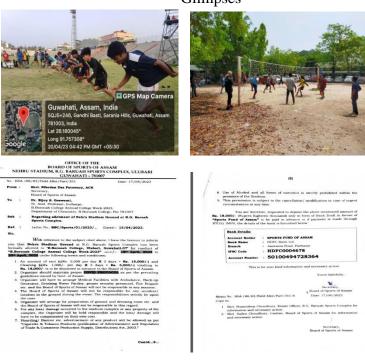
# 7.3.1 Portray the Performance of the Institution in One Area Distinctive To Its Priority and Thrust

#### HOLISTIC DEVELOPMENT

- B. Borooah College ardently promotes the holistic development of students in order to mould them into strong and sound individuals with intelligence and empathy and a keen sense of social responsibility, integrity, tolerance, and sportsmanship. The vision of the college is to achieve all-round development of students by combining academic pursuits with a range of other activities. It is expected that these activities will help in strengthening the physical, mental, spiritual, moral, and aesthetic qualities of individuals in the long run. To fulfil the vision of the college, measures are adopted under the following heads:
- a) *Physical Well-Being*: In order to ensure the physical well-being of students, the measures adopted by the college are described below:
  - Sporting Activities: Every year, several sports events and competitions are organized in the college. Sports activities like kabaddi, badminton, volleyball, football and cricket are an integral part of the annual college week as well as college foundation day celebration. Additionally, the college organizes friendly cricket and volleyball matches between teachers and students which not only helps students become physically stronger but also increases the camaraderie between teachers and students. On a daily basis, many students can be seen playing various games on the college campus. Additionally, the college has an agreement with Nehru Stadium for using its grounds for organizing sporting activities. As the stadium is adjacent to the college, it is convenient to organize sports competitions and events in the stadium.





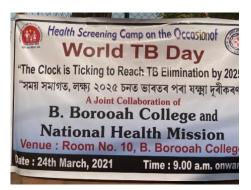
• The National Cadet Corps (NCC): The NCC unit of the college provides a platform to students not only to acquire values of patriotism and self-discipline but also to boost their physical fitness. B. Borooah College has both the army and the navy wings of NCC. The cadets of both wings actively take part in camps and acquire medals. Apart from camp activities they also take part in other activities organized by the college.

Glimpses



• **Health Cell:** The Health Cell of B. Borooah College undertakes many activities targeted at students' physical well-being. The cell performs a host of regular activities like addressing students' health concerns, providing first aid on campus and raising awareness about health and hygiene. Additionally, the cell took initiative to obtain a Memorandum of Understanding (MoU) with National Health Mission to conduct heath camps in the college premises. As per the MoU, health camps are organised on campus every month in which not only members of the college fraternity but also the neighborhood participate. The camps pay special attention to the needs of students. The first health camp was held on 24 March 2021 where various health parameters of participants were diagnosed. Necessary medicines were prescribed and given to the them.

Glimpses





• **Gymnasium**: As we know, a healthy body is essential to keep the mind fresh, active and focused. Therefore, a gymnasium is an integral part of the teaching-learning process for the overall development of students. Opened in 2013, the B. Borooah College gymnasium intends to help students develop their strength and stamina and contribute to their

development. It provides quality recreation and a break from the regular schedule of studies and classes to students. It also helps existing and potential players and athletes strengthen their skills so that they can shine brighter in their respective fields. The college gymnasium is well-equipped with several workout-apparatus and these facilities are utilised by students for daily fitness exercises as well as strength-training. The gym is equipped with treadmills, cycling machines, cross-trainers, weight plates, ceiling bars, twisting pads, sit-up benches, side pulls, dumbbells, barbells, multi-gym, and bench-press, front press, back press, leg press, and leg pull apparatus. A coach is appointed to train users on proper methods of using the various equipment of the gym. The timetable of the gym is systematically designed so that it can be used conveniently by students. The week days have been alternatively allotted to male and female students from 4 pm to 6 pm. The timing for faculty members is 6 pm to 7 pm on alternate days for male and female faculty members.





#### Yoga:

To attain physical as well as mental health development of students, the Yoga Cell of the college organizes yoga programs from time to time. Besides, the NSS and NCC units of the college also organize yoga programs on campus. Additionally, the Dept. of Philosophy organizes certificate courses on *Yoga Satra* in collaboration with Vivekananda Kendra, Guwahati and other associations. To acknowledge the importance of yoga for the holistic development of students, the college celebrates International Yoga Day every year on 21<sup>st</sup> June as a part of which students and staff members participate in yoga practice in the college. These measures are described hereunder:

#### Courses on Yoga Satra:

The Department of Philosophy, B. Borooah College in association with Vivekananda Kendra, Guwahati organised a certificate course on yoga *satra* which was held in two phases, the first phase from 22 June 2022 to 27 June 2022 and the second phase from 27 February 2023 to 13 March 2023. Almost all students of the department actively participated in the course along with a number of faculty members. Minati Barman, Minati Paul, Bibha Choudhury, Parinita Das, and Rupak Das from Vivekananda Kendra, Guwahati acted as resource persons for the

course. At the end of the program, all participants were given certificates and appreciated. Course materials were provided to all participants.

## Glimpses





1st phase of Yoga Certificate Course

2<sup>nd</sup> phase of Yoga Certificate Course

B. Borooah College organizes Yoga practice as a part of the celebration of International Yoga Day for Promoting the Physical of Students

#### 2017:

On International Yoga Day, 2017, two yoga *gurus* from Vivekananda Kendra, Guwahati deliberated on the importance of yoga for the physical and mental development of individuals. This was followed by yoga practice guided by the *gurus* in which many students along with a number of faculty members and non-teaching staff members participated.

Glimpses







#### 2018:

On International Yoga Day, 2018, B. Borooah College conducted a yoga practice session under the guidance of resource persons from Vivekananda Kendra, Guwahati Branch. Mr. Diganta Sarma, an eminent orator, delivered a talk titled "Vivekananda and Nabajagaran" to spread the message of Sri Aurobindo among the youth.





Yoga practice on the occasion of International Day of Yoga, 2018

#### 2019:

In 2019, B. Borooah College celebrated International Yoga Day by inviting yoga *guru* Suma Rai from Vivekananda Kendra, Uzan Bazar, Guwahati. During the session, the *guru* demonstrated various yoga *asanas* which were performed by students.





#### 2020:

Due to Covid19, International Yoga Day was conducted in the virtual mode in 2020. Prof. P. J. Handique, Vice-Chancellor, Gauhati University, Dr. Ranjan Kr. Kakati, Director of Student's Welfare, Gauhati University and other dignitaries graced the occasion. Many students took part in the virtual yoga session which was also attended by several faculty members.



## 2021:

B. Borooah College organized a lecture and yoga practice programme on International Yoga Day, 2021. Three resource persons from Vivekananda Kendra, Guwahati demonstrated yoga *asanas* which were performed by several students, faculty members and non-teaching staff members of the college.



## b) Mental and Emotional Well-being

- B. Borooah College gives importance to the mental and emotional well-being of students in addition to their physical development. As such, the college organizes mental health and stress-management workshops and lectures as well as one-to-one counseling sessions between students and teachers.
  - **Seminars and Workshops**: The college invites resource persons from various organizations to provide primary/preventive mental health services to students through programmes like workshops, seminars and lectures on mental health, stress management, and positive thinking. Some of these are described below:

Date	Program	
30 June 2017	Workshop on Meditation	
6 November 2019	Emotional Intelligence: A Route to a Successful Life	
21 June 2020	Self-Esteem and Self-Confidence	
21 May 2022	Emotional Intelligence	

The Department of Philosophy organized a workshop on meditation on 30 June 2017. Brahmakumari Sister Rekha, the resource person, imparted training on meditation techniques through the process of *Rajyoga*. Her session focused on the issue of "Realizing the Real Self" which is conjoined with the value of love and can ward off tragedies and sorrows of life. She taught students the simple process of making life happy by connecting with one's soul.

#### Glimpses



On 6 November 2019, a lecture program on "Emotional Intelligence: A Route to a Successful Life" was organized by the Department of Education in which Loya Agarwala, a psychological counsellor, was the speaker. Her speech focused on important topics like changing life in five ways, the importance of happiness, the importance of emotional intelligence, management of emotions and anger management.

Glimpses



A webinar on the topic, "Self-Esteem and Self Confidence" was organized by the Department of Philosophy on 21 June 2020. Binita Sarma Das and Sangita Deka, Psychologists, SPARK (a unit of OREKA) were invited as resource persons who spoke on the role and importance of self-esteem in day-to-day life and how one can develop their self-esteem. During the interactive session, students and teachers of the department shared their experiences and gained the resource persons' inputs.

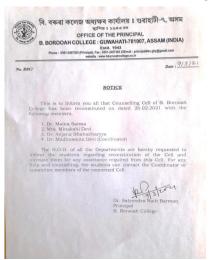
The Department of Philosophy in association with IQAC, B. Borooah College organized an interactive program on the topic "Emotional Intelligence" on 21 May 2022. Dr. Shyam Sundar Sarma, Dept. of Disability Studies, Gauhati University was invited as Resource Person. He spoke about emotional intelligence and how it can be regulated in our lives. He also played a short football video as and interacted with students. Students freely expressed their thoughts and views during the interaction.

Glimpses



 Counselling Cell: The Counselling Cell organizes programs by inviting psychologists and counsellors. An interactive session on "Mental Health" was organized on 23 March 2021. Mrs. Binita Sarma Das, Consultant Psychologist, Excel Care Hospital Pvt. Ltd., Guwahati delivered a fruitful lecture on mental health as well as interacted with the students personally.

Glimpses





• **Mentoring:** The departments of the college allot faculty members as mentors to each student to discuss various problems of students at academic and personal levels. The mentor suggests ways to students to overcome their challenges.

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• Code of Conduct: The college code of conduct, uploaded on the college website, familiarizes students with their duties and obligations towards the institution and society at large. Simultaneously, the code of conduct enables students to imbibe values like sincerity, dedication, honesty, discipline, and truthfulness, crucial for an individual's mental and emotional well-being and growth.

## c) Aesthetic Development

To hone the aesthetic faculty of students, the following measures are adopted:

#### • Traditional Assamese Play (*Bhaona*):

The Neo-Vaishnavite movement initiated by Srimanta Sankaradeva created a socio-cultural renaissance in Assam in the later part of 15th century. Sankaradeva, a fifteenth/sixteenth century Assamese polymath, saint, poet, playwright, dancer, actor, scholar, musician, artist, and social-religious reformer inspired the *bhakti* movement in Assam. He was the fountainhead of the *ankiya naat*, a form of one-act play whose staging is known as *bhaona*. It is a traditional form of entertainment in Assamese and Brajavali languages with religio-moral messages like the victory of truth over evil. Given below are the details of two *bhaonas* staged in the college to develop the aesthetic sensibility of the college community.:

*Sakunir Protishodh*: Faculty members, non-teaching staff members and a few students of the college performed staged the *bhaona* named *Sakunir Protisodh* in the Dr. Bhupen Hazarika Auditorium of the college on 17 February 2017.





**Borah Avatar:** On 10 February 2019, the college fraternity performed a *bhaona* named *Borah Avatar* in collaboration with the Directorate of Students' Welfare, Gauhati University.







• Creative Arts: Poster-making and painting competitions are organized regularly. Exhibitions are also held.

Glimpses



- Performing Arts: To develop students' sense of aesthetic appreciation, singing
  competitions under the categories of Bhupendra Sangeet, Rabha Sangeet, Jyoti Sangeet,
  classical music, and modern music are organized in the college. Dance competitions
  under the categories of classical dance, semi-classical, folk dance, modern dance, and
  western dance are also organized. Additionally, theatre performances and competitions
  are organized from time to time.
- **Literary Arts**: To create an environment of literary-aesthetic appreciation and development, diverse literary activities like essay writing, short story writing, poetry writing, and reading/recitation of self- composed poems are organized.





• Film Club: An initiative of the Department of English, Celluloid - The Film Club is a forum for film lovers of the college. The club screens movies in diverse languages. Each screening is followed by a discussion in which the audience shares their responses to the film watched. At times, the club screens documentaries as well.

#### Glimpses





#### d) Political Development

The college aims to augment students' political awareness and strives to inculcate leadership qualities in them. To achieve these goals, the following measures have been initiated and devotedly adhered to by the college:

• Visit to Assam Legislative Assembly: Students are taken to the Assam State Legislative Assembly during the budget session to enable them to acquire first-hand knowledge of technical sessions of the Assembly. Such visits also help in developing their leadership qualities.

Glimpses





• **Students' Union:** The B. Borooah College Students' Union provides a platform to students to become aware of their constitutional rights and values as well as explore and sharpen their leadership and organizational qualities. The union is formed through an election that is conducted in a free, fair and democratic manner following the guidelines of the Supreme Court of India. This process encourages students to get themselves registered as voters and exercise their voting rights. It also helps students to hone their political awareness and explore the possibility of establishing themselves in the fields of politics and journalism.

Glimpses





• **Debating Competition**: The Bhola-Borooah North-East Inter College Debating Competition is organized following the model of the Assam Legislative Assembly

sessions. The debate's topics reflect socio-political concerns of the present world. Given below is a list of topics of the competition:

Year	Topic		
2017	In the opinion of the house, "Active Role of Social Media has Exerted Positive Influence on the Society."		
2018	In the opinion of the house, "The Proposal to Hold the Loksabha and the Assembly Elections Simultaneously is against the Federal Ideal of India."		
2019	In the opinion of the house, "In Independent India Articles 370 and 35 (A) are the Main Obstacles to the Development of Jammu and Kashmir".		
2022	In the opinion of the house, "Use of Local Languages in Higher Education will Bring Revolutionary Changes to the Indian Education System."		

#### e) Economic Development

#### • Cells:

Entrepreneurship Cell: The Entrepreneurship Development Cell was formed to develop the spirit of/awareness about entrepreneurship among students, to sharpen their advanced skills of creativity and innovative thinking, to empower them to undertake entrepreneurial initiatives, and to help them become employment creators rather than seekers. The cell organizes various programs such as seminars, workshops, industrial visits, food festivals, and interaction with young entrepreneurs to produce successful entrepreneurs with innovative skills and ethical business practices. Given below are the details of such programs:

Entrepreneurship Development Session: On 4 April 2022, an entrepreneurship development session by "teapreneur" Partha Saikia (Founder of Assam Keteki Tea and Chaipho 21) was held. Mr. Saikia shared with students his journey from a corporate sector employee to an entrepreneur of two ventures. He discussed the challenges faced by him during the initial days of his start-up and motivated students to become independent and confident. He also talked about his core product (tea) and its physical distribution and competitive advantages.



Entrepreneurial Development Camp: An entrepreneurial development camp was held in the college on 12 April 2022 by students of the Business Administration Department. There was an exhibition-cum-sale of food, beverages, apparel, handicraft, decorative pieces, and gift items during the day-long camp. It attracted many visitors including students, teachers and non-teaching staff members who visited every stall and purchased the goods made by students. Some of the products available in the camp were goat-milk organic soap, handicraft items like key holders, paintings, decorative pieces, bookmarks, and wall hangings, food items like momos, paani-puri, chaat, cake, and chocolate and drinks like juice, lassi, milkshake and masala soda.

## Glimpses





Skill Development Cell: The Skill Development Cell, comprising faculty members from various departments, is a body formed with the objective of developing different skills among students, viz. communication, language, soft skills, etc. To this end, the cell regularly organises

programs for the benefit of the students by inviting resource persons from various fields. At times, internal resource persons are also employed. The cell has offered three certificate courses on communication and soft skills development till date. The first course was held from 22.05.17 to 31.05.17 during the cell convenorship of Dr. Manabendra Sarma, Assistant Professor, Dept. of English. The course, named "Communication Skills for Career Advancement", was coordinated by Dr. Kabita Chiring, Assistant Professor, Dept. of English. The total number of students in the course was 10. The second course with the same title was held from 20.02.19 to 09.03.19, under the cell convenorship of Dr. Kabita Chiring who also the course coordinator. 63 students of the college participated in the course. The name of the third course was modified to "Communication Skills and Personality Development for Career Advancement" and it was offered in association with Optimista Learning Hub, a well-known soft skills and mental skills training centre based in Guwahati. The course was offered under the cell convenorship of Dr. Kabita Chiring. The duration of the course was from 22.03.21 to 12.03.21 and 8 students participated in it. In addition to these certificate courses, the cell organises seminars, workshops, etc. from time to time so that students of the college get opportunities to hone various skills required for their holistic development.

#### • Foreign Language Instruction:

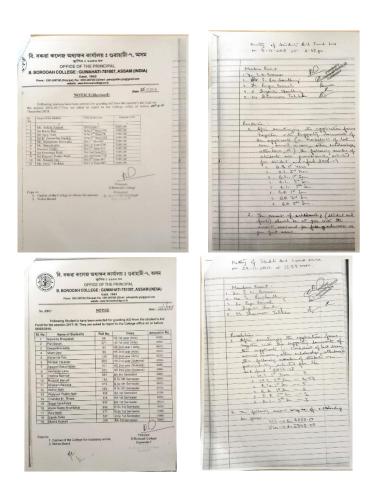
B. Borooah College recognises the need of students' proficiency in foreign languages to advance in their career paths. With this view, the college has taken measures to facilitate Japanese language learning among its students. On 19 March 2021, the Skill Development Cell of the college organised a skill enhancement seminar titled "Act-East through North-East: Seizing Opportunities in the Context of Assam-Japan Relationship". The objective of this skill development seminar was to orient students about career opportunities being unleashed by the strategic partnership between the Governments of India (Assam) and Japan. The event was raced by the then Director of Higher Education, Gitimoni Phukan as chief guest. Two resource persons, namely, Dr. Sriparna B Baruah (Head of Centre for Industrial Extension and Consultancy, IIE Guwahati) and Mr. Kaustav Padmapati (Assistant Professor, Department of Political Science, Assam Royal Global University) delivered talks to motivate and guide the audience. Around 200 students participated in the seminar. On the same day, a Memorandum of Understanding was signed with Mirai Japanese Language Centre for providing Japanese learning opportunities to students of the college. Consequently, B. Borooah College signed a Memorandum of Agreement with the State Innovation and Transformation Aayog (SITA), Government of Assam to implement the project "Up-Skilling Students by Imparting Japanese

Language Learning Course and thereby Enhance their Employabilty" with Mirai Japanese Learning Centre. Under this project, youngsters get the opportunity to learn Japanese free of cost and appear in the Japanese Language Proficiency Test (JLPT) conducted by the Japan Foundation for expanding their career paths and enhancing their employability. This move has been initiated by B. Borooah College keeping in view the cordial bilateral relationship between India and Japan and also the prospects of the Act East Policy.

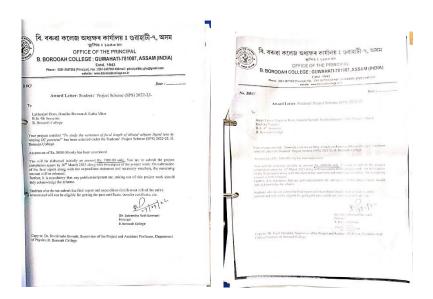
#### • Financial Aid:

The college provides financial support to students to participate in field trips, excursions, educational tours, and surveys. Besides, a range of other initiatives like students' aid fund, student project scheme and travel concessions are adopted by the college.

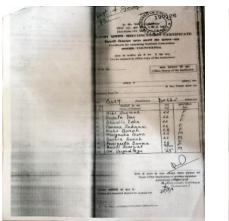
Student Aid Fund: Financial help is provided as per criteria to some needy students of the college.



Students' Project Scheme: This scheme provides financial help to those students who are selected for doing project work within College premise.



*Travel Concession*: Students of the college are entitled to railway concession to travel home and back during vacations and for travelling on academic tours conducted by the college.





## • Stationary Corner:

The stationary corner, located at an easily accessible area near the entrance of the college, offers photocopy, printing and DTP facilities as well as stationary items to students at a reasonable rate.

## f) Socio-Cultural Development:

• **Educational Tours**: Students are regularly taken on educational tours to different parts of the country which exposes them to the social set-ups and cultures of those regions. Under the *Ek Bharat Shreshtha Bharat* scheme, students were taken to Rajasthan.



- College Theme Song: The college theme song, *Damyata Datta Dayaddham* (Self-Restraint, Charity, Compassion), is sung during various programs. The musical composition of the song is done solely by the alumni of the college which is proof of the college's efforts to create alumni engagement.
- Cultural Rally: The cultural rally, organized as a part of the college week, is another means of developing students' socio-cultural attributes. A theme is centrally selected and students from every department prepare their part of the rally based on a sub-theme. The cultural rally provides an opportunity to students to research about, enact and exhibit diverse societies ans cultures of the country.

Glimpses



• Community Service: Outreach programmes are organized to develop students' sociopolitical awareness as well as instil the value of social responsibility in them. Outreach
programmes are organized by the B. Borooah College Teachers' Unit, the B. Borooah
College Students' Union, the B. Borooah College NSS and NCC units, and other cells
and bodies of the college. As a youth service programme, the NSS aims at arousing the
social consciousness of the youth with the objective of personality development
through community service.



## g) Academic Development

In addition to regular academic activities, students are encouraged in their academic pursuits through events like inter-college students' seminars, departmental students' seminars, departmental annual lectures and other seminars and workshops, and workshops and webinars centrally organised by the college. B. Borooah College has instituted an Academic Excellence Award to recognize the best talents. This award is generally given on the college foundation day to students who excel in academics. The departmental libraries, ICT tools and e-learning facilities are a few other measures taken by the college towards fostering academic excellence.

• Inter College Students' Seminars: B. Borooah College organizes an inter college students' seminar every year. In this seminar, students from different institutions of the region present papers.

#### Glimpses



## • Departmental Students' Seminar:

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Glimpses



## • "Meet Industry/Academic Experts" Initiatives:

Central Seminars, Workshops and Webinars: The college regularly organizes academic programs through the IQAC by inviting resource persons from academia as well as industry. A few of them are listed below:

Date	Topic	Mode
28-29 January 2018	"MOOCs and E-content Development"	Workshop
22 June 2021	"Intellectual Property Right"	Webinar

Departmental seminars, workshops and webinars: The academic departments of the college organize course-related intra-departmental seminars to enhance the knowledge and expertise of departmental students. Subject experts are invited for these programs.

Departmental Annual Lectures: The academic departments of the college organize annual lectures on course related topics for enhancing the effectiveness of the teaching-learning process. In addition to the annual lectures, the various departments of the college also organize seminars, workshops and other similar programs throughout the year. Given below are the details of the annual lectures organized by the department of Philosophy in the last six years:

Year	Topic	Mode	Resource Person
2017 (20 <sup>th</sup> March)	Existentialism: A Brief Outline	Lecture	Dr. Juthika Das, Retired Head, Dept. of Philosophy, Handique Girls' College, Guwahati
2018 (10 <sup>th</sup> March)	Understanding Drama: The Gita's Perspective	Lecture	Dr. Sakuntala Bora, Associate Professor, Gauhati University

2019	Mental Health and	Lecture-	Binita Sharma Das and Sangeeta Deka,
(26 <sup>th</sup>	Cognitive Therapy	cum-	Psychologists, Spark (A Unit of OREKA)
March)		Workshop	
2020	Self-Esteem and	Lecture-	Binita Sharma Das and Sangeeta Deka,
	Self-Confidence (21st	cum-	Psychologists, Spark (A Unit of OREKA)
	June)	Workshop	
2021 (9 <sup>th</sup>	Aspirations for a	Lecture	Monidipa Borkotoki, ACS, Managing
March)	Better Future		Director, Assam State Film (Finance and
			Development) Corporation and Joint
			Secretary, Cultural Affairs Development,
			Govt. of Assam
2022	Cogito and the	Lecture	Dr. Akoijam Thoibisana, Associate
(11 <sup>th</sup>	Development of		Professor, Dept. of Philosophy, Gauhati
May)	Western Philosophy		University.
			_



• Academic Excellence Award: Under the Academic Excellence Award, the college honors students who achieve university ranks in semester examinations. Generally, these awards are given in the programme organized on the occasion of the college foundation day.

# Glimpses



Priya Mishra First Class Second, Philosophy, 2018



Disha Priyadarshi Deka First Class First, Sanskrit, 2021

• **Departmental Library:** Besides the central Hem Barua Library, departments of the college boast of well-stocked libraries for easy access and help of students.



- **Faculty Exchange Programs:** Under faculty exchange programs, teachers from different institutions deliver lectures and seminars at the college. Likewise, teachers of the college visit other institutions and deliver talks.
- ICT Tools and E-Learning Facilities: To aid the teaching-learning process, ICT tools are incorporated on a regular basis by faculty members. Several e-learning platforms are also utilized, viz. Google Classroom, Zoom and Whatsapp.