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### BEST PRACTICE—I

#### 1. Title of Practice: Yoga Classes for Students .

2. **Goals:** i) To build strength as well as improve balance, flexibility, and posture of Students.

ii) To helps with stress relief of the students

iii) To improves mental health of the students

iv) To reduce anxiety of the students

v) To boost immunity system of the students

3. **Practice:** Yoga practices scheduled before the commencement of the classes so that students can have the full potentiality of the yoga session. It is done from: 8-30 am to 9-30 am. Evidence of success: slowly but steadily the number of student participation is increasing.

4. **Challenging issues:** Although the yoga sessions started in the college getting all the students to practice it regularly is a big challenge because most of the students still not aware of its potential benefits. Another Challenge of yoga students is living in remote areas that cannot join early morning yoga session due to transportation bottlenecks.

### Best practice 2

**Title of Practice: Documentation of course allotment and completion.**

**Objectives:** The main objectives of this practice is to document the assignment of the portion of the syllabus to the concern teachers and thereby hold him/her accountable for its successful transaction documentation of the syllabus allotment and submission of course completion certificate has made the concern teachers accountable of his/ her basic duty to the students.

**The Practice:** Transaction of the curriculum one of the basis of the teacher. The college is very serious about this particular aspect of the academic responsibilities of the teachers. Therefore the IQAC of the college came up this novel idea of documenting assigning the portion of the syllabus to the concern teacher. After this practice of documentation of the course allotment has been initiated, now a teacher is provided with a syllabus, assignment sheet mentioning the portion of syllabus allotted to him/ her in writing at the beginning of the academic session. The concern teacher is also provided with teachers diary in which he / she has to keep a record of his/ her classes engaged and topics taken up in those classes on a daily basis throughout the academic session. The teacher's diary is signed by the head of the department and principal. At the end of the academic session he/she has to submit a course complete certificate, certifying that he/ she has completed the course of the syllabus assign to him/ her to the head of the respective department. In this practice at the beginning of the session all the heads of the department asked the teachers to submit the teaching plan of their papers.

**Evidence of success:** After this document process of curriculum transaction has been initiated, the concern teacher has become more serious and effective in carrying out the teaching learning process. Documentary evidence of course completion within the academic session makes the students more serious about studies and result is visible in the internal examinations where the students constantly improve their performance.