

Best Practices 2017-18

Best Practice I

1. Title of the Practice-Yoga for healthy life

2. Objectives of the Practice

- ❖ To enable the student to have good health.
- ❖ To practice mental hygiene.
- ❖ To possess emotional stability.
- ❖ To integrate moral values.

3. The Context

Yoga has great importance in present education system. The modern education system emphasizes on science and technology in which the material progress is being achieved, but the inculcation of ethical, moral and spiritual values and promotion of healthy life-style are totally neglected. The integration of Yoga education in the present system of education can endorse human values to reform attitude and behavior, relieve from stress and strain, build up healthy life-style, shape high moral character and develop refined personality of the students so as to make them a complete well-being.

4. The Practice

Main Benefits from The programme - 'Yoga for healthy life':

- ❖ Maintaining Physical health
- ❖ Balancing both hemisphere of the brain
- ❖ Developing values
- ❖ maintaining a Healthy emotional climate
- ❖ Increasing Academic performance
- ❖ Sharpening memory

- ❖ Maintaining a Healthy living
- ❖ Developing cognitive and affective domain
- ❖ Improving senses
- ❖ Integrated personality development

5. Evidence of Success

The College has a strong team of Yoga practitioners among Trainees and Faculties.

6. Problems Encountered and Resources Required

- ❖ Financial constraints
- ❖ Lack of time

7. Notes:

It is an urgent need to integrate Yoga in modern education system in order to make all-round development relating to body, mind and spirit symphonically and thereby prevent the erosion of human values.

Best Practice II

1. Title of the Practice-Nurturing and Strengthening values

2. Objectives of the Practice

- ❖ To develop child's personality in its physical, mental, emotional and spiritual aspects
- ❖ To practice the principles of socialism, secularism, democracy, national integration and universal brotherhood
- ❖ To Cultivate moral values and ethics among the students
- ❖ To improve skills in problem-solving.
- ❖ To make them realize the significance of time-management and money-management.
- ❖ To develop study habits among the students.

- ❖ To equip them to face interview and group discussions with confidence
- ❖ To understand group dynamics and effectiveness
- ❖ To make students assertive to face all challenges in this multi-faceted society.
- ❖ To educate the students on the problems of using mobile phone, Internet and other social media.

3. The Context

Values are the principles and beliefs that serve as a guide for human behaviour. Values are extremely important because they help us grow and develop and guide our beliefs, attitudes and behaviour. Our values are reflected in our decision-making and help us in finding our true purpose in life and become a responsible and developed individual. Value education also helps the students to become more and more responsible and sensible. It helps them to understand the perspective of life in a better way and lead a successful life as a responsible citizen and to develop a strong relationship with family and friends. It also enables students to practice the principles of socialism, secularism, democracy, national integration and universal brotherhood,

4. The Practice

Activities organized under the programme – “Nurturing and Strengthening values”:

- ❖ Morning assembly including prayer, pledge, thought for the day and national anthem
- ❖ Value education hour weekly
- ❖ Celebration of National days like Independence day, Republic day, Gandhijayanthi etc.to promote Patriotism
- ❖ Celebration of religious festivals to promote secularism
- ❖ Observation of important days like teacher’s day, children’s day, human rights day etc
- ❖ Resource Talks on various value-based topics

- ❖ Video presentation of Life Stories of the eminent personalities and philosophers
- ❖ Visit of hospitals, orphanages, old-age home, differently abled, visually & hearing impaired, mentally challenged, orthopedically handicapped
- ❖ Short film on socially relevant topics
- ❖ Awareness programme for environmental protection, cyber crime, substance abuse, sex education, etc
- ❖ Celebration of international days to promote international understanding
- ❖ Observation of women's day to make aware about the importance of protection of women from exploitation, abuse and live independently

5 Evidence of Success

The College has conducted programmes like Food for the Poor, collecting funds for poor and patients, cleaning campus and locality etc.

6. Problems Encountered and Resources Required

- Co-ordination problems
- Lack of time

7Notes:

Nurturing and Strengthening values are a practice that all institutions can adopt in a view of developing value embedded future generation.



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