



Swamy Vivekananda Vidya Samsthe (R)
KUMADVATHI COLLEGE OF EDUCATION

Aided, Permanently Affiliated to Kuvempu University,
Recognised by NCTE & UGC Act 2(f), Section 12 (B) &
NAAC Accredited With "A+" Grade (3.27 CGPA)
Shikaripura – 577 427, Shivamogga Road, Shivamogga Dist.
☎ : 08187 – 222383, 222067



ಸ್ವಾಮಿ ವಿವೇಕಾನಂದ ವಿದ್ಯಾಸಂಸ್ಥೆ (ರಿ)
ಕುಮದ್ವತಿ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ

ಅನುದಾನಿತ, ಕುವೆಂಪು ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಶಾಶ್ವತ ಸಂಯೋಜಿತ, ಎನ್.ಸಿ.ಟಿ.ಇ
ಹಾಗೂ ಯು.ಜಿ.ಸಿ, ಅಧಿನಿಯಮ 2(f), ಸೆಕ್ಷನ್ 12(B) ಮನ್ನಣೆ ಪಡೆದಿದೆ &
"A+" ಗ್ರೇಡ್‌ನೊಂದಿಗೆ NAAC ಮಾನ್ಯತೆ ಪಡೆದಿದೆ (3.27 ಸಿ.ಜಿ.ಪಿ.ಎ)
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Criterion - 07

Institutional Values and Best Practices



Criterion – 7.2

Best Practices

Item No: 7.2.1

Describe at least two institutional best practices (as per NAAC format given on its website)

Best Practices

Item No: 7.2.1

Documentary evidence in support of the claim **Index**

Sl No	Title of the Documents
1.	Practice of Yoga
2.	Community Oriented Activities



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Criterion - 07

Institutional Values and Best Practices



Best Practice 2022-23
Internal Quality Assessment Cell (IQAC)

Best Practice – 01.

1. Title of the Practice: Practice of Yoga

2. Objectives of the Practice:

- a) To keep the student teachers mentally, physically, psychologically fit and competent.
- b) Create awareness on different aspects of health and fitness.
- c) Develop skills in organizing the physical education programme in schools.
- d) Explain the medical aspects of yoga in terms of improving mental health and reducing stress.
- e) Classify yoga, yogic diet and yogic lifestyle

3. The Context:

- Most of the student teachers are from rural backgrounds.
- The overall personality of these students is not comparable with urban background student teachers.
- To make the student-teacher confident and competent to face the situations
- To create awareness of the benefits of Yoga and meditations
- Considering these various parameters, the institution has started Yoga Practices for both staff and student teachers.

4. The Practice:

- College has facilitated Yoga practices every Saturday in a week.
- During the day, Yoga will commence from 9 am to 10 am and 10.05 am to
- Student teachers are informed to bring yoga materials provided by the college.
- Yoga performances by student teachers was organised on special days like Independence
- Day and Republic Day programmes.
- International Yoga Day was celebrated by the institution and also conduct group yoga practice on this eve.

6. Evidence of Success –

- We can see a gradual increase i
- It also witnessed that student teachers increased their confidence level.
- We observed a gradual increase in the results of the students in scholastic and co - scholastic activities.

Weekly Yoga Practice



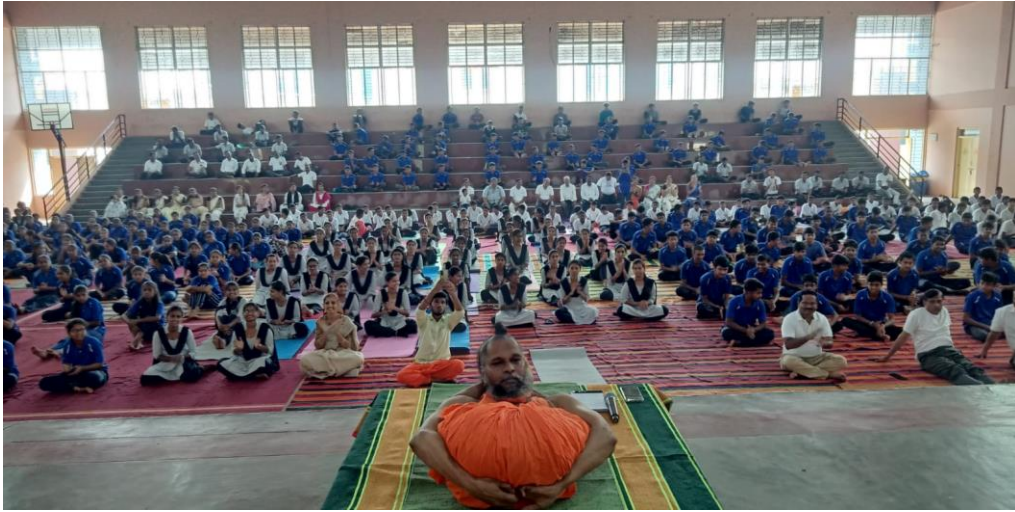
Weekly Yoga Practice



Yoga Practice in NSS Camp



Yoga Practice on eve of international yoga Day



Yoga Practice on eve of international yoga Day



Best Practice – 02

2. Title of the Practice: Community Oriented Activities

3. Objectives of the Practice:

- a) To instil a sense of social responsibility in the minds of the students.
- b) To engage the students in meaningful service that meets community needs.
- c) To equip the students with skills, attitude and knowledge so that they can work for the deprived sections of society.
- d) To understand the community in which they live and to understand themselves in relation to their community

4. The Context:

- The students develop among themselves a sense of social and civic responsibility.
- They utilize their knowledge in finding practical solutions to community problems.
- The students develop the competence required for group living and sharing responsibilities.
- They acquire skills in mobilizing community participation in acquiring democratic attitudes.

5. The Practice:

The college has a Social Outreach through its involvement with several NGO's which provides an opportunity to the students to work among the underprivileged sections and also with various civil society organizations. It is a constructive step to carry out by the institution to provide beneficial activities like health and hygiene camps, awareness rallies, motivational activities etc. for the deprived, needy and less fortunate children living in the orphanages, slums and rehabilitation centers. The College has organized several productive programmes so far extensively utilizing the services of the widespread network of local resources, which have a strong grass-root level presence with deep insight into community-based services contributing to the inspiring initiatives for the empowerment of the community and its health. The following are the programmes organized by the institution: Free Health Checkup and Blood Donation Camp, Fire Safety Measures Programme, Socio-economic Status Survey, Special Lecturing Programme on World Women's Day, Mental health, International Yoga Day, Swachhatha Abhiyan.

6. Impact of the Practice:

On the faculty members

- It helps to understand the requirements of society and it helps to organise the programme in that way.
- It also helps how to use local resources in a better way.

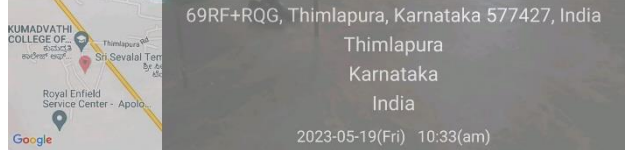
On the Students

- Students got an experience of group living in and with the community, sharing their life and participating with them.
- The students develop the competence required for group living and sharing responsibilities.

7. Evidence of Success :

Sl No	Date	Title of the Programme	Collaboration
1.	19-05-2023	Blood Donation Camp	orgnised by SVVS and 20 KR BN NCC, Shivamogga
2.	04-06-2023	Free Health Check-Up and Blood Donation Camp	orgnised by NGO Government Hospital Shikaripura and Kumadvathi College of Education, Shikaripura
3.	03-06-2023	Street Skit presentation on Health awareness & village cleaning	orgnised by NGO Kalenahalli and Kumadvathi College of Education, Shikaripura
4.	21-06-2023	Celebration of International Yoga Day	orgnised by NGO Shikaripura and SVVS, Shikaripura
5.	01-07-2023	Kumadvathi College of Education, Shikaripura gears up for its participation in "Ek Tareek - Ek Ghanta," an initiative for community service as part of the Swachhata Hi Seva campaign.	orgnised by NGO Shikaripura and SVVS, Shikaripura
6.	07-10-2023	Wild Life Conservation Programme -	orgnised by Kumadvathi College of Education, Shikaripura and NGO, Shikaripura

Blood Donation



Free Health Check Camp



Street Skit presentation on Health awareness & village cleaning



Celebration of International Yoga Day 2023



Kumadvathi College of Education, Shikaripura gears up for its participation in "Ek Tareek - Ek Ghanta," an initiative for community service as part of the Swachhata Hi Seva campaign.



Wild Life Conservation Programme



Principal
Principal
Kumadvathi College of Education
Shikaripura