

Best Practice I (2021-2022).

1. Title:

Holistic Approach to Health and Physical Education

Annual Sports Meet (Theory and Practical over 2 days)

2. Objective:

- i) To enhance knowledge of Nutrition, Health Education and Sports.
- ii) To provide a comprehensive understanding of health, fitness, nutrition and sports activity.
- iii) To foster physical/education literacy and promote healthy lifestyle.

3. Context:

GVM's Dr. Dada Vaidya College of Education, Farmagudi, Ponda Goa is the only College in Goa to initiate and continue with the practice of conducting *an Annual Sports Meet* with a combination of theory and practical aspects spread over 2 days. To help students understand the concept of holistic health, its various dimensions and determinants, an array of activities are conducted throughout the entire academic year in addition to the Annual Sports Meet. These activities comprise of intra & extra mural competitions, fitness programs, coaching of sports teams, yoga for promoting healthy lifestyle and talks conducted to foster physical literacy.

4. Practice:

Spearheaded by the College Director of Physical Education Mr. Shaunak Pagi; students are divided into 5 groups for the Annual Sports Meet. On day 1, all groups have to present a topic related to nutrition or health education, and each team gets 30minutes to present the same. These Seminar presentations conducted for developing awareness about lifestyle diseases, psycho-social issues and importance of nutrition, contribute towards the development of holistic health of an individual. Day 2 starts with the prayer, oath followed by various sports programs. These programs included activities such as Zumba and March Past followed by competitions like Footcri, Pass Pass Basket, Dodge ball, Obstacle Race and Skipping. All teams had to compete with each other to



win the *Sports Champion Trophy*. The champion team is decided on basis of highest points tallied by the team in the course of the events held on that day.

Department of Physical Education in addition to the *Annual Sports Meet* also conducts intra-mural and extra-mural competitions, excursions, hike/treks, first aid workshops, fitness programmes and various talks by invited guest speakers for the students. Students not only actively participate in all these activities but are also given an opportunity to assist and help organise these activities, thus providing them hands on experience which will benefit them as future teachers.

The overall opportunities provided and experience gained by the students ensures the fact that EDU 10-Health and Physical Education subject certainly helps the students and staff to maintain their health and develop a positive attitude towards life.

5. Evidence of success:


- The Department of Physical Education received appreciation from Assistant Director (Academics) Mr. Siddhesh Kesarkar for the activities conducted in the college, especially the practice of, "*Annual Sports Meet* (theory & practical over two days)". He further added that other colleges should emulate this practice.
- The faculty and students enthusiastically participate in this meet.
- An array of programs conducted during the academic year, for holistic approach to health and physical education include the following;
 - a) "*Annual Sports Meet*" (theoretical & practical aspects), 31st March and 1st April 2022.
 - b) "*Grant-in -Aid Scheme, Indoor Activity*", One day Workshop on skill development, 30th March 2022, under the scheme of Goa State Youth Policy-2015, held under the aegis of the Directorate of Sports and Youth Affairs, Goa.
 - c) "*Fit India Movement*", month long program from 13th August to 2nd October 2021, comprising of activities like
 - ✓ Freedom Run
 - ✓ Sun Salutation
 - ✓ Physical Fitness Program
 - ✓ Meditation
 - ✓ Walking Challenge.
 - d) *First Aid Workshop*, 17th November 2021 including talks by retired Health Officer, Directorate of Health Services, Goa and followed by practical demonstrations and hands on training to student teachers provided by Mr. Shaunak Pagi, College Director of Physical Education.



- e) *Cleanliness and Plastic Waste Collection Drive*, as instructed by Ministry of Youth Affairs & sports, Govt of India and Office of the Deputy Collector & Sub Divisional Officer, Ponda-Goa, on 14th October 2021.
- f) *Intra mural and Extra- mural Competitions*,
- ✓ Yoga Day, 21st June 2021
 - ✓ Carrom (men women), 24th March 2022
 - ✓ Chess (men women), 24th March 2022
 - ✓ Table Tennis, 24th March 2022
 - ✓ Cricket, 24th March 2022

6. Problems encountered and resources required: Nil

7. Notes if any: It is helpful for the students to learn the basic understanding of fitness and Health.


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Best Practice II (2021-2022)

1. Title:

Research and EDU Talk Series.

2. Objective:

To enhance the research acumen and enrich the research culture within the College and beyond by harnessing the human resources that each staff member brings with him/her to the academic platform.

- To provide exposure to a range of areas, issues and topics across subjects.
- To seek guidance of experts from various fields.
- To provide insights into the research the landscape.
- To keep abreast about the current developments in research and education.
- To spark institutional innovation.

3. Context:

Goa Vidya Prasarak Mandal's Dr. Dada Vaidya College of Education offers B. Ed, M. Ed, Diploma in Pre-primary Teacher Education, M.A Education (IGNOU) Program, Ph. D in Education and hosts a Research Centre recognized and affiliated to the Goa University. The College has had a rich history of hosting and organizing a number of Seminars, Conferences (National, International and World Conference), Workshops and Webinars on Education and allied subjects, for the overall development of its stakeholders. To streamline the process this practice was formalized into a "Scheduled Series of Research and EDU Talks" in the year 2020- 2021. In continuation of this, the scope of the "Research and EDU Talks" was widened in the upcoming academic year 2021-2022, so as to see a growth in leaps and bounds. The Research and EDU Talks encompassed not only education & research but also allied subjects and areas such as health and hygiene, skill development, law and governance and sustainable goals etc. This was further augmented on account of the MOU's signed with various national and international institutes and organisations.



4. Practice.

In continuation of its practice of scheduled Research & EDU Talks, a range of programs, webinars, seminars & workshops were organised by the IQAC of the College, the Research Centre, the Extension Department as well as B. Ed & M. Ed sections. MOU's and linkages with AIRIO (Association of International Researchers of Indian Origin) a non-profit organization and launched a AIRIO Goa Chapter in 2020, Eudoxia Research Centre, MOU between GVM's Dr. Dada Vaidya College of Education and Nirmala College of Education, AltinhoPanjim for Cluster Research Centre in Education, VM Salgaonkar College of Law, Miramar, Kare Law College, Margaon, and GIPARD (Goa Institute of Public Administration and Rural Development), helped further the cause.

The College has added a new feather in its hat by initiating the "Dr. Dada Vaidya Memorial Lecture Series" from 2021, to commemorate the birth anniversary of its founder Dr. Dada Vaidya on 8th of September. The first talk of this series was organized on 8th September followed by another on 30th September 2021.

5. Evidence of Success.

The College was presented the International Institutional Excellence Award 2020, by AIRIO for Academic Performance & Result, Collaboration & Extension Services, Research & Development Activities and Co-curricular activities & Administrative and Leadership Initiatives.

Following is the list of Research & EDU Talks organised by IQAC of the College, the Research Centre, the Extension Department as well as B. Ed & M. Ed sections.

- I) **"Dr. Dada Vaidya Memorial Lecture Series"** was initiated by the College from 2021, to commemorate the birth anniversary of its founder Dr. Dada Vaidya on 8th of September.
 - 8th September was earmarked by the inauguration of the College Auditorium and Counselling & Career Planning Centre, with the Talk delivered by Guest of honour Shri Prasad Lolyekar, Director of Higher Education, Goa.
 - The maiden lecture in this series was delivered by the Director of SCERT, Goa Mr. Nagaraj Honnekeri who spoke on, "NEP 2020 and School Education" on 30th September 2021.



II) *First Aid Program, Talk on Health Awareness and Hygiene by eminent Doctors and NGO's, held under IQAC of the College*

- ✓ Health Talk on Gastro Intestinal & Liver Diseases: How to prevent them? by Dr. Jose Filipe Alvares, Senior Consultant Medical Gastroenterologist, 30th July 2021.
- ✓ Talk on 'Ill Effects of Tobacco', 19/10/21.
- ✓ First Aid Workshop, by Dr.17/11/21.
- ✓ Talk on, "Women's Health Concerned Related to Nutrition, Hygiene and Grooming", 21/1/22 by Dr. Nilesh Korde, Gomantak Ayurveda Mahavidyala and Research Centre
- ✓ "Breast Cancer Screening", 11/3/22 by YUVI foundation

III) *Research & EDU Talk Series held under IQAC of the College, Research Centre and/or in collaboration with AIRIO*

- ✓ Academic Integrity and Research Ethics in Higher Education, by Dr. Preeti Oza, 29th July 2021.
- ✓ Introduction to Massive Online Courses (MOOC), Dr. Sanjayan T.S, 11th August 2021.
- ✓ 'The Emerging Pedagogical Parameters', by Dr. Louis Vernal, 22/11/21.
- ✓ National Webinartitled 'Identifying Research Gap & Exploring Research design' by Dr. Rosewine Joy, 5/2/22.
- ✓ National Webinar on, "Using SPSS Software for Quantitative Analysis in Educational Research", 20th March 2022.
- ✓ National Webinar on, "Praxis and Modalities in Academic Writing", 29th March 2022
- ✓ Vidyanjali Project of UGC, 6th March 2022 by Mr. Ganesh Chandra Naik as a part of In-house seminar presentations by faculty members.

IV) *Host for State wide outreach programs, with local experts and industry practitioners as resource persons.*

- ✓ Manohar Parrikar Vidnyan Mahotsav, 13/12/21(As directed by Directorate of Higher Education, Government of Goa)
- ✓ 'Folk Traditions of Goa', by Dr. Pandurang Phaldessai, 16/12/21(As directed by Directorate of Higher Education, Government of Goa)

- ✓ “Fundamental Rights and Duties under the Constitution” by Adv Ashok Sutavne in collaboration with Young Inspirators Network Gomantak, 27/1/22.
- ✓ “Physics A must for everyone?” State-wide Science Lecture Series 2022 organized by DHE in collaboration with GVMs.
- ✓ “Grant-in-Aid Scheme, Indoor Activity”, One-day Workshop on “Skill Development”, 30 March 2022 sponsored by the Directorate of Sports and Youth Affairs under the Grant-in-Aid Scheme.

V) **Programs conducted by Extension Department:**

- ✓ Special Education Talk, 6th August 2021
- ✓ Activity Plans Based on 7E Model of Constructivist Approach by Dr Gargi, 9th August 2021
- ✓ National Webinar on Review of Literature: Its Theory and Practice, 25th August 2021 (Extension & Research Centre)
- ✓ Aspects of World Peace to mark the International Day of Peace, 21st September 2021, Dr. D Silva

VI) ***MOU's and Linkages: Renowned academicians and professionals from the related fields as chief guest and resource persons***

- ***Women's grievance Cell & GIPARD*** (Goa Institute of Public Administration and Rural Development) Goa.

“Gender Equality today for sustainable tomorrow”, to mark International Women’s Day, 8/3/22, by Dr. Seema Fernandes Assistant Director GIPARD (Goa Institute of Public Administration and Rural Development) Goa.

- **GVM's DDVCOE & VVM's Govind Ramnath Kare College of Law, Margaon**

State Level Webinar on “Right to Education: Challenges of Vulnerable Groups During Pandemics”, 18th June 2022 by Mr. S. N Inavalli & Mrs. Sonia Kamat.

The series of Research and EDU Talks provided insights into the educational and research landscape, helped research scholars explore opportunities to seek guidance of experts and stay abreast of current developments in various fields. Talks delivered in the series were often an outgrowth of larger scholarly agendas or explorations of ideas that were flashed out into productive research and creative educational agendas.



6. Problems encountered and resources required:

Financial constrains in hosting and organizing such series of talks were a deciding factor.



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