

## **Best Practice—1**

### **Implementation of Yoga and Meditation for Holistic Development of Students:**

SBMS College, Sualkuchi initiated this programme as one of the best practices from the session 2018-2019. Yoga is an ancient physical and spiritual discipline and branch of philosophy that originated in India about 5000 years ago. The supreme aim of Yoga is to achieve ultimate emancipation.

### **Objectives:**

- To harness spiritual –physical development of students
- To bolster concentration and focus of learners
- To foster an ambience of cooperation and harmony among students for sustained learning experience
- To make the students aware of emotional, mental and physical health

### **Context:**

Yoga has recently gained immense momentum globally owing to Central Government's drive to make it a well-being programme. Globally it has received much attention as an alternative approach for integration of body and soul. Such an overwhelming positivity has propelled SBMS College to introduce a programme for training of students under the guidance of seasoned Yoga Gurus.

### **Practice:**

The Yoga classes are held every Saturday in two batches from 9-10 a.m and 10-11 a.m. After that the regular classes start for the batch concerned. Mr. Manab Nath, who is a Certified Yoga Trainer from Patanjali Yoga Peeth Trust comes to the college as a regular trainer. The programme is coordinated by two faculty members, namely, Mr. Kusumbar Baishya and Mr. Ranjit Taku.

As Yoga and Meditation contribute directly to improved mental focus and concentration among students, we are focusing on breathing techniques, asanas (poses), etc. as Yoga and Meditation involve long deep, slow breaths as well as the coordination of mental concentration.

## **Best Practice—2**

### **Installation of 28 KWP Grid Connected Rooftop Solar Power Plant at the college premises**

We are an institution of Higher Education located in a rural area suffering from acute power crisis. WE are a beneficiary of Grid Connected Solar Rooftop Project (with 70% govt. subsidy) under 14 MWP Solar Rooftop Project sanctioned to Assam Energy Development Agency (AEDA) by Ministry of New and Renewable Energy (MNRE).

#### **Objectives:**

Solar Photovoltaic (SPV) Power Plant is urgently required by the college in order

- To maintain reliable and sustainable source of electricity for the purpose of higher education in the institution.
- To substitute and reduce gradually the use of DG Power and to save diesel consumption.
- To meet up the electrical power demand that has been growing with the growth of its infrastructure and increased number of advanced and strategic research works.

#### **Context:**

The current power demand has been exceeding contractual demand from the grid. The existing DG sets also become insufficient. In addition the college suffers 4-5 hrs. power cut during the working hours every day.

#### **Practice:**

From its inception, 20 KWP SPV Power Plant provides uninterrupted power source for the college which reduces dependency on the grid power as well as it provides reliability of the system. Its operation is carried out by college own manpower. The maintenance is carried out for contractual basis. Operational data from inverter is carried manually for 4 hrs interval and a log sheet is maintained. The operational data from inverter is sent to cloud database via modem for remote monitoring. Under the monitoring mechanism, the power generation data is compiled and aggregated daily, monthly and yearly basis and is shared with MNRE. The percentage of demand met from this plant is 5%.

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