



S.V.E.Trust's

S.B.C.S Arts, S.V.Commerce & Science College Humnabad

Best Practice I:

1. Title of Best Practices: Environment Consciousness

2. Objectives of the Practices:

- Ensuring satisfaction to all stakeholders.
- Submission to related regulatory conditions.
- Adopting to planned college processes and support system.
- Ensuring protection of environment.
- Management of resources through optimum utilization.
- Developing awareness and knowledge of all concerned with respect to above.

3. The Context:


Though people are being made environmentally consciousness over the last 20 years, there is still a large population who are not aware of the importance of taking care of the earth. Most people do not know the words "Going green and eco-friendly environment". Some people have interest in going green but not necessarily known what to do to make a difference, one should conserve energy as we are facing energy crisis and prevent air, water and noise pollution. They prove to be a boon for the environment and prevent human health from deterioration.

4. The Practice:

- The students, faculty members and people of nearby locality were aware of simple waste to protect the earth and environment.
- The student voluometers are engaged in clean ups to the surrounding community under the banner "Swachchata Abhiyana".
- The institution has taken up Rainwater harvesting.
- The students were motivated by arranging lecture on importance of our natural resources and preservation of ozone layer.
- The waste water collected during purifying the water by RO process is used domestic purpose.
- To Save energy consumption LED bulbs and florescent tubes are used Energy saving is developed among students by advising them to switch off the electrical appliance when not in used.


I.Q.A.C. Co Ordinator

S.B.C.S. Arts, S.V. Commerce &
Science College, Humnabad. Dist. Bidar


PRINCIPAL

S.B.C.S. Arts, S.V. Commerce &
Science College, Humnabad Dist. Bidar



- Students prepare paper packets and distribute to some of the vendors in nearby area and advised them not to give the plastic bags to the customers, explaining the hazardous effect of the uses of plastic. Students even created awareness about the swachchata abhiyana to the shopkeepers.
- Plantation of trees is advised to the students the important of trees to the environment is stressed on the eve of teachers day students wit give plant saplings to teachers to commemorate the event the students are who advised to give saplings' as eiffs to dear once instead of other gifts. This will help the tree plantation.
- Seminars are arranged by the students related to environment consciousness.
- During Ganesh festival, Eco friendly Ganesh idols are prepared by our students under the guidance of fine arts college students and are sold.
- E-waste is disposed through scrap vendors.
- Different types of waste, like wet and dry aste is separated and put into respective dustbins which are kept kept in the campus. An arrangement is made to collect this waste by corporation people.

5. Evidence of Success:

The students and staff are found using recyclable or reusable bags. The fans and lights were seen to be switched off when not in use. The students were very conscious about maintaining the campus clean.

6. Problems Encountered and Resources Required:

- Some students hesitate and even some of the parents do not permit their children to come out of the college campus and visit public places to create awareness about environment consciousness.
- Lot of expenditure has to be met to fix large solar panels to make use of solar energy in working women's Hostel.

7. Notes (Optional)

I.Q.A.C. Co Ordinator
S.B.C.S. Arts, S.V. Commerce &
Science College, Humnabad. Dist. Bidar

PRINCIPAL
S.B.C.S. Arts, S.V. Commerce &
Science College, Humnabad Dist. Bidar



**List of the activities carried out under the banner of
“Environmental Consciousness”**

SL. No.	NAME OF THE PROGRAM	DATE
1.	WORLD ENVIRONMENTAL DAY	06-06-2023
2.	INTERNATIONAL TIGER DAY	30-07-2023
3.	NATIONAL POLLUTION CONTROL DAY	02-12-2022
4.	INTERNATIONAL DAY FOR BIOLOGICAL DIVERSITY	23-05-2023
5.	WORLD OZONE DAY	16-09-2023

I.Q.A.C. Co-Ordinator
S.B.C.S. Arts, S.V. Commerce &
Science College, Humnabad, Dist. Bidar

PRINCIPAL
S.B.C.S. Arts, S.V. Commerce &
Science College, Humnabad Dist. Bidar



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Best Practices II

1. Title of the practice: Yoga and Meditation

2. Objectives of the practices :

- To improve physical fitness, mental ability and emotional stability of the students.
- To help students grow in self-discipline and self-control.

3. The Context:


- Students face mental health challenges due to exposure to internet and social media.
- It made us to reflect on this issue and take up Yoga as a regular practice in the college together with academic and other co-curricular activities.
- Yoga and Meditation, the traditional practices for leading a healthy life, are quit relevant both for teaching/non teaching staff and students.


4. The practice:

- International Yoga Day (every year on 21st June) is celebrated, regular session on Yoga with well defined schedule, dedicated space by involving established practitioners and gurus.
- Likewise *Pranayama* exercises *Anulom-Vilom*, *Bhastrika*, *Ujjayee* and *Bhramari* are quite popular especially with the woman faculty members. Students have benefitted by the regular practice of Yoga and Meditation.
- The practice is followed in NSS camps also in students involve villagers in the morning Yoga session.
- The college organizes Yoga camps and workshops from time to time.
- In absence of trained Yoga teacher the NSS officer fulfill this requirement as an additional responsibility.

5. Evidence of Success:

- Yoga and meditation helped in increased concentration at the time of main events.


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- Felt more comfortable and at ease with other members of team.
- Many students shared their stress and negative feelings which they unable to share with siblings and parents, as they did not want there to worry for them.

List of the activities carried out under the banner of “Yoga and Meditation”

SL. No.	NAME OF THE PROGRAM	DATE
1.	AWARENESS PROGRAM ON YOGA	09-04-2023
2.	AWARENESS PROGRAM ON YOGA & MEDITATION	11-04-2023

6. Problems encountered & resources required:

- Apart regular session in the Yoga & Meditation. It is necessary to provide additional information and guidance through screening of videos and other materials.

7. Notes: (Optional)

We are recommended to adopt / implement Yoga & Meditation in your institution because which are imbibed in India cultural and now recognized globally have provided their officially in making balanced responsibilities with composer and contentment.

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