

2017-18



BEST PRACTICE-1

1. The Title:

Morning Assembly

2. The Objective:

- To maintain discipline
- To keep the mind and the soul peaceful
- Prayers is conducted every day morning to mould the students to give the moral value.
- Morning assembly enhances the team spirit leadership quality.

3. The Context:

The college focuses on unity and team building quality through prayers by the students college practice house wise morning assembly and college has four houses. House teacher monitor the prayer.

House teachers plays constructive role in morning assembly.

4. The Practice:

The morning assembly is organized everyday to improve the team spirit. The principles of self discipline and confidence are inculcated the students are informed of the day to day activities and they are regularized in their academic work.

A handwritten signature in green ink that reads "Biswas".

Principal
Manrakhon Mahto B.Ed. College
Ranchi



BEST PRACTICE-2

1. The Title:

Yoga and meditation

2. The Objective:

- To reduce stress and anxiety among students.
- To have better focus and improved memory.
- To promote mindfulness.
- To improve flexibility, balance and posture.

3. The Context:

The present day life style among the students calls for the need for yoga and meditation and these should be placed indeed on the upper pedestal in order to achieve the overall development of student.

4. The Practice:

College students experience high levels of stress in many areas of life. To help the students in getting out of the situation. The college practices yoga and meditation. Different Physical and mental exercises are taught to students.

Biswas

Principal
Manrakhan Mahto B.Ed. College
Ranchi