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BEST PRACTICES
BEST PRACTICE-I
Title of the practice:- Twin Internship programme
Objectives:
<ul style="list-style-type: none">• Full time engagement in real school situation in two phases for a period of 16 weeks duration.• To provide an opportunity to attain mastery in teaching at two levels• Meaningful and holistic development of student teachers
The Context:
School internship for B.Ed students is planned at two levels - VI and VIII standards and VIII TO XI for sixteen weeks. To install the effectiveness of this programme, twin internship programme is introduced. Planned progressive development of the student teachers phase after phase is also needed.
In this context, twin internship programme for B.Ed students is organised.
The Practice :
The 'Field Engagement' of 16 weeks has been split into two parts consisting of 6 weeks practice and 10 weeks to be organized in the first and second year of the Two-Year programme (second and third semester) in actual classroom setting. In Phase 1 The student teacher spends six weeks in cooperative schools to deliver 20 lessons at level I. It includes taking classes for 6 th and 7th standard students and is considered as level 1. In Phase 2 the student teacher spends 10 weeks in cooperative schools to deliver 40 lessons. It includes taking classes for standards 8th, 9th and 10th by graduates and 11th and 12 th by postgraduates, and is considered as level 2. Besides, delivering lessons in actual classroom in practicing schools, the student-teachers will also participate in day to day activities of the school and write report on certain aspects of school functioning.
Evidence of Success:-

- student teachers develop understanding and knowledge about home, school and community to enrich the life of school pupils.
- student teachers apply the theoretical knowledge, curriculum transaction and evaluation techniques
- Participation in all academic activities of the cooperative school
- Develop confidence in facing the classroom situations.

Problem encountered :

- Difficulty in obtaining permission from the cooperative schools for practice teaching in two phases

BEST PRACTICE-2

1. Title of the practice:- Women Empowerment through Womens' Cell.

2. Objectives:

- Empowering women through academic and non-academic endeavours of excellence.
- The cell strives to create a better society by empowering women. • To achieve social equality as a prerequisite for women empowerment. • To promote more cultural space for women to foster a distinctive identity of their own. • To sensitize women towards our rich cultural inheritance. • To create awareness of the women's rights
- Womens Cell seeks to mould the young women force in the campus to achieve thriving mile stones of success in their life.
- To empower women through education and strengthen them with social values and ethical sphere of life.
- Identification of leadership qualities in them.
 - To promote a culture of respect and equality for women.
 - The provision of opportunities and programmes for women to be financially, psychologically and emotionally empowered so as to promote their growth as individuals in their own right.
 - To conduct seminars to impart knowledge of opportunities and tools available.

3. The Context:-

The institution has nearly 90 percentage of women students. Majority of them hail from rural background. Inequality and women harassment is a social stigma. The cell has taken keen interest to protect the rights of women students by organizing distinctive value added programmes. University Grants Commission (UGC) recommends the measures for ensuring the safety of women and programs for gender sensitization on campuses. According to the task force appointed by UGC, the recommendations include the need for setting up Womens Development Cell and Anti-Sexual Harassment Cell at colleges and universities." If you educate a girl, you

educate a whole family". In this context, the cell has designed several programmes to empower the lady students.

4. The Practice:-

The cell has a co-ordinator, and two members from the ladies teaching staff who form the committee. Girl students are its members. The Principal act as the head and guide the activities of the cell. The institution has organized and conducted various programmes under this cell with true spirit and dedication. A seminar on "Women Empowerment" in collaboration with Council for Teacher Education, Kerala chapter and Common Wealth Council for Educational Administration and Management was organised. A panel discussion was also conducted in association with it. Various competitions were also held as part of International Women's Day Celebrations. An outstanding woman achiever was also awarded. Activities to identify their creative talents were also provided.

5. Evidence of Success:-Video clippings, photos, media reports and annual reports in college magazines are the documentary evidence maintained by the cell. The institution has identified major changes in the attitude of girl students on various parameters. Overcome of shyness, more participation in class wise seminars and extra -curricular activities, positive attitude, free interaction with teachers and other students. In the recent campus selection, number of women students participated and got selected.

6. Problems encountered and Resources required:-

As far as the constraints are concerned, it is found that due to semester system and academic pressure, the organizers find it difficult to give practical exposure to the girls on field survey, to collect data. As a large no of girls commute from surrounding villages, it discourages to conduct programmes after college hours. Though the organizers are keen to invite professional and expert trainees and speakers from outside, the cell often finds difficulty to host workshops due to non availability of guests when required.