



Dr.SNS COLLEGE OF EDUCATION



COIMBATORE-49

TWO INSTITUTIONAL BEST PRACTICES

Best Practice 1

Constructivism in Teaching and Learning

Students are not blank slates upon which knowledge is etched. They come with already formulated knowledge, ideas, and understandings to the classroom. This previous knowledge is the raw material for the new knowledge they will create. Teachers must prioritize and adopt methods which favour students and encourage them to learn. They must not rely on outdated strategies and focus on providing a holistic approach towards various topics. Hence the institution strives to adopt constructivist pedagogical practices in teaching & learning. The teaching faculty incorporates different techniques of teaching by which the students are made to draw connections between concepts and analyze complex issues.

The students were encouraged to become autonomous learners. It has contributed to the professional development of teachers by trying out new pedagogical practices. Different learner-centered practices have come into existence in the college ensuring joyful learning experiences.

Best Practice 2

Wellness programmes for staff and students-Yoga and meditation is an extremely effective stress reliever. Yoga is an effective way to incorporate self-care into work, so that team members don't have to feel guilty about neglecting work. Seminars and programmes are conducted for wellness through Yoga.