

Best Practices 2019 -20

Best Practice 1.

Title: Developing employability skills among Students

Goal:

- To develop the employability skills among the students.
- To promote work place ready teachers with 21st century skills.
- To create modern age teachers.

Context:

The students studying in teacher education colleges are future teachers. As teachers, they need set of skills and attributes that will prepare them for employment and further learning. Students need to understand the required employability skills in relation to the world of work and to realise their importance in changing times. Not only this, they also need to master these skills so as to get better employment opportunities and sustenance in profession.

The teachers need to be geared with skills such as teaching- learning , Communication, Problem Solving, Critical and Creative Thinking, Team Work, Interpersonal skills, ICT Skills, Initiative & Enterprise, Planning and Organizing Skills, Valuing diversity , empathy, etc.

With this vision the institution organises varied and diversified activities, lectures, workshops and conferences to aid the students with the skills required.

They are as follows:

1. **International conference on Connecting beyond the classroom- Employability skills for global teacher education:** A two days international conference was organised to make the students aware of the skills based education and how important it is to get acquainted with the employability skills. The guest speakers from various parts of the world emphasised on the role of these skills and getting accustomed to these skills is must for any teacher.
2. **Career guidance and competitive exam cell:** The career guidance and competitive exam cell of the institution conducts various orientation and guidance session for the students for preparing for various competitive exams related to teaching profession. This helps the students to develop certain employability skills and becomes a gateway for entry in teaching profession.

3. **Personality development workshops:** The personality development workshops are conducted to groom the personality of the students. Various employability skills like communication, creative thinking, self - confidence, team work etc. is transacted among the students.
4. **Workshop on constructivism:** Constructivism is one of the most acceptable and effective approaches in teaching –learning. Effective teaching also being a crucial employability skill, the institution arranged for a workshop on constructivism for students where the expert elaborated on the concept, theories and methods of teaching. Various activities were conducted to acquaint the students with the skills required to work in a constructivist class.
5. **Workshop on use of ICT:** A teacher in 21st century requires digital skills to handle and deal with ICT. Use of ICT in effective way in planning, curriculum transaction and evaluation is an important employability skill. A workshop on use of ICT in Education was organised. The guest speaker oriented on effective use of PowerPoint presentation, Google classroom, Google forms, G-Suit etc.
6. **Lecture on Children with Special Needs and Remedial Teaching:** One of the essential employability skill for teachers is valuing diversity and differences and dealing with the students with empathy. With this thought an expert lecture was organised for the students on children with special needs and concept and importance of remedial teaching. The students understood the diversity in learners and how as teacher it is important to consider these diversities at every step of teaching learning.
7. **National webinar on Paradigm Shift in teaching learning and evaluation in Pandemic and Post-Pandemic Period:** A national level webinar was arranged with a thought of changing scenario due to the pandemic. It became essential for the students to understand the need of the hour and changing role of teachers. With this change the employability skills also had to be revisited. The guest speakers threw light on this need and changes expected in a teacher in both teaching and evaluation. Use of ICT was emphasised in the process of teaching learning and evaluation.
8. **Workshop on use of ICT:** A teacher in 21st century requires digital skills / skills required to handle and deal with ICT. Use of ICT in effective way in planning, curriculum transaction and evaluation is an important employability skill. A workshop on use of ICT in Education was organised. The guest speaker oriented on effective use of PowerPoint presentation, Google classroom, Google forms, G- Suit etc.
9. **Development of E-Resources –** The pandemic brought a paradigm shift in the teaching learning process. As teachers it is essential to have the skills in terms of conducting and promoting online

teaching learning. The institution organised for Certificate course in Development of E-resource. This course was designed for the students so that they can master the skill of developing e-flex, e-poster, and animated powerpoint presentations and ultimately develop their employability skills.

Evidence of Success:

- It promoted a sense of understanding among the students to identify various employability skills required to be a teacher.
- It helped the students to identify their strengths, weakness, opportunities and challenges (SWOC) in relation to the employability skills.
- The students developed the skills and competence required as teacher.

Problems encountered:

- Developing the skills and competencies in the students require time, proper guidance and assistance. The lectures, workshops, seminars, mentoring etc. help the students to acquire these skills.
- It is challenging to maintain a balance between academic activities and skill - based activities. Making adjustments in the academic calendar and timetable helped in resolution of this issue.
- Difficulties in using the online platform for conduction of webinar was faced. It was resolved by taking technical assistance from experts in the campus.

Resources Required:

- Library
- E-resources- online journals, G-Suit
- ICT Aids (Smart phones, laptop, smart classroom)
- Resource persons from campus, from various universities, states and countries.

Best Practice 2

Title: Health and Wellbeing for Students

Goal

- To create awareness about physical and mental health amongst students.
- To create awareness about personal health and hygiene among students.

Context:

A sound mind in a sound body, this proverb is best exemplified by the institution, in its practices for all round development of the student. Along with academics, the institution pays attention towards student's physical and mental health. Our students are would be teachers, who will be dealing with young generations and if the teacher is fit, then only she can inculcate the importance of fitness in the students.

With this perspective, the institution arranges various activities throughout the year. Activities arranged for this particular year are as follows.

1. **Physical Exercise:** The institution arranges two sessions per week for physical exercise. In these sessions students are made to do physical exercises which helped the students to develop a sense of good physical health. Students enthusiastically take part in the activities. The activities created awareness about the importance of having a physically fit body.
2. **Suryanamakar and Yoga:** Yoga helps in mainting physical health as well as mental health. Students actively participated in yoga activities and suryanamaskar. Meditation sessions were also conducted. It was noticed that these activities helped in increasing student's stamina and concentration. These sessions were very helpful to students.
3. **Zumba Sessions:** Zumba helps in toning the body. Students found this activity very interesting. Zumba sessions helped the students to reduce their stress. All students with lot of zeal participated in the activities as it was helpful in leading a healthier life. Students experienced fitness in them.
4. **Intercollegiate Sports Competitions:** Apart from competitions related to academics, the institution emphasises on sports. To develop sportsmanship in students, sports competitions were organised by the institution. Relay race, shot put, long jump, 100 metres running, skipping, slow running etc. are the sports activities arranged for the competition. The students of D. El. Ed. Programme participated in Inter D.El.Ed. Collegiate Sports Competition organised by DIET. Students from various colleges participated in huge number in various competitions. To motivate the participants, the institution distributed participation certificate. Trophies were given to 1st, 2nd and 3rd position for various competitions.

5. **Guest lecture on Breast Cancer:** The institution organised guest lecture on breast cancer. The speaker made the students realise the various reasons for breast cancer. The students were made aware about the symptoms of breast cancer and the importance of self - examination. Students understood that taking healthy diet and leading a healthy lifestyle is essential.
6. **Guest lecture on Oral Health:** Along with physical health, oral health should also be a concern. To make the students realise the importance of oral health, the institution arranged a guest lecture on oral health. The session helped the students to take care of the oral cavity and how it can be prevented by dental cares. Students followed the preventive measures to keep their gums strong and healthy.
7. **Lecture Series on Mental Health:** Mental health of an individual plays a vital role in overall development. To create awareness, the institution organised a guest lecture on mental health. Students realised that mental health is very useful in dealing with real life and classroom situations, as our students are future teachers. The lecture series helped the students to cope up with stress during pandemic.
8. **Fit India Movement:** Fit India Movement launched by honorable Prime Minister with a view to make fitness an integral part of our lives. The mission of the movement is to bring about behavioural changes and move towards a more physically active lifestyle. UGC had asked the faculty and the students of higher education institute were directed to motivate the staff and the students to attempt walking 10,000 steps each on 29th of August and further follow it in their daily routine. For fitness of faculty and students, the institute inspired them to take up a drive to walk 10,000 steps daily. So, as to be physically fit and improve the wellbeing and quality of life.

Evidence of Success

- The activities created awareness among students related to physical and mental health.
- Sessions helped the students to develop a healthy and fit body.
- The activities helped students to increase their stamina and concentration.
- Lectures made the students aware about the importance of healthy diet and leading a healthy lifestyle.
- The activities promoted the importance of physical fitness, improving wellbeing and quality of life of an individual.

Problems encountered:

- Arranging for activities in monsoon season was a problem. During this season indoor activities were conducted.

- For guest lectures availability of resources person was a difficulty which was resolved by prior planning and taking confirmations in advance from the concerned person.
- The sports ground in the campus is usually engaged in many activities and its availability is a concern. Booking it in advance before the sports activities helped in resolving the issue.

Resources Required:

- Resource persons
- Sports equipments
- Playground