

## **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.

### **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**

#### **INAUGURAL SESSION AND ORIENTATION PROGRAMME**

The orientation session was held from 27<sup>th</sup> – 31st August, 2019 to introduce the students to the college services to support their educational goals. The new entrants were made aware about the environment of the institution. One of the objectives of the orientation was to create atmosphere for new entrants to get to know other students and faculty members.

#### **MORNING ASSEMBLY**

Morning assembly is conducted every Tuesday in our college under the guidance of the house-in-charges (Tagore and Gandhi House). It helps to nurture and maintain a positive, healthy culture which binds everyone together. It greatly assists in building a culture of communication and representation of academic and co-curricular activities among the students.

## **SHUBH ARAMBH**

To take the blessings from the Almighty and commence the new session in a positive aura, a day was devote to therecitation of Shri Sukhmani Sahibji and the kirtan followed by the Ardas were held on 21 September,2019. On this auspicious day,the head of the institution Mrs. Manjeet Kaur addressed the students and conveyed the best wishes for their successful career.

## **SVEEP ACTIVITIES**

A training programme regarding EVP (Elector verification Programme) was organized on 25<sup>th</sup> September, 2019 by SVEEP in charge Ms. Pooja Loomba and campus ambassadors. Prof.Sukhdeep Singh and Prof. Happy Singh were the chief supervisors regarding this activity. All the staff members and students participated in this activity.

## **TALENT HUNT**

Our organization always provides opportunities to strengthen channelize and encourage social growth of the students. The talent Hunt was organized on 12 October,2019. The objective of the activity was to discover the hidden talents in the students and also inculcate the values of discipline among them..

## **GNDU ZONAL YOUTH FESTIVAL**

Youth festivals act like a golden opportunity for the students to showcase their talents. Our college students also exhibited their talents in the Zonal Youth Festival organized by GNDU, Amritsar from 22-24October,2019.

## **NATIONAL UNITY DAY**

The Rashtriya Ekta Diwas or National Unity is observed every year on October 31 to commemorate the birth anniversary of the Iron Man of India, Sardar Vallabhbai Patel. Our college organized the "Run for Life" ....a short run around the premises of the college to celebrate this day .The students along with the staff-members took the pledge to preserve the unity, integrity the nation .

## **DRUG COUNSELLING CELL ACTIVITY**

The drug counseling cell of the college organized the seminar on the topic "Role of government and NGO's against drug addiction on 14<sup>th</sup> November, 2019.Along with it, the Buddy day was also celebrated. The students highlighted the causes and effects of drug addiction.

## **INTER ZONAL YOUTH FESTIVAL**

The students added one more feather in our college cap by winning following prizes in Lyallpur Khalsa College, Jalandhar from 16th-19<sup>th</sup> Nov.2019.The staff and the principal mam felt proud of the achievements that all our students had made.

S.no	Name of the student	Semester	Category	Position
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1	Harman deep Kaur	III	Collage	Third
2	Sandeep Kaur	I	Poster making	Participation

### **550<sup>th</sup> PARKASH PURAB CELEBRATION OF SRI GURU NANAK DEVJI**

The 550<sup>th</sup> parkash purab of Sri Guru Nanak Dev ji was celebrated on 26 November, 2019. On this occasion the Katha vachak, Bhai Sarabjit Singh narrated the teachings of Guru Devji which highlighted the importance for human beings to believe in your good karma and ONE power. Bhai Jaswinder Singh Jachak informed the students that Guruji believed in equality and brotherhood.

### **SAMARPAN CLUB ACTIVITIES**

An activity "Observation of Swachhta Pakhwada -2019" was organized on 23<sup>rd</sup> Nov, 2019 in the college campus. The theme of this was "Clean India, Green India, Yeh Hai Mera Dream India". The entire activities happened under the supervision of the head of the institution, Mrs. Manjeet Kaur and the club members.

### **RED RIBBON CLUB ACTIVITY**

The world AIDS Day was celebrated in the college on 3<sup>rd</sup> December, 2019 to spread the awareness about the prevention and cure of AIDS/HIV. Mrs. Sukhjit Kaur, the club in charge gave a brief introduction about the various activities of the Red Ribbon Club. An activity of Slogan writing, collage and poster making was organized in the college.

### **LOHRI CELEBRATION**

Lohri festival is celebrated to mark the onset of the warm season as with lohri, the winter season ends. This festival was celebrated with full fervor by lighting a holy bonfire and dancing to the beats of dhol in the college. Lohri was celebrated with exuberance and fanfare by the students. The mood on the campus was upbeat and the students were totally absorbed in the festive spirit of Lohri.

### **FIT INDIA DAY CELEBRATION**

Fit India movement is a nation-wide campaign that aims at encouraging people to include physical activities and sports in their everyday lives. An activity for yoga and calisthenics' exercises was held under this campaign and the leadership of Mrs. Deepmala. The motive of the activity was to encourage the people of all age-group to participate in this event apart from the youth as envisaged by the honorable prime minister to make nation more fit.

## **NATIONAL YOUTH DAY CELEBRATION**

Ribbon Club of the college organized an activity on 25<sup>th</sup> January, 2020 to celebrate the National Youth Day. The students members of the club participated in various activities such as speech, poems and power point presentation. The slogan writing and caption writing competitions were also held.

## **NATIONAL VOTERS DAY CELEBRATION**

The National Voters Day was celebrated in the college on 25th January to encourage, facilitate and maximize enrolment, especially for the new voters. Various activities like poems, speech and power point presentation. Dedicated to the voters of the country, the day was utilized to spread awareness among voters and for promoting informed participation in the electoral process.

## **ANNUAL SPORTS MEET**

Sports are integral part of human life and there is great importance of sports in all spheres of life. They play an important role in the holistic development of human being. Our institution always focuses on the overall development of the students. 46<sup>th</sup> annual sports meet was held from 27 February, 2020 - 7 March, 2020. The students participated in various track and field events like three legged race, discus throw, 100 meters race, etc. with full enthusiasm and sportsmanship.

# **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.

### **The practice**

- **EXTENSION LECTURE**

The college organized the extension lecture on 19.7, 2019 to impart knowledge about the traffic rules. S. Gurcharan Singh ASI (Traffic Punjab Police), laid emphasis on the inspection of the

vehicle before starting it, control of the speed, wearing of the helmet for the two - wheeler driving and fastening of the seat belt while driving the car.

- **NATIONAL ROAD SAFETY WEEK**

The lecture was organized by the college to make the students aware about road safety rules and regulations. It was conducted on the occasion of 31<sup>st</sup> National Week on 17<sup>th</sup> January, 2020. S. Sandeep Singh Mand DSP Kapurthala (the chief guest) along with inspector Deepak Sharma, Sub-inspector Darshan Singh and ASI Malkeet Singh addressed the students. He shared his experiences about the road accidents which can be avoided to a great extent if the driver is vigilant while driving the vehicle. He also advised that the students who are below the permissible age should desist from driving.

- **TEST ON 550<sup>TH</sup> YEARS OF GURU NANAK DEVJI**

To develop the value of spirituality and knowledge of the teachings of Guru Nanak Devji, a general test was conducted in the college on 4<sup>th</sup> November, 2019. The test was based on the ideals, principles and the biography of Sri Guru Nanak Devji.

- **EXTENSION LECTURE ON WORLD CANCER DAY**

An extension lecture was organized on world's Cancer Day in the college on 4 February, 2020. The main objective of this global event was to unite the people worldwide in the fight against cancer. The chief guests of this occasion were Dr. Balraj, G Gupta, Dr. Raman Sodhi and Mr. Narinder Kumar from Rattan hospital, Jalandhar. The students presented an excellent choreography depicting the causes, affects and preventive measures of this disease. The members of the team presented the valuable information about the awareness for the treatment and diagnosis of such deadly disease.

#### **LECTURE ON HEALTH SUPPLEMENTS SPONSORED BY MODICARE**

A general lecture related to the importance of health supplements sponsored by Modicare was organized in the college on 31<sup>st</sup> January, 2020. The lecture was delivered by the team comprising of Dr. Amrinder Singh, Mr. Ishwarpar and Ms. Simranpreet elaborated the benefits of health supplements for the maintenance of health and for managing health conditions.