

Best Practice – I

“Extempore talk”

Goal:

Extempore talk is when we are given a topic that we did not know beforehand and must give a talk on it without any preparation. The motto of this practice is to make students to speak in the public with confidence. It brings the courage and instant thoughts among the students.

Objectives:

To provide students with the practical skills and knowledge necessary to express themselves clearly with confidence and power in a variety of speaking situations.

Context:

There was a good supportive response from the students in the conduct of Extempore talk. Due to this practice it has helped the students to remain update and also it has made a change in the student’s confidence and courage level.

The Practice:

Every staff conducts this practice in the classroom twice a month on the given topic to each and every student. This has helped the students to be aware of current events. In regard to public speaking we are referring to any limitation that a student may have as a speaker. Whether in a classroom situation students are typically given specific instructions that they must follow.

Evidence of Success:

This has turned as a healthy practice among students as it prepares them for a better tomorrow. Students have accepted it as it has filled courage and confidence among them to come up and talk on the stage facing a good number of audience. Records are maintained by the respective teachers of every class.

Problems Encountered and Resources Required:

Every new thing brings curiosity and a bit of hesitation along with it. In the initial stage students

were quite hesitant to come forward. Through the motivation they were convinced to take it up and making it mandatory left them with no choice. As this practice is completely cost free and even its implementation is not at all difficult there was no such major problem encountered.

Best Practice – II

“Ashtanga Yoga”

Goal: The practice of Yoga will bring a positive change in attitude of a student. It empowers the overall development of a student physically, mentally and spiritually. It improves memory and attention span.

Objectives: It enables the student to maintain good health. It integrates moral values in students. It creates a calm classroom environment. It improves students’ listening skills.

Context: Once in a week we make students to practice yoga. It makes improvement in core endurance and relieves from stress. It makes to concentrate on their goals. It also helps to maintain good physically and mentally healthy lifestyle.

The Practice: The practice of yoga improves overall strength of the student which is an indication of positive attitude. It helps to be more mindful. It boosts brain power.

Evidence of Success: Our Physical Education Director guides the students to practice the yoga. It implied in increasing the strength of the students. It helped us to run classes in smooth and peace manner. Later our sister concern students also joined in this practice.

Problems Encountered and Resources Required: No such major problems were encountered. But in the initial stage students faced minor problems like tiredness but later due to the yoga advantages on mental and physical health it generated more interest in the students. It has changed in their behaviour in developing positive attitude.