

॥ ज्ञान सेवा त्याग ॥

श्री मौनी विद्यापीठ गारगोटी

आचार्य जावडेकर शिक्षणशास्त्र महाविद्यालय

हु. मुरलीधरनगर, ता. भुदरगड, जि. कोल्हापूर. (महाराष्ट्र) - ४१६ २०९

नेककडून बी++मानांकित

अंतर्गत गुणवत्ता हमी विभाग

(IQAC)



अध्यक्ष

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समन्वयक

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जा. क्र. :

दिनांक :

Best Practices 2020-2021

The Institution: Acharya Jawadekar College of Education , Gargoti

Title of the Practice: Yoga Workshop

- Objectives:** (1) To improve health and hygiene of student teachers
(2) To develop physical and mental health of student teachers
(3) To develop physical Flexibility
(4) To develop physical endurance
(5) Holistic development of personality

Need of the Practice: According to NCFTE2014 Yoga is an important means of holistic development of students personality. It is separate component for 25 marks in Semester III and one of the unit in semester IV i. e. Benefits of Yoga for Body & Mind. Yoga is the best solution to maintain health & hygiene. It is the tool of complete rejuvenation of human body and mind. It is the science of all round development of personality. Yoga develops physical personality, mental personality, emotional personality, spiritual personality & each and every aspect of human personality.

Description: our COE Professor Dr. P. B. Darade is a certified Yoga Teacher who conduct Yoga sibir for our students regularly. Asanas, Pranayama, Meditation, Purification kriya, etc have been taught to the students. Padmasana, Siddhasana, mandukasana, Makarasana, mayurasana Setubandhasana, markatasana, Matsyasana, pavan Muktasana, Virasana, tadasana, Vrukshasana, Naukasana, etc have been taught to students. bhasrika, Kapalbhati, Ujayai, Bahiya Pranama, Udgeet pranayama, Shitali, shikari pranayama etc have been taught in the workshop. Students are trained on Patanjali Yoga sutras such as (1) Yama (2) Niyama (3) Asana (4) Pranayama (5) Pratyahara (6) dharana (7) dhyana and (8) samadhi. The Resources: Yoga Darshan by maharshi patanjali, Sudhikriya Kit, Yoga Journal, Yoga Mat, water Bottle, Napkin, Yoga dress, Natural dietary habits.

PRINCIPAL

Acharya Jawadekar College of Education
Gargoti, Tal. Bhudargad, Dist. Kolhapur

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जा. क्र. :

दिनांक :

Practice -2 2020-2021

Title: Diagnostic Testing & Remedial Teaching:

Objective: To enhance content Knowledge of student Teachers

The Practice:All method masters conduct Diagnostic test at the entry point. Subject knowledge and skills are tested through a paper pencil test. Students performance is categorized as Basic, below basic Average and Advanced.Guidance is provided by all teacher educators in their pedagogy paper and extra lectures are also conducted for the purpose.

Evidence of Success In Semester IV student teachers are found competent in their respective fields.

Resources: T-L Resources

COE : AJCE,Gargoti

CO-ORDINATOR

Internal Quality Assurance Cell

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Gargoti, Tal. Bhudargad, Dist. Kolhapur-416 209

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