



Vidya Prasarak Mandal's, Gadhinglaj  
N.C.T.E. No.- APW-02374/123313



## Jagruti Shikshan Shastra Mahavidyalaya, Gadhinglaj.

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NAAC Accrediated - 'C' Grade

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### ■ Founder : **Late Dr. S. S. Ghali**

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Date : / / 201

### 7.2 – Best Practices 7.2.1 – Describe at least two institutional best practices

#### 7.1.1 Best practice

(1) The institution jagruti shikshanShastra Mahavidyalay is a reputed teacher education College. It is established in 1990 by founder president EX. M.L.A. Dr. S.S. Ghali. According to NCERT 2014 yoga education is a practical component of two year B.Ed. degree course it is one of the important aspect of physical education and yoga in semester 4 . yoga education is the recent trend in education at present it is practical component of B.Ed. syllabus for semester 3 also our faculty members Smt.S .S. Jadhav and Shri A.D. Daddi are certified yoga teachers of Gurukul yog Vidya dham Nashik our student participate yoga shibir since 2014 in common multipurpose hall in our college. Objectives of the practice 1) To develop health and hygiene 2) To maintain physical and mental health 3) To enhance mental ability 4) To cure emotional problems

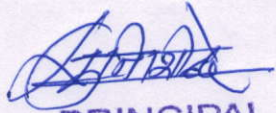
Description of the practice Our college conduct yoga class for our student each year all students regularly do yoga individually and weekly follow up has been undertaken by the yoga teacher. Following components has been practices 1) Asanas 2) Pranayam 3) meditation 4) Aahar and vihar The resources 1) Audio system 2) Stage 3) Yoga mat 4) Drinking water 5) Sanitary arrangements Outcomes outcomes 1) yoga workshop cured common diseases like headache 2) Improve concentration 3) Cured emotional problems 4) Cured exam stress Best practice.

  
**PRINCIPAL**  
Jagruti Shikshan Shastra Mahavidyalaya  
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(2) Constructivist workshop According to NCERT 2014 constructivist approach is an important component of two year B.Ed degree course for pedagogy subject. Activity based learning is an important part of the educational system. Pedagogy of languages science maths social science are include constructivist teaching and 5\_E model for semester second third and for semester 4 as optional paper Objectives of the practice 1) to develop constructivist approach among the students 2) to prepare 5E model lesson plan 3) To prepare various teaching aids as per constructivist approach Description of the practice Constructivist approach workshop is important practical of B.Ed training it is a new trend in educational system our college arrange workshop for our students guest lecture are arranged by various experience teachers student prepare lesson plan of two pedagogical subject of two different content and practice lessons are conducted during internship program in semester 3 Outcome

- 1) student teacher prepare 5-E model lesson plan
- 2) developed teaching skill with the new trend of constructivist approach
- 3) student prepare various teaching aids for activity based learning
- 4) Developed creativity among the students.

  
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