

**GHULAM AHMED COLLEGE OF EDUCATION**  
**Banjara Hills, Hyderabad**  
**BEST PRACTICES OF THE COLLEGE- 2018-19**

**Best Practice- 2**

**Title of the Practice: Sound mind in a sound body – Keep fit, teach fit.**

**Context of Practice:** In-order to make a larger impact, focus should be on small things which can be attended immediately. Healthy lifestyle along with physical fitness are important for teachers not just for their obvious personal reasons but also because they set an example to the younger generation. As research shows direct connections between physical fitness and brain health, college has taken measures in training student teachers to stay fit through practicing healthy eating habits and physical activities which in turn condition their minds to handle all the challenges which they face in school as well as their personal lives.

**Objectives:**

- i To instil healthy eating, sleeping and physical activities among the student teachers.
- ii. To expose the would be teachers to the nutrition needs of children of different ages and expose them to the signs and symptoms of various deficiency diseases caused due to lack of nutrients.
- iii. To sensitize the student teachers about the causes, symptoms and prevention techniques of various health problems that are common among the students.
- iv. To train student teachers in measuring BMI (Body Mass Index) which enables early detection of health risks.
- v To employ various physical activities in day to day classroom teaching learning process.

**Practice:** Extracurricular activities which involve physical, mental and emotional faculties of the student teachers are given much priority and were organised in the college. Guest lectures on nutrition, deficiency diseases, physical fitness, yoga and nutritive value of foods were conducted by the college. Food fests were organized and students gave demonstrations of healthy snacks and nutritious foods that can be prepared using low cost ingredients. Student teachers along with the faculty took part in various physical activities as part of curriculum. Student teachers organize pot-luck to display healthy eating habits. Health check-ups are organized by the college to sensitize student teachers on the importance of keeping fit to teach fit.

**Impact of the Practice:** Being active is always fun. Student teachers improve on their social skills and experience positive mental health which relieves them of stress and in turn enhances learning aptitude. Student teachers experience healthy social interactions, cooperation through group activities, teamwork, and lasting relationships.

**Obstacles Faced During Practice and Resources Required:**

Old habits die hard and changing them requires lot of time and energy. A proper orientation towards healthy eating and physical activities is still needed. Physical activities are interpreted as physical exercises which need separate time and space to carry out. In the fast-paced world, when everything is advanced through communication and technology, it is quite difficult to choose healthy eating habits.