



K.L.E.SOCIETY'S
S.V.S. BELLUBBI ARTS & COMMERCE COLLEGE

SAUNDATTI-591126. DISTRICT: BELAGAVI. STATE: KARNATAKA

Accredited at the 'A' Level by NAAC 4th Cycle

Phone: 08330-222311, 222511
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Best practice: 1

Title of the Paper: Meditation for Student Well-being

Objectives:

- **Enhance Mental Health:** Reduce stress and anxiety among students.
- **Improve Focus:** Boost academic performance and concentration.
- **Promote Emotional Balance:** Encourage emotional regulation and mindfulness.
- **Holistic Development:** Foster well-being as part of NAAC's guidelines for student growth.

Context:

With growing mental health challenges in academic settings, K.L.E. Society's S.V.S. Bellubbi Arts & Commerce College introduced meditation to support students' emotional and mental well-being, aligning with NAAC standards for holistic development.

The Practice:

- **Daily Sessions:** Students participate in guided meditation and breathing exercises.
- **Mindfulness Techniques:** Students are taught self-awareness practices for better focus and emotional regulation.
- **Workshops:** Periodic sessions to deepen understanding and practice.
- **Classroom Integration:** Meditation is encouraged before exams or presentations to reduce stress.

Evidence of Success:

- **Improved Academic Performance:** Students report better concentration and memory.
- **Mental Health Benefits:** Reduced stress and anxiety among students.
- **Positive Feedback:** High participation and satisfaction in surveys.
- **Faculty Observations:** Noticeable calmness and improved behavior in students.



Problems Encountered:

- **Initial Resistance:** Some students resisted the practice or didn't see its immediate value.
- **Time Constraints:** Tight schedules made consistent practice challenging.
- **Sustained Engagement:** Maintaining long-term participation proved difficult.
- **Awareness Issues:** Some students were initially unaware of the benefits of meditation.

Meditation at K.L.E. Society's S.V.S. Bellubbi College has successfully improved student well-being and academic performance. Despite some challenges, the practice provides students with valuable tools for personal and academic growth.





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GPS Map Camera



Belgaum, Karnataka, India
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**K.L.E. Society's S.V.S. Bellubbi
 Arts & Commerce College, Saundatti**



Principal
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**K.L.E. Society's S.V.S. Bellubbi
 Arts & Com College, Saundatti**



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Best practice: 2

Title of the Paper:

"Fostering a Culture of Giving: Book Donation as a Birthday Tradition at K.L.E. Society's S.V.S. Bellubbi Arts & Commerce College, Saundatti"

Objectives:

- **Promote a Reading Culture:** Encourage a habit of reading and knowledge sharing among students and faculty.
- **Enrich the Library:** Expand the college library's resources through book donations.
- **Strengthen Community Bonds:** Foster a sense of community and shared responsibility through birthday donations.

Context:

In an effort to cultivate a culture of knowledge-sharing and intellectual growth, K.L.E. Society's S.V.S. Bellubbi Arts & Commerce College, Saundatti, introduced the tradition of donating books to the college library on the birthdays of both students and faculty. This initiative strengthens the library's collection and encourages active participation in the academic development of the institution.

The Practice:

- **Book Donation on Birthdays:** Every student and faculty member donates a book to the college library on their birthday.
- **Diverse Book Selection:** Books donated span a wide range of subjects, including academic texts, novels, and self-development resources.
- **Recognition:** Each donation is acknowledged, and the donor's name is added to a special "Birthday Book Donor" list.
- **Student Engagement:** The practice is encouraged and celebrated as a meaningful way to contribute to the college community.



Evidence of Success:

- **Enriched Library Collection:** The library has grown with a diverse selection of books donated by students and faculty.
- **Increased Participation:** High engagement from both students and staff, with most participating in the donation tradition.
- **Positive Feedback:** Students report feeling a sense of pride and contribution to their academic environment.
- **Community Building:** The practice has strengthened relationships between faculty and students, fostering a collaborative and supportive campus culture.

Problems Encountered:

- **Book Selection Variability:** Sometimes the books donated did not align with the academic needs or preferences of the library's collection.
- **Ensuring Quality Donations:** In some cases, books with outdated or irrelevant content were donated, requiring more careful selection.

To address these challenges, the college encourages donors to choose books that add academic value, and the library team works to review donations before they are accepted.

The book donation practice at K.L.E. Society's S.V.S. Bellubbi Arts & Commerce College has successfully fostered a spirit of giving, enriched the library collection, and promoted intellectual growth within the campus community. This initiative aligns with the college's broader goals of holistic development and student engagement, creating a more connected and knowledgeable academic environment.





Q497+M09, Belgaum, Sayadatti Yallamma, Karnataka 591126, India

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Karnataka
India

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**K.L.E. Society's S.V.S. Bellubbi
Arts & Commerce College, Saundatti**



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