## Best Practices (1st)
# Institutional Values

Sir Percy Nunn observe, "Nothing goods enters into the human world except in and through the free activates of individual men and women and that educational practice must be shaped the Individual. Education should give scope to develop the inborn potentialities through maximum freedom.

Knowledge is the main aim/ focus of education. The future life of students starts with school and colleges. It is very important to provide quality education. Quality education not only prepares a student for a job but also develops the overall personality of an individual in the case of students it aims at their complete up brining where morals and ethics are taught as part of the curriculum to help them live a healthy lifestyle Education aims at developing a balanced set of capabilities of students they require to become economically productive, develop sustain able livelihoods, contribute to peaceful and democratic societies and enhance individual wellbeing. Social emotional skills can help students set goals for themselves and build positive relationship with peers. For developing skills and values within future teachers our institution follows few best practices.

**Mulya Paripath (Morning Assembly)**

**Objectives:-**

1. It helps to improve students' knowledge.
2. To check the uniform, hygienic conditions presence, and regularity of students.
3. To build up confidence in students to exhibit their creative qualities.
4. To make them disciplined.
5. To develop unity.
6. To stimulate extracurricular activities.
7. To motivate expression and overcome self-consciousness.
8. To share information.
9. To develop aesthetic sense.

The morning assembly is a comman meeting ground to which each brings his offerings, the fruit of hid observation and studies or music, literature, and art that delight him, a place where all cooperate for the pleasure and well belling of the whole. The idea of a morning assembly is primarily to set the day off with positive energy. The topics chosen should therefore be positive and forward looking.

In our Government Education College, the procedure is presented as per the following format.

**The morning assembly takes place at 11:00 am in following way**

1. Assembly order.
2. University song.
3. National Anthem.
4. Message of Day.
5. Current affairs.
6. Moral Stories.
7. Prayer

In our college different prayers are takes place every day. From time immemorial assimilation of moral values. Stage courage, proper pronunciation and to develop different skills, to encourage students, college provides them a great platform. In our college we called it as 'मूल्य परिपाठ 'it is the basic best practice for the student's teacher educators that they all are introduced with the assembly.

College's motto is "ज्ञानसेवा तु साफल्यम" so at the beginning of the day college education starts with 'मूल्य परिपाठ 'that are conducive to overall development are implemented here. This practice is one of them.

The college is making a small effort to ensure that it will help for college student to become the back bone of the country of India. If this decision is take in the right way and with the right points and clearity in mind.

**Best Practices (2nd)**

**Sports Activity: -**

Physical education is to influence the experiences of persons to the extent that each individual within the limits of his capacity may be helped to adjust successfully in society, to increase and improve his wants, and to develop the ability to satisfy his wants. By- J.R. Sherman.

**Aim-- Aim of the physical education is "wholesome development of personality".**
**Importance of Physical Education--**
Human bodies are designed for regular physical activity. The sedentary nature of much of modern. life probably plays a significant role in the epidemic incidence of depression today. Many studies show that depressed patients who stick to a regimen of aerobic exercise improve as much as those treated with medication. - Andrew Weil Swami Vivekananda said that "'what India need today is not the Bhagwat Gita but the football ground". "In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these means, man can attain perfection." ― Plato Buddha was asked to man, "what have you gained from meditation?" He replied "Nothing !" However, Buddha said, let me tell you what I lost: Anger, Anxiety, Depression, Insecurity, Fear of old age and death".From above statements, we can summarized that PE is important aspect of our daily life. Some of the few points are mention below:

1. Optimum development
2. Physical growth & development
3. Intellectual development
4. Emotional development
5. Social development
6. Cultural development
7. Character development
8. Neuro-mascular development
9. Moral development
10. Physical fitness
11. Positive health
12. Personal adjustment
13. Leadership qualities
14. Democratic values
15. Constructive use of leisure time
16. Citizenship qualities
17. Economic values
18. Mental relaxation
19. National integration
20. International understanding
21. Natural talent search & potential
22. Teaching & learning of motor skills for achievement of higher standard performance
23. Help to plane activity programme
24. Help to understand the nature & activities of human organism in different set of situations
25. Help to understand what is true & what is false practice in PE

P-306 Yoga Education in included in third semesters syllabus of SGBAU this subject has 75 marks practical + theory for that in our institution we organized 7 days yoga camp for teacher educators. Our college occupied 13 ½ acres land area. There are various grounds for different sports activities are available Cricket, volleyball, kabbadi, kho-kho, tenniquoit, shortpul, throw etc. games are available. In indoor ground chess, carom sport are available. Our college has a recreation hall facility it is modified and modern equipment's case with high qualities are provided. Other college, sports players also this ground.

# Government College of Education, Yavatmal

## Best Practices (1st)

## Mulya Paripath (Morning Assembly)

# Best Practices (2nd)

## -:Sports Activity: -

# GYMNASIUM HALL