

BEST PRACTICE - 1

1. Title of the Practice: Promoting Benefits of Yoga for Mental and Physical Health

2. Objectives of the Practice:

- To create awareness among students about the benefits of regular practice of yoga.
- To enable them to sustain physical, mental, social and spiritual health.

3. The Context:

Yoga as a practice aids in the control of the mind, body, and soul of the practitioner. It combines mental and physical disciplines to promote relaxation, stress management, and a tranquil body and mind.

4. The Practice:

The practice is continued with various programmes organized by Digboi College Yoga Meditation Center. The activities include –

- Organization of International webinar on International Day of Yoga on 21st June, 2021.
- Online Yoga competition among students.
- Online Yoga class from 5th to 30th July 2021 under guidance of Yogaguru Sukhamay Nath.
- One month Yoga certificate course from 4th December, 2021 under guidance of Yogaguru Sukhamay Nath.
- Second Session of Certificate Course from April, 2022 under guidance of Yogaguru Sukhamay Nath.

5. Evidence of Success:

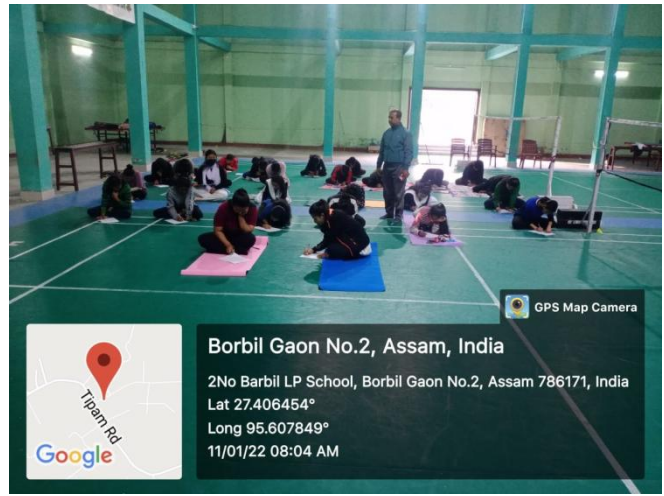
The overwhelming response from students is an explicit evidence of success to this course on Yoga. Each student is successfully trained to do the physical exercises followed by deep meditation. In the Certificate course, 44 students are enrolled and 31 appeared in both theory and practical examinations.

6. Problems Encountered and Resources Required:

- **Problems Encountered:**
 - a) Lack of physical agility and flexibility in participants is one of the major problems encountered.
 - b) Apathy, disinclination and procrastination in some students towards performing *Asanas*.
- **Resources Required:** A well-ventilated and separate area specific for the Yoga Meditation Center is required.
- Permanent human resource, i.e. a permanent Yoga Instructor.

7. Notes:

Some of the relevant photographs are attached for the activities carried out by Yoga Meditation



Center.



On the occasion of International Yoga Day on 21st June, 2021



ONLINE YOGA COMPETITION

Organised by
Digboi College Yoga - Meditation Center
 In association with
IQAC, Digboi College

Rules and regulations:

1. Interested participants are requested to submit unedited videos (landscape mode) of 2 minutes not more than 350 MB in MP4 format comprising of 3 asanas (one each) from the given categories provided below.
2. Participants must introduce themselves by mentioning their names, college name, class and contact nos. in their respective videos.
3. All videos should be sent to the whatsapp number **9854439068** or google drive link of the videos may also be sent to the same 'whatsapp number'.

Judge



Mr. Sukhamay Nath
Yoga Guru

CATEGORIES OF ASANAS TO BE PERFORMED

1. **Front Bending: (any one)**
 a) Yogamudra b) Akarna Dhanurasana c) Paschimottasana / Gomukhasana
2. **Back Bending: (any one)**
 a) Ustrasana b) Dhanurasana c) Chakrasana / Bhujangasana
3. **Balancing: (any one)**
 a) Vrikhasana b) Sarvangasana c) Virbhadrasana / Parsva Konasana

LAST DATE OF SUBMISSION 17TH JUNE, 2021 TILL 9:00 PM

All participants will get participation certificates

CERTIFICATES & CASH PRIZES FOR TOP 5 BOYS AND TOP 5 GIRLS

Results would be declared in the virtual platform to be held to celebrate International Yoga Day on 21st June, 2021.

BEST PRACTICE - 2

1. Title of the Practice: Developing Environmental Consciousness among the different stakeholders of the College

2. Objectives of the Practice:

- To inculcate a sense of awareness for the environment and its problem among students and other social groups.
- To raise awareness of the rapidly dwindling natural resources and encourage participation from the community in their conservation.
- To maintain a Green and Clean campus

3. The Context:

In addition to providing a means of educating people and spreading the word to support the conservation of nature, increasing environmental consciousness is essential for maintaining sustainable living at the forefront of people's thoughts. Involving students in Environmental awareness programme will be beneficial to maintain the greenery and cleanliness of the college.

4. The Practice:

The practice is continued with various programmes like—

- a) **Observation/Celebration of significant days associated with nature and environment:** The college is celebrating important days like: World Environment Day, World Wetland Day, Earth Day, World Elephant Day, Vanmahotsav, World Sparrow Day, World Biodiversity Day, etc to name a few. Students in large number actively participate in these celebrations.
- b) **Introduction of Field Study for Environmental Science/Life Science Subjects:** Faculty members with sufficient field expertise encourage students to undergo field study for environmental science/life science subjects. This practical approach helps them have a better understanding of the importance of environmental education.
- c) **Cleanliness drive in and around College campus:** The students actively participate in the Cleanliness drive in campus as well as nearby areas. The college tries to maintain a clean and green campus by minimizing the use of single use plastics, plantation programme , Best out of Waste workshop etc. by students and teachers.
- d) **Awareness programme in the Adopted village:** NSS has organized different Environmental awareness programme for the villagers of the adopted village like use of dustbins, waste management etc.

5. Evidence of Success:

The involvement of students and community members in various activities for Environment and Nature is a positive outcome. Formation of Eco bricks by waste plastics is a regular practice by the students.

6. Problems Encountered and Resources Required:

People living in a forest belt are directly dependent on the forest for livelihood. In this context, educating the people regarding the importance of conservation becomes futile until and unless alternate sources of income is provided to them to reduce their dependencies on the forest



Celebrating Van Mahotsav Week- 1st to 7th July, 2021

An Annual One Week National Festival of Trees Planting

Theme: Environment Revolution Begins With Greening Motherhood

A National Webinar Series On Date: 06/07/2021 Time: 9:00 AM

Topic: The Importance of Growing and Saving Forests

Inaugurators

Dr. Dip Saikia
Principal
Digboi College

Dr. Arjanta Handique
IQAC Coordinator
Digboi College

Click Here for Registration:
<https://forms.gle/NYhdu1BunRtFem9>

Resource Person
Kasturi Prashant Sule
 Indian Forest Service (IFS)
 Assam Cadre

Organized by
Department of Zoology
 NSS Digboi College Unit, IQAC
 In collaboration with
 Zoology Alumni Association of Digboi College

Platform