



S.J.M.V.

**Mahantha First Grade Arts & Commerce College**

Rayapur, Dharwad-580 009

Granted Permanent Affiliation by Karnataka University, Dharwad

Reaccredited by NAAC



Email: sjmvmahantha@gmail.com

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Ref. No.SJMVMM/ 120

**Best Practices**

Date : 30-12-2024

**Best Practices I Title – VACHANA KAMMATA**

1.Objectives of the practice – Development of holistic personality to build a positive character with moral values such as compassion, respect and humility.

2.The Context – Students are the greatest strength of our country, to shape them ethically morally socially as the responsible citizens, College has adopted a course called “VACHANA KAMMATA”. Moral values are fading today due to highly competitive life, and the books are replaced by electronic gadgets, to educate them about the values of books is a challenge through the above mentioned course students are motivated to read the books of great personalities like Basavanna.

3.The Practice – The course, VACHANA KAMMATA reflects on moral and ethical values practiced and propagated by lord Basavanna, a saint poet of 12<sup>th</sup> century and his contemporaries. Their short poems(Vachanas) are store houses of moral values. Students are asked to study them and write annual exam. This is introduced by our esteemed management to help students community and sensitize them to adopt the universal values.

Evidence of success - Students have learnt to be more sympathetic towards their fellow beings and behave accordingly.

Problems Encountered – The present semester system has a tight time frame. Upon this in the year 2021, NEP was introduced which again consumes a lot of time which restricts the full exercise of such practices. In spite of the time constraint the institution has successfully conducted vachana Kammata exams.

  
Co-ordinator  
IQAC

SJMV Mahantha College, Dharwad



  
Principal  
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### **Best Practices II : Mental and Physical Fitness**

#### **Objectives:**

- To prepare students physically and mentally strong.
- To create enthusiasm among students in their career prospects.
- To create health consciousness.
- To propagate homogenous exercises.
- To become model citizen.

#### **Context:**

Majority of the students enrolled are belonging to rural belt and agricultural background. After identifying the physical fitness through medical check up camp process for our students, it has motivated the concerned staff i.e., Physical Education Director and IQAC to ensure the health consciousness among every students and thereby creating interest among them about the importance of Physical Exercises through Yoga. The same is also extended to the neighbouring localities.

#### **Practice:**

To mark the celebration of international yoga day "One Week Yoga Training Programme" was organized in our college. The programme was inaugurated by Shri Sanjeev Kumar S Hadagali Advocate Dharwad. Kumar Sandeep Nadageri, University blue in yoga-2024 and Kumari Surekha Huded, University blue in yoga- 2023 who trained the students and Succeeded in transforming the attitude of students, towards yoga studies and practicethrough the training programme, From 21-06-2024 to 26-06-2024.Our student participants benefited physically, spiritually. It helped them to develop their power of concentration.

  
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