

Best Practice: 1

Title: Moulding the Marginalised: For a Better Future

Context: Though the College is located at the periphery of North East India's only metro city Guwahati, the population pattern of the greater Changsari area is primarily rural. The college receives a significant quantity of students from agricultural and allied backgrounds with poor socio-economic conditions. This status of marginalization is a prima facie cause for the college to admit the under performers and down trodden students into the institution. To enable the marginalized to avail the opportunity to receive higher education and create a better tomorrow, the college has adopted numerous pro-student practices.

Objectives:

- To include the last standing individual into the realm of Higher Education
- To secure the holistic development of the learners
- To provide financial assistance to poor students
- Focus on Health and Hygiene

Practice:

In consonance with our college motto ***"Nothing is holier than knowledge"*** the college seeks to bring Higher Education to the doorsteps of the economically meager sections of the nearby population. In this regard, the following steps are undertaken so far:

1. Free Admission to BPL Category- Facility of free admission is provided to the students in this category by Government of Assam whose parents annual income is less than 2 lakhs rupees

2. Government funded scholarship for ST/SC and OBC category students
3. Ishan Uday Scholarship is also provided to the economically backward students coming from north eastern region of India.
4. Minority Scholarship (Govt. funded)
5. Student Aid Fund(College Aided) Certain financial assistance is provided to needy students in their times of crisis from this fund. A sum of Rs.10 is collected from each student at the time of admission for generation and maintenance of this fund.
6. Book Bank facility: BPL students can avail and apply the facility of receiving free textbooks for one academic session from the College Central Library. A maximum of five books are allowed to be taken by the concerned student.
7. Walk to Library: At the beginning of every academic session students are taken to the College library by the faculties of every departments to orient them about the library and thereby inculcate the habit of reading books among the learners.
8. Admission to low performers: As the students of the college comes mostly from the underprivileged section of the society, many with low academic grades in secondary and senior secondary sections, the college admits these low performers by keeping a low cut off as admission marks at entry level.
9. Free Health Check-Up: The College organizes regular health checkup programme for the learners with the help of NSS unit of the college.

Impact of the Practice:

Due to numerous facilities and opportunities provided to the students, they are able to improve their academic record. The college boasts of good performance and results with excellent pass percentage. With an improved result, a significant number of students are able to get admitted into post graduate institutions in regular mode. Moreover, allowing students with low academic result to pursue under graduation in the institute, the college has been able to maintain a high enrollment ratio. In addition, the initiatives of book bank and walk to library have succeeded in increasing the student library interface. Students are encouraged to

utilize the library to their best of capacity in order to initiate the habit of self learning instead of spoon feeding or rote learning.

Obstacles:

In the process of implementing the practice of promoting welfare of the marginalized students, the college faces certain obstacles such as

1. Insufficient resource: The college endeavours to cater to the needs of all the needy students however due to insufficient fund position, the college is being unable to do so.
2. Lower Student Participation in the Programmes: There is low student participation in programmes addressed or undertaken for their welfare as many live in remote areas and communicating to and from the college becomes a hardship for them.

Resources Required:

- The college proposes to apply for the increase in government as well as corporate funding to take up numerous benevolent programmes for students
- The college is short of adequate teaching and non-teaching staff to cater to student centric programmes with utmost focus
- The college is considering to increase the number of free health checkup for students as well as to increase the number of participants in such programmes.

Best Practice 2:

Title: Yoga and Meditation

Context: Yoga involves movement, meditation and breathing techniques to promote mental and physical wellbeing of a person. It is a belief that the mind gets disciplined through meditation and the body is aligned and strengthened through Yoga. The practice of yoga and meditation is also considered as a pathway to an individual's spiritual awakening.

Keeping with the spirit of Yoga and Meditation, Saraighat College introduced this programme as a best and healthy practice amidst the students since 2019. In today's contemporary world, young minds are disturbed by anxiety and stress due to highly competitive environment and excessive dependence on virtual world along with financial hardships, eating disorders etc. It is in this context introducing Yoga and Meditation as Physical and Psychological Detox Mechanisms becomes paramount and the college hence keeping the best interest and welfare of the students in mind is duty bound to carry forward this practice.

Objectives: The practice has been promulgated with the following objectives namely:

- To promote the idea of physical and mental well being of the learners
- To increase memory and retention capacity amongst learners
- To encourage young minds to adopt healthy habits and stay away from unhealthy addictions like excessive mobile usage and substance abuse.

Practice:

Yoga and Meditation classes are being conducted on a weekly basis in the college premises from 3rd September 2019 onwards except on Sundays and Public Holidays. A certified Yoga teacher is engaged to impart training to the students. This programme began with 58 students who have received training in basic Yoga and Meditation techniques. International Yoga Day is observed at the college with participation of the college staff as well as students from other neighbouring educational institutions like S.B.M.S College, Suwalkuchi; North Gauhati College, Amingaon; Faculty Higher Secondary School, North Guwahati etc.

Impact of the Practice:

The practice of training students in Yoga and Meditation has helped the students to value their physical and mental well being. An awareness has been seen amongst students to make health their top priority. Yoga helps keep the students fit and healthy. Along with it the practice has also enabled them to shift focus from virtual world i.e. excessive use of mobile phones which distracts the students from academic engagement to other frivolous concerns unto the real world.

Obstacles faced:

- Financial Hardship: There is no regular head for resource generation especially finance to pursue and promote this practice on a continuous basis

- Low participation: Participation of students in this programme is not satisfactory owing to the non-inclusion of this practice as a specific programme under the existing curriculum

- The corona pandemic and the ensuing global lockdown hampered the effective and continuous progression and conduct of this practice amongst the students.

Resources Required:

For the continuation and popularization of this practice a permanent Yoga and Meditation centre needs to be established in the college. In addition to it, the practice needs to be introduced as a compulsory programme in the curriculum

to increase students' participation in it.