

Best Practices

Title of the Practice - 1

Stress Management

Objectives:

1. To understand the nature of stress.
2. To understand the concept and effects of stress.
3. To grasp the concept related to causes and effects of stress.
4. To understand and learn how to use various techniques and determine the most appropriate method to aid in managing your reaction to stress.
5. To understand the causes and remedies of stress of school teachers and students.
6. To accept the responsibility of taking charge of your own levels of stress

The Context

1. Information about day-to-day problems of B.ED students is essential while designing a stress management course for them.
2. It is important to take into account their prerequisites for becoming teachers, learning needs, and classroom stress.
3. To create a plan that addresses their unique needs.
4. This course creates a balance between theoretical content and practical exercises.
5. This course provides tools and strategies to manage stress while becoming a teacher.
6. Designed Course provides help to student for stress management.

The Practice

This course includes three modules. Module one and two is about theory. Third module is about practical. All theory part is explained by the teacher. Following activities are organized for the module three. Lecture, meditation, sport activity, cultural programme, pranayama practice, asana practice, Yoga Day etc.

MODULE 1 - Understanding the nature of stress

- a) The meaning of stress, definition of stress
- b) Symptoms (characteristics) and effects of stress
- c) Types of stress –good, bad, short term, long term
- d) Causes of stress –physical, emotional, social, Environmental
- e) The Body's reaction to stress
- f) Adaptive and maladaptive behavior

MODULE 2 - Strategies and skills of stress management with Prevention

- a) Physical methods of stress reduction
- b) Stress reduction activities
- c) Various strategies techniques and way of stress Management
- d) Care of self –nutrition and other lifestyle issues

MODULE 3 - Stress management activities

- a) Participation in yogasan program
- b) Participation in relaxation and meditation.
- c)

Evidence of Success

1. Students understand the stress.
2. Students handle day to day life problems smoothly.
3. Improves healthy interaction between student and teacher.
4. Participates enthusiastically in all curricular and co-curricular activities.
5. Learns time management.
6. Enhancement of self-confidence and self-esteem.
7. Reduction of stress, anxiety and self-doubt.
8. Ability to deal with peer pressure.
9. Learns to do the yoga and asana
10. Develops emotional stability.
11. Improvement in academic performance.
12. Recognizes the importance of yoga and meditation.

Problems Encountered and Resources Required

1. Less awareness about stress management among the student.
2. Students are hesitated to share their problems.
3. Motivation required in the minds of the students can result in success of such practices.
4. Time has constraint to implement such activity.

Title of the Practice-2

General Managing committee. (Student Representative)

Objectives:

1. To Create an environment where every child can express their concern or need
2. To take the responsibility about planning of the activities.
3. To enhance interactions between students and instructors.
4. To take students involvement in academic planning.
5. To foster an environment of collaboration through a variety of community-based activities.
6. To provide a platform on which students can confidently reveal their talent.
7. To nurture an awareness of commitment and discipline to the society as a student.
8. To get opportunity of leadership.

The Context:

1. Student required field experience as a future teacher.
2. It is essential to improves student's skills and employability.
3. It is necessary to Contribute in decision making in academic planning.
4. It is important to undertake professional development and enhance skills, especially in terms of communication, liaison, working with others.
5. Active involvement is beneficial in all academic processes and decision-making.
6. It Influence on important decisions, including various programmes of B.ED course.
7. It plays a role as Mediator between students and teacher.
8. It is essential to Collaborate with students and faculty to implement events successfully.
9. Students can communicate with GMC about their issues easily that helps for smooth functioning of academic work.
10. It is important that Student gets opportunity of leadership.

The Practice:

General Managing Committee: GMC is the active working committee of the college. Student representatives are appointed to GMC and regulate the student activities. The college established General managing Committee (G.M.C). Instead of election, the college implemented selection procedure for the formation of G.M.C, at first GMC In-charge is selected from staff. Then he circulates the notice to the students, student's gives their willingness as per the department, after that all the staff members assemble, every student as opportunity to give nomination for more than one post, and he has to express his idea and planning of the concerned department before the staff. On the basis of highest rating given by

the staff on a rating scale, the GMC representatives are selected. The GMC representatives works in various departments.

Evidence of Success:

1. Student gets field experience.
2. It Improves students skills and employability.
3. Student Contributes in decision making at college.
4. Enhances professional skills, particularly in communication, liaison, and working with others.
5. As a committee member, they have a direct impact on all academic processes and decision-making.
6. Influences on important decisions, including about various programmes of B.ED course.
7. Acts as a mediator between students and college
8. Collaborates with students and faculty to implement events successfully.
9. Students communicate with GMC about their issues; it helps for smooth functioning of academic work.

10. Student gets opportunity of leadership.

Problems Encountered and Resources Required

1. Lack of Cooperation, self-control, team spirit.
2. Lack of confidence.
3. Training is required.
