

BEST PRACTICE-I

Title of the Practice: Multifaceted development of the students through a number of scholastic and co-scholastic activities

The Context that required initiation of the practice: A carefully and wisely framed educational programme focuses on preparing students to meet any challenges they may face in life and in their academic career where teachers play a key role. A teacher has an impact on the growth and well-being of child as well as society. Moreover, teaching job is a great responsibility than a mere job. Therefore, a teacher should have a balanced personality in terms of his intellectual, emotional, social, physical, artistic, creative and spiritual potentials. As ours is a teacher education institution so it focuses on the holistic development of the student teachers through the active functioning of various clubs.

Objectives of the Practice

- To equip the prospective teachers with necessary pedagogic skills
- To develop the capacity to extend the available resources by means of improvisation of instructional facilities
- To increase the ability to make healthy adjustment with the environment of the institution
- To familiarize the future teachers with all that is latest in education
- To enable the student teachers to own responsibility towards community
- To instil a deep feeling of commitment to values
- To make the student teachers fit and fettle to face the struggle of life

The Practice

The institution offers a wide range of choices and opportunities for both individual and group experiences. In order to achieve the above stated objectives the institution organise following activities as a regular feature:

- ***Talent Hunt***

An effort is made to motivate the students to enhance their inherent talents in the form a talent hunt programmes in art, music, dance, theatre and literary events.

- ***Weekly Morning Assemblies***

Morning Assembly is an important feature of the institution where students of both the houses make a tremendous contribution through their active participation on rotation under the guidance of their respective house in-charges.

- ***Inter-House Competitions***

As institution follows a house system and there are two houses namely Maria Montessori House and Marie Curie House. The students are given opportunities to compete in inter-house competitions in sports, cultural and literary events, art, pedagogic skills etc.

- ***Inter- College Competitions***

The students are encouraged to participate in inter college competitions. It provides the students a platform to realize their creative talent in the field of technology, art, music, theatre and literary activities.

- ***Community Programmes***

The institution motivates the students to engage themselves in community services activities. It helps them to develop a right attitude of life, a good interpersonal communication skill, and a sense of social awareness.

- ***Extension Lectures***

Classroom Teaching is supplemented by extension lectures in the relevant and current disciplines. Perspective Teachers are provided exposure and opportunities of interaction with the experts

- ***Religious Functions***

In order to inculcate spiritual values among the students, the institution organises religious functions like Gurpurab Celebrations, Bani Diwas and Shubh Aarambh where the blessings of Almighty are sought. Students offer their services in the preparation and distribution of community langar.

- ***Cultural Programmes***

Cultural Programmes are also organised on the occasions of Lohri Celebration, and Alumni Meet. The Cultural activities increase the opportunities for social interaction, entertainment and reflection of talent, thereby, developing a well-groomed personality of students

Impact of the Practice

This year our college organised following activities to complement the university's academic curriculum and to augment the student's educational experience to lead their holistic development.

- **SHUBH ARAMBH**

The new session was begun in the presence of Shri Guru Granth Sahib Ji. Sukhmani Sahib Path and Kirtan were held on August 13, 2018 for the prosperous year ahead with the delightful hymns of Gurbani. At the end, Sangat savored 'Guru Ka Langar'.

- **PLANTATION OF SAPLINGS**

To bring awareness about the environment protection, saplings were planted by staff and students of the institution outside its campus on August 16, 2018.

- **TEACHERS DAY CELEBRATION**

*"The mediocre teacher tells.
The good teacher explains.
The superior teacher demonstrates.
The great teacher inspires."*

– William A. Ward

Teachers are greatest public servants; they spend their lives educating young people and shaping nation for tomorrow. With this thought, teacher's day was celebrated by the students on September 05, 2018 with full enthusiasm. Various activities were performed by them to show their love and respect for teachers.

- **TALENT HUNT**

"Everybody has talent; it's just a matter of moving around until you've discovered what it is."

– Jorge Lucas

Keeping the view of Jorge Lucas, the institution has a tendency to explore the hidden talent of their students through various activities. For this, in addition to other activities, talent hunt is organized every year. To continue the same practice in this year also, it was held on September 13 & 15, 2018 in different categories of art, literary and cultural items. The performances of students were appreciable.

- **SWACHH CAMPUS PROGRAMME**

To celebrate Mahatma Gandhi's 150th birth anniversary, Swachh Campus Programme was conducted on October 02, 2018. The students were oriented regarding the campus cleanliness, plant protection, seed collection and monitoring of plant growth in the campus. All students were participated in these activities with full zeal.

- **MORNING ASSEMBLIES**

Morning assemblies are the regular facet of the institution. These are held every Tuesday for fostering social, moral and spiritual values among students under the guidance of in-charges of Tagore and Gandhi house. This year also these were conducted on diverse themes like save girl child, World Students day, social values, National Unity Day, spiritualism & materialism, pollution, Qudrat Vich Qadar Vasda etc.

- **INTERACTION WITH BRIGHT STUDENTS**

Interaction with bright students was held with the principal in which their efforts were appreciated and they are encouraged to get merit positions in University Examinations.

- **REMEDIAL CLASSES**

Remedial Classes were organised for academically weak students. It helped them to overcome their difficulties and to secure good marks.

- **LOHRI CELEBRATION**

Lohri, the main folk festivals of Punjab, is celebrated in the institution every year. This year also it was celebrated on January 12, 2019 with fervor and hilarity. On this occasion, staff and students gathered around the bonfire and offered prayer for prosperity. Popcorn, revdi and peanuts were distributed to all the staff members and students. The surroundings of the campus were covered under the coziness of this festival. Everyone had enjoyed the cultural programme presented by students.

- **SVEEP ACTIVITIES**

बनो देश के भाग्य विधाता।

अब जागो प्यारे मतदाता।।

With the motive to awaken the consciousness of voter, the institution observed National Voter Day on January 20, 2019. On this occasion, pledge ceremony and essay writing competition on the topic 'Ideal Competition' was organized in which students have participated with full enthusiasm. During the event the demonstration of new Electronic Voting Machine (EVM) was also given by concerned BLO.

- **LIVE TELECASTING OF 'PARIKSHAA PE CHARCHA'**

A live telecast of interaction programme 'Parikshaa Pe Charcha' with Honorable Prime Minister Mr. Narendra Modi was arranged by the institution on January 29, 2019. The programme focused on releasing examination stress of students and parents. The PM answered the questions of various stakeholders and inspired everyone to remain stress free and to take success and failures in equal manners.

- **SYSTEMATIC VOTER EDUCATION AND ELECTORAL PROGRAMME**

As per the SDM order, the following activities were conducted:

Date	Event
16.11.2018	A meeting was attended by college ambassadors at SDM office regarding awareness about voters rights and voter card
20.01.2019	A pledge ceremony was conducted by college ambassadors in college campus to strengthen the unity, integrity and security of nation Essay writing Competition on was organised Demonstration of E.V.M. by B.L.O.
06.03.2019	A meeting was held at SDM office regarding awareness of voting among youth

- **GURUPURAB CELEBRATION**

“The greatest comforts and lasting peace are obtained, when one eradicates selfishness from within.”

-Guru Gobind Singh Ji

Guru Gobind Singh Ji, the great philosopher, poet, writer, warrior and having many more innumerable qualities, always is a source of inspiration for the entire mankind. Gurupurab of such a great personality is celebrated every year in the institution with full zeal and zest. In this year, *Sri Sehaj Path* was organized at the starting of January and subsequently concluded with *Bhog* on January 30, 2019. Staff and students were enjoyed *Gurbani Kirtan* and *Guru ka Langar*.

- **SEMINAR ON PERSONALITY DEVELOPMENT AND MORAL VALUES**

A seminar on personality development and moral values, dedicated to upcoming 550th birthday of Shri Guru Nanak Dev Ji, was held by Sikhs Help Sikhs Organization on January 31, 2019. The speaker S. Dilbagh Singh emphasized the importance of stress management mechanism and emotionally balanced behavior in daily living. He also brought students' focus on spiritual development for the personal well being.

- **INTER-COLLEGE COMPETITIONS**

Competitions play an important role in motivating students to perform and excel in various fields. It offers a lot more reward than just to win the prize. It provides a chance for participants to gain substantial experience, showcase skills, analyze talent and uncover their personal aptitude. This year also our students have participated in various inter college competitions and won prizes as shown below:

Sr. No.	Type of Competition	Item	Roll No.	Student Name	Position
1.	Inter College Essay Writing Competition by Bhai Santokh Singh yaadgar Committee on October 20, 2018	-	20	Preeti Vaid (Sem III)	I
2.	Doaba Youth festival, Jalandhar on November 02, 2018	Cartooning	28	Lovepreet Kaur (Sem III)	I
		Poster Making	03	Swati (Sem III)	Consolation
		Dry Flower Arrangement	37	Jasleen Kaur (Sem III)	II
		Installation	10	Kanika (Sem I)	II
			06	Tania (Sem I)	
			29	Lovepreet Kaur (Sem I)	
			05	Anuradha (Sem I)	
Fancy Dress	09	Gagandeep (Sem I)	II		
3.	Inter College Essay Writing Competition by Shri Namdev Kashtriya Sabha, Jalandhar on November 25, 2018	-	20	Preeti Vaid (Sem III)	I
4.	Inter College Declamation Contest at DIPS College of Education on January 23, 2019	-	14	Navreet Kaur (Sem IV)	I
5.	Vedic Bhashan Pratiyogita, Ludhiana on February 26, 2019	-	14	Navreet Kaur (Sem IV)	I
6.	Inter College Competition (Umang 2019) at Hindu Kanya College, Kapurthala on March 15, 2019	Collage Making	19	Harmandeep Kaur (Sem II)	I

• CLUB ACTIVITIES

The real education is that which does not merely gives us knowledge but makes our life in harmony with all existence. The institution provides numerous options to students to get education by extending their skills and reveal their talent. Different clubs, committees and cells of the college organized the following activities and competitions in this regard:

Club	Activities	In-Charge/s
Arya-Einstein Club	Inter-House Teaching Aid and PowerPoint Preparation Competition	Dr. Sawinder Arora Mrs. Manpreet Kaur
Sports Club	Inter-House Table-Tennis, Badminton and Kho-Kho Competition	Mrs. Deepmala
Samarpan Club	Inter-House Essay Writing Competition on ' <i>Ideal Competition</i> '	Dr. Pooja Loomba
Commerce- Economics Club	Organized awareness drive on the topic ' <i>Energy Conservation</i> ' projected by The Petroleum Conservation Research association (PCRA)	Mrs. Mandeep Kaur Mrs. Sukhjit Kaur
Language Club	A seminar on the theme ' <i>Maa Boli Punjabi prati Ajoke Samey Vichh Naujawan Pidhi da Rujhaan</i> '	Ms. Sapna Saini
Drama Club	Organized drama activity on ' <i>cancer awareness</i> ' and ' <i>helping poor people</i> '	Mrs. Sarvjit
Legal Literacy Club	An event on the ' <i>Evils of Corruption</i> '	Dr. Pooja Loomba
ICT Club	Inter-House Teaching Aid and PowerPoint Preparation Competition	Mrs. Manpreet Kaur

- **ONE DAY TRIP**

A trip provides an exciting commotion that open ups students' mind to new vision. This year also the institution organized one day trip to 'Mata Chintpurni' and 'Bombay Picnic Spot' on April 05, 2019. Our students realized that adventures are the best way to learn and enjoy.

- **FAREWELL**

To bid farewell to the students of session 2017-19, a programme was organized by the students of session 2018-20 on May 15, 2019 with full fervor. In addition to cultural programme, a contest was held to choose Ms. Farewell, Ms. Elegant and Ms. Charming. The judges of above contest were Dr. Sawinder Arora, Mrs. Deepmala and Mrs. Harbinder Kaur and the winners were:

- Navreet Kaur (Ms. Farewell)
- Aasleen (Ms. Elegant)
- Darshdeep Kaur (Ms. Charming)

Best Practice – II

Title of the practice: Reinforcement of the practical facets of academics through extension activities

The context that required initiation of the practice:

Extension activities generally address students directly. Extension is involved in the dissemination of knowledge and expertise in ways that empower and build life-long capacities for growth and development in our constituents. It blends educational goals in a manner that benefits them in edifying constructive outlook. These activities emphasizes that students learn and develop through active participation in thoughtfully organized experiences that are coordinated in on-going collaboration with the institution and the community.

Objectives of the practice

- To use democratic methods in educating the students
- To help in the holistic development of students
- To develop the sense of collaboration
- To develop capable, efficient and self-reliant character
- To promote better social, intellectual and spiritual aspects
- To open new opportunities for developing talents and leadership
- To develop independent thinking and progressive outlook.
- To facilitate in studying and solving various problems

The practice

- A seminar on personality development and moral values, dedicated to upcoming 550th birthday of Shri Guru Nanak Dev Ji, was held by Sikhs Help Sikhs Organization on January 31, 2019. The speaker S. Dilbagh Singh emphasized the importance of stress management mechanism and emotionally balanced behavior in daily living. He also brought students' focus on spiritual development for the personal well being.

- Field Outreach Bureau, Jalandhar and Information & Broadcasting Council of Indian Government, Kapurthala has organized Voter Awareness Campaign 2019 in the institution on March 22, 2019. In this concern declamation competition was organized on the topic 'Role of Youth in Democracy'. The chief guest of the event was S. Avtar Singh Bhullar (ADCD Kapurthala). The main organizers of the event were Mr. Kawish Dutt (Nodal Officer, SVEEP Program, Ministry of Information & Broadcasting) and S. Gurkamal Singh (Under Training R.O.B, Chandigarh). The resource persons were Mrs. Sunita Singh (English Mistress of Govt. School, Mansoorwal) and S. Mangal Singh (State Awardee).

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Impact of the practice

- Gave the opportunity to improve someone's life and making community better.
- **Gained hands-on experience.**
- Made students more organized, responsible, and compassionate.
- **Development of students' cognitive,**
- **conative and affective domain.**
- **Built** camaraderie and teamwork.
- Fostered empathy and self-efficacy.
- Helped the students to discover hidden talents that change their view on self worth.
- Enhanced the knowledge of volunteers about the functions and operations of local government.

