

Best Practice 1 Session 2022-23

1) Title: International Collaboration for “Capacity Building Training Program for Transformative Teaching”

2) Goal

- Equipping prospective teachers with the necessary tools and techniques for transformative teaching.
- Enhancing participants' understanding of technology integration in education.
- Developing pedagogical and andragogical skills among the participants.
- Promoting digital literacy and competence.
- Fostering critical thinking and problem-solving abilities.
- Exploring strategies for learner engagement and active participation.
- Cultivating mindfulness and well-being in teaching practices.

3) Context

This report provides a comprehensive overview of the Capacity Building Training Program for Transformative Teaching conducted for pupil teachers of the college. The training was an international collaboration among the SARS Technology & Innovations Pvt. Ltd, a Dubai based organization, the International Chamber for Service Industry (ICSI) and the Government College of Education, Sector 20-D, Chandigarh, aimed to equip prospective teachers with the necessary skills and knowledge for transformative teaching practices and the development of global competencies. Dr. Sapna Nanda, Principal, Government College of Education, Sector 20-D, Chandigarh was the convener and Dr Nisha Singh, Assistant Professor coordinated the program.

Training Program Overview

This international training program, conducted online from March 17, 2023, to May 4, 2023 and utilized digital platforms (Zoom meeting, YouTube) to deliver multiple sessions of three hours each that add up to more than 30hrs training. Approximately 100 students from the first and second-year B.Ed. classes of session 2022-2023 participated in the program.

4) The Practice

Training Sessions and Themes

The training program consisted of several sessions, each focusing on a specific theme related to transformative teaching. The main themes covered during the program were:

- **Technology in Education:** Exploring effective use of technology tools and resources for teaching and learning.
- **Pedagogy and Andragogy:** Understanding principles and approaches to teaching both children and adults.
- **Digital Literacy:** Enhancing participants' digital skills and promoting responsible use of technology.
- **Critical Thinking and Problem Solving:** Developing critical thinking skills and problem-solving abilities in the teaching context.
- **Learner Engagement:** Strategies to engage learners actively and promote their participation in the learning process.
- **Mindfulness:** Incorporating mindfulness practices to create a positive and nurturing learning environment.

Participant Engagement and Assignments

Participants were actively engaged throughout the training program through discussions, hands-on experiences, quizzes, surveys, group activities, lesson plans, and regular assignments. These assignments allowed participants to apply the knowledge gained during the sessions and reflect on the outcomes. This approach ensured active participation and practical application of the concepts covered in the training.

Introduction of New Apps and Techniques for Effective Teaching

The training program also introduced participants to various new apps and technologies that could enhance their teaching skills and prepare them for global opportunities. Demonstrations and hands-on sessions familiarized participants with these apps, highlighting their potential for effective and engaging teaching. This approach aimed to equip participants with practical tools to implement in their future teaching endeavors.

5) Evidence of Success

The capacity building training program had a significant impact on the participants, as observed through the following outcomes:

- Enhanced teaching skills: Participants demonstrated improved pedagogical knowledge and innovative teaching practices.
- Technological competence: Participants gained proficiency in using various educational apps and tools for effective teaching.
- Critical thinking abilities: The training program fostered critical thinking and problem-solving skills among the prospective teachers.
- Engaged learners: Participants developed strategies to engage learners actively and promote their participation in the learning process.
- Mindful teaching practices: The incorporation of mindfulness practices contributed to a positive and conducive learning environment.
- In conclusion, the Capacity Building Training Program for Transformative Teaching, organized by international organization SARS Technology Innovations and the ICSI proved to be a valuable and impactful initiative. The program effectively addressed its objectives and provided participants with essential knowledge and skills for transformative teaching. The utilization of online platforms, introduction of new apps, and active engagement of participants contributed to the success of the program. It is anticipated that the training program will have a positive and long-lasting impact on the teaching practices of the participants, benefiting both their professional growth and the future learning experiences of their students.

6) Problems Encountered and Resources Required

While conducting the training program, a few challenges were encountered. The transition to an online platform posed initial difficulties, requiring participants and facilitators to adapt to the virtual environment. However, these challenges were promptly addressed, and technical support was provided to ensure a smooth learning experience for all participants. Additionally, managing

the diverse learning needs and time constraints of the participants posed challenges that were effectively overcome through flexible scheduling and personalized support.

Required Resources

- Online platform for conducting sessions
- Technical equipment, including computers, cameras, and audio devices.
- Support staff for technical assistance and logistical coordination.

About the Institution:

1. Name of the Principal: Dr. Mrs. Sapna Nanda
2. Name of the Institution: Government College of Education, Chandigarh
3. City: Chandigarh
4. Pin Code: 160020
5. Accredited Status: A Grade Validity: 28.3.2017 to 27.3.2022
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Principal,
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Sector 20-D, Chandigarh



Best Practice II Session 2022-23

1) Title: Inculcating millets as a lifestyle through AAHAR KRANTI CLUB

2) Goal

- To bring to the community including staff and students the domain knowledge of millets and its benefits
- To demonstrate and to encourage participation in millet based nutritious foods preparation
- To engage different stakeholders in promoting, developing and practicing millet-based diets as a lifestyle
- To fulfil the mission of government in the form of training the pupil teachers as a new mindset by implementing all the above to celebrate International Year of Millets.

3) Context

The Mission Aahar Kranti of the Ministry of Health, Govt. of India has been adopted as a culture to work on the mindset and habits of the youth and staff in the college. The College developed an interdisciplinary club as Aahar Kranti Club to promote the healthy lifestyle incorporating millets in life of youth and staff, and also take the message to the community. The strength of vision of this government mission through a dedicated and step wise implementation was accomplished by creating the club of which faculty and students are members.

4) The Practice

The Aahar Kranti Club in collaboration with Nivedita Trust already engaged in the area worked on expanding on the concept and share the platform for activities, in house as well as the state level bringing in schools and colleges of Chandigarh also. A series of activities were held.

1. On February 7, 2023, an awareness drive was conducted. Dr. Virender Garg, OSD to the Union Health Minister, Govt. of India with team members from Nivedita Trust created an orientation for faculty and other staff and student representatives as peer group influencers. Dr Lipika Guliani from UIHM, PU gave domain orientation.

2. Millets Recipe Competition was held in collaboration with MGNCRE on February 20, 2023. Dr Ravneet Chawla as Coordinator of the group coordinated the event. Faculty members, non-teaching staff and students enthusiastically participated in this competition. Various dishes were prepared by the participants using millets as core ingredients such as foxtail millet, browntop millet, barnyard millet, *kodo* millet and little millet etc. The judges of the contest were Dr. Vandana Sharma (MCM DAV College), Dr. Sapna Nanda, Dr. Ravneet Chawla and Miss. Bharti Goel, Faculty, UIHTM, Chandigarh. Dr. Balwinder Kaur (sorghum cake and foxtail smoothie) stood first; Dr. Neelam Paul and Ms. Gurmeet Kaur (Barnyard millet dosa, uttapam, khichdi and kheer) and Dr. Anjali Puri (schezwan foxtail millet bowl and millet pudding) stood second. Dr. A.K. Srivastava (Bajra Pua) and Ms. Rekha (Kodo millet kheer) stood third. Kamini(Ragi Idli)stood first; second and third prize winners were Raveena Gill and Navjot Kaur respectively. Consolation prizes were given to Komal and Prakriti. The event promoted the inclusion of millets in diet for healthy living and to promote environment sustainability. The peer group attended the exhibition and tasting was full of new ideas to try.
3. The MGNCRE Club in its entrepreneurship drive had one of the dedicated groups to take this to an enterprising level and the groups cooked and sold gluten free recipes in the week-long drive to create work and earn model among youth in the dedicated week in February, 2023. The canteen was given new suggestions to try healthy things and include in the menu.
4. International Women's Day on March 7, 2023 organized by the NSS Cell of the college kept Aahar Kranti Drive in its priority theme. The millets recipes were displayed, discussed and amazed the visitors on innovative ideas of cooking or using those in nutritious salads and smoothies also. Mrs. Anita Pal was the Chief Guest. Other dignitaries included Dr. Mrs. Palika Arora (PCS), Mrs. Harinder Kaur (NSS Regional Director), Ms. Beenu Rajpoot (Indian Filmmaker), Samaira Sandhu (Indian film actress), Mrs. Richa Aggrawal (Proprietor, Cleopatra Beauty Services) and Sadhvi Dr. Devpriya, HoD, Philosophy Department, Patanjali University Haridwar. The college newsletter 'Jijivisha' was released by the chief guest on the occasion. The

patron and chief editor of the newsletter is Dr. Mrs. Sapna Nanda. The magazine "Wings of Vision" by Ms. Beenu Rajpoot was launched to commemorate Women's day.

5. An event ANNUTTAMA was organized on April 29, 2023 in the college in collaboration with Nivedita Trust (follows the mission Dhree, Dharti, Dharohar) for Aahar Kranti under Azadi Ka Amrit Mahotsav and G20. The Chief Guest of the event was Dr. Mrs. Mallika Nadda, Sh Santosh Kumar Taneja, Hon'ble Mrs. Justice Sabina (former) HP, Dr. Vinod N. Indurkar, and Sh. Banveer Singh. The invitees implied the implementation of the vision to be effective ambassadors of the idea of promoting millets and low cost nutritious Aahar. Millet Mom Competition was held. Around 65 participants for this competition were teachers of various schools and colleges. The judges of the competition were Chef Jaswinder Singh, Chef Sanjeev Varma and Chef Sunil Kumar Arya. Team Nivedita Members and Dr Anjali Puri & Dr Ravneet Chawla designed and executed the event which was the real life visual and palate delight for guests. An in-house creation was a book launched with 50 recipes of millets – MAGIC MILLETS - a home cookbook (Chief Editor Dr Sapna Nanda, with Dr. Anjali Puri and Dr Ravneet Chawla as editors, Dr Bharti Goel and Meghna Duhan as student editors; ISBN: 978-93-90154-07-4). The event was attended by around 400 eminent women including Principals, Co-ordinators and Club Members of Aahar Kranti of various Government and Private colleges and schools of Chandigarh. The awardees were Dr. Renu Vig (Vice Chancellor, Panjab University); Dr. Suman Singh (DHS), Dr. Meenu Singh (Director AIIMS, Rishikesh) , Ms. Kanwardeep Kaur (SSP), Mrs. Beenu Rajpoot (Film Maker), Ms. Samaira Sandhu (Film Actress), Ms. Jonita Doda (Actress), Singers Ms. Annjot Kaur and Ms. Nidhi Narang, Various Entrepreneurs Ms. Mridula Jain, Ms. Deeba Arif Akhtar, Ms. Pooja Arora and Ms Himja Rana. The eminent women deliberated on the importance of Women Empowerment as well as traditional Indian practices in the light of NEP 2020. The drive will be continued through all platforms of the college to fulfil the mission in sincere dedication.

5) Evidence of Success

Millets are a common talk now. Canteen has millet snacks once in a week.

Students have included diets based on millets in routine. Staff exchanges their happy experiences on diet among each other.

Innovations have been documented as a book production.

6) Problems Encountered and Resources Required

The practice is largely supported for raw material by the participant. This can be supported by special funds for the drive. No obstacle was found as such. We used Hindi names along with English names to make millets more familiar. Millets supply can be promoted at a lesser cost for the mess, canteen and for Home Science/Aahar Kranti clubs.

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