



## **BEST PRACTICES**

### **1. Yoga for Health**

### **2. Eco friendly activities**

#### **TITLE OF THE PRACTICE - YOGA FOR HEALTH**

Yoga is a systematic practice of physical exercise, breath control, relaxation, diet control and positive thinking and meditation aimed at developing a harmony in the body and mind. Yoga means unison of mind and body. As the saying goes healthy mind in a healthy body; Yoga provides both health and wealth. So daily practice of yoga will help to stretch and one body muscles

#### **OBJECTIVES OF THE PRACTICE**

Yoga is an ancient physical and mental activity that affects both mood and stress. The present review study suggests that yoga has positive effects on psycho physiological level that leads increased academic performance in college students. Hence the college is making all our efforts to promote yoga in the college and Deveramanahalli a village adopted by the college.

#### **THE CONTEXT**

The college is located in Nanjangud where more young men and women students are interested in yoga. Some of the students regularly practice after their class hours and some students are running yoga training centres in the town.

#### **THE PRACTICE**

The college every year celebrates 21st June as International Yoga Day. Sri PATANJALI YOGA SAMITI, Nanjangud, coordinated by the alumni of college Sri Ganesh Murthy is providing yoga training for the public in the college auditorium every day . The students regularly practice yoga in the college under the guidance of physical education director Prof. C. Palaniswamy . The college has produced outstanding yoga exponents. Our yoga students represent University of Mysore for “All India Inter University Yoga Competition” every year all over India. Many exponents have won medals and prizes every year. The achievers are honoured and awarded by University of Mysore as well as the institution every year. The college auditorium is utilized by Sri Ganesha murthy to train Yoga to the students and the public. Sri C Palaniswamy , Director , Physical Education guide the students after the college hours.

## **EVIDENCE OF SUCCESS**

The number of students who practice yoga regularly is increasing every year. Our Yoga Teams participated in Inter University Yoga Competitions and have brought laurel to the college. Some of our Yoga exponents are working as Yoga trainers in various countries like China and Vietnam. Thus, the college has its contribution in promoting Yoga on an International level. The list of excellent performers and achievers in National and International level is enclosed.

## **PROBLEMS ENCOUNTERED & RESOURCES REQUIRED**

The college encountered a few problems while implementing the practice. Motivating the rural students to attend Yoga classes was the first problem. It was impossible for the rural students to reach the college in the early morning. The students were not financially sound enough to buy Yoga dress and Yoga mat. A trained Yoga teacher and his allowances to be met. In the initial stage the college did not have a screen and comfortable hall to practice Yoga. But gradually the college succeed in overcoming the problems. The students realised the benefits of Yoga & started to come voluntarily. The indoor stadium solved the problem of the place with the help of Alumni Association. Yoga teacher conducting the classes. The outcome is very encouraging. The college is of our students working as Yoga trainers, in foreign countries.

## **TITLE OF THE PRACTICE: ECO – FRIENDLY ACTIVITIES**

Academic excellence can be achieved only through innovation and Unique (Best) Practice. It helps the institution to serve the student community better. Practice changes from time to time. The college should adopt itself to the changing circumstances and cultivate a unique practice which should be the need of the hour. The efforts of the college in the direction of innovation and best practice. The college has been practicing may best practice. We feel that Yoga for Health and Eco-friendly activities are the two best examples.

## **OBJECTIVES OF THE PRACTICE**

Prevention of pollution is the need of the day. In order to achieve this goal, our college has taken a number of initiatives to improve the environment. Go green movement, No plastic and No Smoking Zone initiatives, water management, energy saving and conserving efforts, Rain water harvesting Carbon neutrality, plantation and E Waste management are the major activities observed. The teaching and non teaching staff members and students are involved in this process. JSS Mahavidyapeeta encourages these initiatives by providing technical and financial assistance.

## **CONTEXT - ENVIRONMENTAL CONSCIOUSNESS**

The college is conscious of importance of the environment. The college campus is eco friendly with rich plant wealth comprising of lofty trees, shrubs, and a number of ornamental and medicinal plants.

## **PRACTICE: GREEN AUDIT**

Green Audit agency sends a team of experts regularly to conduct green audit. It provides solution to the existing problem and gives strategic plans to improve the existing conditions. We use compost bin for food wastage to reduce the waste in the campus. The use of polythene is banned. A booklet describing the existing trees, plants and other shrubs is brought out by the department of Botany with the help of exponents in the field. The book gives a brief note on each and every plant with photo. It is very useful to the students and staff members. Botanical name of each plant is described. Water Management is another greater concern of the time. Water is the source of life. The use of water should be minimized. Reusing and recycling of water is given priority. The management helped us to establish rain harvesting plant providing 78.44 of the total ground water demand of the campus (6000 gallons)

1. Water leakage points are identified and repaired on a regular basis.
2. A new monitoring mechanism is installed to check overhead tank overflow. Indirectly it reduces the consumption of electricity.

## **ENERGY CONSERVATION**

Conservation of energy is another very important criterion. Hydro electricity is not reliable. The college needs self reliance as far as energy is concerned. Solar panels have been installed at women's hostel, which is used for water heating. The college has established Roof Top Solar system with an agreement between CESC and which produces 25 KWP. The principal, the energy produced is sold to CESC. It has reduced the financial burden of the college. A Committee consisting of teachers and student representation is formed to check corridors, classrooms and labs and ensure lights and fans are not working after the college hours.

Incandescent bulbs are replaced with fluorescent tubes. CFL (Compact Fluorescent lamps) are installed. All personal computers use power management. All electronic equipments are shut off during breaks. Overall the college is very keen on energy conservation. The college is planning to introduce programmes regarding the use of renewable energy.

## **EFFORTS FOR CARBON NEUTRALITY**

1. The college has taken up the following measures to check the emission of CO<sub>2</sub>.
2. Tree plantation programmes
3. Solid Waste-generated in the classrooms, office, canteen and is used for composting instead of burning.
4. Plastic waste is segregated from biodegradable waste and preserved to be disposed off by handing over to municipal authorities.
5. All department and canteen are using biodegradable paper plates, and cups and use of plastic cups and plates is prohibited.
6. The campus is well planned with green lawn and flower pots, flower bushes and lofty trees to have suitable proportion of greenery. It is also maintained and developed by skilled and trained gardeners.

## **PLANTATION**

In an ongoing programme of enhancing greenery in the campus and as a part of the Government policy to celebrate " vanamahotsava" In June every year Students and staff together plant new sapling supplied by the Horticulture department of the government and our own nursery wherever possible to beautify the campus. At the same time care is taken new sapling are planted in place of paired saplings of the earlier period.

## **E - WASTE MANAGEMENT**

The unusable electronic equipments and the parts are stored in a segregated room till they are disposed off. Normally once in a near or twice depending upon the quantity they are auctioned as scraps.

## **EVIDENCE OF SUCCESS**

Today the college campus looks beautiful with greenery, tall trees, bushes, lawns & flowers. The environment is very clean and healthy filled with fresh air. The students are familiar with varieties of plants and flowers. It has created awareness among the students & staff. Water and electricity are utilized meaningfully. Within a period of 13 years the campus is developed into lush green. This could be achieved because of the efforts taken by the management, the principal, staff members & the students in particular. We feel it is the best practice one and all should cultivate, as it is badly needed today.

## **PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED**

The college was shifted to the present campus in the year 2007. Everything had to be started afresh. Initially water problem was very high. Collecting appropriate saplings from the forest department needed a lot of efforts. There was a lot of electricity problem. The management extended financial help to dig bore wells. MOU with CESC helped to install roof top Solar panels, which solved the electricity problem. Further rain water harvesting unit solved the water problem.