GOVT. COLLEGE OF TEACHER EDUCATION, KOZHIKODE

BEST PRACTICES - 2016-17

1. VIDYA KIRAN (A Unique Venture of GCTE KOZHIKODE)

Curricular and co curricular support for Secondary and Higher Secondary Students

The Student teachers of VIDYA KIRAN program visited Pre-Metric Tribal hostel, Easthill, Kozhikode to help the tribal inmates for developing their basic skills in reading, writing and arithmetic. Further they give tips to increase their interest in learning process by motivating them

Students of GCTE Kozhikode from their practice teaching days took classes for High School and Higher secondary students of Government Model School, Kozhikode. They helped the students in understanding the nature and purpose of the subjects in a better way.. They instruct students on the subject concepts, train them for self study and independent learning, help them to develop reference skills, critical thinking and conceptualization and encourage them to undertake group learning. Regularly they used to take class in the evening after the school hours for one hour.

2. COMPASSIONATE GCTE

Compassionate GCTE (CG) is a platform to launch projects which can generate and cultivate the spirit of compassion and humanity among the prospective teachers. CG is founded on a firm faith in the innate goodness in each of us. Compassionate GCTE believes that most of the human beings are basically compassionate and capable of expressing it when opportunities are made available. The staff and students of GCTE Kozhikode continuously take measures for supporting the poor people in and around the Kozhikode city.

Significance of the program

Compassionate GCTE is a platform to help the poor and needy at their doorstep.. Extreme understanding of the difficulties of others and the willingness to step out of your comfort zone to make a better life for others is a clear distinguishing factor of Kozhikode city. . We believe that transformation and unleashing the feeling of empathy through involvement in CG projects will result in compassionate attitudes and lifelong commitments. Especially for teachers this program will be beneficial as they are going to communicate with the public in the future. Cultivating humanity among teacher candidates makes our society more broad minded.

Program in action

In connection with CG , the students and staff of the college visited Govt. Mental hospital Kozhikode on 19/11/2016,17/12/2016/21/1/2017,18/2/2017 and talked with the doctors and nursing assistants about the patients health status and their needs . Further students prepared food like chapati for the patients . Around *one thousand chapatis* were made and it was a great experience for the students of our institution.

In connection with Compassionate GCTE , food was also served to poor people lying in the footpath near railway station and Palayam, Kozhikode on a monthly basis with the collected amount from the members of GCTE

A fund was collected from students and staff of GCTE Kozhikode and which is used to purchase uniforms, notebooks , instrument boxes and pens for the economically poor students of Govt. Model School Kozhikode. In a combined program conducted by school and college on 22/06/2016, the learning materials and uniforms were handed over to eligible students under the leadership of the Principal of the college and HM of the school.

3. 'FIT' GCTE Program.

Our national sports day is being celebrated on 29th August, the birthday of Indian hockey legend Major Dhyan chand. On this day the Department of Physical Education, GCTE Kozhikode conducted a one week fitness awareness program named 'fit' GCTE for the members of the college from 23/8/2016 to 29/8/2016 . A brief idea of fitness and the importance of

keeping fitness throughout life was explained to students and staff in the inaugural session by the HOD of Physical Education GCTE Kozhikode . In order to start a fitness program ,the basic knowledge of the physiological aspects and amount of fat percentage in the body is necessary. In this scenario the *body mass index* BMI and *waist hip ratio* WHR of each student, teaching and non teaching staff of the college were calculated by trained B.Ed. students of the college . Many of the students and staff were experiencing the importance of the BMI and WHR for the first time in their lifetime and they understood the importance of doing physical activities in a regular manner to keep themselves healthy and happy throughout their lifespan. After the calculation of BMI and WHR , necessary fitness tips for a healthy lifestyle explained individually to them. Some Vendors were also beneficiaries of the program

3. HARITHA CAMPUS -CLEAN CAMPUS

As a part of this program the members of GCTE Kozhikode continuously take necessary actions to keep the campus green and clean. The college is   making use of maximum natural resources available.
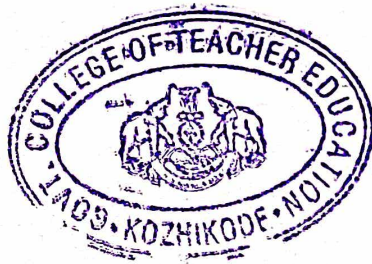
They are:

1.*Rain water harvesting* (collection and storage of rain rather than allowing it to run off), rooftop water collection through gutters.

2.*Landfill-* It is the most traditional method of waste disposal .Here biodegradable waste is disposed into a pit. Disposed waste is compacted and covered with soil.

3.*Pipe compost-* As a part of recycling of biodegradable waste management ,large PVC pipes are fixed in the college campus . The food wastes are deposited and kept for 3- 4 months and the compost is used for the growth of the plants in the campus

With the help of students and staff of the college the campus premises are cleaned weekly. Waste bins are placed in various areas of the colleges. The sanitation area is well maintained by using disinfectants daily .The plants and trees in the campus maintain the green polluted free atmosphere of the campus. Awareness among the students and staff regarding timely switching

off the fan and light saves a lot of electricity. Additionally, minimum use of plastics , air conditioners, participation in various programs organised by university and college makes campus more green. . The fallen leaves are collected and used as compost for the plants and trees .

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