



TAYWADE
COLLEGE

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MAHADULA, KORADI, DIST. NAGPUR

BEST PRACTICES

2016-17

Best Practice – 1

Title of practice – Workshop on Yoga and Stress management

Goal :


- To practice Yoga and Stress management for better health.
- To develop habit of living in stress free environment.
- To learn meditation and develop positive thinking.

Context :

- Today's education system is more focused on knowledge and practicals.
- Students acquire good knowledge of subject but the lack ability of problem solving and manage stress.
- Moreover environmental factors are also responsible for adding stress to their day to day life.
- Due to excessive pressure of study and examination and competitiveness, students compromise with their health.
- Therefore it is necessary to relax their body and mind to accept more challenges and stand in today's competitive world.
- India's ancient knowledge of practicing Yoga and meditation provide great help in management of these problems.
- Workshop on Yoga and stress management was designed so as to practice it in our daily routine.

Practice :

Workshop was conducted by trainers of Art of Living. Students were made aware of spirituality and importance of health, Yoga and meditation. Workshop was attended by 72 number of students. Students practiced yoga and meditation for 5 days.


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Evidence of Success :

This program made great impact on students with respect to :

- Simple tenets to deal with everyday problem.
- Complete personality development.
- Introduction to spirituality and Indian heritage.
- No more breathing problem.
- More confident and ready to cope up with stress.

Problems encountered and resources required

Maximum students involved seriously while some students were not serious. Attendance of students was varying during 5 days program otherwise overall the program was conducted in very conducive environment. No special requirement of resources required except trainers.


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Best Practice – 2

Title : Communicative English Speaking Training Program

Goal :


- To increase vocabulary
- To learn speaking in English.
- To use English as medium for communication.
- To make student competitive for facing interview.

Context :

English is now become a language of world. English is now indispensable for the career growth. In most part of the world English is used as a language for communication. Our college is situated in rural part of Nagpur. All the students prefer their mother tongue as a language for communication. Students face major problem in understanding and speaking in English. Hence they lose their confidence when it comes to English speaking. This situation has great impact when they appear for job interview. Thus they could not grab many job opportunities even though they are good enough in subject knowledge. Keeping in view of this foresight, communicative English speaking training program was organized on 13th February 2017 to 26th March 2017.

The Practice :

The trainer and faculty from Titans Learning Group, Bairamji Town, Nagpur conducted this workshop. Mr. Sameer Sir, Senior Faculty and Trainer, Nita Tiwari, Senior Executive Manager and Touseeb Sheikh, Executive of Titan Learning Group participated in the activity. Students participation was more during the workshop. Students were guided through some modules to increase vocabulary. Through participative learning students were learned how to use English in communication.


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Evidence of Success :

The impact of this workshop was observed as follow –

- Students got motivated to learn English.
- Students learned about English grammar, types of sentences, types of tenses and uses of parts of speech.
- Brought down English fear.
- Developed confidence that yes I can do it.
- Increased confidence of writing in English.

Problems encountered and resources required :

Due to non English background of students, many students were reluctant to participate. Participatory involvement in group activity was less during the workshop otherwise impact of program was good on the students. Only human resources were required for the workshop.


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