

**HINDU COLLEGE OF EDUCATION
SONIPAT**

Best Practice No.1

Title of the Practice: WEEKLY MORNING ASSEMBLY

Goal:

The morning assembly is organised so that the student teachers experience spiritual awakening through recitation of prayer & chanting of hymns as per our ancient Indian tradition. Not only this, it serves as a platform for the students to boost their confidence, exhibit team work and strengthen their communicative skills.

The Context:

Conduct of morning assembly is an integral part of the curriculum. During their course in the college, the students plan and execute it under the guidance of their teacher educators. The practice makes them future ready for the school. The ritual of morning assembly in the college helps to instil strong moral values among the students.

The Practice:

The morning assembly is organised every week on Monday. Since many students come to the college by public transport, the assembly is organised in the third period which begins at eleven o'clock. Each section gets a chance to plan and conduct the same on rotation basis. Although there is no fixed format, the inclusions in the assembly are prayers, hymns and devotional songs. This is followed by thought for the day and news. News are generally collected from the previous week and sorted to include the one related to field of education, sports, economy etc. National and international headlines are also covered by the anchor. This is followed by talks, poetry, song, or other performances. Quite often, special days are celebrated through the assembly. At the end, the assembly is addressed by the Principal or some senior faculty member. The morning assembly serves as a great means of dissemination of information among teachers and students. The assembly ends with playing of National Anthem.

Evidence of Success:

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The students are brimming with confidence after they climb up the stage for the participation in the morning assembly. The students cooperate and collaborate for the success of their assembly. The students and the staff are aware of the importance of certain days which are not a part of the calendar event but carry importance. The general knowledge of both students and faculty is enhanced.

Resources required & Problems encountered:

Not many resources are required to successfully implement this practice, the sound system is already functional and the multipurpose hall is fully operational. No problem is encountered rather the students participate in the assembly with great enthusiasm and take the complete onus of responsibilities.

Best Practice No. 2

Title of the Practice: ENGAGING STUDENTS FOR PHYSICAL AND MENTAL FITNESS

Goal:

“A healthy mind stays in a healthy body,” keeping this in mind, the college adopted practices to enhance health and fitness levels of student teachers. In order to achieve holistic development, it is imperative to take care of physical as well as mental health.

The Context:

It was observed that the students enrolled in the B.Ed. program were not enthusiastic in sports related activities in the campus, hence it was decided to dedicate a complete day towards building of strength and showcase of their sportsman spirit. Along with the physical strength, it is required to have a sound mental health, therefore, yoga workshop was planned for the session.

The Practice:

Sports Day Celebration: The annual sports competition of Hindu College of Education was organized on 21st February 2023. Various sports events like 100 meter, 200 meter, 400 and 800 meter race, three leg race, lemon race, sack, rope jump, long jump, shot put, disc throw, javelin, slow cycling etc. were organized. Students participated enthusiastically in all these events. The winning students were honored with medals.

Yoga Workshop: A workshop was organised by college on the theme ‘Yoga: A Way of Life, on 23rd February 2023’. The workshop was held in the open

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where students practiced Pranayama and other yogic exercises for strength and flexibility. The resource persons also shed light on how yoga helps in controlling one's mind, body and soul. Along with this they also told that meditation helps students beat stress and keep anxiety at bay.

Evidence of Success:

The students' participation in both the programs was overwhelming. The winners of the sports day celebrated their win in the event and cherished their mention in the newspaper report.

Resources required and problems encountered:

The playground of our institution was not enough to organize a sports day on a large scale hence, permission for utilizing the playground of sister institution (Hindu College of Pharmacy, Sonipat) was sought. The yoga workshop was organised successfully in the open garden area of our college and no additional resource was utilized.



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