

## **INNOVATIVE TEACHING**

### **Innovative Teaching- Meditation Class for 1<sup>st</sup> year MSW Students**

As a part of the subject, Personal and Professional Growth the students of 1<sup>st</sup> year MSW attended Meditation Class. Students were explained the significance of Meditation in understanding self and how it would help them keep up emotional health and professional growth.



## Group Dynamics

Group activity was conducted to the students of 1<sup>st</sup> MSW to experiment the Group Dynamics by forming the group, assigning and allocation of some tasks and responsibilities to be performed as member of group and assessed group dynamics such as constellation, leadership, relationship, coordination, cooperation, bond, cohesion, role play etc. Students have actively participated.



## Group Activities

Group activities were assigned to assess the creativity, commitment, responsibility, interest, involvement, bond in the group of 1st MSW students as a Part of Group Work. Activities such as creative art, handcrafts, knits etc were allotted to be done in stipulated time.

