

ಶ್ರೀ ಜಗದ್ಗುರು ಮುರುಘರಾಜೇಂದ್ರ ಕಲಾ, ವಿಜ್ಞಾನ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ

ಚಂದ್ರವಳ್ಳಿ, ಚಿತ್ರದುರ್ಗ - 577 501. ಪೋಸ್ಟ್ ಬಾಕ್ಸ್ ನಂ. 88

ನ್ಯಾಕ್ ಸುನರ್ವ್ಯಾಚ್ : 'ಎ' ಗ್ರೇಡ್ ಸಿ.ಐ.ಒ.ಎ. 3.05

SRI JAGADGURU MURUGHARAJENDRA COLLEGE OF ARTS, SCIENCE & COMMERCE

Chandravalli, CHITRADURGA - 577 501. Post Box No. 88, Karnataka

NAAC Reaccredited with 'A' Grade CGPA 3.05

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Best Practice 1:

HEALTH, WELLNESS AND YOGA – SOUND MIND IS A SOUND BODY

OBJECTIVES:

- To ensure robust personality
- To create awareness on health to lead a healthy life.
- To enlighten the precautionary measures from protecting deceases like diabetes, Hypertension, lungs related deceases and cancer.
- To improve the immunity power against the deadly deceases
- To adopt a healthy dietary habits.
- To foster harmony in body, mind and environment.
- To prepare competent and confident personalities to serve the nation.
- To educate on health consequences of bad habits.
- To enlighten students on the effective practice of Yoga.
- To educate students on the importance of physical activities for better health.

CONTEXT:

It is said that India has become the capital of diabetic patients in the world today. The latest medical survey reports have found out that the present day youth as young as 20 years old are falling prey to non-communicable deceases like diabetic, hypertension etc linked to unhealthy dietary habits, lack of physical activities or exercises and sedentary life styles. Moreover, there has been a lack of awareness among our students about this impending danger to their health and also the attitude of their parents towards the health of the children.

Therefore, there is an urgent need to take care of the health of the college students by initiating them to best practices and habits in their life. The knowledge on health

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acquired and practices life style adopted during school days and college days are to stay there in there adulthood and lay a strong foundation for healthy life in the rest there life. Therefore, there is a greater need today to teach and make the students practice yoga, the greatest ancient Indian wisdom which is a panacea for all the illnesses - physical, mental, cultural, social even spiritual.

Practice:

For the purpose of conduct of medical check up, awareness programmes, the college has collaborative activities Basaveshwara Medical Hospital, Primary Health Centre, District Rotary Club, District Health Organization.

The college conducts regularly Yoga camps for a student's every year. A large number of students enthusiastically participate in these camps. A One-month certificate course on Yoga has been conducted for interested students. There is gymnasium inside the college campus, which is kept open during the working days since morning 7 am to 5 pm. A large number of students make use of the gym during the leaser hours. Special lectures to create awareness among students about keeping their health are arranged. specialist doctors and other health experts are invited to deliver lectures on health related issues for all the girl students the HB Test has been conducted. The lady doctors are specially delivered lectures on the common health problems faced by the girl students.

Evidence of success :

All the students have shown keen interest in participating in special yoga camps. several students visit gymnasium daily for improving their physical powers and also

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participate in sports and games after class hours. Moreover there is a greater demand from the students to conduct these kind of yoga camps regularly for the benefit of all the students.

Problems encountered:

No significant problems have been encountered. but there is lack of expert yoga teacher to conduct yoga. Lack of time for the student due to hectic academic activities like the classes, tests and examinations due to the semester system.



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