

**Best Practices of Raja Rammohon Roy Govt. P.T.T.I, Radhanagar, Nangulpara,Dist.-
Hooghly, West Bangal, 712406**

Raja Rammohan Roy Govt P.T.T.I organises many innovative programmes for development of individual, social and national awareness in respect of showcase of best practices. Among these programmes some of the best practices are-Organising Health Awareness Programme, Rangoli Making competition, Organising Workshop & Exhibition on Low Cost & No Cost LTM's....

Topic of the Best Practices:

Health Awareness Programme cum Health Exhibition on various Communicable/Non Communicable Diseases.

Themes / Activity:-

- (i) Daily Healthy Routine
- (ii) Good Habit
- (iii) Wellness
- (iv) First Aid
- (v) Non Communicable Diseases
- (vi) Communicable Diseases
- (vii) All aspects of Cancer

Objectives:-

The Institution has some specific objectives for arranging such Awareness Programme-----

- *Create awareness among the students about many communicable and Non-Communicable diseases.
- *Improve health of the Individual and Community Level.
- * Ensure the students about their certain health issues.
- *Reduce the chances of disease.
- *Create confidence among students so that they can help the people in distress
- *Reduce the drop-outs in school due to health issue.
- *Get over the superstitious beliefs of people.

This year Health Awareness Programome is organized by Raja Rammohon Roy Govt. P.T.T.I. The students of Academic Session-2021-23 and 2022-24 participated in the programme. BMOH, Health Officers, Health Assistant, Heads of Some Primary schools in neighbouring area and students from local primary schools are present this year in the programme. Local peoples are also present in the programme. The Students made the rural people aware about many communicable and non- communicable diseases as most of them were unaware of them. The students prepare many PPTs with sound effect, charts, models, banners, posters to represent the different diseases and show them to the audience. Some students arranged some charts showing daily healthy routine, good habit, wellness etc. and they inform all about the steps to be fit and healthy. Students also arrange and show how to give First Aid to a patient .The local people and the students are benefited from the programme.

Here are some photographs showing the mentioned Themes of the programme:

(i) Daily Healthy Routine:







(ii) First Aid:



(iii) Communicable-Diseases:





(iv) Non Communicable Diseases:





(v) All aspects of Cancer:





(vi) Wellness:



Other Pictures:

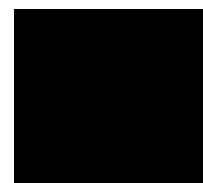




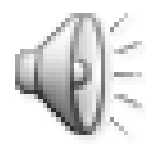
PPTs on Daily Healthy Routine:

DAILY HEALTHY ROUTINE











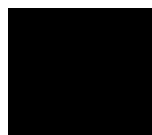


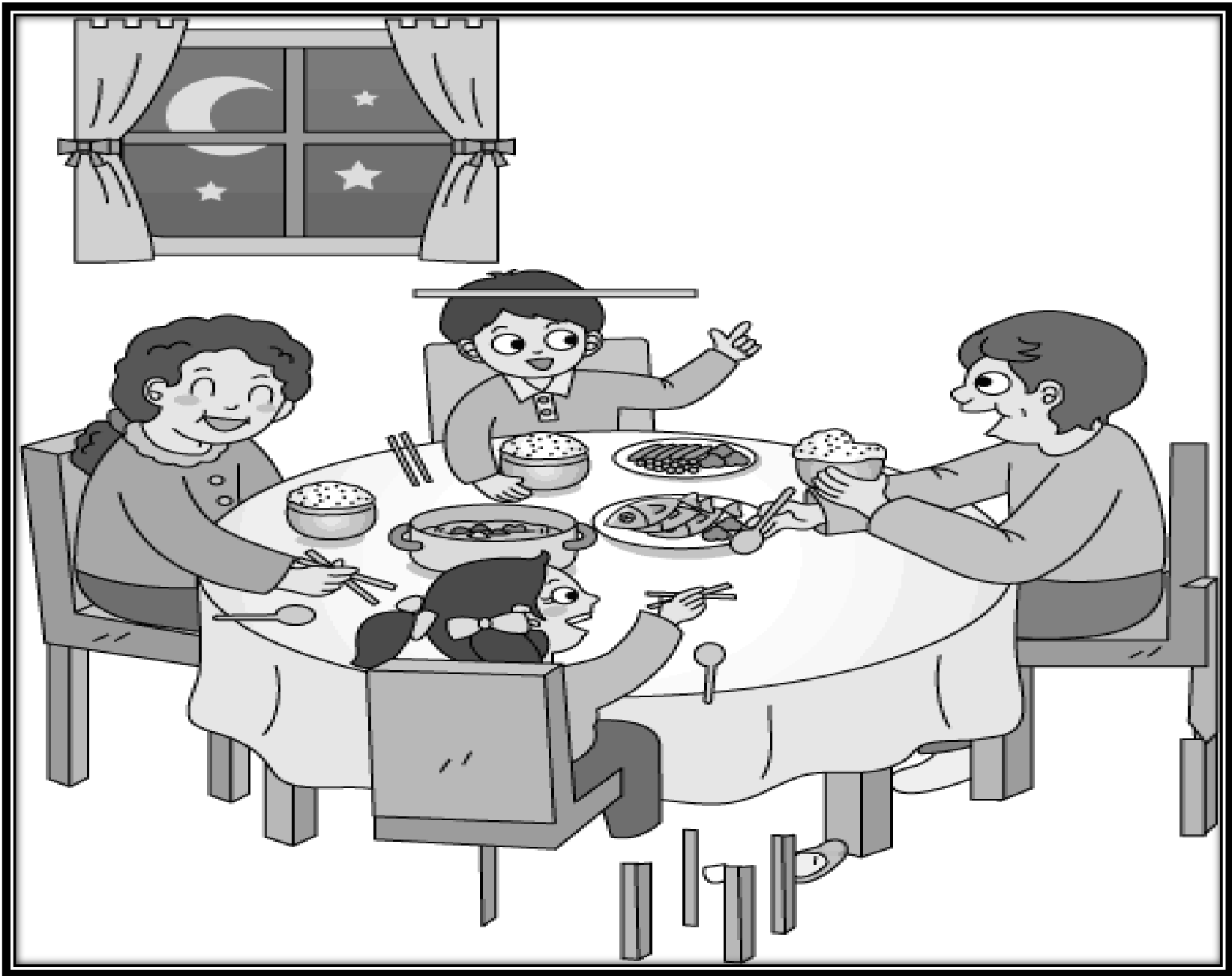






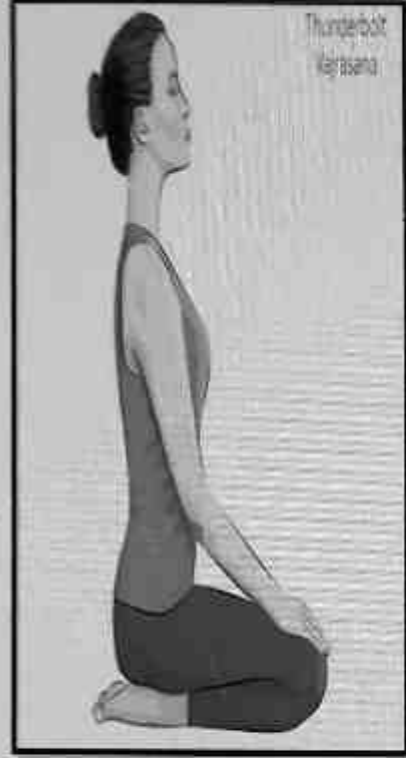












বজ্রাসন

(১) হজম শক্তি বৃদ্ধি পায় ।

(২) অস্থিসন্ধির ব্যাথার উপশম হয় ।

(৩) অনিদ্রা দূর হয় ।

(৪) শরীরে অক্সিজেনের সরবরাহ বৃদ্ধি পায় ।

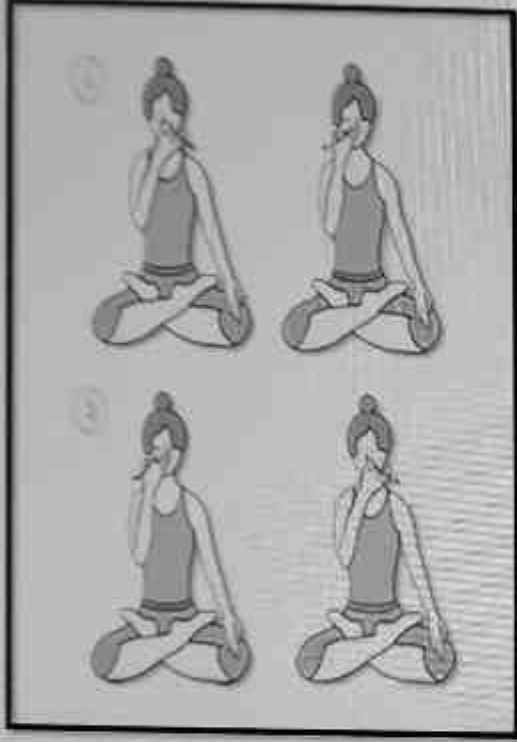


পদাসন

(১) হৃৎপিণ্ড ও ফুসফুসের
কর্মক্ষমতা বৃদ্ধি করে ।

(২) হজম শক্তি বৃদ্ধি পায় ।

(৩) মেরুদণ্ড সোজা ও সরল
রাখে ।



প্রানায়াম

(১) শারীরিক ও মানসিক শান্তি
লাভ করা যায় ।

(২) স্নায়বিক দুর্বলতা বা চাপ হ্রাস
পায় ।

(৩) শরীরে রক্ত চলাচল
বৃদ্ধি পায় ।



সূর্য নমস্কার

(১) রোগ প্রতিরোধ ক্ষমতা
বৃদ্ধি পায় ।

(২) পরিপাক যন্ত্র, হৃৎপিণ্ড,
ফুসফুস ঠিক থাকে ।

(৩) মস্তিষ্ক ও মেরুদণ্ডের
দুর্বলতাজনিত রোগসমূহ
নিরাময় হয় ।

Best Practices of Raja Rammohan Roy Govt. P.T.T.I., Dist.-Hooghly

Rangoli Making Competition:

Themes:-

- (i) Humanity is the greatest Religion.
- (ii) Thirteen(13) festivals of Bengal in Twelve (12) months.
- (iii) Great Heroes of India
- (iv) Independent Mother India
- (v) Culture of West Bengal
- (vi) India with diversity.

Objectives:-

- * Improve the quality of painting of the students,
- * Develop creativeness through Arts and crafts.
- * Familiarise the students with Indian culture.
- * Make the students get over the barriers of Caste, Religion etc.
- * Develop the students' mind and aesthetic sensibility.
- * Familiarise the students with different festivals and colours.
- * Increase humanitarian quality of the students,

Raja Rammohan Roy Govt. P.T.T.I. organised the Rangoli Making- Competition this year as the part of 'Jan Bhagidari Activities for TEIs to Commemorate India's G20 Presidency. The Rangoli represents the happiness, positivity and liveliness, and is intended to welcome the goddess of Prosperity. It can display one's ideas, imagination, creativity and innovation with the colours. This year the Students of Academic Session 2021-2023 and 2022-2024 participated in the competition. The students are aware about the culture of Bengal as well as the Nation. Students feel more graceful by showing respect to humanity and Nation. There are judges to select the best Rangoli. Prizes are distributed among the students. The motive of the programme is a successful one.

Here are some photographs showing the Rangoli conducted by students on mentioned themes:

(i) Humanity is the greatest Religion:



(ii) Thirteen(13) festivals of Bengal in Twelve (12) months:



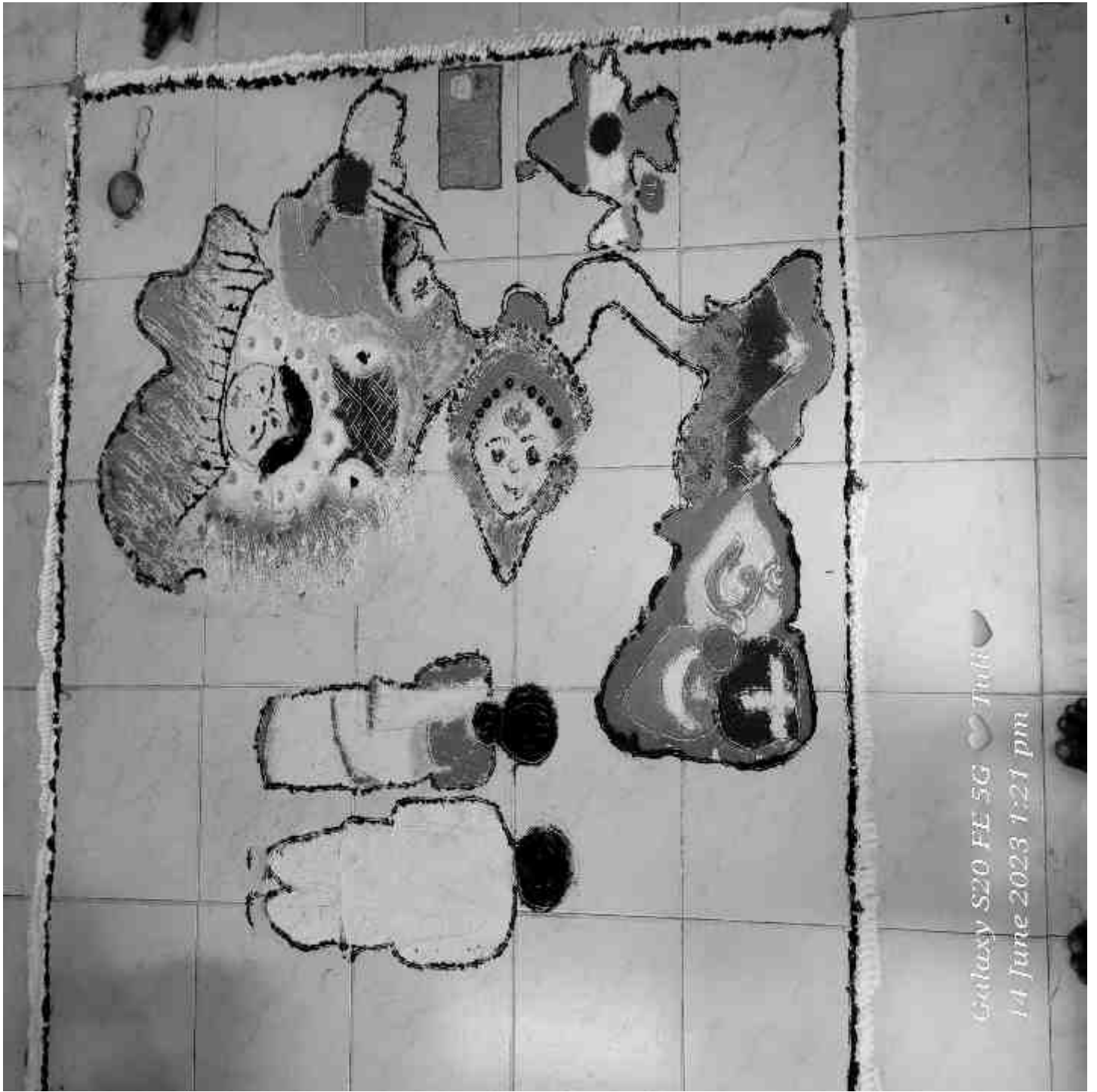
(iii) Great Heroes of India:



(iv) Independent Mother India:



(v) Culture of West Bengal:



(vi) India with diversity:



Here are some other photographs taken this year during the Rangoli Making-Competition:



Galaxy S20 FE 5G ♡ Tulli ♡
14 June 2023 11:57 am



Galaxy S20 FE 5G ♡ Tulli ♡
14 June 2023 11:55 am



Galaxy S20 FE 5G Tuli
14 June 2023 11:54 am



Galaxy S20 FE 5G Tuli
14 June 2023 11:53 am



Galaxy S20 FE 5G 🍷 Tuli 🍷
14 June 2023 11:50 am



Galaxy S20 FE 5G 🍷 Tuli 🍷
14 June 2023 12:24 pm



Galaxy S20 FE 5G 🍀 Tuli 🍀
14 June 2023 11:57 am

Best Practices of Raja Rammohan Roy Govt. P.T.T.I., Dist.-Hooghly

Organising Workshop & Exhibition on Low Cost & No Cost LTM:

Theme / Activity:

- (i) Block Painting
- (ii) Mask Making
- (iii) Painting on Bottle /Flower-Vase Making
- (iv) Puppet making
- (v) Bandhani Art
- (vi) Cover File Making
- (vii) Collage Painting
- (viii) Alpona

Objectives:

- * Students can be able to develop their understanding of Low Cost No Cost materials.
- *Students can be able to develop some Low Cost No Cost materials.
- *Students can be able to use Low Cost and No Cost materials in classroom.
- *Students can be able to develop their skill how to use Low Cost No Cost Teaching Aids at Nursery, Pre-Primary, Primary, Upper Primary and Secondary School.
- *Students can be able to develop their skill how to use Low Cost No Cost Teaching Aids for supplementary and illustrative education in science as well as humanities.
- * Students can be able to develop their skill in art and craft that helps in classroom presentation interesting.
- *Students can be able to develop their mental power and power of concern.

Raja Rammohan Roy Govt. P.T.T.I organises programme as well as exhibition by demonstrating on Low Cost No Cost LTMs in every year. Raja Rammohan Roy Govt. P.T.T.I organises workshop on use of Low Cost No Cost LTMs in teaching and learning (Making & Develop of Low Cost & No Cost LTMs according to topics (Unit & Sub-unit) that exemplifies all the Learning Outcomes in the grades of Foundational Literacy and Numeracy as well as demonstrating and analyzing the content therein by displaying Low Cost No Cost LTMs & delivering findings as well as Learning Outcomes). This year it is organised. The students of Academic Session 2021-2023 and 2022-2024 participated in the programme. Students learn

how to make many LTMs by using waste, unusable & discarded materials through their knowledge of Arts and Crafts. They learn to make the lesson and classroom more interesting and pleasing to the Students. They collect the materials from environment/nature and make nature friendly objects/materials. They learn to restore the natural resource fruitfully.

Here are some photographs showing the mentioned Activity of the Workshop & Exhibition:

(i) Block Painting:



(ii) Mask Making:



(iii) Painting on Bottle /Flower-Vase Making:



(iv) Puppet making:



(v) Bandhani Art:



(vi) Cover File Making:



(vii) Collage Painting:



(viii) Alpona:



Here are some other photographs taken this year during demonstration and analysis about Learning Outcomes (L.O) by displaying LTMs in the Exhibition on Low Cost & No Cost LTMs:







