



## I. Title of the Practice: Preservation of Indigenous Cuisine and Culture

1. **Objectives of the Practice:** Indigenous cuisine and culture are preserved in its pure form in rural Assam. The college is nearly 20 kms away from Sivasagar Town, the district head quarter. The college lies in the lap of nature far away from big hotels and restaurants. Charing is a hub of indigenous cuisine and culture. The college authority tries to highlight these indigenous cuisine and culture as a part of its mission.
2. **The Context:** Among the three Bihus of Assam, Magh Bihu or Bhogali Bihu is the festival of delicious food items produced and tasted by the different ethnic tribes of the state. At the present scenario, these delicious food items capture the local and overseas markets.
3. **The Practice:** The *pithas* are used in all the three Bihu festivals. But it is most sufficiently found in Magh Bihu session because after the closure of the harvesting, the Assamese people have the tendency to enjoy with all its availability. The people celebrate this festival during Magh and Bohag Bihu. Bohag is the first month of Assamese calendar. *Lddu, Mithoi, Til Pitha, Bhap pitha* etc. are special cuisine of Assam. The chutney prepared by bamboo stick has a special flavour. There is rice called Bora rice, which is cultivated in Assam. Besides rice beer (soft healthy drink) is also produced from the products of agriculture. So, these ethnic products are tasted by its and every Assamese people during this Bihu festival.
4. **Evidence of Success:** Most of the students of the college come from this social and cultural background. They enjoyed this Bihu festival from the core of the heart. The college authority tries to make a hotspot of Bihu culture and cuisine in its adopted village. The stake holders and other citizens outside Charing appreciate this attempt of the college for preservation and promotion of ethnic culture and cuisine.

### Notes

Of late, the people have realized the bad effects of spicy and junk food. They now begin to taste the food items of their ancestors.

## II. Title of the Practice – Establishment of Yoga Centre

1. **Objective of the practice** – In Higher Educational Institute the games and sports enjoy a privilege position. But Yoga has not got the momentum which it needs. The NSS wing of the college organizes International Day of Yoga on 21st June every year. So the college authority intends to establish a Yoga centre permanently for enhancement of Yoga and Meditation atmosphere in the college.
2. **The context** – Yoga helps to uplift the physical, mental and spiritual aspects of an individual. The word Yoga means union of the psychophysical and spiritual aspects of a human being. It energizes the vital aspects of a person towards liberation and perfection in human life. It also helps the control over the mind and body and leads to the union and identification to the soul. Keeping these aspects in mind the college authority perpetuates the observation International Day of Yoga in to a normal duty of the co-curricular activities.
3. **The practice** – The yoga in this institution has been taken at the simplest level. The limitation of teaching Yoga has been observed among the students and teachers because of their erratic life style and unhealthy routine. The yoga instructor is

frequently not available and the institution due severe financial crisis but the college authority initiates to establish the Yoga centre with an instructor appointed contractually at a minimum remuneration. The instructor visits the centre once in a fortnight.

4. **Evidence of Success -** The yoga has been welcomed by the students. The SEC syllabus of NSS and youth development are taken by most of the students .Likewise from the next academic session the college authority sincerely meditates to implement SEC syllabus of Yoga and meditation in the CBCS course. Besides the Department of Philosophy has the content of Yoga teachings in its course on Indian philosophy too. So it will be convenient to implement the specified subject.


5. **Problems Encountered and Resources Required-** As mentioned earlier, the college is facing financial crunch to implement these programmes in totto. The barriers that faced by the college authority are:

- Well equipped Yoga room
- Permanent Yoga instructor

**Notes (optional):**

If the institution is supported with financially then Yoga centre will be a great success.



  
 (Dr. Mamoni Borah)  
 Principal i/c,  
 SMD College, Charing, Sivasagar.  
 Principal i/c  
 S M D College, Charing  
 Sivasagar Assam