

Aalekh

A REFLECTION OF OUR THOUGHTS

Issue 8

July' 22

Department of Elementary Education
Mata Sundri College For Women
University of Delhi
2021-22

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From the Principal's desk



It is indeed a pleasure that the Department of Elementary Education is releasing the eighth issue of its E- Newsletter Aalekh.

Aalekh is not only a compendium of the Department's yearly initiatives and students' expressions but it also stands tall to testify the hard work and perseverance of the B.El.Ed faculty to provide a gamut of opportunities to students for their holistic growth as future teachers. This newsletter provides a platform to the students of the department to present their creativity and demonstrate collective efforts. I congratulate the students, faculty members and the editorial team for their sustained efforts towards this commendable endeavor. I extend my best wishes for the future and hope that with Mata Sundri ji's blessings the department will continue to rise and soar.

Prof. (Dr.) Harpreet Kaur
Principal
Mata Sundri College for Women



Teacher In-charge speaks



Dear readers of *Aalekh*,

It is with utmost pleasure that the Department of Elementary Education presents to you the 8th volume of its annual E-Newsletter *Aalekh*. A newsletter is meant to hold within its folds the contributions showcasing the creativity and reflections of the students as well as the engagements of the faculty with its students in myriad ways. *Aalekh* offers its readers a deep dive into all the year round endeavors of the Department, as well as the cherished memories and milestones in its journey. This e-newsletter presents a detailed account of several initiatives such as field visits, competitions, and workshops organized by the department. Through this newsletter the B.El.Ed Department seeks to apprise, stimulate, and immerse its readers by handing them over this humble account of its initiatives.

First and foremost, I extend my sincere thanks and congratulations to our Principal Madam, Prof. (Dr.) Harpreet Kaur for her constant support and encouragement for this undertaking. I am thankful to the student contributors for sharing with us a piece of their head and heart through their creations, be it their astounding artwork or sensitive reflections. I laud the sincere efforts of the student editors and technical support team who have done a stupendous job in beautifully putting together this issue. I highly appreciate the Editors in Chief, Dr. Richa Sharma and Dr. Shubhneet Kaur who encouraged students to submit their contributions and have worked tirelessly in giving the newsletter its current shape and spirit.

I wish all the readers a delightful reading experience!

Dr. Ravneet Kaur
Teacher In-charge

Editors' Note



Dr. Richa Sharma

We are happy to bring forth the eighth issue of Aalekh, the annual e-newsletter of the Department of Elementary Education. Aalekh is a delightful synthesis of creative and reflective energies. It has been crucial to the expressions of ideas and individuality of our students. The prose, poetry and paintings by the students unleash and provoke deeply felt emotions. Not only is it a carrier of reflections and voices of the contributors, Aalekh is also a magnificent mélange of the departmental activities, events and achievements. It speaks of the enriching learning experiences the students and faculty of the Department savored through the past year.



**Dr. Shubhneet Kaur
Kharbanda**

We would like to acknowledge the unflinching support of the students of our department for contributing to this issue in various capacities as writers, artists, editors and technical support. We extend our gratitude to the Class Representatives of all the years and the Student Council members for encouraging students to contribute articles for this issue. Credit for the artwork that embellishes the cover page of this issue goes to Ms. Ravleen Kaur Sethi, B.El.Ed. IV Year.

Wishing all the readers an immersive reading !

A Glimpse Into the Department

Department Student Council

2021-22

President

Eashana Arora

III Year

Vice President

Ayushi Khansali

II Year

Secretary

Ekkum Kaur

I Year

Joint Secretary

Japneet Kaur

II Year

Treasurer

Simarpreet Kaur

III Year

Class

Representatives

Aadya Mani Bhatnagar-I Year

Gurleen Kaur – II Year

Sejal Singh – III Year

Manpreet Kaur – IV Year

Our Faculty Members

Dr. Ravneet Kaur(TIC)

Dr. Radhika Menon

Ms. Neerja Singh

Dr. Aarti Mathur

Ms. Nidhi Kunwar

Ms. Divya Sharma

Dr. Jasmeet Kaur

Dr. Manisha Subba

Ms. Ruchi Garg

Dr. Shubhneet Kaur
Kharbanda

Ms. Neha Sharma

Dr. Shweta Tanwar

Dr. Richa Sharma

Dr. Garima Aggarwal

Faculty from Cooperating Departments

Mathematics

Dr. Ramita Sahni

Dr. Sonia Aneja

Dr. Pooja Sharma

English

Dr. Kiranjeet Sethi

Ms. Ritu Saluja

Ms. Praveshika Mishra

Ms. Gurpreet Kaur

Political Science

Dr. Shashwati

Ms. Simarpreet

Hindi

Dr. Laxmi

Ms. Savita

Ms. Vijay Devi

Mr. Sanjay

Physical Education

Ms. Gursharan Kaur

Guest Faculty

Mr. Lokesh Jain (Theater &
SDW)

Mr. Surjeet Rai Gaur (Craft)

Mr. Moh. Zubair (Theater)

Departmental Activities

Our Department organizes various events that help the students to enhance their knowledge in the field of education. We have varied types of activities, in the form of cultural events, online talks, webinars, alumni-meet, innovative school visits and field trips, etc. This academic year, we approximately conducted nine online workshops, six online talks, three field trips, and the most awaited, first-time-ever departmental fest. Let's have a peek at the briefs of the events held this year by the B.El.Ed Department.

Collaborative Events

- Science workshop in collaboration with the joy of learning foundation for I year students by Ms. Anshumala Gupta and Ms. Apoorva Bhatia. - February 2022
- A workshop in collaboration with the Center for cultural resources and training and Indian Culture on 'The power of Museums -Exploring the power of innovating on digitalization and accessibility' -May 2022

Alumnae Meet

- Our Alumnae got connected with us through the virtual mode of Google Meet and shared their experiences and the current updates in their lives.
- They mentored the first years with engaging activities. - January 2022

Departmental Fest

We had our first-ever departmental fest where all the students got a chance to showcase their talents. Various new skills and performers came into the limelight - April 2022

Innovative Practice Sessions

10 virtual sessions were organized in collaboration with the Eklavya Foundation, Madhya Pradesh, to make students familiar with the innovative schools. Students got enlightened with subjects like gender-sensitive classrooms and mindfulness in the classroom. Sessions were interactive and gave hands-on experience. - 12th November 2021 - 29th November 2021

Tours and Field Visits

- Visit to Dr. Ambedkar National Memorial, Delhi. It was based on the theme "Discovering the Doctor, Revisiting the Mahatma" - March 2022
- Visit to National Gandhi Museum, Delhi. - April 2022
- A guided tour of Mehrauli Archeological Park was conducted by Mr. Mohd. Zubair. Through this, students got a glimpse of the history, geography, flora and the fauna of the Park and surrounding complex which encompasses the history of multiple kings and kingdoms. - April 2022
- An educational visit to the National Science Center for enhancing the knowledge of Pedagogy of EVS. - April 2022.



Seminars & Workshops

- Seminar on Overseas Higher Education: Challenges and Prospects, by Ms. Ishmeet Kaur & Ms. Jasmine Kaur - July 2021
- National Seminar by National Museum of Natural History On International Tiger Day - July 2021
- Workshop on Art as a Pedagogical Tool by Dr. Asha Singh, Independent Education Consultant In Arts in Education - August 2021
- National Seminar on 'Challenges and Prospects of Online Environmental Education during the Pandemic' by National Museum of Natural History On Teacher's Day - September 2021
- Workshop on In Search of Self by Ms. Kavita Arora, Co-founder, and Director of Mittika - September 2021
- Workshop on Embracing Learning Differences in the Classroom by Ms. Hargul Gujral, Behavior Counselor and Expressive Art therapist - October 2021
- Workshop on Environmental Studies and Its Pedagogy - Contextualizing for Primary Education by Prof. Yukta Sharma, Department of Education, University of Delhi - February 2022

Online Elections

- The Department elections were held following a general body meeting and the department Student Council was formed - December 2021.

Online Talks

- Talk titled '*B.El.Ed. : Fulfilling a Constitutional Vision*' by Dr. Latika Gupta, Department of Education, University of Delhi. - September 2021
- Talk titled '*Pedagogical Cultures*' by Prof. Padma M. Sarangapani, TISS - September 2021
- Talk titled '*Schooling and Aspirations in the Urban Margins*' by Dr. Gunjan Sharma, Ambedkar University, Delhi. - October 2021
- Talk titled '*No Nation for Women: Reporting Sexual Violence in India*' by Ms. Priyanka Dubey, Bilingual Writer, and Journalist, Delhi - October 2021
- Talk titled '*Expression for Self Development - How To Be Before We Do*' by Ms. Ankita Anand, Independent Journalist, Delhi - January 2022
- Talk Titled '*Life-changing lessons of Pandemic from Me to We*' by Dr. Harpreet Kaur Jass - February 2022



Department Events: Major Highlights

Online National Seminar on Elementary Education in India

24th
September,
2021

An insightful online National Seminar on “Elementary Education in India” was organized by the Department of Elementary Education, Mata Sundri College for Women, University of Delhi. The co-convenor, Ms. Divya Sharma opened the session with a brief introduction about the seminar and invited the convenor Dr. Ravneet Kaur who extended a warm welcome to the speakers and participants. She presented a brief concept note of the seminar in her address. The principal, Prof. Harpreet Kaur enlightened the participants with her insightful welcome address. She extended her warm wishes to the organizers and welcomed the speakers to the forum.

The first speaker, Dr. Indrajeet Dutta presented his lecture on 'Policy Perspectives in Elementary Education' beginning with the historical background of elementary education in India wherein he highlighted various aspects peculiar to the policy changes from 1990 to 2010 and then in 2019. The constitutional and international commitment continuously focuses on the need to educate the children in the age group 6 to 14 years as these years serve as a prerequisite for proper and effective higher education. Yet even after 70 years of these commitments, we have failed to deliver basic education to the masses. He further highlighted the significance of elementary education for the young population and how it also conditions the economic growth of a country and provides a sustainable life.

The second speaker; Dr. Saurabh Kumar, in his session on Emerging Pedagogical Practices at Elementary Level touched upon a very significant yet unattended issue of the education system which is the infrastructure and pedagogy used in schools. Having an experience of almost 50 lectures in the Nishtha Program, he reflected well on the need for quality teachers. He talked about the current situation of schools by taking into account the conventional methods used by the teachers in the classroom. He emphasized the significance of the development of 4C's in the learner namely; communication, creativity, critical thinking, and collaboration.

Towards the end, a brief interaction session was held where participants, in which questions were taken up and the speakers responded it with enthusiasm and beautifully sufficed it with the help of examples. The session concluded with a formal vote of thanks by Ms. Divya Sharma (co-convenor).

DEPARTMENT OF ELEMENTARY EDUCATION
invites you to an
ONLINE NATIONAL SEMINAR ON
ELEMENTARY EDUCATION IN INDIA

Prof. Harpreet Kaur
(Principal,
Mata Sundri College
for Women)

Dr. Saurabh Kumar
(Assistant Professor,
Regional Institute of Education,
Bhopal)

Dr. Indrajeet Dutta,
(Assistant Professor,
MANUU)

24th SEPTEMBER 2021 (Friday) | 02:00pm Onwards
Meeting ID - 917 9758 6947 ; Password - 976231

THEMES
→ Emerging Pedagogical Practices at Elementary Level Dr. Saurabh Kumar
→ Policy Perspective of Elementary Education:
Looking from the Lens of NEP 2020. Dr. Indrajeet Dutta

**Online National Seminar on
Elementary Education in India**
(Friday, 24th September 2021)

Time: 02:00-04:00 pm
Venue: Zoom

Organised by
**Department of Elementary Education
Mata Sundri College For Women (University of Delhi)**

Ms. Divya Sharma (Co-Convenor) Dr. Ravneet Kaur (Convenor) Prof. Harpreet Kaur (Principal)

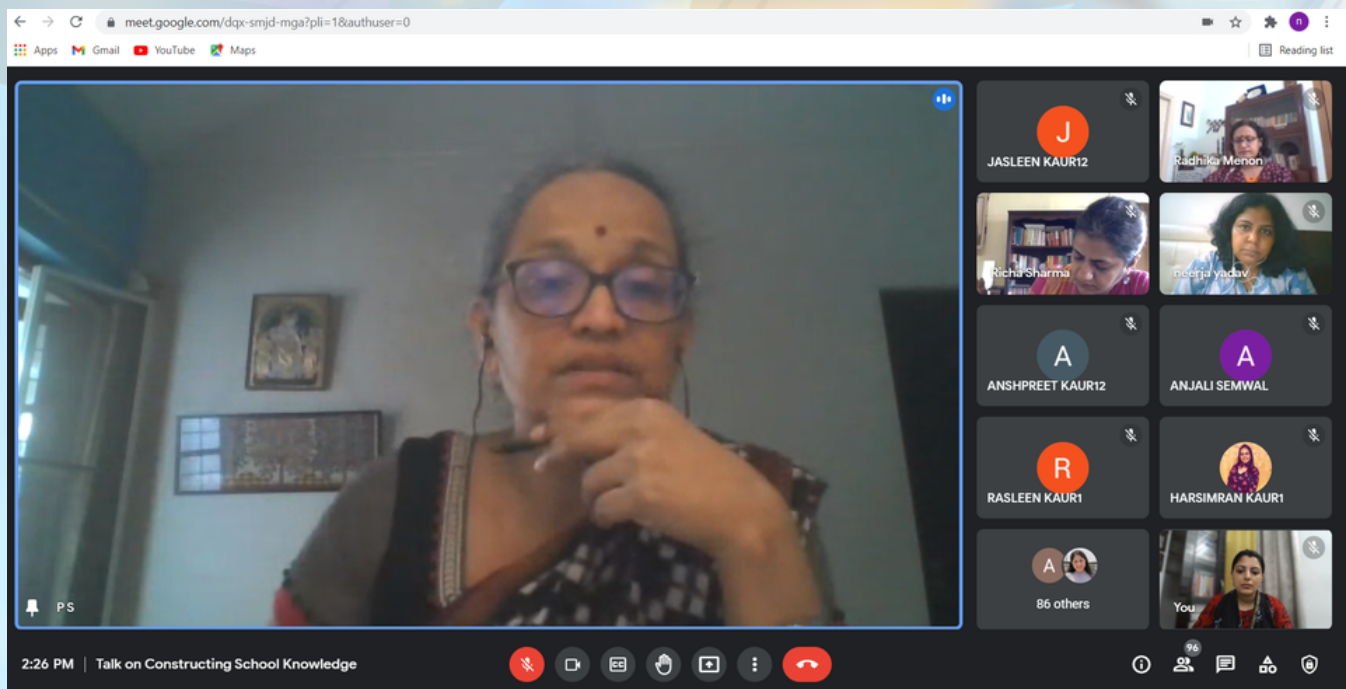
Student coordinators: Ms. Bhavneet Kaur (President) & Ms. Eashana Arora (Vice-president)
B.El.Ed. Student Council

Talk
on
Pedagogy Cultures
Prof. Padma Sarangapani

24th
September,
2021

Prof. Padma M. Sarangapani, Tata Institute of Social Sciences (TISS), began the talk by emphasizing that pedagogy and culture are interrelated. She further explains why when we talk about teachers, we need to be cognizant of the culture they are influenced by and the culture which they are capable of influencing. Prof. Sarangapani read an excerpt from her work and highlighted how each classroom has its own pedagogic culture which is both influenced by and influences the larger cultural context. And here, teachers play a very significant role. However, to her dismay, we at present have a deficit perception of the teacher; which is in contrast to the ancient understanding of a Guru or Acharya. She argues we need to revisit our notions of a teacher. She emphasized that there is a need for a shift in our perception of the teaching profession, where it is imperative that we break free from our colonial baggage which accords greater faith in the written words i.e. textbooks.

The session came to its culmination with a promise of having more such sessions in the future, which are deeply engaging and challenges one's existing notions about teacher, pedagogy, culture and their relations.



Alumnae Meet 2021-22

7th
January,
2022

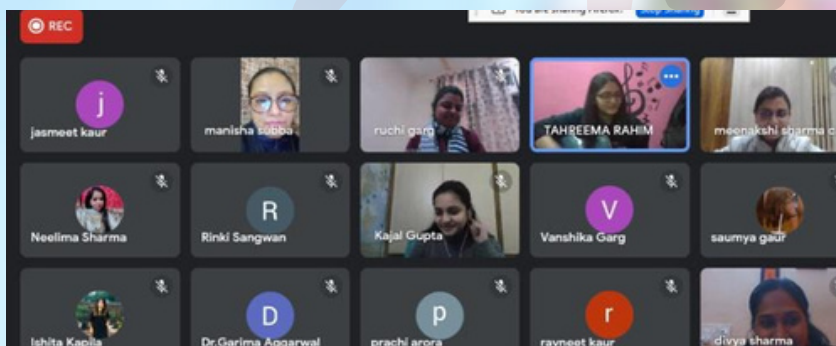
The Meet began with Ms. Ruchi Garg welcoming everyone in the virtual gathering and Teacher-in-charge, Dr. Ravneet Kaur, addressing the meeting. She, in her address, welcomed everyone and expressed happiness for the overwhelming response from the alumni.

Ms. Ruchi Garg further shared the vision of the B.El.Ed program and also informed about the formal alumnae society of the college. She introduced Ms. Sandhya from the 2011 batch & Ms. Anjali from the 2016 batch, who are the executive members of the council. Informing about the forthcoming NAAC visit, she requested that all the alumnae be a part of the session with the NAAC team. She further mentioned the noteworthy accomplishments of our alumnae Ms. Taruna Jain, who is being appointed as PGT sociology at Delhi Government School, and Ms. Dilpreet Kaur who could secure admission in Master in Mathematics (NCWEB) at the University of Delhi, for which B.El.Ed. Graduates were not considered eligible earlier.

Students from the present batches presented mesmerizing cultural performances. Old memories were revisited when some of the alumnae shared their journeys.

A brief question-answer round was also conducted to wean off the doubts about the future where alumnae responded to the queries of the present batches.

The meet witnessed overwhelming participation by almost 40 alumnae and more than 45 students from the ongoing batches.



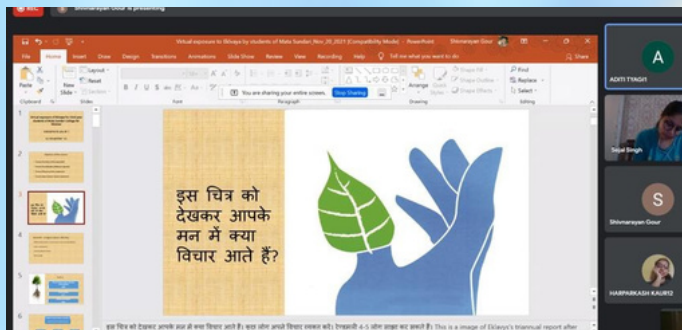
Workshop Series on Innovative Practices

by
Eklavya Foundation, Bhopal

12th-29th
November,
2021

- 1 Introduction to Eklavya, its work, and philosophy
Mr. Shivnarayan Gour
- 2 Gender in classroom 1
Ms. Isha
- 3 Gender in classroom 2
Ms. Isha
- 4 Children's Literature and Language Learning
Ms. Deepali Shukla
- 5 Education for peace
Ms. Ruchi Shevade & Ms. Nitika Meena
- 6 Community engagement in education
Ms. Trishala
- 7 Emotions and learning- I
Ms. Tultul Biswas & Ms. Karuna Amy
- 8 Emotions and learning- II
Ms. Tultul Biswas & Ms. Karuna Amy
- 9 Stories and art
Ms. Gayatri Amit
- 10 Mindfulness in the classroom
Mr. Manoj Nigam

As part of the innovative visit program, online interaction with Eklavya Foundation was planned for the students of B. El. Ed. III year. An introduction to Eklavya Foundation with over four decades of work experience in both formal and non-formal sectors of education was given. Students got to know the history of the organization, its philosophy, and previous as well as present programs. They were familiarized with the need for a gender-sensitive classroom and how we as teachers must create a valuable space for our learners. The important role of literature in learning and the need to contextualize storytelling were discussed. An understanding of peace, conflict, and the need for dialogues as a way forward was attempted. The various community initiatives coordinated by the organization, which is a reflection of their practice of stakeholders taking ownership were shared.



Discussions on emotions and learning, wherein the need to recognize emotions of self as well as learners provided with rich opportunities to reflect and share experiences. The need to integrate learning with different pedagogical domains as well as art education was highlighted. The significance of mindfulness as a way of befriending ourselves and our experiences, the need to recognize mental health, and the continuous practice to respond rather than reacting were emphasized. All the sessions were interactive and hands-on, wherein active participation of the students was seen and appreciated by the resource persons. The workshop series was coordinated by Dr. Manisha Subba and Ms. Ruchi Garg.



Educational Visits

Dr. Ambedkar National Memorial
National Gandhi Museum

30th March,
2022;
5th April,
2022

The Department of Elementary Education organized educational visits for Pedagogy of Social Science students. The students were taken to Dr. Ambedkar National Memorial on 30th March 2022, and to National Gandhi Museum on 5th April, 2022. The visits were conducted to orient them on the importance of field visit as an important teaching-learning strategy in Social Science. An introductory orientation and guided sessions were planned in both the places. The guided tour helped in building our understanding of the two eminent historical personalities and their role in the making of the Indian nation. The focus was both on learning from the visit as well as how to organize one, as it is expected that the interns will carry out such visits when they would be eventually working as full time teachers. Since educational trips are a progressive discussions on emotions and learning, wherein the need to recognize emotions of self as well as learners provided with rich opportunities to reflect and share experiences. The need to integrate learning with different pedagogical domains as well as art education was highlighted.



Educational Visit National Science Center

21st
April,
2022



The Department of Elementary Education, Mata Sundri College organized an educational visit to the National Science Center, Pragati Maidan, Delhi, for B.El.Ed. III Year students on 21st April 2022, under the guidance of Dr. Shweta Tanwar. A total of 43 students and 1 teacher participated in the visit which was organized to fulfill the academic requirements of pedagogy of environmental studies. Students were greeted by the educator at the NSC with whom they had a short interaction about the nature of science, and ideas of science followed by an activity showing contraction and relaxation of muscles. This activity amazed all the students as they never thought that contraction and relaxation can result in increasing and decreasing the length of an arm for a short duration of time. This activity provided a hands-on experience of the textbook knowledge.

After that, students proceeded to the fantasy ride. The fantasy ride gave exposure to the Great Wall of China. It was very exciting and thrilling. It was very useful for giving a fictitious experience of such a place. All the students enjoyed it very much. Then students went to a 3D show which was about the Underwater World. The show provided information about the animal living inside a deep ocean. They got to know about the habitat, food habits, and physical characteristics of various sea animals. The show was very informative and helpful to explore the animals which are usually not seen in nearby areas. After that, the Holo show explained various processes that occur in a human body i.e., digestion, respiration, excretion, circulation, etc. It provided a deep understanding of the respective areas. Afterward students visited different sections (galleries) of the museum.

Educational Visit

National Science Center

21st
April,
2022

There were five major sections of the science center -

OUR SCIENCE AND HERITAGE - This section belongs to the history of India and civilization that took place in India and the tools and technology they used and made to understand the natural process like astronomy.

THE MIRACLE OF HUMAN LIFE - This section is about various facts and information about the human body. After that was a section that also leads to the chemistry and physics section.

PREHISTORIC LIFE - This section features several scaled animated robotic models of dinosaurs and other long-extinct creatures in their natural ambience. The supporting panel exhibition provided ample information about the origin of Earth, geological changes that occurred on earth through ages, evolution of atmosphere, origin of life in water, spread of life on land, early life forms, early mass extinctions and so on.

FUN SCIENCE - The section is full of hands-on exhibits explaining the fundamentals of science like magnetism, Reflection, properties of mirrors, pressure, force, and many more.

WATER: ELIXIR OF LIFE - This section provides information related to water, water processes occurring in nature, availability of water in different states of India as well as different nations of the world, hardships faced by people due to unavailability of water, and steps to save water.

Overall, this visit was very informative for all of us because we came to observe various things and were able to find out about various processes (like the magnetic field, the concept of pressure and force) through hands-on experiences that we usually studied in the textbook.



Sahyog: A Community Outreach and School Collaboration Program

2nd March, 2022
22nd March, 2022
21st April, 2022

Department of Elementary Education's much coveted Community Outreach and School Collaboration programme: **Sahyog** was accorded an institutional stature this year. The College signed a Memorandum of Understanding with the Delhi Gurudwara Management Committee's Education Cell for a sustained and more meaningful collaboration with schools. Under the guidance of Prof. Harpreet Kaur (Principal), the Department of Elementary Education has been assigned the responsibility of coordination among various departments of college and schools and facilitation of various activities. This year the Department facilitated the following activities:

- **Talk on 'Monuments of Delhi in the Medieval Period' by History Department (March 2, 2022)**

In an interactive talk, Dr. Simmi Kapoor Mehta, Assistant professor, Department of History, MSC, talked about the amalgamation of Indo-Islamic architecture in the Monuments of Delhi during the Medieval Period. Almost 80 children from the Guru Harkrishan Senior Secondary School enthusiastically listened to the talk and participated in the Q&A round. Dr. Radhika Menon and Dr. Jasmeet Kaur (Department of Elementary Education) were respectively the convenor and coordinator of the program.

- **Exhibition of 'Teaching-Learning Material' prepared by IV Year students of the Department of Elementary Education (March 22, 2022)**

The IV Year students of B.El.Ed. prepare innovative, cost-effective and localized teaching-learning material that they use during their school internship. These help them enhance their pedagogy and classroom management and also encourage children to learn in fun ways. These materials were exhibited and were appreciated by both the school teachers and the college fraternity. Towards the culmination, the best-chosen materials were donated to the school for their use. Dr. Radhika Menon and Dr. Richa Sharma (Department of Elementary Education) were respectively the convenor and coordinator of the program.

- **Quiz on 'Environmental Awareness' by EVS Department (April 21, 2022)**

A quiz was conducted by the Department of EVS, MSC for the school children of Guru Harkishan Singh Girls Secondary School. Girls participated enthusiastically and were encouraging of the winners. The winner was rewarded with a small token of appreciation. Dr. Radhika Menon and Ms. Neha Sharma (Department of Elementary Education) were respectively the convenor and coordinator of the program.



Sahyog: A Community Outreach and School Collaboration Program



Department Fest

DU@100

11th
April,
2022

Events

The event was organized by the department of Elementary Education, Mata Sundri College for Women under the guidance of Dr. Jasmeet Kaur, Dr. Shweta Tanwar and Dr. Garima Aggarwal.

The following events were conducted:

1. Poetry writing
2. Poster making
3. Best out of waste
4. Bottle/pot decoration
5. Talent hunt



All the events except talent hunt were open for all college students. Topic for the poetry was - **DU @100, MSCW @55, B.El. Ed @15.**

B.El.Ed. students participated in the talent hunt with enthusiasm and showcased their talent. From creatively using steel katoris for sound effects to energetic and vibrant dance performances, the participants put up a spirited show.

Special Guest

For the judgement of the performances, **Ms. Kajal Gupta**, a B.El.Ed. alumna from Mata Sundri College was invited. She was the president of B.El.Ed. student body in 2019, and had also been titled as the **“Nightingale of the Department”**. She is a music teacher and performs at various music live shows.





The Winners

The winners were as follows:

POETRY WRITING;

I Prize - Sejal singh (III Year)

II Prize - Mufleha (III Year)



POT/BOTTLE DECORATION:

I Prize - Deepanshi

II Prize - Japneet kaur (II Year)

POSTER MAKING:

I Prize - Deepti Rani (IV Year)

II Prize - Rijak Kaur (II Year)



DANCE:

I Prize - Eashana (III Year)

II Prize - Ashleen kaur (II Year)

III Prize - Gurjyot (II Year)



STAND UP COMEDY:

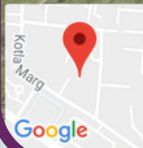
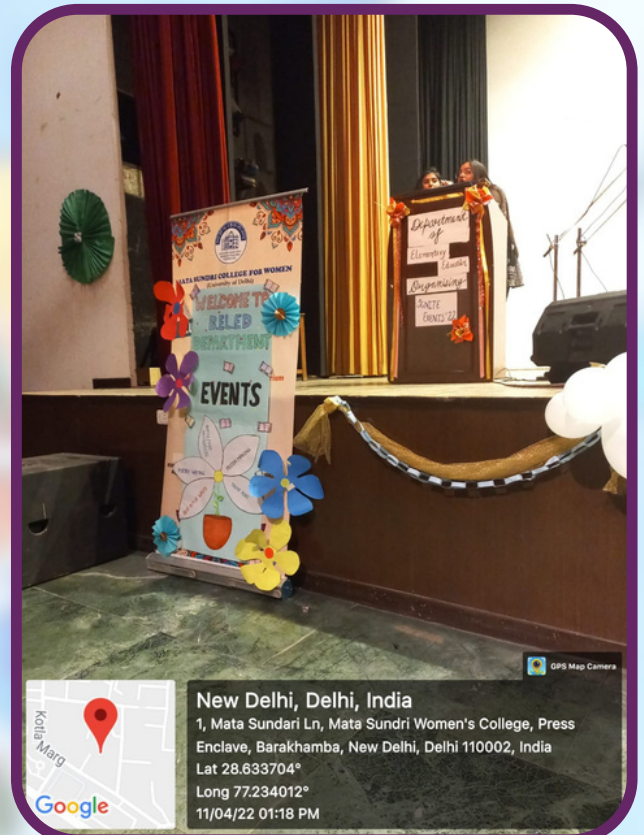
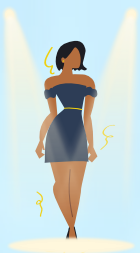
I Prize - Harprakash & Prabhleen (III Year)

II Prize- Taranpreet Kaur (II Year)

FASHION SHOW:

I Prize - Avneet Kaur (III Year)

II Prize - Paridhi (I year)



New Delhi, Delhi, India
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Heritage Walk

Mehrauli Archaeological Park, Delhi

12th
April,
2022



On 12th April, 2022, B.El.Ed II Year students went for an engaging Heritage Walk to 'Mehrauli Archaeological Park' which includes monuments from various periods of history; notably 'Jamali Kamali', Rajon ki Baoli, Metcalf's bridge and Tomb of Muhammad Quli Khan, etc. The walk was led and facilitated by Mr. Zubair, Ms. Moby, and Mr. Ramit, all of whom have an enormous experience and knowledge of not just the history but also of the flora and fauna of the region.



Students were first acquainted with the layered history of the park through role play activity. Students then took a guided walk around the park in their respective groups. The park encompasses more than 250 monuments and has a vast green open space for history enthusiasts. Students were made aware of the timeline that these monuments cover i.e from ancient to modern. Architectural styles and subsequent changes made to them were discussed at various sites. Resource person invoked instances from various reference books which students found intriguing. One could enjoy the site of the majestic Qutub Minar in the backdrop from various spots of the park. Walk was enjoyed with refreshment breaks and culminated with a community lunch.



Teacher Training Workshop

on
'Exploring the Power of Innovating on
Digitalization and Accessibility

15th
May,
2022



To commemorate the International Museum Day 2022 theme 'The Power of Museums', the National Museum in collaboration with various organizations organized a workshop for pre-service and in-service teachers on the theme, 'Exploring the power of innovating on digitalization and accessibility on May 15, 2022. The collaborating organizations were the Department of Elementary Education, Mata Sundri College for Women, University of Delhi; Centre for Cultural Resources and Training, Indian Cultural Portal, and Museums of India Portal. The main objectives of the workshop were to orient and aware the participants on the use of digitized museum content, the digital resources developed by the collaborating organizations in creating teaching-learning



modules, curriculum-based activities, worksheets, and video materials; and to emphasize the need to use cultural heritage as the primary source of learning. Detailed presentations on digital resources of the different portals were done by the respective representatives. A guided visit to the National Museum was done along with an interactive session with the Head, of Anthropology Department Reserve Store to understand both the Display section and behind the scene work done in the Store section of the museum. Post lunch, participants were divided into five smaller groups and had to choose a theme each randomly. They were given time to brainstorm with their group members and plan a lesson for one day using the resources in the portals and the artifacts at the National Museum. The outcome of the workshop was enriching for one and all, those who organized as well as for the participants.



Parent-Teacher Meeting

7th
June,
2022

The Department of Elementary Education organized a Parent-Teacher Meeting on 7th June 2022 in Mata Gujri Hall, Mata Sundri College at 10:00 am for B.El.Ed. 1st year students. The purpose of organizing this meeting was: to orient parents about the course structure, future options and requirements to be fulfilled by the student during the course; to share short of attendance cases with parents; to inform parents about their ward's performance in the Half Yearly Examination; to share dissatisfactory performance in the practicum; to inform them about non-submission of projects/ assignments of their ward.



Out of 51, 35 parents turned up for the meeting. Dr. Aarti Mathur, Teacher-in-charge, and Ms. Ruchi Garg, 1st year coordinator welcomed them. Dr. Aarti Mathur invited Madam Principal to address the gathering. The principal informed parents about the nature of the course, the importance of attendance, and the minimum eligibility criteria for passing the practicum to appear in the external examinations as mentioned in the B.El.Ed. handbook. She also expressed her wish to see all the parents during the forthcoming NAAC visit to interact with the NAAC peer team.

All first-year teachers including Dr. Ravneet Kaur, Ms. Divya Sharma, Ms. Manisha Subba, Dr. Richa Sharma, Dr. Shweta Tanwar, Dr. Jasmeet Kaur, Dr. Aarti Mathur and Ms. Ruchi Garg interacted with individual parents whose wards failed in the examination and had not performed in the practicum. All the parents present in the meeting appreciated the initiative taken by the department and whole heartedly welcomed it.



New Delhi, Delhi, India



Mind over Matter: Articles by Students

THE CELEBRATED VIOLENCE

'Violence' - the sound of this word, fills some with the terror of heinous crimes, some with guilt and some with the pride of practising it. The moment the term 'domestic' is followed by the term or whenever we come across the phrase 'domestic violence', to some, it reminds of something being practiced or was once practiced at one's own homefront, to others it reminds them of what they had been subjected to and to some it is an alien term which seems inconceivable. It doesn't only include physical abuse but also sexual, emotional, social, verbal, spiritual and economic abuse. Most of us come across this term on a day-to-day basis, realizing no matter how much awareness is spread we are still so ignorant. A child in whose house it's being committed can't be vocal about it, or is conditioned to "maintain the reputation of the family".

I'm perplexed by the fact that this oppression has been internalized by our society and how it has become so ingrained in the patriarchal minds. Why is it always the woman bringing shame, dishonor and disgrace to her family if she ever raises or tries to raise a voice for herself while men are considered more manly and powerful, committing violence on the homefront among their fellows and a subject to shame on in rarest of the rare communities/spaces? In some remote pockets of India, domestic violence has taken over women and every woman has almost accepted it as her destiny, and their daughters are getting conditioned by this toxic masculinity and are being somewhat prepared for the "wife-beating" and not saying anything about it, no matter how much they get tortured, exploited, be it mentally or physically, but they should remain quiet. Let me make this clear that it is as widespread in the urban scene as it is in rural regions, perhaps even worse than that. It was December 2020, one night I woke up as I got disturbed by some loud screams. I went out in the lobby and I could hear a couple arguing and suddenly I heard a child scream, "Papa, Mummy ko mat maariye!" (Dad, please don't hit Mom!) and I could hear the woman being rational too. The screams filled me with rage, anger and frustration. The next morning I got to know who ?? the woman or the man was our neighbor, a medical practitioner

Often the relatives who seem so progressive aren't really progressive, especially the males, they look for chances to prove their manhood. When their beard or their copulatory organ doesn't seem to work or I should say, doesn't seem enough to prove their masculinity, they raise their hands on women, it isn't restricted to wives but sisters and sometimes daughters too. It is pretty easy to suppress women by physical force, right? Isn't it?

Sometimes it is the selflessness of a woman which holds her back from taking a stand for herself because she has been biologically designed to feel what her loved ones feel/would feel irrespective of her own feelings.

As far as I have seen, women who try to take a stand amidst a quarrel are regarded as misbehaving and are believed to "provoke" the demon inside their male counterparts. It doesn't make any sense, does it? Perhaps violence is the only way to have an upper hand. Communication is the key to good relations. And if males do not have the tolerance to hear the truth, or perhaps if they don't hold the guts of accepting their faults and getting so-called 'provoked' by women, then they are simply egotistical beings, who just want to satisfy their inflated egos.

While discussing such a matter seldom do we discuss what scars it leaves on the children. Being someone studying child psychology makes it important for me to address the impact on children. Food, clothes and a roof to live under are the necessities to survive, but for living, each child deserves to have sound, harmonious surroundings and mental peace. Mufti Menk, a scholar says, "Kiss your wife, say some generous words to her, in the presence of your kids, so that they would know how to treat their spouses the day they will have them". By this, we all can now realize what we have been fed and what we are feeding the minds of young children.





Responses shared by some children:

“Once my mother demanded a divorce after a huge fight. I wanted them to get divorced so as not to hear my mother scream anymore, I do feel guilty of wishing”- a 7-year-old.

“When I was 12, my father beat my mum when she was 5- months pregnant, she was all covered with bruises, it felt like she was going to pass out. I don’t even want to recall the things he (dad) used to beat her with.” - a 17-year-old.

“He (dad) had never realized what trauma it will cause to me, seeing my mother in so much pain and now I have ended up hating him (dad) for the rest of my life.” - an 18-year-old.

“It breaks my heart seeing every warrior, flashing a wide smile at family gatherings irrespective of her sufferings.”- a 16-year-old.

The responses are more horrifying than the statistics because numbers don’t scream out the trauma of these children. It fills my heart with deep empathy for all the children who seem to be doing great at school, but actually suffer from trauma deep within themselves and do not get the space for letting it out. Perhaps this is one of the foremost reasons why most children who have seen such grave scenarios filled with cruelty in their houses grow up as individuals hating this social institution known as “marriage” or any other form of reunion, and what do we do? We invalidate their fears. We need to stop justifying violence in the name of love. Love doesn’t have any room for hatred, or violence, causing mental and physical trauma.

There must have been various spheres that would have been left unaddressed. It isn't an isolated issue, but it is intertwined with various facets of our society. Domestic violence isn't restricted to women, but the article is centered towards violent marriages, women and children.

-Tahreema Rahim, II Year



IS ABORTION ANTI-LIFE OR ANTI-BIRTH?



June 24, 2022 was the dark Friday for American women. The US supreme court formally overruled the Roe v. Wade case statement (1973). Now, for hundreds and thousands of women have been restricted and from this constitutional right of 'Right to Abortion'.

According to Oxford dictionary, 'abortion' is defined as the termination of a pregnancy by removal or expulsion of the embryo or fetus. In other words, it is to end a pregnancy early in order to prevent a baby from developing. Thereby, it clearly depicts that abortion is anti-birth not anti-life. Now the question arises that when does one decide to abort? Here I am using "decide" because I assume that the decision of aborting is an outcome of a long thought process. Indeed, a very difficult one.

Roughly 121 million unintended pregnancies occurred each year between 2015 and 2019. And 61% ended in abortion. Along these lines we can say that unwanted pregnancies are the prime reason to abort across the world. In addition to it, severe complications may become hurdles and consequently lead to abortion. Being a single parent, relationship problems, unmarried women, family planning are also some reasons for aborting the pregnancy. Thusly, many people will choose to have abortion because of their social, economic, or health circumstances. These make them unable to continue a pregnancy or raise a child at that moment, or ever. Making a choice of abortion is based on the individual life circumstances.

Many doubts and false beliefs are prevailing in the society regarding abortions. Some common myths that are held by the people are having an abortion will make you unable to get pregnant again. Oh! That sounds funny. Another one is abortion destroys the family unit and parenthood. I firmly believe that abortion and parenthood are not in opposition to each other. Parents who choose abortion fully understand what parenting entails and what is needed for the adequate care for the child. Forcing pregnancies won't either strengthen the concept of family. future generations and youth should be aware of these myths.

Still, the opponents may give several reasons for arguing against abortion. Some say Abortions are unsafe and question for the protection of the body. But the truth is that the surgical abortion is safer than giving birth to a life. Some may bring their religion to picture.

The religion does talk about abortion in many circumstances. Protestants and liberals are making these aspects rational and sidelining them from religion. Some claim that being pregnant is God's wish and others claim that abortion is a murder. Life that has been welcomed by nature is also endangered in many places. Though, infant mortality rate has been declining across the world, that is a good sign that life is prospering. Recent data states 29 deaths per 1000 births in 2018. More projects and programs need to be addressed for a better life for the children. Instead of talking and stressing about the lives that are not born we should bring light to the ones who are surviving on this planet.

In a nutshell , should you or can you force someone to bring a new life in this world?

-Srishti Kamra, III Year



"HOW TECHNOLOGY IS INFLUENCING EDUCATION?"

The advancement of technology has played a very important role in the development of human civilization. Technology has changed most aspects of our lives. It provides innovative ways of doing work through various smart and innovative means. Now-a-days it has influenced the education sector also. Not long ago, education pertained to the reading of books and listening to teachers which were boring to many students and tiresome to teachers. But nowadays technology has become an indispensable part of education. It has many advantages in education. No matter where you live and where you are, with the help of technology students can learn anywhere at any time. It makes distance learning easier. Students can also learn at their own pace. This way technology makes learning for students more flexible. Through technology in education, students can learn and understand concepts in a better and more efficient way. They can grasp things easily as technology makes learning easier and more interesting for them.

As we all know how technology has played a very important role in the covid situation. Neither does it make the learning easier for students but it also makes learning more accessible to them during covid. During the pandemic situation, students were unable to go to schools and colleges but at that time online learning was found to be very useful. It helped the students to continue their learning even during that difficult phase. Schools and colleges used technology and helped students to maintain their learning process. Google meet, zoom, etc are the various applications that make the students' learning uninterrupted. Through this online mode of learning, students also get new experiences.

It was totally a different experience for both teachers and students. Applications like Google classroom are a savior for students and teachers. Teachers post the learning materials in Google classrooms and when students need to review class material to get a better understanding of essential concepts, students can review those concepts and videos in the lesson plan. Also, the data generated through these online activities enable teachers to see which students struggled with certain subjects and offer additional assistance and support.

Also, we realized that classrooms are not only restricted to blackboards and chalk, it's a lot more than that. The use of PowerPoint presentations for explaining things has made it easier for students to understand the concept in a more efficient manner in an online mode.

Teachers also explain different concepts through different means like explaining concepts through YouTube videos. It makes learning easier because through these videos students are getting the text along with the visual representation of the concept. There are various other tools like Google docs, jam boards, and excel which helps students to collaborate their data. Also, many schools are adapting to the advancement in technology, yet there are some schools that strongly believe in old practices rather than going with the wind. The widespread adoption of technology in schools has changed the entire scenario of how students learn. Technology in schools can be seen as a skill-producing factor in students as many students focus on creating a presentation and expressing their knowledge rather than simply listening to the lecture. It helps students in learning things in a creative and innovative manner. It also helps students to learn how these technologies can be used. The use of smartboards in the classroom not only enhances the way the teacher teaches but it also enhances the way the students learn.

Challenges faced during implementation

In Spite of all these technological benefits in the education sector, there are still some challenges. To implement technology in the classroom, the teachers have to face many challenges due to rapid shifts and the use of these technical methods in the classroom. Also, budget limitation in some educational institutions is a major problem. Thirdly the lack of poor network infrastructure can also be another challenge while implementing technology in the classrooms.

Designing, building, and supporting a strong network infrastructure must be done with a great amount of care and forethought, as it is necessary for the effective and responsible continued use of technology in education.

Therefore, finding solutions for these problems helps to include technology in the educational sector and make the learning for students easier and more innovative.

-Amol Kaur, II Year



ALUMNA REFLECTS



The Importance of Digitized Museum Resources : Teachers' Training/Interactive Workshop Session at the National Museum

The National Museum organized the “Teachers' Training/Interactive Workshop Session” on 15th May 2022. The workshop was held at the National Museum in collaboration with the B.El.Ed. Department of Mata Sundri College, the Indian Cultural Portal and the Center for Cultural Resources and Training. The workshop focused on the use of digitized museum content in the teaching-learning process, creating learning modules and curriculum-based activities.

Being an alumna, it's always a pleasure when one gets a call from the college and to be an active participant in an amazing learning experience. One such opportunity was the above mentioned workshop. The alumnae and the present fourth-year students of the college were part of the workshop along with other collaborators.

Ms. Rige Shiba, Museum Education Officer of the National Museum, hosted the session. It was such a proud moment, as the workshop started with the presentation by a person who has been a mentor and inspiration to many students, Assistant Professor Manisha Subba, Mata Sundri College. She critically presented the whole course of B.El.Ed. in the most conclusive points. After that, Ms. Shivani Sharma from Indian Culture Portal interacted with the participants and explained the virtual resources available on their portal. By a simple activity of designating ourselves with a title she made us reflect on the self and also made us reflect on how an archaeologist or a historian must have named a particular historical artefact. Reflecting on history is not just about mugging up the dates but it's about connecting to our heritage and self.

This presentation was followed by a presentation on Digital Resources/Museums of India Portal by Ms. Javeria Tanveer which highlighted how the virtual museum resources can help to enhance the teaching-learning process and curriculum. It also focused on how one could connect the present to the past with the help of the digitized resources available to us.

The presentation was followed by a museum visit with Ms. Isha Shreya who was full of enthusiasm and her experience of how each component of the museum could help in learning.

Post lunch there was a presentation by Shri Dibakar Das on digital sources of CCRT that focused on the need for classroom museums.

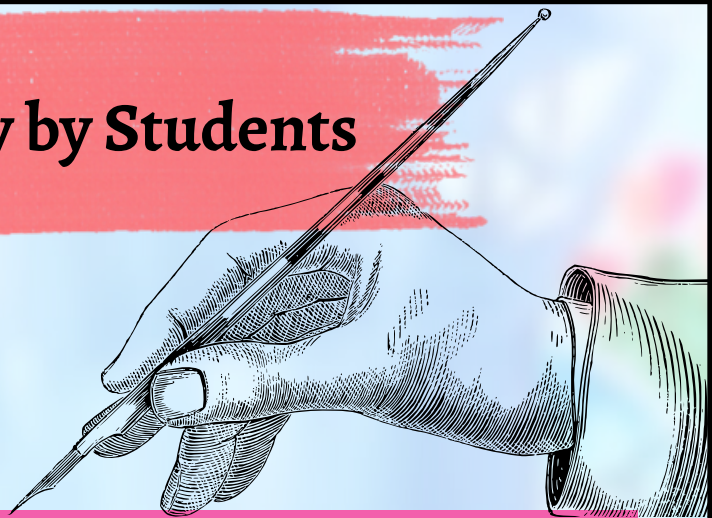
It was followed by a visit to the Anthropology Department's Reserve Store with Ms. Abira Bhattacharya. She not only presented us with the artefacts present there but also gave us a glimpse of how the artefacts are stored and catalogued. It was breathtaking to have an insight into the backstage of the museum, and how much hard work is put in to preserve the artefacts and present them. It's only 5% of the museum's actual resources that are on presentation.

After all the information and presentations, came the time to incorporate the new learnings into real-life situations of a teaching-learning environment. So all the participants were divided into groups and they were provided with a theme. Using the virtual resources present on the websites of the Indian Culture Portal and the Museums of India, each group had to make a lesson plan for that particular theme in a multi-disciplinary approach. It was really beautiful to look at a team of people who hardly knew each other for a few hours, working together and presenting their ideas overwhelmingly. The presentation by the groups gave a vast variety of ideas on how digitized museum resources can be utilized in a classroom to teach not just history or a particular subject, but can enhance learning as a whole.

-Vidhya Jyotsna, Alumna



Fortress of Words - Poetry by Students



स्त्री : एक शक्ति

मैं तो भोली भाली सी लड़की , ये कहाँ जानी थी
कि भेदभाव की दीवारों में ही ये दुनिया बितानी थी
पल पल मारते मुझे वो लोग मेरे अस्तित्व को नकारते हैं
पर ज़रूरत जब भी होती है बस मुझे ही पुकारते हैं
बाबा तो मुझे अपनी राजकुमारी कहते
फिर क्यों मुझे दहेज के साथ दान कर देते
अंधेरे के साएं से डरना तुमने ही तो मुझे सिखाया है
झुक जाना हर मर्द के सामने , किस्मत में यही लिखवाया है
पर जितनी बार गिराओगे मुझे , मैं उठ खड़ी होऊँगी
तुम्हारे तानों का जवाब दूँगी , ना कभी मैं रोऊँगी
मेरे बिना ना दुनिया , मेरे बिना ना तुम हो
ना समझो ये तुम , किस अविश्वास में गुम हो
तुम्हारा इस दुनिया पर जितना हक़, उतना ही मेरा है
मैं हमेशा बस जवाबी हूँ, सवाल बस तेरा है
और मासूम मैं ना हूँ, बुलंद मेरी भी आवाज़ है
सीमा के अंदर हूँ, बस ये मेरे दिल के अल्फाज़ हैं

-Dhanvinder Kaur, IV Year

औरत

मैं अकेली हूँ
आस पास कोई नहीं
किधर जा रही हूँ
ये मुझे पता नहीं
हाथ को मुट्ठी बनाएं
चली जा रही हूँ
पीछे न मुड़के देखूँ
इसलिए भागी जा रही हूँ
कोई रोक ना दें उड़ने से मुझे
इसलिए थोड़ा सा डर रही हूँ
पंख ना काट दे कोई मेरे
इसलिए घबरा रही हूँ मैं
पैरों में कोई बेड़ियाँ न बाँध दें
इसलिए तो इतनी दूर आई हूँ
कैरेक्टर पर कोई उंगली ना उठें
इसलिए ज़रा सा हिचकिचा रही हूँ
औरत हूँ ना
इसलिए सारा बोझ कांधे पे उठा के भी जी रही हूँ ।

-Anupreet Kaur, I Year



दास्तान

एक दास्तान मुझे कहनी है,
कहनी है मुझे ज़िन्दगी से।

पर अगर कह दो तो क्या सुनेगी वो,
शायद सुन ले।
पर क्या समझेगी वो,
शायद हाँ,
शायद ना,
पर कहनी है मुझे एक दास्तान।

शुरू हुआ था वो सफ़र जो खत्म अभी नहीं हुआ,
खत्म हुआ था जो वो शुरू कभी नहीं हुआ।
एक सोच अक्ल से फिसल गई,
अक्ल थी ही नहीं शायद इसलिए ही फिसल गई।
वो सोच थी या ख़्वाब था,
शायद मेरी ज़िन्दगी का हि़साब था।

हि़साब में सोचा था पलट जाएगी ज़िन्दगी,
जैसे पलट जाता है एक सिक्का।
पर यह ज़िन्दगी है कोई सिक्का नहीं,
यह किताब है कोई पन्ना नहीं,
जो पलट जाएगा।

यह जो किताब है वह मेरी नहीं,
मेरी होगी भी कैसे मैंने जब लिखी ही नहीं।
पर लिखी तो है,
किसी और ने ही सही,
पर लिखी तो है।
और लिख दी मेरे नाम पर।

किताब लिखने वाली ने एक बार देखा मुझे ग़ौर से।
देख कर वह ग़ौर से फिर चुप सी हो गई,
रह गई इस दिल में ख़लिश उसके अनकहे सवाल की।

फ़िर सोचा मैंने पढ़ लो उस किताब को,
ज़िन्दगी के किसी लम्हे में।
पर मुझे वहाँ दास्तान मिली,
लम्हा कहीं नहीं।

-Varsha Gupta, III Year

Been Living In my Head

Since I remember existing,
Since my heart was seized to do what it wants
I've been living in my head.

All the places I couldn't go, all the
Friends, I never made, I live there with
Them in my head.

When I grew up and went after life
School, college, these trips and the hikes
All the run and all that savage, all those
Things have been in the head.

Buck yourself up, please do speak up
They told me to do communication,
one sided and how they have decided,
that's when I chose to be silent,
because the words I wanted to say,
I spoke those already in my head.

While I was told to be the perfect and
when failed, all that distress I had
I had fought all that already when
I got that sleeplessness, the planning
Was in my head.

I shut my eyes to look up all the ways I made in my
head,
and chose to live the best way as I planned in my
head.

-Harparkash Kaur, III Year



After Summer

When the leaves from my favorite tree fall on me,
So dark at the upper side, lightning is all I see.
Wind runs but I don't,
I stay, sit down
Watch the rain and sand mix in the lawn
The smell of this season almost becomes recognizable,

Like an old memory
And then a lot of them come around
Till you can't tell if it's the cloud or eyes crying.

-Aayushi Maindola, I Year



Everything Changed

Everything changed a lot this year
From teaching in a classroom to teaching online,
From working on the blackboard to working on the screen,
From scolding students for peeking in phones to asking them to focus
on the phones,
From asking students to not talk in the class to asking them to switch on
their mics,
From using books to using presentations,
You learned a lot to make us learn online,
You tried new ways to make learning easier for us,
You took the pain to teach us,
You were the ones who supported us,
The world was going through a lot but you tried your best to make us
understand,
you gave your best to make things easier for us.
Thank you for supporting us in this time and also for being there for us
whenever we have a
doubt.

-Simarpreet Kaur, III Year



A WORD TO THE SOUL!

Gabbing with you the whole day and that too on diddly matters seems all the more pivotal at times;
With you in my dreams and your dreams in my heart, all are ecstatic, all entangled with euphoria.
This defiant bighead gets deviated from her path often
But you being my patronizer, you being my prudential figure
has to take this onus over,
to recuperate things for the better,
you have to withhold things which aren't at hand, you have to mend things which aren't perfect.
We as understanding partners have to unclog this vagueness,
have to throw out these delusions
have to suffuse this void
have to be together right here.
We have to fix this discord,
We have to make the trail broad.
I find myself nowhere without you
I forbid myself from existing when you aren't around
Things sail easily though
But they get convoluted thousand times,
And that is only when love remains unfound.
I wish to have a perfect amalgamation of us,
Different paths, different journeys but a reunion of us.
I'm no more a damn laggard without you,
All the things fall into an interlude.
Life and its so called fantasies gets truncated,
The wailing heart is still dejected,
With each of my nerve getting cloistered
Just exhorting to regain what all went off course
My invincible soul loses itself to serendipity,
And the clearest of my thoughts get hazy
If you still won't have a word with me
I will turn all the more crazy.

-Nikita Agrawal, II Year

EK BHARAT SHRESTA BHARAT

Once a man was contemplating a nation
That was full of aspiration.
Brimming with natives of distinct
Tradition and nature.

They all have different skins
And all have different attires
But when someone utters ill about their nation
They all gather together for the pride of the nation.

Money is distributed somewhere less- somewhere more
But their hearts sings in a same tone
They eat different food,
They worship who they choose.
But they all feel proud when native
Brother-sister brings notability to the town.
Whether from east, north, west or south.

Though they have different style
And all have distinct point of view for life
But the billions of different people live together
At one place which makes our India the most unique and united place.

All approbation goes to the iron man
Who set the agenda as strong as iron
To establish a nation with people of different customs
But yet having the same commitment for one nation.
Let's not break his dream
Come on let's take his dream
To another level of success
Let's teach others unity is our strength.
EK BHARAT SHRESTA BHARAT

-Gurleen Kaur, I Year



MY JOURNEY

Wind blew a little strong, bloomin went on a little warm,
Was the moment when she looked gazing at me
She was holding on to a blaze.
I got a little numb, when she was looking at me I was all dumb,
And then she asked why you chose this course,
With a heavy heart I replied it's just my parents forced,
She brightened my head with a smile at me to my base,
And one of my fellow intrudes saying we are the horses of the same race,

I still questioned myself what do I dream,
And my anxious mind tripped and screamed,
So, that's how my journey began,
Into this course, that's such a hurricane,
Still searching for myself was the actual task,
Because holding on to your roots was all they asked,
While calming down a thought came,
Why not give it a chance.,

Child development, Contemporary India, Core Math were my 1st year subjects,
They spoke about what actual life meant.
The Child's home, school, neighbourhood experiences are the same they asked?
I questioned myself about this child in the past.

Whether I can become a teacher was still a struggling thought
Intrinsic motivation as they taught

Observing children files gave a lot of scope,
Because I gather about children around the globe,
Improvisation in the story narration all I had done,
Because voice modulation made me churn,
Confidence, Hope, Positivity, Kindness were not in the course but my mentors and peers made them the core,

Integration, perspective building, scaffolding was still the main concern,
As a teacher we all were made to learn

And that's how I entered my 3rd year,
A soul deprived of fears,
Theater became my favorite subject,
Because it answered all the curiosities I had in my brain,
Each subject in this year had its own way ,
To rebuttal the queries I had in my brain.
Creating poems , riddles, lesson plans still looked strange,
But reflective journals paved the way
Now when I turn back and retrospect,
I feel each thing I learnt had a connect,
Climbing up the ladder step by step,
With all the mesmerizing mentors I have .,
Now, I feel so blessed ,
About the course in which I went

All that I want to say in the end ,
That this exploring journey had just begun.

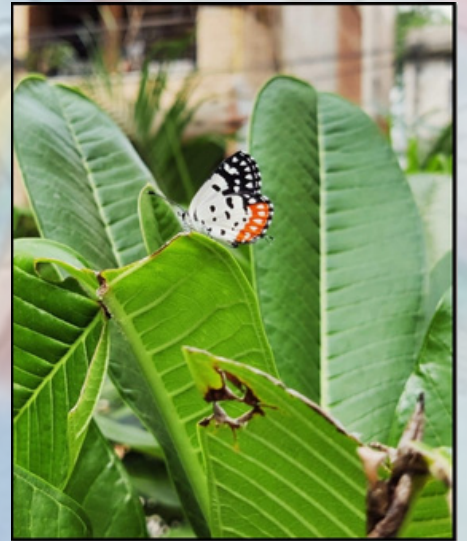
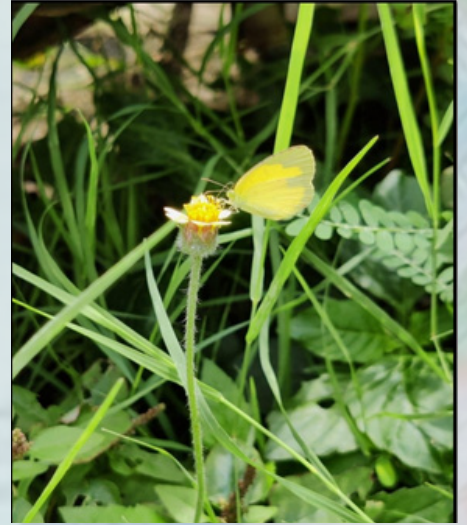
This poem has
won the first
prize in the
poetry competition
held by the
B.El.Ed department .

-Sejal, III Year



Butterfly – Nature's Wonder

And I saw a little cocoon,
Shining in the moon
It looked as Cinderella's dress
In a beautiful pretty mess
I sat there watch it glow
Made my mood to high from low
I shared the day's fuss-tush
It felt my words and kept a hush-hush
Oh yes, I saw it happen
My little friend came out, flew in the garden
Oh my! The wings so bright
It's like light in the night
Fly here, fly there
Spread smiles everywhere
My little friend did it
But who will listen to my bit?
Indeed, a true friend it is!
Every evening on the pane,
Comes and plays little games!



- Eashana Arora, III Year



be yourself

EMBRACE YOURSELF

“I have a scar”, “I have short height”, “My hair is curly”, “I am short-tempered”, “I express too much”, etc. We often hear people talking descriptively about themselves, mentioning the features that are unique to them or that distinguishes them from the others. Yet, very few of us actually embrace our uniqueness or are proud of the characteristic which differentiates us from the common. We all lack self-acceptance

Yes, every person is unique in his/her own way. Just because you don't have a similar attributes to that of others doesn't make you less important. So at this point I'm here to make out that everyone has different features and characteristics. And loving yourself the way you are will take you to more greater heights. Just make yourself highest priority and you will become happier.

There is only one major reason behind why we feel bad for being the way we are. That is the fear of being judged by people.

This fear is very common infact we dress up in a way what Will people think about us not what we actually like .



- Japneet Kaur, II Year



Parents

-Jasmine kaur (BEL/21/14)



You held my hand,
like the light on the darkest land

you taught me everything,
from handling me while crying when I was a
toddler to standing up when someone
doubted my being

I always had support,
because I knew you would handle
everything when it is distorted

you were my first friends,
I would go to any limit to make your
sadness end

whenever I used to be depressed or sad or
in tears,
the only thing I wanted was you and your
lap; it rescued me from the world of fears

-Jasmine Kaur, I Year

Lion's Trainee



Today a silly human came,
Thinking, roaring is a game!
Wanted to try my famous pose
So I kept him on his toes!
A weakly, boney, teathy man,
On his knees, body so tan.
I ordered him to give a shout,
He only threw his big tongue out.
Ah! So annoying, my temper is blown
He is a human, I should have known.
Still took him under my very own wing
As an apprentice to the king!
And then he shook and finally roared,
I almost fainted, I was floored!
What's that smell? I felt crushed.
And wondered if humans ever brushed!

Rasleen Kaur

Illustrator: Suresh Eriyat

-Rasleen Kaur, IV Year

बेसुरे कबूतर



©Priya Kuriyan

रसलीन कौर
चित्र: प्रिया कुरियन

हर इतवार
कबूतर पसार
करते हैं मेरा
इंतज़ार !
छुट्टी का दिन,
सोना मुमकिन
पर ऊटपटान,
ये शोर हर बार !

चुग-चुग, चुग-चुग
दाना खाए
पर बेसुरा ये
गाना गाए !

कान में घुसकर
करें गुटर-पूँ !
चलो हेलमेट से
सिर में ढक लूँ

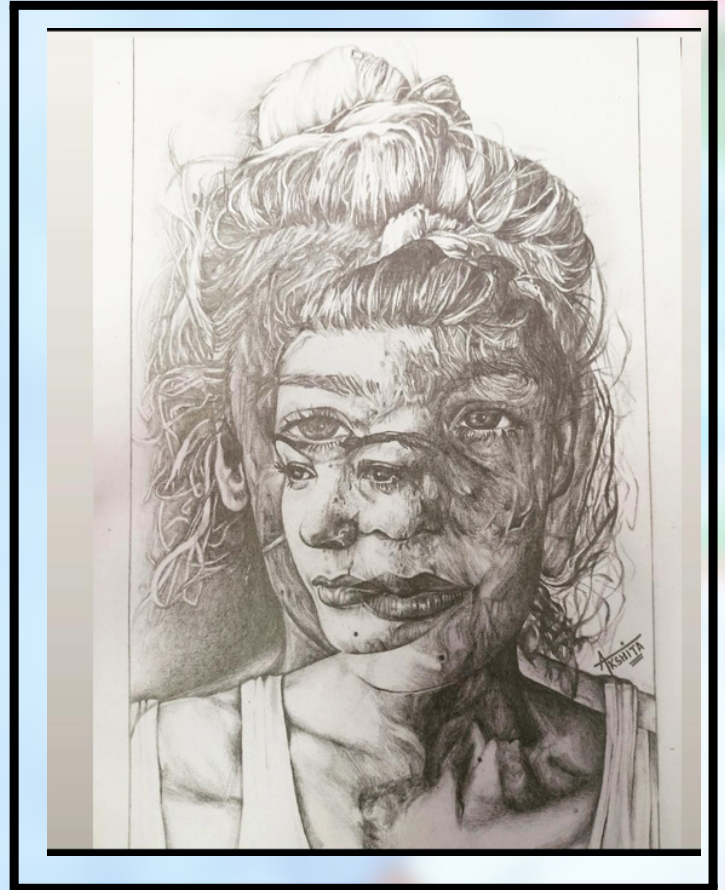
-Rasleen Kaur, IV Year



Artforum : Creative Art Pieces by the Students



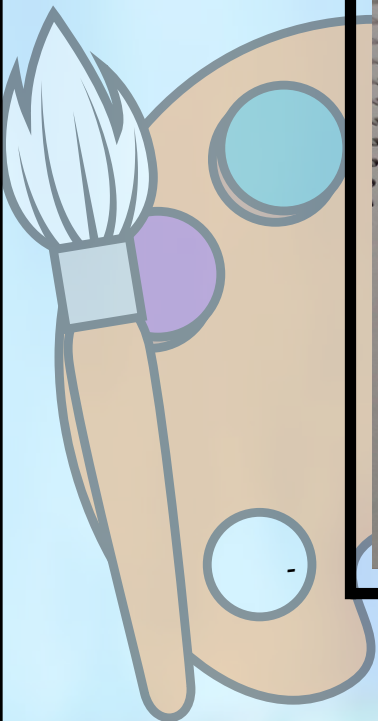
Anchal Bhatt, I Year



Akshita Chhabra, I Year



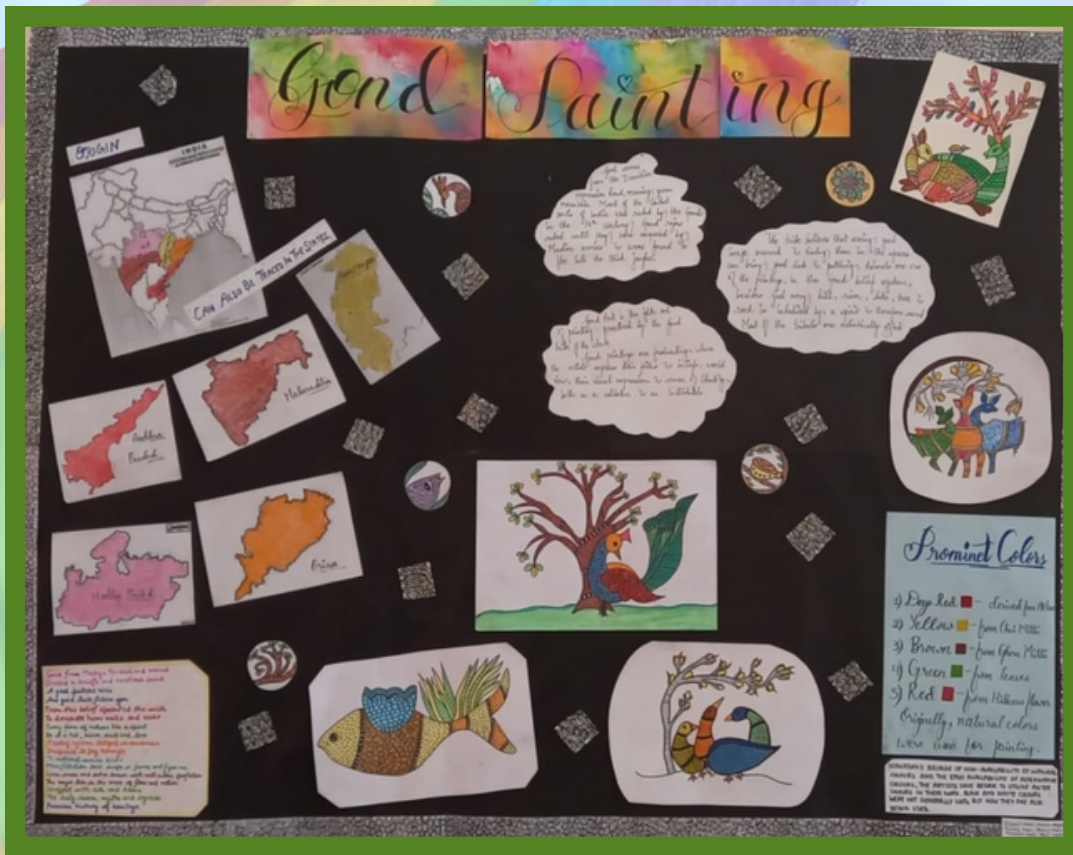
Nikita Agrawal, II Year

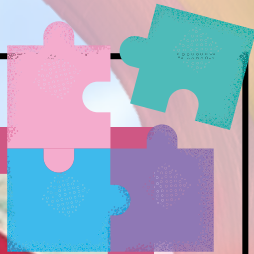


FOLK ART WALL DISPLAY

~ Wall prepared by IInd Years







Mandala Art...

INTRODUCTION
In the ancient Sanskrit language of Hinduism and Buddhism, mandala means "circle". Traditionally, a MANDALA is a geometric design or pattern that represents the cosmos or deities in various heavenly worlds. "It's all about finding peace in the symmetry of one design and of the universe" Says artist Siddharth Mishra.

HISTORY
Siddharth Gautama, the founder of Buddhism was born in the region now known as Nepal. He left his kingdom after becoming aware of human suffering, where he sought to attain enlightenment through meditation & thought. After he began to preach his philosophy across parts of India, where he gained a great following and eventually established the first Sangha, Buddhist community of monks. As these Buddhist monks traveled the Silk Road, an ancient network of trade routes that connected the East and West, they brought Buddhism to other lands. They carried messages with them and brought the practice of painting these spiritual compositions to other parts of their expanding empire, such as Tibet, China, and Japan by the 6th century.

ANCIENT
Mandalas were created in the service of one of the world's greatest religions, but not religion. They were produced in Tibet, India, Japan, China, Japan, America. The first form of Buddhist art was produced in India during the first century B.C. The majority of paintings, past and present, were given to people, usually from people who had a religious purpose in painting these pictures and were not painted for religious purposes.

Symbolize
A mandala is a great powerful visualization of yourself. It is a sacred geometric composition of symbols for focusing attention, meditation, and spiritual growth. You can establish a sacred space and do all the meditation in the same shape of intention, direction, intention, to be used in a very important, subtle or sacred way.

Steps
1. Mandala generally represent one of these things: meditation, visualization, or sacred geometry.



















Melona Mandala
Think of a mandala as a variety of colors, textures, and patterns. To create a mandala, you need to use a variety of colors. You can use a variety of colors, textures, and patterns. You can use a variety of colors, textures, and patterns. You can use a variety of colors, textures, and patterns.

Steps
1. Start with a circle.
2. Add a second circle.
3. Add a third circle.
4. Add a fourth circle.
5. Add a fifth circle.
6. Add a sixth circle.
7. Add a seventh circle.
8. Add an eighth circle.
9. Add a ninth circle.
10. Add a tenth circle.

Legend
Siddharth (7)
Aradhana (7)
SARANYA (7)
Rishika (6)
Sakshita (5)
Priya (5)
Aditi (5)
Harika (5)



Our Students : Our Pride

Position	B. El. Ed Part I	B. El. Ed Part II	B. El. Ed Part III	B. El. Ed Part IV
First 	Tahreema Rahim 82%  Jayanti Mangai 82% 	Samiha Saini 82.91% 	Anjali Semwal 83.09% 	Muskan Tyagi 81.18% 
Second 	Sidra Khan 81.63% 	Ishika Garg 81.82%  Eashana Arora 81.82% 	Priyanshi 82.91% 	Sejal Bhardwaj 78% 
Third 	Tamanna 77.63%  Nikita Agrawal 77.63% 	Ankita 80.91% 	Bhavya Gupta 79.82% 	Amanpreet Kaur 76.85% 



Editorial Tribe



Sejal Singh, III Year
Editor

"The fire inside me burns brighter than fire around me"



Nikita Agrawal, II Year
Editor

"Show up, Show up, Show up, and after a while the muse shows up, too"



Hardeep Kaur, II Year
Editor

"What we learn becomes a part of who we are"



Eashana Arora, III Year
Editor

"Everything in life is an Omen, It always seems impossible until it is done."



Tahreema Rahim, II Year
Editor

"Living. Lark. Aloud."



Khushpreet kaur, III Year
Editor

"Be yourself but always your better self."





Japneet Kaur, II Year

Curator

"Be the best version of yourself"

Rinku, II Year

Curator

"Attempt the impossible
and be limitless"

Aayushi Maindola, I Year

Curator

"It's all about the perspectives"



Amol Kaur, II Year

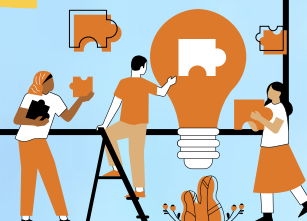
Curator

"Whatever you are, be a good one"

Aadya Mani Bhatnagar, I Year

Curator

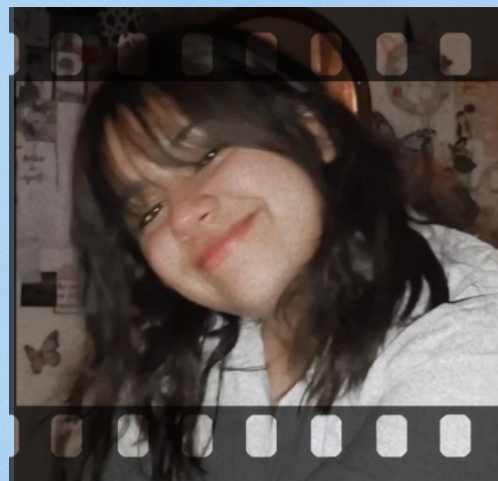
"Don't let the sky be your limit"





Ankita, III Year

Designer and Publisher
"Do more of What makes you
happy."



Samiha, III Year

Designer and Publisher
"Be your own version of
happiness."



Taranpreet Kaur, II Year

Designer
"It might not be easy but it'll be
worth it"



Kashish Soni, II Year

Designer
"Trust the magic of self love"





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2021-22

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