

Digboi Mahila Mahavidyalaya, 2021-2022

Best Practices: 1

1. Title of the Practice: 8th International Yoga Day on 21st June, 2022

2. Objectives of the Practice:

- a. To inculcate rich Yogic culture and patriotism
- b. To embrace yoga as a remedy for most of the diseases.

3. The Context: The contextual features of this programme is to become a part of global endeavor in seeing yoga as answer to most of the health related issues and unity with nature.

4. The Practice: The programme began with around 100 participants at the college auditorium for yoga practice at 8.30 AM with warm-up and Suryanamaskar. Mr Sukhamay Nath, National Yoga Guru led the practice and deliberated on "Rog Mukta Bharat". An awareness rally on yoga was organised from college gate to Muliabari chowk.

5. Evidence of Success: Besides attending yoga practice, students attentively listened to the deliberations on yoga by Mr Sukhamay Nath and other dignitaries. Many students participated in yogasana competition and rally. Everyone got thrilled with the day and pledged to embrace yoga for life.

6. Problems Encountered and Resources Required

Problems Encountered:

Students need more orientation on yoga as they prefer athletics and gym to yoga.

Resources Required:

Regular yoga teachers are required along with incentives to accomplished students.

7. Other Information:

The students who have excelled in yoga will be sent to teach yoga in nearby schools if the latter express desire to get their students the same.

Best Practices:2

1. Title of the Practice: Vermicompost Organic Fertilizer Sale Programme on 20th May, 2022

2. Objectives of the Practice:

- a. To promote use of natural fertilizer
- b. To make production of vermicompost as lucrative profession

3. The Context: The market is flooded with foods produced with chemical fertilizers much to the health hazards. An awareness on natural fertilizers required both for the health and occupation.

4. The Practice: The vermicompost was prepared by the department of Home Science from mixture of water, cowdung, hostel waste, banana trees and other leaves. It was kept in an artificial trench. After a few days when the vermicompost was ready it was processed and kept in polythene packets after weightage for sale.

5. Evidence of Success: The programme inaugurated by Dr. Sanjita Chetia, Principal and anchored by Dr. Pankaj Luchan Gogoi, Coordinator, IQAC witnessed the presence of many faculties, students, stakeholders and others. Everyone became interested in vermicompost given in minimum price and bought it forthwith.

6. Problems Encountered and Resources Required:

Problems Encountered:

Students needs more orientation on vermicompost as its production is an arduous task.

Resources Required:

Regular production of vermicompost requires more training, raw materials and marketing.

7. Other Information:

Already trained students can provide training on it in nearby schools if the later express the desire for the same.

Chetia
30/06/2022

(Dr. Sanjita Chetia)
Principal
Digboi Mahila Mahavidyalaya

Principal
Digboi Mahila Mahavidyalaya