

ಶ್ರೀ ಜಗದ್ಗುರು ಮುರುಘರಾಜೇಂದ್ರ ಕಲಾ, ವಿಜ್ಞಾನ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ

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

ನ್ಯಾಕ್ ಪ್ರನಿರ್ಮಾಣತೆ : 'ಎ' ಗ್ರೇಡ್ ಸಿ.ಐ.ಸಿ.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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ದಿನಾಂಕ :

7.2 - Best Practices

BEST PRACTICE - 1

There are many best practices which the college has adopted during every academic year. In this academic year there are two best practices which are very relevant. Essential and also the need of the our

1. Title of the Practice: Health Awareness and its Impact

The Corona pandemic has taught for the human beings who are on the mad race for development, the importance of health for the first time in the modern world. More importance is given for our students in keeping their health by practicing yoga and by conducting many health awareness programmes by inviting expert doctors to give lectures on maintaining a good health. Especially the girls students who's problems cannot be expressed by overtly, expert doctors are invited to listen to their problems and solve them timely. The objectives of this practices to created awareness as well as cultivate good habits and observe best practices in their health to preserve their health in the long-run. Many of the students and especially girls who are underweight and suffer from Malnutrition need to be made aware of the importance of taking proper diet and involving in physical activities by practicing yoga.

2. Objectives of the Practice:

- To create health awareness among students by conducting various health awareness programmes and drawing attention to our age old ancient Indian wisdom Yoga and inculcate a habit of practicing it in their daily life.

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3. Context:

The modern man suffers from life style related diseases all over the world. As a result, the quality of health one enjoys in life is decreasing day by day. India is not exception to this. Even though, it is developing at a rapid speed in all fields but there is a greater need at present to take care of health of the students community, who are the future citizens and also assets of the nation. Based on this, college has conducted special lectures on the health problems of girl students facing. During the interaction, the overall response from the students, highlighted towards facilitating health awareness programmes and conduct of Yoga classes so as to have physical, psychological and emotional well being.

4. Practice:

There are many challenges to make our students to be aware of the importance of health. Lack of awareness and as well the interest about cultivating healthy practices in life or absent s in the students. Out of ignorance or misinformation or lethargy the students take little interest or total be absent from this kind of activities. Therefore our institution has considered it as a challenge to create awareness among the students continuously for preserving good health by adopting healthy practice their life. Students from all social strata lack ether proper guidance, directions, or awareness in preserving their own health thereby preserving their health of the family as well as the health of the society and nation. The basic fact that the mental and physical fitness is very much required in this highly competitive world is absent among the students. Therefore it is a challenge to convince the students and bring them to our path to preserve the health.

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5. Evidence of Success:

Students are very much interested in attending this kind health awareness programme and in learning the priceless yoga. During the year, college has invited prominent doctors, medical practitioners to conduct awareness programme on health through virtual during pandemic but once students started attending offline classes, college has organised and conducted special lecture. These sincere efforts encouraged good number of students to get enlightened about the maintenance of sound mind, health and adopting the nutritious food. Most of the students who were identified weak in their health but this process help enabled them to improvise their health condition.

6. Problems Encountered:

Initially students were hesitant to attend such classes. Students from all social strata lack either proper guidance or awareness on health.

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BEST PRACTICE - 2

1. Title of the Practice: Creating Awareness on Environmental Issues
Objectives:

2. Objectives of the Practice:

To make our students conscious about the environment which is vital to the existence of life on earth and contribute their part in preserving it.

3. Context:

Chitradurga is a baron district which receives less rainfall in a year and also lack of greenery in entire area of district. There is mad race for development in this highly competitive world in every sector all over the world. This has made every one to revisit what enormous damage has been caused to the environment. Therefore it is very challenging one to create awareness among the students and cultivate a practice of protecting and in preserving environment in their every days life.

4. Practice:

First the foremost, in association with NSS, YRC, college has conducted good number of awareness programme on environmental consciousness and importance of greenery initiatives. Invited experts from Department of Forest, Horticulture and from University of Agricultural Sciences to deliver special lectures. In addition to this, college has conducted sapling plantation inside the campus and also around the vicinity of the college. College also conducted awareness programme at neighbouring Institutions, special camp of NSS, etc. During the year, to educate students and staff about the environmental consciousness, college has been observing VEHICLE FREE campus once in a month.

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5. Evidence of Success:

Evidence of Success: This practice within the campus attracted good number different birds on the branches of the trees. College is surrounded with greenery environment and bird friendly campus. Due to the sufficient water facility, good number of trees have grown and beautified the campus.

6. Problems Encountered:

College has not faced any problems in implementing this practice.



**CO-ORDINATOR
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