

## 2

## Best Practices in School or College



**Tulshidas S. Bordekar**

P.E. Teacher, Shree Ganesh High School, Ganeshpuri Mhapsa - Goa

Email : tulsidasbordekar05@gmail.com Mob. : 8999454153 WhatsApp : 9765172975.

When it comes to Physical Education, one should have a proper discipline during School hours that is in the class and also on the ground, while playing any game or sports. Hence to boost the discipline of the school or college, one committee has to be appointed by the teachers in the name of

"DISCIPLINE LEADERS" which will consist of senior most (Boys and Girls) students of the school. This committee of the students will look after the discipline of the School during Recess or when any competitions is held in the school. Also this committee will look after the students once the school is over to maintain the proper queue and discipline while walking out from their Classes.

1. These Discipline leaders will be getting a separate Recess of extra time other than the normal recess to have their tiffins.
2. Fit India school month should be observed in the school which will comprise of various Physical, Mental and Social activities to create healthy and fit individuals in the school who will further lead towards healthy Bharat.

3. A Concept of intramurals for inter house competitions (Sports and other) needs to be conducted in the school at the end of every month comprising of different games and activities to develop the sportsmanship spirit among students and teachers and to hunt the talent related to various sports & games and other activities amongst the students.
4. Heading towards Technology, more audio video based presentations and motivational videos needs to be shown to students explaining various skills with regards to different games and sports.
5. Adoption technique needs to be implemented in the school where students having good talent in sports and other activities needs to be identified and adopted to give special platform to them in order to polish and nourish his or her skills according to their needs.
6. A concept of "HOME VISITS" needs to be implemented in the school where actual home visits are to be

done of the students by the teachers, specially of 10th and 12th std students to find out the Homely environment, study atmosphere and physical activity hours of the students while he or she is at home to maintain the relation with parents

7. An early talks/seminars to be conducted by the school on career guidance. Diet and nutrition and how to become a Technosavy in the school to create a healthy & responsible Citizens of the country, who will in future lead to an "Aatmanirbhar Bharat".
8. On Every second and fourth Saturday of the month exclusively fun related activities and recreational games to be conducted in the school (Class-wise or House-wise) to give them Platform for this activities and identify the hidden talent amongst the students and boost them. Mass participation will be one of the objective behind it.
9. A Special day in the name of "SAMARPAN" needs to be conducted in the school (on one fix day) where each and every student of the School should develop a habit of donating something or the other in the form of grocery, clothes or money for the benefit and welfare of the needy people. This activity will develop a habit of donation towards the society when the society and nation is in need.
10. An early activity needs to be conducted in the school felicitating the students under the title "NEVER LATE NEVER ABSENT ". This is for the Students who have never remained absent in the school throughout the year for no reason and students who have never been late to school throughout the year. Activity will motivate the students to be Regular and will inculcate the habit of punctuality and being healthy so as to attend the school on time and regularly.
11. A Semester based activity should be implemented in the school under the banner of "SHRAMADAAN", where each and every Student of the Year school needs to contribute his or her time and energy for cleaning of the school and its premises.  
Through this Activity a habit of cleanliness will be inculcated in the students, which will definitely help them to keep their home, surrounding and Society clean making them a responsible & healthy citizens of the country.
12. An activity under the name "Sparkling News " or "Tejaswi Sakaal" needs to be started in the school, where news about the sports and other related matter along with one sparkling thought about the sports should be read by the students for the morning assembly regularly. which will develop & inculcate the habit of reading a Newspaper in the students along with an interest in the Sports.