.9	
15.	Prejam Patan	8	116	20	14.1	
16.	Baibie Deka	7	123	22	14.5	
17.	Komal Bordoloi	8	124	22	14.3	
18.	Kritika Patan	8	118	17	12.2	
19.	Jyotish Konwar	9	124	24	15.6	
20.	Gaugi Grungun Patan	7	115	18	13.3	
21.	Arun Biswas	10	129	23	13.8	
22.	Kuldi Konwar	7	116	15	13.4	
23.	Biraj Phangsu	8	126	23	14.5	
24.	Trishna Patan	7	123	20	13.3	
25.	Jirsoeng Oey	8	128	28	17.1	
26.	Sonalika Patan	6	118	21	15.1	
27.	Ganitha Gucestarthia	9	125	29	15.9	
28.	Punam Patan	8	119	19	14.6	
29.	Paraj Jyoti Patan	10	136	25	13.5	
30.	Parinika Patan	8	125	29	15.9	
31.	Nayon Kumar Bordoloi	10	137	26	13.9	
32.	Himakshi Das	7	116	20	14.9	
33.	Nayon Jyoti Patan	9	132	32	18.9	

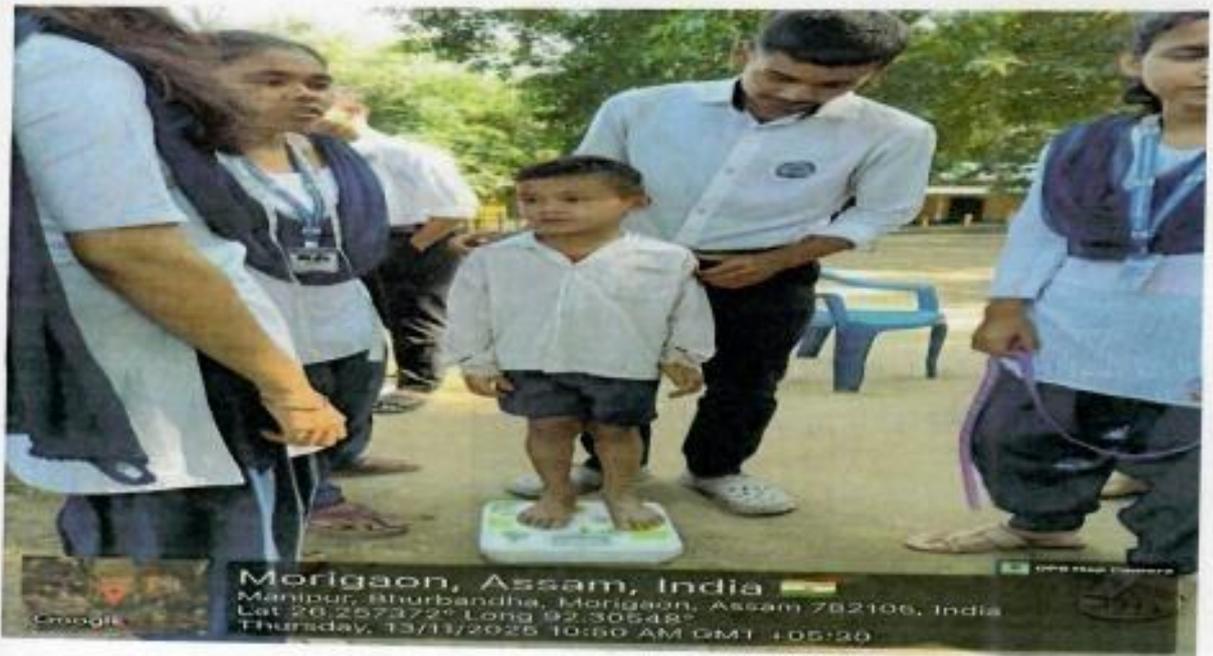
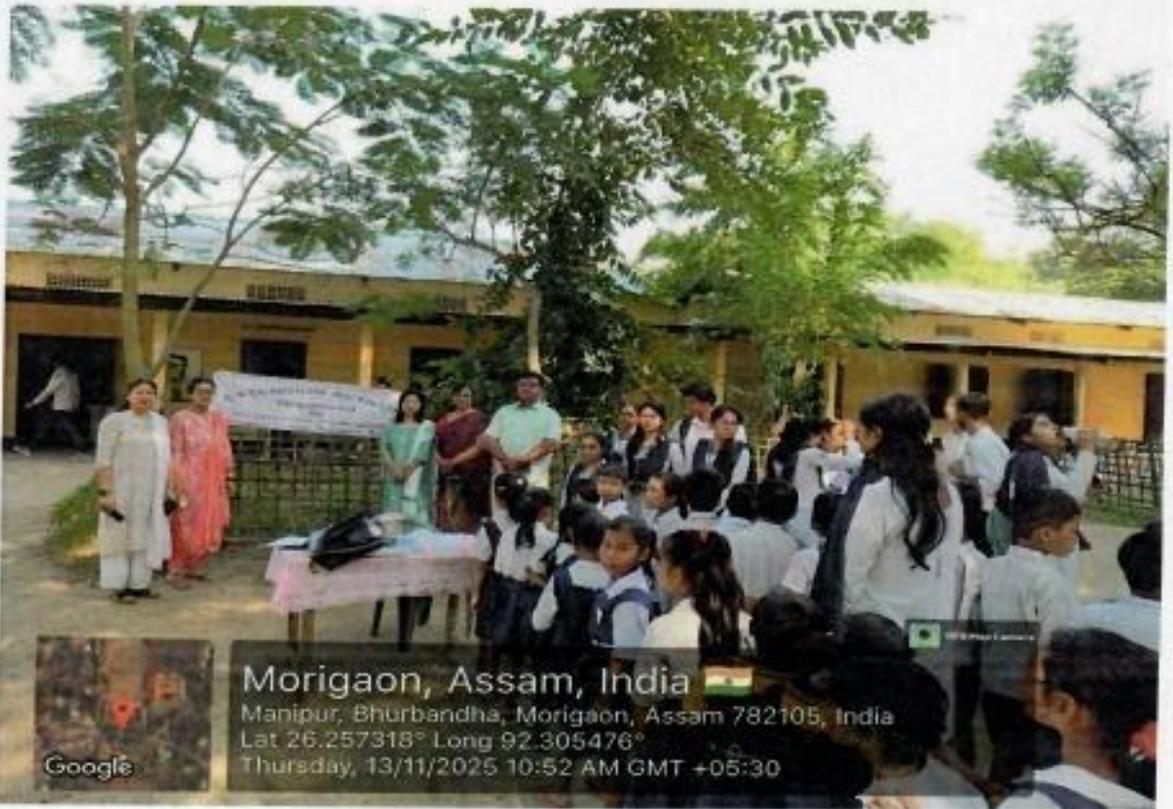


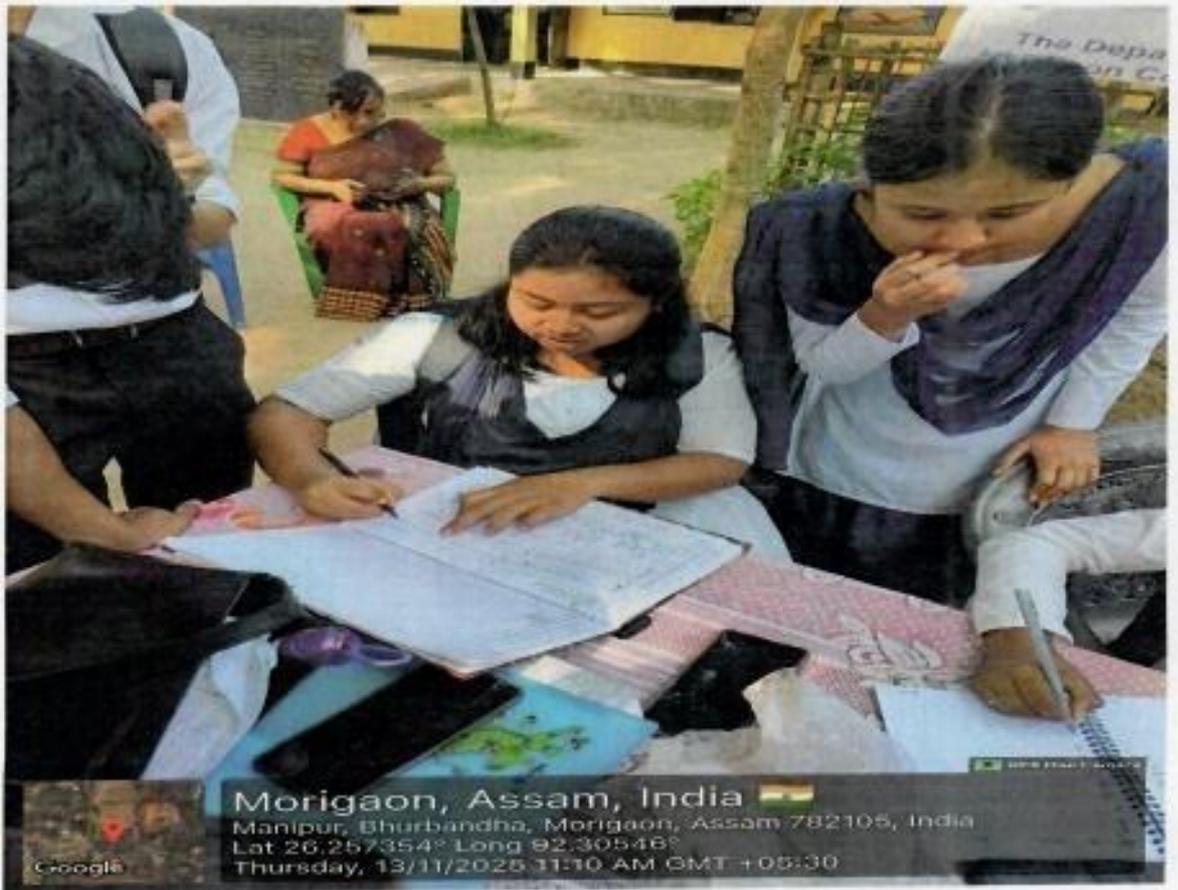
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Sl. No.	Name	age	Height	weight	BMI
34.	Nijara Saka	8	129	26	15.6
35.	Nabiu Patan	11	139	31	16.6
36.	Monalisha Patan	9	120	20	14.9
37.	Bishal Das	11	149	32	14.9
38.	Ranjana Devi	10	122	22	13.2
39.	Bhairabi Khakhar	9	135	29	15.9
40.	Bitaraghi Boredoi	7	128	19	11.6
41.	Rajkarna Das	8	121	22	15
42.	Puja Das	8	122	20	13.4
43.	Mandana Patan	8	126	22	13.9
44.	Monali Patan	8	128	21	12.8
45.	Pooi deka	8	123	22	14.5
46.	Madhukumita	12	135	26	14.3
47.	Bravo-Bhi Boredoi	12	154	52	21.9
48.	Bandana Patan	11	133	22	12.9
49.	Rajhi Patan	10	133	26	14.7
50.	Majuri Boredoi	9	137	26	13.9
51.	Rinki Das	10	136	25	13.5
52.	Seema devi	11	140	32	15

Sex	Signature
F	পিত্তা চৈয়ক
M	নটিন বাত
F	সুনালিতা বাত
M	বিজাল দাস
F	সুন্দরিন দেবি
MF	ভৈরা প্রাঙ্গল
F	বিশ্বকামি বসুদেবী
MF	বসুদেবী দাস
F	সুজাতা দাস
MF	সুজাতা বাত
F	সুনালিতা বাত
MF	সুজাতা দেবী
F	সুন্দরিন
MF	সুজাতা বসুদেবী
F	সুনালিতা বাত
MF	সুজাতা বাত
F	সুজাতা বসুদেবী
F	সুনালিতা দাস
F	সুজাতা দেবি

PHOTOGRAPHS







Morigaon, Assam, India

Manipur, Bhurbandha, Morigaon, Assam 782105, India  
Lat 26.257318° Long 92.305476°  
Thursday, 13/11/2025 10:52 AM GMT +05:30



Morigaon, Assam, India

Manipur, Bhurbandha, Morigaon, Assam 782105, India  
Lat 26.257312° Long 92.305429°  
Wednesday, 12/11/2025 09:52 AM GMT +05:30