



**GOVERNMENT COLLEGE OF EDUCATION  
SECTOR 20-D, CHANDIGARH  
NAAC ACCREDITED GRADE 'A'**



**3rd Cycle  
Assessment and Accreditation by NAAC  
CRITERION-II  
TEACHING LEARNING AND EVALUATION**

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20D, CHANDIGARH

1. TALENT HUNT PROGRAMME (SEP 28, 2022)

S.No.	Roll No.	Class	Name	Item	Position
1	243	B.Ed Iyr	Abhilash	Patrotic Song	Ist
2	244	B.Ed Iyr	Shivam Tha	Self Composed Poem	Ist
3	261	B.Ed Iyr	Savitaj Kaur	Poem (Bhagat Singh)	Ist
4	224	B.Ed Iyr	Diksha	Bollywood Song & Dance	Ist
5	246	B.Ed Iyr	Isha Duggal	Poem	Ist
6	226	B.Ed Iyr	Divya	Mixed Expressions	Ist
7	213	B.Ed Iyr	Pooja Pandey	Anchoring	Ist
8	919	B.Ed Iyr	Gursimran Kaur	Punjabi Dance	Ist
9	267	B.Ed Iyr	Akshita	Haryanvi Dance	Ist
10	257	B.Ed Iyr	Kesang Dolma	Folk Dance	Ist

2. MUSIC COMPETITION (03.10.2022)

Bhajan/Shabad (Solo)

Sr. No.	Name of Student	Roll No	Class	Position
1.	Diksha	224	B.Ed Iyr	Ist


Folk Song (Solo)

Sr. No.	Name of Student	Roll No	Class	Position
1.	Diksha	224	B.Ed Iyr	Ist

Geet/Ghazal (Solo)

Sr. No.	Name of Student	Roll No	Class	Position
1.	Abhilash	243	B.Ed Iyr	Ist

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3. Intra Collage Debate Competition (21/10/2022)

S.No	Roll No.	Class	Name	Position
1	262	B.Ed Iyr	Samridhi	1st
2	228	B.Ed Iyr	Maninder	2nd
3	237	B.Ed Iyr	Vandana	3rd

4 RED RIBBION CLUB

Intra College Quiz Competition (10/10/22)

S.No	Roll No.	Class	Name	Position
1	218	B.Ed Iyr	Nitish Kumar Jha	1st
2	246	B.Ed Iyr	Isha Duggal	2nd
3	273	B.Ed Iyr	Tripti	3rd

5. RED RIBBION CLUB (26/11/2022)

Theme: AIDS AWARENESS

Poster Making Competition

S.No	Roll No.	Name	Position
1	245	Anmol Jaswal	1st
2	252	Kriti Shukla	2nd
3	290	Amulya	3 <sup>rd</sup>
4.	285	Shama	3 <sup>rd</sup>

Slogan Writing Competition

S.No	Roll No.	Name	Position
1	309	Anshu Rani	1st
2	246	Isha Duggal,	2nd
3	272	Reena	2nd
4.	253	Kajal Rathour	3rd

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**Cartoon Making Competition**

S.No	Roll No.	Name	Position
1	248	Rankita Kumari	1st
2	284	Arshdeep Kaur	2nd
3	269	Aanchal Pathania	3rd

**Tattoo Designing Competition**

S.No	Roll No.	Name	Position
1	217	Anjali Rana	1st

**6. INTRA COLLEGE FINE ARTS COMPETITIONS MARCH 2022**

**DEPARTMENT OF FINE ARTS Date: 01-12-2022**

**Event 1: Poster Making**

Sr.No.	Position	Name of Student	Roll No.	Class
1	1st	Amrinder Kaur	258	B.Ed Semester 1
2	2nd	Kriti Shukla	252	B.Ed Semester 1
		Neeraj Sharma	303	B.Ed Semester 1
3	3rd	Rankita Kumari	248	B.Ed Semester 1
4	Consolation	Anjali	201	B.Ed Semester 1

**Event 2: Mehendi Designing & Application**

Sr.No.	Position	Name of Student	Roll No.	Class
1	1st	Anjali Rana	217	B.Ed Semester 1
2	2nd	Radha	235	B.Ed Semester 1
3	3rd	Rajeshwari Patel	911	PGDGC
4	Consolation Prize	Sachi Sudhir	239	B.Ed Semester 1

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**Event 3: On the spot: Landscape Painting**

Sr.No.	Position	Name of Student	Roll No.	Class
1	1st	Anmol Jaswal	245	B.Ed Semester 1

**Event 4: Book Cover**

Sr.No.	Position	Name of Student	Roll No.	Class
1	1st	Samiksha Singh	221	B.Ed Semester 1
2	2nd	Jasleen	241	B.Ed Semester 1
3	3rd	Amulya	299	B.Ed Semester 1

**Event 5: Rangoli**

Sr.No.	Position	Name of Student	Roll No.	Class/Section
1	1st	Amisha	266	B.Ed Semester 1

**Event 6: Clay Modelling**

Sr.No.	Position	Name of Student	Roll No.	Class
1	1st	Suhani Sharma	290	B.Ed Semester 1
2	2nd	Amisha	266	B.Ed Semester 1
3	3rd	Vandana	237	B.Ed Semester 1

**Event 7: Collage Making**

Sr.No.	Position	Name of Student	Roll No.	Class/Section
1	1st	Simrandeep Kaur	310	B.Ed Semester 1

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7. Salad Making Competition (1.12.2022)

Sr. No.	Position	Name	Roll No.	Class
1	1st	Prakriti Bansal	274	B.Ed 1st (Sec - b)
	1st	Meghn Duhan	291	B.Ed 1st (Sec - A)
2	2nd	Renu	227	B.Ed 1st (Sec - A)
3	3rd	Bhupinder Kaur	307	B.Ed 1st (Sec - A)
4	Consolation	Navjot Kaur	283	B.Ed 1st (Sec - A)

8. Flower Arrangement Competition (1.12.2022)

Sr.No.	Code	Position	Name	Roll No.	Class
1.	B	1st	Kamini	71	B.Ed IInd Year (Sec- A)

9. Mathematics Quiz "The Mathletes" (22.12.2022)

Sr.No.	Position	Name of Student	Roll No.	Class
1	1st	Chakshita Thukral	233	B.Ed Semester 1
		Vandana	237	
		Rankita Kumari	248	
2	2nd	Kusum Lata	264	B.Ed Semester 1
		Ruhina	232	
		Bhupinder	307	
3	3rd	Shachi Sudhir	239	B.Ed Semester 1
		Kajal	253	
		Radha	235	

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10. POEM RECITATION COMPETITION (Electoral Literacy Club)(25-01-2023)

Sr. No.	Name	Roll No.	Class	Prize
1	Shivam Jha	244	B.Ed.1	1st
2	Yashika Sharma	04	B.Ed.2	2nd
3	Ritika	110	B.Ed.2	3rd

11. BOOKMARK COMPETITION (Electoral Literacy Club)(25-02-2023)

Sr. No.	Name	Roll No.	Class	Prize
1.	Sheron	32	B.Ed.2	1st
2.	Amrit Kaur	288	B.Ed.1	2nd
3.	Renu	227	B.Ed.1	3rd
4.	Nidhi Gupta	36	B.Ed.2	Consolation
5.	Samiksha Singh	221	B.Ed.1	Consolation

12.

Rangoli Competition (E. L. C) :- 25 -01- 2023

Sr. No	Name	Roll. No	Class	Position
1	Amisha Chigal	266	B. Ed 1st year	1st

13. INTRA COLLEGE ANTAKSHARI COMPETITION (10-02-2023)

Sr. No.	Name	Roll No.	Class	Prize
1.	Tanuja Upreti	76	B.Ed.2	1st
2.	Sujata	62	B.Ed.2	1st
3.	Kavita	68	B.Ed.2	1st
4.	Manisha	66	B.Ed.2	2nd
5.	Deepa	98	B.Ed.2	2nd
6.	Sonam	18	B.Ed.2	2nd

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14. PARIJAT ECO-CLUB (21<sup>st</sup> March 2023)

Results of Essay Writing Competition World Forestry Day (Theme: Forests and Health)  
English Language

Sr. No	Name	Roll No	Class	Position
1	Ruby Kumari	95	B.Ed. Sem IV	1st
2	Neeraj Sharma	303	B.Ed. Sem II	2nd
3	Meera	78	B.Ed. Sem IV	3rd

Punjabi Language

Sr. No	Name	Roll No	Class	Position
1	Amandeep Kaur	17	B.Ed. Sem II	1st
2	Navjot Kaur	283	B.Ed. Sem II	2nd
3	Komal	234	B.Ed. Sem II	3rd

Hindi Language

Sr. No	Name	Roll No	Class	Position
1	Saroj Kumari	105	B.Ed. Sem IV	1st

15. Library Related Competitions held on 27.03.2023

Poster Making

Sr. No.	Name	Roll No.	Class	Prize
1.	Rajeswari	911	PGDGC	1st
2.	Monika	75	B.Ed.2	2nd
3.	Meera	78	B.Ed.2	3rd
4.	Kriti Shukla	252	B.Ed.1	3rd
5.	Parash Sharma	207	B.Ed.1	Consolation

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Book Mark Making

Sr. No.	Name	Roll No.	Class	Prize
1.	Nidhi Gupta	36	B.Ed 2	1st
2.	Sheron	32	B.Ed.2	2nd
3.	Navpreet	292	B.Ed.1	2nd
4.	Meera	78	B.Ed.2	3rd
5.	Ritika	110	B.Ed.2	Consolation

16 QUIZ COMPETITIONS (G20)

28<sup>TH</sup> MARCH 2023

Sr. No.	Name of student	Roll no.	Class	Position
1	Tanuja Upreti	76	B.Ed. Sem 4	1 <sup>st</sup>
2	Sonu	223	B.Ed. Sem2	2 <sup>nd</sup>
3	Vandana	237	B.Ed. Sem 2	3 <sup>rd</sup>

17. SLOGAN WRITING COMPETITION (G20)

31<sup>TH</sup> MARCH 2023

Sr. No.	Name of student	Roll no.	Class	Position
1	Meera	78	B.Ed. Sem 4	1 <sup>st</sup>
2	Amisha	08	B.Ed. Sem 4	2 <sup>nd</sup>
3	Sheron	32	B.Ed Sem 4	3 <sup>rd</sup>

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18. AAHAR KRANTI MILLET RECEIPE COMPETITION (G20)

20<sup>TH</sup> FEBRUARY 2023

Sr. No.	Name of student	Roll no.	Class	Position
1	Kamini	71	B.Ed. Sem 4	1 <sup>st</sup>
2	Raveena gill	70	B.Ed. Sem 4	2 <sup>nd</sup>
3	Navjot kaur	283	B.Ed Sem 2	3 <sup>rd</sup>
4	Komal maurya	50	B.Ed. Sem 4	CONSOLATION

19. RESULTS OF HOUSE TESTS

(i) M.Ed 2<sup>nd</sup> Year

Rank	Name	Roll No.	Marks
1 <sup>st</sup>	Anjali Kumari	710	200
2 <sup>nd</sup>	Sawati Sharma	705	191
3 <sup>rd</sup>	Abha Jain	711	189

(ii) B.Ed 2<sup>nd</sup> Year

Rank	Name	Roll No.	Marks
1 <sup>st</sup>	Poonam Kumari Sharma	11	253
2 <sup>nd</sup>	Ameesha Verma	43	250
3 <sup>rd</sup>	Ankita Ranout	81	248

(iii) PGDG&C

Rank	Name	Roll No.	Marks
1 <sup>st</sup>	Bharti Sharma	921	117
2 <sup>nd</sup>	Rajeshwari Patel	911	116
3 <sup>rd</sup>	Ritiz Kumar	916	111

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20. P. G. D.G & C. (2018-2019), Final Exam, Panjab University, Chandigarh


S.No	Name	Roll No.	Percentage	POSITION
1.	Agamjot Kaur	32201	85%	1 <sup>st</sup>
2.	Mandeep Kaur	32207	79.83%	2nd
3.	Goury Aggrwal	32204	76.3%	3rd
4.	Navdeep Singh	32208	76.3%	3rd

21. P. G. D.G & C. (2021-2022), Final Exam, Panjab University, Chandigarh

S.No	Name	Roll No.	Percentage	POSITION
1.	Vanshika Sachdeva	33051	82.33%	1 <sup>st</sup>
2.	ShikshaKakkar	33050	81.66%	2 <sup>nd</sup>
3.	Rati Sharma	33048	80.66%	3rd

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# NSS PRIZE WINNERS (I)

Result of Sports Games played during the 7 days special NSS Camp by Boys

## 1. Ludo

Sr. No.	Name	Class and Roll No.	Position
1	Aparajit Thaapar	B.Ed. 2 <sup>nd</sup> year, 35	1 <sup>st</sup>
2	Lovish	B.Ed. 1 <sup>st</sup> year, 208	2 <sup>nd</sup>
3	Tenzin Khedup	B.Ed 2 <sup>nd</sup> year, 28	3 <sup>rd</sup>

## 2. Carrom Board

Sr. No.	Name	Class and Roll No.	Position
1	Ritiz Kumar	P.G.D.G.&C. ,	1 <sup>st</sup>
2	Aparajit Thaapar	B.Ed. 2 <sup>nd</sup> year, 35	2 <sup>nd</sup>

## 3. Snake and Ladder

Sr. No.	Name	Class and Roll No.	Position
1	Lovish	B.Ed. 1 <sup>st</sup> year , 208	1 <sup>st</sup>
2	Ritiz Kumar	PGDG&C	2 <sup>nd</sup>
3	Sourabh	B.Ed 1 <sup>st</sup> year, 209	3 <sup>rd</sup>

## 4. Chess

Sr. No.	Name	Class and Roll No.	Position
1	Tenzin Khedup	B.Ed 2 <sup>nd</sup> year, 28	1 <sup>st</sup>
2	Stanzin Sonam	B.Ed. 2 <sup>nd</sup> year , 37	2 <sup>nd</sup>

## 5. Skipping

Sr. No.	Name	Class and Roll No.	Position
1	Stanzin Sonam	B.Ed. 2 <sup>nd</sup> year , 37	1 <sup>st</sup>
2	Aparajit Thaapar	B.Ed. 2 <sup>nd</sup> year , 35	2 <sup>nd</sup>

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6. Table Tennis

Sr. No.	Name	Class and Roll No.	Position
1	Ritiz Kumar	B.Ed. 1 <sup>st</sup> year , 37	1 <sup>st</sup>
2	Tenzin Khedup	B.Ed. 2 <sup>nd</sup> year , 28	2 <sup>nd</sup>

7. Badminton

Sr. No.	Name	Class and Roll No.	Position
1	Sourabh	B.Ed 1 <sup>st</sup> year, 209	1 <sup>st</sup>
2	Stanzin	B.Ed 2 <sup>nd</sup> year, 37	2 <sup>nd</sup>

8. Basketball

Winner Team

Sr. No.	Name	Class and Roll No.	Position
1	Stanzin sonam	B.Ed 2 <sup>nd</sup> year, 37	1 <sup>st</sup>
2	Sourabh	B.Ed 1 <sup>st</sup> year, 209	1 <sup>st</sup>
3	Aparajit Thapaar	B.Ed 2 <sup>nd</sup> year, 35	1 <sup>st</sup>
4	Tenzin Khedup	B.Ed 2 <sup>nd</sup> year, 28	1 <sup>st</sup>
5	Ritiz Kumar	B.Ed 2 <sup>nd</sup> year, 916	1 <sup>st</sup>

Result of Sports Games played during the 7 days special NSS Camp by Girls

1. Ludo

Sr. No.	Name	Class and Roll No.	Position
1	Garima	B.Ed. 1 <sup>st</sup> year, 206	1 <sup>st</sup>
2	Nandini	B.Ed. 2 <sup>nd</sup> year, 53	2 <sup>nd</sup>
3	Rupanshi	B.Ed. 1 <sup>st</sup> year, 205	3 <sup>rd</sup>

2. Carrom Board

Sr. No.	Name	Class and Roll No.	Position
1	Pooja Devi	B.Ed. 2 <sup>nd</sup> year, 63	1 <sup>st</sup>
2	Kajal Rathour	B.Ed. 1 <sup>st</sup> year, 253	2 <sup>nd</sup>
3	Varsha Bhatti	B.Ed. 1 <sup>st</sup> year, 236	3 <sup>rd</sup>

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3. Snake and Ladder

Sr. No.	Name	Class and Roll No.	Position
1	Kajal Rathour	B.Ed. 1 <sup>st</sup> year, 253	1 <sup>st</sup>
2	Himani	B.Ed. 1 <sup>st</sup> , 297	2 <sup>nd</sup>
3	Poonam Rani	B.Ed. 2 <sup>nd</sup> year, 113	3 <sup>rd</sup>

4. Chess

Sr. No.	Name	Class and Roll No.	Position
1	Garima	B.Ed. 1 <sup>st</sup> year, 206	1 <sup>st</sup>
2	Rupanshi	B.Ed. 1 <sup>st</sup> year, 205	2 <sup>nd</sup>
3	Kajal Rathour	B.Ed. 1 <sup>st</sup> year, 253	3 <sup>rd</sup>

5. Badminton

Sr. No.	Name	Class and Roll No.	Position
1	Sarika	B.Ed 2 <sup>nd</sup> year, 12	1 <sup>st</sup>
2	Nandini	B.Ed 2 <sup>nd</sup> year, 53	2 <sup>nd</sup>
3	Anjali Rana	B.Ed 1 <sup>st</sup> year, 217	3 <sup>rd</sup>

6 Slogan Writing Competition (Mix)

Theme: Fit India

Sr. No.	Name	Class and Roll No.	Position
1	Rupanshi	B.Ed. 1 <sup>st</sup> year, 205	1 <sup>st</sup>
2	Rajeshwari	PGDG&C, 911	2 <sup>nd</sup>
3	Anshu Rani Anmol Jaiswal	B.Ed. 1 <sup>st</sup> year, 309 B.Ed. 1 <sup>st</sup> year, 245	3 <sup>rd</sup>

7. Theme: National Unity Day (mix)

Sr. No.	Name	Class and Roll No.	Position
1	Amrinder Kaur	B.ed 1 <sup>st</sup> year, 258	1 <sup>st</sup>
2	Priyanka Rani	B.Ed. 1 <sup>st</sup> year, 100	2 <sup>nd</sup>
3	Surabhi Thakur Saroj	B.Ed 1 <sup>st</sup> year, 304 B.Ed 1 <sup>st</sup> year, 105	3 <sup>rd</sup>

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8Cricket(mix)

Winning Team : Team A

Sr. No.	NAME	Class	Roll no.
1	Ravinder Kumar	B.Ed 1 <sup>st</sup> year	255
2	Mamta Sharma	B.Ed 2 <sup>nd</sup> year	119
3	Jasmine Grover	B.Ed 1 <sup>st</sup> year	226
4	Bhupinder	B.Ed 1 <sup>st</sup> year	307
5	Isha Duggal	B.Ed 1 <sup>st</sup> year	246
6	Nitish Kumar Jha	B.Ed 1 <sup>st</sup> year	218
7	Rupanshi	B.Ed 1 <sup>st</sup> year	205
8	Poonam Rani	B.Ed 2 <sup>nd</sup> year	113
9	Nandani	B.Ed 1 <sup>st</sup> year	53
10	Anshu Rani	B.Ed 1 <sup>st</sup> year	309

9. Antakshri(mix)

1st Place : Team C

Sr. No.	Name	Class	Roll No.
1.	Mamta Sharma	B.Ed 2nd year	119
2.	Sheron	B.Ed 2nd year	32
3.	Poonam Rani	B.Ed 2nd year	113
4.	Nandini	B.Ed 2nd year	53
5.	Simran	B.Ed 2nd year	46
6.	Manisha	B.Ed 2nd year	104

2<sup>nd</sup> Place : Team A

Sr. No.	Name	Class	Roll No.
1.	Ruhina	B.Ed 1 <sup>st</sup> year	232
2.	Parul	B.Ed 1 <sup>st</sup> year	240
3.	Gaurav	B.Ed 1 <sup>st</sup> year	238
4.	Priti Kumar	B.Ed 1 <sup>st</sup> year	280
5.	Jyoti	B.Ed 1 <sup>st</sup> year	312
6.	Pooja Pandey	B.Ed 1 <sup>st</sup> year	213

3<sup>rd</sup> Place: Team D

Sr. No.	Name	Class	Roll No.
1.	Deeti	B.Ed 2nd year	102
2.	Saloni	B.Ed 1 <sup>st</sup> year	230
3.	Anshula	B.Ed 1 <sup>st</sup> year	222
4.	Rupanshi	B.Ed 1 <sup>st</sup> year	205
5.	Priyanka	B.Ed 2nd year	100
6.	Deepa	B.Ed 2nd year	98

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8Cricket(mix)

Winning Team : Team A

Sr. No.	NAME	Class	Roll no.
1	Ravinder Kumar	B.Ed 1 <sup>st</sup> year	255
2	Mamta Sharma	B.Ed 2 <sup>nd</sup> year	119
3	Jasmine Grover	B.Ed 1 <sup>st</sup> year	226
4	Bhupinder	B.Ed 1 <sup>st</sup> year	307
5	Isha Duggal	B.Ed 1 <sup>st</sup> year	246
6	Nitish Kumar Jha	B.Ed 1 <sup>st</sup> year	218
7	Rupanshi	B.Ed 1 <sup>st</sup> year	205
8	Poonam Rani	B.Ed 2 <sup>nd</sup> year	113
9	Nandani	B.Ed 1 <sup>st</sup> year	53
10	Anshu Rani	B.Ed 1 <sup>st</sup> year	309

9. Antakshri(mix)

1st Place : Team C

Sr. No.	Name	Class	Roll No.
1.	Mamta Sharma	B.Ed 2nd year	119
2.	Sheron	B.Ed 2nd year	32
3.	Poonam Rani	B.Ed 2nd year	113
4.	Nandini	B.Ed 2nd year	53
5.	Simran	B.Ed 2nd year	46
6.	Manisha	B.Ed 2nd year	104

2<sup>nd</sup> Place : Team A

Sr. No.	Name	Class	Roll No.
1.	Ruhina	B.Ed 1 <sup>st</sup> year	232
2.	Parul	B.Ed 1 <sup>st</sup> year	240
3.	Gaurav	B.Ed 1 <sup>st</sup> year	238
4.	Priti Kumar	B.Ed 1 <sup>st</sup> year	280
5.	Jyoti	B.Ed 1 <sup>st</sup> year	312
6.	Pooja Pandey	B.Ed 1 <sup>st</sup> year	213

3<sup>rd</sup> Place: Team D

Sr. No.	Name	Class	Roll No.
1.	Deeti	B.Ed 2nd year	102
2.	Saloni	B.Ed 1 <sup>st</sup> year	230
3.	Anshula	B.Ed 1 <sup>st</sup> year	222
4.	Rupanshi	B.Ed 1 <sup>st</sup> year	205
5.	Priyanka	B.Ed 2nd year	100
6.	Deepa	B.Ed 2nd year	98

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# NSS PRIZE WINNERS (II)

NSS CELL (Anti-Cracker Campaign 17th Oct to 20th Oct 2022)

1. Results of Poster Making Competition (17th October 2022)

"Green Diwali-Swachh Diwali"

Sr.No.	Name of Student	Roll No	Class	Event	Position
1	Amrinder Kaur	258	B.Ed Sem I	Poster Making	1st
2	Rajeshwari	911	PGDG&C	Poster Making	2nd
3	Navpreet	292	B.Ed Sem I	Poster Making	3rd

2. Results of Solgan Writing Competition (18th October 2022)

"Green Diwali-Swachh Diwali"

Sr.No.	Name of Student	Roll No	Class	Event	Position
1	Shivam Jha	244	B.Ed Sem I	Slogan Writing	1st
2	Anshu Rani	309	B.Ed Sem I	Slogan Writing	2nd
3	Shivangi	904	PGDG&C	Slogan Writing	3rd

3. G 20 Summit Week 21st Jan to 25th Jan , 2023


Declamation Contest (N.S.S Cell) :- 23-01-2023

Sr. No	Name	Class	Roll. No	Position
1	Meghna Duhan	B. Ed 1st year	291	1st
2	Shivam Jha	B. Ed 1st year	244	2nd
3	Yashika	B. Ed 2nd year	04	3rd

Meema

15

upma

  
Principal  
Govt. College of Education  
Sector 20-D, Chandigarh

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20D, CHANDIGARH

4. Poster Making Competition (N.S.S Cell) :- 24 -01-2023

Sr. No	Name	Roll. No	Class	Position
1	Sahibpreet kaur	21	B. Ed 2nd year	1st
2	Meera	78	B. Ed 2nd year	2nd
3	Ramandeep kaur	298	B. Ed 1st year	3rd

5. Slogan Writing Competition(N.S.S Cell) :- 24-01-2023

Sr. No	Name	Roll. No	Class	Position
1	Saroj Kumari	105	B. Ed 2nd year	1st
2	Vanshika	29	B. Ed 2nd year	2nd
3	Kriti Shukla	252	B. Ed 1st year	3rd

6. Poster Making Competition (N.S.S Cell) :- 13 -02-2023

Sr. No	Name	Roll. No	Class	Position
1	Neha Thakur	25	B. Ed 2nd year	1st
2	Bandanan	97	B. Ed 2nd year	2nd
3	Monika	75	B. Ed 2nd year	2nd
4	Umisha Kalia	45	B. Ed 2nd year	3rd
5	Sheron	32	B. Ed 2nd year	Consolation

Meera

Upendra

Principal  
24/01/2023

Principal  
Govt. College of Education  
Sector 20-D, Chandigarh



AAHAR KRANTI MILLET RECEIPE COMPETITION (G20)

20<sup>TH</sup> FEBRUARY 2023

Position	Name	Spouse Name
1 <sup>st</sup>	Dr.Balwinder Kaur	Mr.Vikramjit Singh
2 <sup>nd</sup>	Dr.Neelam Paul	Mr.Pawan Paul
2 <sup>nd</sup>	Mrs.Gurmeet Kaur	Mr.Anup Singh
2 <sup>nd</sup>	Dr.Anjali Puri	Mr.Rajeev Puri
3 <sup>rd</sup>	Dr.A.K. Srivastava	S/o Sh.Awad Bihari Lal Srivastava
3 <sup>rd</sup>	Mrs.Rekha Rani	Mr.Shiv Dev

Meena

Wm

*[Signature]*  
37/5/2023  
Principal  
Govt. College of Education  
Sector 20-D, Chandigarh

3. Executive Members of the Red Ribbon Club (2022-23)

S.No	Roll No	Name	Class/Semester	Designation
1	248	Rankita	B.Ed/ 1st Semester	Chief Member
2	219	Aarti	B.Ed/ 1st Semester	Member
3	246	Isha Duggal	B.Ed/ 1st Semester	Member
4	252	Kriti Shukla	B.Ed/ 1st Semester	Member
5	257	Kesang Dolma	B.Ed/ 1st Semester	Member
6	279	Ragni Ojha	B.Ed/ 1st Semester	Member
7	289	Aaina Chauhan	B.Ed/ 1st Semester	Member

4 Executive Members of the LEGAL LITERACY CELL (2022-23):-

Sr. No.	Roll No.	Name	Class/Semester	Designation
1.	221/22	Samiksha Singh	B.Ed./Sem I	Executive Member
2.	289/22	Aaina Chouhan	B.Ed./Sem I	Executive Member
3.	242/20	Ananya Nautiyal	B.Ed./Sem I	Executive Member
4.	218/22	Nitish Kumar Jha	B.Ed./Sem I	Executive Member
5.	270/22	Rajni Mann	B.Ed./Sem I	Executive Member
***	711	Abha Jain	M.Ed./ Sem IV	Chief Executive Member

Meena

upar

*Jasal*  
27/5/2023  
Principal  
Govt. College of Education  
Sector 20-D, Chandigarh



GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20D, CHANDIGARH

5. Placement Cell Student placement officers:

Sr. No.	Name	Roll no.	Class
1	Prince Bansal	73	B.Ed. IV
2	Sheron	32	B.Ed. IV
3	Umisha	45	B.Ed. IV
4	Simran	46	B.Ed. IV
5	Nitish Kumar Jha	218	B.Ed. II
6	Ujjal Khawas	210	B.Ed. II
7	Ananya	242	B.Ed. II

6. Literary Envoys (2022-23)


Sr. No.	Name	Roll No.	Class
1.	Jasleen	241	B.Ed. I yr
2.	Samiksha Singh	221	B.Ed. I yr

7. Members of the Prize Committee for the session 2022-23:

1. Sahibpreet Kaur (21) B.Ed Sem III
2. Ramanjeet Kaur ( 58) B.Ed Sem III
3. Komal Mehra (106) B.Ed Sem III
4. Samiksha Singh (221) B.Ed Sem I
5. Rankita Kumari (248) B.Ed Sem I
6. Naincy Kumari (212) B.Ed Sem I
7. Isha Duggal (246) B.Ed Sem I
8. Nitish Kumar Jha (218) B.Ed Sem I
9. Ujjal Khawas (210) B.Ed Sem I
10. Komal Choudhary ( 234) B.Ed Sem I

Meena

Wpms

  
Principal  
Govt. College of Education  
Sector 20-D, Chandigarh

7 days special NSS Day and Night Camp

(28-10-2022 to 03-11-2022)

1. GROUP LEADERS

a. B.Ed 1<sup>st</sup> year

- i. Garima,206 (1-20)
- ii. Sonu Kumar,223 (21-40)
- iii. Parul,249 (41-60)
- iv. Ragini,279 (61-80)
- v. Shama,285 (81-95)

b. PGDG&C

1. Rajeshwari

2. NSS OFFICE BEARERS

1. Shivam Jha (President NSS)
2. Komal (Vice-President NSS)


3. 7 days special NSS Camp (November 9, 2021 to November 15, 2021)

Best Volunteers

Sr. No.	Name	Category	Class & Roll No.
1.	Ananya Nautiyal	Girls	B.Ed 1 <sup>st</sup> year,242
2.	Nitish Kumar Jha	Boys	B.Ed. 1 <sup>st</sup> year, 218

Meena  
[PRIZE COMMITTEE]

G.C.E. - 20, CHD

  
Principal  
Govt. College of Education  
Sector 20-D, Chandigarh



Govt. College of Education, Sector 20D Chandigarh  
List of students who have been awarded Roll of Honour/ College Colour/ Merit Certificate for the  
session 2021-23 by the Committee in their meeting on 28.4.23

Sr. No	College Roll No	Student Name	Award /Activity
1	1	ANSHU	Merit in Certificate in Sports
2	2	PARVINDER KAUR	Merit in Certificate in CCA
3	3	SHIWANGI	CC in sports
4	4	YASHIKA SHARMA	CC in sports & NSS
5	6	AMAN KUMARI	Merit in Certificate in CCA
6	10	TSERING NORZOM	College Colour in sports
7	11	POONAM KUMARI SHARMA	College Colour in sports & NSS
8	17	AMANDEEP KAUR	Merit Certificate in CCA
9	19	JASVIR KAUR	College Colour in sports & CCA Merit Certificate in CCA
10	20	SANT KAUR	Merit Certificate in CCA
11	28	TENZIN KHEDUP	College in Sports
12	34	SIMRANJEET KAUR	Merit Certificate in CCA
13	35	APARAJIT THAAPAR	College Colour in Sports and NSS
14	36	NIDHI GUPTA	Merit Certificate in CCA
15	37	STANZIN SONAM	College Colours in Sports and NSS
16	40	TSERING YODOL	Merit Certificate in CCA
17	41	DEEKSHA	College Colour in Sports
18	43	AMEESHA VERMA	College Colour in Sports and NSS
19	45	UMISHA KALIA	College Colour in Sports and Merit Certificate in CCA
20	48	NITIKA RANI	Merit Certificate in Sports & CCA
21	53	NANDINI	CC in NSS and Merit certificate in CCA
22	57	NEHA SHARMA	College colour in sports
23	60	MANPREET KAUR	Merit Certificate in CCA
24	64	Tania Chadha	College Colour in CCA
25	66	MANISHA	College Colour in CCA
26	68	KAVITA SINGH	Merit Certificate in CCA
27	69	TASHI LANZES	College Colour in Sports & Merit Certificate in CCA
28	70	RAVEENA GILL	Merit Certificate in CCA
29	71	KAMINI	Merit Certificate in CCA
30	75	MONIKA	Merit Certificate in CCA
31	76	TANUJA UPRETI	College Colour In NSS
32	81	ANKITA RANOUT	College Colour in NSS
33	86	NAVEEN SINGH	College Colour in NSS and Merit Certificate in CCA
34	87	PRIYA DADWAL	College Colour in Sports & NSS Merit Certificate in CCA

Handwritten initials/signature.

Handwritten word: "Merita"

Handwritten signature/initials.

Handwritten number "3" and word "Haul".

Handwritten signature/initials.

35	88	SUNIL	College Colour in NSS and Merit Certificate in CCA
36	89	SHAMPREET SINGH	Merit Certificate in CCA & NSS
37	92	DEEPAK SHARMA	College Colour in Sports
38	99	PRIYANKA	College Colour in NSS
39	101	RASHMEET KAUR	Merit Certificate in CCA
40	102	DEETI KAUSHIK	College Colour in CCA
41	104	MANISHA	Merit Certificate in CCA
42	107	JASPREET KAUR	Merit Certificate in CCA & Sports
43	113	POONAM RANI	College in Colour in Sports & NSS
44	115	DAAMAN SHARMA	Merit Certificate in CCA
45	119	MAMTA SHARMA	College Colour in Sports & NSS

## Members of the Committee:

- 1 Dr. Balwinder Kaur *(Signature)*
- 2 Dr. Anurag Sankhian *(Signature) 28/4/23*
- 3 Dr. Meena *(Signature)*
- 4 Dr. Sanjeev Kumar *(Signature)*
- 5 Dr. Neelam Paul *(Signature)*
- 6 Dr. Ravneet Chawla *(Signature) 28/4/23*
- 7 Dr. Suman Khokhar *(Signature) 28/4/23*

*(Signature)*  
28/4/23  
Dr. Ajay Kumar Srivastava  
Dean  
Govt. College of Education  
Sector 20-D Chandigarh

*(Signature)*  
29/4/2023  
Principal  
Govt. College of Education  
Sector 20-D Chandigarh



## MERIT CERTIFICATES

FOR

### EXECUTIVES MEMBERS OF DIFFERENT COMMITTEES

1. Elected office bearers of Literary and Cultural Society for the following posts:

S.No	Post	Elected Member	Class/Roll No.
1	President	Priti	B.Ed Ist Sem/280
2	Vice - President	Isha	B.Ed Ist Sem/246
3	Secretary	Rajan Gupta	B.Ed Ist Sem/211
4	Joint - Secretary	Abhilash	B.Ed Ist Sem/243
5	Treasurer	Akshita	B.Ed Ist Sem/267

### 2. EXECUTIVE COMMITTEE (Electoral Literacy Club)(30-09-2022)

Sr. No.	Name	Roll no.	Class	Designation
1.	Tripti Atri	273	B.Ed.1	Convenor/College Ambassador
2.	Ruhina	232	B.Ed.1	Student Executive 1
3.	Saloni	230	B.Ed.1	Student Executive 2
4.	Samridhi	262	B.Ed.1	Student Executive 3
5.	Vandana	237	B.Ed.1	Student Executive 4

*Meena*

*Yamr*

*Principal*  
31/09/2023  
Principal  
Govt. College of Education  
Sector 20-D, Chandigarh

# 1. CREATIVITY

Govt. College of Education, Sector 20-D, Chandigarh

Co-curricular Activities

Talent Hunt and Election of Literary and Cultural Committee

Report 2022

## *TALENT HUNT COMPETITION*

During Orientation Program for the new session (2022-24), Literary and Cultural Committee of Government College of Education organized a '*TALENT HUNT COMPETITION*' for the new batch of ' B.Ed., M.Ed. and PGDG&C' students on **September 28th & 29th, 2022**. Incharge Dr. Balwinder Kaur oriented the students with the objectives of talent hunt programme. The main objective of the event was to identify the hidden talents among students and to give them opportunity to show the talent. Their confidence was boosted by motivating them to participate in the activities. The event entries that were received centered on multifarious talents like Dance, Singing, Anchoring, Poem recitation and many more.

The event continued for two days. Total 40 students participated in the program and all students took the audience into their spell through their truly creative and enchanting acts. Events like these not only help the participating students to show their abilities but also motivate other students to come up and show their hidden potential. Many students registered themselves on the spot for the competition, which was an achievement for the committee. Each of these entries were truly a treat for the eyes and ears of all those who were a part of this competition.

Later, honorable judges gave their judgments and declared the best 10 talented students. At last, Principal of the college congratulated the students and the committee members for the successfulness of the programme. The programme ended with a vote of thanks and national anthem.



## **ELECTIONS**

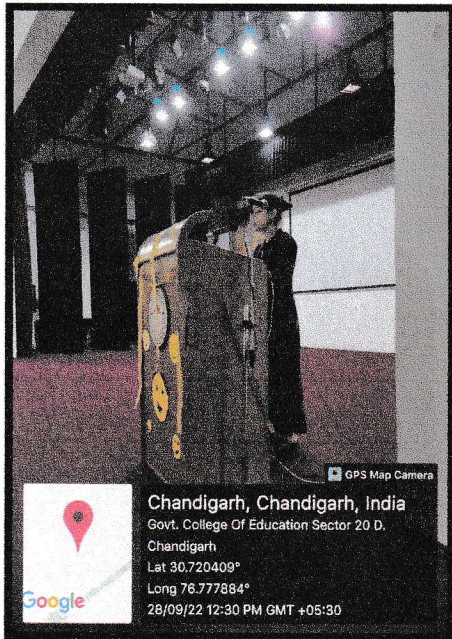
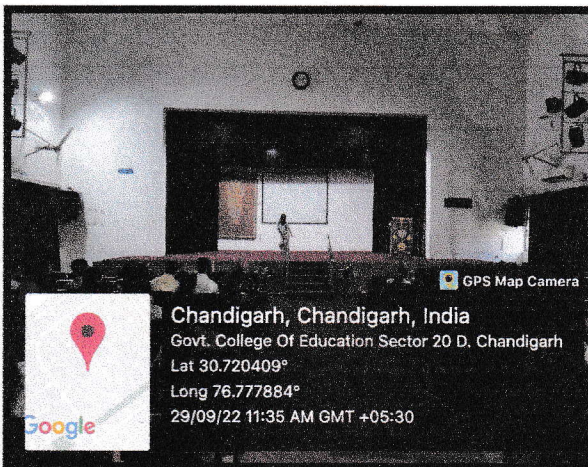
Election of the student body of the 'Literary & Cultural Committee' was held on **30-09-2022 in the society Period**. The election was held for the post of **President, Vice-President, Secretary, Joint-Secretary and Treasurer**. Total 69 students were present. Elections were held systematically for the B.Ed. and PGDG&C Class.

Four students came forward for the post of President. One student proposed the name and other seconded the name of the student. Students appealed for the vote. Students willingly participated in the process and elected the President of the committee. Three students for Vice- President, three students for the post of Secretary, four students for Joint Secretary and two students for treasurer came forward. All members were elected through the votes given by the students. Then, results were declared then and there. Following students hold the position in the committee

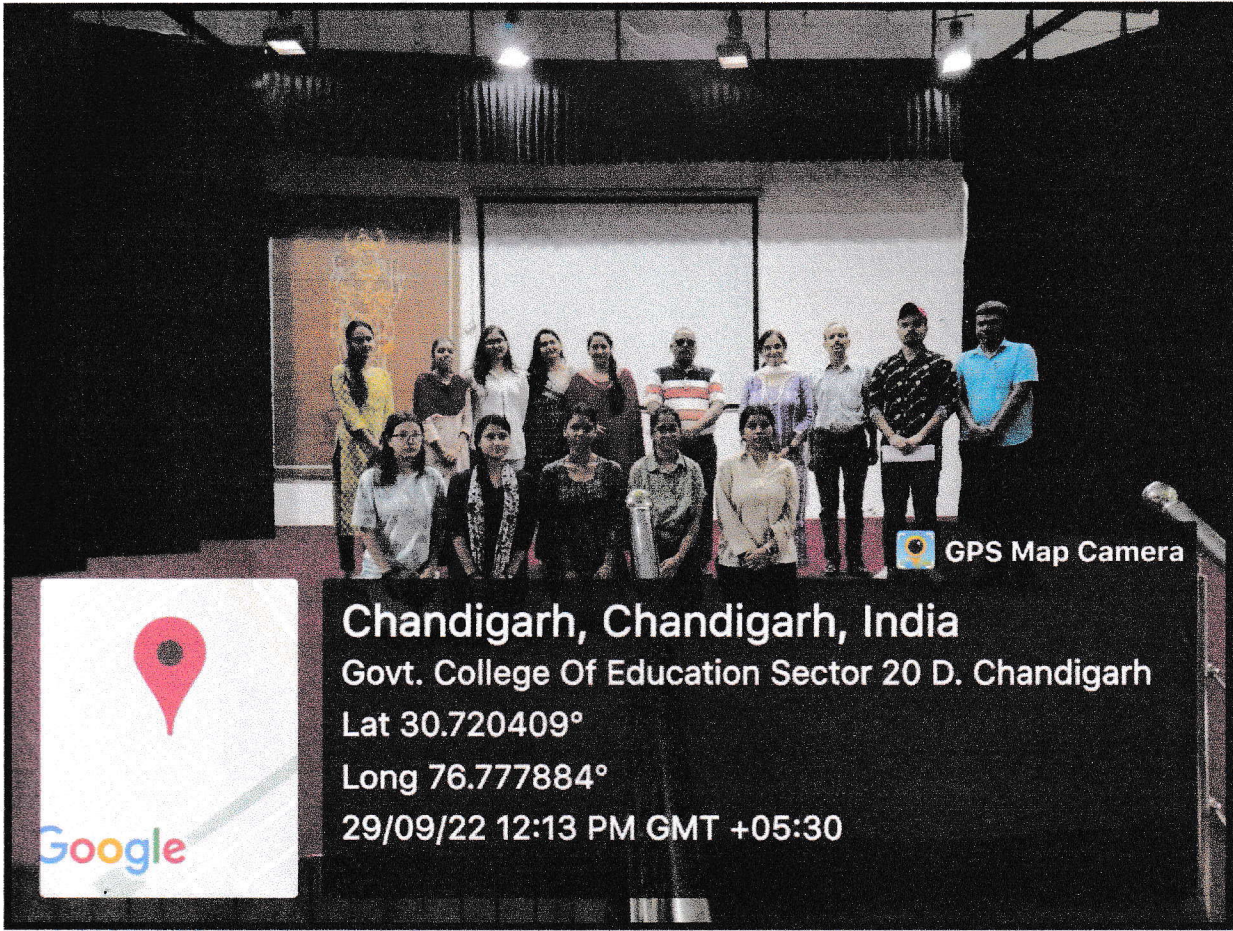
1. **President** – PRITI (280)
2. **Vice President** – ISHA (246)
3. **Secretary** – RAJAN GUPTA(211)
4. **Joint Secretary** – ABHILASH (243)
5. **Treasurer** – AKSHITA (267)

After the voting, each elected member of the body gave vote of thanks. At last, Dr. Aarti Bhatt thanked everyone and national anthem was sung.





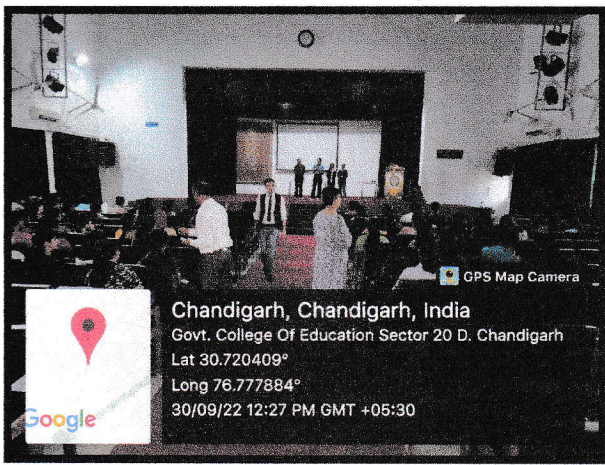




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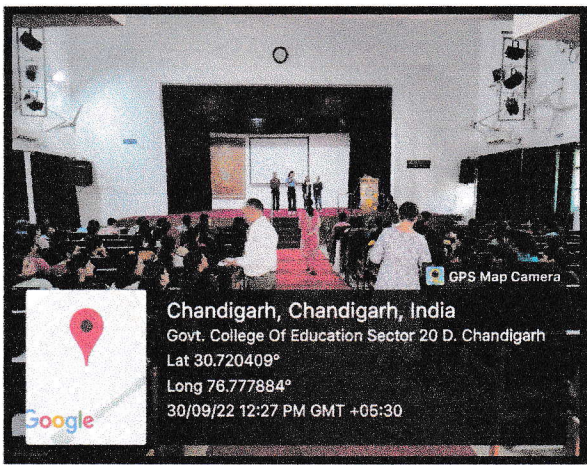
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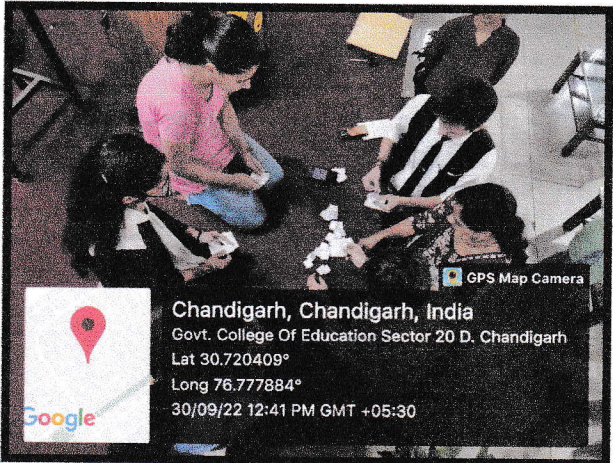
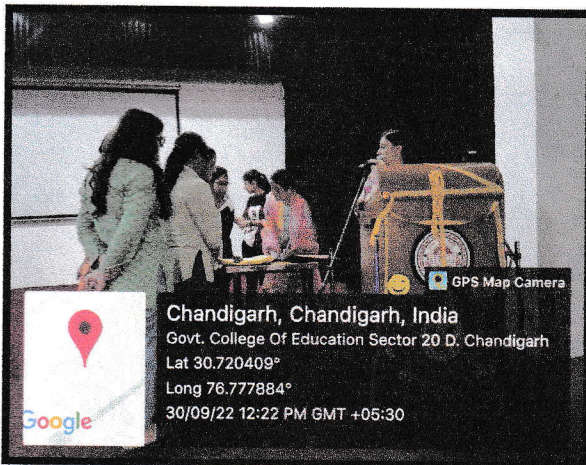


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*Bansal*  
 30/9/22

Incharge CCA

- CC: 1) Website  
 2) NAAC  
 3) Record

*[Signature]*  
 Principal

Govt. College of Education  
 Sector 20D Chandigarh.



# GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH

01-12-2022

## REPORT

### ONE DAY INTRA COLLEGE FINE ARTS COMPETITIONS

The Department of Fine Arts at Government College of Education, Chandigarh is committed to professional training of Education in Teaching of Fine Arts. The department in collaboration with the N.S.S. Unit of College organised one day intra college Fine Arts competitions on 01-12-2022 to bring out the untold and hidden talents of the students to limelight.

More than 120 students of B.Ed , PGDGC and M.Ed course participated in the various competitions like On The Spot Painting; Landscape, Collage Making, Clay Modelling, Poster making, Cartooning, and Mehandi Designing on various themes. These competitions provided the students an opportunity to show their creative abilities and provided them with the sight to see things in a different way.

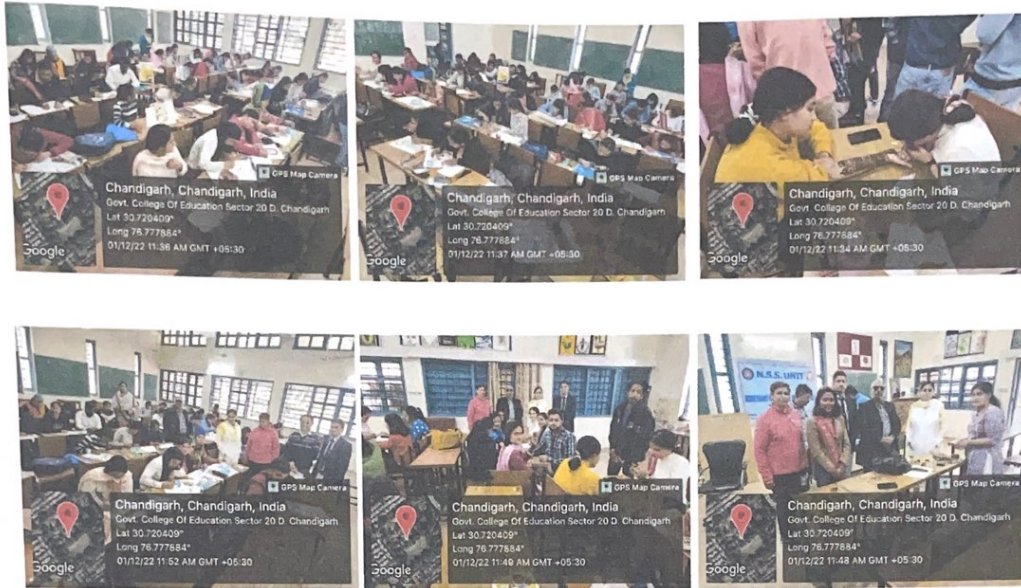
Dr (Mrs.) Aarti Bhatt, Dr Upasana Thapliyal and Mr Sanjeev Kumar, Instructor, Department of Fine Arts, judged all the participant's submissions. Students were awarded prizes on the basis of Creativity and originality of the depicted theme.

### (Glimpses from the Event!)





### (Glimpses from the Event!)



Anmol Jaswal, Roll No. 245 got first prize in on the spot painting landscape for painting college scene while Simrandeep Kaur Roll No 310 bagged First prize for creating beautiful Collage Depicting the theme, 'Save Environment'.

More than 25 students participated in mehndi Competition and Anjali Rana, Roll no. 217 of B.Ed Semester 1 got first prize in Mehndi designing for traditional mehndi, Radha Roll no. 235 also did well and bagged the 2<sup>nd</sup> prize in Mehndi designing in bridal style while Rajeshwari Patel, Roll No. 911 of PGDGC got third prize in it.

Amrinder Kaur, Roll no. 258 got first prize in poster making. Kriti shukla and Neeraj Sharma both bagged 2<sup>nd</sup> prize while Rankita kumari Roll no. 248 got third prize. A consolation prize for creative work is also awarded to Anjali Roll no 201. Samiksha Singh, Roll no 221 got 1<sup>st</sup> prize in Book Cover Design and Jasleen bagged 2<sup>nd</sup> prize and Amulya roll no 299 got 3<sup>rd</sup> prize in it. In a very interesting event of Clay

Modeling most of the students created sculptures on rural Life and Tribal art. Suhani Sharma Scored 1<sup>st</sup> prize while Amisha bagged 2<sup>nd</sup> and vandana got third prize in it.

The event was a grand success as the students got the opportunity to prove their skills in extra-curricular activities and participated enthusiastically.

Dr (Mrs.) Aarti Bhatt 

Dr Upasana Thapliyal 

  
Mr. Sanjeev Kumar

  
Principal 15/12/22

c. c.  
College Record (Dr. Rajni)



## 2. INNOVATIVENESS

GOVERNMENT COLLEGE OF EDUCATION, SECTOR-20-D, CHANDIGARH

REPORT OF SCIENCE CLUB 'NAVONMESH' ACTIVITY –

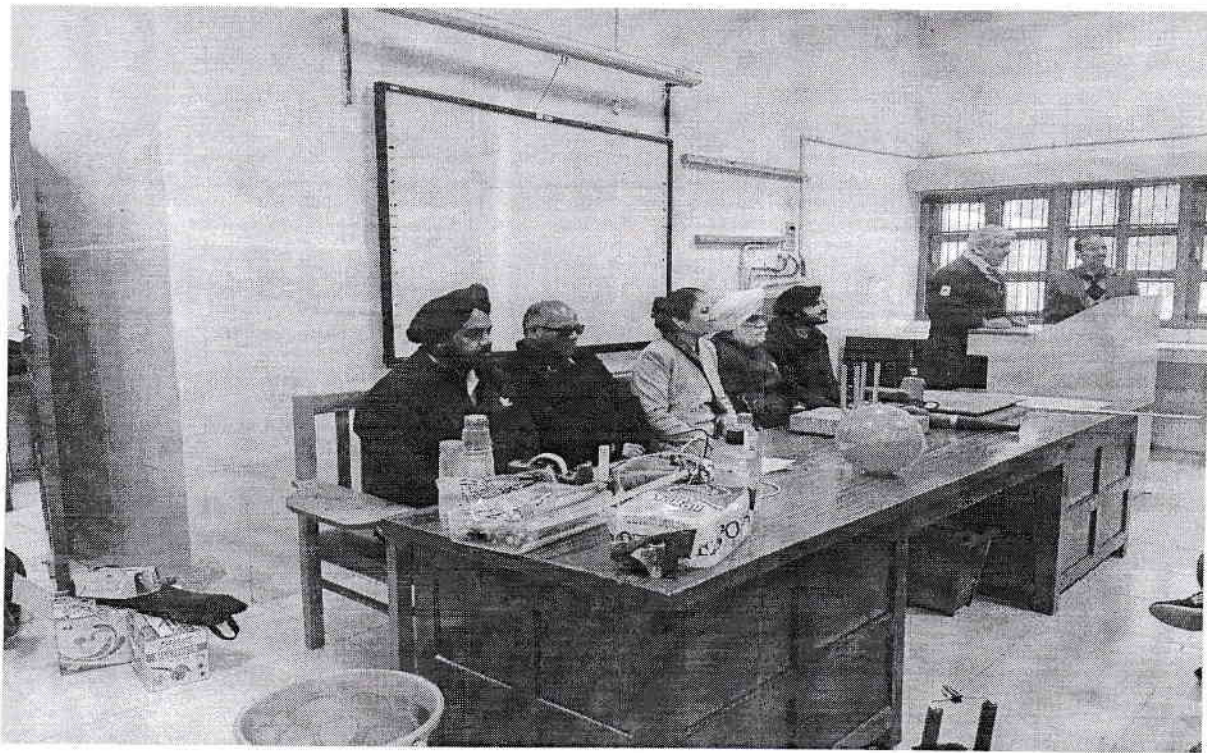
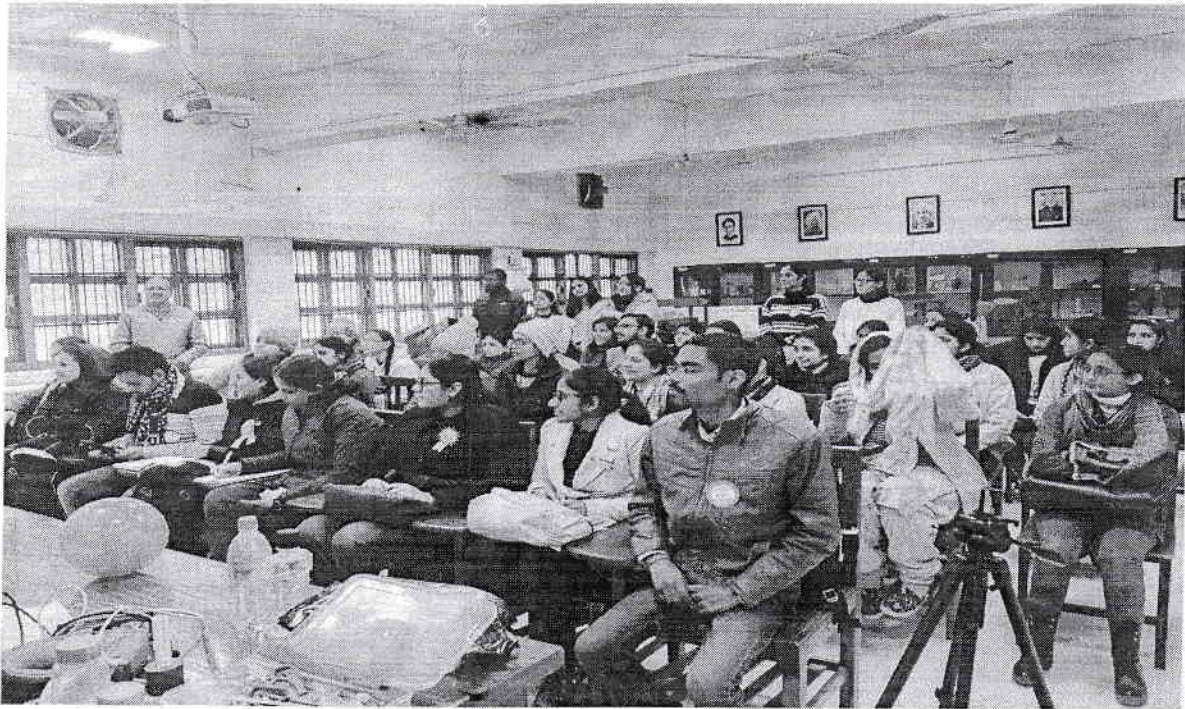
TEACHING SCIENCE THROUGH SIMPLE DEMONSTRATIONS

ON 06-01-2023

A programme for science students, namely, 'Teaching Science through Simple Demonstrations' was organized under the aegis of the Science Club of the College, 'Navonmesh' on Friday January 06<sup>th</sup> 2023. Er. Mukul Rathi, a passionate science teacher and Co-ordinator, Janta IAPT Anveshika, Baraut Baghpat, Meerut was the main resource person. Prof M. S. Marwaha was the guest of honour for the programme. Dr. Sanjeev Kumar and Dr. Sheojee Singh introduced the resource person and the Guest of Honour of the programme. Dr. Sapna Nanda, Principal of the college, welcomed the guests formally. She also highlighted the role of simple experimental demonstrations in creating interest of students in the subject of science. During the programme, Er. Mukul Rathi demonstrated various science experiments related to Static Electricity, Pressure, Laws of Fluid Flow, Mechanics and Magnetism. He made the session interactive through his unique style of presentation and involving students with curiosity and use of humour in the process. The Guest of Honour Prof M.S. Marwaha, demonstrated the laws of motion and the concept of force through simple balance. He also highlighted the significance of creative ideas and questions of students during the teaching learning process. Both the speakers shared their unique experiences of demonstration experiments under Prof. H C Verma, the national coordinator of IAPT Anveshika programme. More than 50 students of science attended the programme and interacted enthusiastically with the resource person. Dr. Lilu Ram proposed the vote of thanks.







*Singh*  
In-Charge Science Department

*Singh*  
4/2/2023  
Principal



**GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20 D,  
CHANDIGARH**

**REPORT OF SALAD MAKING AND FLOWER  
ARRANGEMENT COMPETITION HELD ON 1.12.2022**

The Home Science Department of the college organised 'Flower Arrangement' and 'Salad- Making' competition for B.Ed. Semester I and III students on 1.12.2022 at 9:30 am. The event was held in home science Lab.

Fourteen (14) students were participated in both the events. Twelve (12) students participated in 'Salad - making' and Two (2) in 'Flower - arrangement'. Students displayed their flower arrangement in a very beautiful and colourful manner using different flowers like roses, marigold, orchids, bougainvillea, petunia etc. A caption was also displayed with the arrangement, which reflected upon its theme. Similarly, participants of salad-making competition had prepared nutritious salads by using fruits like apple, banana, kiwis, grapes, pomegranate and other seasonal fruits. Some of them used fresh vegetables like cucumbers, carrots, cabbage, bell peppers, radish, to name a few and garnished them with dressings to give them a rich texture and tempting look.

Dr. Sapna Nanda (Dean, GCE 20 and Head Department of Home Science), applauded the sincere efforts of students and appreciated all of them for their participation.

The Judges for the above two events: Dr. Anjali Puri, Dr. Anurag sankhianand Dr. Nisha Singh, observed all presentations very meticulously and gave the judgement for both the events.

Students who won prizes were:

### SALAD MAKING RESULT

S.N O	NAME	ROL L NO	CLASS/SECTIO N	POSITION	COD E
1	Prakriti Bansal	274	B.Ed 1 <sup>st</sup> year/B	1 <sup>ST</sup>	9
2	MeghnaDuha n	291	B.Ed 1 <sup>st</sup> year/A	1 <sup>ST</sup>	11
3	Renu	227	B.Ed 1 <sup>st</sup> year/A	2 <sup>ND</sup>	4
4	Bhupinder	307	B.Ed 1 <sup>st</sup> year/A	3 <sup>RD</sup>	12
5	Navjotkaur	283	B.Ed 1 <sup>st</sup> year/A	Consolatio n	5

### FLOWER ARRANGEMENT RESULT

S.NO	NAME	ROLL NO	CLASS/SECTION	POSITION	CODE
1	Kamini	71	B.Ed 2 <sup>nd</sup> year/A	1st	B

### PICTURES RELATED TO EVENT









**Chandigarh, चंडीगढ़, India**

PRINCIPAL OFFICE & EXAMINATION DEPARTMENT, GOVERNMENT

COLLEGE OF EDUCATION SECTOR 20D-1, Sector 20D, Sector 20,

Chandigarh, 160026, India

Lat 30.720560

Long 76.77774

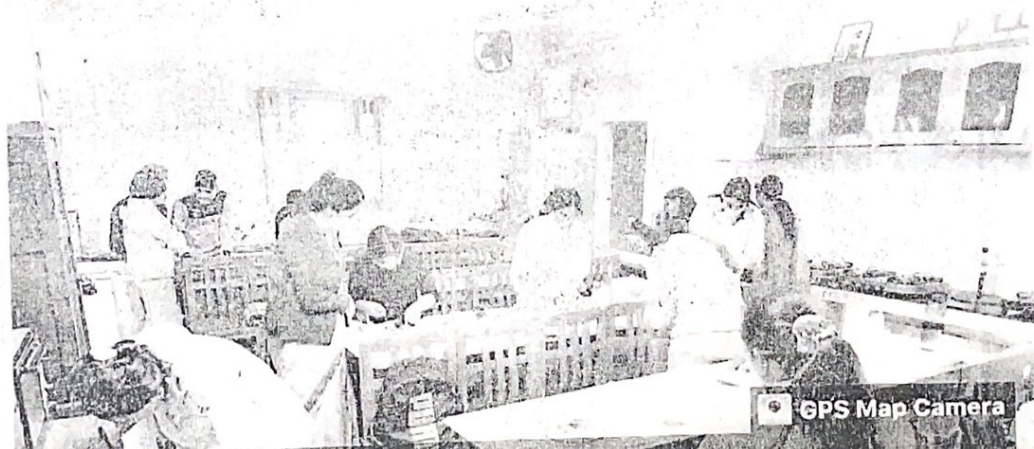
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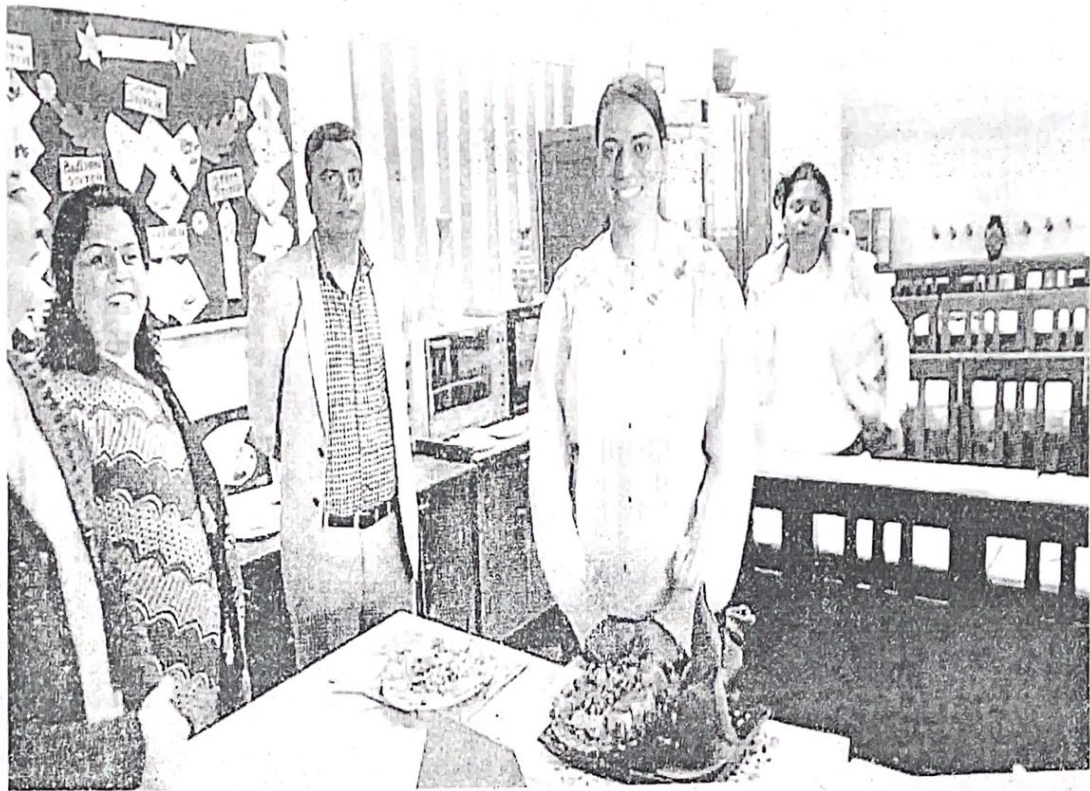


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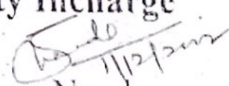


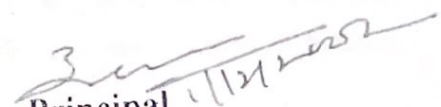




Results were announced by Dr.Sapna Nanda.. She congratulated all the prize winners and motivated other students to participate in all co-curricular activities, which are organised throughout the academic session.Ms. Sonika Devi thanked all the participants for their great efforts.

Activity Incharge

  
Dr.Sapna Nanda

  
Principal

GCE20-D,CHD

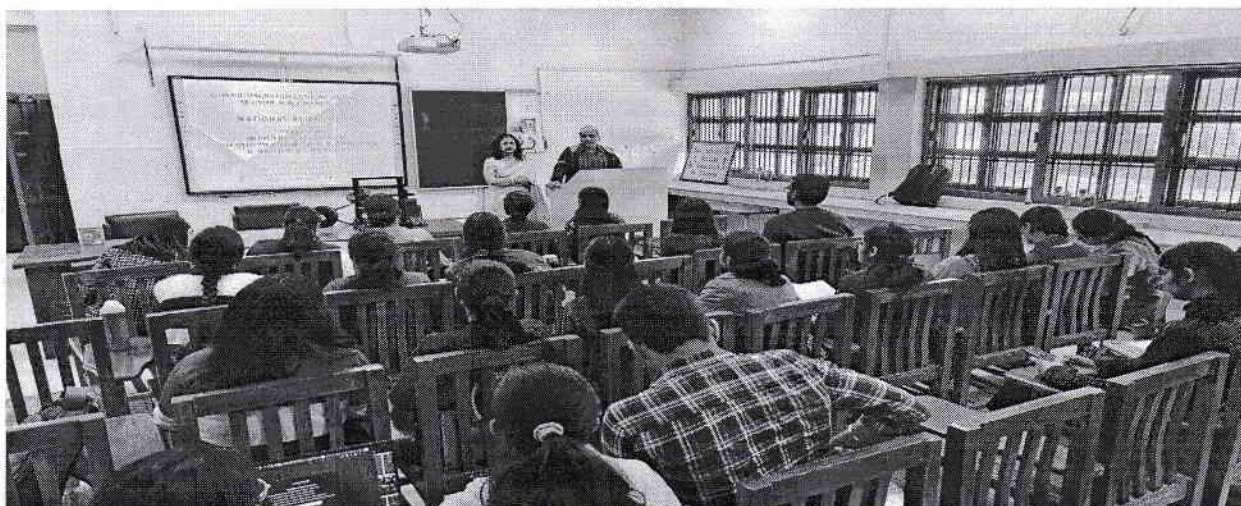
## GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH

### NATIONAL SCIENCE DAY

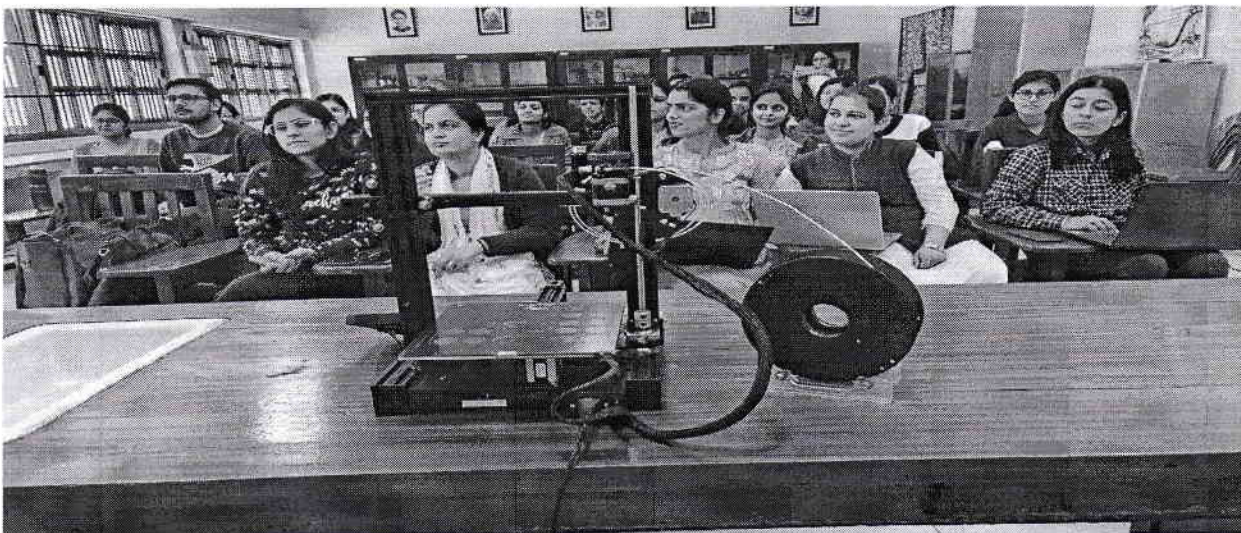
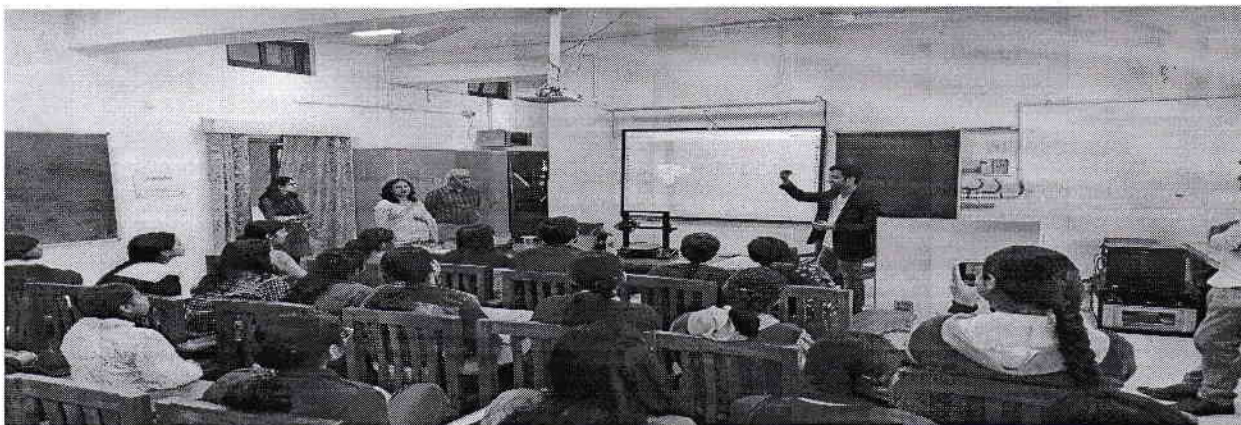
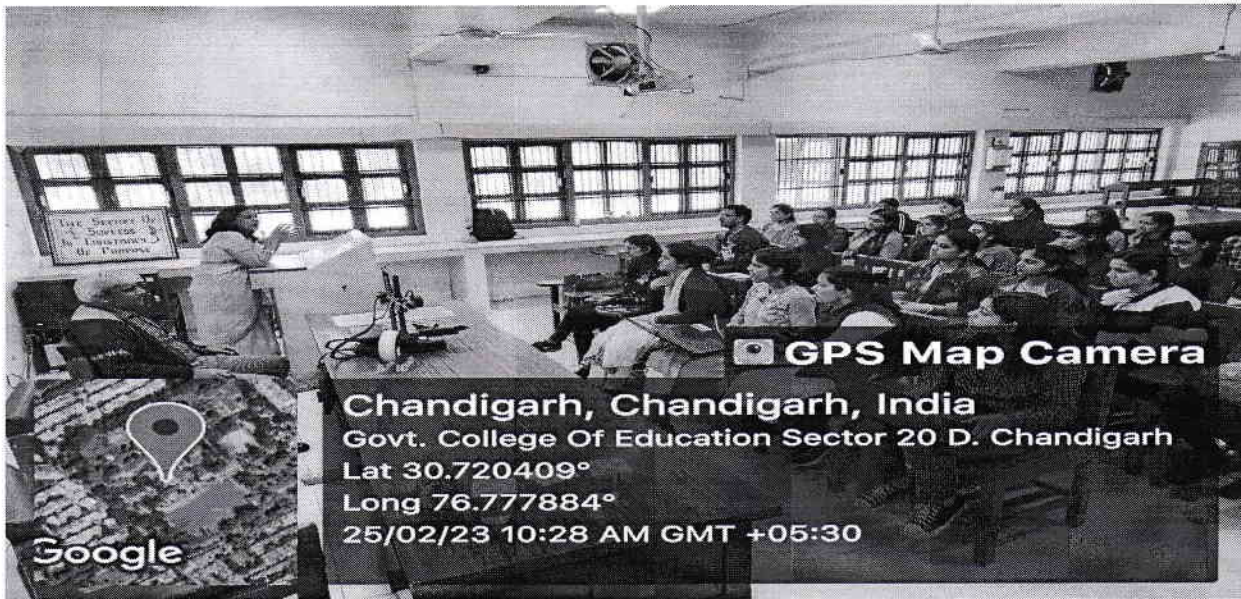
#### REPORT

National science Day is being celebrated on 28th February to commemorate discovery of the 'Raman Effect', which led to Sir C.V. Raman winning the Noble Prize. On this occasion Science Club of the college 'NAVONMESH' organized a workshop titled 'Introduction- cum- Demonstration to 3-D Printing- A Hands on Activity', on 25<sup>th</sup> February, 2023. Dr. Meenakshi Jindal, Lecturer Physics and ATL In-Charge of Carmel Convent School, Sector-9-B, Chandigarh was the resource person for the activity. She was assisted by Mr. Vishal, instructor of ATL, Carmel Convent School and three students of the school. The emphasis of the workshop was to introduce pupil teachers of the college to upcoming future technologies and innovations which will play an important role in education in future. Students of the college were given hands on experience in 3-D designing and printing. The workshop started with introduction and welcome of the resource person by Dr. Sanjeev Kumar, Associate Professor and In-Charge, Science Club of the college. Thereafter, 3-D designing and printing was demonstrated by Mr. Vishal, assisted by school students under the supervision of Dr. Meenakshi Jindal. More than 50 students participated in the workshop. During the workshop pupil teachers were highly motivated, joyful and eager to learn the new technologies. Dr. Meenakshi Jindal highlighted the work done in ATL lab of the school and showed glimpses of various projects done in the ATL lab. Rajan Gupta of B.Ed.- Ist year and Amesha- of B.Ed IInd year poured out their experience of the workshop through the feedback. At the end Rajan Gupta proposed Vote of Thanks.

#### Glimpses of the workshop







*Sanjeev*  
25/2/23

Dr. Sanjeev Kumar  
In-Charge Science Club

*Sanjeev*  
25/2/23

Principal



TOPIC

### 3. INTELLECTUAL

DATE

# F-2.1

# SOCIOLOGICAL BASES OF EDUCATION

## SESSIONAL WORK

TOPIC:

ACTIVITIES THAT CAN BE ORGANISED AT  
HIGH / SECONDARY / SENIOR SECONDARY  
SCHOOL FOR PROMOTION OF:-

DEMOCRATIC VALUES, NATIONAL &  
EMOTIONAL INTEGRATION, GLOBAL  
PEACE

Submitted To:

DR. MEENA  
ASSISTANT PROFESSOR

Meena  
09/03/2023

Submitted By:-

PRITI KUMARI  
Roll No. - 280 (BED)



# Democratic Values

Democratic value refers to those values that reflect a society's democratic way of life. It includes values like respect, equality, fairness and freedom etc.

Democratic values are the overall set of values that are widely shared among citizens. Democracy is dependent on this deep-rooted sense of shared political beliefs and values.

This can sometimes be volatile, as people can be diverse in their views. A country's history, tradition and population form the democratic values they believe make for the best society.

Core democratic values are the fundamental beliefs and Constitutional principles of American society, which unite all.

**Life** :- Each citizen has the right to the protection of his or her life.

**Liberty** :- Liberty includes the freedom to believe what you want, freedom to choose your own friends, and to have your own ideas in public. The right to have any lawful job of business.



**Justice** :- All people should be treated fairly in getting advantages and disadvantages of our country. No group or person should be favoured.

**Equality** :- Everyone should get the same treatment regardless of where their parents or grandparents were born, their race, their religion or how much money they have.

**Truth** :- The government and citizens should not lie.

**Diversity** :- Differences in language, dress, food, where parents or grandparents were born, race and religion are not only allowed but accepted as important.

**Patriotism** :- This means having a devotion to our country and the core democratic values in what we say and what we do.



## ACTIVITIES PROMOTING DEMOCRATIC VALUES

- Invite 5 students to a faculty meeting
- Eliminate staff and students bathrooms
- Ask students to facilitate important school wide meetings.
- Start each day with a morning meeting and check in, and listen to each other.
- Ask students to develop rubrics for judging "excellent" work
- End course/units with a culminating projects designed by students, about something that really matters to them.
- Have students read each other's paper and comment on them, directly to each other.
- Get students to determine the homework policy.
- Charge students with deciding what goes up on the walls at school.



- Pass a "talking stick" during intense discussion so that everyone gets a chance to speak.
- Eat lunch with kids you rarely talk to.
- Use participatory budgeting to engage the whole school community in setting budgets and involve students in staff appointments.
- Make sure any school inspectors or visitors talk to any students, not just those staff select or who are self-selecting.
- Keep track of student involvement as well as attainment.
- Make sure your student council isn't just a fundraising or school improvement club, but it is a students union - make it clear that its primary role is to represent the view of students.
- Make sure your school development plan has a 'student voice' column, so that every issue has a 'student voice' from reducing truancy to improving attainment.



# NATIONAL AND EMOTIONAL INTEGRATION

National integration means a feeling of togetherness and unity among the people of the country irrespective of their caste, creed, religion or region. It refers to the integration in all aspects, political, social, economic and above all emotional.

National integration plays an important role in maintaining peace, harmony law and order and for fast and better development of the country.

Our India is a country with various languages, culture, religion tradition and geographic differences. Apart from this there is a feeling of togetherness and unity.

In the past there has been a poor integration which the history remembers until now. Thus after independence, several measures were taken by the Jawaharlal Nehru government to implement the idea of national integration, by setting up the national integration council in 1961.



## ACTIVITIES TO PROMOTE NATIONAL AND EMOTIONAL INTEGRATION

The school's role in Promoting National Integration. Our life's and nation's goals have been transformed into the goals of our education, which are defined in the shape of a curriculum. This curriculum encompasses all subjects and activities carried out in school in accordance with the educational goals. In this regard the schools plays a critical role in fostering national integration. To shape our nation's destiny and national integration:

- (i) Co-Curricular Activities : A range of co-curricular activities can be used to foster national and emotional integration.
- (ii) Common observance and celebration of festivals :
- (iii) Military education, such as NCC and ACC
- (iv) Scouting and Guides as well as student camps.
- (v) Youth fests, debates and Dramatics



## 1. Particular Emphasis on Social Studies

For national integration special emphasis on social studies at all levels of education is required in order to convey knowledge of the country's geographical, historical and cultural heritage.

History of the lives and works of great leaders of India should be included in social studies texts.

## 2. Language and Scripts :

Roman Scripts may be permitted to allow the pupil to strengthen their Hindi knowledge. International numerals must be used across India. Hindi is being spoken in non-Hindi locations. Hindi books in Roman scripts can be learned in non-Roman scripts and dictionaries in Hindi-other languages can also be published in Roman scripts.

## 3. History textbooks

Books should be written in a way to promote national integration. Schools should educate children facts that instil feelings of patriotism in them.

To pique children's interest, primary level books should be rich in drawings and illustration of great leaders.



4. National Holidays : National holidays should be observed on 26<sup>th</sup> Jan, 15<sup>th</sup> Aug, 10<sup>th</sup> of Oct, 14<sup>th</sup> of Nov. etc. Holidays on Greatmen's birthdays like Mahatma Gandhi.

5. Respect for the national flag Teachers and students should both respect the national flag.

6. National Anthem :- The national anthem should be sung at end of all school occasions. The national anthem's meaning and significance should be taught to children.

7. National and Patriotic song :- Patriotic song should be sung on various occasions to express a sense of unity and our country's greatness. Students should receive sufficient training in how to sing patriotic songs.

8. Special talks on National Unity :- Special gatherings should be arranged on various dates and speaker should offer lectures on issues relevant to the development of National integration.



TOPIC

DATE

# GLOBAL PEACE

World peace, or peace on Earth is the concept of an ideal state of peace within and among all people and nations on Planet Earth.

Different cultures, religions, philosophers, and organizations have varying concepts on how such a state would come about.

Peace is a concept of social friendship and harmony in the absence of hostility and violence. In a social sense, peace is commonly used to mean a lack of conflict and freedom from fear of violence between individuals or a groups.

Global peace is the concept at an ideal state of peace within and among all people and nations on planet Earth.

Various religious and secular organisations have the state aim of achieving world peace through addressing human rights, technology, education, diplomacy, medicine etc.

Since 1945, the United Nations have operated under the aims to resolve conflicts without war.



## ACTIVITIES TO PROMOTE GLOBAL PEACE IN SCHOOLS

- 1) International Camps :- International camps for students and teachers to be organised.
- 2) Peace-building workshops :- Organizing peace-building workshops that focus on conflicts resolution, communication skills and mindfulness. This will develop strategies for reducing conflicts peacefully, and promote understanding of different perspectives.
- 3) International seminars :- The international seminars should be conducted to promote understanding and peace.
- 4) Conducting Models United Nations (MUN)  
By representing a nation, student ~~also~~ will do a lot of unsearch work this will arise the curiosity and international understanding among students.
- 5) Developing conflict resolution skills :-  
Such skills are very important to inculcate among students at right time so that when they face the real world they face it with grace and manners.



6) Highlighting Economical importance of different nations

Students should be taught that every nation can provide aids and help to own nations.

Students should be taught brotherhood among nations. After no nation is fully self reliant, everyone needs supports.

7) Character playing of famous Nobel Prize winners

Famous winners like Martin Luther King, Dalei Lama, Nelson Mandela and Malala Yousaf. This will develop skills and make them inculcate the qualities of such great leaders.

# 4. THINKING SKILLS

## Government College of Education, Sector 20-D, Chandigarh Mathematics Quiz “The Mathletes” on National Mathematics Day

Date: Dec 22, 2022

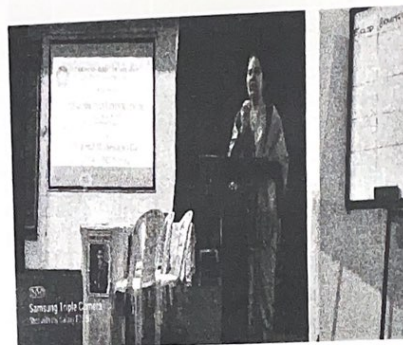
### Report

Government College of Education, Sector 20-D, Chandigarh celebrated birth anniversary of the great Indian mathematician Srinivasan Ramanujan on National Mathematics Day today i.e. Dec22, 2022 which was presided by the Prof (Dr) Parvinder Singh, Vice Chancellor, Rayat Bahra University, Mohali. Principal of the college, Dr Sapna Nanda presented welcome address to the chief guest. The chief guest shared facts about Ramanujan’s contribution in mathematics and emphasized that mathematical thinking helps students to excel other subjects as well. He also mentioned that reasoning makes a person a better problem solver, which can help him even outside of academics. A mathematical quiz “The Mathletes” was organized by Dr Nisha Singh, Asstt Prof. and her team to celebrate the day. After passing the screen test, 5 teams each comprising of 3 students played the quiz. Team Ramujan (Chakshita, Vandana & Rankita) stood first, Team Pythagoras (Kusum, Ruhina & Bhupinder) stood second and Team Brahmagupta (Shachi, Kajal & Radha) stood third in position. The mathematical rangoli prepared by the students was appreciated by all. Dr Sapna Nanda honoured and congratulated the winners and gave them her blessings. All had a fulfilled mathematical experience.

### Glimpses of the event:







*Nisha*  
Coordinator  
Dr Nisha Singh

*Nisha*  
22/12/2022  
Principal  
GCE, Sec 20-D,  
Chandighr

# 5. EMPATHY

Page | 1

## GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH

### REPORT

#### NUKKAD NATAK ON THE OCCASION OF WOMEN'S DAY

Date: 6<sup>th</sup> March 2023

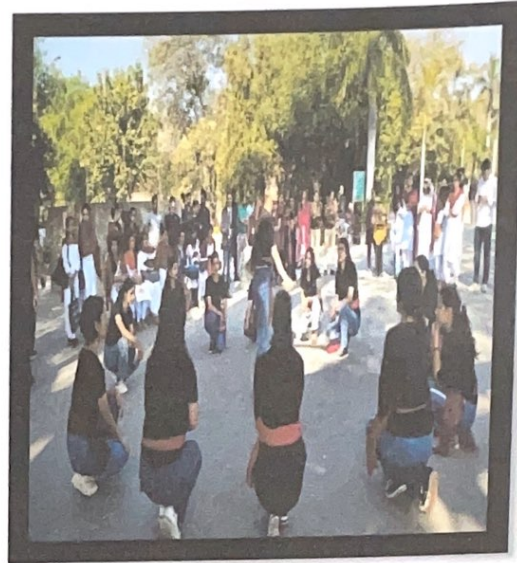
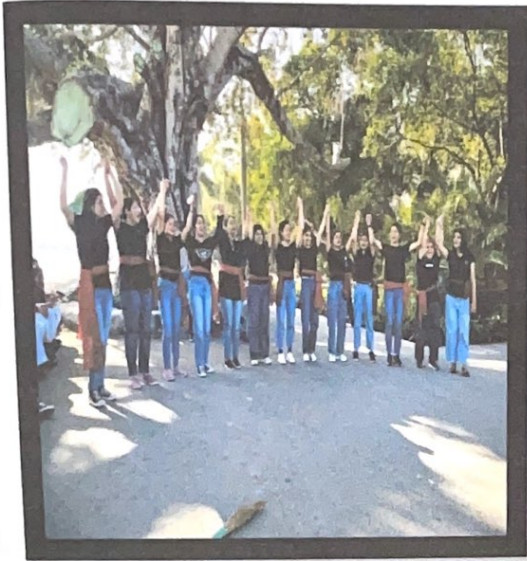
Time: 08:30 am

International women's day is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating gender parity. Keeping the significance of the day in mind, students of Government College of Education, Sector 20 D, Chandigarh performed a *Nukkad Natak* at Sukhna Lake on 6th March 2023. The Act was performed under the supervision of Mr. Sanjeev Kumar. The theme of the *Nukkad Natak* was *Aajki Nari hu main*. The *Nukkad Natak* very beautifully highlighted the importance of women empowerment and relevance of independence of women in all spheres of life.

Beginning from the historical perspectives where gender bias and stereotypes were present to present status of women where they are doing all the jobs which were considered only for men, the act aimed at ensuring upliftment of status of women in all spheres of life. Examples of Shakuntala Devi, Gunjan Saxena, Mitali Raj etc. were given that have excelled in various fields thus breaking the gender stereotypes.



The act was overwhelming praised by the spectators. Principal of the college Dr. Sapna Nanda wholeheartedly praised the efforts of the pupil teachers. Overall, the *Nukkad Natak* was very enlightening.



  
Incharge

  
Principal

# 6. LIFE SKILLS



## GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH DEPARTMENT OF FINE ARTS INTERIOR DECORATION WORKSHOP

29-03-2023

Government College Of Education, Sector 20-D, Chandigarh organized three day craft; Interior Decoration workshop for the B.Ed students from 27<sup>th</sup> to 29<sup>th</sup> March 2023 in the Department of Fine Arts.

Ms. Piyusha Priyadarshini, Artist from Pidilite Industries and Mr. Kapoor Saini Fine Arts, Teacher, Education Department, Haryana taught various techniques of Creating Home Decor Items like Glass Paintings, Mural Making, Canvas painting, Pot Painting, Tile Designing and wall hanging etc. in the workshop.

Students tried their hands on sculpting human face, mother and child, human figures in wall hanging Murals. Several doubts of the students were heard and best solutions were provided to the students. Students were also given the freedom to draw art piece of their own choice and proper guidance was also provided to the students in the workshop.

Students also got an opportunity to enhance their knowledge on various art forms as well as the type of material to be used, different methods for different art form and various techniques etc.

### GLIMPSES OF THE WORKSHOP





Students were able to show their creative as well as artistic skills and it was a session full of fun as well as learning going on simultaneously. All in all this workshop was not only a complete success but also provided students a once in a lifetime experience.

Dr (Mrs.) Sapna Nanda, Principal, Government College of Education, Sector 20-D, Chandigarh was overwhelmed with the success of the workshop and congratulated the participating students.



Mr. Sanjeev Kumar  
Convener



Principal  
Government College of Education,  
Sector 20-D, Chandigarh

# GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D, CHANDIGARH

01-12-2022

## REPORT

### ONE DAY INTRA COLLEGE FINE ARTS COMPETITIONS

The Department of Fine Arts at Government College of Education, Chandigarh is committed to professional training of Education in Teaching of Fine Arts. The department in collaboration with the N.S.S. Unit of College organised one day intra college Fine Arts competitions on 01-12-2022 to bring out the untold and hidden talents of the students to limelight.

More than 120 students of B.Ed , PGDGC and M.Ed course participated in the various competitions like On The Spot Painting; Landscape, Collage Making, Clay Modelling, Poster making, Cartooning, and Mehandi Designing on various themes. These competitions provided the students an opportunity to show their creative abilities and provided them with the sight to see things in a different way.

Dr (Mrs.) Aarti Bhatt, Dr Upasana Thapliyal and Mr Sanjeev Kumar, Instructor, Department of Fine Arts, judged all the participant's submissions. Students were awarded prizes on the basis of Creativity and originality of the depicted theme.

### (Glimpses from the Event! )





### (Glimpses from the Event! )



Anmol Jaswal, Roll No. 245 got first prize in on the spot painting landscape for painting college scene while Simrandeep Kaur Roll No 310 bagged First prize for creating beautiful Collage Depicting the theme 'Save Environment'.


More than 25 students participated in mehendi Competition and Anjali Rana, Roll no. 217 of B.Ed Semester 1 got first prize in Mehendi designing for traditional mehendi, Radha Roll no. 235 also did well and bagged the 2<sup>nd</sup> prize in Mehendi designing in bridal style while Rajeshwari Patel, Roll No. 911 of PGDGC got third prize in it.

Amrinder Kaur, Roll no. 258 got first prize in poster making. Kriti shukla and Neeraj Sharma both bagged 2<sup>nd</sup> prize while Rankita kumari Roll no. 248 got third prize. A consolation prize for creative work is also awarded to Anjali Roll no 201. Samiksha Singh, Roll no 221 got 1<sup>st</sup> prize in Book Cover Design and Jasleen bagged 2<sup>nd</sup> prize and Amulya roll no 299 got 3<sup>rd</sup> prize in it. In a very interesting event of Clay

Modeling most of the students created sculptures on rural Life and Tribal art. Suhani Sharma Scored 1<sup>st</sup> prize while Amisha bagged 2<sup>nd</sup> and vandana got third prize in it.

The event was a grand success as the students got the opportunity to prove their skills in extra-curricular activities and participated enthusiastically.

Dr (Mrs.) Aarti Bhatt 

Dr Upasana Thapliyal 

  
Mr. Sanjeev Kumar

  
Principal 15/12/22

c. c.  
College Record (Dr. Rajni)



GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D CHANDIGARH  
INTRA COLLEGE FINE ARTS COMPETITIONS MARCH 2022  
DEPARTMENT OF FINE ARTS

Date: 01-12-2022

Event 1: Poster Making

Sr.No	Position	Name of Student	Roll No	Class
1	1 <sup>st</sup>	Amrinder Kaur	258	B.Ed Semester1
2	2 <sup>nd</sup>	Kriti Shukla	252	B.Ed Semester1
		Neeraj Sharma	303	B.Ed Semester1
3	3 <sup>rd</sup>	Rankita Kumari	248	B.Ed Semester1
4	Consolation	Anjali	201	B.Ed Semester1

Event 2: Mehandi Designing & Application

Sr.No	Position	Name of Student	Roll No	Class
1	1 <sup>st</sup>	Anjali Rana	217	B.Ed Semester1
2	2 <sup>nd</sup>	Radha	235	B.Ed Semester1
3	3 <sup>rd</sup>	Rajeshwari Patel	911	PGDGC
4	Consolation Prize	Sachi Sudhir	239	B.Ed Semester1

Event 3: On the spot: Landscape painting

Sr.No	Position	Name of Student	Roll No	Class
1	1 <sup>st</sup>	Anmol Jaswal	245	B.Ed Semester1
2	2 <sup>nd</sup>	Nil	-----	-----

**Event4: Book Cover**

Sr.No	Position	Name of Student	Roll No	Class
1	1 <sup>st</sup>	Samiksha Singh	221	B.Ed Semester I
2	2 <sup>nd</sup>	Jasleen	241	B.Ed Semester I
3	3 <sup>rd</sup>	Amulya	299	B.Ed Semester I

**Event 5: Rangoli**

Sr.No	Position	Name of Student	Roll No	Class/Section
1	1 <sup>st</sup>	Amisha	266	B.Ed Semester I

**Event 6: Clay Modelling**

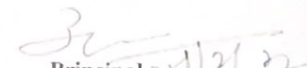
Sr.No	Position	Name of Student	Roll No	Class
1	1 <sup>st</sup>	Suhani Sharma	290	B.Ed Semester I
2	2 <sup>nd</sup>	Amisha	266	B.Ed Semester I
3	3 <sup>rd</sup>	Vandana	237	B.Ed Semester I

**Event 7: Collage Making**

Sr.No	Position	Name of Student	Roll No	Class
1	1 <sup>st</sup>	Simrandeep Kaur	310	B.Ed Semester I

**Judges:**

- 1 
- 2 
- 3 

  
Principal 05/12/22



## About the course

Unhappiness arising from negativity and a stressed mind can affect one's physical and mental health, which can further reduce an individual's overall efficiency. Happiness does not come automatically but needs to be practiced. This course will provide insight into practicing scientific ways of psychological research to live a happier life.

### Objectives of the course:

- To understand scientific perspective of happiness
- To practice happiness through hands-on call
- To be happier

**Course Duration:** 30 Hours

**Course Mode:** In-person

**Course Fees:** No fee

### Course Requisites:

- A desire to be happier
- Commitment to practice happiness strategies daily
- A growth mindset

The course is open to all students at the college

## Course Schedule

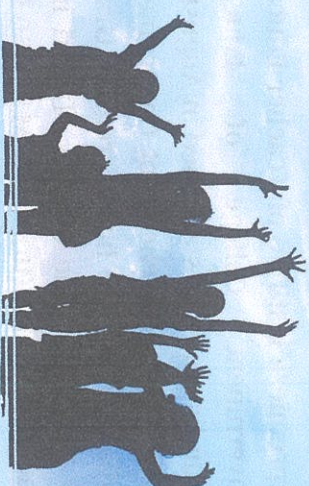
Date	Day	Theme
Dec 26, 2022	Day 1	Inauguration & Orientation
Dec 27, 2022	Day 2	Scientific perspective of Happiness
Dec 28, 2022	Day 3	Science of Gratitude
Dec 30, 2022	Day 4	Happiness by Forgiveness
Dec 31, 2022	Day 5	Misconceptions about Happiness, Effect of Social Media on Happiness
Jan 2, 2023	Day 6	Celebrate Life to achieve Happiness
Jan 3, 2023	Day 7	Happiness and IKIGAI
Jan 4, 2023	Day 8	Understanding Hedonic Adaptation & Impact Bias, Laughing Buddhas
Jan 5, 2023	Day 9	Happiness by Savoring, Kindness & Social connections
Jan 6, 2023	Day 10	Practicing Mindfulness & other strategies to maintain happiness
Jan 7, 2023	Day 11	Yoga, Chakra Healing for Happiness, Valedictory Function



**Government College of Education**  
Sector 20-D, Chandigarh

## The Science of Happiness

A Value-Added Course



**Convenor**

**Dr Sapna Nanda**

*Principal*

GCE, 20-D

Chandigarh

**Coordinator**

**Dr Nisha Singh**

*Assistant Professor*

GCE, 20-D

Chandigarh



*"Happiness is the meaning and the purpose of life, the whole aim and end of human existence."*

- Aristotle

# The Science of Happiness

Dec 26, 2022 - Jan 07, 2023



## About the college

A premiere institute of Teacher Education, Government College of Education, Chandigarh was established in August 1954 under a special scheme of Government of India. The college has accredited Grade A by the NAAC. The courses offered in the college are B.Ed. (110 seats), M.Ed. (50 seats) and PGDGC (20 seats) and Pre Ph.D. course for research scholars. The college equips perspective teachers to fulfill demands of 21st century by providing interdisciplinary exposures through theory and practice and to live a fulfilling happy life ahead



## Student Support

- Rupanshi (B.Ed. I)
- Meghna Duhan (B.Ed. I)
- Anjali Rana (B.Ed. I)
- Tripti Atri (B.Ed. I)
- Shachi (B.Ed. I)
- Sourabh (B.Ed. I)

## Contact Us

Dr Nisha Singh

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Email: nisha.singh@gcechd.ac.in  
gcechd@yahoo.co.in

Website: www.gcechd.nic.in

Designed by:  
Dr Nisha Singh



# The Science of Happiness\_

(Value-Added Course)

The Report of Inauguration Date: Dec 26, 2022

Government College of Education, Sector 20-D, Chandigarh started a value added course "The Science of Happiness" today i.e. Dec. 26, 2022 which was presided by Sh Vivek Atray, Former IAS, a Motivational Speaker, and popular Author. Principal of the college, Dr Sapna Nanda presented welcome address to the chief guest and highlighted the importance of happiness in an individual's life. During an interactive session the chief guest enlightened the students about basics of happiness. He suggested that meditation, physical exercise, good sleep and appropriate use of social media is essential for maintaining a balance between mental and physical health. He also guided students to keep realistic expectations and inculcate spiritual inclination at an early stage. The organizer of the course Dr Nisha Singh, Assistant professor introduced the course by highlighting the need of the happiness program and its objectives. The program was attended by 150 students of the college. Meghna, a student of B.Ed. I presented a formal vote of thanks to the chief guest. Dr Sapna Nanda congratulated the organizer for the initiative and ensured students that the course will help them develop an insight to live a happier and fulfilling life.



*Nisha*  
**Course Coordinator**

Dr Nisha Singh

*Sapna Nanda*  
**Principal**

GCE, Sec20-D, Chd



# *The Science of Happiness (A Value Added Course)*

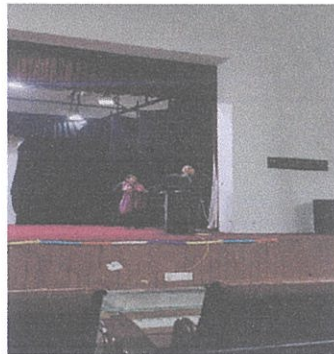
## Report

Date 27.12.2022

### Theme: Scientific Perspective of Happiness

The day begins with immense positivity and enthusiasm. The course coordinator (Dr.Nisha Singh) divided the students into the groups. Along with that, students were asked to have a unique group name and a theme song which they had to sing while proceeding to the auditorium. After settling, a morning prayer was sung collectively. Moving forward, the principal Dr Sapna Nanda and the Dean of the college shared their views about happiness and sorrow in brief. Principal ma'am also emphasized on the need of such programmes to enhance level of happiness. Dr. Nisha Singh enlightens the students about the scientific perspective of happiness. She discussed the true meaning of happiness i.e. Happiness=Enjoyment +Purpose +Satisfaction. Also, students were informed about some research-based facts about happiness and the ranking of the countries in terms of the Happiness Index. Each and every student participated with full devotion and enthusiasm.

### Some glimpse of the event



*Nisha*  
Course Coordinator  
Dr Nisha Singh

*Sapna*  
Principal  
GCE, Sec20-D, Chd



# *The Science of Happiness*

(A Value Added Course)

**THEME: SCIENCE OF GRATITUDE**

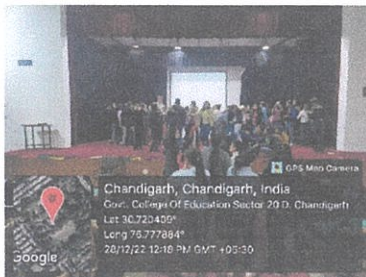
**REPORT Date: 28 December 2022**

The third day of the value added course titled “Science of Happiness” started with different teams of students singing their team anthem and entering the auditorium with the dance steps of their team anthem. All students were wearing colourful badges depicting their team names like ecstasy, euphoria, heaven, anand, thahake, chill, etc.

The theme of today’s session was gratitude. Dr. Nisha Singh asked the students to give their own meanings of the word ‘gratitude’. All the students actively participated in the discussion and listed the people/things/activities/places that they were grateful of. Students listed how the human heart gets scarred by guilt of past mistakes, comments on physical appearance, familial and societal discriminations, etc. Dr. Nisha explained to the students through the use of a powerpoint presentation, how gratitude had the power to heal, to energize and to change lives.

This was followed by the activity called the “THE GRATITUDE JAR”. Students were asked to draw a jar in their daily journal and fill it with the objects they were grateful for. Students decorated these jars with sketchpens and crayons. Following this, Dean of the College Dr. A.K. Srivastava linked the topic of gratitude with the story of Lord Buddha and explained how gratitude should be from heart, thoughts and actions.

The Gratitude song “It’s a Beautiful Day” was played and all the students formed a human chain dancing and singing its tunes. Afterwards dance therapy for cleansing was carried out by the course coordinator Dr Nisha Singh. All students were then asked to close their eyes and dance to beautiful songs with emotional meanings. All students enjoyed grooving to the tunes of the song. It was a very cathartic activity for some who couldn’t stop their tears after the dance. Next, the floor was open and students enjoyed dancing with their teachers on songs they liked. The Happiness Session ended with the teacher giving a home-work to perform one act of kindness.



*Nisha*  
**Course Coordinator**

Dr Nisha Singh

*Budd*  
**Principal**

GCE, Sec20-D, Chd

# The Science of Happiness

(A Value Added Course)

Date 30 December 2022

Theme: Happiness by Forgiveness

## REPORT

The day 5 of the “Science of Happiness” value added course was themed on the title of “Happiness through Forgiveness” carried out by the course coordinator Dr Nisha Singh. Students were taught to deal with emotional scars of the past and to forgive those people who hurt them and to forgive oneself also. Dr. Nisha explained to students how forgiveness was like a heavy baggage that we carried all the time. More than anybody else, forgiveness was fruitful for us. In an interactive session, students listed how others in the society hurt them and described the different types of emotional scars that society gave them, be it gender based discrimination or looks based discrimination. The highlight of the day was the therapy inspired by the ‘Buddhist Meditation’. Students carried yoga mats and lay down straight on the floor. The session started with relaxation activities. The instructor used positive affirmations and asked all the students to forgive the persons who had hurt them in the past. They were asked to forget those frustrating situations. They were asked to imagine forgiving themselves too. After the session, many students felt light and free. Tibetan bowl healing therapy was used for music behind the meditation. Students felt lighter and peaceful after the therapy.



*Nisha*  
Course Coordinator

Dr Nisha Singh

*[Signature]*  
Principal

GCE, Sec20-D, Chd



# The Science of Happiness

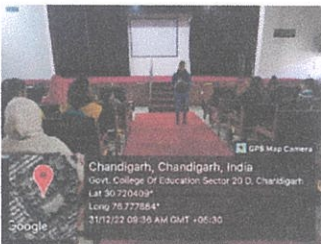
(A Value Added Course)

**Theme: Misconceptions about happiness, Role of Social media in Happiness**

## Report

**Date 31.12.2022**

The sixth day of the session started with the students' feedback. The course coordinator Dr Nisha Singh asked each team to give feedback about the fruitfulness of the happiness programme, the lessons they learnt in the past five days, if they learnt anything new and the suggestions if any to be given. The students came forward and described that they learnt to be self-confident, calm, humble, forgiving, always grateful for the privileges they had and others didn't; they described how the dance therapy was very healing for all of them, how heterogeneous grouping of teams helped them make new friends, how they felt light after dance therapy, buddhist meditation inspired therapy. Moreover, different teams organised activities on happiness. Dr Nisha Singh explained various misconceptions about happiness and justified her views with scientific evidences. Team Chill discussed why we need happiness and the value of happiness. Another team described how social media can positively and negatively impact happiness. Highlighting the importance of counsellors when feeling down, Team Ecstasy organised the game titled "Therapist! Therapist! Please Save Us!" Students were divided into teams of therapists and clients. The client team formed a circle by holding hands and jumbled themselves up by criss crossing. The therapists competed amongst themselves solving the human puzzle representing our haywire thoughts and emotions. The therapist who was able to solve the human puzzle first was declared the winner. Through this activity, the students were made aware about professional psychological help that can be received by people under challenging life circumstances. The day closed by the final practice of dance students for their function on 2nd January 2023.



*Nisha*  
**Course Coordinator**  
Dr Nisha Singh

*[Signature]*  
**Principal**  
GCE, Sec20-D, Chd



# *The Science of Happiness*

(A Value Added Course)

Date 02.01.2023

Theme: Celebration life to achieve Happiness

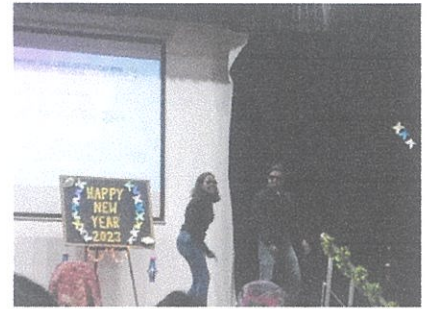
## Report

The day 6 of the “Science of Happiness” value added course was themed on the title of ‘Celebration life to achieve Happiness’. The course coordinator highlighted that festivity and celebrations give us a chance to socially connect and having enjoyment with family & friends. A hawan was performed to seek the blessings from the almighty to start the new year. The set up was decorated with fragrant flowers, and arrangements were installed for everyone to sit on. The auditorium was also decorated for the cultural activities. The preparations for the celebration started from the morning indeed. The program started by a welcome address by the course coordinator, Dr Nisha Singh. After that, the students went on stage and presented a lot of gratitude to everyone for coming to this program by singing their beautiful song. All the students participated in the celebrations. Dance forms of many states of India were presented during the event. After the cultural event, everyone left for the community lunch in which each and every student were instruct to bring eatables/ lunch boxes, and everyone will eat along. Each one fed each other with their food and gave a lot of happiness. One could see a lot of smiles on everyone’s faces. In the end, everyone pays gratitude for organizing such events.

## Glimpse of the event-







*Nisha*  
**Course Coordinator**  
Dr Nisha Singh

*[Signature]*  
**Principal**  
GCE, Sec20-D, Chd

# *The Science of Happiness*

(A Value Added Course)

**Theme:** Understanding hedonic adaptations, impact bias, Laughing Buddhas

## **Report**

**Date 03.01.2023**

The day 7 of the “Science of Happiness” value added course was themed on the title of ‘Hasya Kavi Sammelan and Laughing Buddhas. The session started with the Laughing Buddhas activity where each team was asked to make others team laugh by their actions or act plays. Here, everyone participated with great enthusiasm and show their immense efforts. The session further continued with the Hasya Kavi Sammelan in which students from different teams participated and present their inbuilt talents of poetry. The activity was full of humour and inspiration. The highlight of this session was happiness through laughter achieved by laughter yoga. It begun by the instructor by the quote Fake it till you make it. The students were following the instructions given by the instructor like brushing off the brain; eliminate the false burdens from the shoulder etc. and trying to fake the laugh till they achieve the real laugh. Students enjoyed this therapy a lot and laugh to their very extent. And in this way the session for this day comes to an hilarious end.

### **Glimpse of the event-**



  
Course Coordinator

Dr Nisha Singh

  
Principal

GCE, Sec20-D, Chd



# *The Science of Happiness*

(A Value Added Course)

**Theme:** Happiness through Outdoor Activities

## **Report**

**Date 04.01.2023**

The day 8 of the “Science of Happiness” value added course was based on the concept of ‘Happiness through Outdoor Activities’. The session began with the warming up in the ground where the instructor asked students to perform certain games like In and Out and run-in chains along with your team mates. All the students participated and warmed up their bodies. Later, the teams were asked a day prior for organizing a outdoor game of the students which many of them took positively and come up with their ideas. One team conduct the game – Dog in the Pond, which everyone enjoyed a lot. The other games which were played were- mice ran cat chase, blindfold etc. Each and every student participated with high spirit and great enthusiasm in every distinguished activity. Students were told about benefits of exercising and outdoor playing. It was also highlighted that harmones released during exercise helps in achieving happiness. With that informative session , today’s session came to an end.



*Nisha*  
Course Coordinator

Dr Nisha Singh

*[Signature]*  
Principal

GCE, Sec20-D, Chd

# The Science of Happiness

(A Value Added Course)

**Theme: Savoring, kindness & Social connections & IKIGAI**

**Report**

**Date 05.01.2023**

The day began with students pondering on the purpose of their lives- "IKIGAI". During the discussion, it was realized that fulfilling basic needs like money, career and good health is very essential but happiness is not just dependent on these as it is a conscious process. We all need to consciously work for happiness. Dr. Nisha explained to students how it is extremely important to work for their dreams; that only actions can turn their dreams into a reality. Budding teachers were asked to work on their skills for better professional prospects. Students were asked to participate in the psychological process of savoring. 'Savoring' is defined as a process through which people up-regulate their positive feelings by directing attention to emotionally relevant events in their past, present, and future. All the students went back to their past after closing their eyes. They imagined and re-lived their happiest moments and practiced savouring the memories. Research based evidences were shared by the coordinator to explain that people having good social connections are happier. She also elaborated how small acts of kindness can bring happiness in one's life. Student shared their experiences about the feeling they had after helping others. This was followed by the "Future Business Card Designing" activity. Students were asked to become as creative as possible in this activity. Students enjoyed giving different shapes, sizes, colors and hues to their future business cards. By writing down their "ikigai" and by announcing it before the audience, the students committed themselves to their goals. Every student displayed his/her business card before the audience and announced the career goals they wished to achieve. This public announcement will create eustress/positive stress to work hard for their dreams.



*Nisha*  
**Course Coordinator**  
Dr Nisha Singh

*[Signature]*  
**Principal**  
GCE, Sec20-D, Chd



# *The Science of Happiness*

(A Value Added Course)

**Theme: practicing Mindfulness & Strategies to maintain happiness  
Report**

**Date 06.01.2023**

The day 10 of the “Science of Happiness” value added course was themed on the title of ‘practicing Mindfulness & Strategies to maintain happiness’. The program starts by checking our previous day work on our journal. Then the event started with our first activity which was LENS OF GRATITUDE. Two students from each group wear the glasses of gratitude and express their gratitude towards the things they are grateful for and many of them mentioned that how privileged they are that they became part of this course. As it is our second last day of the course, we remember all the old lesson which we have learnt during this course starting from the understanding the real meaning of the happiness to the forgiveness to the depths of gratitude and many more. The course coordinator discussed various strategies to maintain happiness like Mindfulness, living in present, finding the Ikigai, maintaining a journal of gratitude, continuing doing small acts of kindness and above all developing social connections. The course coordinator Dr Nisha Singh emphasized that happiness should not be attached to something or someone. She also reminded that materialistic gains like good job, good marks, money, house etc do not give us permanent happiness, they are essential but do not guarantee happiness. Happiness associated with materialistic gains reduces with time. The students were guided to follow their passion and focus on their career. Finally a dance session was conducted as it was the most loved activity for the students. Students participated with great enthusiasm and conquered their fears and feelings. The day ended with the happy faces of the students.



*Nisha*  
**Course Coordinator**  
Dr Nisha Singh

*[Signature]*  
**Principal**  
GCE, Sec20-D, Chd



# The Science of Happiness

(A Value Added Course)

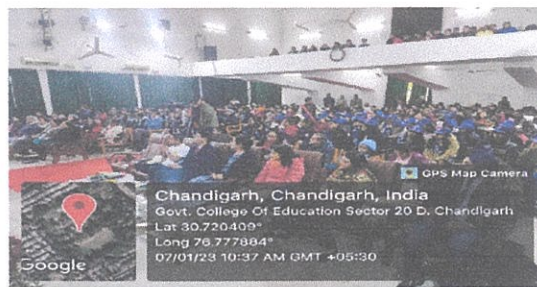
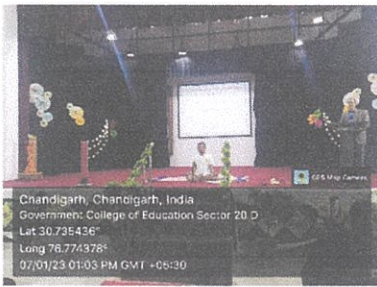
Report

Date 07.01.2023

## Theme: VALEDICTORY DAY

The last day of the Science of Happiness started with a bang! A one day international conference on the theme of “Art of Man-making through Vasudeva Kriya Yoga” gave the perfect Indian touch to the science of happiness. Shri Nitin Kumar Yadav, IAS, Home Secretary, Chandigarh Administration was the esteemed Chief Guest of the day. The Vasudeva Kriya Yoga workshop was guided by Shri RajendraYenkannamoole from Melbourne, Australia. Students from diverse colleges of Chandigarh enthusiastically attended the workshop. The event began with the Principal Dr. Sapna Nanda, welcoming the Chief guest, resource person and the audience. A mesmerizing and patriotic yogic dance performance was presented by the students of Government College of Education. It was much appreciated by the audience. The Resource person, Sh. RajendraYenkannamoole explained the inspirations from Bhagavad Geeta, Chakra healing for channelization of energy and related it with yogic kriyas of pranayam, bandha and asanas.

Happiness through yoga was emphasized. All the participants were elated to receive the course completion certificates from the guests, principal Dr. Sapna Nanda and Course Coordinator Dr Nisha Singh. The happiness session on the last day ended with a musical rendition consisting of folk songs, dance performances including Manipuri folk dance, Haryanvi dance and the energetic Bhangra. The students shared their feedback about the course through feedback forms after each session. Some of the students suggested having “happiness period” everyday in the time table. The principal of the college congratulated students on successful completion of the value added course and appreciated the efforts made by course coordinator Dr Nisha Singh who carried out this course single-handedly. A total of 105 students completed this value added course. Students reported that this course helped them to have better understanding of happiness and ways to achieve it. The course highlighted that happiness is not something you get, it has to be created. Happiness is a skill that needs to be practiced. The course ended with a happy faces and happy memories.



  
Course Coordinator  
Dr Nisha Singh

  
Principal  
GCE, Sec20-D, Chd





## GOVERNMENT COLLEGE OF EDUCATION

### SECTOR 20 - D, CHANDIGARH

WORKSHOP DAY ONE (May 17, 2023)



### REPORT

The Skill Development Committee of the Government College of Education Sector 20 D Chandigarh organized Value Added Course on the Capacity Building of Prospective Teachers on Applied Skills from May 17-22, 2023. On the first day, Dr. Balwinder Kaur, Convener Skill Development Committee welcomed all the participants and Resource persons of all sessions. She introduced the theme and objectives of the workshop. Dean, Dr. A.K. Shrivastava, welcomed the Chief Guest of the day.

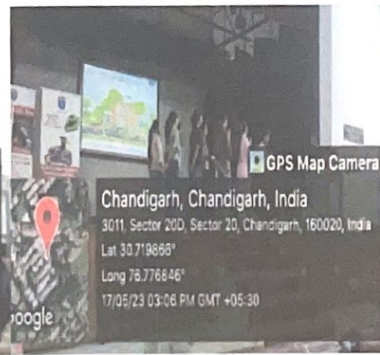
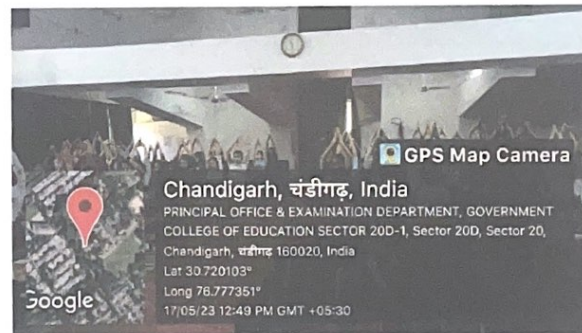
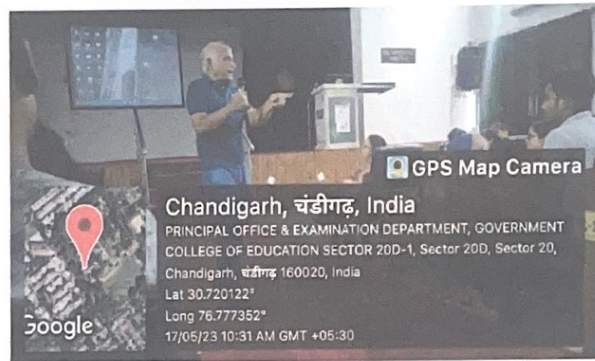
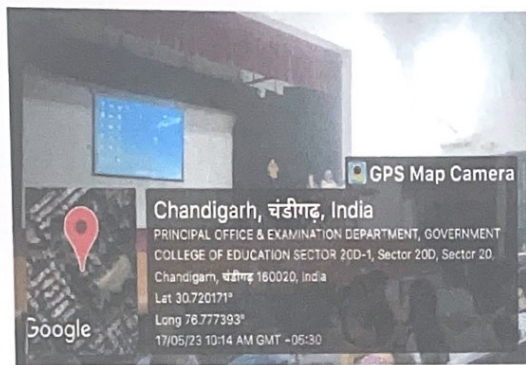
The first session started with the introduction of Mr. Nirmal Datt former HOD of English Department D.A.V. College Sector-10 Chandigarh by Dr. Balwinder Kaur. The theme of the session was “*New technique to teach English called Vernacular Bridge course*” to Learn English. He emphasised on one’s own mother tongue to inculcate English language. He said that language is the tool for communication. He introduced his 8 point structural sentence and discussed about various topics like Active and Passive Speech, Tenses and Sentence formation. He interacted with students and gave live examples to learn English language. He shared YouTube channel link where students may learn English online. In the end, he answered all the questions of students and offered his help of any kind to students for future.

The second session was a yoga workshop with trainer Ms. Manisha Sharma. She’s a Yoga Therapist working in Government Rehabilitation Institute for Intellectually Disabled (GRID), Sector 31-C, Chandigarh since 2010. She started the session with a calming prayer. In this session students did some common yoga protocol or ‘*Sukshmvayam*’ for neck, hands feet and trunk in preparation for the upcoming National Yoga Day on 21st May. The session also included a sitting ‘*Suryanamaskar*’ and some ‘*Pranayam*’ or breathing exercises. The session was really enlightening and relaxing. It ended with a light ‘OM’ chanting.

The Third session for the day was conducted on Road Safety Rules by the Chandigarh Police. The session was led by DSP Jaswinder Singh, Senior Inspector Bhupinder Singh, Head Constable Jagroop Singh, Senior Constable Rajeev Sharma and volunteer Jagdamba Prasad. Senior Constable Rajeev Sharma informed about safety measures on road. He played many videos of roads accidents and accident survivors’ courtesy of head constable Jagroop Singh. The whole session was very informative and interesting. Students gained a lot of knowledge on all types of road safety. The team also had a general talk with students on safe living. A pledge was taken by all to protect environment and to become more conscious about road safety. At last, Senior Inspector Bhupinder Singh gave a melodic singing performance of songs written by him especially for traffic related issues.

In the concluding session a discussion was held to view the overall learning of the day and doubts of students were asked. At the end of the workshop Dr. Neelam Paul, Member of Skill Development Committee presented the Vote of Thanks. She expressed her gratitude to all Resource persons of the day Mr. Nirmal Datt, Ms. Manisha Sharma and Chandigarh Police for brilliant sessions. She thanked Principal ma'am for her valuable guidance and supervision during workshop. She thanked all the participants for their enthusiastic participation. The Programme ended with National Anthem.

**Glimpses:**







*Om*  
*Prakash* *CPM*  
Skill Development Committee

*Prakash*  
24/5/2023  
Principal



**GOVERNMENT COLLEGE OF EDUCATION**  
**SECTOR 20 - D, CHANDIGARH**  
**WORKSHOP DAY TWO (May 18, 2023)**  
**REPORT**



The Skill Development Committee of the Government College of Education Sector 20 D Chandigarh on the Day 2 of the ongoing Value Added Course on the Capacity Building of Pupil Teachers on Applied Skills was conducted on collaboration of the Placement Cell of the college. The day consisted of three invited speakers and followed by in house panel discussion.

The first session started with Dr. Ravneet Chawla introducing Mrs. Indu Aggarwal from *Disha Consultants* who is a senior corporate and school children and teacher trainer with a diverse experience.

Mrs. Indu Aggarwal began her session by asking questions about the challenges the schools have and gradually transitioned to the gaps the employers find while employing the teachers. The objective was to bring to the listeners the career world expectations, assess their understanding and introducing them to the trending employable talent parameters. She suggested that students should work on their strengths instead of just focusing on their weaknesses and the same should be instructed further to their students. For this purpose she suggested that they should read books like 'Igniting Young Minds'. She referred to the expectation of NEP 2020 in terms of experiential learning. The most important skills that a teacher can have are communication skills, emotional strengths, sensitivity, channelization skills and mentorship. A teacher must also have counselling skills of being empathetic and non judgmental so as to effectively deal with students, parents, officers, and other stakeholders. The whole session was very informative. The speaker was very encouraging throughout the session and inspired students present to be passionate about their profession and to become good teachers.

The next session of the day was by Mr. Maninder Singh Bajwa associated with *Eapanza Innovations*, Mohali. He's a software engineer by profession and is working in EdTech

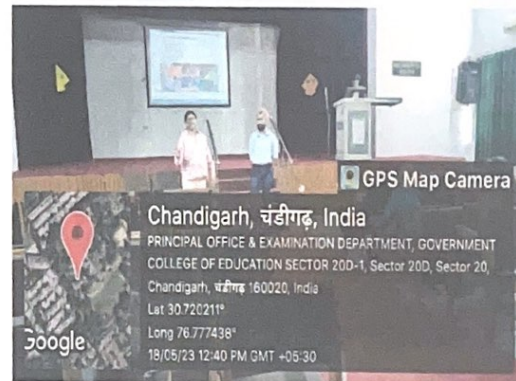
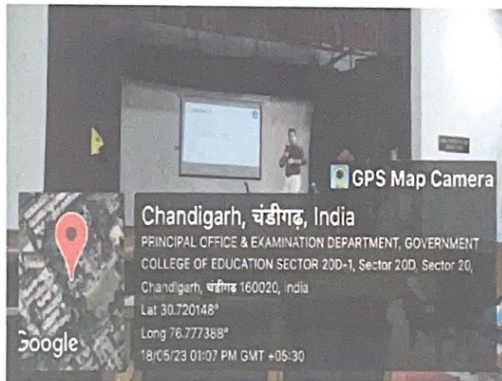


sector since 2008. The session started with Mr. Maninder asking question of why students present wanted to become a teacher. He explained that the top most priority of a teacher should be influencing the life of their students in a better way. The main motive of this session was informing students about various opportunities that they have as a teacher in addition to just teaching in schools. The objective was to crystalize the ideas of the changing mode of teaching-learning in the hybrid mode, to introduce the opportunities on developing digital content and orienting them to the applied employability skills. He discussed with three case studies. The first one was about Punjab, Second was about a project with Central Government and NCERT during the lockdown to develop e-content including episodes and web series, the third was about a project with Haryana Government in which sir and his team worked to develop software for the tablets commissioned by the government for their school students so that they can learn effectively. AI technology and its effects on teaching and learning were also discussed in detail. This interactive session was eye opening for the students and it educated them about the different ways they can use technology to make their teaching style more effective. The students were then provided with refreshment.

The third session started by Mr. Abhinav Dogra who is MD at *Chetanya Career Consultants*, Mohali Immigration and Career Consultant. He introduced the skill of refinement for resume writing. He also emphasised professional e mail writing as soft skills for pupil teachers. Through his experience he shared about opportunities of overseas employability and the skills required to work upon. His session was very informative and interactive with students asking questions throughout. Mr Abhinav also brought forth important details of how to write formal professional e mails, the tone and language to be used. He mentioned countrywise documentation of popular overseas destinations and the correct time and format for applying. He touched upon language, size, and inserting hyperlinks in the resume to make it brief and yet complete. The session was interactive and brought to light points often ignored by applicants.

The concluding session of the day comprised a panel discussion headed by Dr. Ravneet Chawla with valuable participation of Dr. Upasna Thapliyal and Mr. Ravinder Kumar. The objective of the panel discussion was to review the days learning and engage to brainstorm new ideas for upcoming sessions.

Glimpses:



*Bany*  
*Ranav*  
*DRH*  
Skill Development Committee

*Chand*  
*24/5/2023*  
Principal





## GOVERNMENT COLLEGE OF EDUCATION

### SECTOR 20 - D, CHANDIGARH

#### DAY THREE REPORT (May 19, 2023)



The Third day of the Capacity Building Program organised by Skill Development Committee started with Dr. Kusum introducing Mrs Charanjeet who is an Assistant Professor at Dev Samaj College, Sec-36, Chandigarh. The objective of the session was to provide instruction and guidance on the concept of "*Micro Teaching*".

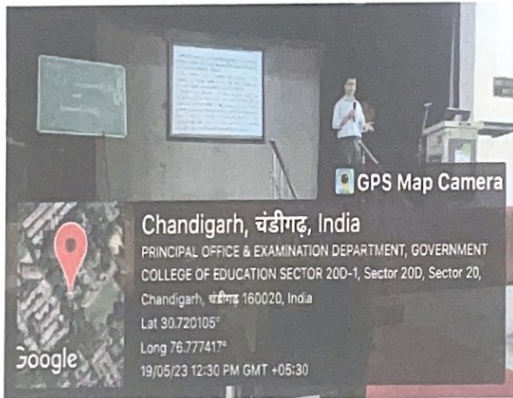
The session aimed to provide training to teachers in a simulated environment. She covered various aspects of microteaching, including its characteristics and phases. Additionally, she emphasized the significance of learning objectives in teaching and discussed the Bloom's taxonomy and its domains. She also addressed the importance of addressing student's emotional learning and provided guidance on introducing lessons and utilizing reinforcement techniques using different approaches. Furthermore, she focused on specific skills such as the skill of introduction, skill of explanation, skill of stimulus variation, skill of probing, and skill of asking divergent questions. Overall, the session proved highly advantageous for the pupil teachers in their professional development. The students were then provided with refreshments.

The next session of the day was by Mr. Anand Mohan Sharma, the director of Jan ShikshanSansthan, Mohali which is sponsored by Ministry of Skill development & entrepreneurship (GOI). He had impact on many lives and aims to turn India into skill India. During the session, he began by discussing various avenues for skill development, such as ITIs (Industrial Training Institutes) and government polytechnics. He then delved into the Skill Development Initiative School Scheme (SDIS), which was initiated in 2014 to cater to the educational levels of 5<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> students, focusing on Modular Employable Skills. The next topic covered was the Pradhan Mantri Kaushal Vikas Yojana (PMKVY), a flagship program by the Ministry of Skill Development and Entrepreneurship, aimed at fostering the skill development of the country's youth. The training programs conducted through the Ministry of Micro, Small, and Medium Industries (MSME) were also highlighted. Another institution discussed was JAN Shiksha Sansthan, formerly part of the Human Resource Development (HRD) Ministry, which provides various courses with a significant reservation of seats for illiterate individuals and those who have completed up to 8<sup>th</sup> grade, while 20 percent of seats are allocated for students who have completed 12<sup>th</sup> grade. The entire session proved to be highly informative.

The third session was started by Dr. M. Dhrakshayani. She spoke on use of ICT and methods in teaching and learning. She emphasised about impact of student learning; teachers being digitally literate and understand how to integrate it into curriculum. She also discussed how schools use a diverse set of ICT tools to communicate, create, disseminate, store, and manage

information and outlined the ICT curriculum or lesson plan followed, including the specific topics covered, teaching methods employed, and resources utilized. She also explained how the curriculum aligns with relevant educational standards and objectives, Teaching Strategies and Approaches. The session was very informative and interactive as students were asking questions throughout. The concluding session of the day comprised discussion headed by Dr. Kusum with students about learning experiences. The Vote of Thanks was given by Shachi and the day concluded with the National Anthem.

Glimpses:



*Devi Arora*  
Skill Development Committee

*Shachi*  
24/5/2023  
Principal





## GOVERNMENT COLLEGE OF EDUCATION

SECTOR 20 - D, CHANDIGARH

DAY FOUR REPORT (May 20, 2023)



The Skill Development Committee of Government College of Education, Sector 20-D, Chandigarh organized a session on the fourth day of the ongoing Value-Added Course on the Capacity Building of Pupil Teachers on Applied Skills.

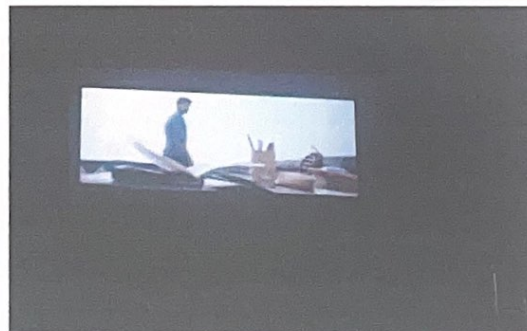
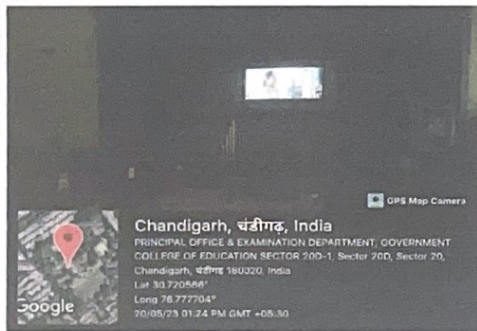
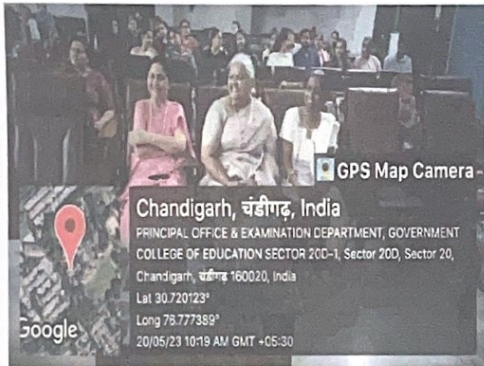
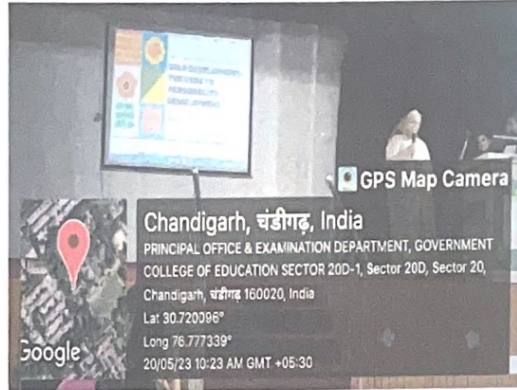
The first session was started by The Skill Development Committee Incharge, Dr. Balwinder Kaur introducing Dr. Jasvir Chahal who's been a member of teaching faculty here, at GCE 20-D, Chandigarh serving from 1989-2016, ending her tenure as the vice principal of the college. She excels as a teacher, mentor, and researcher, and remains actively involved in the field of education, serving as a visiting faculty at multiple universities. Principal, Dr. Sapna Nanda welcomed the resource person and highlighted her achievements. The objective of her session was "*Self Development- The core to Personality Development*".

The session primarily centred on self-development. It started with an activity wherein the pupil teachers were required to identify their emotions and express what they were experiencing at that specific moment. The purpose of this exercise was to cultivate self-awareness among them, as awareness serves as the initial stage in the process of self-development. She emphasised on the significance of a teacher's role in shaping young minds, highlighting the crucial need for educators to prioritize self-care and gain a profound understanding of them. This self-awareness enables teachers to effectively impart these insights to their students, thereby enriching their educational experience. The session was very mind opening and interesting, the main takeaway being, life is very unpredictable and uncertain, so pupil teachers should learn to deal with these uncertainties and keep on developing they to deal with these head on and attain self-actualisation.

The second session featured a film called "*Notebook*". Notebook is a 2019 Indian Hindi-language film which revolves around Kabir, a former army officer, who relocates to Kashmir to assume the role of a school teacher. The school is situated in the secluded Wuller Lane, devoid of essential facilities and with only a few students in attendance. Within the confines of the school, Kabir discovers a notebook left behind by the previous year's teacher, Firdaus, which profoundly impacts his life. With Notebook, The Director brought forth a human story which is sweet, simple and full of warmth. The movie beautifully captured Kashmir and had pleasant music. It was an enjoyable and fun experience for the students.

The session concluded by Dr. Aarti Bhatt. She reviewed both sessions and discussed the learning experiences.

Glimpses:



*Oliver*  
*Praveen*  
*Chahal*  
**Skill development Committee**

*Praveen*  
 24/5/2023  
**Principal**





## GOVERNMENT COLLEGE OF EDUCATION

SECTOR 20 - D, CHANDIGARH

WORKSHOP DAY FIVE (May 22, 2023)



### REPORT

The Skill Development Committee of the Government College of Education Sector 20 D Chandigarh organised Value Added Course on the Capacity Building of Prospective Teachers on Applied Skills. Dr. Balwinder Kaur Skill Development Committee Incharge introduced speakers of both sessions Mr. Navdeep Singh Co founder and President of KachiSadak Foundation and Mr. Prabhu Nath Shahi director Jai Madhusudan Shri Krishna Foundation.

The topic of the first session was **“Everyone wants the world to be fixed but who will fix it?”**. There were two other members of the foundation - Ms. Monika Sharma-Co founder and director of educational research, and Ms. Neha Kulsheshta Program Manager Kachi Sadak Foundation. The session was meant to gain knowledge about what is exactly social work and how can it be opted as a profession.

Mr. Navdeep Singh firstly explained about what exactly is a social work. Participants did a fun activity in which they have written their problems of daily life on a slip and thrown it to each other. Participants then picked up the slip randomly and read loudly. The purpose of this activity was to make each one to understand that the most important thing in doing a social work is to have empathy and sympathy towards other people’s problems rather than just finding out a working solution.

The speaker gave a detailed description what are the requirements of being a social worker, and how the participants may put their foot in others shoe to feel and understand the problems of others.

The whole session was very informative as participants got to know about exactly how to become a social worker and what is a social service. It’s a noble Profession and one should really learn empathy and sympathy for being a good social worker and a good human being.

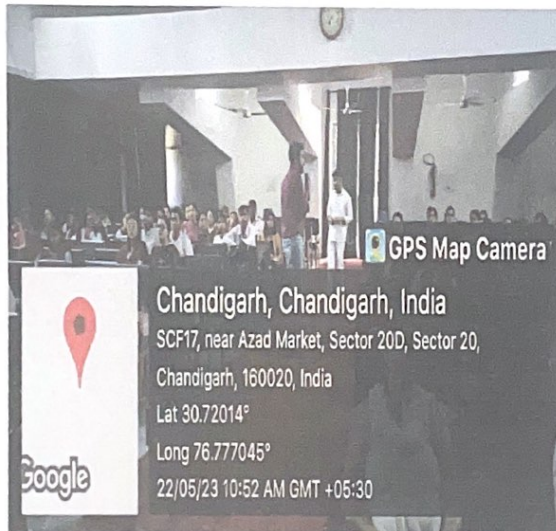
The second session was on **“Save Environment Save Earth Save Life”**. Mr. Prabhu Nath Shahi Director Jai Madhusudan Jai Shri Krishna foundation interacted with the students. He also appreciated the efforts of the committee to organise such workshop and expressed his gratitude to invite him on such an important day i.e 22<sup>nd</sup> May 2023 which is celebrated as **“International Day of Biodiversity”**.

He talked on what is the importance of saving environment and what are the various ways in which one can contribute towards saving environment on an individual level. He explained

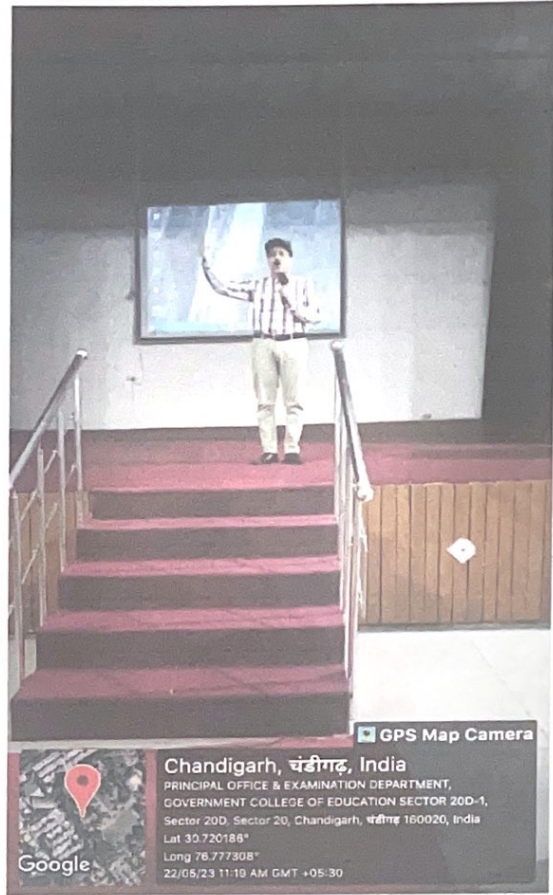
the ground reality of the tree plantation drives that occur regularly. Most of the trees do not survive due to negligence of people. Although people plant the saplings, yet they do not take care of the sapling afterwards that results into decaying of the plant. So it becomes important not to only plant trees, but plan and take care of them. He also talked about the importance of preserving water since we face water scarcity every year in summers. It is important that one do not use water unnecessarily and also teach about water preservation to the general public.

In last, he talked about waste management and harmful effects of plastics on the environment. All should work towards completely banning plastics from the lives as these small individual steps will lead to a big change and better future. The whole session was very educational and informative. The session was concluded by Dr. Balwinder Kaur by reviewing the learning experiences of participants. In the end vote of thanks was formally given and National Anthem was sung.

**Glimpses:**







*Dave*  
 Skill Development Committee

*Sandeep*  
 24/5/2023  
 Principal



**GOVERNMENT COLLEGE OF EDUCATION**  
**SECTOR 20 - D, CHANDIGARH**  
**VALEDICTORY FUNCTION (May 24, 2023)**  
**REPORT**



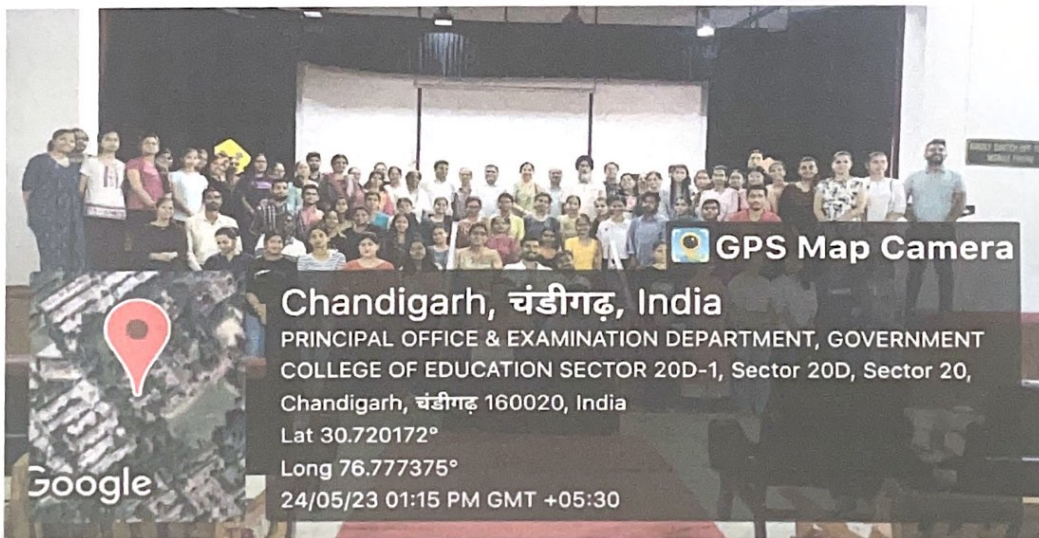
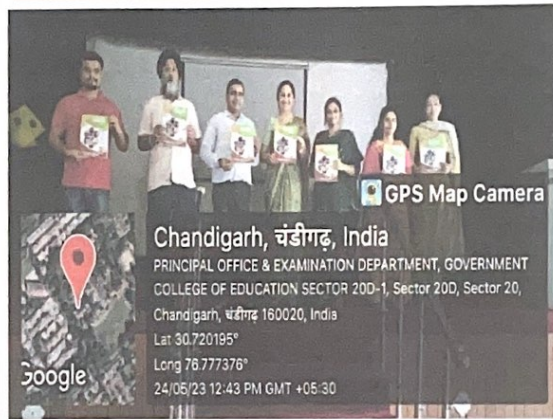
Skill Development Committee of Government College of Education Sec-20D, Chandigarh organised Value Added Course. The Valedictory function for the Capacity Building Program started with the introduction of the Chief Guest of the day Dr. Nemi Chand State Liaison Officer NSS Chandigarh Administration Chandigarh by Incharge Dr. Balwinder Kaur. Dr. Sapna Nanda Principal of the college welcomed the Chief Guest formally and highlighted various achievements. She also informed about the activities and sessions conducted during the programme.

Students Ms. Shachi and Ms. Isha Duggal shared their Reflections about the programme. They highlighted their experiences, memories, and aspirations of the workshop. Ms. Jyoti sang a Ghazal and Komal performed dance on Krishna Vandana. Chief Guest of the programme distributed the certificate of completion to the participants. Afterwards the College Magazine **The Educational Observer** 2021-22 and 2022-23 was released by the Chief Guest, Principal, Chief-in- Editor and editors.

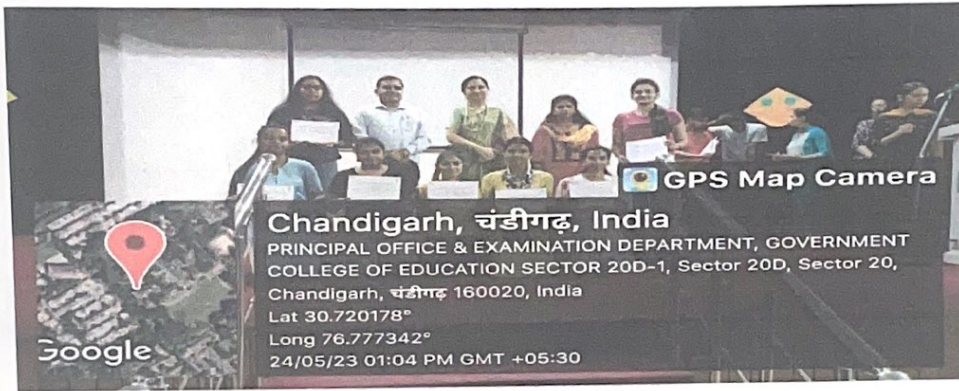
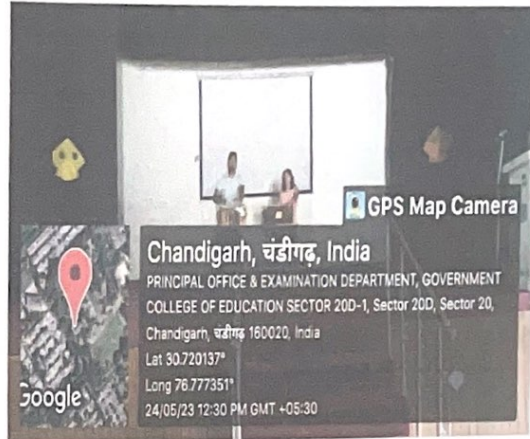
The Principal of the college Dr. Sapna Nanda appreciated the organizing committee and the students for their enthusiastic participation in the training program. The training ended on a positive note and the few participants Ms. Shachi and Ms. Isha shared their testimonials and expressed gratitude towards the program's organizers for the valuable opportunity provided. Dr. Balwinder Kaur, the convener of the training program extended vote of thanks to all the Chief Guest of the day for their kind presence and incubating the life skills ideas among the prospective teachers of the college.



Glimpses:







## गवर्नमेंट कॉलेज ऑफ एजुकेशन, चंडीगढ़ में 'एप्लाइड स्किल्स पर भावी शिक्षकों की क्षमतानिर्माण' पर वैल्यूएडेड कोर्स का आयोजन

• महानदी संवाददाता

चंडीगढ़। गवर्नमेंट कॉलेज ऑफ एजुकेशन, सेक्टर 20डी, चंडीगढ़ में कॉलेज की कोरसल्लिककस रसिनिं इरा 30 पंडे का वैल्यू एडेड कोर्स 'एप्लाइड स्किल्स पर भावी शिक्षकों की क्षमता निर्माण' आयोजित किया गया। कार्यक्रम का उद्देश्य प्रारंभिक शिक्षकों के व्यक्तिगत और व्यावसायिक विकास को बढ़ावा देना है। कॉलेज की प्रिंसिपल डॉ. सपना नन्दा ने इस मौके पर मुख्य अतिथि की। वेबी पॉड, स्टेट लैंग्वेज अडिक्शन एन एस एस, चंडीगढ़ प्रसारण का सहोदकत्व प्राप्त किया। डॉ. नैमेश्वर ने अपने पत्रकारों प्रिंसिपल और अध्येतज रसिनिं की साराहण की, जिसमें कोरसल्लिक विकास रसिनिं की प्रमुख डॉ. कर्णवीर पौर के साथ-साथ टीचर के सहायक डॉ. नीलम शील, डॉ. कुमुद, डॉ. रश्मि शायकला, डॉ. आरती भट्ट, डॉ. उषामा अर्जुनपाल, श्री सतीश कुमार रसिनिं थे। डॉ. नैमेश्वर की उपस्थिति में महाविद्यालय प्रिंसिपल डॉ. एनकेएस 2021-22 एवं 2022-23 कार्यभार संभाले की किया। 17 से 24 वर्ष 2023 तक पाठ्यपुस्तक वैल्यूएडेड कोर्स में सहायक टीचरों को एक

संस्थान शामिल थी, जिसमें कम्प्यूटिकेशन, मीडिया डिजाइन, टाइम मैनेजमेंट, प्रोजेक्ट मैनेजमेंट और स्टूडेंट्स मैनेजमेंट जैसे महत्वपूर्ण लक्ष्य शिक्षण के बारे में बहस का सत्र जिसके माध्यम से प्रारंभिक शिक्षकों ने इन लक्ष्य शिक्षण के बारे में और अधिक ज्ञान और उपरोक्त शिक्षण टूलस के बारे में भी ज्ञान प्राप्त किया जो उन्हें चुनौतियों से उबरने और अपने लक्ष्यों को प्राप्त करने में मदद कर सकेंगे हैं। प्रारंभिक शिक्षकों को शिक्षण के साथ-साथ अपने अनुभव साझा करने और व्यावसायिक जीवन निर्धारण में सहायता प्राप्त करने के लिए प्रोत्साहित किया गया। नतीजतन, कार्यक्रम अपने निर्धारित लक्ष्य को प्राप्त करने में सफल रहा और प्रारंभिक शिक्षकों ने अपनी क्षमताओं में उच्च स्तर की सुविधा और व्यावसायिक विकास को प्राप्त करने में सक्षम हुए। कार्यक्रम में प्रमुख अतिथि के रूप में डॉ. निमल दत्त, पूर्व प्रोफेसर डीएसई कॉलेज सेक्टर 10, चंडीगढ़, सुशील पनीवा शर्मा, संचालक (जेआरआईआईटी), श्री जसवीर सिंह, प्रिंसिपल और चंडीगढ़ ट्रेडिकल पुलिस टीम की उनकी टीम, श्रीमती इंदु अग्रवाल, टिच



कंसल्टेंट, चंडीगढ़, श्री मनिंदर सिंह बाजवा, पर्यायवाची इन्वेस्टमेंट मोहल्ले, श्री अश्विनी, वैद्यन्य करिवर कंसल्टेंट्स मोहल्ले, श्रीमती चंडीगढ़ पौर, असिस्टेंट प्रो, दीप सत्याज कीर्तन ऑफ एजुकेशन, चंडीगढ़, श्री अनंद मोहन शर्मा, जन शिक्षण संस्थान मोहल्ले, , डॉ. एम. धरालक्ष्मी, एचओडी और एग्रीमेन्ट प्रोफेसर, गुरु विद्यान विभाग, श्रीमती श्रीमती 11, चंडीगढ़, डॉ. जसवीर पाल, पूर्व प्राध्यापक-प्रिंसिपल

जोसिई20, श्री नरदीप सिंह, कर्णवीर पौर कंसल्टेंट्स, श्री प्रमोद साहू, निदेशक एवं प्रमुख, श्रीकृष्ण फाउंडेशन शांतिनगरी सची ने अपने अपने संस्थान के माध्यम से भावी शिक्षकों को शिक्षण पेशे के लिए प्रोत्साहन के साथ-साथ शिक्षकों को प्रेरित किया। प्रिंसिपल डॉ. कर्णवीर पौर ने इस कार्यक्रम में प्रमुख अतिथि की अतिथि और प्रिंसिपल के साथ-साथ शिक्षकों के बीच जीवन प्रेरणा प्रदान की। कार्यक्रम एक सकारात्मक नोट पर समाप्त

हूअ, प्रारंभिक शिक्षकों ने इस मौके पर बहस से जो कुछ नया सीखा, उसे सचो के साथ साझा किया और उन्होंने प्रदान किया गए इस मूल्यवान अवसर के लिए आभार ज्ञापित किया। प्रारंभिक कार्यक्रम को संचालित डॉ. कर्णवीर पौर ने सची अतिथि को प्रदान की अतिथि और प्रिंसिपल के साथ शिक्षकों के बीच जीवन प्रेरणा प्रदान की। कार्यक्रम को विवदित करने के लिए धन्यवाद दिया।

*Om Singh*  
Skill Development Committee

*Principal*  
24/5/2023