

Best practice -1

1. Title of the Practice

Health Awareness Week

2. Objectives of the Practice

Health of students has become more and more important to be monitored. Due to the enhancement of the consumption societies and environmental pollution, students are one of the most vulnerable groups, who are exposed to some certain degrees negative changes.

3. The Context

Bearing in mind the curiosity among the students, we assume that if we develop an interactive Health Awareness system that would teach the students about health consciousness, we would be able to make the students aware of healthy food life style. As many of the students are from rural and agricultural background, looking to physical activeness, college thought of implementing and enlightening students' community about health and physical fitness awareness programmes.

4. The Practice

College has been inviting experts to deliver special lecture on health consciousness and awareness about impact of consumption of tobacco, etc. Conducted various programmes and also made students community to actively participate on demonstrative lecture on Yoga. Similarly, competition being conducted on the impact of practicing of Yoga regularly.

5. Evidence of Success

Majority of the students participated in health awareness programmes and also yoga skills. Invited trained and expert professional to deliver demonstrative lectures and also prompting students to practice yoga regularly. This consciousness among student's community has proved greater success looking to the activeness of the students and active participation in cocurricular and extra-curricular activities.

6. Problems Encountered and Resources Required

College has not faced any challenges in implementing this specific practice.

7. Notes (Optional)

Best practice -2

1. Title of the Practice

Helping hand for flood affected areas

2. Objectives of the Practice

To help flood affected areas of Kodagu District who lost their houses and struggling for daily food and clothing. As a mark of humanitarian ground, we need to render our service and help to the best of our abilities. Students should also need to know and learn about the societal problems and whenever such calamities occur, they must come forward to help those who are suffering.

3. The Context

Monsoon arrived late this year in Karnataka. By the end of July, the rainfall was so low that authorities were bracing for a drought in many parts of the State. But the situation changed drastically in the month of 2018 and Kodagu received heavy downpours, leading to landslides. Rainfall recorded at the three taluks (sub-districts) — Madikeri, Virajpet and Somwarpet — was 95.10 mm, 77.92 mm and 57.89 mm, respectively. Wherein, many citizens of this area, lost their house and became most helpless, no cloths, no food, etc,. The staff and students of the college volunteers to go beyond to stretch helping hand to the best of our abilities.

4. The Practice

IQAC conducted a meeting with an agenda of enlightening the pathetic condition of Kodagu District due to the heavy reanfall and citizens of this area suffering with lack of food and clothing. The outcome of the meeting unanimously resolved to contribute to the best of our abilities in the form of cash, clothing, etc.,

5. Evidence of Success

Based on the recommendation of IQAC, we have conducted very many rallies and propaganda the localities about the pathetic conditions of Kodagu district due to the heavy rainfall. This effort resulted in gaining Rs.1.0 lakh. This amount is channelized to facilitate Kodagu district flood affected families and children by handing over the collected amount of Rs.1.0 lakh through Bijaur District Collector. This has become great success and also educated us that we need to learn and help those who are in dire need of struggle. Ultimately this particular effort was greatly successful.

6. Problems Encountered and Resources Required

No such problem faced in implementing this particular task.

7. Notes (Optional)