

श्रेष्ठ Shreshth



COLLEGE
MAGAZINE
2015-17



**MIER College of Education
(Autonomous)**

College with Potential for Excellence
Accredited by the NAAC with A Grade
ISO 9001 : 2008 Certified

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CHAIRPERSON'S MESSAGE

The preparation of teachers for our nation happens to be an onerous task. All institutions devoted to the task of preparing professionals for teaching need to ensure today that the teachers coming out of the institutions not only possess mastery over the content of what they are supposed to teach but also of strategies and methodologies of how to teach. In other words, teachers must ensure that the students entrusted to them learn effectively and thereby enable the students to develop their personalities, abilities, skills and other competencies required for successful living in modern day world.

The MIER College of Education has been engaged in the task of teacher preparation since the year 1981. Thousands of teachers have successfully come out of the college portals who are serving as national builders in India and other countries thereby spreading a culture of quality education.

I am very happy to know that the next issue of 'Shreshth' is being brought out by the College. The magazine not only contains contributions from the students and faculty members but also provide a glimpse of the multifarious activities and achievements of the college. Their efforts are praise worthy.

I wish to congratulate the principal, faculty and students for their creative efforts and exhort them to strive for higher standards of excellence.

Dr. Arun K. Gupta



PRINCIPAL'S MESSAGE

I would like to congratulate the Media and Publication committee of the college for making tremendous efforts to bring out the College Magazine “Shreshth” for the college students.

The magazine is an objective evidence of the multifarious talents of the staff and students expressed through their thoughts, feelings, aspirations and convictions through creative writing. The Editorial Board deserves our appreciation for thoroughly, systematically and efficiently editing the entire manuscript to make it worthy of reading.

I also take this opportunity to thank the staff and students for contributing very interesting, informative and relevant articles. I hope and believe all of us will thoroughly enjoy reading through the pages of the magazine which also serves as a treasure house of college memories.

Dr. Renu Gupta



MIER COLLEGE OF EDUCATION (AUTONOMOUS)

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TEACHING AND NON-TEACHING STAFF

(L to R)

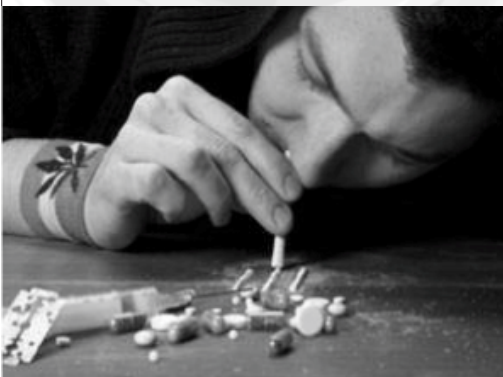
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ENGLISH SECTION

ENGLISH SECTION

DRUG ABUSE AMONG YOUTH

VERSHA KOTWAL
M.A. Education
Semester: II



The abuse of drugs has become an international problem; almost every country is now a days facing the menace of drug abuse. Whether it is America, the most powerful country or India one of the developing countries, the problem bothers both alike.

Our young generation has fallen pray to this evil menace. Substance abuse has become common in universities both technical and professional. Hostels have become a hub where great number of students are freely using charas, ganja, heroin, smack or brown sugar etc without being caught.

There are many reasons why a young person gets addicted to

these harmful drugs such as curiosities, desire for pleasure, social excommunication, mental gap, lack of self-reliance, lack of self-confidence and inferiority complex. In addition, peer pressure, excessive stress and lack of parental involvement in children's activities also add to the causes of drug addiction among youth and teens. As a result, they lose their conscience, self-control, will power and memory, in absence of which they become anti-social elements, doing anti-social activities. suicides are also common among addicts. If not suicide, the drugs and narcotics have fatal effects which invite untimely death. More than 80% of heroin-addicts in India are in the age group of 12-25 years. This is really alarming.

Awareness programs at the school and the community need to be organized so that the youth are educated about the ill effects of drug abuse and addiction. If the young people are aware of the harmful effects of drug abuse, they would refrain from abusing it in the first place. Drug abuse preventive programs are needed to be effectively implemented in schools and colleges which could help in reducing and eliminating the problems of drug addiction among youth. Our government needs to intervene and bring out friendly policies for the rehabilitation of such persons as it is a major social problem. There is also a need to raise the level of consciousness of self through proper education. The government should have stringent rules regarding the smuggling of drugs such as cocaine, opium or weed so that they are not easily available in the market.

FIRST INDIAN WOMAN GYMNAST TO QUALIFY FOR OLYMPICS



RITIMA MANHAS
B.Ed.
Semester: IV

Dipa Karmakar became first Indian woman gymnast to qualify for Olympics as she booked a berth for the Rio games after strong performance at final qualifying event. The 22 year old garnered a total score of 52.968 points in the Olympics qualifying event for artistic gymnastics in games held in Rio- De-Janerio in August 2016.

Dipa who hails from Tripura started practicing gymnastics from the age of 6 years. When she began gymnastics, she had flat feet, an undesirable physical trait in a gymnast because it affects their performance. Through extensive training, she was able to develop an arch in her foot. She is being coached by Soma Nandi & Bisweshwar Nandi since the age of 6.

Karmakar is one of the only five women who have successfully landed the



Produnova, which is regarded as the most difficult vault currently performed in women's gymnastics. She was the first Indian woman to win a bronze medal in Commonwealth Games in Glasgow, 2014. She also won a bronze medal at the Asian Gymnastics Championships and finished fifth at the 2015 World Artistic Gymnastics Championships, both firsts for

the country. Since 2007, Karmakar has won 77 medals, including 67 gold, in state, national and international championships. She was part of the Indian gymnastics contingent at the 2010 Commonwealth Games in Delhi, where Ashish Kumar won India's first-ever Commonwealth Games gymnastics medal.

Since independence, 11 Indian male gymnasts have taken part in Olympics but this was for the first time an Indian woman qualified for the final event. The last participation by India in gymnastics at Olympics was way back in 1964.

COMMUNICATION SKILL: AN EFFECTIVE TOOL FOR TEACHERS

ARPANA KOUL

Assistant Professor
Department: B.Ed.



Good communication skills vis- a-vis verbal and written can open many doors to success including professional development for all specially the teachers. Strong communication skills also enable the professionals to express themselves clearly. Being able to communicate effectively is the most important of all life skills.

Most of the common communication skills are interpersonal skills which are used in face to face communication with one or more people. Presentation skills are used infrequently, there will probably be times in our life when we need to present information to a group of people, either in a formal or informal setting. Writing skills which is the ability to be able to write clearly and effectively. Personal skills are used to maintain a healthy body and mind which can enhance communication and nonverbal communication include body posture, hand gestures and eye contact which all express a meaning.

Some tips to make you an *Effective Communicator*

1. Do not dominate a conversation or make it all about you. A monologue is not communication.
2. Show interest and curiosity in others.
3. Be an active listener by maintaining good eye contact and asking pertinent questions.
4. Train yourself to relax by using visualization, meditation, or other relaxation methods. Being relaxed is vital for good communication.
5. Do not interrupt and cut in with your own ideas before the other person is finished speaking.
6. Maintain an open mind; everyone has a right to express themselves even if you don't agree with what they are saying.
7. Be prepared by staying on top of the latest news, developments and world events.
8. Be approachable by staying relaxed, smiling and maintaining a friendly attitude.
9. Begin with something positive to create a friendly atmosphere.
10. Strive for a balance of give and take.



Poonam Soni
Assistant Professor
Department: B.Ed.

CONSTRUCTIVISM AS A PARADIGM OF TEACHING LEARNING

Students' previous knowledge and their active participation in problem-solving and critical thinking all play a crucial part in the construction of knowledge. One of the most important goals of constructivism is to develop student's critical thinking skills, which is possible only in a conducive learning environment in the class. The teacher may have to improve the day's lesson or change the sequence of activities, depending on the needs of the students or due to any other unexpected development. Such flexibility is said to be a valuable quality of a positive learning environment. The following are some of the important features of a constructivist learning environment: a) inquisitive and changing problems at-hand, b) active participation of students, c) congenial learning environment and d) sufficient time to reflect and draw relationship.

Constructivist teachers encourage students to constantly assess how the activity is helping them gain understanding. By questioning themselves and their strategies, students in the constructivist classroom ideally become "expert learners." This gives them ever-broadening tools to keep learning.

With a well-planned classroom environment, the students learn "HOW TO LEARN".

IMPLEMENTATION STRATEGIES

Teachers can use various strategies to promote and strengthen student's capacity to think and to "think about their thinking" like

- i) Teachers should pose some provocative questions to students and also encourage them to frame their own questions on the problem at hand.
- ii) Know-Want-Learn (KWL Strategy): Teachers should teach the students to be aware of (a) what they already Know, (b) what they want to Learn, and (c) what they have eventually Learnt.



"I expect you all to be independent, innovative, critical thinkers who will do exactly as I say!"

- iii) PQ4R Strategy: PQ4R is an acronym for Preview, Questions, Read, Reflect, Recite and Review

Preview: The learner surveys the material.

Question: Students ask questions on the available material.

Read: Students read the material to ask questions.

Reflect: The learners think about the material, relating it to the things they already know.

Recite: The students practice remembering

Review: The students review the material and ask questions.

- iv) IDEAL is an acronym for Identify, Define, Explore, Act and Look. To facilitate effective thinking, the teacher can teach each of these metacognitive skills to students, identify potential difficulties, and define these problems. Then, students explore to find solution. Finally, they have to look and note which actions lead to solutions.

To conclude, it can be said that constructivism provides tools with which students formulate and test their ideas, draw conclusions and inferences, and pool and convey their knowledge in a collaborative learning environment.

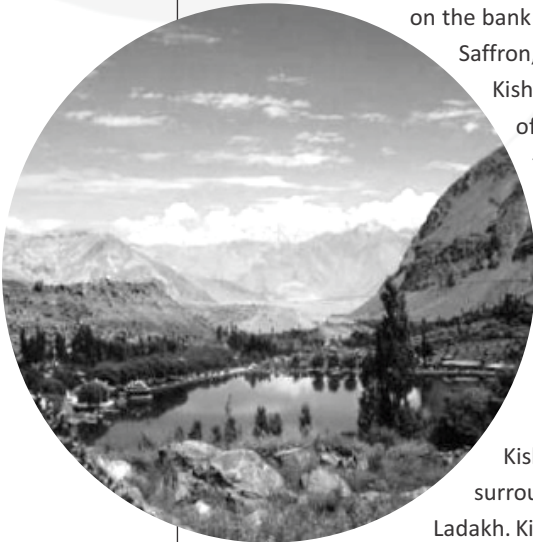
HIDDEN PARADISE OF JAMMU AND KASHMIR

LALITA DEVI
B.Ed
Semester: IV



Jammu and Kashmir is a state known for its beauty. Kashmir is known as the "Paradise on the Earth" and Bhandarwah is known as the "Chotha Kashmir".

Apart from the Kashmir and Chotha Kashmir there is a hidden paradise, situated on the bank of river Chenab that is Kishtwar. Kishtwar is the 'Land of Saffron, Sapphire and Sufis'. The Chenab River flows through Kishtwar and is joined by tributaries such as Marvisudar river of Mawah, Fambar Nallah, Chingam Nallah which meet at the confluence near Bhandarkoot. The rivers have given a unique look to the area with steep gorges and wide plains on the way. Padder Tehsil has breathtaking mountain landscapes which are a treat to the eyes of travellers. Warwan and Marwah valleys are unique in being located in the way of river Marvisudar giving a mesmerizing look to the scenic beauty of Kishtwar.



Kishtwar is a land locked valley with high mountains surrounding it and bordering with Himachal Pradesh and Ladakh. Kishtwar is laden with the sapphire, quartz and blue ruby in abundance. Kishtwar is also culturally and religiously rich where tolerance in religions exists. Historically Kishtwar kingdom served as a safe haven for kings of Kashmir, Himachal and Ladakh.

Kishtwar is a place having untenable beauty natural resources, holy temples like Machail Mata, Padar Wali, Sarthl Mata, Bimalnag etc.

I would like to invite all my friends to surely visit this beautiful and culturally diverse state at least once in their lifetime!



RENU KUNDAL
B.Ed. Special (ID)
Semester: IV

I AM A TEACHER ALL ROLLED INTO ONE

I am a counsellor and psychologist to a problem filled child,
I am a police officer that controls a child gone wild.
I am a travel agent scheduling our trips for the year,
I am a confidante that wipes a crying child's tears.
I am a banker saving money for a ton of different things,
I am a librarian narrating adventures that a storybook brings.
I am a caretaker that has to clean their certain little messes,
I am a psychic who learns to know all that everybody only guesses.
I am a photographer taking pictures as a child grows,
I am a doctor that detects when a child is feeling sick,
I am a politician that enforces laws and recognizes a trick.



I am a party planner for holidays to celebrate with all,
I am a decorator of a room, filling every wall.
I am a news reporter updating on our nation's current events,
I am a detective solving small mysteries and ending all suspense.
I am a clown and comedian that make the children laugh,
I am a dietician assuring they have lunch or from mine I give them half.
I am a preacher when they seem to stray from values,
I become a parent when mother and father are away,
"I am a teacher" and I say it proudly...all rolled into one

PUNISHMENT-RETRIBUTIVE OR REFORMATIVE

ANGELA GADROO
Assistant Professor
Department: B.Ed.



It is generally believed that “punishment” is an effective way of controlling rebellious students. “Spare the rod and spoil the child” is an oft-quoted epigram. Infliction of punishment for misconduct might build up in a student greater rebellion and resentment, resulting in permanent hostility. Corporal punishment, extra work, fines, etc. come under punishments. Progressive educational opinion is generally against punishment which degrades the pupil and the teacher.

Punishment is “negative” and is based on “fear”. It may lose its effectiveness if the pupil is not afraid or is prepared to face the consequences. In some cases, punishments, instead of eliminating the undesirable behavior, may even actually reinforce it.



Gone are the days when school teachers would invariably enter the classroom with a cane in hand, to chastise the impish chaps and also silence the noisy class. Pin drop silence was supposed to be conducive for disciplined learning. The teacher would walk hither and thither in the class so as to monitor pupil behaviour. Even a little murmur would be forbidden and the classroom would look like a cemetery. But unfortunately such retributive behaviour on the part of the teacher is only responsible for provoking fear in children.

To make punishment as a reformatory process for students and not retributive, the teacher and parents should use the skill of reinforcement to modify and inculcate appropriate behavior. A judicious use of positive and negative reinforcement can help strengthen positive



behavior and weaken the negative behaviour among pupils. Positive reinforcement includes praise, encouragement and affirmation to entrench good behavior. Negative reinforcement involves disapproval through body language and no rewards for wrong behaviour. To make a substantial difference in the behaviour and actions of students, the teachers and parents have to consistently use both positive and negative reinforcement over a long period of time. While reforming a child, constructive criticism should be used for building healthy feelings, integrity, self confidence and self esteem. Reformatory measures like suggestions, praise words or any positive reinforcement on the part of the teacher will not only promote learning but also will motivate them to behave in a proper manner in future as well.



SUNEEL BHAT
Senior Librarian

TEACH MORAL VALUES & BECOME ROLE MODELS



Moral Values mean principles and standards which determine the extent to which human action or conduct is right or wrong. Imparting moral values in their children is prime duty of all the parents.

Every parent dreams to make their children a responsible human being. Young children must be acquainted with moral values along with good education. Only by imparting values in children we can make them responsible ambassadors of their family, society and nation at large. Moral values like honesty, loyalty, respect, self-reliance, self-discipline, patience, kindness, gratitude, forgiveness, personal responsibility, courtesy, help etc. should be inculcated in children to make them responsible society members. As these values help in developing a strong personality of a child and that minimizes the possibility of getting them astray. A parent can be the biggest motivator and teacher of moral values to their children as

“There are little eyes upon you and they're watching night and day;

There are little ears that quickly take in every word you say;

There are little hands all eager to do everything you do;

And a little child who's dreaming of the day he will be like you”



They are basically keen observers and do exactly what their parents do. So as a parent we have to be careful in every act of our behaviour while maintaining social and personal relations. It should be the concern of every parent to pass on the invaluable treasure of moral values to their children so that tomorrow they will pass on these to the next generation. This continuous process of transmitting culture, values and beliefs will give our society honest, trustworthy, patriotic, faithful, lovable and revered human beings who shall be the realization of our dreams in the true sense.



1. Narrate patriotic, religious or ethical stories. Question them about the lesson they have learnt.
2. Be polite, respectful and considerate towards others, so that child may learn to manage best of relations.
3. Media exposure is playing a major role in our life. While watching news or movie discuss the different aspects and ask the child what he / she would have done in that situation. This will develop a sense of reasoning in children.



4. Involve the child while performing religious activities. It generates faith and trust towards God.
5. Listen respectfully the ideas of your Child and wherever required correct them. This will boost their self-confidence.
6. Provide opportunities for your children to help others. This will impart generosity in them.
7. Involve your child in community volunteer services. It will generate the attitude of serving.
8. Tell your child about the people you admire and why. It will silently inculcate good qualities.
9. Comment on compassionate behavior. Let your child know that caring is an important moral value.

***"Moral values play an important role,
Without them,
we can never be whole."***

Sanjay Saaya



SABITA
B.Ed
Semester: IV

LIFE IS A GAME

Life is a game,
A game of chess,
If you make a wrong move,
Your winning chances are less.

Life is tough
Life is like a game
So, make winning your aim.
Think before each move you make
One wrong step can lead you astray

Think of the people,
Who are waiting for your success
Cheering for you throughout the race

You don't want to disappoint
And make them frown,
So make sure that you win and
Don't let them down.

Win the game and make all of them
feel proud.

Thank them for the support they gave you,
And for sticking around.

Be thankful that you have

All these people who share your love for the
game

And who support you to reach your aim.

SEVEN QUALITIES OF A STUDENT



SUMITA JAMWAL
B.Ed.
Semester: II



The word student is composed of seven letters and each letter stands for a good quality which each and every student should possess. Students should be sincere in their actions and work. Every student should be truthful. Honestly and truthfulness are virtues every student should imbibe. Students ought to give a helping hand to one another. A person who selflessly helps others earns a lot of respect. Every student should fulfill his/her duties and responsibilities towards parents, teachers, fellow students and countrymen. Students should be proud of their national heritage and exude patriotism in their thoughts and actions. Students should be able to manage time. He or she should be punctual and also do everything according to set plans which will help in managing time well. Students are the future of the nation. They should possess qualities that make them ideal citizens. Therefore, every student should have qualities of sincerity, truthfulness, usefulness, dutifulness, efficiency, nobleness and time management.

S SINCERITY

T TRUTHFUL

U USEFUL

D DUTIFUL

E EFFICIENT

N NOBLE/NOTEWORTHY

T TIME MANAGEMENT



DEDICATED TO THE PARENTS OF CHILDREN WITH SPECIAL NEEDS

MANISHA GOSWAMI
B.Ed. Special Education (ID)
Roll No.: 04



Once you accept that your child is different, no better no worse – just different – that's the first step towards helping your child.

Parents of kids with special needs should not see it as disability instead see it as a precious and wonderful blessing of their lives.

Some Famous Quotations by World Class Experts

“The best and most beautiful things in the world cannot be seen or even touched- They must be felt with the heart.” – Helen Keller

“People with special needs are not as different from you and me as you might think. They want the same things we want: to love and be loved, and to be accepted, appreciated, and included.”- Sylvia Phillips

“Motherhood is about raising and celebrating the child you have, not the child you thought you would have. It's about understanding that he is exactly the person he is supposed to be and that, if you're lucky, he just might be the teacher who turns you into the person you are supposed to be. – Joan Ryan”

“A diagnosis can't predict the extraordinary love you will have for your child.” – Tara
Acceptance doesn't mean resignation. It means understanding that something is what it is and there's going to be a way through it.”- Michael J. Fox

“We have no special needs children. Just children...with special needs.” – Uwe Maurer

Lastly, parents need to enjoy their child is to learn to dream and understand that his disability is not a shame or a tragedy. It's just a different way of living and loving with different abilities. Life is like a roller coaster of emotions. The secret is to enjoy it is as the scary times, there will be peace and happiness, followed by satisfaction and strength.



MONIKA BAJAJ
Department: B.Ed.
Assistant Professor

LET'S BE RESPONSIBLE TO SAVE OUR MOTHER EARTH

Human existence and its development depends on the natural resources. Most of the resources are scarce and take a lot of time to replenish naturally. In such a scenario a development model where growth and expansion of economy is based on hyper consumerism is a sure recipe of disaster.

The throwaway culture puts extreme pressure on precious natural resources. Take the case of cars. Till a generation ago those who owned a car (they were few in number) lived with that car for the rest of their lives. Today on an average a car owner is changing car every 3 to 5 years. Suppose they have an active life of 30 years where they have the financial wherewithal to replace cars they will end up buying and junking 6 to 10 cars - a ten-fold increase in consumption of iron, plastic, rubber, etc per person. Same goes for furniture. We have all grown up listening to the tales of teakwood furniture that outlasted people and stayed in a home for generation. No more now. Furniture today is replaced at a whim or becomes casualty of a fad.

The United Nations Environment Programme (UNEP) is urging people to live a comfortable but frugal life and get off the mind numbing consumerism. The template of new life can be found in the axiom of sustainable development.



Practicing minimalism, going paperless, walking or taking public transport to work, carrying reusable bottles and buying local produce are some of the tasks you can try if you wish to do your bit for the planet.

Sixty per cent of wet waste can be composted at home level. This compost can then be used for house plants or donated to tree and parks in common areas. Dry waste can be segregated and sent for recycling. It's good to reuse, but it is also important to 'refuse'. Refuse plastic water bottles. Birthday parties and weddings generate massive garbage; hosts can replace paper plates with steel plates and adopt several measures to reduce waste generation.

Fifty years ago when the world had 3.5 billion less souls, it was felt that our lifestyle was unsustainable for the natural resources to cope with. Today when the planet is crowded with double the number of people it is all the more important that we consume with care.

If we imbibe the lifestyle of careful consumption, seven billion souls can help the planet Earth to recoup itself and in turn make our lives better.

The world would be a much more beautiful place if we as citizens celebrate Environmental Days with the same enthusiasm as Valentine's Day and practice strategies for sustainability.

MODERN WORLD HAS ITS BOONS AND BANES

VERSHA KOTWAL
M.A. Education
Semester:II

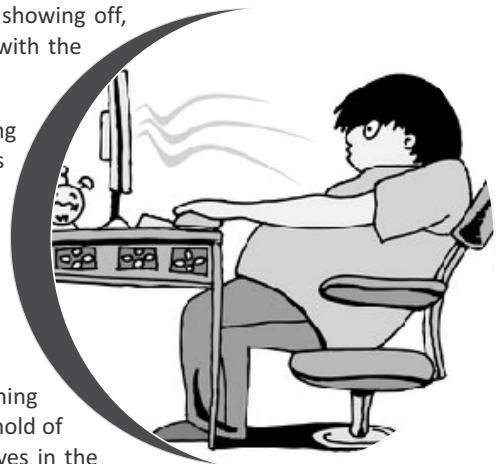


The modern world has its advantages by way of easing people's life. With better development in transportation facilities, technological advancement, better vaccination people today especially youngsters are leading more relaxed and comfortable life. But this complex modern world has also effected the lives of the youngsters physically, psychologically, and socially. The increase in comfort level has not brought with it contentment and happiness for them. Rather, today's youth are prone to increased stress levels that are directly related to their health.

Youngsters today avoid outdoor activities and games, as there is an increase in solitary pastimes for them such as mobile phones, internet, MP3 player, game consoles etc. This has fuelled the feeling of loneliness among youngsters and has influenced their social skills. Along with these changes, youngsters exhibit some negative behaviour like being self-centered, showing off, emotional immaturity, unsatisfactory relationship with the family and other undesired personality traits.

In addition to lack of physical activity, poor eating habits are also a major problem with youngsters today. People don't spend enough time to choose and eat healthy meals. Bad nutrition habits have resulted in increase in the diseases such as cardiovascular diseases, obesity, diabetes, and several psychological problems among younger people which is affecting their growth pattern in life.

Sensitizing and educating people about maintaining balance between the work and leisure and to take hold of their lives to live healthy, productive and happy lives in the times to come is the need of the hour.



EIGHT HOTTEST PLACES ON EARTH



RITIMA MANHAS
B.Ed.
Semester: IV

1. Dasht-e Lut, Iran
70.7 degree Celsius



2. Al-Aziziyah, Libya
57.8 degree Celsius



3. Death Valley, California, USA
56.7 degree Celsius



4. Kebili, Tunisia
55 degree Celsius



5. Timbuktu, Mali
54 degree Celsius



6. Tirat Zvi, Israel
53 degree Celsius



7. Wadi Halfa, Sudan
47.55 degree Celsius



8. Dallol, Ethiopia
45.55 degree Celsius



PROFESSIONALISM IN THE WORKPLACE



Dr. B.L. RAINA
Professor
PG Dept. of Education



Professionalism is an individual's conduct at work. It is the way a person conducts himself or herself in the workplace. An individual who shows consideration and respect for others demonstrates a commitment to professionalism. This quality is not restricted to occupations we describe as "professions," typically those that require higher education degrees and have high earnings. For example, cashiers, maintenance workers, and waitresses, who don't usually make a lot of money and don't need college degrees, can demonstrate a high level of this trait.

Following are some of the dos and don'ts of professionalism for our would be teachers:

Avoid Tardiness

Showing up late for work or meetings gives the impression that you don't care about your job, so make sure you pay attention to the clock.

Do not Be a Grump

Leave your bad mood at the door when you come to work. We all have days when we aren't feeling our best. Remember not to take it out on your boss, your co-workers and especially your students.

Dress Appropriately

When you have to dress up for work, your appearance should always be neat and clean. Wear the type of clothing your employer requires or that is the norm for your place of employment.

Watch Your Mouth

Swearing, cursing or cussing - whatever you call it—has no place at work, particularly if those who you might offend are present. Congenial work relationships rest on careful use of words.

Offer To Help Your Colleagues

A true professional is willing to help his or her coworkers when they are overburdened. He or she is not afraid to share knowledge, opinions or simply an extra pair of hands. One person's success reflects well on everyone in his or her workplace.

Do not Hide Your Mistakes

As hard as it may be to do, take ownership of your mistakes and do your best to correct them. Make sure you don't make the same mistake twice. Never blame others, but set an example by owing responsibility for the mistake.

Try to Stay Positive

Negativity at work brings everyone down. Your boss certainly will not appreciate a drop in morale among his or her employees. Stay positive and show constant positive behaviour and performance.

Be Honest

Dishonesty never makes anyone look good, whether it's lying on one's resume or calling in sick when you aren't. A true professional is always upfront. Explain why you'd be perfect for the job regardless of the one skill or attribute you are lacking.

Do not Share Personal Information

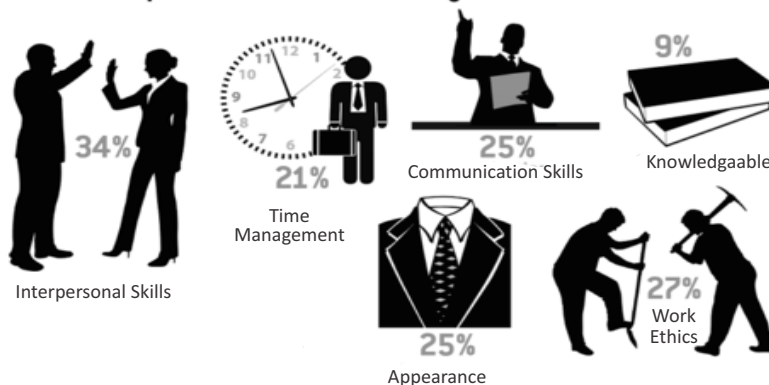
While confiding in a close friend at work is usually okay, sharing too much information with the entire office is not. Be judicious about whom you talk to, particularly when it comes to discussing problems you are having with your spouse or other family members.

Do not Gossip

While you may be tempted to tell your cubicle neighbours what you heard about your colleague down in the hallway, gossiping makes you look like a school student. If you know something that you simply must share, tell someone who has nothing to do with your workplace, like your sister, mother, or best friend.

PROFESSIONALISM IN THE WORKPLACE

Top Characteristics of Today's Professional





HARIKA SINGH
Incharge Inclusive School
Model Academy

THE TERM “DISABLED” AS A LABEL



The term “Disabled” is a label. Having a single term to describe a category of people with disabilities sometimes reduces some of the confusion, and it is used as a convenience in discussion and for planning services like various accommodations for parking, restrooms, or for providing access and facilities to people with various physical or mobility needs.

Although to some people it may seem that it is appropriate to use the label “Disabled” for all individuals who have disabilities, personally I feel that it is not appropriate to use one label to categorize all the people with severe disabilities under one label. No two people are the same. Each person has different temperaments, learning styles and needs. Every person has different strengths and weaknesses and requires different kinds of accommodations to function in life. Not only people, sometimes even special educators have the tendency to go with the saying that “one size fits all”. We cannot treat every person in the same manner or expect the same intelligence, competency, efficiency from every person. Instead we should find specific strategies and methods for them according to their needs to be able to cope with their daily needs and be functional in their daily living. Thus, in my opinion it is not appropriate to use one label for all the individuals with disabilities as each individual is different!

Also, in general I feel that using a label itself is not appropriate as words are powerful. When we describe people by their medical diagnoses, we devalue and disrespect them as individuals. If we know about a person's diagnosis, we unintentionally tend to use it to determine the level of a person's potential in various fields of life, their academic as well as their social skills, the type of job they will have, their career options etc. and in the process we may under-estimate them and may crush their hopes and dreams. According to me, people who have been diagnosed with a disability are people first. The only labels they need are their names!





DIVYA JAMWAL
B.Ed.
Semester IV

A MEMORABLE TRIP TO AMRITSAR

It is difficult to say when I started admiring Amritsar. I had read about the Golden Temple and the Jallianwalla Bagh in school. Since, my childhood, it was my wish list to visit Amritsar. Hence I was overwhelmed when I heard that our college was organizing an educational trip to Amritsar, also known as "Pool of Nectar." The trip to Golden City was planned for two nights and three days and the amount charged was affordable.

Finally, the day arrived and we commenced our journey early in the morning by bus. We sang and danced all the way. During the journey we stopped at a delightful restaurant, Pooja Bhojanlay where we enjoyed delicious breakfast. We reached Amritsar around 2 o'clock and headed to our hotel Kbyber, which was on Queen's road. Hotel had a good ambiance. After the lunch, we left for Jallianwalla Bagh.

Jallianwalla Bagh is a historic place where on April 13, 1919 a bloody massacre took place. We witnessed inside the bagh a martyr's well where the people jumped in order to save their lives. There were bullet marks on the wall. We all took a round of the bagh and clicked pictures. Above all we were able to relate it with history that we studied in our schools. The day was also special because on the same day Bhagat Singh was martyred as there was candle light ceremony in his memory. We were lucky as we got opportunity to attend it.

After the Jallianwalla Bagh, we went to the market around Golden Temple. The market was crowded with people jostling for space; the aroma of food was wafting everywhere. We also saw man pulled rickshaws in the bazar. We visited the world famous Golden Temple. It was spiritual experience. We were really impressed with "Kar Seva", cleanliness and religious fervour of people irrespective of their religion.



The next day, after breakfast we went to Guru Nanak Dev University as there was a seminar on the theme “Enriching Teaching, Learning and Evaluation in the Age of Digitalization”. We attended the inaugural and the Key note address. The seminar was indeed an intellectual feast. The university was housed in a massive area. We also had an occasion to observe the Beating Retreat ceremony at the Wagha Boarder which was 30 km away from the city. The ceremony filled us with great patriotism and left us spell bound. We took pictures and made videos. We felt proud of our armed forces who guard our borders and protect us. We returned late in the evening to the hotel and were excited to attend a DJ party that took away our tiredness. We had a fulfilled evening; we danced and enjoyed the music.

On the last day of our trip we went to the Khalsa College, the heritage college of higher learning. It has an amazing architecture and a huge lawn which was very well maintained. The college had organized a festival of which we were a part. The participants were very enthusiastic and the audience very cooperative. Before coming back, we went for second and final round of shopping and enjoyed some delicacies of Amritsar. This college trip will always remain in our memories for a life time.

HUMOUR IN EDUCATION



“Oh ! I forgot to make a back -up copy of my brain, so everything I learned last semester was lost”

“I am going to need Tech Support”



DR. ROHNIKA SHARMA
HoD,
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POSITIVE PARENTING: WHAT, WHY AND HOW

Children misbehave when they feel discouraged or powerless. When we use disciplining methods that overpower them or make them feel bad about themselves, we lower their self-esteem. It doesn't make sense to punish a child who is already feeling bad about himself/herself and heap more discouragement on top of it.

POSITIVE PARENTING

What is it?

For those new to Positive Parenting sometimes called positive discipline, gentle guidance, or loving guidance that keeps our children on the right path. Offered in a positive way that resists any attempt to be punitive. Studies show that positive parenting helps children learn consideration and responsibility. Positive Parenting is not a method, a set of rules, nor a style.

Positive Parenting is a belief, a way of living. We believe children should be treated with respect, free from fear of violence and shame, and guided with loving encouragement. It is better to bind our children by a feeling of respect and gentleness, rather than fear.

Why is it required?

There are many benefits of positive parenting. Most importantly it is the secure attachment between parent and child, which encourages healthy development. Secure attachment builds resilience, paves the way for how well your child will function as an adult in a relationship, and have a positive impact on brain development

Children are not biologically capable of understanding and following all of our rules. Most times, misbehavior is not a matter of defiance, but of cognitive ability. This is where the paradigm shifts! We know so much more now a days about child development, so it is time our practices catch up with our knowledge. Punishing children really doesn't teach the lessons we want to teach.

HOW?

The very first step in becoming a positive parent is to adjust our thinking. This is the hardest but most important part of Positive Parenting. Discipline doesn't mean to punish, it means to teach. There are many ways we can help our children to become good human beings with good morals and values.

(A) Modeling

Be a good role model. Behave the way you want your children to behave. They learn by watching our example! Let them see us being compassionate and kind. Speak to them respectfully. Each interaction with our children is teaching them something. If we want them to learn not to interrupt us in conversation, model by not interrupting them when

they speak as well. When we yell at our kids, we teach them to yell. Adversely, when we speak gently, we teach them to do the same.

(B) Play

Play is vital to childhood. Children learn openly through play. During play they are engaged, receptive, absorbing everything! This is a wonderful opportunity to not only connect with our child, but to teach valuable lessons! Here are some ideas to teach through play.

(i) Make a Game

For a 4-year-old child make a manners game during craft time. One box is used for appropriate behavior, and the other for inappropriate behavior. Write down several behaviors/manners on stars, and let your child choose which box to put each star in.

(ii) Puppet Shows

Make some socks puppets. Use the puppets to act out a scene and teach a lesson. This can also be done with toys. You can use bears, dolls, or transformers and act out different scenes. Children really do listen and absorb lessons through play.

(iii) Role Playing

Reverse roles. You act like your child and child acts like you. We can role play eating at a restaurant, how to sit quietly in a temple/church, how to handle various situations. The children have a blast, and they always remember.

(iv) Daily Words

We can have a daily word to be learnt and used which can be pasted on the refrigerator. We explain the meaning, and act out what it means. This not only builds vocabulary, but words such as empathy and gratitude can be taught.

(v) Story Time

There are lots of children's books that teach morals and manners, but we can make up our own stories. Younger children prefer to look through books, but older children really like to listen to made-up stories. Throw in some good life lessons in the stories. At last we hope and believe that the message of Positive Parenting is reaching far and wide. More and more parents understand that a change must be made in our child rearing practices. It is exciting to be a part of this growing movement, which we honestly believe will help parents for rearing their children in a most appropriate manner ensuring both growth and development of the children into wholesome personalities.



HINDI SECTION

HINDI SECTION

हिन्दी भाषा

सुमन देवी
ऐसिस्टेंट प्रोफेसर
बी.एड.



जिसको न निज गौरव तथा
निज देश का अभिमान है,
वह नर नहीं, नर-पशु निरा है
और मृतक समान है।



कवि मैथिलीशरण गुप्त की यह पंक्तियाँ कितनी सटीक हैं क्योंकि जिस व्यक्ति को अपने देश संस्कृति तथा भाषा पर अभिमान न हो, वह तो मृत तुल्य है। हम विश्व के किसी भी कोने में क्यों न चले जाएं लेकिन वहाँ हमारी पहचान हमारी देश, हमारी भाषाएँ तथा संस्कृति है। भाषा तो भावों को अभिव्यक्त करने का एक सशक्त माध्यम है इसलिए जिस भाषा में मनुष्य के हृदय की अनुभूतियाँ तथा संवेदनाएँ प्रकट की जाएँ, वह अच्छी या बुरी कैसे हो सकती है? वह तो सदैव मधुर तथा रसों से भरपूर होगी। अतः सर्वप्रथम अपनी भाषा को सम्मान दीजिए और इसके साथ-ही-साथ विश्व की अन्य भाषाओं का भी सम्मान कीजिए। निस्संदेह अंग्रेज़ी भाषा समय की माँग है और यह अंतर्राष्ट्रीय भाषा है लेकिन इस सत्य को भी नकारा नहीं जा सकता कि जिस पेड़ की जड़ मज़बूत नहीं होगी, वह पेड़ अधिक देर तक पुष्पित तथा पल्लवित नहीं रह सकता। अपनी भाषा पर सक्षमता बनाइए और फिर अन्य भाषाओं का ज्ञान अर्जित कीजिए। इसी दृष्टिकोण के अन्तर्गत हमारे महाविद्यालय के सभी छात्र-छात्राओं को विभिन्न भाषाओं का ज्ञान प्रदान किया जाता है और अपनी मातृभाषा को प्रोत्साहित करने के लिए विभिन्न कार्यक्रम तथा प्रतियोगिताएँ करवाई जाती हैं। सतत एवं व्यापक, मूल्यांकन पद्धति के अन्तर्गत हिन्दी में कविता लिखना, लेख लिखना, वाद-विवाद, आशुभाषण, स्वर कविता पाठ और अन्य रचनात्मक अभिव्यक्ति को निखारा जाता है और शुद्ध उच्चारण पर बल दिया जाता है। हमारे महाविद्यालय की मैंगज़ीन की हिन्दी सेक्शन का भी इस दिशा की ओर एक ऐसा ही प्रयास है।



नारी का सशक्तिकरण

इनू शर्मा
एम.एड.
सेमेस्टर - IV

भारत की संस्कृति विश्व की सर्व-प्रथम समृद्ध तथा सभ्य संस्कृति मानी गई है। हमारे प्राचीन ग्रंथों से मिले साक्ष्यों के अनुसार यह सिद्ध हो चुका है कि वैदिक काल में, नारी का सम्मान पुरुष के सम्मान से किसी भी प्रकार कम न था। ब्रह्मा, विष्णु, महेश जो हमारे आदि देव हैं, वह भी शक्ति प्राप्त करने के लिए भगवती जगदम्बा से याचना करते थे। दानवों के अत्याचारों को समाप्त करने के लिए माँ भगवती ने समय-समय पर भिन्न-भिन्न रूप धारण करके इन दुष्टों का संहार किया।



जैसे-जैसे परिवर्तन होते गए, वैसे-वैसे नारी की स्थिति में भी परिवर्तन आते गए। पैदा होते ही बोझ बन जाती। बालावस्था का आनन्द लेने की बजाय, बालविवाह के बंधनों में बंध जाती। जम्मू के प्रसिद्ध कवि श्री अर्श साहबाई जी की पंक्तियाँ हृदय को छू लेती हैं :-

निर्धन कन्या रो पड़ी, यह कैसा वरदान,
जिनसे मैं ब्याही गई, वो पिता समान।

पति की मृत्यु के पश्चात, उसकी चित्ता के साथ, नारी को जीवित जलाया जाता था। शत-शत मेरा उन्हें प्रणाम, स्वर्गीय श्री राजा राम मोहन राय जी को, जिन्होंने स्वयं एक पुरुष होते हुए भी नारी की भावनाओं तथा महत्त्व को समझा तथा सन 1829 ई० में इस कुप्रथा को बंद करवाया। बस फिर क्या था, नारी को भी स्वयंशक्ति का आभास हुआ। वह भी सामाजिक रूढ़िवादी बंधनों की बेड़ियों को काटकर, स्वतंत्रता महासंग्राम में कूद पड़ी।

बुँदेलों हरबोलों के मुँह हमने सुनी कहानी थी,
खूब लड़ी मरदानी वह तो झाँसी वाली रानी थी।

नारी को जिस भी क्षेत्र में अपनी योग्यता दर्शाने का सुअवसर मिला है, उसने उसी क्षेत्र में शतक लगाया है। राजनीति में, इंदिरा गाँधी, पुलिस विभाग में किरन बेदी, विछेन्द्री पाल, कल्पना चावला, सुनीता विलियमस,

सानिया मिर्ज़ा, सायना नेहवाल आदि सर्वश्रेष्ठ भूमिकायें निभा रही हैं तथा भारतवर्ष का नाम गर्व से ऊँचा कर रही हैं।

सरकार की ओर से भी, आज नारी को कई अधिकार प्राप्त हैं। जिनका लाभ नारी भी बढ़-चढ़कर उठा रही है। तथा पुरुष के कदम से कदम, कंधे से कंधा मिलाकर चल रही है। तथा अपने राष्ट्र के प्रति अपना अधिक योगदान देने में सक्षम हो रही है।

स्वयं शक्ति का आभास हो चुका है मुझको,
अब नहीं हूँ मैं डरने वाली।
मान-सम्मान के पंख लगाकर, उड़ान भर ली है मैंने,
अब नहीं हूँ मैं रूकने वाली।

■ ज़रा सोचो

नीलम देवी
बी.एड.स्पैशल ऐजुकेशन
सेमेस्टर - IV



गरीब दूर तक चलता है
खाना खाने के लिए

अमीर मीलों चलता है
खाना पचाने के लिए

किसी के पास रोटी खाने के लिए
एक वक्त की रोटी नहीं है

किसी के पास खाने के लिए
वक्त नहीं है

कोई लाचार है
इसलिए बीमार है

कोई बीमार है
इसलिए लाचार है

कोई अपनों के छोड़ देता है
रोटी छोड़ देता है

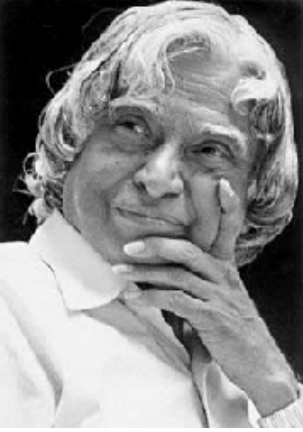
कोई रोटी के लिए
अपनों को छोड़ देता है

ये दुनिया भी कितनी निराली है कभी वक्त मिले तो सोचना



अनुपमा शिवगोत्रा
बी.एड.
सेमेस्टर - II

एक मिसाल- मिसाइल मैन ऑफ इंडिया



सफलता की गाथाएँ मत पढ़ो, उससे केवल आपको एक संदेश मिलेगा। असफलता की कहानियाँ पढ़ो उससे आपको सफल होने के विचार व सकारात्मक सोच मिलेगी।

ऐसा ही मानना था भारत के सपूत डॉ ए.पी.जे. अब्दुल कलाम का। हमारे देश के पूर्व राष्ट्रपति, महान वैज्ञानिक और शिक्षक अवुल पाकिर जैनुला अब्दीन अब्दुल कलाम किसी परिचय के बाधित नहीं हैं। नव भारत के लिए वह पूजनीय थे। अक्टूबर 15, 1931, रामेश्वरम में जन्में हमारे प्रिय कलाम साहब का बचपन अपने परिवार में एक बहन व तीन भाईयों की छत्रछाया में गुज़रा। वह बचपन से ही कर्म व परिश्रमी थे। जहाँ उन्होंने अखबार की बिक्री कर तथा माँ के कंगन बेच ज्ञान की प्राप्ति की वहीं अपने कठिन परिश्रम व दृढ़ता

से वे ऐरोस्पेस वैज्ञानिक तथा भारत के ग्यारहवें राष्ट्रपति बने। उन्होंने अपनी असफलता को अपने ऊपर हावी नहीं होने दिया और विदेश में गलत छवि के रूप में प्रस्तुत किए जाने वाले भारत के स्वर्णिम इतिहास की गरिमा को कायम रखा।

डॉ. कलाम को धन, ऐश्वर्य से कोई प्रेम नहीं था। वह कर्मयोगी व कर्मनिष्ठ थे तभी 27 जुलाई 2015 की शाम शिलॉंग के विश्वविद्यालय में छात्रों को संबोधित करते हुए उनका देहांत हुआ। उस शाम भारत ने एक अमूल्य रत्न खो दिया। आज डॉ. कलाम हमारे मध्य नहीं हैं परंतु उनकी सिखाई हुए सोच को आज का युवा वर्ग आगे बढ़ाएगा। भारत के यह 'मिसाइल मैन' पूरे विश्व के लिए आने वाली पीढ़ी के लिए एक मिसाल कायम कर के गए हैं।

माँ

रूचीका रानी
बी.एड.
सेमेस्टर - III



लेती नहीं दवाई "माँ",
जोड़े पाई-पाई "माँ"।

दूःख थे पर्वत, राई "माँ",
हारी नहीं लड़ाई "माँ"।

इस दुनियाँ में सब मैले हैं,
किस दुनियाँ से आई "माँ"।

दुनियाँ के सब रिश्ते ठंडे,
गरमागर्म रजाई "माँ"।

बाबू जी तनखा लाये बस,
लेकिन बरकत लाई "माँ"।

बाबू जी थे सख्त मगर,
माखन और मलाई "माँ"।

बाबू जी के पाँव दबा कर,
सब तीरथ हो आई "माँ"।

नाम सभी है गुड़ से मीठे,
माँ जी, मैया, माई, "माँ"।

घर में चूल्हे मत बाँटो रे,
देती रही दुहाई "माँ"।

लड़ते-लड़ते, सहते-सहते,
रह गई एक तिहाई "माँ"।

बेटी रहे ससुराल में खुश,
सब ज़ेवर दे आई "माँ"।

'माँ' से घर, घर लगता है,
घर में धुली समाई "माँ"।

बेटे की कुर्सी है ऊँची,
पर उसकी ऊँचाई "माँ"।

दर्द बड़ा हो या छोटा हो,
याद हमेशा आई "माँ"।

घर के शगुन सभी "माँ" से,
है घर की शहनाई "माँ"।

सभी पराये हो जाते हैं,
होती नहीं पराई "माँ"।



नेहा रानी
बी.एड.
सेमेस्टर-III

महिला शिक्षा

भारत में महिला साक्षरता नए ज़माने की अहम ज़रूरत है। शिक्षित महिलाएं ही देश, समाज और परिवार में खुशहाली ला सकती हैं। शिक्षित महिलाएं सिर्फ अपने बच्चे को ही नहीं बल्कि ओर कई लोगों की जिंदगी को बदल सकती हैं जो देश को विकसित करने में महत्वपूर्ण किरदार अदा कर सकते हैं अपने देश समाज एवं परिवार में खुशहाली ला सकती हैं। शिक्षा के कारण ही नारी सशक्त और आत्म निर्भर बनकर अपने व्यक्तित्व का उचित रूप से विकास कर सकती है। महिलाओं को शिक्षित बनाने का वास्तविक अर्थ है उन्हें प्रगतिशील और सभ्य बनाना।



अनेक समाज सुधारकों ने जैसे राजा राम मोहन राय, स्वामी दयानंद सरस्वती, महात्मा गाँधी के भरसक प्रयासों के कारण आज हमारे समाज में नारी शिक्षा की दिशा में लगातार प्रयास किए जा रहे हैं। आज भारत में लड़कियों के लिए अनेक विद्यालय, महाविद्यालय और विश्वविद्यालय खोले जा रहे हैं ताकि नारी भी शिक्षा ग्रहण कर सके। यह कथन बिलकुल सत्य है कि एक पुरुष को शिक्षित करना केवल एक व्यक्ति तक ही सीमित है, लेकिन एक महिला को शिक्षित करने से पूरे समाज और पूरे देश को शिक्षित किया जा सकता है। एक शिक्षित नारी अपने परिवार में बच्चों के विकास की ओर ले जा सकती है।

महिलाओं को समग्र शिक्षा मिलना उनका अधिकार है। शिक्षा ऐसी हो जो उनके भविष्य के लिए नई राह खोलती हो, साथ ही उन्हें अपने कर्तव्यों और अधिकारों का ज्ञान देती हो। भारत के विकास में महिला साक्षरता का बड़ा योगदान है। इस बात को नकारा नहीं जा सकता कि साक्षरता में वृद्धि होती आई है, भारत विकास के पद पर अग्रसर हुआ है। शिक्षा से नारी के ज्ञान में वृद्धि होने से वह अपने घर का प्रबंधन, बच्चों की पढ़ाई-लिखाई, बच्चों का पालन-पोषण सही तरीके से कर पाएगी। उसकी निर्णय क्षमता में वृद्धि होगी।

‘महिलाओं को दें शिक्षा और ज्ञान तभी बढ़ेगा देश का सम्मान’

ग्लोबल वार्मिंग

अंजली देवी
बी.एड.
सेमेस्टर-III



जैसा कि नाम से ही साफ है, ग्लोबल वार्मिंग धरती के वातावरण के तापमान में लगातार हो रही बढ़ोतरी है। हमारी धरती प्राकृतिक तौर पर सूर्य की किरणों से उष्मा (गर्मी) प्राप्त करती है। ये किरणें वायुमंडल से गुजरती हुई धरती की सतह से टकराती हैं और फिर वहीं से परिवर्तित होकर पुनः लौट जाती हैं। धरती का वायुमंडल कई गैसों से मिलकर बना है जिनमें कुछ ग्रीनहाऊस गैसों भी शामिल हैं। इनमें से अधिकांश धरती के ऊपर एक प्रकार से एक प्राकृतिक आवरण बना लेती है। यह आवरण लौटती किरणों के एक हिस्से को रोक लेता है और इस प्रकार धरती के वातावरण को गर्म बनाए रखता है। गौरतलब है कि मनुष्यों, प्राणियों और पौधों के जीवित रहने के लिए कम से कम 16 डिग्री सैल्शियस तापमान आवश्यक होता है। वैज्ञानिकों का मानना है कि ग्रीनहाऊस गैसों में बढ़ोतरी होने पर यह आवरण और भी सघन या मोटा होता जाता है। ऐसे में यह आवरण सूर्य की अधिक किरणों को रोकने लगता है और फिर यहीं से शुरू हो जाते हैं ग्लोबल वार्मिंग के दृष्टभाव।



ग्लोबल वार्मिंग के लिए सबसे ज्यादा जिम्मेदार तो मनुष्य और उसकी गतिविधियां ही हैं अपने आप को इस धरती का सबसे बुद्धिमान प्राणी समझने वाला मनुष्य अनजाने में या जानबूझकर अपने ही रहवास को खतम करने पर तुला हुआ है। मनुष्य जनित इन गतिविधियों से कार्बन डायऑक्साइड, मिथेन, नाइट्रोजन ऑक्साइड इत्यादि ग्रीनहाऊस गैसों की मात्रा में बढ़ोतरी हो रही है जिससे इन गैसों का आवरण सघन होता जा रहा है जीवाष्प ईंधन (fossil fuel) के जलने पर कार्बन डायऑक्साइड पैदा होती है जो ग्रीनहाऊस गैसों के प्रभाव को बढ़ा देती है। इसका नतीजा ग्लोबल वार्मिंग के रूप में सामने आता है। इसके लिए हमें कई प्रयास करने होंगे :

1. सभी देश आपस में संधि का पालन करें। इसके तहत 2022 तक हानिकारक गैसों के उत्सर्जन (एमिशन, धुएं) को कम करना होगा।
2. यह जिम्मेदारी केवल सरकार की नहीं है। हम सभी भी पेट्रोल, डीज़ल और बिजली का उपयोग कम करके हानिकारक गैसों को कम कर सकते हैं।
3. जंगलों की कटाई को रोकना होगा। हम सभी अधिक से अधिक पेड़ लगाएं। इससे भी ग्लोबल वार्मिंग के असर को कम किया जा सकता है।



रूचीका रानी
बी.एड.
सेमेस्टर - III

स्वच्छ भारत अभियान



स्वच्छ भारत अभियान एक राष्ट्रीय स्तर पर चलाया गया अभियान है, जो भारत सरकार द्वारा 2 अक्टूबर 2014 को आरंभ हुआ था। इस अभियान का उद्देश्य भारत के सभी शहरों और गाँवों को साफ सुथरा करना है।

यह अभियान वर्तमान प्रधानमंत्री नरेंद्र मोदी द्वारा महात्मा गांधी का स्वच्छ देश बनाने का सपना पूरा करने का एक प्रयास है। उन्होंने अपने आसपास के लोगों को स्वच्छता बनाए रखने संबंधी शिक्षा प्रदान कर राष्ट्र को एक उत्कृष्ट संदेश दिया था। इस अभियान को 2018 तक पूरा करने का संकल्प किया गया है कि जब गाँधी जी की 150वीं जयंती होगी तब इस अभियान का निर्माण पूरे भारत को जागरूक कर चुका होगा।

इस अभियान में शौचालयों का निर्माण, ग्रामीण क्षेत्रों में स्वच्छता कार्यक्रमों को बढ़ावा देना, गलियों व सड़कों की सफाई, देश के बुनियादी ढाँचे को बदलना आदि शामिल है। इस मिशन के उद्घाटन पर लगभग 30 लाख स्कूल और कॉलेज के छात्रों और सरकारी कर्मचारियों ने बढ़-चढ़ कर हिस्सा लिया जिसकी शुरुआत प्रधानमंत्री ने खुद सड़क साफ कर के की। मोदी जी ने नौ बड़ी हस्तियों के नाम धोषित किये जिन्हें लोगों को इस अभियान के लिए प्रेरित करने की ज़िम्मेदारी दी गई।

भारत में स्वच्छ भारत अभियान लगातार चलाने की आवश्यकता है। जब तक कि लक्ष्य प्राप्त न हो जाये। भारत के लोगों के लिए यह बहुत ही आवश्यक है कि वह भावनात्मक, शारीरिक, मानसिक, सामाजिक और बौद्धिक रूप से अच्छा महसूस करें।

भारत में खुले शौच को खत्म करना और साथ ही हर किसी को शौचालय सुविधा उपलब्ध कराना वास्तव में बहुत ही आवश्यक है।

भारतीय लोगों में व्यवहारिक बदलाव लाने के लिए हर व्यक्ति को स्वच्छता के तरीकों का अभ्यास करवाया जाना चाहिए। इसका उद्देश्य ग्रामीण क्षेत्रों में आम जनता के रहने के लिए वैश्रिक जागरूकता पैदा करना है और इसे सार्वजनिक स्वास्थ्य से जोड़ने के लिए जागरूक करना है।

भूलना मत

मोनिका कुमारी
बी.एड.स्पेशल ऐजुकेशन
सेमेस्टर - III



दिया जन्म माँ ने, पिता ने भरोसा दिया।
अपने हिस्से का भी तुमको खिलाकर बड़ा किया।
अब तुम्हारी बारी है, देखो, दिल न इनका तोड़ना।
सब कुछ भूल जाना, पर, माता-पिता को न भूलना।



फूल बिछाए इन्होंने स्नेह के तुम्हारी राह में,
अनजाने में भी आँसू आने न पाए इनकी निगाह में,
पवित्र माँ का दिल कठोर बनकर न तोड़ना।
इनके स्नेहामृत का बदला जहर उगल कर न देना,
सब कुछ भूल जाना पर माता-पिता को न भूलना।

दौलत की दुनिया है, दौलत से दुनिया में सब पाना,
पर माता-पिता के स्नेह को दौलत से नहीं तोलना,
माता-पिता का स्नेह तुम्हारी सच्ची दौलत है।
स्नेह की दौलत के सामने लाखों की दौलत खाक की,
मेरी इस बात को मित्रों नहीं तुम भूलना।
सब कुछ भूल जाना पर माता-पिता को न भूलना।





नाम-सीमा शर्मा
कक्षा - बी.एड.
सेमेस्टर - IV

मेरा महाविद्यालय

मायर कॉलेज एक महान शिक्षाकेन्द्र है। इस कॉलेज (महाविद्यालय) का नाम जम्मू-कश्मीर के सभी महाविद्यालयों में अपना एक विशिष्ट स्थान रखता है। यह महाविद्यालय जम्मू के बी.सी रोड पर स्थित है। इस महाविद्यालय की नींव सन् 1936 में एच.एल गुप्ता द्वारा रखी गई थी। एच.एल गुप्ता एक महान हस्ती थे जो कि आज हमारे बीच उपस्थित नहीं हैं। परन्तु उनकी इस नींव को आगे चलकर उनके सुपुत्र श्री अरूण कुमार गुप्ता जी ने बड़ी ही लगन से इस महाविद्यालय का नाम ऊँचे शिखर तक पहुँचाया। उनके साथ उनकी धर्म पत्नी श्रीमती रेणु गुप्ता जी ने भी अपना बड़ा सहयोग दिया।

इस महाविद्यालय से शिक्षा प्राप्त किये हुए छात्र आज बहुत तरक्की कर रहे हैं और कुछ तो ऊँचे से ऊँचे पद पर सम्मान प्राप्त कर रहे हैं। यहाँ सिर्फ शिक्षा ही नहीं दी जाती बल्कि छात्रों का चहुँमुखी विकास किया जाता है। इस महाविद्यालय से शिक्षा लेने के लिए हर व्यक्ति पंक्ति में खड़ा है। मायर महाविद्यालय के अध्यापक भी अपनी जी-जान से इस का नाम आगे बढ़ा रहे हैं। यहाँ पर कई प्रकार की गतिविधियाँ होती हैं जो बच्चे (छात्रों) को आगे बढ़ाकर भाग लेने के लिए प्रोत्साहित करती हैं।

मैं इस कॉलेज की छात्रा हूँ जो दो वर्षों से यहाँ पर शिक्षा ग्रहण कर रही हूँ। अब समय आ गया है इस कॉलेज से विदा लेने का और मैं अपना अनुभव बताना चाहती थी कि मैंने इस महाविद्यालय में दो वर्ष की यात्रा बड़ी प्रेमपूर्वक और सहजता से की। मैंने इस महाविद्यालय से शिक्षा ग्रहण करते हुए आपसी सद्भावना, सौहार्द्रता, शिक्षा का वर्चस्व रूप, तकनीकी शिक्षा का अद्भुत रूप तथा अध्यापकों का सहयोग प्राप्त किया, जिसे पाकर मैं स्वयं को गौरवान्वित अनुभव करती हूँ। मुझे गर्व है कि मैं मायर महाविद्यालय की छात्रा हूँ।

GROUP PHOTOGRAPHS

GROUP PHOTOGRAPHS



B.Ed. Students (Section-A) Session 2015-17

(L to R)

- 1st Row :** *Dr. Bharti Tandon, Mr. Mulkh Raj, Mr. B. L. Bhat, Dr. N. R. Sharma, Dr. Adit Gupta (Director), Dr. Arun K. Gupta (Chairperson), Dr. Renu Gupta (Vice Chairperson & Principal), Dr. Annie Kaul, Mrs. Angela Gadroo, Mrs. Poonam Soni, Dr. H. R. Shan, Mrs. Kusum Tikka.*
- 2nd Row:** *Mrs. Meena Koul, Mrs. Suman Devi, Mrs. Monika Rathore, Mrs. Rohini Sharma, Mrs. Auditi Malhotra, Mr. Suneel Bhat, Mrs. Arpana Koul, Mrs. Suman Gupta, Ms. Poonam Attri, Dr. Monika Bajaj, Dr. Reeta Dwivedi, Mrs. Komal Sharma, Mr. Pranav Gandotra.*
- 3rd Row :** *Salma Bano, Divya Jamwal, Sonam Kapoor, Kajal Gupta, Jyoti Devi, Lipi Bhujabal, Ruchi Yadav, Rajni Devi, Usha Kumari, Anjali Jamwal, Rupali Dogra, Maryam Khatoon, Ayesha Ahemed, Asha Devi.*
- 4th Row:** *Ruhi Vaid Mehra, Sandeep Kour, Neha Mangotra, Bhawna Sharma, Samiksha Gupta, Tania Gupta, Kajal Abrol, Seema Sharma, Punam, Monica Gill, Meenakshi Sharma, Asha Birdi, Minakshi Devi Sharma, Baby Devi, Heena Jamwal.*
- 5th Row :** *Rohit Sharma, Divyajyot Oberoi, Sabha Khatoon, Usha Devi, Ritima Manhas, Gagan Preet Kour, Sonakshi Sharma, Megha Sharma, Arpit Raina, Preeti Sharma, Baljeet Kour, Suneet Kour, Pallavi Vij, Behari Lal.*



B.Ed. Students (Section-B) Session 2015-17

(L to R)

- 1st Row:** *Dr. Bharti Tandon, Mr. Mulkh Raj, Mr. B. L. Bhat, Dr. N. R. Sharma, Dr. Adit Gupta (Director), Dr. Arun K. Gupta (Chairperson), Dr. Renu Gupta (Vice Chairperson & Principal), Dr. Annie Kaul, Mrs. Angela Gadroo, Mrs. Poonam Soni, Dr. H. R. Shan, Mrs. Kusum Tikku.*
- 2nd Row:** *Mrs. Meena Koul, Mrs. Suman Devi, Mrs. Monika Rathore, Mrs. Rohini Sharma, Mrs. Auditi Malhotra, Mr. Suneel Bhat, Mrs. Arpana Koul, Mrs. Suman Gupta, Ms. Poonam Attri, Dr. Monika Bajaj, Dr. Reeta Dwivedi, Mrs. Komal Sharma, Mr. Pranay Gandotra.*
- 3rd Row :** *Sonali Manhas, Roma Jamwal, Anju Devi, Diksha Sharma, Vishally Sharma, Meenakshi Sharma, Meera, Meenu, Ragni Sharma, Stenzin Youlo, Jigmet Padma, Vandana Bhagat, Bhawna Sharma.*
- 4th Row:** *Ruksana Akhter, Irfana Chowdhary, Tamiya Khorana, Pooja Sharma, Kajal Kiran Dalia, Nazia Akhter, Tania, Bawana Bhat, Puja Laxmi, Sweety Kumari, Neha Kumari, Sabita, Nishu Verma*
- 5th Row:** *Liaquat Ali, Deepak Salgotra, Amiya Vishavkarma, Lakshita Pandoh, Heena Verma, Sumegha Sharma, Summera Choudhary, Lalita Devi, Rajani Choudhary, Antima, Sapna Rani, Anu Vishal Dabgotra, Tashi, Pawan, Sham Singh Bhatu.*



B.Ed. Special Education (ID) Students Session 2015-17

(L to R)

1st Row : Mrs Angela Gaddoo, Mr. Mulkh Raj, Mr. B.L. Bhat, Dr. N.R. Sharma, Dr. Adit Gupta (Director), Dr. Arun K. Gupta (Chairperson), Dr. Renu Gupta (Vice Chairperson & Principal), Mrs. Rohini Sharma, Dr. Bharti Tandon, Mrs. Harika Singh, Dr. H.R. Shan, Mr. Pranav Gandotra.

2nd Row: Mr. Suneel Bhat, Mrs. Suman Devi, Mrs. Meena Koul, Mrs. Suman Gupta, Mrs. Arpana Koul, Dr. Monika Bajaj, Ms. Poonam Attri

3rd Row: Mohinder-Kumar, Priyanka Thakur, Disha Kumari, Renu Kundal, Aisha Afreen Mir, Manisha Goswami.



M.Ed. Students Session 2015-17

- (L to R)
- 1st Row :** Mr. Mulkh Raj, Mr. B.L. Bhat, Dr. H.R. Shan, Dr. N.R. Sharma, Dr. Adit Gupta (Director), Dr. Arun K. Gupta (Chairperson), Dr. Renu Gupta (Vice Chairperson & Principal), Dr. B.L. Raina, Mrs. Kusum Tiku, Dr. Bindu Dua, Dr. Mool Raj Sharma, Mr. Pranav Gandotra.
- 2nd Row :** Dr. Reeta Dwivedi, Ms. Neha Sharma, Ms. Poonam Attri, Dr. Monika Bajaj, Mr. Naveen Gupta
- 3rd Row :** Reema Koul, Neha Malhotra, Poonam Pawar, Maneesha, Komal Manhas, Rama Manhas, Rajni Sharma, Enu Sharma, Sonika Manhas, Madhuri Jasrotia, Savita Manhas
- 4th Row :** Kusum Lata Bhagat, Meenu Atri, Anamica Chib, Anita Raina, Monika Yadav, Yavika Sharma, Swarnilata, Akankhya Sharma, Sapna Choudhary
- 5th Row :** Rekha Rani, Madhu Choudhary, Deepika, Monika Sambyal, Shilpa Puri, Mandeep Kour, Shivani, Saima Younus, Rohit Sharma

College Activities

COLLEGE ACTIVITIES

College

ANNUAL PRIZE DISTRIBUTION FUNCTION



Best Student Award being presented to Ms. Enu Sharma & Rohit Sharma (M.Ed.), Ms. Divya Jyot Oberoi (B.Ed.) and Mr. Mohinder Kumar (B.Ed. Special Education) of the college



Best Dancer Award
Ms. Lakshita (B.Ed.)



Best Dramatist Award
Mr. Deepak (B.Ed.)



Best Debater Award
Ms. Enu Sharma (B.Ed.)



Award for 100% Attendance



Best NSS Volunteer
Ms. Ragini (B.Ed.)



Awardees of various categories
posing for a group photograph

CO-CURRICULAR ACTIVITIES



Students performing on the Foundation Day



Energetic trainees aiming the ball in the basket



A skit being performed by the students during Alumni Meet



Inter-Section Badminton Match in progress



A view of the Freshers Party



Display of Strength during Tug-of-War Competition



Students creating awareness on women issues during Inter- College Nukkad Natak Competition



Trainees showing their competitive spirit during Volley Ball Match

ENVIRONMENT UNIT



Trainees Participating in the Swachh Bharat Abhiyan



Tree Plantation Drive on World Environment Day



Participating in National Environment Awareness Campaign



Creating Awareness on Waste Management through a Rally

NSS UNIT



Students showing their Creativity during a Rangoli Making Competition



Disaster Management Awareness Programme



Guest Lecture for NSS Volunteers



A Yoga Session in Progress

EXTENTION UNIT



Medical Camp organised by the Extension unit for the slum dwellers



Sensitization Programme on social issues being organised in a village



A Nukkad Natak being Presented by the Students in the village 'Bhatiyari' adopted by the college



Creating Awareness on Alcoholism and Drug Abuse

OTHER ACTIVITIES



A view of the Teaching Aids Exhibition



Orientation on Google Classroom



A Trainee Participating in the 'I-Survive' Adventure Camp



Trainees visiting a Rehabilitation Centre

STUDENT ACHIEVERS



Winners of various competitions being felicitated at the Annual Prize Distribution Function



Winners of Dance Competition organised by the Department of Information and Public Relations on the Independence Day



Ms. Enu Sharma bagged 2nd prize in an inter-college symposium organized at N.S.M College of Education, Jammu



Ms Heena Jamwal and Ms Jigmet Padma jointly clinched 2nd prize in inter-college slogan writing and poster making competition organized by K.C College of Education.



Ms. Heena Verma and Ms. Shivani clinched 1st and 2nd prize in all India essay writing competition by organised by Shri Ram Chandra Mission.



Winners of inter college Nukkad Natak receiving trophy from the eminent theatre personality Padamshree Balwant Thakur



Winners in Drama, Debate and Dance Competitions in "Cultural Fest-Resurgence-2017" organised at SMVDU, Katra

श्रेष्ठ

*Where Education, Research, Training,
Social Welfare and New Technologies Join
Hands Today for a Better Tomorrow...*



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