



SWAYAM SIDDHI MITRA SANGH'S COLLEGE OF EDUCATION (B.Ed.)

Affiliated to S.N.D.T. Women's University, Recognised by N.C.T.E. & Govt. of Maharashtra (Code No. WRC/123169)

Sonadevi Compound, Near Octori Naka, Kalyan-Bhiwandi Road, Temghar, Bhiwandi - 421 302. CONTACT NO.: 02522-249191

Best Practice -1

Our institution being a teacher education college gives us the scope to change the attitude of our students who in the future as teachers will be able to multiply the message of professional enrichment. Best practices ensure enough, high quality benchmarking of globally acceptable standards. To train the student teachers to understand with experiential learning and practical approach. And also to enhance the student teachers skills to be able to apply their knowledge to face and resolve real time challenges in their professional life.

Knowledge to predict the future

“Tell me and I forget, teach me and I may remember involve me and I learn” - Benjamin Franklin

The above quote explains that Experiential learning is referred to as learning through action, learning by doing, learning through experience, and learning through discovery and exploration. It helps in understanding the course material also helps in getting broader view of the world and give in-site in to their own skills, interests, passions and values. It gives opportunities to collaborate with diverse organizations and people and also provides professional practices and skill sets. It provides confidence and leadership qualities. To train the student teachers to understand with experiential learning and practical approach. And also to enhance the student teachers skills to be able to apply their knowledge to face and resolve real time challenges in their professional life.

Objectives of the practice:

- To develop skills, and interest
- To develop professional skills
- To develop student teacher active learner
- To collaborate with communities and other organization
- To connect student teachers with future opportunities
- To engage students on hands on experiences and reflections

Practice:

Team of expert faculty members was made and HOD was the head of the committee. Goal of the committee is to disseminate knowledge and skill. Thus to achieve these objectives, the mechanism of **‘Knowledge to predict the future’** was devised and put in to practice. Weekly sessions are held. One week before circular is issued and the faculty members are requested to provide details regarding subject area they wish to share. The interested faculty members make the presentation for about 60mins. Committee ensures that the sessions impart knowledge and information covering wide spectrum of subjects including most recent innovations in various areas. In powerpoint mode, these presentations are quite



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elaborate. After the sessions, there is a vigorous question-and-answer session that helps the other faculty members better understand the topic and introduces new perspectives to it. The committee has saved the PowerPoint presentations so that faculty members can access them whenever they need to. The faculty members effectively incorporate the most recent happenings, knowledge, innovations, and skills they have acquired into their teaching efforts, which improves the quality of their output.

Evidence of success

The incorporation of the knowledge and skills in their teaching processes by the teachers have kept them ahead and in the process the student-teachers have also been benefited as the skills have been effectively passed on to them. This process ensures that optimum advantage is derived from the training/ skills of the faculty for the benefit of all the members of the institution. Our students have cleared CTET and got placement in Government institutions.

Strategies used to overcome any obstacles encountered:

The only obstacle was the teachers' initial apprehension was regarding student teachers low confidence level . It took some time to overcome the initial hesitation to ask the faculty questions and have a discussion about them. Participants were motivated to participate more actively in the process for mutual benefit .As a result, interactions became more lively and vigorous.

The resources required for conducting the sessions Knowledge to predict the future are:

- 1.Appointment of Coordinator.
- 2.Generosity of time and efforts by the faculty members.
- 3.Organization of sessions. Constant and regular motivation

Impact :

Student teachers develop Self-assurance and leadership abilities The student teacher gain self-assurance and leadership abilities through experiential learning. They use their ability to think critically to complete tasks. And use their skills to carry them out. They gain self-assurance and a deeper comprehension of the concepts as a result of all of this. Student teachers have good job opportunities. assisting students in developing resilience Utilizing innovation to improve pedagogical practices Using analytics to identify obstacles to graduation Prioritizing inclusion of first-generation students Eliminating transfer process friction.



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BEST PRACTICES 2

RETRAIN YOUR MIND

"No food will ever hurt you as much as an unhealthy mind"-Brittany Burgunder

Counselling is known as one of the greatest helping professions on Earth, yet many people remain perplexed about its true meaning, purpose, and intention. Emotional, psychological, and social well-being are all parts of a healthy mind, and how you think, feel, and act are all affected. It influences how you deal with stress, interact with others, and make decisions because it works in harmony with your body. We are better able to cope with life's challenges, maintain our overall health and well-being, have better relationships, and prevent chronic illnesses when our minds are healthy and strong.

Context that requires initiation of the practice

It was discovered during the Epc session that student teachers selfconcept and motivation level is very low they experience stress in their professional and personal life. Hence college started this practice to release their stress.

Objectives of the practice

- To inculcate in the student teachers positive attitude toward their self.
- To provide opportunities for creative self expression
- To train student teachers for self- expression
- To develop social skills and leadership qualities
- To understand healthy food habits

Practice

Expert faculty was invited for the session These activities are conducted for reduction of stress and anxiety also correcting negativity. Time slot is provided in the time table in which the students, share there problems. While selecting this activity the activity following criteria is kept in view:

To be educative activities should

- a) Help to develop total personality of student teacher
- b) Help in the process of their self realization
- c) Help in value formation
- d) Help the student teachers to acquire relevant knowledge and skill



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The student teachers get acquainted with the raw materials, tools, techniques and processes necessary for performing the activity. The process of the activity is demonstrated by the expert. Counsellor conducted group activities like role play, express yourself, worksheets, play therapy, and story building etc. Most interesting activity is Teaching students deep breathing techniques during the height of anxious feelings. Other activities were as follows:

Write a compliment journal.

Celebrate your wins.

Think about your skills.

Reflect on your past achievements.

Confide in a friend.

Replace negative thoughts with positive ones

Dietician conducted workshops on healthy diet and diet plan. She also taught them Have healthy snacks on hand, Select a mix of colorful vegetables each day, Choose whole grains more often, Shift from solid fats to oils, Switch from frying to baking or grilling, limit foods and beverages that are high in sugar and salt. students organized food exhibition. Quizz was organized by the students.

Obstacles:

faced if any and strategies adopted to overcome them:- Since the B.Ed. programme comprises of many activities to be completed in a slot of not even one year due to the delays in admissions, allotting time for conduct of the care and share programme is a challenge. This difficulty is overcome by organizing the programme in smaller groups.

Resources required

1. Appointment of Coordinator.
2. Generosity of time and efforts by the guest faculty
3. Organization of sessions.
4. constant motivation by faculty



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Impact

self-confidence allowed students to experience freedom from self-doubt and negative thoughts about yourself. Experiencing more fearlessness and less anxiety. Greater confidence makes them more willing to take smart risks and more able to move outside their comfort zone. Having greater freedom from social anxiety. Healthy mind enables us to attain and maintain mental health. Students realised that they can have more fun with their lives, they also realized that surroundings, and the people in them when we are mentally healthy. They can experiment, learn, be creative, and take chances. In both our personal and professional lives, they are better able to handle challenging times. Taking care of mental health can also assist them in combating or preventing mental health issues that are occasionally linked to a physical illness. Their interaction with the counsellor, helped them develop a wider range of interpersonal and intrapersonal awareness. Participants were then motivated to seek interpersonal and intrapersonal change by these personal discoveries. It has positive impact on students placement.

Our institution being a teacher education college gives us the scope to change the attitude of our students who in the future as teachers will be able to multiply the message of professional enrichment. Best practices ensure enough, high quality bench marking of globally acceptable standards. These best practices inspire students to learn and succeed by engaging and inspiring them. Students who receive a balanced curriculum and have the knowledge, skills, and abilities to transfer and connect ideas globally. Also helps them to sharpen their talent.

PRINCIPAL
SWAYAM SIDDHI MITRA SANGH'S
COLLEGE OF EDUCATION
TEMGHAR, BHIWANDI, DIST. THANE - 421 302.

