

# **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:

- **ORIENTATION PROGRAMME**

Orientation Programme was organized by Guidance and Counseling Cell of the institution from September 01 and September 02, 2017. The introductory session was held in which

head of the institution acquainted the students with faculty. The objective of orientation session was to familiarize students with college services, rules and regulation, curriculum, scheme of examination etc. The head of the institution congratulated students and motivated them to become inspiring teachers.

- **SHUBH ARAMBH**

The new session was begun in the presence of Shri Guru Granth Sahib Ji. Sukhmani Sahib Path and Kirtan were held on September 20, 2017 for the prosperous year ahead with the delightful hymns of Gurbani. At the end, Sangat savored 'Guru Ka Langar'.

- **TALENT HUNT**

The institution always encouraged students to show their inhibit talent for which Talent Hunt is organized every year. This year it was held on September 23, 2017. Various art, literary and cultural activities were organized. The performances of students were jubilant and enjoyable.

- **TEACHERS DAY CELEBRATION**

Teachers can change student's life with the right mix of chalk and talk. They are the people who introduce us to a new vision of life to make us as sharp as knife. Teacher's day was celebrated in our college on September 5, 2017 with fervor and zeal. Various activities were performed by the students to show their love and respect to teachers.

- **GUEST LECTURE**

A lecture was delivered on Traffic Rules and Regulations by Sh. Darshan Lal Sharma (Sub Inspector, Incharge Traffic, Kapurthala) on September 23, 2017. He made students aware about various traffic rules and distributed pamphlets so that they can save themselves from road accidents. The other guests were:

- ✚ Head Constable S. Dilbagh Singh
- ✚ Head Constable S. Balwinder Singh
- ✚ Head Constable S. Jagtar Singh

- **MORNING ASSEMBLIES**

Morning assembly is the regular feature of the institution. It is held every Saturday for nurturing moral values, personal and social skills of the pupil teachers under the able guidance of the in-charges of Maria Montessori House and Marie Curie House. The morning assemblies were conducted on different themes like Love Yourself, Thanks Giving, Contribution of Raja Ram Mohan Roy and World Sustainable Energy Day etc.

- **SWACHH BHARAT ABHIYAN**

Green City, Clean City, Dream City!

The institution celebrated Swachh Bahratt Abhiyan in the month of October by performing

pledge ceremony in practicing schools. Apprentice teachers bring awareness among school students and prepare them to keep their surroundings neat and clean.

• **DIFFERENT ACTIVITIES OF THE CLUBS/COMMITTEES/CELLS**

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:

<b>Club</b>	<b>Activities</b>	<b>In-Charge/s</b>
Sports Club	Inter-House Badminton Tournament & Inter-House Kho-Kho Competition	Mrs. Deepmala
Commerce-Economics Club	Visit to Rail Coach Factory, Kapurthala	Mrs. Mandeep Kaur Mrs. Sukhjit Kaur
Art Club	Inter-House Competition in various fields of Art	Mrs. Harbinder Kaur
Language Club	<ul style="list-style-type: none"> <li>• Celebration of Matribhasha Diwas as per the orders of MHRD ministry</li> <li>• Organised seminar on life history of Satguru Ram Singh</li> </ul>	Mrs. Amanpreet Kaur Ms. Sapna Saini
Red Ribbon Club	Inter-House Collage Making Competition on AIDS Awareness	Mrs. Manpreet Kaur
Samarpan Club	<ul style="list-style-type: none"> <li>• Attended seminar on ‘Women Empowerment’ at Science City, Kapurthala</li> <li>• Prepared students for inter-college caption making competition at Science City, Kapurthala</li> <li>• Organised seminar on life history of Satguru Ram Singh</li> </ul>	Dr. Pooja Loomba
Legal Literacy Club	Organized seminar on Child Labour	Dr. Pooja Loomba
ICT Club	<ul style="list-style-type: none"> <li>• Workshop on preparation of ICT based lesson plan</li> <li>• Inter-House Powerpoint Presentation Competition</li> </ul>	Mrs. Manpreet Kaur

<b>Cell</b>	<b>Activities</b>	<b>In-Charge/s</b>
Guidance and Counselling Cell	<ul style="list-style-type: none"> <li>• Orientation programme</li> <li>• Counselling services</li> </ul>	Mrs. Manpreet Kaur Mrs. Harbinder Kaur
Grievance Redressal Cell	Solved different problems of students related to library, time-table, teaching practice, internet services etc.	Mrs. Mandeep Kaur Mrs. Harbinder Kaur
Women Empowerment Cell	Essay Writing Competition in collaboration with Roots for Being (NGO)	Dr. Pooja Loomba Mrs. Amanpreet Kaur
Drug Counselling Cell	Inter-House Scrap Book Making Competition	Ms. Sapna Saini

- **LOHRI CELEBRATION**

Lohri was celebrated in the institution on Jan 13, 2018 with a lot of exuberance and fanfare. The mood on the campus was upbeat and the students were totally absorbed in the festive spirit of Lohri. The head shared her views and showered her blessings on students.

- **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. It also encourages students to adopt innovative techniques and develop their creative ideas. This year also our students have participated in following competitions and won prizes:

<b>UMANG 2018 (HINDU KANYA COLLEGE, KAPURTHALA)</b>		
<b>Event</b>	<b>Student Name</b>	<b>Prize</b>

Debate	Navreet Kaur	II
	Kiranjit Kaur	
<b>INTER-COLLEGE COMPETITION (SCIENCE CITY, KAPURTHALA)</b>		
<b>Event</b>	<b>Student Name</b>	<b>Prize</b>
Caption Writing Contest	Navreet Kaur	I
	Deepika	II

- **BIRTHDAY CELEBRATION OF GURU GOBIND SINGH JI**

*The Lord Himself reveals the Path,  
He Himself is the Doer of deeds.*

Guru Gobind Singh Ji

Guru Gobind Singh Ji was a faiz-e-noor of the sikh faith, true saint and a guide to enlightenment. To celebrate the birthday of Shri Guru Gobind Singh Ji, Sehaj Path was organized on January 31, 2018 in the college and subsequently concluded with bhog followed by Gurbani Kirtan and Guru ka Langar.

- **SYSTEMATIC VOTER EDUCATION AND ELECTORAL PROGRAMME**

The following activities were taken place to aware students about their voting rights:

<b>Date</b>	<b>Event</b>
26.09.2017	A meeting was attended by college ambassadors at SDM office regarding preparation of voter cards
31.10.2017	A pledge ceremony was conducted by college ambassadors in college campus to strengthen the unity, integrity and security of nation
01.12.2017	A seminar was organized on 'Right to Vote' in college campus. All the students and teachers participated in this seminar
27-03-2018	A campus ambassador attended the meeting to aware the voters about ' Right to Vote'

- **EDUCATIONAL TRIP**

Exploration is really the true essence of human spirit and in this regard educational trip provides an exciting commotion that open ups students' mind to new vision. This year also the institution organized one day educational trip to Shri Talhan Sahib, Jalandhar and

Wonderland, Jalandhar on March 31, 2018. Our students realized that adventures are the best way to learn and enjoy.

- **FAREWELL**

To bid farewell to the students of session 2016-18, a programme was organized by the students of session 2017-19 on May 05, 2018 with full zeal and enthusiasm. In addition to cultural programme, a contest was held to choose Ms. Farewell, Ms. Elegant and Ms. Charming Smile. The judges of above contest were Dr.Sawinder Arora, Mrs. Sukhjit Kaur and Mrs. Harbinder Kaur. The winners were:

- Ms. Chhaya (Ms. Farewell)
- Ms. Gurpreet Kaur (Ms. Elegant)
- Ms. Nitika (Ms. Charming Smile)

## **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 emphasize 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 lecture was delivered on Traffic Rules and Regulations by Sh. Darshan Lal Sharma (Sub Inspector, Incharge Traffic, Kapurthala) on September 23, 2017. He made students aware about various traffic rules and distributed pamphlets so that they can save themselves from road accidents.
- The institution celebrated Swachh Bahrat Abhiyan in the month of October by performing pledge ceremony in practicing schools. Apprentice teachers bring awareness a
- Essay Writing Competition in collaboration with Roots for Being (NGO) among school students and prepare them to keep their surroundings neat and clean.
- Visit to Rail Coach Factory, Kapurthala
- Attended seminar on 'Women Empowerment' at Science City, Kapurthala
- Prepared students for inter-college caption making competition at Science City, Kapurthala
- **SYSTEMATIC VOTER EDUCATION AND ELECTORAL PROGRAMME**

The following activities were taken place to aware students about their voting rights:

Date	Event
26.09.2017	A meeting was attended by college ambassadors at SDM office regarding preparation of voter cards
31.10.2017	A pledge ceremony was conducted by college ambassadors in college campus to strengthen the unity, integrity and security of nation
01.12.2017	A seminar was organized on 'Right to Vote' in college campus. All the students and teachers participated in this seminar
27-03-2018	A campus ambassador attended the meeting to aware the voters about ' Right to Vote'

## 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.