

Institutional Best Practices

Title of the best practice- Enhancement of skills in secondary school teachers

Objectives

1. To introduce the changes that have taken place in the secondary education and the changes that have taken place to the secondary teachers.
2. To guide secondary teachers to develop communication skills.
3. To help teachers to understand the importance of higher thinking process skills (HOTS).
4. To help secondary teachers to acquire K-Yan, K-class usage skills.

Context

The college develops this programme to enhance the different skills among secondary school teachers. This programme is found useful in developing ICT skills and enriching the knowledge regarding HOTS.

The practice

The workshop organized in institute as follows.:-

1. A valuable guidance was given by organizing an expert lecture on 'Changes in Secondary Education and Skills to be Assimilated'. In the lecture the points like Changes in Secondary Education, 2010 Maharashtra State Education Plan, Various Educational Policies were discussed.
2. The teachers were enriched regarding HOTS.
3. They also learn how to use K-Yan and K-Class in their daily teaching.

Evidence of success

School teachers found the workshop interesting. Many school teachers from practicing and internship schools as well as sister institute's schools attended this workshop despite of their busy school schedule and teaching work.

Problem encountered – some senior teachers were not eager to learn ICT skills as it is a new subject for them and they have some phobia regarding handling of ICT.



Title of Best Practice- Yoga and Meditation

Objectives-

1. To conduct various physical exercises to maintain physical and mental health
2. To make the students to perform various yogasanas for mental peace.
3. To enable the student teachers to perform programmes on suryanamskar.
4. To create the awareness regarding the importance of yoga and meditation in life.
5. To make the students to understand the importance of yoga and meditation in stress management.

The practice-

The practice of yoga is very important in human life. The pranayama like anulom- vilom helps human beings in maintaining the oxygen level in their body. The daily practice of various yogasanas help in maintaining mental health and developing our emotional intelligence.

Our efforts make the students to learn the importance of yoga and meditation in their life.

The college organized the programme as follows-

1. A workshop was organized for student teachers where the demo of various yogasanas was given followed by the discussion about its advantages then the students performed these yogasanas in the class.
2. The student teachers practiced the suryanamskaras and physical exercises every day.
3. The meditation programme was also practised in the morning.
4. The college organized the lecture of experts for health awareness and stress management.

Evidence of success-

Students were very eager to do all these activities. They enthusiastically participated in the programme. It is found that they decide to continue the practice of yoga in their daily life. The student teachers implemented the same programme during their school internship.

Problem Encountered

Initially the girl students were hesitating to perform the physical activities in group. Some student teachers found it difficult in the beginning as they were not habituated to it. Later on they realized the importance of yoga and meditation in their life and they enjoyed it.