



Dr Ganesh Dass D.A.V. College of Education For Women, Karnal

BEST PRACTICE-1

Title: Inculcation of moral and spiritual values among pupil-teachers

Objectives:

In the light of the vision of the college "To be one of the centres of excellence in teaching education based on Indian Vedic culture and ethos coupled with modernity following **objectives** are as under:

- To sensitize pupil-teachers towards Vedic Values and its relevance in modern education
- To enrich positive energies and make pupil teachers morally, physically and mentally strong.
- To instill values such as discipline, teamwork, creativity, communication skill and determination.
- To make aware the students to adopt environmentally conscious practices

Context:

The practice of integrating moral and spiritual values into the teacher education program is the need of the era. Teachers have the responsibility not only to educate minds but also to nurture the hearts of the students. The development of character, empathy, and integrity among students will be the moral duty of teachers. The college always tries to prepare a new generation of school educators who are equipped to make a positive impact on the lives of their students and society. The college conducts various activities aimed at integrating moral and spiritual values into their teacher education programmes such as formation of houses, morning assembly, extension lectures on moral values, yoga sessions, awareness programmes etc.

By actively engaging in these activities, colleges empower pupil teachers to cultivate a strong foundation of moral and spiritual values that will guide their practice as

educators and enable them to make a positive impact on the lives of their students and society as a whole.

Practice:

Following activities are conducted in the college to Inculcate moral and spiritual values among pupil-teachers:

1. Formation of Sadans (House System)

- The college has implemented a sadan (House) system to encourage co-operation, leadership and healthy competition within a supportive environment. Pupil teachers are divided into different Sadans which named after educationist/freedom fighter/ scientist / social reformers/ arya samajist i.e. Vivekananda Sadan, Mahatma Hansraj Sadan, Aryabhatta Sadan, C.V. Raman, Kalpana Chawla Sadan, Maharishi Dayanad Saraswati , Ramanujan Sadan etc. Each sadan works for a duration of fifteen days.
- Duties of each house at college are conduction of morning assembly, organization of events, celebration of national and international days and performing havan on every occasion.

2. Morning assembly

- Morning assembly is the regular feature of the college starts with Gayatri Mantra, followed by Mantras'
- ucharan, Shantipath, Prayer, news headlines, brief description of Satyarth Prakash ,thought of the day and national anthem is conducted by each sadan for fifteen days.
- PPT on life sketch of great personalities named after sadan to aware the pupil teachers regarding the philosophy, education and biography etc. is shown on the very first day of the sadan.
- To enhance communication skills by providing opportunities for pupil-teachers to engage in various activities, collaborate with peers and participate in debates, discussions, and presentations on the occasion of national and international days.

3. Havan Yajya

- Being DAVians we always trust that Havan Yajna purify the environment and produce vast amount of health benefits. **Havan Yajya** is performed on

celebration of festivals such as Lohri, Holi, Makkar Sakranti, Krishan Janamasthmi, Basant Panchami etc.

- Pupil teachers are prepared to conduct havan yagya by giving them theoretical understanding, significance and procedure of conducting it effectively through extension lectures. Pupil teachers are observed the process of havan and then participated in conducting it under the guidance of sadan incharge.
- Time to time inter sadan havan competitions are organized to promote cultural understanding, spiritual growth, ecological balance and team work etc. the main objective of this competition is to enhance the knowledge and skills of reciting mantras, performing rituals of Arya Samaj and managing the environment through the havan yajna and to train them to conduct this activity in their future jobs. Pupil teachers are participated in national level havan competitions and always get first or second position.

4. Green Environment:

As an institution of higher learning, college is committed to integrating practices that minimize environmental impact, conserving natural resources in all aspects of our activities and fostering a culture of environmental responsibility among our students, faculty, staff and community.

- The college sensitizes the pupil teachers towards health and hygiene, cleanliness, tree plantation, waste management and energy saving initiatives etc.
- Pupil-teachers are motivated to organize national and international days such as environment day, earth day and science day to develop the attitude of responsibility towards the nation and society.
- Maintaining cleanliness, sanitation and a healthy environment, college adopts a combination of policies, practices and community involvement. Establishing a routine cleaning schedule for all areas of campus including classrooms, laboratories, common room, and outdoor spaces to prevent the accumulation of dirt, dust and debris and students are advised to maintain it properly.
- Students are asked to take pledge to save water and energy for the betterment of the future. The pupil-teachers are also encouraged not to use plastic in their surroundings. Students are motivated to imbibe habits and

life style for minimum waste generation, segregation of waste and disposing the waste into dustbins.

- The college educates the students to create awareness amongst people, farmers and sanitation workers to stop burning of waste, stubble etc to overcome respiratory diseases.

5. Yoga for Nurturing the mind, body and spirit:

Yoga practice is an important practice to improve physical health by enhancing flexibility, strength and fitness. With the combination of yoga-pranayam and assans, one can be relaxed, mentally and physically fit. Practicing yoga help to improve the health of heart and reduce several risk factors for various coronary heart diseases. Regular yoga practice can lower blood pressure, pulse rate, BMI, cholesterol levels, and circulatory strain. Dr. Ganesh Dass D.A.V. College of Education for Women, Karnal believes that education does not mean mere imparting of knowledge or facts but it encompasses an all round development of the pupil-teachers.

- yoga session in assembly,
- Yoga workshop,
- Celebration of international yoga day in the month of June
- One week programme on Surya namaskar is organized by sadan on duty for attaining a healthy lifestyle. Worthy Principal ma'am Dr Rakesh Sandhu was the resource person of the yoga workshop.



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BEST PRACTICE-2

Title: Commitment towards society

Objectives:

College always sensitise the students towards the society and nearby community with the following objectives:

- To promote positive relationship among pupil teachers and society
- To motivate the pupil teachers to take participation in the activities related to community sensitization on new schemes of government, cleanliness of the surroundings of their areas, tree plantation, Swachh Bharat etc.
- To inspire prospective teachers to organize and participate in awareness programmes, plantation drives, and other programmes related to social issues such as a plastic-free environment, and saving water.
- To prepare the pupil teachers to meet the challenges of imparting better updated and socially relevant education,

Context:

Dr Ganesh Dass DAV College of Education for Women organises several activities for the nearby community with active participation of pupil-teachers. Our institution fosters the students to engage in social, cultural and many other co-curricular activities which help them to understand the duties and responsibilities towards the society and nation. Not only do these activities boost confidence, time management, and communication skills but also help in building extensive social skills and commitment as a resource towards society.

Practice:

The college has made its noteworthy contribution to the society and environment by organising multiple community services in each session. Our pupil teachers organise

various community service activities in the nearby villages to aware people of various social issues like women's education, drug awareness, Aids Awareness, Gender equality, Women's Rights etc.

Each group of pupil teachers organizes community activity individually in any nearby villages under the guidance of the respective teacher educator. The community service includes activities like nukkad nataks, public speeches, rallies, volunteering etc. It allows our students to explore and grab necessary life skills.

The college puts forth efforts for leveraging the local environment by sensitizing the pupil teachers and puts its all efforts into conducting community activities related to health and hygiene, cleanliness, government schemes, cyber crimes and skill-based programmes etc.

The institution organizes webinars, seminars, extension lectures, tree plantation drives, and other programmes related to social issues such as a plastic-free environment, and saving water. Students are also motivated to participate in various competitions such as speech, debate, quiz, group discussion, brainstorming, poetic recitation, play, essay writing, PPT presentation, etc. The institution organizes different activities that help in developing the value of harmony towards different cultural diversities and positive effects on the community directly.

Following activities are conducted in the college to prepare committed prospective teachers:

1. Visit to nearby villages

- On 11Feb, 2023 our teacher trainees and the faculty visited **village kharajpur (Karnal)**. Students made the people aware about **"Modern challenges existing in the field of Education"**. A **play on the concept of equal educational opportunities** was staged.
- Another group of students visited **Shamgarh village** for Community Service On 11Feb, 2023. A Speech on **"Mental Health of Women"** was given to aware about the community about the need and importance of **health of women**. Importance of road safety was also explained through Nukkad natak, poems and speeches before the villagers.

- On 11 Feb 2023, the teacher trainees went to **Salaru Village, Karnal** to aware the people on **"Women Education & Drug Awareness"**. Poems, songs and speeches were organised presenting poems. A **play** on **"Drug awareness"** was also conducted to aware the villagers
- On 24 Feb 2023, the teacher trainees went to **Jundla, Village, Karnal** to aware the people on **"Women Empowerment and Philosophy of Maharishi Dayanand Saraswati"**. Poems, songs and speeches related to the theme were presented in the village community centre. An awareness rally was taken out in the village to educate people about the need of women education to empower them in society financially as well as socially and mentally strong. In the same village a **play** on **"Drug awareness"** was also conducted to aware the villagers to **"Say no to smoking and drugs"**.

2. Awareness Rallies

- Awareness Rally on Swachhta was organized on 29th Sept 2022 and 30th Sept 2023 to aware the nearby community.
- The tobacco cell of the college organised a Drug awareness rally on 17.02.2023.
- A rally on **"Follow road safety rules"** was organized in Shamgarh Village, Karnal on 11th February, 2023

3. Celebration of national and international days

- The institution celebrates the different national and international days, and festivals such as Independence Day, Republic Day, Yoga Day, Women's Day, AIDS Awareness Day, Environment Day, etc. to develop the attitude of integrity, responsibility, and sensitivity and more among our pupil teachers.

4. Educational field visits

The field visit provides an opportunity to experience the cultural heritage of India and learn about its diverse traditions and customs.

- One day visit to Suraj Kund Mela was organized on 14.02.23 to give exposure to the rich cultural heritage of India.

- One day visit to NDRI, Karnal was organized by the college on 8th April, 2023 to aware the pupil-teachers regarding latest technology and techniques in the agriculture sector.

5. Book Exhibition

- On 29 April, 2023, a Book Exhibition was organised by the Library Dept. of the college in the seminar hall. Books on Research, Constitution of India, Educational Policies, English literature, Hindi literature, freedom fighters, and special education were displayed in the exhibition.
- Teachers and students of nearby colleges are invited for this exhibition so that they can motivate their staff and students to use the college library. Students from different colleges and alumni of the college and research scholars can also avail the library facilities as per their requirements.



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