

**PROJECT BASED
LEARNING
PROGRAMME**

A Study of Individual Carbon Footprint and Eco- Consciousness in the Student Population of Duliajan

Climate change has emerged as one of the most pressing global challenges of the twenty-first century. Among the various indicators used to measure human impact on the environment, the concept of Carbon Footprint (CF) has gained significant importance. Carbon footprint refers to the total amount of greenhouse gas emissions, expressed in carbon dioxide equivalents (CO₂e), generated through human activities such as energy consumption, transportation, food choices, and waste production. Understanding individual carbon footprints is essential for promoting sustainable lifestyles and mitigating climate change.

To examine the environmental impact of student lifestyles and their awareness regarding sustainability, a study was conducted among undergraduate students in Duliajan. The study focused on fifty students aged between 19 and 22 years belonging primarily to middle- and lower-income groups in the semi-urban setting of Duliajan.

Project Faculty-in-Charge/Supervisors:

- **Ms. Jyoti Singh Pathak**
Associate Professor and Head
Department of English
Duliajan College
- **Mr. Gaurab Sengupta**
Assistant Professor
Department of English
Duliajan College

Project Work Conducted by: Students of 4th Semester, Department of English

Objectives of the Study

The study was undertaken with the following objectives:

- To calculate the individual Carbon Footprint of college-going students of Duliajan.
- To compare their Carbon Footprint with the current global average of 4.7 tons CO₂e/person/year.

- To identify high-emission areas and suggest lifestyle changes that can help reduce personal Carbon Footprint, thereby aligning it with the global benchmark of a sustainable personal Carbon Footprint of 2 tons CO₂e/person/year by 2050.
- To assess the current level of eco-awareness among college students.
- To understand students' perceptions and attitudes towards environmental sustainability through personal interactions.

Methodology

The study was conducted with 50 respondents, all of whom were college students aged between 19 and 22 years, belonging primarily to middle- and lower-income groups in a semi-urban area. The research followed a quantitative analysis approach and was based on the following methodology:

Carbon Footprint Calculator

A standardized Carbon Footprint Calculator developed by the World Wide Fund for Nature (WWF) was used to assess the individual carbon emissions of students. The calculator measured emissions based on lifestyle patterns, including energy consumption, transportation habits, food choices, and waste generation.

Google Form–Based Questionnaire

A structured questionnaire was administered through Google Forms to collect quantitative data regarding students' daily activities, environmental awareness, and attitudes towards sustainability. The questionnaire provided valuable insights into behavioural patterns influencing individual carbon emissions.

Personal Interview Interaction

One-to-one interviews were conducted with selected students of Duliajan College. These interactions supplemented the quantitative data by providing a deeper understanding of students' perspectives, environmental concerns, and awareness regarding climate change and sustainable living.

Findings and Observations

The findings revealed that the overall level of eco-consciousness among the student population was relatively low. Although various government initiatives and institutional programmes aimed at promoting environmental awareness are in place, these top-down interventions have not been sufficiently effective in influencing individual behaviour. Many students were found to be unaware of the environmental consequences of their lifestyle choices, including energy usage, transportation patterns, food consumption habits, and waste management practices.

The assessment further indicated that the individual carbon footprint of many college students in Duliajan is notably high when compared with sustainable global targets. Several lifestyle-related activities were identified as major contributors to personal carbon emissions, highlighting the need for greater environmental awareness and responsible decision-making. The survey data suggested that a lack of environmental consciousness remains one of the key factors contributing to higher carbon footprints among students.

Conclusion

The study concludes that the individual carbon footprint of college students in Duliajan is significantly high and that a major contributing factor is the comparatively low level of environmental consciousness among students. While government initiatives and institutional efforts have created awareness at a broader level, these measures alone are insufficient to bring about meaningful reductions in personal carbon emissions.

Effective mitigation requires a dual-pronged strategy. Systemic interventions such as improving affordable public transportation, establishing efficient waste-management systems, and ensuring the rigorous implementation of environmental policies must be complemented by individual behavioural changes towards sustainable lifestyles. Students and young citizens need to adopt environmentally responsible practices in their daily lives, including conscious energy use, sustainable consumption patterns, and proper waste management.

The study also highlights the urgent need to integrate environmental ethics into the educational curriculum and ensure pedagogical accountability in its implementation from the school level through higher education. Cultivating environmental stewardship through

education is essential for preparing future generations to address ecological challenges responsibly and effectively.

Ultimately, fostering sustainability in Duliajan will depend on a synergistic combination of **top-down policy initiatives** and **bottom-up behavioural transformation**, where public policies, educational institutions, and individual responsibility work together to create a more sustainable and environmentally conscious society. The findings of this study reaffirm that meaningful climate action begins with informed choices at the individual level and collective commitment at the community level.

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**A Study on Opportunities and Challenges of Eco-Tourism on Brahmaputra
Banks at Dibrugarh**
Report based on Field-Trip to Bogibil Ghat
Dated: 20th May, 2026

Acknowledgement

We, the students of English Department are thankful to our Principal Dr.Lok Bikash Gogoi Sir for granting us the opportunity to work on this project. We extend our gratitude for your support and encouragement.

We would like to express our heartfelt gratitude to our Vice Principal and HoD Mrs. Jyoti Singh Pathak for granting us the opportunity to organize a field trip to the eco-resorts of Bogibil Ghat to conduct our study on opportunities and challenges of eco-tourism on Brahmaputra banks. We are grateful to all the faculties of the English Department for their guidance and support.

Report Prepared by:

- **Sijan Limbu : BA 4th Semester, Department of English**
- **MofsinaBegum : BA 4th Semester, Department of English**
- **Jurali Gogoi: BA 4th Semester, Department of English**

Aims and Objectives

- To study the eco-resorts at Bogibil Ghat.
- Study the opportunities and challenges of eco-tourism at Bogibil Ghat.
- To observe and understand the natural features of the area, including rivers, wetlands, swampy lands, and greenery.
- To identify the flora and fauna found in the region and understand their importance in maintaining biodiversity.
- To create awareness about environmental conservation and the role of eco-tourism in protecting nature and wildlife.

Methodology

The information for this report was collected through field visits, direct observation, note-taking, photography, and interaction with local people. Additional information was also gathered from books, articles, and online sources related to eco-tourism and biodiversity.



Image source:-<https://www.northeastadvisor.in/homestay-resorts/Bogibil-eco-resort>

Introduction

Eco-tourism is a form of responsible and nature-based tourism that focuses on protecting the environment, preserving biodiversity, and creating awareness about natural conservation. Unlike ordinary tourism, eco-tourism encourages people to enjoy nature without harming the environment. It promotes sustainable development and helps local communities through environmentally friendly activities. Assam, with its rivers, wetlands, forests, and rich biodiversity, has become an important destination for eco-tourism.

Many eco-resorts have come up at Bogibil Ghat on the banks of Brahmaputra River in Dibrugarh region of Assam. The area is surrounded by natural greenery, wetland ecosystems, and peaceful landscapes that attract visitors and nature lovers. Bogibil has gained importance after the construction of the Bogibil Bridge, which improved connectivity and increased tourism activities in the region. The place is now becoming popular for riverine tourism and eco-friendly travel experiences.

Some important features of the area are:

- Presence of the Brahmaputra River and riverbanks.
- Large wetland and swampy areas.
- Rich green vegetation and natural scenery.
- Peaceful and pollution-free environment.
- Suitable habitat for birds, insects, fish, and wetland animals.

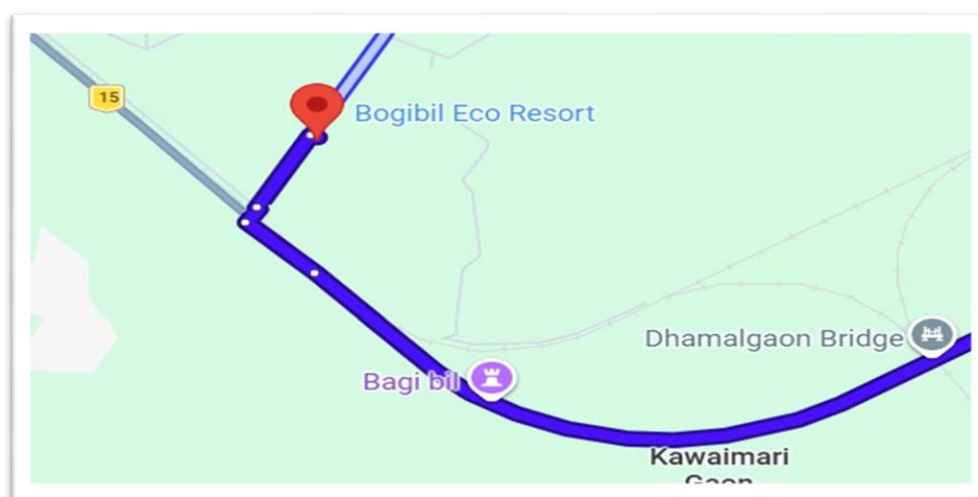
The Bogibil area is important as a natural and eco-friendly tourism destination because it offers visitors a close connection with nature. The calm environment, fresh air, and scenic beauty make the place attractive for tourists who seek relaxation away from busy urban life. Eco-tourism in this area also creates awareness about environmental protection and encourages the conservation of wetlands, wildlife, and local biodiversity.



Image:- Geographical location of BogibilKanchanjanga Eco-Resort.

The natural features of the region make the area environmentally rich and ecologically significant. The Brahmaputra River adds great beauty to the landscape and supports the wetland ecosystem of the surrounding region. Wetlands and swamp areas are important because they help maintain ecological balance, support aquatic life, and reduce environmental degradation. The greenery around the area, including grasses, bamboo, and other vegetation, creates a refreshing natural atmosphere.

The climate of the area is generally humid with significant rainfall, which supports the growth of wetland plants and rich biodiversity. During the field visit, the surroundings appeared calm, green, and naturally beautiful. The cool river breeze, open sky, and scenic landscape enhance the natural charm of the place and make it suitable for eco-tourism and nature-based activities.



Flora and Fauna

The Bogibil Eco Resort and the Kanchanjanga floating eco-resort together offer a rich and diverse natural environment that reflects the ecological wealth of the Brahmaputra river valley in Assam. Though both destinations are located in close proximity to each other, each place carries its own distinct natural character and charm.

Flora (Plants and Trees)

At the Bogibil Eco Resort, the most prominently visible plant during our visit was bamboo, which grew abundantly throughout the resort grounds. Bamboo is not only ecologically significant but also deeply rooted in the daily life and culture of local communities, commonly used for household purposes, handicrafts, and eco-friendly construction. Its presence at the resort reflects the sustainable philosophy of the place, as bamboo is a fast-growing and renewable natural resource that reduces dependence on artificial building materials.

Resorts situated in the area cultivate a variety of fruit trees including mango, banana, and dragonfruit. It is worth noting that dragonfruit was not in season during the time of our visit, but its cultivation reflects the resorts' commitment to maintaining a productive and diverse natural environment. The resort grounds are also home to beautiful flowering plants including marigolds, orchids, and daisies, which add colour and liveliness to the natural landscape while also supporting pollinators and local biodiversity.

It was seen that the Kanchanjanga floating eco-resort, the landscape was characterized by open greenery and natural vegetation along the Brahmaputra riverbank. The most remarkable floral observation in this area was the presence of the foxtail orchid, locally and lovingly known as Kopou Phool in Assamese. The foxtail orchid holds a place of great cultural and ecological significance in Assam, as it is the state flower of Assam and is traditionally associated with the festival of Bihu. Personally witnessing this beautiful flower in its natural habitat was one of the most memorable highlights of our field visit, and its presence in the Kanchanjanga floating eco-resort speaks volumes about the ecological health and natural richness of the region.

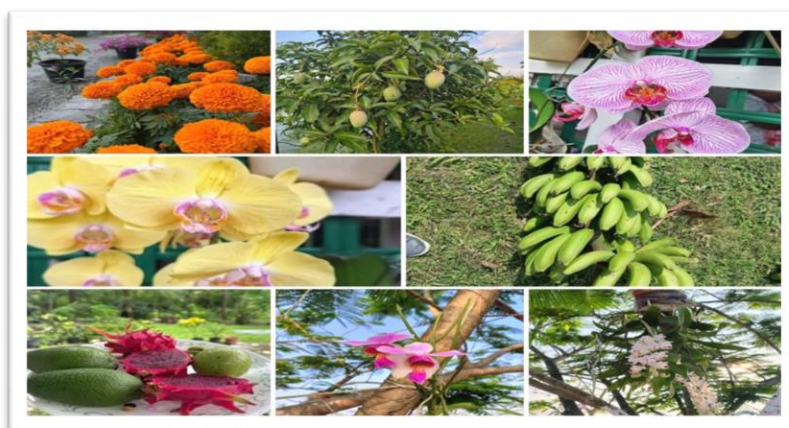


Image:- Natural produce and floral diversity of the region.

Fauna (Animals and Birds)

The social media pages of resorts show the presence of rabbits and various bird species within the area. The presence of these animals is an added attraction to tourists. In the Kanchanjanga floating eco-resort, we personally observed domestic and grazing animals including horses, sheep, and goats roaming freely in the open grasslands and natural surroundings along the Brahmaputra riverbank. The presence of these animals gives visitors a genuine glimpse into the traditional rural lifestyle of the communities living along the river, and reflects the natural coexistence of people and animals in this region. According to the resort's social media page, butterflies have also been observed in the Kanchanjanga floating

eco-resort, indicating the presence of a healthy and thriving natural ecosystem supported by the region's rich vegetation and flowering plants.

The natural beauty of both destinations is further enhanced by the majestic Brahmaputra River that flows alongside them. The sunset view over the Brahmaputra from the BogibilKanchanjanga floating eco-resort is particularly breathtaking, the vast open sky, the wide shimmering river, and the warm golden light of the setting sun together create a scene of extraordinary natural beauty. This unique riverside experience allows visitors to feel deeply connected with nature, which is at the very heart of what eco-tourism stands for.

The flora and fauna of the Bogibil Eco Resorts paint a picture of a naturally rich, ecologically significant, and deeply beautiful destination. Preserving and protecting this natural heritage through responsible eco-tourism is not only important for the environment but also for the cultural identity and sustainable future of the region and its people.



Image:- Animal life in and around the area

Eco-Tourism: Concept and Sustainable Practices.

Ecotourism means responsible travel to natural areas that protects the environment, supports local people, and creates awareness through education and interpretation. According to TIES (2015), ecotourism focuses on conserving nature while improving the well-being of local communities. Organizations such as UNWTO, GEN, and David Fennell also describe ecotourism as nature-based tourism that is low-impact, educational, and beneficial for both the environment and local people.

Ecotourism follows important principles such as minimizing environmental and social impacts, respecting local culture and traditions, supporting conservation, creating employment opportunities, and promoting sustainable use of resources. Sustainable tourism

also focuses on balancing environmental, economic, and socio-cultural development for the long-term benefit of both tourists and host communities.

During our visit to the resorts, we observed that several practices related to ecotourism were being practiced. The resorts focused on maintaining natural surroundings, promoting cleanliness, and encouraging responsible tourism among visitors. The use of traditional Assamese architecture, local materials, and natural landscapes helped create an environmentally friendly atmosphere, preserving local culture and heritage was also seen.

We learned that the resort uses local materials such as bamboo and wood in its construction, which helps preserve traditional Assamese culture and provides employment opportunities for local craftsmen and workers. The resort management also focuses on cleanliness, greenery, waste management, and protection of the nearby river environment. Local people shared that the resort has created job opportunities in hospitality, transportation, food supply.

These values of sustainability and community welfare are deeply reflected in the overall character and environment of Bogibil Eco Resort itself. Bogibil Eco Resort is a peaceful eco-tourism destination located in the Bogibil area of Assam, surrounded by lush greenery and open natural spaces.

The use of natural materials and nature-based architectural design in the resorts reflects a conscious commitment to responsible and sustainable tourism, minimizing environmental impact while maintaining the natural beauty of the surroundings.

The resort also holds significant socio-economic importance for the local community. After the construction of the Bogibil Bridge significantly reduced the need for ferry transportation across the river, many local boat owners and young people found themselves without a source of income. The establishment of the floating eco-resort helped address this situation by creating new employment opportunities in hospitality, food service, transportation, and tourism-related activities. In this way, the resort not only promotes eco-tourism but also actively supports the livelihoods and welfare of the local community.



Image:-Kanchanjanga Floating boat and Bogibil Eco-resort

Challenges Faced by Eco-Tourism in the Present Time.

Although eco-tourism promotes environmental conservation and sustainable development, many eco-tourism destinations face several challenges in the present time. Rapid modernization, environmental degradation, and lack of awareness are creating difficulties in maintaining truly sustainable tourism practices.

- One of the major challenges is pollution. Increasing numbers of tourists often lead to littering, water pollution, noise pollution, and improper waste disposal in natural areas. Plastic waste such as bottles, packets, and disposable items is especially harmful because it damages ecosystems and affects wildlife.
- Climate change is another serious issue affecting eco-tourism. Rising temperatures, irregular rainfall, and extreme weather conditions negatively impact forests, rivers, biodiversity, and tourism activities. In Assam, floods and river erosion have become major environmental problems that affect local communities as well as tourism infrastructure near river areas.
- Deforestation and destruction of natural habitats also threaten eco-tourism. The cutting down of trees for construction, urban expansion, and commercial activities

reduces biodiversity and damages the natural beauty that attracts tourists. If natural resources are not protected, eco-tourism destinations may lose their environmental value over time.

- Another important challenge is the lack of environmental awareness among some tourists and tourism operators. Many people still do not fully understand the importance of responsible tourism practices such as avoiding plastic waste, conserving water, maintaining cleanliness, and respecting local culture and wildlife.
- Financial sustainability is also a challenge for many eco-tourism projects. Eco-friendly construction, maintenance, waste management, and conservation activities often require high investment and regular funding. Small tourism enterprises sometimes struggle to survive because of operational costs, low tourist flow during certain seasons, and unexpected situations such as floods or pandemics.
- Pressure from modernization is also affecting eco-tourism. Many resorts and tourism centers use modern facilities such as excessive electricity consumption, air conditioners, and non-biodegradable materials, which may reduce the environmental sustainability of such places. While modernization improves comfort for tourists, it may sometimes conflict with the original principles of eco-tourism if not managed responsibly.

Therefore, proper planning, environmental awareness, government support, and responsible behavior from both tourists and tourism operators are necessary to ensure the long-term success of eco-tourism and sustainable tourism practices.

Suggestions for Promoting Eco-Tourism and Sustainable Practices.

Although the resorts promote eco-tourism through natural surroundings and the use of eco-friendly materials such as bamboo, there are still several ways in which sustainable tourism practices can be improved further.

- One important suggestion is the greater promotion of local riverbank culture and traditional livelihoods. The resorts can display traditional fishing tools, handmade boats, nets, bamboo crafts, and other materials connected with the culture and lifestyle of people living near the Brahmaputra River. Such displays would help tourists learn more about the history, occupations, and traditions of local communities.

- The resorts could also establish small souvenir shops selling local handicrafts, traditional Assamese products, bamboo items, handmade jewelry, and cultural artifacts. This would not only create awareness about local culture among tourists but also support local artisans and generate additional income for nearby communities. Cultural exhibitions, traditional music performances, storytelling sessions, and food festivals could further improve the tourist experience while preserving cultural heritage.
- Another important area for improvement is energy use and environmental sustainability. During our visit to the resorts, we observed the use of modern facilities such as air conditioners, refrigerators, and coolers. While these facilities provide comfort to visitors, especially during extreme summer heat, they also increase electricity consumption and may reduce environmental sustainability if excessive non-renewable energy is used.
- To make the resort more eco-friendly, renewable energy sources such as solar panels and solar-powered lighting systems could be introduced. Natural ventilation, shaded green areas, rooftop gardens, improved airflow design, and increased tree plantation could also help reduce indoor heat naturally and decrease dependence on air conditioners. Rainwater harvesting systems and water conservation methods could further support sustainable management practices.
- Proper waste management is another important aspect of eco-tourism. Both resorts could reduce the use of single-use plastics by encouraging reusable bottles, eco-friendly packaging, and biodegradable materials. More dustbins, awareness boards, and educational signboards about environmental protection could help tourists practice responsible tourism.
- The resorts could also organize awareness programs, nature walks, and environmental workshops for visitors and students. Such activities would make tourism more educational and help people understand the importance of protecting nature and local ecosystems.

Conclusion

This field visit to Bogibil Eco Resort and the Kanchanjanga Floating Resort was far more than an academic exercise, it was an experience that brought us genuinely closer to nature. The scenic landscapes, the open skies, the sound of the Brahmaputra, and the warmth

of the people we encountered left a deep and lasting impression on all of us. If there is one moment from the entire trip that we will carry with us for a long time, it is the sunset over the Brahmaputra, that extraordinary view of golden light fading over the wide, shimmering river, peaceful and boundless, truly beyond words.

The visit also opened our eyes to the real meaning of eco-tourism. It is not simply about travelling to a beautiful place, it is about understanding, respecting, and feeling connected to nature. During our observations, we noticed that while the destinations have much to offer, there is still room for better maintenance and improved care of the natural surroundings. Our suggestions, included in this report, reflect our sincere hope that these places continue to grow and improve while staying true to their eco-friendly values.

Through this study, we also came to appreciate how deeply tourism is connected to culture and identity. Every eco-tourism destination tells a story of its land, its people, and its traditions. As visitors and as students, we believe it is our responsibility to listen to that story with respect and curiosity. When we enter a place that reflects a particular culture, a particular way of life, we must honour it, learn from it, and carry its spirit with us rather than treating it as merely a backdrop for our own enjoyment.

We leave this study with a simple but powerful message, nature is not ours to consume. It is ours to protect. We did not inherit this earth from our ancestors; we are borrowing it from our children. Every river, every forest, every wetland, every sunset we witness is a gift that we have no right to squander. We must not leave only dust and damage for the generations that follow. We owe them the same beauty, the same clean air, the same open skies that we were lucky enough to experience on the banks of the Brahmaputra.

Assam is home to some of the most breathtaking and ecologically rich landscapes in the entire country. It is our sincere hope that in the years to come, more such eco-tourism destinations will emerge across Assam, places where people can come, experience, learn, and leave with beautiful memories. Let us preserve nature for our future.

INTERNSHIP

2025

INTERNSHIP LIST 2025

SL. No	Names	Internship Program	Location
1	Bornali Das	Overview of 120 hours Internship program, Handloom and Textile	Handloom Training Centre, Kachari Pathar
2	Chandne Debnath		
3	Kabita Dutta	Internship on Public Health Services	Tengakhat CHC, Kachari Pathar
4	Parishmita Dutta		
5	Nandini Borthakur	Overview of the 120 hours internship : AMTRON	Duliajan College, Duliajan
6	Leena Borah		
7	Baishali Debnath	Overview of the 120 hours internship : AMTRON	Duliajan College, Duliajan
8	Deepak Balmiki		
9	Roshmi Rekha Phukan	Overview of the 120 hours internship : AMTRON	Duliajan College, Duliajan
10	Shikha Rani Basumatari		
11	Kritika Dutta	Tobacco and its awareness	Dibrugarh, SEWA NGO
12	Suhani Deb		
13	Jyotimoyee Talukdar	Overview of the 120 hours internship : AMTRON	Duliajan College, Duliajan
14	Sujit Gogoi	Overview of the 120 hours internship : AMTRON	Duliajan College, Duliajan
15	Debojeet Gogoi	Overview of the 120 hours internship : AMTRON	Duliajan College, Duliajan
16	Arti Kumari Singh	Overview of the 120 hours internship : AMTRON	Duliajan College, Duliajan
17	Puja Panchapati Sharma	Internship report on theatre(drama and mime)	Duliajan College, Duliajan
18	Anisha Bhumij	Internship Engagement Work	Dirial T.E Model Higher Secondary School, Duliajan
19	Pahi Gogoi	Overview of the 120 hours internship program	Public Health Service Centre, Tengakhat Block (PHC)
20	Hirumoni Sonowal	Public Health Care	Public Health Service Centre, Tengakhat Block (PHC)
21	Peerty Gurung	Overview of the 120 hours internship program, Public Health Service Centre.	Tengakhat, Kachari Pathar and Saru Pathar Bengali gaon

Best Internship Paper

Tobacco and its Awareness: Internship Report

Kritika Dutta and Suhani Deb

B.A 5th Semester

Department of English

INTRODUCTION:

Community engagement is one of the most meaningful parts of any internship because it gives us a chance to connect with real people outside the classroom and understand the issues that affect them directly. Through this internship, we got the opportunity to step into a nearby locality and engage with people around a very serious and sensitive issue the use of tobacco and its effects. This wasn't just a task or a formality for me; it felt like a responsibility to listen, learn, and spread some level of awareness, even if in a small way.

The topic we chose to focus on was tobacco consumption - a widespread and deeply rooted problem in India that affects people across age groups and socio-economic backgrounds. Tobacco comes in various forms like cigarettes, beedis, chewing tobacco (gutka), and snuff, and while it may start as a habit or social activity, it often leads to severe addiction. Many people, especially in rural or semi-urban areas, use it casually without understanding the depth of its consequences.

Causes of Tobacco Use:

There are several reasons why people start using tobacco. For some, it is peer pressure or curiosity, especially during their teenage years. For others, it is the influence of family or environment, where tobacco use is normalised. In many cases, stress, anxiety, loneliness, and even the desire to “fit in” contribute to the beginning of this habit. Unfortunately, due to low awareness and social acceptance in certain circles, people do not realise how quickly a small habit can turn into addiction.

Symptoms of Tobacco Addiction:

Once a person becomes dependent on tobacco, the symptoms are both physical and psychological. These may include:

- Craving tobacco frequently throughout the day
- Irritability or mood swings without it
- Trouble concentrating

- Headaches, fatigue, or restlessness when not consumed
- A strong urge even when the person knows the risks

These signs often go ignored, especially by long-term users, which makes intervention difficult.

Effects on Health and Society

The effects of tobacco are far-reaching. On an individual level, it can lead to lung cancer, oral cancer, heart disease, chronic coughing, and respiratory problems. Smokeless tobacco users are also at risk of mouth ulcers, tooth decay, and esophageal cancer. On a social level, tobacco use contributes to financial burden, reduced work productivity, and even family issues, especially when the addiction leads to health decline or financial stress.

Secondhand smoke, especially in homes where children and elderly live, causes long-term health complications in non-smokers as well. Despite campaigns and government regulations, tobacco continues to harm society in visible and invisible ways.

The Role of Awareness and Community Engagement

This is why awareness especially community-based awareness is crucial. When we go into communities and talk one-on-one, we build a human connection. People are more likely to listen when they are not being judged but understood. Through simple conversations, empathy, and patience, it is possible to plant the seed of change. Even if just one person begins to rethink their habit or shares what they learn with someone else, the impact starts to grow.

This project gave us a small but powerful experience in how important these engagements are not just for the community but for us as students, a communicator, and someone who hopes to be part of real-world change.

Objective of the Engagement

The main objective of this community engagement was to spread awareness about the harmful effects of tobacco and to understand how people in different communities view and use it in their daily lives. Through direct conversations and interactions, we aimed to educate individuals on the risks associated with tobacco consumption, while also listening to their perspectives and challenges.

This engagement was not just about giving information it was about building a two-way connection, where we could learn from real people and try, in a small way, to create space for awareness and change.

It also helped me recognise the emotional, social, and even economic reasons behind tobacco use. Many individuals are not fully aware of the long-term health consequences or feel too dependent to quit. Through this experience, began to understand how addiction is often more complex than we assume and how important empathy is in creating genuine change.

Another objective was personal growth. We wanted to push ourselves to step outside our comfort zone, speak confidently, and communicate sensitively. This interaction taught us how to approach people with respect and how to become more responsible as a student and as a future citizen.

Overall, the engagement was not only about addressing a public health concern, but also about learning how to interact meaningfully, listen openly, and become part of the small steps that lead to greater social awareness.

Description of Activity

As a part of our community engagement on tobacco awareness, we visited a nearby locality to interact directly with individuals and understand their views on tobacco use. We chose to begin my fieldwork by visiting a nearby household, where we had a conversation with an adult man about his experiences and opinions related to tobacco consumption.

Before the visit, the NGO provided us with clear guidance on how to approach people respectfully and sensitively. They briefed us on what kind of questions was appropriate to ask, how to maintain boundaries, and most importantly, how to make the person feel comfortable while talking about such a personal topic. This training helped me feel more confident during the fieldwork.

We carried out the activity independently, without a group, which gave me the space to manage the conversation at my own pace. It also gave me a deeper sense of responsibility, as we had to be mindful of both the person's comfort and the purpose of the project. The experience was new but very insightful, and it made us realise how important empathy and communication are while working with a community.

During the visit, we began with a polite introduction and explained why we were there. We made sure to speak in a tone that was friendly and respectful, so that the person would not feel threatened or judged. Once we saw that he was comfortable, slowly moved

into asking him some of the survey questions provided by the NGO, followed by a few of our own. The conversation started off cautiously but gradually became more open, as the person began to share his experiences with tobacco how and when he started, how he felt about it now, and whether he had ever tried to quit.

We paid close attention not only to what he said, but also to how he said it his expressions, his pauses, and the emotions behind his words. It made us realise that behind every habit, there is often a story. He talked about how common tobacco use was in his surroundings and how he picked up the habit at a young age, without really understanding its consequences.

After the main interaction, we spent a few minutes discussing the risks of tobacco and shared the health-related information had been trained to provide, we did not try to lecture him, but rather spoke in a way that felt more like a conversation between equals. We also mentioned that help is available for those who want to quit, and that change is always possible, no matter how late it may seem.

The entire process from planning the visit, to conducting the interaction, to reflecting on the experience taught us a lot about real-world learning. It helped us realise that meaningful change starts with honest, non-judgmental conversations, it also showed us the power of simply listening because sometimes, people do not just need facts, they need to feel heard.

This activity, though small in scope, felt meaningful in its own way. It gave us a glimpse into someone else's reality and showed us how important community engagement is not just as a project, but as a way to grow, connect, and care.

A DETAILED CASE STUDY

Case No 1-

During our community engagement visit, we interacted with a 46-year-old male respondent who is currently employed in a private job. He is married and lives with his wife and one child. Initially, he seemed hesitant and did not take us seriously when introduced ourselves as interns working on tobacco awareness. He assumed it was just a formality or a casual conversation. However, once we assured him that we were there to genuinely listen to his experience and not to judge him, he slowly opened up and shared his story.

He began smoking at the age of 12 years, influenced mainly by peer pressure, in his words, “*Sab karrahe the, tohmainebhi try kiya*”-meaning, everyone around him was doing it,

so he tried it too, What began as a regular habit in his teenage years slowly turned into something more occasional in his adulthood. Now, he smokes about twice a week, but he admits that during moments of high stress, he can smoke up to 5-6 cigarettes in a single day. He described those stressful smoke breaks as "refreshing" and said they help him feel temporarily relaxed.

Though he claims his smoking is occasional now, he admitted that he still feels certain physical symptoms if he goes too long without it especially after meals. These include strong cravings, headaches, bloating, and a strange sense of breathlessness. Despite being aware of the health risks such as cancer and chronic respiratory problems, he hasn't made a serious attempt to quit. When we asked why, he replied that since he only smokes cigarettes occasionally and does not consume gutkha or other forms of tobacco, he doesn't consider it a major issue.

He also shared that his family has never known about his smoking. He started secretly and continues to hide the habit even now. In addition to cigarettes, he mentioned that he had tried hookah and gutkha once or twice, and that he also drinks alcohol occasionally especially during social events. Interestingly, he also mentioned that he has noticed financial strain over time. He said, "*Paisa udtajaarahahai, istiye ab kabhikabhikartahoon*" meaning, his money seems to disappear faster, and that has made him reduce his frequency. Still, even with this realisation, he has never attempted to quit smoking altogether. When we asked why, he said, "*Mujhelagtahai ki main control meinhoon*" he believes he is in control of his habit, and that quitting is unnecessary for now.

Toward the end of our conversation, we spoke to him about the deeper health consequences of tobacco-not just the physical damage, but also how it affects the mind, relationships, and long-term life quality. We could see he was genuinely thinking. We shared a small tip with him: we encouraged him to write down the reasons why he might want to quit smoking one day, and to keep that piece of paper in his pocket. We told him, "Whenever you feel the urge, take out the paper and read it remind yourself why you want to quit." He smiled and said he would try it. We also gave him a toll-free helpline number for quitting tobacco, and he promised to consider it seriously and to contact us if he ever decides to take that step.

Follow-Up Visit:

Two days later, we visited his home again for a follow-up interaction. To my surprise, he greeted me with honesty and told me that he had not smoked since our last meeting. He said,

“Main sochrahahoon is baar seriously chhodne ka” meaning, he was genuinely considering quitting this time. I appreciated his effort and reminded him how even small steps matter.

During this visit, we again discussed the health impacts of tobacco and handed him a printed pamphlet with more information, we encouraged him to keep it with him and go through it whenever he had second thoughts. Before leaving, we gently urged him to call the toll-free helpline whenever he felt ready to quit, and reassured him that support was always available. He thanked us and said he would definitely keep in touch.

Observations and Findings

From our interaction with the respondent, we noticed many things that gave me a better understanding of tobacco use and the mindset behind it. At first, he did not take us seriously-maybe because he thought we were just doing a formal visit. But once we explained clearly that we were there just to hear his story and not to judge, he slowly opened up.

He started smoking when he was just 12 years old, mainly because of peer pressure. Even though he does not smoke regularly anymore, he still smokes once a week, and more often when he is under stress. He shared that when he feels stressed or low, he smokes 5-6 cigarettes in a day, and it makes him feel refreshed for some time. This showed us that for him, smoking is not just a habit – it is also a way to deal with stress.

Even though he knows that smoking is harmful, he hasn't tried to quit. He says he smokes only occasionally, and because he doesn't use gutkha or other forms of tobacco, he thinks it is not a serious problem. But from our talk, we noticed that even occasional use has already created a kind of dependency. He said that if he does not smoke, he feels cravings, headaches, bloating, and even some difficulty in breathing which are signs that his body is used to it.

Another thing we observed was that he hides this habit from his family. He told us that even now, no one at home knows about his smoking. This means that deep down, he knows it is something wrong or at least something he doesn't want his loved ones to find out about. It also shows that tobacco use often carries a sense of guilt or shame, especially when it's done in secret.

He also said he had noticed that his money was disappearing quickly, and part of it was due to smoking. So he now tries to control how much he smokes. This shows that financial reasons are sometimes what push people to reduce the habit-not necessarily health awareness.

One thing that made us feel hopeful was that he listened seriously when we spoke about the health problems caused by smoking. He said he would try to think about quitting. We gave him a simple tip-to write down reasons to quit on a small piece of paper and read it whenever he felt the urge to smoke. He said he liked the idea and might try it. We also gave him a helpline number and told him to contact us if he ever decided to take that step.

Later, when we went back to his house after two days for a follow-up, he told us honestly that he hadn't smoked since our first meeting. That made me really happy. We gave him a tobacco awareness pamphlet and reminded him again that support is always there whenever he feels ready to quit. This experience showed us how just one meaningful conversation can make a difference even if it is small.

Conclusion

This community engagement was a new and meaningful experience for us. Talking to someone face-to-face about their tobacco use helped us understand how deep these habits go, and how they are often connected to stress, peer pressure, and personal struggles.

We learned that awareness is not just about giving information it's also about listening, connecting, and showing support. Even one small conversation can make a difference if it comes from the heart.

Through this project we became more confident in talking to others, more patient in understanding them, and more aware of how we can help someone in a simple but meaningful way. We truly hope the person we met finds the strength to quit one day and we are glad we could be a small part of his journey.

Recommendations

Based on our field experience and interaction, we would like to suggest a few things that could help make tobacco awareness more effective and impactful in the community:

1. Personal Awareness Drives:

Instead of only using posters or group announcements, more one-to-one conversations should be encouraged. People respond better when they are talked to personally and respectfully.

2. Follow-up Support:

People need regular follow-up and motivation after the first awareness session. A small reminder or encouragement can make a big difference in helping someone quit.

3. Counseling and Helpline Access:

Not everyone knows about the helpline numbers or where to go for help. These services should be promoted more clearly, and people should be taught how and when to use them.

4. Involving Family Support:

Since many people hide their habits from their families, it's important to involve family members in awareness efforts in a positive and supportive way, not a blaming one.

5. Highlighting Emotional Impact:

More focus should be given on how tobacco affects not just health, but also mental well-being, money, and family life. People often don't realise how many parts of their life are affected.

6. Youth Education at the Right Age:

Tobacco habits often start in teenage years. Schools and colleges should have stronger awareness programs to educate students before peer pressure influences them.

7. Practical Tips to Quit:

Instead of just saying 'quit tobacco,' people should be given small, realistic steps-like writing down reasons, using substitutes, or having a support person to talk to.

TOPPER'S TAKE

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Success is never an accident; it is the result of consistent effort, proper guidance, and an inspiring academic environment. As a student of the English Department at Duliajan College, I have experienced firsthand how a nurturing faculty and a vibrant learning atmosphere shape not only academic achievements but also personal growth.



Ms. Monalisha Baruah
Batch Topper: 2025
CGPA: 7.30

The journey through the English Honours program has been one of exploration, expression, and enlightenment. Literature, as I learned, is not merely about reading texts — it is about understanding life, perspectives, cultures, and the human psyche. The department has always been encouraged to move beyond rote learning and instead engage critically with texts, theories, and contexts. Every lecture, discussion, and seminar has been designed to challenge our thinking and refine our analytical skills.

One of the strongest pillars of the department is its dedicated and approachable faculty members. Their commitment to teaching goes far beyond completing the syllabus. They take time to clarify doubts, recommend additional readings, and motivate students to participate in academic discussions. Their constructive feedback on assignments and presentations has played a vital role in improving our writing and interpretative abilities.

The supportive environment created by the faculty has allowed many of us to achieve academic milestones with confidence. Personally, securing a CGPA 7.30 was not just a number but a reflection of the consistent encouragement and academic discipline instilled by our teachers. They guided us in understanding complex literary theories, mastering critical approaches, and structuring our answers effectively in examinations. Their emphasis on clarity, coherence, and originality made a significant difference in our performance.

What truly sets the English Department apart is the emphasis on interactive learning. Classroom discussions are always lively and thought-provoking. Students are encouraged to voice their opinions, debate interpretations, and question established ideas. This culture of

open dialogue fosters confidence and independent thinking — qualities essential for any aspiring scholar.

The department also organizes seminars, literary activities, and cultural programs that allow students to showcase their talents beyond academics. Participation in such events enhances communication skills, teamwork, and leadership abilities. These experiences contribute immensely to holistic development, ensuring that students graduate not only with degrees but with refined personalities.

Another remarkable feature of the department is the accessibility of its faculty. Whether it is guidance regarding higher studies, competitive examinations, or career planning, the teachers are always willing to support and mentor students. Their encouragement has inspired many to pursue postgraduate studies and research in English literature.

The well-stocked library of the college further strengthens the academic foundation of the department. Access to classic and contemporary texts, critical essays, and reference materials ensures that students have ample resources for in-depth study. Combined with faculty guidance, these resources make learning both comprehensive and engaging.

Moreover, the values instilled by the department extend beyond academics. Discipline, punctuality, respect for diverse viewpoints, and ethical scholarship are principles consistently emphasized. These values prepare students not only for examinations but for life beyond college.

Looking back, the English Department at Duliajan College has been more than just a place of study — it has been a space of transformation. The mentorship, academic rigor, and moral support provided by the faculty have empowered us to strive for excellence and believe in our capabilities.

In conclusion, the achievements of the students reflect the dedication and vision of hardwork and discipline. Every success story carries the imprint of teachers who have tirelessly guided, inspired, and supported. I remain deeply grateful to the faculty of Duliajan College's English Department for shaping the academic journey and for nurturing me in a lifelong love for literature and learning.