



Thiagarajar College of Preceptors

Teppakulam, Madurai - 625 009

Recognised by NCTE, Re-Accredited by NAAC with "A" Grade

ISO 9001 : 2015 certified

Affiliated to Tamil Nadu Teachers Education University - Chennai

IQAC



Best Practices 2018-19

Best Practice - 1

1. Title of the practice

School Internship Research

2. The context that required the initiation of the practice (100 – 120 words)

An internship is a work-related learning experience to develop hands on work experience in a certain occupational field. The educational research is important for the students to improve practices and at the same time, it helps in improving those individuals who really wish to bring improvement in research. The purpose of research is really an ongoing process of correcting and refining hypotheses, which should lead to the acceptance of certain scientific truths. By conducting a small-scale education research project and writing a report on it, student teachers learned important educational research skills, such as how to detect problems, construct hypotheses, review literature, select a suitable research methodology, choose data- collecting instruments, gather and analyse data. Thus, our college started research during in their school internship.

3. Objectives of the practice (50 – 60 words)

1. To provide an opportunity to students to develop research skills.
2. To help the students to find out solutions to particular problems arising in their classroom or school.
3. To bring out the innate capability of the students.
4. To promote their interpersonal skills.



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5. To help students to become more self-reliant
6. To make the students to realise the challenges in school activities.

4. The Practice (250 – 300 words)

Before starting the internship school teaching practice, our faculty oriented about the research and research methodology to the student teachers. From this orientation, students learned the steps involved in the research. Students are instructed to do the research either individual or in groups. The research tools are available in our college library. Students utilised the research tools for their research. Students get the constant guidance and clarification from the faculty at the time of school visit. Thus, under the guidance of principal and faculty mentors, students finished their research. Best research reports are scrutinised by the research committee and awarded by the principal.

5. Obstacles faced if any and strategies adopted to overcome them (150 – 200 words)

Besides syllabus, our college insisted research activity for the development of research attitude towards the students. Students must show interest towards research. Otherwise it will not become successful. To prevent this, our faculty took efforts to follow the student's research work. The school headmaster, teachers and students cooperated with the researchers to help for data collection and experimentation. The researcher or student teacher should dedicate their time to the fullest effort of their completion.

6. Impact of the practice (Evidence of Success) (100 – 120 words)

Success is evident in many ways:

At the end of the internship teaching practice, we collected the research report of the students. We evaluated their research report. Our college encouraged the students to publish the research article in the College E-journal Edu-spectra and other journals.

All the students were enthusiastically involved in the research.



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The evident details of the research are given below.

1. Students research reports
2. E-journal articles.

7. Resources required

Human resources – Students, Trainable faculty members

Research tools.

Publications of Journals.

Need practice in

- Report writing.
- Data collection.
- Analysis of information from different sources.
- Finding information off the internet.
- Critical thinking.
- Planning and scheduling.
- Interviewing.
- Critical analysis.



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Best Practice - 2

1. Title of the practice

Online Meditation

2. The context that required the initiation of the practice (100 – 120 words)

Meditation is a practice where an individual uses a technique such as mindfulness or focusing the mind on a particular object, thought or activity to train attention and awareness and achieve a mentally clear, emotionally calm and stable state. Meditation is a habitual process of training human's mind to focus and redirect our thoughts. We can use it to increase awareness of oneself and surroundings. It also helps to reduce stress and develop concentration. Multiple studies have shown that meditation can help reduce levels of depression and anxiety. Thus, our College has realised the value of meditation and implemented from this academic year to take care of the student's health and their personality development.

3. Objectives of the practice (50 – 60 words)

- ✓ To grow with holistic development
- ✓ To show scientific interest in meditation
- ✓ To realize one's true potential as human being
- ✓ To develop the sense of honest and self-motivation
- ✓ To develop courage and confidence to the demands of life
- ✓ To develop the ability to draw the inspiration within oneself.



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4. The Practice (250 – 300 words)

Our College concentrates on including ethical practices in the curriculum. In this connection, our College has made a MOU with heartfulness Institute, USA. They offer meditation course by online mode in every Saturday of the week. At the fresh morning the meditation will be started. The course duration of the programme is 30 weeks. 60 minutes in class session and outdoor projects are also provided in this meditation course. Class lectures from scholars and Professionals are handled through online. The main topics are Attitude Building, Building Self-belief, Communication Skills, Effective Inter Personal Skill and Team Effectiveness. Besides, practical session of Relaxation technique and Rejuvenation technique give more value to the students. Continuous online assistance strengthens the meditation programme successfully.

5. Obstacles faced if any and strategies adopted to overcome them (150 – 200 words)

The meditation programme is based on online mode. So, the broadband connection is essential to run the programme effectively. Our College has broadband connection with Wifi facility. The professionals from India and USA handle the session through online. Student's support is essential. Extra effort should be taken by the faculty members and students to utilise their precious time in this concerned is very essential. We have conducted all the session successfully.

6. Impact of the practice (Evidence of Success) (100 – 120 words)

- Online sessions from highly experienced professionals.
- Live practical session
- Impact of the meditation programme, students realised the value and moral system.
- Students received the certificates from Heartfulness Institute, USA.



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7. Resources required

Support from Heartfulness Institute

Broadband Connection

Adequate Space

Well Ventilation

Student support.

Thank you