

Title of the Best Practice No.1 Yoga and Medication.

Objectives of the Practice:

- To prepare every student competent enough to face the present world in the field of seeking jobs, preparing for various competitive examinations and fit enough to serve the nation in different capacities.
- To enlighten every student about the health consciousness, importance of Yoga for gaining concentration, divinity, health awareness.
- To prepare every student to fit psychologically, emotionally, mentally and to become robust personality.

The Context:

Introduction of Yoga and Meditation is helpful in bringing awareness about Yoga and its advantages which is the need of hour. Hence, the institution and the authorities realized that necessity of Yoga and Meditation. Though college has different good practices, this practice has introduced as a Best Practice with an intention to equip every student physically, psychologically, emotionally, mentally fit and strong so as to have robust personality. We have found out that, a greater number of students enrolled are from rural background, economically weaker sections, lagging behind interest of studies. Keeping all these in view, we have introduced this scheme to help students community greatly.

The main purpose of Yoga and Meditation is to build strength awareness and harmony in both mind and body. It also helps students to achieve concentration of mind. For the holistic development of human personality in the present scenario Yoga is a must and inevitable. Yoga is a physical, mental and spiritual practice originated in India. There are numerous benefits of yoga –

- Yoga improves breathing and circulation of blood.
- It helps in stress management.
- It helps in physical and mental health.
- It helps to lead a better health and happy life.
- It improves athletic performance and provides better all round fitness.

The Practice:

Initially, college has invited some of the Yoga experts to give demonstrative lectures. With the support of IQAC, Principal enlighten students community about the prominence of health awareness which can boost them along with career prospects. Students interested are notified to enroll their names to Physical Education Director. During the year, college has recorded with 45 students. Physical Education Director conducted regular demonstrative classes between 7.0am to 8.0am. The classes are conducted 4 days a week. Students are issued certificate of participation only those who attend more than 80% of the total number of classes conducted.

**SJMV MAHANTH FIRST GRADE COLLEGE OF ARTS & COMMERCE,
Rayapur, Dharwad.**

Evidence of Success:

In the beginning due to lack of awareness about the significance of Yoga and Meditation, the strength of the students was less in number. After the guidance and motivation by the instructor and Yoga expert, the students were started turning towards Yoga and Meditation. Dr. S.Y. Tondihal, Associate Professor, SRJV College, Shiggaon, Mr. Satish Hiremath, Yoga Expert, Navanagar have designed the course curriculum for the Yoga and Meditation and under their able guidance Shri. D. Nagarajappa, Physical Education Director of our college conducts the training classes. One month coaching classes conducted in the Yoga and Meditation Hall for a batch of one hundred students from 4.0 pm to 5.0 pm every day. Separate classes are conducted for staff also. Separate attendance for students is maintained by the Yoga expert. Certificates are issued on the successful completion of Yoga training. The new initiation taken up by our Principal, Dr. C.M. Kadkol has created healthy and lively atmosphere in the premises and has brought a lot of change among staff and students.

Problems Encountered and Resources Required

To conduct this programme, we had to face financial constraint to pay the salary to the Yoga Expert. But in due course of time, Principal managed to get financial support from different sponsors. Initially students were not interested to get enrolled but after elaborate demonstration and lecture series by Yoga experts, most of students started enrolling this course.

Best Practice-II Vachana Kammata – An inspiration for development of moral values

Objectives of the practice :-

- To inculcate the moral values and ethics practiced by XII century saints and social reformers.
- To enlighten students community for inculcation of ethical and moral values.
- To encourage students community to follow the values of role models of ancient period.
- To encourage students community about the workaholic nature.

The Context:-

We are proud and egoistic to state that, our country is rich in heritage, culture and natural resources. Referring to the analysis report of various findings from different organizations, etc., values are declining and students mindset are getting diversified due to the advancement of mobile technology. Today's students are tomorrow's greater strength for our country. To shape them morally, ethically, socially responsible citizen of our country, college has adopted a course on Vachana Kammata – which reflects on moral and ethical values practiced and propagated by Lord Basaveshwara and his contemporary saranas to the society at large during their era, which is introduced by our esteemed management to help student community to inculcate these universal values.

The Practice:-

Students who enrolled for this course need to study, First Year – Anubhava – Teaches on human values and civilization Second Year- Anubhuthi – Highlights on gender equity. Third Year - Ananda – Inspires role model of spiritual gurus. This particular value added course is very prominent course in the entire state of Karnataka introduced by our esteemed Management SJM Vidya Peetha, Chitradurga. This is a unique course started in the year 1998 from Middle School to PG level. Study materials are provided to students at free of cost. The examination pattern is centralized process by the Management. The rank holders of this examination are given cash prize of Rs.1500/- each instituted by Management.

Evidence of Success:-

Most of the students get enrolled for this course. This particular content of the course helped majority of the students community in inculcating various universal values. Most of them before leaving the institution after the graduation go with the commitment and dedication to be role model in every aspect of their efforts during their career span. College has good track of record about the successful implementation of the course and its impact. It is also witnessed in change in behavioural attitude during their course tenure. During the year, more than 300 students have taken part in this value based course and successfully completed the course.

Problems Encountered and Resources Required:-

Initially, students mindset was lean to adopt this course, but consistence guidance and motivations of senior staff members, gradually students taken interest in adopting this course. Necessary financial assistance is taken care by college to implement this course. We have not come across any financial constraint or any problem.