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BEST PRACTICES.1

Title of the of practice ; YOGA and Meditation

Introduction : Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.

Objectives of Practice : Yoga will helps the individual in many ways, by considering this our college tried to implement to all the teacher trainees to compulsory activity. It have its own aims.

- 1. It helps to development of concentration among the students.**
- 2. It will helps in developing creativity and thinking.**
- 3. It will helps to have Good health.**
- 4. It will helps to burn fat contents in body.**
- 5. It will helps to control Emotions.**
- 6. It will helps us to increase body stamina.**
- 7. It will helps in development of confidence.**

Context : One of the best ways to contextualize yoga is to understand the environment in which it developed. Yoga has always been thought of as one part of a process of self-development. Physical director take necessary steps to encourage the students , and give the idea of why yoga is practiced theoretical aspect is taught to students, at least they have the idea of practicing yoga.

The Practice : After giving idea of theoretical knowledge of yoga, the no students are divides in to four groups, each group is naming the freedom fighter at least 20-25 students in a group.. Yoga classes are practiced from 4.00 to 5.30 pm weakly Tuesday and Thursday.

Two Groups are practiced in front of Open theater in ground of college, the material needed to practice yoga , the students its self take care of that.

Evidences of Practice; Yoga Practice Photos.









Problem encounter and resource required :

Science from the implementation yoga in our college , we are not face d any such problems, but may be some students feel lazy, illness,

BEST PRACTICES 2: Reflective Teaching and Reflective diary writing :

Introduction: Reflective teaching means exploring our own classroom practice. It is an innovative approach that is passing through the stage of experimentation. It includes looking at what is being done in the classroom, thinking about why it is been done and thinking if it works - a process of self-observation and self-evaluation by faculty itself, evaluation of faculty by colleagues and student teachers. By collecting information about what goes on in our classroom and by analyzing and evaluating this information, faculty identifies and explores its own practices and underlying beliefs. This leads to changes and improvisation of their teaching.

Objectives: 1. To improve teaching-learning process.

2. To establish a egalitarian set up.

3. To enhance the faculty-student teachers interaction.

Peer observation: Teacher educators are evaluated by their colleagues who come to their class to collect information about their lesson with the help of observation schedule. For example, a colleague is asked to focus on what the student teachers contribute most in the lesson? What

different patterns of interaction occur? And how the faculty/student teacher deals with such typical situations etc.

Individual appreciation : Each and every individual students will write their reflection after completion their class. Each and every aspect of their class will reflected by them selves and they will come to know their strength and weakness to handle and manage the class at the time of teaching.