

## GOVT. COLLEGE OF TEACHER EDUCATION, KOZHIKODE

### Best practices 2019 – 2020

#### 1. Techno Pedagogical and Content Knowledge Development Program (TPACK)

TPACK workshop provide students with theoretical and practical knowledge related to the use of ICT for teaching and learning. The workshop is designed to develop ICT literacy; that is, besides learning pedagogical values of ICT and how to employ them for teaching and learning, they also develop their critical thinking skills, lifelong learning skills, and collaborative learning/working skills.

Government College of Teacher Education organized this workshop on Digital Pedagogy for College teachers and Teacher Educators in collaboration with Central University of Kerala (CUK) and EMMRC from 14. 02. 2020 to 18. 02. 2020. The workshop enabled the faculties to apply MOODLE, Mobile apps, Google apps for curricular transaction.

#### 2. In – Service Training for High School Teachers

It is the continuing education a teacher receives after he or she enter the teaching profession. It includes the entire programmes where the teacher takes a vital part. An in – service programme is a program of instruction or training provided by an agency or institution for its employees. In – service education may be a part of any program of staff development. Keeping this in mind GCTE, Kozhikode organised in – service training to Secondary and Senior Secondary School teachers of Kozhikode, Wayanad and Malappuram districts as it comes under the jurisdiction of Govt. College of Teacher Education, Kozhikode from 19<sup>th</sup> to 23<sup>rd</sup> November 2019.

A good teacher of Mathematics is one who facilitates the learning of Mathematics in an effective and uncomplicated manner. To make this task easy and effective, teachers have to be a life – long learners. In – service training helps teachers to acquire new understanding. Irrational numbers and geometrical figures, lines and angles, effective assessment, role of rubrics in internal assessment, the physical world of Mathematics, Geo Gebra, ICT enabled mathematics teaching, Journey through mathematics, how people learn, Brain Mind and Experiences are the different topics included in the five day in – service training programme. All these sessions were handled by eminent personalities in the field of Mathematics.

#### 3. Mental and Physical Well Being Awareness

The Five-day In – service training programme for Govt. and Aided school teachers of Physical Education was conducted from 25<sup>th</sup> to 29<sup>th</sup> November 2019 at GCTE Kozhikode. 22 Teachers of Wayanad, Malappuram and Kozhikode district participated in this course. Various topics related to Curriculum, Leadership, Sports injuries & first aid, Cardiac fitness, Inclusive Physical Education, nutrition, Yoga etc. were handled by experts .

#### 4. Disaster Management Program

Disaster Management can be defined as the organization and management of resources and responsibilities for dealing with all humanitarian aspects of emergencies, in particular preparedness, response and recovery in order to lessen the impact of disasters

Disaster management in India refers to conservation of lives and property during a natural or man – made disaster. India is especially vulnerable to natural disasters because of its unique geo – climatic conditions, having recurrent floods, droughts, cyclones, earthquakes and landslides. Due to the vastness of the country different regions are vulnerable to different natural disasters. Now the people of Kerala are experiencing harsh consequences of natural disasters. Hence a project was conducted on the Impact and Management of Disasters in Kerala during 2018 & 2019 by Dr. Rajeswari K. Assistant Professor, GCTE, Kozhikode with the financial support of DCE Kerala with these major objectives

- A. To find out the impact of the natural disasters occurred in Kerala during 2018 and
- B. To prepare an Intervention package for Secondary school students to manage disasters

#### 5. Gender Sensitisation

Gender Sensitization is a basic requirement to identify the sensitive needs of a particular gender. It helps us to examine our own personal attitudes and beliefs and question the ‘realities’ that we thought we knew. The need for this sensitivity has been felt and realised through times immemorial and in almost all kinds of human existence, across the globe. Recent discourses focus upon the need to sensitize gender issues on campus as many believe that education is the catalyst for change. Educational spaces instil thought and make one have a perception that they believe. Instilling positive thoughts on gender issues will enable and enhance the future population from practising gender discrimination. Gender issues can be sensitized in campuses through various activities like debates, discussions, seminars, theatrical performances and other forms of arts. This can also be done through the following means.

Having a gender sensitizing cell by students will enable two-way communication and interaction among diverse students with numerous personal incidents. A gender sensitizing committee including students and teachers will enable communication of problems and other issues faced by students. Such a committee will reassure the idea that gender issues are not appreciated and allowed on campuses. We all know the problems of the issue but getting the solution is the major challenge. Conducting workshops by various organizations who work in the field enables students to know the reality outside campuses as well.

Gender sensitization being a very important factor, we have started thinking about the need for awakening gender sensitization and hence these new explorations to instil respect and reverence for all genders. Being the social engineers, teachers and teacher educators can perform well to build a better society devoid of all unnecessary

taboos. We have organised a awareness programme on gender sensitization for making our students to imbibe the real need for gender equality among themselves as a preliminary step.

#### 6. Women Wellness (Sthree Sakthi)

The challenges of school work, family obligations, social life, health and wellness is a top concern especially for female students. Proper nutrition, physical fitness, stress relief, and quality sleep are essential to thrive. It's not just physical health it includes overall well – being for a better quality of life. There are a lot of factors that can affect the quality of life. The six dimensions of wellness are: physical, emotional, spiritual, intellectual, occupational and social. By implementing these dimensions, women will be better equipped to manage the complexities and spontaneities of life. When one or more dimensions are jeopardized, the others play a greater role to balance out the compromised dimension.

Keeping this in mind we started something new for the benefit of our female students by giving importance to their wellness in all its dimensions. This year we organised an awareness programme beginning with an insightful class on Gynecological problems faced by females under the experienced Gynecologist of Kozhikode Dr. Chellama.

#### 7. Other Initiatives

Along with the new innovative programmes, the existing practices like Vidya Kiran, Fit GCTE, Compassionate GCTE, Haritha Campus Clean Campus are continuing.

As a part of VIDYA KIRAN (A Unique Venture of GCTE KOZHICODE) during the evening time our students from B.Ed and M.Ed regularly engage in remedial coaching for the weaker students of our Lab School Model School Kozhikode, and Govt. Tribal Pre – metric Hostel, Easthill. We are completely supported by the Corporation of Kozhikode under Quality Improvement program (QIP) and give necessary help and support for the students in their areas of difficulty and continues our mission.

One of the best practices from the academic year 2016 – 2017 – Compassionate GCTE is continuing in this academic year also. As a part of this, prospective teachers interacted with the different Autistic centres of Kozhikode and they interacted with the faculties of these centers about their dealing and training these challenged students. The students also helped in giving food to needy people around the premises of GCTE Kozhikode and Model school, Kozhikode.

As a part of the Fit GCTE program, B. Ed students were given an awareness class both in the theoretical and practical aspects. In practical sessions they adapted the techniques of maintaining health and importance of assessing fitness variables like Balance, Flexibility, BMI, WHR, Body Fat Percentage, Body Muscle Percentage, Visceral Fat, Subcutaneous Fat using a machine named body composition monitor. Again in connection with National Sports day on 29<sup>th</sup> August the aforesaid fitness variables of Students and staff of the college were measured by trained B. Ed students. The measurements were marked in health cards provided to them from the department of Physical Education. Most of the students and staff participated in this program and the doubts about how to control body weight, what is the diet plan for maintaining a Healthy lifestyle were explained to the participants. This program motivated many of the students and staff to continue their fitness activities which started the previous year.

Yoga is now being practiced worldwide by the best institutions for improving the total output and reducing unnecessary expenditure on health. This ancient invention of body posturing and breathing is effective in treating modern forms of illness. So the department of physical education is now focusing on yoga training along with its daily routine of physical exercise and classes for the teacher trainees and their educators. The prospective teachers were given necessary orientation about health, fitness and yoga to the respective students at various schools during their internship program.

As a part of Haritha campus clean campus trees and plant saplings were distributed to students on Environment Day – June 5<sup>th</sup> 2019. In the Assembly the teacher trainees took an oath regarding the sustainability of Green Earth and follow up programs to be conducted during their internship program. A separate box is available in the college for collecting plastic pens from students and staff of the college to minimize the use of plastics and plastic bottles. As a hidden curriculum the student teachers are giving constant orientation about the conservation of pure water in rivers, ponds, lakes and a proper waste management system in the schools and in their homes. As an extension of our Haritha Campus program, Kozhikode beach has been cleaned –Plogging to sensitise the common people for maintaining wasteless green beach.



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