

## ಶ್ರೀ ಜಗದ್ಗುರು ಮುರುಘರಾಜೇಂದ್ರ ಕಲಾ, ವಿಜ್ಞಾನ ಮತ್ತು ವಾಣಿಜ್ಯ ಮಹಾವಿದ್ಯಾಲಯ

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

ನ್ಯಾಕ್ ಪುನರ್ಮಾನ್ಯತೆ : '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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/ 20 -20

31-03-2020  
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## 7.2 – Best Practices

The best practices of previous year the Vachana Kammata and conducting yoga training for students has been continued in this academic year also

### **BEST PRACTICE - 1**

**Title of the Practice:** Vachana Kammata – An value added course

### **Objective of the Practice:**

- To make students to be aware of the preaching and teachings of social reformers and saint poets who wanted to establish a gender equality and castles society.
- To instill values among the students by studying the Vachanas, poems written in common man's language by saint poets like Lord Basaveshwara and his disciples.

### **The Context:**

The modern society which is preoccupied with material progress needs to study and follow and practice the preachings of great saints and social reformers of our country. Lord Basaveshwara – a social reformer in 12th century initiated a great social reform with the aim of fighting inequality based on caste, gender, etc. His teachings have a great relevance in the present context. Therefore, the students are very much required to study the life history and preachings and their contributions to the society. The teachings of the saint points has left a long lasting effect on the generations of people for centuries together.

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So our young generation are the future of our country, should also develop moral and ethical practices in their life in this materialism modern world. Therefore our college conducts Vachana Kammata – an examination on poems of these great saint poets every year. The Practice: Hundreds of students study the life history and preaching's and practices of these social reformers and take the examination. Every student shows much interest in this vachana kammata examination. It is not a marks oriented examination for the sake of obtaining a job but only for developing moral and ethical values in their lives. The stress is laid upon improving the ethical values among the students rather than just acquiring a certificate.

#### **Evidence of Success:**

- Even though the test is not compulsory but almost all the students take voluntarily this examination and shown much enthusiasm.
- Every year, fresh students take much interest in taking this examination as this particular value added course is not mandatory. This shows that the young people are really interested in inculcating values in their lives by studying the vachanas, i.e., literature of saint poets and social reformers.

#### **Problem Encountered and Resources Required:**

In implementation of this particular practice by the college, encouraged and provided necessary financial support. Hence, there is no any financial constraint to implement.  
Notes (Optional)

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#### **BEST PRACTICE – 2**

**Title of the Practice:** Yoga Training for students and staff

#### **Objective of the Practice:**

- To enlighten students about health consciousness as a body is a temple.
- To practice mental hygiene to develop concentration and strong will power.
- To possess emotional stability.
- To inculcate moral values.
- To attain ethical values.
- To increase the immunity system.

#### **The Context:**

Health of every individual affected in this highly competitive and stressful world. The modern man has been subjected to the stressful life which resulted in the loss of his health. Therefore, to regain his/her health, who needs balanced stress free life, for which, Yoga use the panacea. Therefore, college has given importance for yoga in the college campus both for students and staff. Taking into consideration is the present scenario, to strengthen our students community and staff, college has decided to introduce Yoga training camp. In association with District Yoga Centre, Chitradurga, experts have been invited for the conduct of week long activities.

#### **The Practice:**

Yoga training camp has been conducted inside the campus before commencement of the classes in the morning between 6.00am to 7.00am. Different asanas,

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suryanamaskaras, pranayama and meditation has been taught to the students and staff.  
Students are instructed to follow certain discipline in food system to practice  
yogasanas.

**Evidence of Success:** The keen interest and participation shown by the students and staff in the week long yoga camp is an evidence for the success of this programme. Many students expressed their views that the week long camp has driven away their lethargy and made them very active both mentally and physically and they expressed their views that they continue to practice the yoga at their homes even after the training. Teachers also lent their support in organizing this particular camp and also participated. They have expressed that this training has helped them in improving their vitality and academic performance.

**Problem Encountered and Resources Required:** In implementation of this particular practice by the college, encouraged and provided necessary financial support. Hence, there is no any financial constraint to implement. Notes (Optional)

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