



**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**



CRITERION 2

KEY INDICATOR- 2.3 Teaching Learning Process

2.3.7 – Teaching learning process nurtures creativity, innovativeness, intellectual and thinking skills, empathy, life skill

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GOVERNMENT COLLEGE OF EDUCATION, SECTOR-20D, CHANDIGARH

NOTICE

Dated: 08/07/2022

During 16th August to 23rd August 2022 the students should learn and Practice different formats of Lesson planning i.e. Micro & Mega Lesson Plans.

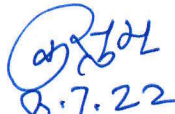
Time Table to be followed from 16th August, 2022 to 23rd August, 2022 is given below:-

10:00am to 11:00am (PEDAGOGY I)

Teacher Name	BK	SJS	MS	AS	KU	RAJNI	NISHA	SK	SUMAN
Group	II	--	--	I	II	III	I	I	---
Subject	ENG	PSC	PBI	SST	HINDI	ENG	MATHS	SCI	COMP.SCI
Room. No.	LANG.LAB	28	31	32	3	33	34	SCI. LAB	COMP.LAB


11:30am to 12:30pm (PEDAGOGY II)

Teacher Name	AKS	SN	LR	VP	UP	RK	SAN	AB	MEENA	AP	NP
Group	I	--	II	II	II	--	---	--	---	I	--
Subject	HIN/SKT	HSC	SCI	SST	MATHS	LSC	FA	MU	ECO	ENG	HPHY
Room. No.	9	H.sci. Lab	27	32	31	27	4	Music Room	33	G&C Lab	35


8.7.22
Coordinator
Skill-in-Teaching

CC:

1. For Records
2. For Circulation among faculty members.
3. For students Notice Board.
4. For College Website.


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

GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

SKILL-IN-TEACHING COMMITTEE ANNUAL REPORT SESSION- 2022-23

Following activities as per the curriculum of the B.Ed. were conducted by the Skill-in teaching committee in the year 2022-2023

School Internship Programme EPC-3.1

Phase- 1 Pre-practice

It is for the information of the faculty members that Pre-Internship programme for B.Ed. 3rd Semester will commence from 11th August 2022 to 24th August 2022. Timing for the same will be 10:00am to 11:00am for Pedagogy I & 11:30am to 12:30pm for Pedagogy II. A detail of the programme is as follows:-

- **Lesson Planning & Discussion by Teacher educators (11-08-2022 to 16-08-2022)**
- **Demonstration of Lesson plans by Teacher Educators (17-08-2022)**
- **Discussion Lesson plans (18-08-2022 to 23-08-2022)**
- **Workshop on development of audio visual aids (24-08-2022)**

One day Workshop on Audio Visual Aids

“A Supplement for Effective Teaching”

Government College of Education, Sector-20D Chandigarh organised a workshop on **Audio Visual Aids: A Supplement for Effective Teaching** under the Skill in Teaching Committee on 24th August, 2022.

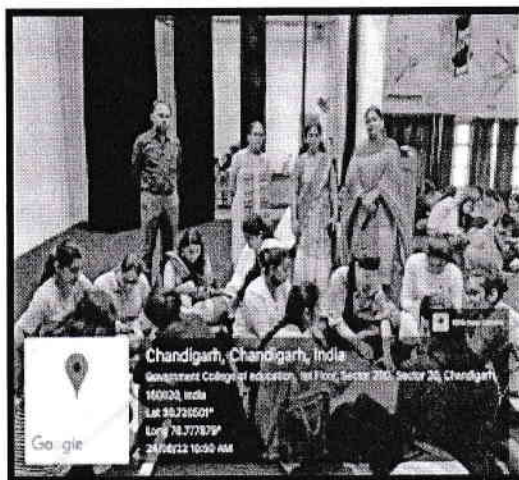
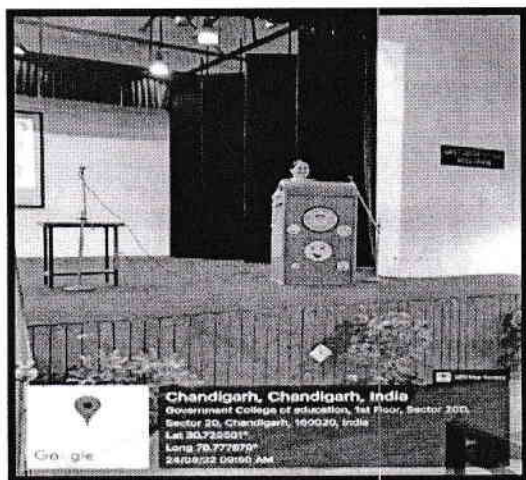
It started with a beautiful and enthusiastic welcome song by students of music department, Shampreet and Deeti. The Dean of the College, Dr (Mrs.) Sapna Nanda welcomed the Guest speakers addressed the students and discussed the role of a teacher in teaching learning process.

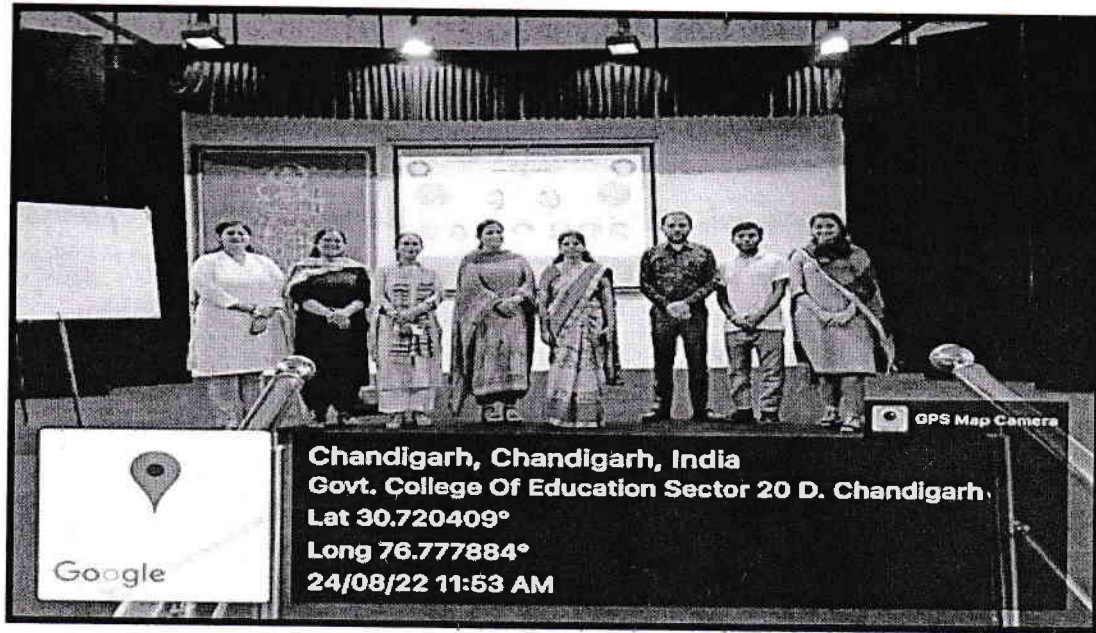
In the first session Dr. Rupinder Brar, Assistant Professor, Shivalik Institute of Education and Research, Mohali made students understand the use of

creativity in audio visual aids. She explicated the term Ramifications and its usefulness via showing a model on the topic “Celestial bodies”. She divided the students into their subject groups and asked to prepare a model on any topic of their subject. She guided the students to use teaching aids effectively in order to enhance the higher order thinking skills of students. She emphasised the students to follow text books by NCERT for probing research based questions during their lessons in the class.

The second session was carried out after the break by Ms. Manju Bala, Art Education Teacher, Kendriya Vidyalaya, Patiala Cantt. She guided the prospective teachers how to make good visual aids using Fine Arts. Prospective teachers actively participated and made different teaching aids. The workshop concluded with a vote of thanks by Dr. Kusum, Co-ordinator, Skill in Teaching Committee of the college.

SOME GLIMPSES OF WORKSHOP





Phase-II Teaching Practice

School Internship Programme (Phase-II of school Internship Programme) for B.Ed. 3rd Semester
Students conducted from 25th August to 3rd December 2022 in the given below schools:

Sr. No.	Name of T.G. In charge	T.G.	Roll Numbers of the students	Name of the School allotted for Internship programme
1	Dr Anjali Puri	1	1, 18, 35, 52, 69, 86, 103, 121=8	Govt. Sr. Sec. school, Sector- 22
2	Dr. Balwinder kaur	2	2, 19, 36, 53, 70, 87, 104=7	Govt. Girls Model Sr. Sec. School, Sector-20B
3	Dr. Anurag Sankhian	3	3, 20, 37, 54, 71, 88, 105=7	Govt. High School, Sector- 24
4	Dr. Meena	4	4, 21, 55, 89, 106=5	Govt. High School, Sector- 30
5	Dr. Sanjeev Kumar	5	5, 22, 56, 73, 90, 107=6	Govt. Model Girls Sr. Sec. School, Sector- 8
6	Dr. Sheojee Singh	6	6, 23, 40, 57, 74, 91, 108	Govt. Model Sr. Sec School, Sector- 21
7	Dr. Lilu Ram	7	7, 24, 41, 58, 75, 92=6	Govt. Model Sr. Sec. School, Sector-47
8	Dr. Neelam Paul	8	8, 25, 59, 76, 93, 110=6	Govt. Model Sr. Sec School, Sector- 27
9	Dr. Vijay Phogat	9	9, 43, 60, 111=4	Govt. Model Sr. Sec. School, Sector- 19
10	Dr. Kusum	10	10, 27, 44, 61, 78, 95, 113, 314 =8	Govt. Model High. School, Sector-20D

11	Dr. Suman Khokhar	11	11, 28, 45, 62, 79, 96, 114 =7	Govt. Girls Model Sr. Sec. School, Sector- 20D
12	Dr. Upasna Thapliyal	12	12, 29, 46, 63, 80, 97, 105 =7	Govt. Model Sr. Sec. School, Sector-33
13	Dr. Rajni Thakur	13	13, 30, 47, 64, 81, 98, 116 =7	Govt. Model Sr. Sec. School, Sector-35
14	Dr. Aarti Bhatt	14	14, 31, 48, 65, 99, 117=6	Govt. Model Sr. Sec. School, Sector-23
15	Dr. Ravneet Chawla	15	32, 49, 66, 100	Govt. Model Sr. Sec. School, Sector- 16
16	Mr. Ravinder Kumar	16	50, 67, 84, 101, 119 =5	Govt. Girls Model Sr. Sec. School, Sector-18
17	Ms Sonika Devi	17	17, 34, 51, 68, 85, 202, 120 =7	Govt. Sr. Sec. School, Sector-28

Phase-III Post- Practice and Evaluation

The One week Post-Practice and Evaluation (Phase-III of school Internship Programme) of B.Ed. 3rd Semester students was organised in the College from 5th Dec., 2022 to 10th Dec., 2022.

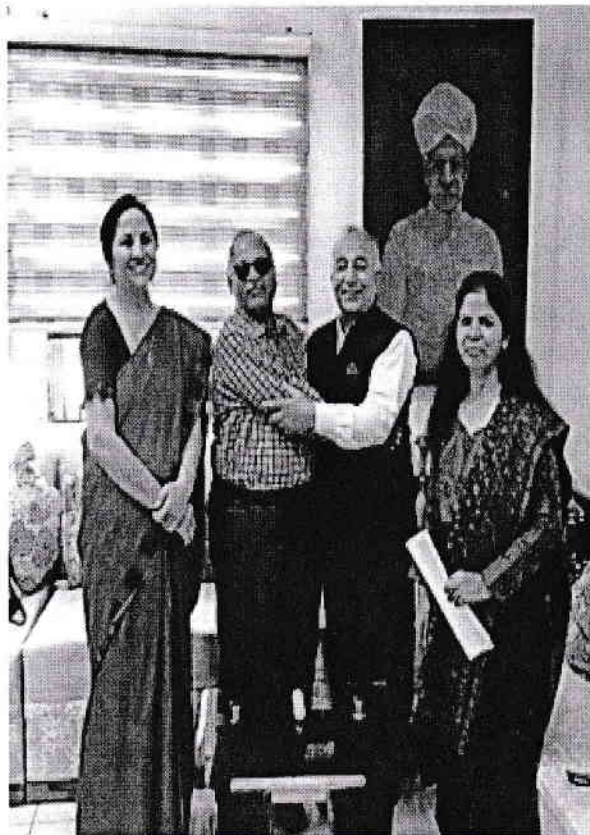
Final Skill-in-Teaching Practical Examination was conducted on 16.12.2022. Coordinator of the examination was Dr. Agnese Dhillon, Dev Samaj College of Education, Chandigarh.

Capacity Building for Youth and Teachers an Interactive Session with Major Dr. Gulshan Sharma

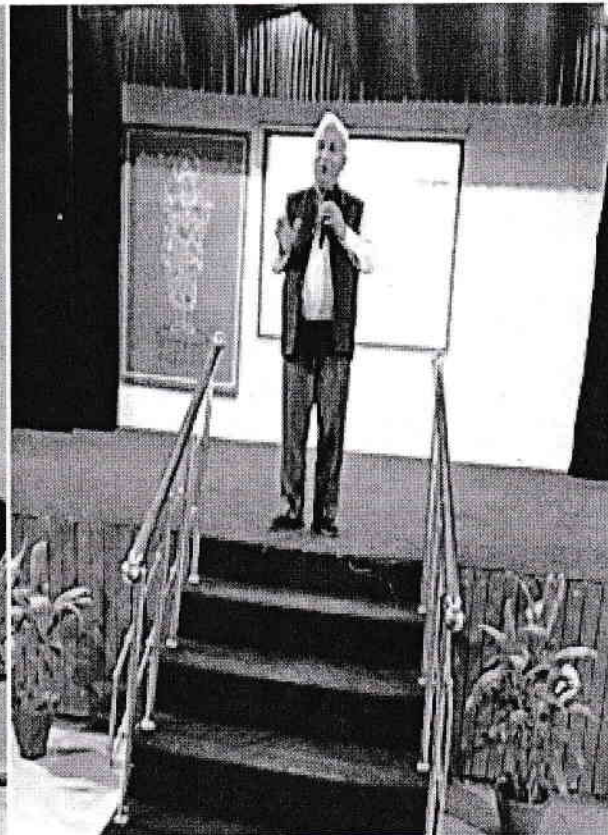
“The only skill that will be important in the 21st Century is the skill of learning new skills. Everything else will become obsolete over time.”

The Skill-in-Teaching Committee consisting of Dr. Kusum (Coordinator), Dr. Upasana Thapliyal and Mr. Ravinder Kumar in collaboration with International Chamber for Service Industry organized an interactive session of the pupil teachers with Major Dr. Gulshan Sharma. The event was held on 11 November 2022 in the auditorium of Government College of Education, Sector 20-D, Chandigarh. The event began with the formal welcome of the guests by the compere Ms. Shachi Sudhir, a student of Bachelors of Education, Semester 1. This was followed by the Principal's warm welcome address to Major Dr. Gulshan Sharma. Major Dr Gulshan Sharma, Director General ICSI (International Chamber for Service Industry) is a Service Industry strategist, Inspirational Speaker & a Life Coach. He holds his Ph. D in Service Industry - with Focus on Vocational Education & Skills. Before joining ICSI Chamber, he was with the Indian Army & the Ministry of Tourism, Govt. of India till 1993, where he set up India's First Institute

for Travel & Tourism, IITTM and developed MBA Tourism for India with his team. Subsequently ICSI developed various Service Industry Bachelors and Masters Vocational Education University degree programmes in Tourism, Hospitality, Airlines, Rural Development & Management, Entrepreneurship Mgt., Education & Counselling Mgt., Media-Entertainment & Film Technology, Mobile Computing & Internet, Health-Spa & Resort Mgt.etc. ICSI-International Chamber for Service Industry is a Global network (NRIs -Indian Corporate-Educators & Trainers)/Think Tank for Service Industry Research- Innovation-Technology & Future Strategies. Currently, ICSI is focusing on preparing a vision document for India @2047 with Focus on Education, skills, Tourism & Media- Entertainment industry, MSME ,Women & Child Development coupled with Health & Wellness while giving a rich Spiritual Journey Experience to visiting Tourists. ICSI conceptualized, developed, and initiated India's First, Technology based Finishing School in 1994 for Empowering Educators & Youth with focus on Creativity, Collaboration, Happiness, Soft & Life Skills. Post Pandemic now its Digital inspirational Lab. Presently ICSI is dedicated for MAKING EDUCATION & Skills RELEVANT through Global Educators Forum with all stakeholders of Policy Makers-Leaders-Educators-Vocational Skills providers-Corporate-Technocrats-Strategists and Inspirational Leaders to Inspire Every Educator-Trainer & Youth- leading to smooth implementation of NEP 2020.

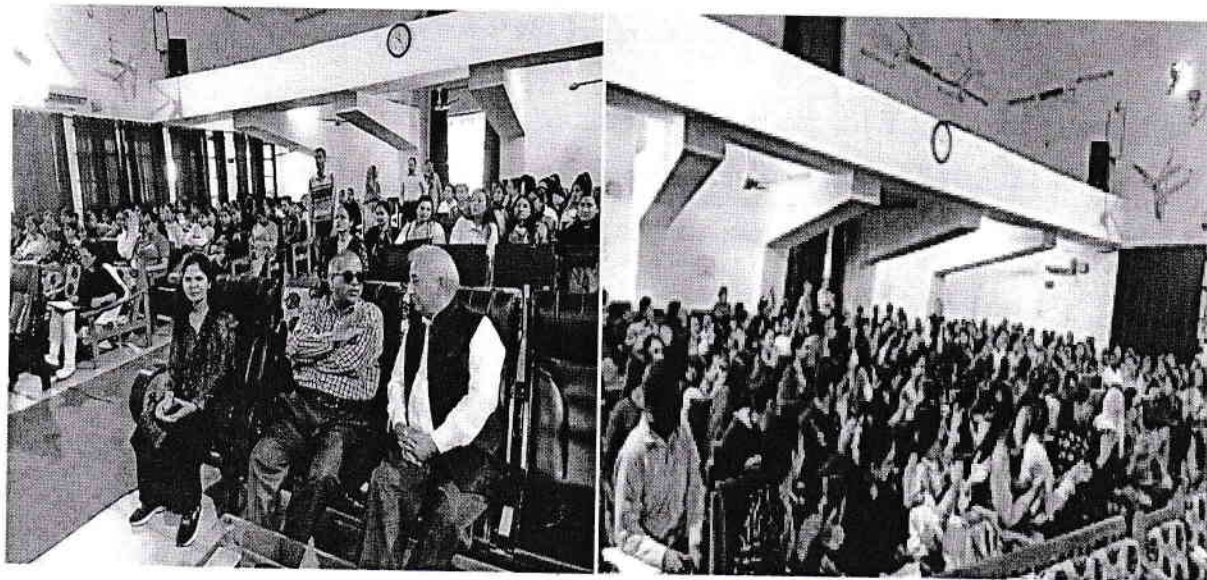


(Dr. Sapna Nanda, Dr. A.K.Srivastava,
Dr. Gulshan Sharma, Dr. Kusum)

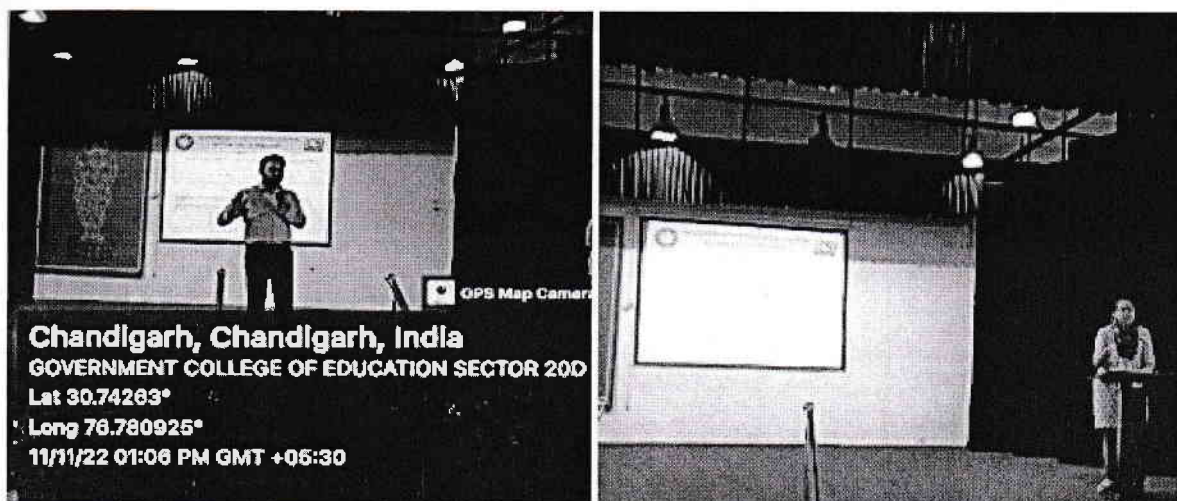


(Dr. Gulshan Sharma)

An enthusiastic and energetic resource person, Major Dr. Gulshan Sharma enlightened the students about the essential requirement of skills along with qualification degrees to become a true professional. In the contemporary world, it is essential to have valuable life skills. Education devoid of any opportunities to nurture and enhance skills does not give room for children to grow into well rounded individuals. An all round balanced development of cognitive, social and emotional skills is a must to succeed in modern life. The pupil teachers consisting of students of B.Ed, M.Ed and Diploma students of Guidance & Counseling were awestruck with the optimism and hope that the resource person brought in front of them. Sir explained how he thought that he was 17 at 71, full of dreams and hope for the nation. The importance of effective time management was explained and the pupil teachers were motivated to set the goal of becoming the best in their profession. Confidence building and personality development activities were also organized during the session to boost the morale of the pupil teachers. The responsibility of nation building and future shaping by teachers was also discussed with the pupil teachers. Dr. Sharma coached the pupil teachers through his life journey, "Anything and Everything is possible."



Keeping these intentions in mind, it was explained that the International Chamber of Service Industry with the support of Chandigarh Administration has taken the initiative of making Chandigarh an Innovative Education and Skills Hub of Asia. The audience gave a standing ovation in respect of the highly experienced resource person. Major Dr. Gulshan Sharma even shared his phone number with the audience to take valuable insights/feedback from the students to transform Chandigarh into an Innovative Education Hub.



The formal vote of thanks was delivered by Mr. Ravinder Kumar (Member) Skill-in-Teaching Committee. The event ended with the singing of the National Anthem.

EPC-1.4 Pre- Internship Programme

Pre-Internship programme for B.Ed.1st semester students for the purpose of observation of the real classroom situations and whole school environment was held from **12.11.2022 to 25.11.2022**. Detail of the **URBAN** schools allotted to the students and Tutorial groups is as:


Sr. No.	Name of T.G. In charge	T.G.	Roll Numbers of the students	Name of the School
1	Dr. Anjali Puri	1	201, 212, 223, 234, 245, 256, 267, 278, 289, 300, 311	Govt. Sr. Sec. school, Sector- 22 A
2	Dr. Balwinder Kaur	2	202, 213, 224, 235, 246, 257, 268, 279, 290, 301, 312	Govt. Girls Model Sr. Sec. School, Sector- 20B
3	Dr. Anurag Sankhian	3	203, 214, 225, 236, 247, 258, 269, 280, 291, 302, 313	Govt. High School, Sector- 24
4	Dr. Meena	4	204, 215, 226, 237, 248, 259, 270, 292, 303, 314	Govt. High School, Sector- 30
5	Dr Sanjeev Kumar	5	205, 216, 227, 238, 249, 260, 271, 282, 293, 304, 315	Govt. Model Girls Sr. Sec. School, Sector- 8 B
6	Dr. Sheojee Singh	6	206, 217, 228, 239, 250, 261, 272, 283, 294, 305, 316	Govt. Model Sr. Sec School, Sector- 21A

7	Dr. Lilu Ram	7	207, 218, 229, 240, 251, 262, 273, 284, 295, 306, 317	Govt. Model Sr. Sec. School, Sector-47D
8	Dr. Neelam Paul	8	208, 219, 230, 241, 252, 263, 274, 285, 296, 307, 318	Govt. Model Sr. Sec School, Sector- 27C
9	Dr. Vijay Phogat	9	209, 220, 231, 242, 253, 264, 275, 286, 297, 308, 319	Govt. Model Sr. Sec. School, Sector- 19C
10	Dr. Kusum	10	210, 221, 232, 243, 254, 265, 276, 287, 298, 309,	Govt. Model High. School, Sector- 20D
11	Dr. Suman Khokhar	11	211, 222, 233, 244, 255, 266, 277, 288, 299, 310,	Govt. Girls Model Sr. Sec. School, Sector- 20D

EPC-2.4 Pre- Internship Programme (Rural Schools)

Pre-Internship programme for B.Ed. 2nd semester students for the purpose of observation of the real classroom situations and whole school environment will be held from **20.04.2023 to 04.05.2023**.


Coordinator
Skill-in-Teaching


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

Copy to:

1. For Office Records
2. For College Website
3. For NAAC Dr. Anjali Puri
4. For NAAC Dr. Rajni Thakur

Pre-Internship Training Report EPC-1.4

Government Model Senior Secondary
School, Sector 27C, Chandigarh

Submitted by:
Kriti Shukla
252

Submitted to:
Dr. Neelam Paul
Incharge, T.G. 8

Gout. College of Education, Sec 20D, Chandigarh
B.Ed. 1st, 2022-24

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Introduction

The pre-internship is a major part of B.Ed. curriculum as it forms a base that is a pre-requirement for the fulltime engagement of student teachers in the school situation for a prolonged period of three month duration. Under the pre-internship programme, generally a student teachers are allotted some schools to observe the supervision and monitoring system of the school. The B.Ed. trainees have to observe the organization and management of the school, infrastructure, teaching aids, curriculum and assembly.

The role of student teachers is to analysis and understand the role of teachers in organization of co-curricular activities, organisation of educational field trips, community service, NSS, Scouts and Guides, observation of community festival celebrations, observation of peer teacher's teaching and also the role of principal. These are the topics assigned to the student teachers to observe with an aim to make them learn the school environment.



About the School

- Name of the School : Government Model Senior Secondary School
- Address : Sector 27C, Chandigarh
- Name of the Principal : Mrs. Monika Puri
- Name of the counselor : Mrs. Suman Bani
- No. of teaching staff : 33
- No. of non-teaching staff : 15
- Total no. of students : 1047
- Medium of instruction : English and Hindi
- Timing of the school : 8:20 am to 2:20 pm
- Duration of the class : 50 minutes



Philosophy, Aim & Vision

- Philosophy : The philosophy of the school is as mentioned below :
- Emphasis on value based education : The students are taught to take complete responsibility of self and are also guided to sensitise their siblings at home so that they learn to treat all people with respect and dignity.
- To inculcate discipline through positive reinforcement
- Emphasis on all round development of students : The school creates an environment which insures that each student is happy, successful learner, who is fully respected and learns how to respect others and make students confident, complete communicators, skilful in problem solving and capable of creative thinking.
- To prepare students according to their developmental needs by providing them conducive environment to meet the future challenges the school prepares students for the college and future hardships.



Topic _____

Date _____

④

- Mission : Following are the aims that the school looks forward to fulfill
 - To make students enthusiastic learners.
 - To make students mentally and physically strong.
 - To ensure that there is no discrimination or biasness on any grounds in the school.
 - To encourage creative and inquiring minds.
 - To provide high-quality teaching and learning experience to enable all children to achieve biggest possible standards in all fields of curriculum.

- Vision : The vision of the school is to challenge all students to excellence, to promote a climate of respect and support and to encourage and facilitate growth, abilities and talents of students, so that they will live healthy lives characterized by reflection, responsibility, wonder-loving and enthusiasm for life-long learning.

To fulfill this vision, the school provides all students a superior education to enable them achieve full human potential. The school also looks forward to its students, the future leaders, must have effective communication skills and blended global outlook with Indian ethos that nurture the core human values.



Topic: _____

Date: _____

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Organization & Management

- Affiliating body : Government Model Senior Secondary School, Sector 27-C, Chandigarh is affiliated with CBSE, affiliation no. _____
- Type of school : The type of school is Government school and is working under the Department of Education, Chandigarh (V.T.)
- Management : Government Model Senior Secondary School Sector 27-C, is under the ownership of Chandigarh administration. The school is housed in two sections -
 - Primary wing
 - Secondary wing



Infrastructure

The school is divided in two buildings, each with three floors. The ground floor includes the Principal office, SSA room, various labs, the nursery wing, library, and the mid-day meal room. The first floor includes the staff room, computer lab, classes 6th to 10th. The second floor contains the primary classes from 1st to 5th, and classes 11th & 12th.

With entrance of school, we get acquainted with parking area, juxtapose to it there is science garden, herbal garden, food corner, further there is mathematics garden also. There are also many labs such as Bio lab, sports lab, maths lab, physics lab, computer lab, home science lab, social science lab and SSA room, these are discussed in brief -

- Parking area - It is of rectangular shape which is suitable to park vehicle and spacious enough so that everyone can enter and exit easily. It is made available to students as well as teachers.
- Science knowledge park - science knowledge park includes anemometer, periscope, newton disc, law of resonance, musical sound, double ended cone, play with mirrors, concave and convex mirrors, cycloidal path, crystal structure, etc.



Topic _____ Date _____

7

It makes the students study science more practically and instill scientific temperament in the students.

- Herbal garden - It involves various herbs and shrubs like amla, aloe vera, ratti, turmeric, holy basil, lemon tree, etc. This acquaints the students with herbs which enhance physical and mental health.

- Food corner - As many students come from distant location, so it is difficult for them to carry heavy bags hence, it compensate their hunger and all the food items such as sandwich, dal-rice, tea/coffee etc. are available and affordable.

The school has labs as discussed below :-

- Bio lab - It consist of certain models and equipments such as brain model, model on parts of flower, digestive system and skeleton and various diagrammatical presentation such as reproductive organs, germination of pollen grains on stigma and flowers axillary inflorescences.

- Sports lab - This included equipment pertaining to sports to students to involve them in activities apart from academics for their overall development. It includes equipments such as Basket ball, volley ball, badminton, shoe-foot, cricket kit,



Topic _____

Date _____

②

handball and indoor games such as carrom board, chess, ludo, etc.

- Physics lab - It consist of equipments such as ammeter, voltmeter, screw gauge, potentiometer, tuning fork, vernier caliper, etc and models such as electric circuit, logic gates, step-up and step-down transformer etc., separate room for one subject enable to inculcate concepts in the minds of student.
- Mid-day meal - In the mid-day meal, students upto 8th class are being rendered with nutritious food such as rice, which provides carbohydrates, black channa dal, sambhar, kadhi, etc to fulfill protein demand. It is distributed efficiently in well-organized manner so that everybody can get it. Selective food is provided on selective days to fulfill deficiency of vitamins, protein as well as provides variation in taste.
- NTT Workshop - In the school, a workshop was organized for NTT trainees in accordance with National education policy 2020. A team of 10 teachers had been selected, which were assigned further into three groups. The first group of four members worked on the curriculum of the pre school 1 [3-4 years], the second group was of three members and worked on pre-school 2 curriculum, and the third group, also of three members, worked on Bal Vataha [5-6 years] curriculum. The



workshop was for formulating the curriculum of fundamental stages (3-6 years) according to the early childhood care and education. The nursery teacher trainees would prepare activity based curriculum. The aim of this workshop was to develop a curriculum so that a child coming to the class can read & write.

- SSA Room - The Sarva Shiksha Abhiyan is the scheme of central government for compulsory and holistic education from pre-nursery to class 12. It subsumes the three schemes of Sarva Shiksha Abhiyan (SSA), Rashtriya Madhyamik Shiksha Abhiyan (RMSA) and Teacher Education (TE).

The school is a cluster school, out of 30 cluster schools of Chandigarh, and it has 6 schools under it. The grants for infrastructure and children's education from the central government comes to this school, and further the school provides it to the 6 schools under it. This whole work is controlled from the SSA room.

- Computer Lab - The computer lab of the school has 17 computer systems, all available to the students as well as teachers. The room is well maintained and well organized. The aim is computer literacy of the students.



Type: _____

Date: _____

Mid-Day Meal Scheme

The mid-day meal is offered to the students who are studying between standard 1 to 8 in the school under the Sarva Shiksha Abhiyan.

• Aims of the school -

- To avoid classroom hunger
- Increase school enrolment
- Increase school attendance
- Improve socialization among castes
- Address malnutrition
- Empower women through employment

• Meals offered under the scheme -

- Food grains : 100 gms for class 1-5th, 150 gms for class 6-8th
- Pulses : 20 gms for class 1-5th, 30 gms for class 6-8th
- Vegetables (leafy also) : 50 gms for class 1-5th
75 gms for class 6-8th
- Oil and fat : 5 gms for class 1-5th
5-7 gms for class 6-8th
- Salt and condiments : As needed



Co-Curricular Activities

Every Saturday in the school is celebrated as activities day. Various activities are done throughout the day. The first and only Saturday that we spent in the school had two activities planned for the day. The first half of the day, before recess, the school organized inter-house sports competition. Classes from 6th to 10th were separated according to their houses. Students from every class were made to run track, first of 100 meters and then of 200 meters. The winners were announced and further selected for inter school competition, which would be held in February.

During the second half of the day, a science quiz was organized for all the classes. The topics were selected according to the classes and the competition was inter-class.

The school promotes participations in co-curricular activities. Sports participation is very important for school. Recently, the girls kabaddi team participated in Under 19 inter school competition and won gold medal. The school takes pride in its students participation and encourages its students to participate more.

Morning Assembly

The morning assembly is a great part of the school. It is always held at 8:30 in the morning in the front of the school premise and continues till 9 a.m. At the assembly various activities were organized by the teachers as well as students. The discipline was maintained in a strict manner. In the assembly, all students stand in rows according to their classes, in ascending order of their height and teachers are supposed to stand at the end of the row so as to maintain the decorum in the assembly. Interestingly, the entire assembly procedure was organized by the teachers but carried out by students only. One student beats the drum and stands on the stage along with the prayer group of the day and a teacher to command them. The prayer is played on speaker system and the prayer group leads other students. It is followed by thought of the day, news, announcement by teachers and any special program prepared by the students for the assembly. The morning assembly ends with national anthem. After this, the students return to their classes.





Children's day

On 14th Nov, National Children's Day, the first day of the pre-internship, the school was also celebrating the joys of birthday of Pt. Jawahar Lal Nehru. The school under the esteemed guidance of the Principal Mrs. Monika Puri had organized a fair with the help of the children and NSS volunteers.

The games included musical chairs, dip and win, throwing rings, archery, balloon bursting. Two students organize everyone's favourite Pani Puri stall.

The students and all the teachers including us (fupit teachers) participated in the games and enjoyed the activities. These kind of organised activities lead to joy and satisfaction among the students. Those students that won the games had such a big smile on their faces, it was truly wonderful to see.

These activities also included our first interaction with the students and it was amazing. The students were very helpful and respectful. We enjoyed our first day of pre-internship.

EPC-24
PRE-
INTERNSHIP
REPORT

T.G.-8

**GOVT. MODEL SR. SEC. SCHOOL, SEC 45 C,
CHANDIGARH**

SUBMITTED TO:
DR. NEELAM PAUL
ASST. PROFESSOR

SUBMITTED BY:
KRITI SHUKLA
B.Ed. I (B), 252

GOVT. COLLEGE OF EDUCATION, SEC. 20 D, CHANDIGARH

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Topic _____

Date _____

①

Introduction

Two weeks pre-internship is being carried out during the second semester in rural area schools of Chandigarh. We are writing this report under our T.G. Incharge (B) Dr. Neelam Paul. Under this pre-internship program, we visited Government Model Senior Secondary School, Sec 45-G (Burai), Chandigarh from 20th April 2022 to 8th May 2023.

The purpose of our visit was to observe the following

- 1) The teaching learning process in the real classroom, use of multimedia, student participation, classroom management.
- 2) Evaluation procedures used in the school
 - a) Types of evaluation
 - b) Maintenance of examination records
- 3) Library resources
- 4) Types of grants and scholarships received by school
- 5) Record of any one stock register
- 6) Reflections on school experiences.



Type _____

Date _____

2

About the School

The students of our T.G. (T.G.B) were given Government Model Senior Secondary School, Sec 45-C (Bareilly), Chandigarh to visit during our pre-internship program for rural schools.

The Government Model Sr Secondary School, Sec 45-C, Chandigarh has a vibrant and strong academic family. Each day the school works together to create a supportive, co-operative and positive environment that establishes a safe and caring place for teaching and learning.

The school hopes to create an atmosphere of reverence for education and a healthy environment where work, sports and co-curricular activities will mould the students and enable them to be the best. They aim to give the students the best possible education in order to prepare them for life beyond school.

IMPORTANT INFORMATION -

- Name of the School : Govt. Model Sr Sec School, Sec 45C, Chandigarh
- Name of the Principal : Dr Anil Kumar Gujrani

100 Lines



Topic _____

Date _____

5

- Affiliation : Central Board of Secondary Education (CBSE)
- Ownership : State (U.T.) Administration
- Classes : Pre-Nursery to XII
- Gender : Co-educational
- Affiliation number : 2620096
- Affiliation type : General
- Year of opening : 2015
- No. of teachers : 45
- No. of students : 1263
- Shift : Morning
- Timing : 8:00 am to 2:00 pm

SCHOOL BUILDING

- The school building itself acts as a learning aids as BALA stand for Building A Learning Aids.
- The primary classrooms are properly decorated classrooms with wall painting of alphabets, numbers, stories, poems, etc.
- The school also has provision of ramps as well as staircase for all the four floors.

[A 120]



Topic _____

Date _____

③

Teaching-Learning Process

The teaching-learning process is a combined process where a teacher assesses understanding needs, establishes particular learning objectives, formulates teaching and memorizing strategies, enforces a plan of work and assesses the outcomes of the instruction.

TEACHING-LEARNING PROCESS

- The teaching-learning process in the classroom is largely based on concept building using lecture-room demonstration methods.
- Providing a co-operative and inclusive environment to the students in the classroom is a very important task taken up admirably by the teachers of the school.
- The classrooms are well maintained, proper provision of chalks, duster and chalkboard is there.

OKEN



USE OF MULTIMEDIA

- Using multimedia in the teaching-learning process makes it more effective and supports information processing in the students.
- The school has interactive board facility provided only in the library and science laboratory. Any teacher that wants to use the facility can easily take the entire class to any of these room and make the class interesting.

STUDENT PARTICIPATION

- Student participation not only adds interest to a course, it also provides a way for teachers to promote active learning and ensure understanding of the content.
- The students participate actively in the classroom teaching-learning process as well as activities that are organized in the school.

CLASSROOM MANAGEMENT

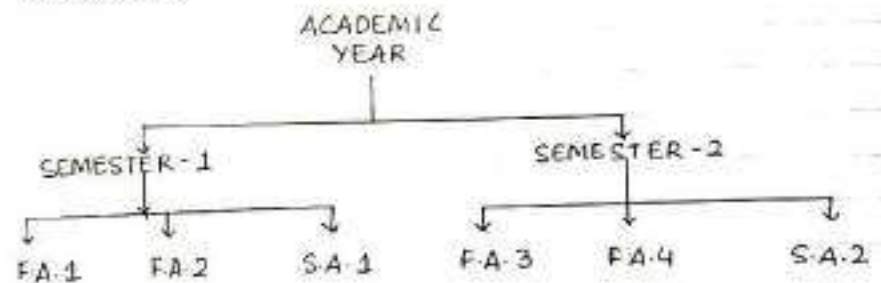
- The teachers mostly use positive reinforcement in the classroom. No corporal punishment is used for discipline in the classroom.



Types of Evaluation

The school follows the pattern of Continuous and Comprehensive Evaluation (CCE) according to the guidelines of CBSE and National Council of Education and Research Technology (NCERT).

- The academic year is divided into two semesters -
Semester I
Semester II
- In each semester, three assessments are conducted, two formative assessments and one summative assessment.



FORMATIVE ASSESSMENT - A formative assessment is conducted during the ongoing semester to check the knowledge and learning of the students.

SUMMATIVE ASSESSMENT - A summative assessment is conducted at the end of the ongoing semester to make a final decision on the learning of the students.

FROM CLASS 1st - 2nd

- There are no written examinations conducted for these classes.
- Assessment is done by-
 - i) In Term 1 - taking a listening and speaking skill test.
 - ii) In Term 2 - taking a reading and writing skills test.
- Grading is provided according to the performance -
 - A - Outstanding
 - B - Very good
 - C - Good
 - D - Satisfactory
- Every child is promoted to the next class without detaining any student.



FROM CLASSES 3rd - 8th

- FORMATIVE ASSESSMENT 1 - activity based assessment is done in F.A.1, no written examination
Maximum marks = 10
- FORMATIVE ASSESSMENT 2 - a written examination is conducted carrying 10 marks.
Maximum marks = 10
- SUMMATIVE ASSESSMENT 1 - written examination conducted at the end of semester 1.
Maximum marks = 60
- FORMATIVE ASSESSMENT 3 - activity based assessment
Maximum marks = 10
- FORMATIVE ASSESSMENT 4 - written examination
Maximum marks = 10
- SUMMATIVE ASSESSMENT 2 - written examination at the end of semester
Maximum marks = 60

$$\begin{aligned}\text{Grand total} &= \text{F.A.1} + \text{F.A.2} + \text{S.A.1} + \text{F.A.3} + \text{F.A.4} + \text{S.A.2} \\ &= 10 + 10 + 60 + 10 + 10 + 60 \\ &= 100\end{aligned}$$

FROM CLASSES 9th - 10th

- For class IX, out of 100 Marks, 80 will be given through written examination and 20 marks will be given by internal assessment.
- For class X, students will have board exams at the end of the year of 80 marks with additional 20 marks for internal assessment, making a grand total of 100 marks.

Class 9th :-

$$\begin{aligned}\text{Grand total} &= \text{F.A.1} + \text{F.A.2} + \text{S.A.1} + \text{F.A.3} + \text{S.A.2} \\ &= 10 + 10 + 80 + 20 + 80 \\ &= 200\end{aligned}$$

each semester = 100 marks.

Class 10th (Boards) :-

$$\begin{aligned}\text{Grand total} &= \text{Board examination marks} + \\ &\quad \text{Internal assessment} \\ &= 80 + 20 \\ &= 100\end{aligned}$$

- Students will have to secure 33% marks in total to pass the examination.

Maintenance of Examination Records

- The school maintains the examination record of all the students.
- For the maintenance of examination record a separate book is employed where important dates like date of examination, examination type, class, marks, etc. are entered.
- Teachers keep the record of the students in this examination and later copies the result in the student's report card.
- This record is used for one school year, the examination record also shows the progress of the students.
- Signature of the head of the institution i.e. the Principal is mandatory before securing the records or uploading them.





Library Resources

(21)

- The library of 'Governments Model Senior Secondary School, sec 45 C, Chandigarh' offers the students and staff access to variety of resources.
- The goal of the school library is to ensure that all members of the school community have equitable access "to books and reading, to information, and to information, and to information technology."
- The library uses all type of media that's automated and utilizes the Internet of information gathering.
- The school offers learner-oriented laboratories with support, extend and individualize the school curriculum and acts as a coordinating agency.
- The library has books stored in almirahs properly, according to subject and also has an interactive board as well.

Grants & Scholarship

SCHOLARSHIPS

- SC Scholarship - This scholarship is given to the scheduled caste (SC) students to enable them to pursue their higher studies without any financial constraints. In Government or secondary school, pre-matric SC scholarship is provided to class IX & X SC category students.
- Minority Scholarship - This scholarship is provided by ministry of minority affairs who provided financial aid to students from class 1 to 10 who belong to minority community and are from economically backward families under "Pre-matric scholarship" scheme.
- Attendance based Scholarships - The scholarship is provided by the school for girls students.

FUNDS

Following types of funds are provided to school under various central government and U.T. administration schemes-

- i) Amalgamated funds
- ii) Red-cross funds
- iii) Health funds
- iv) Excursion
- v) SSA
- vi) RMSA
- vii) Maintenance
- viii) Personal Ledger Account (PLA) funds
- ix) Scouts and Guides
- x) Vocational guidance funds
- xi) Library funds
- xii) Club and societies funds
- xiii) Building and property funds
- xiv) Stationary / Examination funds
- xv) Child welfare funds
- xvi) Admission withdrawal funds (I - XII)



Maintenance of Stock Register

The whole stock of the school is entered in register called the stock register. Generally there are different registers for articles of permanent nature and consumable.

Each stock register should be checked up at least once a year. Actual stock and entry in the stock should be compared.

We were able to take a look at the sports stock register of the school which featured the following details -

Name of the Article(s) : _____

Date	Particulars	Bill No.	Receipt	Issue	Balance	Remarks

GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

(24th AUGUST, 2022)

One day Workshop on Audio Visual Aids *“A Supplement for Effective Teaching”*

Government College of Education, Sector-20D Chandigarh organised a workshop on **Audio Visual Aids: A Supplement for Effective Teaching** under the Skill in Teaching Committee on 24th August, 2022.

It started with a beautiful and enthusiastic welcome song by students of music department, Shampreet and Deeti. The Dean of the College, Dr (Mrs.) Sapna Nanda welcomed the Guest speakers addressed the students and discussed the role of a teacher in teaching learning process.

In the first session Dr. Rupinder Brar, Assistant Professor, Shivalik Institute of Education and Research, Mohali made students understand the use of creativity in audio visual aids. She explicated the term Gamification and its usefulness via showing a model on the topic “Celestial bodies”. She divided the students into their subject groups and asked to prepare a model on any topic of their subject. She guided the students to use teaching aids effectively in order to enhance the higher order thinking skills of students. She emphasised the students to follow text books by NCERT for probing research based questions during their lessons in the class.

The second session was carried out after the break by Ms. Manju Bala, Art Education Teacher, Kendriya Vidyalaya, Patiala Cantt. She guided the prospective teachers how to make good visual aids using Fine Arts. Prospective teachers actively participated and made different teaching aids.

The workshop concluded with a vote of thanks by Dr. Kusum, Co-ordinator, Skill in Teaching Committee of the college.

SOME GLIMPSES OF WORKSHOP





Dr. Kusum (Coordinator)
Mr. Ravinder Kumar (Member)
Dr. Upasna Thapliyal (Member)

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

CC:

1. For Office Record
2. For College Website

GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH

REPORT

PU ZONAL SKILL IN TEACHING AND ON THE SPOT TEACHING AIDS

PREPARATION COMPETITION

PU Zonal Skill-in- teaching and on the spot teaching aids preparation competition Zone-A organised by Skill-in-Teaching Committee of the College. Students of College participated in PU Zonal skill in teaching and on the spot teaching aids preparation competition from 25th April, 2023- 27th April, 2023.

DAY – 1

Date: 25th April 2023

On the day 1 of the competition, 10 students from various pedagogy subjects took part in the above said competition. They were accompanied by Dr. Kusum, In charge, skill-in-teaching committee and Mr. Sanjeev Kumar. The venue for day 1 was Rayat College of Education, Raylmajra, near Ropar, Punjab.

The team from GCE reached the venue at about 08:30 am and then got the registrations done. Necessary information was provided to the students by the host college. The competition began at about 10:00 am. Participants for on-the-spot teaching aid preparation were allotted a big hall and they were given 3 hours to complete the task with proper presentation and writeup. While the participants for skill in teaching were allotted separate classrooms according to their pedagogy subjects and were required to present their lesson in 25 minutes. The participants wholeheartedly participated in both the events with much zeal and enthusiasm.

Winners were declared at about 02:00 pm and the students of Government College of Education, Sector-20 D, Chandigarh bagged 8 prizes (4 first prizes, 2 second prizes, 1 third prize and 1 consolation prize). The list of winners along with their Pedagogy subjects is as follows-

Skill in Teaching:

First Prize-

- Tanuja Upreti – Pedagogy of English (Adjectives)
- Shampreet Singh – Pedagogy of Music (Punjab ke Lok Vadya)
- Richa – Pedagogy of Sanskrit (Subhashitani)

Second Prize-

- Monica – Pedagogy of Fine Arts (Painting with stencil)

Participation-

- Tania Chadha – Pedagogy of Punjabi (Guru Gobind Singh)

On the spot Teaching Aids Preparation:

First Prize-

- Nisha Garotra – Pedagogy of Music (Tabla)

Second Prize-

- Neha Thakur – Pedagogy of Fine Arts (Glass painting)

Third Prize-

- Kavita Singh – Pedagogy of English (Verbs)

Consolation-

- Meera – Pedagogy of Hindi (Jab cinema ne bolna seekha)

Participation-

- Tania Chadha – Pedagogy of Punjabi (Guru Gobind Singh)



DAY – 2

Date: 26th April 2023

On the day 2 of the competition, 6 students from various pedagogy subjects took part in the above said competition. They were accompanied by Dr. Upasana Thapliyal, and Mr. Ravinder Kumar. The venue for day 2 was A.S. College of Education, Khanna, Ludhiana, Punjab.

The team from GCE reached the venue at about 08:30 am and then got the registrations done. Necessary information was provided to the students by the host college. The competition began at about 10:00 am. Participants for on-the-spot teaching aid preparation were allotted a big hall and they were given 3 hours to complete the task with proper presentation and writeup. While the participants for skill in teaching were allotted separate classrooms according to their pedagogy subjects and were required to present their lesson in 25 minutes. The participants wholeheartedly participated in both the events with much zeal and enthusiasm.

Winners were declared at about 02:00 pm and the students of Government College of Education, Sector-20 D, Chandigarh bagged 2 prizes (2 third prizes in Pedagogy of Computer Science). The list of winners and participants along with their Pedagogy subjects is as follows-

Skill in Teaching:

Third Prize-

- Gunjandeep Kaur– Pedagogy of Computer Science (Cyber Crime)

Participation-

- Poonam Kumari Sharma – Pedagogy of Physical Science (Motion and it's laws)
- Tenzin Khedup – Pedagogy of Mathematics (Probability)

On the spot Teaching Aids Preparation:

Third Prize-

- Prince Bansal – Pedagogy of Computer Science (Credit Card Fraud)

Participation-

- Samiksha Thakur– Pedagogy of Life Science (Sewerage Treatment Plan)
- Aman Kumari – Pedagogy of Mathematics (Mathematical Toys)



DAY- 3

Date: 27th April 2023

On the day 3 of the competition, 6 students from various pedagogy subjects took part in the above said competition. They were accompanied by Dr. Meena, and Mrs. Sonika Devi. The venue for day 3 was Guru Teg Bahadur Khalsa College of Education, Dasuya, Hoshiarpur, Punjab.

The team from GCE reached the venue at about 08:30 am and then got the registrations done. Necessary information was provided to the students by the host college. The competition began at about 10:00 am. Participants for on-the-spot teaching aid preparation were allotted a big hall and they were given 3 hours to complete the task with proper presentation and writeup. While the participants for skill in teaching were allotted separate classrooms according to their pedagogy subjects and were required to present their lesson in 25 minutes. The participants wholeheartedly participated in both the events with much zeal and enthusiasm.

Winners were declared at about 02:00 pm and the students of Government College of Education, Sector-20 D, Chandigarh bagged 3 prizes (1 first prize and 2 second prizes). The list of winners and participants along with their Pedagogy subjects is as follows-

Skill in Teaching:

Second Prize-

- Sujata– Pedagogy of Economics (Sectors of an Economy)
- Raveena Gill – Pedagogy of Home Science (Care & maintenance of cloth)

Participation-

- Shiwangi Singh– Pedagogy of Social Studies (Judiciary)

On the spot Teaching Aids Preparation:

First Prize-

- Kamini – Pedagogy of Home Science (Process of fibre to fabric)

Participation-

- Deepa Yadav – Pedagogy of Economics (Sectors of an Economy)
- Priyanka– Pedagogy of Social Studies (Non- conventional sources of Energy)



Coordinator
Skill-in-Teaching

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

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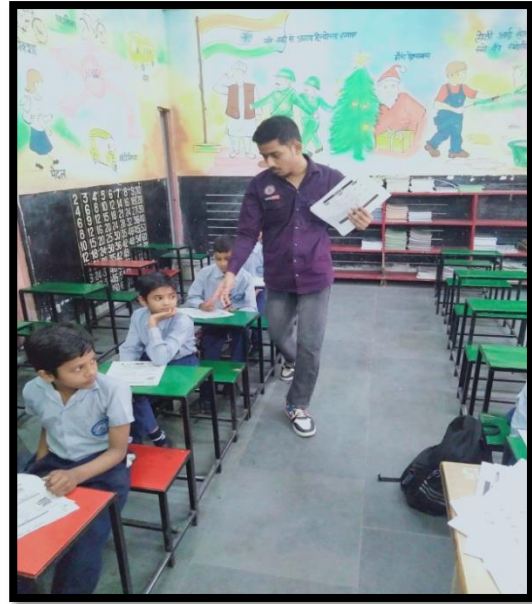
GOVERNMENT COLLEGE OF EDUCATION, CHANDIGARH REPORT

BASELINE ASSESSMENT FROM GRADE 3RD TO 5TH IN ALL GOVT. SCHOOLS UT, CHANDIGARH

Baseline Assessment Exam was conducted by Skill-in-Teaching Committee in the College according to as per the instructions of the District Education Officer Ms. Bindu in collaboration with NGO Arpan Kachi Sadak to assess the basic literacy skills of students of class 3rd, 4th and 5th in Government Schools of Chandigarh. B.Ed 2nd Semester students were appointed as invigilators to ensure the smooth functioning of the assessment. A training session was conducted for the student invigilators in college premises on April 20th, 2023 in the presence of DEO Ms. Bindu, along with resource persons Mr. Ravinder, Ms. Rupinder Kaur and Ms. Neha from Kachi Sadak NGO. Detailed guidelines were given to the invigilators regarding conduction and evaluation of the assessment. After that students continued with their Internship program Phase-II of B. Ed. 2nd semester till April 27th, 2023.

From April 28th, 2023 to May 04th, 2023; 107 Students of B.Ed 2nd semester performed their duty as invigilators in 67 Government Schools of Chandigarh for classes 3rd, 4th and 5th during morning and evening shifts. Exam was conducted in two parts at a time. First part was the written test of English, Hindi and Mathematics, second part was the oral reading assessment of the same before mentioned subjects. After conducting test, it was checked by the invigilators immediately and levels were assigned to each student for each subject in order to depict the level of students learning. After evaluation, levels were uploaded on the provided google sheet. Student invigilator got an opportunity to interact with students at ground level and gained valuable experience.





Coordinator
Skill-in-Teaching

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

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THE EDUCATIONAL OBSERVER

2021-23



Patron
Dr. (Mrs.) Sapna Nanda

Editor-in-Chief
Dr. Balwinder Kaur

Editors
Dr. Mukhtiar Singh
Dr. Kusum



GOVERNMENT COLLEGE OF EDUCATION
SECTOR 20-D, CHANDIGARH

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Richa

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(Punjabi Section)
Sahibpreet Kaur



GOVERNMENT COLLEGE OF EDUCATION
CHANDIGARH

Form IV Rule (8)

Statement about ownership and other particulars about newspaper The Educational Observer under Rule 8 of the Registration of Newspaper (Central) Rules 1956.

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I, Dr. (Mrs.) Sapna Nanda hereby declare that the particulars given above are true of the best of my knowledge and belief.

May, 2023.


Dr. Sapna Nanda

The views expressed in the magazine are those of the contributors themselves. The Editorial Board therefore, is not responsible for the opinions expressed by contributors.

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From Principal's Pen



It gives me immense pleasure to unveil the latest edition of annual magazine The Educational Observer. The college magazine not only provides a platform to students to be creative writers but also highlights the achievements of students in various fields.

Education has a very important role in transmitting and fostering values that determine behaviour, attitude; reaction specific of a responsible citizen. Education is not an act of acquiring knowledge but learning a skill to lead a purposeful life.

There is no progress without actions. Add actions, add determination and add time, your dream becomes a reality. There is never a single path way to the end but whatever the path one chooses, must be steeped in with full efforts. Education is the foundation for growth, human development, accelerator of modernity and a means of bringing people together from diverse cultural background.

The purpose of education is said to be achieved when an individual is at its creative best and expressive to the hilt. One of the benefits of education is that it can broaden a student's horizons, helping them understand more about other cultures and corners of the world beyond the boundaries of the institution.

The purpose of education is to turn mirrors into windows." —Sydney J. Harris.

We always have to be open to change and to new influences and inspirations. Together we need to go headlong, persistent and undaunted.

I congratulate the editorial board on its tireless efforts in bringing out the publication and appreciate contributors for going extra mile to add beauty by their valuable contributions.



Best Wishes!
Dr. Sapna Nanda
Principal

Message From the Desk of Dean



साहित्य और समाज का अटूट रिश्ता है। साहित्य समाज का आइना होता है, वहीं समाज साहित्य का जीवन होता है, क्योंकि समाज की समस्त समस्याओं का समाधान और नए मार्ग दर्शन का रूप साहित्य में समाहित होता है। जैसा समाज होगा वैसा ही साहित्य निर्मित होता है। अच्छे समाज के निर्माण में साहित्य की महत्त्वपूर्ण भूमिका होती है। इसलिए साहित्य में समाज की प्रवृत्तियों का दिग्दर्शन होता है। समाज में घटित और घटनेवाली घटनाएँ साहित्य के माध्यम से पहले ही आंकलन की जा सकती हैं। इसका प्रमुख श्रोत उस समय के लिखे हुए साहित्य से जाना जाता है।

कॉलेज की पत्रिका के माध्यम से छात्रों की विचारधारा तथा उनकी रचना शक्ति का विकास संभव हो पाता है। अपनी निजी अभिव्यक्ति के साथ साथ किसी भी विषय पर उनकी अपनी राय समाज के सामने प्रस्तुत करना आज के युवा वर्ग के भविष्य के निर्धारण में समझ पैदा करती है।

प्रस्तुत पत्रिका में युवा छात्रों की अध्यापन कला को भी जानने का अवसर प्राप्त होता है क्योंकि उनकी अभिव्यक्ति शैली में उनके अध्यापन कला और विषय वस्तु को प्रभावशाली ढंग से प्रस्तुत करने का अवसर भी मिलता है। निश्चित तौर पर आप इनके जज्बातों से परिचित और प्रभावित जरूर होंगे और इसके माध्यम से युवा पीढ़ी के झुकावों को समझ कर उनका पथ प्रदर्शन करने में भ्रूी महत्त्वपूर्ण भूमिका अदा करेंगे।

सधन्यवाद।



डॉ अजय कुमार श्रीवास्तव
(डीन)
राजकीय शिक्षा कॉलेज, चंडीगढ़

From Chief Editor's Pen



We are really proud and exuberant to acclaim that we are ready with new issue of magazine. The magazine is for the student's creative urges to blossom naturally. The enthusiastic write ups of our students are indubitably sufficient to hold the interest and appreciation of the readers. I believe that the success in life depends upon our power to perceive and power to explore. Everybody needs an inspiration that helps in pushing forward to accomplish the dreams of life. It instills a spark to work with dedication. The path and goals may be different but the final destination is same- success. It is a way of recognition and name. It makes life meaningful and positive. It gives a proper direction to the life. Seeking success is in human nature. Energy needs to be utilized to attain the goal. My mantra for this is to believe in yourself and passion. If you have the passion for what you want to achieve, you will definitely achieve. The next step is the Persistency. Always keep doing work and never stop despite the hardships. Always utilize your energy on positive things. You meet a number of people on the journey of goal; learn from optimistic people and positive situations. It will definitely help in broadening your thinking and outlook. Your mind will be perfect to think outside the box and you will achieve the goal.

It gives me immense pleasure that this magazine has successfully accomplished its objective. Students have put forth their ideas and thoughts that are too deep to be suppressed.



Dr. Balwinder Kaur
Associate Professor


GOVERNMENT COLLEGE OF EDUCATION
ANNUAL REPORT 2021-2022


“All real education is the architecture of the soul.”

-William Bennett

Government College of Education, a synonym to the quality teacher education is striving to disseminate the new knowledge and trying to draw the wisdom our pupil teachers already possess with our innovative teaching strategies. Moving towards the goal to analyze the similarities as well as the nuances in imparting the theory as well as set of practical skills we are visualizing to stay beyond the conventional boundaries and focus on the very essence of all our actions.

EXAMINATION RESULT

M.Ed., B.Ed. and Post Graduate Diploma in Guidance and Counselling Courses were offered courses of study were offered during the session 2021-2022.

In class M.Ed. 08 students appeared in M.Ed. (General) examinations held by Panjab University and all of them secured first division. Kunsang Dorjee stood first by securing 81.05% marks followed by Manju Saini with 80.65% marks. Rinku Yadav stood third who scored 79.45% marks. 102 students appeared in B.Ed. examinations. Anshita stood first by securing 87.68% whereas Prateeksha secured second position with 87.18% marks. Simran Khosla secured third position by securing 86.62% marks.

11 students appeared in PGDGC examinations. Vanshika Sachdeva stood first by securing 82.33% whereas Shiksha Kakkar secured second position with 81.66% marks. Rati Sharma secured third position by securing 80.66% marks.

ACHIEVEMENT

We take pride in the achievements and participations of our students in diverse arenas of activities. The following are the outcomes of various participations during the session 2021-22.

During Orientation Program, 'Talent Hunt' was conducted on October 25&26, 2021. Students presented diverse items viz. Poems, songs, speeches, dances, theatrical items etc. out of which 10 were selected as the 'talents of the session'.

Election of the student body of the 'Literary & Cultural Committee' was held on 29-10-2021 and following students were elected for the posts of President, Vice-President, Secretary, Joint-Secretary & Treasurer.

S. No.	Post	Elected Member		
		Name	Class	Roll No.
1.	President	Abha Jain	M.Ed.	711
2.	Vice resident	Paras	B.Ed.	61
3.	Secretary	VanshikaSachdeva	PGDGC	18
4.	Joint Secretary	Japjeet Kaur	B.Ed.	84
5.	Treasurer	Megha Saini	B.Ed.	78

LIST OF PRIZE WINNERS

1. P.U. Zonal & Inter-Zonal Youth & Heritage Festivals

A total number of 47 students participated in 20 items during the P.U. Zonal Youth & Heritage Festival held at G.T.B. Khalsa College of Education, Dasuya (Hoshiarpur) from December 5-8, 2021.

(A) Zonal Winners

SR. NO.	ITEM	STUDENT'S NAME	ROLL NO.	CLASS	Position
1.	Heritage Quiz	Gagandeep Singh	05	B.Ed. 1st Year	First
		Amandeep Kaur	17	B.Ed. 1st Year	
		Manpreet Kaur	60	B.Ed. 1st Year	
2.	Photography	AprajitThapar	35	B.Ed. 1stYear	Third
3.	Hand writing Competition	Parvinder Kar	02	B.Ed. 1st Year	Second
4.	Creative Writing	Richa	14	B.Ed. 1st Year	Third
5.	Creative Writing	Japjit Kaur	84	B.Ed. 1st Year	First
6.	Embroidery: Phulkari	Raveena Gill	70	B.Ed. 1st Year	Second
7.	Percussion	Gurdeepak	257	B.Ed. 1Ind Year	First
8.	Group Song	Nishu Sharma	268B.	Ed. 1Ind Year	Third
		Deeti Kaushik	102	B.Ed. 1st Year	
		Neha Thakur	25	B.Ed. 1st Year	
		Sant Kaur	20	B.Ed. 1st Year	
		TseringYoudol	40	B.Ed. 1st Year	
		Sunil	88	B.Ed. 1stYear	
9.	Group Bhajan	Nishu Sharma	268	B.Ed. 1Ind Year	First
		Deeti Kaushik	102	B.Ed. 1st Year	
		Neha Thakur	25	B.Ed. 1st Year	
		Sant Kaur	20	B.Ed. 1st Year	
		Tsering Youdo	140	B.Ed. 1st Year	
		Sunil	88	B.Ed. 1st Year	
10.	Group Bhajan	Nishu Sharma	268	B.Ed. IInd Year	First individual

SR. NO.	ITEM	STUDENT'S NAME	ROLL NO.	CLASS	Position
11.	Group Bhajan	DeetiKaushik	102	B.Ed. 1st Year	Second individual
12.	Classical Vocal	Nishu Sharma	268	B.Ed. 1Ind Year	Second
13.	Folk Song	Sant Kaur	20	B.Ed. 1st Year	Special cash prize Rs. 2500
14.	Gazal	Deeti Kaushik	102	B.Ed. 1st Year	First

Prize winners of Zonal Youth Festival further participated in Inter-zonal Youth & Heritage Festival held at A.S. College, Khanna held from 14th-18th December 2021.

(b) Inter-Zonal Winners

SR. NO.	ITEM	STUDENT'S NAME	ROLL NO.	CLASS	Position
1.	Group Bhajan	Nishu Sharma	268	B.Ed. 1Ind Year	Third individual
2.	Creative Writing	Japjit Kaur	84	B.Ed. 1st Year	Third (Bracketted)
3.	Percussion	Gurdeepak	257	B.Ed. 1Ind Year	First

SR. NO.						
1.	Bharat Sharma	B.Ed. sem 2	306	Slogan Writing	G.T.B. National College, Dakha Ludhiana (April 7,2021)	2nd
2.	Prateeksha	B.Ed. sem 2	201	Laughter Poem Recitation	GHG Harparkash College of Education for Women (May 15,2021)	1st
3.	Anshul Rana	B.Ed. sem 2	224	Poster Making	S.D. College Hoshiarpur in Collaboration of Youth Welfare (June 15, 2021)	3rd

SR. NO.						
4.	Mitanksha Taneja	B.Ed. sem 2	309	Effective Virtual Classroom Teaching	D.A.V College of Education, Hoshiarpur (June 29, 2021)	3rd
5.	Bharat	B.Ed. sem 2	306	Inter College Competitions Slogan Writing	Guru Gobind Singh College for Women Sector-26 Chandigarh	3rd
5.	Bharat	B.Ed. sem 2	306	Inter College Competitions Slogan Writing	Guru Gobind Singh College for Women Sector-26 Chandigarh	3rd
6.	Nishu	B.Ed. sem 2	210	Inter College Competitions Poster Making	Guru Gobind Singh College for Women Sector-26 Chandigarh	2nd
7.	Hardeep	B.Ed. sem 2	294	Inter College Competitions Poster Making	Guru Gobind Singh College for Women Sector-26 Chandigarh	consolation
8.	Anshul Rana	B.Ed. sem 2	224	Inter College Competitions Poster Making	Sacred Heart Degree College Sitapur	3rd
9.	Komal	B.Ed. sem 2	227	Inter College Competitions Poster Making	Government Home Science College Sector-10 Chandigarh	3rd
10.	Nisha	B.Ed. sem 2	305	Inter College Competitions Poster Making	Inter College	1st
11.	Bharat Sharma	B.Ed. sem 2	306	National Article Writing Competition	Khalsa College for Women Ludhiana	3rd
12.	Jyoti	B.Ed. sem 2		Inter College Online Essay writing Competition	D.A.V. College of Education hoshiarpur	3rd

SR. NO.						
13.	Bharat Sharma	B.Ed. sem 2	306	Inter College Slogan Writing	Central University of Haryana	3rd
14.	Bharat Sharma	B.Ed. sem 2	306	Inter College Slogan Writing	Guru Gobind Singh College for Women Sector-26 Chandigarh	3rd
1.	Jaspreet Kaur	B.Ed. sem 2	214	Inter College Slogan Writing	Guru Gobind Singh College for Women Sector-26 Chandigarh	
2.	Medha Nag	B.Ed. sem 2	289	Inter College Slogan Writing	Guru Gobind Singh College for Women Sector-26 Chandigarh	
3.	Anshul Rana	B.Ed. sem 2	224	Inter College Slogan Writing	Guru Gobind Singh College for Women Sector-26 Chandigarh	

Online Inter College Competitions 2021 Participation

Poster Making competition on the occasion of Akshay Urja Diwas was organized on 24-8-2021 by the committee.

Results Poster Making Competition

S . No	Name of the Student	Roll No.	Class	Item/Competition	Position
1.	Priyanka Bedi	271	B. Ed. Sem. II	Poster Making Competition	First
2.	Nishu	210	B. Ed. Sem. II	Poster Making Competition	Second
3.	Pallavi	237	B. Ed. Sem. II	Poster Making Competition	Third
4.	Nitika	315	B. Ed. Sem. II	Poster Making Competition	Conso-lation

Intra-College Competitions/ Activities

Following competitions were held during the session:

1. Talent Hunt (October 26,2021)
2. Creative Writing: Essay, Story & Poem Writing (November 20,2021)
3. Poetry Recitation in Hindi, Punjabi & English ()
4. Music Items: Ghazal, Geet & Folk Song Singing (November 16,2021)
5. Debate & Elocution (December 17,2021)
6. Essay Writing Competition National Voter Day (January 25,2022)
7. Handwriting Competition (8-4-2022)
8. Banking Literacy Session (March 25,2022)
9. Book Review Competition on the eve of Martyrdom of Shaheed-E-Azam Bhagat Singh (March 22, 2022)
10. Fine Arts Competition (March 25, 2022)
11. Flower Decoration and Salad Making (March 25, 2022)

ACADEMIC SESSION DETAILS

Date	Programme/Activities
01.10.21 to 05.07.22	Academic Term of Session-2021-2022
01-09.21 to 07.09.21	Nutrition Week Theme: Feeding Smart Right From Start.
04.09.21	Teacher's Day Celebration (Due to Sunday on 5 Sept.) One Day NSS Camp (1 st) 'Slogan Writing and Poster Making Competition' (Book Release)
06.09.21	Webinar on "Relevance of BMI in Diet." Speaker Dr. Sapna Nanda
06.09.21	Hindi Divas Celebration Online Essay Writing Competition
07.09.21 to 13.09.21	Summer Break
08.09.21	World Literacy Day
13.09.19 to 14.09.21	Admission- PGDGC Admission- M.Ed.
15.09.21 to 30.09.21	Final Theory Examination Semester-II

Date	Programme/Activities
14.09.21	Hindi Divas Celebration Expert Talk By Principal, Dr. A. K. Srivastava
16.09.21	World Ozone Day Expert Talk : 'Montreal Protocol-Keeping us mode our food and vaccines cool' Speaker-Dr. Anurag Sankhian
21.09.21	International Day of Peace International Webinar on Creating Cloture of Peace.Speaker: Dr. Ashu Pasricha
24.09.21	NSS Day Celebration Visit to adopt Village Kajheri, Chandigarh. Written work on NSS Moto 'Not Me But You'
02.10.21	Celebration of Mahatma Gandhi Jayanti
02.10.21 to 08.10.21	World Wildlife Week
	Photography Competition
04.10.21 to 21.10.21	Pre-Internship Programme Phase-I (Semester-III) Tentative Academic Calendar 2021-22 P. Uni. Chandigarh
06.10.21	Webinar on Voluntary Blood Donation Day Speaker: Dr. Ravneet Kaur GMCH-32, Chandigarh
07.10.21	Agarsain Jayanti
11.10.21	International Day of the Girl Child Panel Discussion Theme: Digital generation. Our Generation
14.10.21 to 15.10.21	Dushehra
23.10.21 to 15.01.22	School Internship Programme EPC-3.1 (Semester-III) Tentative Academic Calendar 2021-22 P. Uni. Chandigarh
18.10.21	Online 1 st Counselling for B.Ed. Admission
19.10.21	

Date	Programme/Activities
19.10.21	Quiz competition HIV AIDS Related Completion
20.10.21	Birthday of Maharishi Balmiki Ji
22.10.21	Birthday of Sri Guru Ram Dass Ji
25.10.21 to 26.10.21	Orientation Programme Session 2021-22 Talent Hunt Competitions Extension Lecture 'Introduction to Teaching Profession.'
26.10.21 to 01.11.21	Vigilance Awareness Week Oath and Talk by IAS/IPS Officers
28.10.21	NSS Advisory Committee
29.10.21	Society Period
	Literary and Cultural Society Elections Election NSS Election Electoral Literacy Club
31.10.21	National Unity Day Declamation and Poster Making Competition
01.11.21	Value Education Period (T.G - 1) Anti Cracker Pledge
04.11.21 to 05.11.21	Diwali Festival
08.11.21	Value Education Period (T.G - 2)
09.11.21	Legal Literacy Service Day
09.11.21 to 15.11.21	Seven Days NSS Camp
14.11.21	Baal Divas
16.11.21	Music Competition
17.11.21	National Library Week
(14.11.21 to 20.11.21)	Library related Competitions
19.11.21	Birthday of Sri Guru Nanak Dev Ji (Celebrated on 18.11.21)
22.11.21	Value Education Period (T.G - 3)
23.11.21	On-the-Spot Creative writing Competition Poetry, Essay & Short Story

Date	Programme/Activities
24.11.21	Poster Making and Slogan Writing Competition (AIDS Awareness)
25.11.21	2nd One Day NSS Camp
26.11.21	Society Period Handwriting Competition
26.11.21	Society Period, Constitution Day Celebration
29.11.21	Value Education Period (T.G - 4)
0 01.12.21	World AIDS Day Rally
01.12.21 to 04.12.21	House Examination M.Ed. -3 rd semester & PGDGG&C
01.12.21 to 14.12.21	Pre - Internship Programme (Semester-I)
0 01.12.21	World AIDS Day Competitions on Theme "Global Solidarity, Shared Responsibility"
02.12.21	National Pollution Prevention Day (Cycle Rally)
05.12.21 to 09.12.21	P. U. Zonal Youth Festival
0 07.12.21	Indian Armed Force Flag Day Talk By IAF Officer
08.12.21	Martyrdom Day of Sri Guru Teg Bahadur Ji
09.12.21	International Anti Corruption Day Oath and Group Activities
10.12.21	Human Rights Day Paper Reading By Faculty and NSS Volunteers
14.12.21 16.12.21	Interaction Programme with passed students Vijay Divas Developing MURAL on theme
17.12.21	Society Period Debate and Elocution Competition

Date	Programme/Activities
20.12.21	Value Education Period (T.G. - 5)
2.12.21	Skill-in-Teaching & Preparation of Teaching Aids Intra- College Competition
24.12.21	Society Period Poetry Related Competition
27.12.21	Value Education Period (T.G. - 6)
1 31.12.21	Society Period Quiz Competition
04.01.22 to 08.01.22	House Test /Class Test Semester-I Tentative Academic Calendar 2021-22 P. Uni. Chd.
09.01.22	Guru Gobind Singh Jayanti
10.01.22	Value Education Period (T.G. - 7)
11.01.22 to 17.01.22	Road Safety Week Talk/Rally/ Road Duties
14.01.22	Society Period Home Science and fine arts Related Competition
17.01.22	Value Education Period (T.G.-8)
17.01.22 to	Post Internship Programme Phase-III
22.01.22	Semester-3rd
17.01.22 to 31.01.22	Final Skill in Teaching Practical(SemesterIII) Tentative Academic Calendar 2021-22 P. Uni. Chandigarh
18.01.22	Workshop on Communication Skills
21.01.22	Societies Period Extension Lecture Interactive Session Meet with National Teacher's award Winners

Date	Programme/Activities
23.01. 22	Birthday anniversary of Netaji Subhash Chandra Bose Writing articles
24.01.22	Value Education Period (T.G. - 9)
25.01. 22	Voters Day Debate Competition on the theme
25.01. 22 to 15.02.22	Final Practical and Theory Examination B. Ed & M.Ed (Semester - 1st & 3rd)
26.01.22	Republic Day Celebration Flag Hosting By Dr. Lilu Ram
28.01.22 to 02.02.22	Winter Break
30.01.22	Leprosy day Awareness and cleanliness drive in adopted Village of College
30.01.22	Martyrs day of Mahatma Gandhi National Cleanliness Day Programme
31.01.22	3rd One day NSS Camp
01.02.22	Teaching Classes Start
16.02.22	Semester -IV Guru Ravi DassJayanti
17.02.22	Teaching Classes Start Semester -II
18.02.22	Societies Period Extension Lecture Sensitization towards our Duties and Rights
21.02.22	Value Education Period (T.G. – 10 & 11)
21.02.22 to 24.02.22	Annual Athletic Meet
25.02.22	Societies Period Workshop on Resume Writing and Developing Resume
26.02.22 to 28.02.22	Rose Festival Competition

Date	Programme/Activities
28.02.22	Value Education Period (T.G. -12 & 13)
28.02.22	Science Day
01.03.22	Mahashivratri
04.03.22	Societies Period
	Orientation to Employment Exchange /Registration
07.03.22	Value Education Period (T.G. - 14 & 15)
08.03.22	International Women Day International Conference / Webinar
11.03.22	Societies Period Educational Movie
14.03.22	Value Education Period (T.G.-16 & 17)
19.03.22	Holi
21.03.22	Value Education Period (M.Ed. T.G. - 1 & 2)
21.03.22	World Forestry Day Tree Plantation
22.03.22	4th One Day NSS Camp
22.03.22	World Water Day Expert Talk/Webinar on Water Conservation & Rain Harvesting
22.03.22	Placement Mela
23.03.22	Shahidi Divas of s. Bhagat Sing ji
08.04.22	Society Period Panel Discussion on Teaching Professional Skills
10.04.22	Ram Navami
13.04.22 to 27.04.22	Pre Internship Programme B. Ed Semester-2nd
14.04.22	Mahavir Jayanti
14.04.22	Birth anniversary of Dr. Bhimrao Ambedkar Paper Reading Competition
15.04.21	Good Friday
22.04.22	Earth Day Rally

Teaching Staff



Office Staff



Ministrial Staff



Annual Prize Distribution

2021-22



Date	Programme/Activities
02.05.22 to 07.05.22	House Test/Class Test Semester 2nd & 4th Tentative Academic Calendar 2021-22 P. Uni. Chandigarh
03.05.22	Id-UI-Fitr
20.05.22	Valedictory and Annual Prize Distribution function & 5th One Day NSS Camp
03.06.22	Martyrdom Day of Sri Guru Arjun Dev Ji
14.06.22	Sant Kabir Jayanti
13.06.22 to 05.07.22	Final Practical and Theory Examination Semester 2nd & 4th
06.07.22 to 31.07.22	Summer Break

CHANGES IN STAFF

- Mrs. Devinder Kaur, Superintendent joined on 30.9.2021
- Sh. Balwinder Singh, Peon retired on 31.5.2021
- Smt. Rani, Sweeper retired on 30.6.2021

We place on record our thanks to all who have parted ways with us for their committed service and devoted efforts for the development of this institution.

INFRASTRUCTURE UPDATE

A grant of Rs.101000 Lakhs was received for Material and Supply (Plan) during the financial year 2021-22. Library Books, Multifunctional Printer, Online UPS Inverter and Batteries, Online Compactors/Optimizers were purchased from the grant.

RESEARCH AND DEVELOPMENT CELL

1. The RDC of the college coordinated with the various committees and conducted a meeting of the College advisory committee for the re-constitution of some of the committees on 30-08-2022 in order to avoid duplicity of jurisdiction and to ensure smooth functioning of the academic work of the college.
2. A Faculty Development Programme on the topic-'Ayurveda and Yoga Wellness Awareness for Preventive Health' for the college staff was organized from September 06 -12, 2022 in the college premises in association with Lokayurveda under the RUSA scheme of Chandigarh Administration.
3. A Webinar on 'Sri Aurobindo's Message for Young and Free India' was organized where Dr. Charan Singh Kedarkhandi, a erudite scholar on Sri Aurobindo and a faculty of Dept. of English and Cultural Studies, Govt. PG College, Joshimath (Uttarakhand) talked about the theme for the students of the college on 7th August 2022.

4. Research Journal of the college 'The Educational Beacon' was published online in January 2021 and January 2022. Research papers have been invited for the coming issue of the journal.
5. An interactive lecture cum talk on Sarathak Shiksha (based on the philosophy of Madhyastha Darshan/ Jeevan Vidya of Shri Agrahari Nagrajji) by Sh. Rajesh Bahugunaji was organized for the students in college hall on 9th October 2022
6. A proposal for conducting a one week orientation programme cum workshop on the theme 'Functional Knowledge of Sanskrit and Punjabi' for all the students of the college has been prepared and this programme would be conducted in the last week of January or first week of February, 2023.
7. A proposal has been prepared for research based inputs in administrative reforms in school education as per the spirit of NEP-2020 and it may be taken up shortly for pilot study in near future.

IQAC INITIATIVES

1. Webinars, workshops and enrichment programmes for students, teaching and non teaching staff members were held throughout the session. Under the aegis of MGNCRE, Govt. of India, Programmes to promote Swachhta and Promoting the Role of Youth in Nation building were held.
2. For promoting the health and well-being of the students, yoga sessions were organized with the collaboration of faculty/students of Government college of Yoga Education and Health for students.
3. Value Added Courses on Yoga and Fitness were introduced during the session.
4. Our students visited Regional Institute of English under Student exchange programme and Faculty of both the institutions collaborated for academic and linguistic enrichment of students of both the institutions.
5. Memorandums of Understanding were signed with various institutions and NGOs of repute for academic enrichment and for encouraging student exchange.
6. Steps for curricular enrichment were proposed during IQAC meetings, curricular committee and staff meetings which were undertaken thereof in due course of time.
7. Orientation and Skill Development Programmes were organized and Outreach activities were enhanced to strengthen the relationship of Pupil teachers and community. Online platform was also used to create awareness regarding health and mental well-being.
8. As we have various facilities for differently abled students, proposal was sent to State Project Director, RUSA for renovation of washrooms to help the differently abled students.

9. Competitions and talks were organized by NSS and Eco-club of the college for promoting environmental awareness on themes including Waste Management, Energy and Water Conservation, Plastic free campus etc.

10. Alumni of the college contributed towards motivating the pupil teachers during various activities held during the session.

EXTENSION AND OUTREACH INITIATIVES

Workshop- 'Science Behind Indian Calender' (17th -18th August, 2021)

The Science Club of the college organized a two days workshop entitled "Samvatsar: Indian Calender" on the topic of 'Ancient Indian Calender- A Scientific Perspective' for all the students and faculty members of the college. The renowned resource person on the occasion was Mrs. Anuradha Goyal. About 80 students of the college attended the programme. The resource person highlighted that the Indian Calender is extremely scientific and comprehensive based on minute details of the movement of constellations.

On the second day the learned resource person explained scientifically how tithi, vaar, paksh, sankranti, maas, ritubarsh, ayan and muhurta are calculated in Indian calendar. The faculty members Dr. Sanjeev Kumar, Dr. Sheojee Singh and Dr. Lilu Ram Jakhar coordinated the smooth organization of the program with the students of Science club of the college.

National Webinar on the September, 2021

The NSS Unit of the college organized National Webinar on 6th September, 2021 on the theme "Relevance of BMI in Diet: Feeding Smart Right from the Start". The webinar was started by Dr. Ravneet Chawla addressing Dr. Sapna Nanda, Principal, Yoga College of Education, Chandigarh and humbly welcomed her. Dr. A.K. Srivastava addressed the teachers and students and highlighted the importance of education in spreading knowledge of healthy diet and nutrition for a healthy body. Dr. Sapna Nanda discussed the major themes of the event- Distribution of Regional Nutritional Kit to Anganwadi beneficiaries of high burdened districts, Identification and severe acute malnutrition children and distribution of nutritious food.

NSS-WEBINAR Celebrating "HINDI DIWAS" on 14th September, 2021

The NSS Unit of Government College of Education, Sector 20 D, Chandigarh organized an Enlightening, Magnetic and Informative "WEBINAR" on "Celebrating Hindi Divas to mark the need, uses, importance and virtue of our (Matribhasha Hindi) which is the need of this hour now and always, inviting the staff and students of the entire College. Dr. Dipanshu Sharma, Assistant Professor warmly welcomed the Head of our Institution Dr. A.K Srivastava who very precisely and deeply made everyone aware about the Importance of Hindi Language and its widespread coverage in our daily life ranging from Indian films to television- Hindi is the most widespread used and loved language by the

masses. Principal congratulated Dr. Kusum for organizing an essay writing competition on the eve of Hindi Diwas. Dr. Kusum announced the name of winners and also gave best wishes for the Hindi Diwas.

International Webinar: “International Day of Peace” (21st September, 2021)

NSS CELL of Government College of Education, Chandigarh observed “International Day of Peace” on 21st September 2021 by organizing International Webinar on the theme of the day. The theme of International Day of Peace for the Year 2021 was 'Recovering better for an equitable and sustainable world'. The UN General Assembly has declared this day as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire. The sub theme of the international webinar was “Creating Culture of Peace”. The faculty and the students of the college have always been dedicated to imbibe all virtues which promote harmonious community and citizenship. Patron of the webinar was Dr. A. K. Srivastava. The webinar convener was Dr. Ravneet Chawla. The members of organizing Team were Mr. Ravinder Kumar (NSS Programme Officer), Dr. Dipanshu Sharma (NSS Programme Officer), Ms. Gurbina Chopra (Student Coordinator), Mr. Bharat Sharma & Ms. Suchita Aggarwa (NSS Volunteers).

Red Ribbon Club- Webinar “Voluntary Blood Donation Day” (6th October, 2021)

On the occasion of National Voluntary Blood Donation Day, Red Ribbon Club of Government College of Education, Sector 20, Chandigarh organized a webinar on the topic “Rakt Daan Maha Daan” addressed by Prof. (Dr.) Ravneet Kaur, Professor and Head of The Dept of Transfusion Medicine, Govt. Medical College and Hospital, Sector-32, Chandigarh the honorable speaker of the day through online mode.

Dr. Kusum, Convener of Red Ribbon Club of college initiated and welcomed Principal and Patron Dr. A.K. Srivastava who shared his thoughts on importance of blood donation and extended welcome to the speaker of the day.

Dr. Ravneet Kaur explained and discussed how blood is Renewable but Perishable in nature. She then proceeded towards the need of donating blood. She quoted that “Anyone at any time may need blood”. All the Faculty members and students of B.Ed. 3rd Semester attended the event.

Workshop on development of Audio-Visual Teaching Aid (21st October, 2021)

A Workshop on development of Audio-Visual Teaching Aid was held at college on 21st October, 2021 for B.Ed. Semester 3 students. The students of B.Ed. Semester 3 participated in the event very enthusiastically. The students chose one of the two teaching subjects to prepare teaching aid. A variety and excellent teaching aid skill was exhibited by students during the event whereby aids like 3D models, charts, working

models and pictorial charts, flashcards were prepared by students.

Employability Enhancement Training Programme (7th February, 2022 to 17th February 2022)

The Skill in teaching committee and Placement Cell of the Government College of Education, Sector-20D, Chandigarh organized a 10 days 'Employability Enhancement' training program for the B.Ed. students of the college from 7th February to 17th February 2022. Dr. A.K. Srivastava, Principal of the college welcomed the guest of the day Ms. Deepika Chawla, from NAANDI Foundation which works in collaboration with Mahindra Pride Classroom and motivated students to participate enthusiastically in this training program that has been designed for empowering them with professional skills in demand with respect to the job market to enhance their employability. Ms. Deepika Chawla addressed the students and emphasized upon knowing their strengths and areas of improvement. She also conducted various activities to give them hands on experience in order to make the students aware about their potentialities so that they are capable of facing the interviews with confidence. Dr. Kusum, the organizer of the event extended vote of thanks to the speaker of the day for sharing her valuable thoughts and experiences with students to make them proficient in the field of teaching. The event was a success with enthusiastic participation of students of the college.

National Science Day 2022 (28th February 2022)

College Science club organized a lecture by Dr. Punam Bansal a senior renowned faculty of the college on the occasion of National Science Day 2022 (28th February 2022). She delivered a talk on the topic: sustainable development through science education. She explained different aspects of the sustainable developments to which the students responded enthusiastically by clarifying their doubts.

International Women's Day (8th March 2022)

Event A

The NSS Cell of the college organized International Women's Day on March 8, 2022 in the college auditorium. The Principal of the college addressed the audience with literary quotes and poem close to his heart in praise of the she gender. Haridev of B.Ed recited shlokas referring to the vedas and woman pride. Prateeksha from B Ed also elaborated on the students' perspective on the theme. Group song '... merimaa' was sung by a group of boys led by Anshuk on guitar to which the audience tapped their feet and applauded. Dr. Ravneet Chawla thanked the audience and volunteers to join the celebration.

Event B

The NSS Cell of the college in collaboration with the TV Women Network celebrated the International Women's Day on March 8, 2022. 25 NSS Volunteers along with the NSS In-charge, Dr. Ravneet Chawla, Associate Professor of the college participated in the

national symposium – Creating a Gender-Neutral Society, online for two hours. Ms. Sunita Dhaliwal, the host shared the food for thought of the day. Chief Guests of the day, Sh. Rajbir Deswal, Retd. IPS, Advocate, Guest Speaker, Col. D. S. Cheema, the Guest of Honor was Dr. Anita Kaushal, Principal, PGGCG 11, Chandigarh, Ms. Renu Sud Sinha, Senior Journalist, Ms. Premsai, Life skills trainer, Adv. Vibhati Padhiary, Chairperson at ADMT, Chief Editor, Women TV India and Prof. Rajni Bhalla, Director, Women TV India Meenakshi Chaudhary from the host team, Ms. Vineet Dua lead the interaction session and raised some serious ponder worthy questions from the event attendees regarding how gender neutrality can be achieved when there is no equality to be seen in near future. The questions of gender free world, unisex bathrooms, gender less personal identity were raised. Dr. Ravneet Chawla expressed her valuable opinions regarding the gender neutrality from the point of view of an academician and a woman. The visually modern versus progressive thought is what needs to be understood she said. Dr. Geet Lamba, faculty from Punjabi University expressed her views on what a gender is and how we can approach gender neutrality as an Indian Society from the point of view of a sociologist.

The 25 NSS volunteers of the college shared a common understanding about the sense that they made of the changing world taken up in the symposium. The host expressed her gratitude and applauded the thought-provoking ideas shared from the academician and behavioral point of view. She expressed her desire for further collaborations too.

The day was celebrated to extend efforts and awareness on Creating Gender Neutral Today for a Sustainable Tomorrow. The head of the institution, Dr. A. K. Srivastava encouraged the volunteers and applauded the team of NSS Programme Officers, Dr. Ravneet, Mr. Ravinder Kumar and Dr. Dipanshu Sharma.

3 day Workshop on Skill Development (29-31th March 2022)

A Capacity Building on Life Skills & Hands on Training Workshop was organized by college on MARCH 29 - 31, 2022 whereby the Chief Patron for the program were Dr.A.K.Srivastava, Principal of the college, the Convener Dr. Balwinder Kaur and Committee Members Dr. Neelam Paul, Dr. Ravneet Chawla, Dr. Kusum, Dr. Aarti Bhatt, Dr. Upasna Thapliyal and Mr.Sanjeev Kumar. In the workshop varied sessions were held on celebrating life with heartfulness, art integrated teaching and kalasangam (hands on). The resource persons for the event were Prof. Deepti Gupta, Dr. Nayanika Singh (MGSIPA Sector 26 Chandigarh), Dr. Chandershekhar Prasad (National Awardee, Government. of India) Ms. Akshata Verma (Govt. Home Science College Chandigarh) and Mr. Ranjit Singh (Sculpture Artist).

International Yoga Day, 2022 (19th May 2022)

College organized a virtual expert talk on the occasion of celebration of International Yoga Day, 2022 on 19th April, 2022 from 1 PM to 2 PM by Dr. Sapna Nanda, Principal Govt.

College of Yoga Education and Health, Sector 23, Chandigarh. All the students of B.Ed., M.Ed. and PGDGG&C and faculty members attended the program enthusiastically. The organizers were Dr. Ravneet Chawla, NSS Incharge and Dr. Neelam Paul, HOD Phy. Education, NSS PO- Mr. Ravinder Kumar and Dr. Dipanshu Sharma.

Lecture on 'How to maintain Cyber Hygiene in Cyber Space' (27th May, 22)

A lecture on "How to maintain Cyber Hygiene in Cyber Space" was delivered by Ms. Pooja Chaudhary, DSP, and Ms. Sonal Deputy S.P. from Central Detective Training Institute, Bureau of Police Research and Development, Ministry of Home Affairs, Sector-36A, Chandigarh at 12:45 pm in the college auditorium. Students of B.Ed. 2nd semester, 4th semester and M.Ed. attended the lecture. It was to make students aware about Do's and Don'ts of using mobile, internet and other social media platforms like Facebook and Instagram. More than 150 students attended the lecture by their active participation. Session was very informative and enlightened the students about their daily use of internet on mobile and laptop. Various queries related to cyber fraud and data breach were also discussed. Coordinator for the event was Dr. Suman Khokhar.

Partition Horror Remembrance Day (14th Aug, 2022)

The NSS Cell of the Government College of Education, Chandigarh organized a webinar on the theme 'Dukh Santap Wich Lipti Azadi' was organized to mark the partition horror day among the ongoing Azadi Ka Amrit Mahotsav@75 events depicting the bloodshed behind the partition. The speaker for the webinar was Dr. Swairaj Singh Sandhu, a renowned artist and former head, Department of Punjabi, DAV College, Sector-10, Chandigarh. NSS Incharge Dr. Ravneet Chawla welcomed the speaker of the day and formally introduced him to all the attendees. Principal Dr. A.K. Srivastava gave a brief introduction about the theme and shared his views regarding terrifying history of the day.

The Speaker, Dr. Swairaj Singh Sandhu, started his talk by presenting the history behind partition and the political climate present at the time of independence. He talked to the students about the contribution of various writers and authors like Kulwant Singh Virk, Saadat Hassan Manto, Gulzar, M S Randhawa and others. He also narrated a heart rendering story in Punjabi from the works of Gulzar which was originally written in Urdu. This story left all the attendees with moist eyes.

Aparajit Thapar, NSS President, also shared the experiences of his grandparents who had been a freedom fighter.

The concluding observations and remarks were given by the principal, Dr. A.K. Srivastava, NSS Incharge. Dr. Ravneet Chawla, NSS Incharge of the college added her observations and reminded the trainee teachers of their role towards freedom sanctity in the present and in future too. Mr. Ravinder Kumar, NSS PO extended voted of thanks on

behalf of the faculty. The event was concluded by a formal vote of thanks given by NSS volunteer, Tanuja Upreti, student group leader of the day.

One day Workshop on Audio Visual Aids“A Supplement for Effective Teaching”(24th AUGUST, 2022)

Government College of Education, Sector-20D Chandigarh organised a workshop on Audio Visual Aids: A Supplement for Effective Teaching under the Skill in Teaching Committee on 24th August, 2022.

It started with a beautiful and enthusiastic welcome song by students of music department, Shampreet and Deepti. The Dean of the College, Dr (Mrs.) Sapna Nanda welcomed the Guest speakers addressed the students and discussed the role of a teacher in teaching learning process.

In the first session Dr. Rupinder Brar, Assistant Professor, Shivalik Institute of Education and Research, Mohali made students understand the use of creativity in audio visual aids. She explicated the term Gamification and its usefulness via showing a model on the topic “Celestial bodies”. She divided the students into their subject groups and asked to prepare a model on any topic of their subject. She guided the students to use teaching aids effectively in order to enhance the higher order thinking skills of students. She emphasized the students to follow text books by NCERT for probing research based questions during their lessons in the class.

The second session was carried out after the break by Ms. Manju Bala, Art Education Teacher, Kendriya Vidyalaya, Patiala Cantt. She guided the prospective teachers how to make good visual aids using Fine Arts. Prospective teachers actively participated and made different teaching aids. The workshop concluded with a vote of thanks by Dr. Kusum, Coordinator, Skill in Teaching Committee of the college.

RESEARCH JOURNAL IN EDUCATION

The College journal “The Educational Beacon: A Peer Reviewed and Refereed Journal” having e-ISSN 2582-3515; p-ISSN 2249-4154, Vol.11, January 2022 was published. In all 10 papers were received from the different professionals out of which 08 empirical research papers in the field of education were published after the approval of the editorial board. The publication in the journal was done after following the process of blind peer reviewing and subsequent correction and revision of the research paper by the author and finally after assessing the quality of the research papers by the editorial board. This was the fourth issue of the journal in the online format and in all it was the 13th issue of our prestigious journal which was initiated in the year 2012. The publication was done with the assistance of our experience faculty members and in the able guidance of Principal Dr. Ajay Kumar Srivastava and untiring efforts put in by the editorial board to bring out the issue.

PLACEMENT CELL ENDEAVOURS

The Placement Cell plays a vital role in locating job opportunities for Under Graduate and Post Graduate students passing out from the college. It organizes various activities throughout the session in order to sharpen the professional skills of students and make them aware about different job opportunities. The cell works continuously to enhance employability of the students.

The Placement Cell operates round the year to facilitate contacts between /professionals/experts from education sector and graduates. In the Academic session 2021-22, 12 students were placed as teachers in different school affiliated to CBSE/SBSE and a total of approx. 30 students cleared different competitive exams like UGC NET/SLET, CTET, HTET, HPTET etc. Furthermore 22 students progressed into Higher education courses in different UGC recognized universities.

Following activities were undertaken in the academic session 2021-2022

- ❑ Organized a training programme on Employability enhancement skill in collaboration with NAANDI Organization, in association with Mahindra Pride classroom from February 07, 2022 to February 17, 2022 for students of B.Ed.
- ❑ Organized a three days' workshop on Skill Development under the aegis of Life Skills Committee, IQAC and Placement Cell of the college from March 29, 2022 to March 31, 2022 for the students of B.EdIIInd Semester.
- ❑ Database for placement information for all students of B.Ed., M.Ed. and PGDGC was reviewed. Series of meetings were held under the chairmanship of the Principal. After active brainstorming new and exhaustive Google form was created to seek information from previous and current batches of students of all three programmes of the college: B.Ed., M.Ed. and PGDGC. The team has built up an updated Database pertaining to most relevant parameters.
- ❑ The members of the placement cell have a social media group wherein any relevant training/workshops/events/motivating quotes are shared with the respective batches. They are also informed of the latest employment opportunities, further education notices and trainings pertaining to upskilling.
- ❑ The team is available for counselling of students round the clock and answer their questions on career/further education.
- ❑ Time to time in house grooming on personality, communication skills and work ethics is conducted by in house members and coordinator.

NATIONAL FESTIVALS

As per the previous practice of celebrating the national days with utmost sincerity and dedication, this session also witnessed the celebration of Independence Day and Republic day with full fervor and frolic.

The Independence Day, 15th August, 2021 was celebrated with national fervor. The staff members teaching and non-teaching welcomed the chief guest of the day. The national flag was unfurled by Chief Guest of the Day Dr. Sheojee Singh, Associate Professor and addressed the gathering on the occasion. Chief Guest while conveying greeting of the Independence Day asked the audience to nurture the spirit of nationalism through your deeds and actions. He quoted Sri Aurobindo that how one can contribute towards the welfare of the motherland. The students of B.Ed. and the faculty of music department Dr. Aarti Bhatt and Mr. Manish Kumar presented cultural items and presented national songs on the occasion. Vote of thanks was proposed by Dr.Lilu Ram on behalf of the faculty members to the august gathering.

The Republic day was celebrated was full vigor and energy. The chief guest on the republic day, 26th January, 2022 was Dr. Lilu Ram Jakhar, Associate Professor, the faculty member with highest length of service in the institution. Dr. Lilu Ram Jakhar along with family members, were welcomed by our worthy Principal Dr. Ajay Kumar Srivastava and other senior faculty members by garlanding the guests. The Chief Guest unfurled the national flag and the music department student and staff presented the cultural and national songs on the occasion. Dr. Sheojee Singh proposed vote of thanks to the august gathering on the occasion.

NATIONAL SERVICE SCHEME

- ❑ The entire session was conducted with the @75 years – Azaadi Ka Amrut Mahotasava and Swacchta and Fit India as the major themes.
- ❑ July 3, 2021: No plastic campaign: A webinar was organized led by PO Dr Ravneet Chawla to observe a no plastic life style and segregate plastic at home and college, and also in all situations, to spread the word in neighbourhood and to speak about it to the shopkeepers, vendors and such common defaulters.
- ❑ July 28, 2022: Van Moahotsava was celebrated. Tree plantation drive was taken up. Principal and NSS POs conducted the same.
- ❑ August 5, 2021: Van Moahotsava was celebrated. Tree plantation drive was taken up. Principal and NSS POs conducted the same.
- ❑ August 19, 2021: Sadhbhavana Diwas was observed; Oath taken by the staff in offline mode and the student volunteers in the online mode.
- ❑ September 16, 2021: In collaboration with Parijat Club – World Ozone Day was observed. Dr. Anurag Sankhian deliberated on the theme of Montreal Protocol Keeping and discussed on responsibility as volunteers/community members to take action as soon as possible so as to prevent environment to deteriorate further.
- ❑ September 4, 2021: Teacher's Day was observed on the eve. One Day Camp was held. Slogan writing was held on 'Teachers' role towards enlightenment.' Nitika,

Kamaljit and Pooja Dahiya from B.Ed. Sem 2 bagged the first three positions respectively. Surbhi, a B. Ed student wrote a book 'Find yourself in me' – book launch was held for the same.

- ❑ September 6, 2021: Dr Sapna Nanda, Dean, delivered a lecture to the volunteers on "Relevance of BMI in Diet". The objective was to educate during the Poshan Maah with the objective to build capacity to self-care and to cater to the immediate community needs.
- ❑ September 24, 2021: NSS Day was observed. Volunteers visited Village Kajheri. Main venue was the Govt. High School where Poster Making was held on the theme, "Nisvarth jivan aadarsh ke roop mein Gandhi Ji." Sangeeta (Class 10th), Khushboo (Class 10th) and Himanshu (Class 8th) stood 1st, 2nd, and 3rd.
- ❑ October 17, 2021: Vigilance Week activities were held. Oath was taken by the staff and students to be a committed vigilant citizen.
- ❑ October 28, 2021: Meeting of the Advisory Committee (NSS Cell) was held with agendas of five one day NSS Camps, special seven days NSS Camp and activities in the adopted village.
- ❑ October 29, 2021: Executive Body Elections session 2021-22 for the students of M.Ed., PGDGC and B.Ed. 1st year were held. Students for the posts of President, Vice President, Group Leaders and Sub Group leaders were elected.
- ❑ November 9-14, 2021: 7 Days Special Day And Night Camp. 100 volunteers participated. A dedicated camp with 'NOT ME BUT YOU' spirit was organized on a meticulous planning. Dr Mohinder Singh looked after the yoga training daily. SLO, Sh Sunil Bedi and DSE, Chandigarh Administration, Mrs. Palika Arora, PCS, inaugurated the camp. Ms. Rachita Gupta from Kailash Satyarthi Bachpan Bachao Foundation educated on POCSO Act. Prof. Suman Mor from the Dept of Environment Science, Panjab University, Chandigarh spoke on Water Management – Issues and Challenges. Dr Ravneet Chawla gave an orientation to the volunteers on the Values of NSS Volunteers and their roles. Work distribution and diaries were distributed for maintaining a journal of the ongoing activities during the camp. Target Village school was visited and swaccha, environment care and hygiene, prevention of diseases like malaria, dengue and Covid were discussed. Fire Fighting experts from the respective department gave a systematic demonstration on prevention and managing a fire situation both at home and the institutional level. Mr. Vinayak Sharma gave an orientation to overseas work possibilities. Mr. Vikas from PNB was the resource person for financial literacy and also the use of digital banking. A team from the Traffic Police Chandigarh educated the youth on safe driving, the good road etiquettes and to conduct responsibly in day-to-day

commuting. Sh. Rajbir Deswal, IPS retired, a highly decorated former officer gave an online session to the youth inspiring them to be self-driven responsible nation builders in their multiple roles in the present and the near future role as a teacher, to carry an open mind and to be a great team leaders in real life situations. Ms. Nayanika from MGSIPA as an expert in psychology took a session on Mindfulness. Ms. Pinky and Mr. Balram from the Chandigarh Police demonstrated Self Defence techniques to the volunteers. Prof. Retd. Swairaj Singh Sadhu, a prominent Punjabi writer and media artist interacted with the volunteers on his personal life journey and the diverse life possibilities the youth can create. Mr. Samarth Sharma from the MGNCRE, GoI had a brief session with the students to orient them to the ongoing Swacch Bharat Abhiyaan and role of volunteers; he encouraged them to carry on with the zeal the dedicated good work. Prof. Dr. Prabhjot Malhi as an expert in pediatric psychology from PGIMER, took a very informing and interactive session on sensitizing to be teachers on handling children. Mr. Vivek Atray, former IAS was the invited motivation speaker and the Chief Guest for the Valedictory Session. The 7 days camp thus fulfilled the objective of grooming the volunteers to be ready as holistic performers in every sphere of life, be eco-friendly citizens and happy human beings.

- ❑ November 25, 2021: One Day NSS Camp on the theme “Constitution Day” was organized. Dr. Renu Somal, former Head, Dept. of Psychology, PGGCG-11, Chandigarh delivered the lecture.
- ❑ December 15, 2021: 3 Days dedicated campaign drive for Electoral Awareness was held from 13-13, 2021. ELC Club joined collaborated. December 13 was a dedicated house to housesw, shops and laborers covered by the volunteers besides in the GHS Kajheri to educate about the duty to vote. A quiz was held for the students of the college on December 14, 2022.
- ❑ January 12, 2022: National Youth Day was observed. Dr. Sheojee Singh spoke on Swami Vivekanand's life aspects as a visionary for national building.
- ❑ January 13, 2022: RashtriyaEktaDiwas Oath Ceremony was held for the staff and students.
- ❑ January 20-25, 2022: Girl Child Week was observed. Dr. Anshul Sharma, WWO, and Ms. Prabhjot Atwal, Gender Specialist from the Dept. of Social Welfare, Chandigarh Administration, Ms. Rachita Gupta from KSCF and Ms. Sunita Dhaliwal from Women TV Network as social activist spoke on related sub themes during the week. They awakened the youth on building equalitarian society. Poster Making on the theme Beti Bachao Beti Padhao was held. Rubby Kumari, Vijay Laxmi and Monika from B. Ed Sem 1 were adjudged 1st , 2nd and 3rd.

- ❑ January 24, 2022: National Girl Child Day was observed. Oath taking ceremony on the theme "Beti Bachao Beti Padhao" was organized.
- ❑ January 25, 2022: Dedicated SOPs were followed for the celebration of Republic Day.
- ❑ January 26, 2022: Republic Day was celebrated in the college with due solemn rituals. NSS takes care of the details in flag hoisting, participating and organizing.
- ❑ January 30, 2022: One Day NSS Camp was organized on the eve of Leprosy Day & Martyr's Day (Saheedi Diwas).
- ❑ March 8, 2022: International Women's Day was celebrated. Haridev from B Ed Sem 4 recited shlokas, Prateeksha elaborated on the theme in a speech, followed by Dr. Ravneet Chawla's address on building a gender-neutral society.
- ❑ March 22, 2022: One Day NSS Camp was organized to observe as World Water Day. Dr. Lilu Ram spoke on importance of water and its management. Sh. Krishna Dull, convenor of Jal Manch further deliberated on the theme.
- ❑ April 13, 2022: Celebration of Birth Ceremony of B.R. Ambedkarji was celebrated. A documentary was screened on the life of Ambedkarji.
- ❑ May 20, 2022: Awareness Rally was organized in collaboration with Physical Education Dept. of the college to celebrate the week of International Yoga Day (21st June 2022).
- ❑ May 19, 2022: Virtual Talk was organized in collaboration with Physical Education Dept. of the college to celebrate the week of International Yoga Day (21st June 2022).
- ❑ May 30, 2022: Yoga demonstration was organized in collaboration with Physical Education Dept. of the college to celebrate the week of International Yoga Day (21st June 2022).
- ❑ June 2, 2022: World Bicycle Day was observed by organizing a cycle rally and creating awareness on promoting the usage of cycle.
- ❑ June 5, 2022: World Environment Day was celebrated. Tree plantation drive was taken up. Principal and NSS POs conducted the same.
- ❑ June 15, 2022: One Day NSS Camp cum Valedictory Function was organized on the eve of annual prize distribution of the college.
- ❑ June 21, 2022: International Day of Yoga was organized in collaboration with Physical Education Dept. of the college.
- ❑ June 26, 2022: International day against Drug Abuse & Illicit Trafficking was celebrated. Oath was taken by the staff.

- ❑ August 15, 2022: Independence Day was celebrated in the college with due solemn rituals. NSS takes care of the details in flag hoisting and organizing.
- ❑ August 16, 2022: Dr. Ravneet Chawla with 50 volunteers visited the Smart City Control Room to sensitize the students on the multiple roles the centre is playing and asked them to be the ambassadors of change for safe driving, e-cycling, waste segregation and collection, and similar projects.
- ❑ August 22-26, 2022: Dr Ravneet Chawla underwent Disaster Management Training held at MGSIPA, Sector 26, Chandigarh in collaboration with NIDM, Delhi. She is enabled to train the volunteers to be the ready and participating agencies for safety in community.
- ❑ September 2022: Poshan Maah was observed by the volunteers working as interns in the schools by organizing variety of activities as demonstrations, morning assembly talks and poster making.
- ❑ Waste Management and segregation, No-plastic campus, keeping the campus safe and clean have been the ongoing programmes. Old trees have been under the axe to keep the students safe. There shall be a full bloom drive to keep the campus green by a well-planned plantation drive in the future with scientific inputs from the experts from horticulture/ forest and engineering to face lift the campus and make it a valuable part of the smart city.
- ❑ Mr. Ravinder Kumar and Ms. Sonika Devi underwent trainings under different training groups in 2022 as trained programme officers.

MGNCRE

- ❑ MGNCRE initiative was communicated to the college through its consultant Mr. Samarth Sharma. A dedicated set up of members were nominated by the chair. Dr. Ravneet Chawla was made the nodal officer. Staff and student members were included under the Principal, Dr. A.K.Srivastava. During COVID times a dedicated webinar was created to orient to the concept and expectations. The youth was motivated to be the ambassadors of change right from to the grass level to the top. On June 12, 2021 a workshop was organized from 12-1:30 PM on Psychosocial Support for Covid Pandemic Conditions. Mr. Samarth Sharma spoke on developing covid helper skills.
- ❑ MGNCRE with a dedicated vision for the future encouraged and ensured making Swachhta Action Plan in the beginning of the year 2022.
- ❑ A webinar was organized by the NODAL OFFICER On Swacchta Action Plan And Sustainability Effort In Higher Education on March 9, 2022 between 11:30am to 12:30pm and Mr. Ajay Tanwar, Project Coordinator from the MGNCRE was the speaker.

- ❑ The college submitted two surveys on self assessment wherein college faculty, other staff and the students' profile was shared. Also, related information is expected to be shared from time to time on residential facilities, solid and liquid waste management, hostel kitchen facilities, campus greenery, land use management, solar energy conservation, water management, COVID 19 interventions. Adopted village and intervention taken up, key institutional achievements were shared in round 1 in September, 2022. The exercise keeps the college alert to reflect well on the MGNCRE sustainability index. We gathered information and shared in the due performance details of water use, rain water harvesting and recycling, solar energy status and further proposal, green cover of the college, waste management strategies and status, drainage and land use system. It has allowed us to think on future of green cover as the trees have been removed that could be hazards or disaster in future.
- ❑ The Principal attended the round table meeting on 17.11.2022 held at the RUSA Building, Sector 42, Chandigarh organized in collaboration with the Directorate of Higher Education. Vision and future tasks were discussed.
- ❑ During October, 2022 campus survey was held and the efforts of the cell were appreciated.
- ❑ A detailed activity wise entrepreneurship and other activities possible were made as a chart to follow for future activities.

STUDY CENTRE

The College is Study Centre of Panjab University Chandigarh for B.Ed. Classes through correspondence mode. Two units of B.Ed. students were allotted to Govt. College of Education, Sector 20 D, Chandigarh. One unit Comprised of 50 students.

1. B.Ed. PCP for IIIrd Semester was conducted online from Oct. 11, 2021 to Nov. 01, 2021.
2. B.Ed. PCP for Ist Semester was conducted online from Jan. 21, 2022 to Feb. 05, 2022
3. B.Ed. PCP for IVth Semester was conducted in blended mode from May 20, 2022 to June 26, 2022.
4. B.Ed. PCP for IInd Semester will be conducted in blended mode from June 01, 2022 to June 16, 2022.

SKILL IN TEACHING

Following activities as per the curriculum of the B.Ed. were conducted by the Skill-in teaching committee in the year 2021-2022.

EPC-1.4 Pre- Internship Programme

Pre-Internship programme for B.Ed. 1st semester students for the purpose of

exposure to school environment was held from 4th October 2021 to 21st October, 2021. Detail of the URBAN schools allotted to the students/ Tutorial groups are as under:

Sr. No	Name of T. G. T.G.	T.G.	Name of the School allotted for Internship programme
1.	Dr Anjali Puri	1	Govt. Sr. Sec. school, Sector- 22
2.	Dr. Balwinderkaur	2	Govt. Girls Model Sr. Sec. School, Sector-20B
3.	Dr.AnuragSankhian	3	Govt. High School, Sector- 24
4.	Dr. Meena	4	Govt. High School, Sector- 30
5.	Dr. Sanjeev Kumar	5	Govt. Model Girls Sr. Sec. School, Sector- 8
6.	Dr. Sheojee Singh	6	Govt. Model Sr. Sec School, Sector- 21
7.	Dr. Lilu Ram	7	Govt. Model Sr. Sec. School, Sector-47
8.	Dr. Neelam Paul	8	Govt. Model Sr. Sec School, Sector- 27
9.	Dr. Vijay Phogat	9	Govt. Model Sr. Sec. School, Sector- 19
10.	Dr. Kusum	10	Govt. Model High. School, Sector-20D
11.	Dr. SumanKhokhar	11	Govt. Girls Model Sr. Sec. School, Sector-20D
12.	Dr.UpasnaThapliyal	12	Govt. Model Sr. Sec. School, Sector-33
13.	Dr. Rajni Thakur	13	Govt. Model Sr. Sec. School, Sector-35
14.	Dr. Aarti Bhatt	14	Govt. Model Sr. Sec. School, Sector-23
15.	Dr. Ravneet Chawla	15	Govt. Model Sr. Sec. School, Sector- 16
16.	Mr. Ravinder Kumar	16	Govt. Girls Model Sr. Sec. School, Sector-18
17.	Ms Sonika Devi	17	Govt. Sr. Sec. School, Sector-28

EPC-3.1 Internship Programme (Pre-Internship)

All students of 3rd Semester are informed that the phase-1 pre-practice of School Internship programme was held in college from 04.10.2021 to 19.10.2021. Detail of the programme is as:-

Classes of pedagogy of teaching subjects –Respective subject teachers

Demonstration lesson plans–Respective subject teachers

Discussion lesson plans–Respective subject teachers

TEACHING AID COMPETITION

The College level Teaching Aid Competition for 3rd semester students was held on 21st Oct., 2021 from 10:00 a.m. to 12:00 noon (Pedagogy I) and 12:30 noon to 2:30 p.m. (Pedagogy II).

❑ Pedagogy subjects are distributed into following three categories:

1. Languages: Hindi/ English/Punjabi/Sanskrit
2. Science /Phy. Sc./Life Sc./Home Sc./Computer Sc./Maths
3. Social Studies/Economics/Music/Fine Arts

School Internship programme was held in School from 23.10.2021 to 15.1.2022.

School Internship programme was held in College from 17.1.2022 to 23.1.2022

Final Skill-in-Teaching Practical Examination was held on 24th Feb., 2022.

Pre- internship programme for B.Ed 1st semester urban students for the purpose of observation of the real classroom situations and whole school environment was held from 1.12.2021 to 14.12.2021.

Pre- internship programme for B.Ed 2nd semester rural students for the purpose of observation of the real classroom situations and whole school environment was held from 18.04.2022 to 30.04.2022.

School Internship Programme EPC-3.1 Phase- 1 (Pre-practice)

Internship programme for B.Ed. 3rd Semester will commence from 11th August 2022 to 24th August 2022. Timing for the same was held from 10:00am to 11:00 am for Pedagogy I & 11:30am to 12:30pm for Pedagogy II. A detail of the programme is as follows:-

- ❑ Lesson Planning & Discussion by Teacher educators (11-08-2022 to 16-08-2022)
- ❑ Demonstration of Lesson plans by Teacher Educators (17-08-2022)
- ❑ Discussion Lesson plans (18-08-2022 to 23-08-2022)
- ❑ Workshop on development of audio visual aids (24-08-2022)

RED RIBBON CLUB

- ❑ 84 Volunteers along with Convener of red Ribbon Club participated in awareness campaign on HIV, TB & Voluntary Blood Donation (online) on 12th August 2021 launch event for phase 1 by Shri Manshukh Mandaviya, Hon'ble Union Minister, Health & Family Welfare, GOI & Dr. Bharti Pravin Pawar, Hon'ble Minister of State Health & Family Welfare.
- ❑ Webinar on National Voluntary Blood Donation Day on the theme RAKT DAAN MAHA DAAN was held by Prof. (Dr) Ravneet Kaur, Professor & head Dept. of Transfusion Medicine GMCH- 32 Chandigarh for the students & Staff member on 6th October 2021.
- ❑ Intra College Quiz Competition was organized on the theme of HIV AIDS AWARENESS, ADOLESCENT HEALTH, BLOOD DONATION & MENTAL HEALTH for the students of B.Ed 1st Semester on 21st October 2021. Results: Shivani (287) stood first, Nishu & Sadhna (210, 264) secured second position, Inderjeet Singh (286) third place in the competition.

- ❑ Poster making and Slogan Writing competition was organized on the theme of AIDS AWARENESS for the students of B.Ed 1st Semester on 24th November 2021. Results for Poster making: Meera (78) stood first, Kavita Singh (68) secured second position, Sahil & Sunita Parihar (65, 27) both were at third place in the competition and Tanjua (76) was awarded consolation prize. Results for Slogan Writing: Deepshikha (23) stood first, Nandini (53) secured second position, Saroj Kumari (105) was at third place in the competition and Amisha (08) was awarded consolation prize.
- ❑ A team of students comprising of Shivani (287) and Nishu (210) participated in State level Quiz competition on 25th November 2021 at Indian Medical Association Complex, Sector 35 Chandigarh and were awarded consolation prize.
- ❑ AIDS AWARENESS RALLY was organized on the occasion on WORLD AIDS DAY for the students and staff on 30th November 2021.
- ❑ One Minute Video presentation competition was organized on the theme Blood Donation for the students of B.Ed 3rd Semester on 12th February 2022. Results: Bharat Sharma (306) stood first, Supency Salgotra (211) secured second position, Shivani (287) third place in the competition.
- ❑ Red Ribbon Club of our College was felicitated for being "Best Red Ribbon Club" by Chandigarh State AIDS Control Society on 8th March 2022 for exceptional work in engaging college youth for awareness on HIV/AIDS.
- ❑ 27 Volunteers along with Convener of red Ribbon Club participated in AIDSCON - 11 (...towards AIDS free World National Conference) organized by Chandigarh State AIDS Control Society on 11th -12th march 2022.

ALUMNI ASSOCIATION

- ❑ A meeting of executive committee of Alumni Association of the college was held on February 28, 2022. The agenda was to decide about the tenure of the present alumni committee. The activities to be held during the session were also discussed.
- ❑ Second meeting of Alumni Association was held on March 12, 2022. Alumni members addressed the students and motivated them. They also shared their experiences about their stay in the college.

EXTENSION LECTURES

- ❑ Government College of Education 20 D, Chandigarh organized an e-talk entitled "Emotional Well Being in the COVID-19 pandemic" for the students of B.Ed., M.Ed. & PGDGG-C classes and the faculty members on 24th Oct., 2020. Dr Renu Somal, former HOD, Department of Psychology, PGGCG-11, Chandigarh was invited for the talk. She emphasized on development of positive emotions for self

and others. She also highlighted that awareness and logical assessment of information, maintaining a healthy routine will certainly help in overcoming pandemic situation. The e-talk was attended by nearly 100 participants.

- ❑ Interactive talk cum virtual experimentation by Prof. O.S.K.S. Shastri, Dept. of Physics, Central University of Himachal Pradesh, Dharamshala on the topics " Video Motion Based analysis of Mass Spring System" and construction of a Theoretical Model for Mass-Spring System" for science students on 22.01.2021 & 22.01.2021 for 2 hours.
- ❑ Online lecture on 27.02.2021 to commemorate National Science Day 2021, Prof. Pradeep Kumar Ahluwalia, Former Prof. & Head, Department of Physics was the guest speaker. His presentation entitled "The Renaissance Man of Science- Sir C.V. Raman" highlighted the life and work of Sir Raman in a very simple and inspiring way. He emphasized on the values and lessons that one can imbibe from the life of great Nobel Laureate in context of science education in contemporary situation. A total of 67 students participated and benefitted from the session.

RUSA INITIATIVE

Rashtriya Uchchattar Shiksha Abhiyan (RUSA) is a holistic scheme of development for higher education in India which was initiated in 2013 by the Ministry of Human Resource Development, Government of India. This centrally sponsored scheme aims at providing strategic funding to higher educational institutions throughout the country.

RUSA aims to provide equal development to all higher institutions and rectify the weaknesses in the higher education system.

Procurement under RUSA:- During the F.Y. 2021-22 and 2022-23 till 20.11.2022 this college has purchased the following items under RUSA Scheme of MHRD:-

1. Electronic Lecterns (07 Qty)
2. Computers (30 Qty)

1. Under RUSA, this institute has purchased the above mentioned items. Through Electronic Lecterns the quality in the Higher Education will be enhanced. It has also enhanced the technology in the teaching.

2. Computers are purchased for the Computer lab of the college which has upgraded the said lab with latest technology.

HOSTELS

Following Infrastructure updates were done in the hostels during the session

1. 04 Commercial washing machines were provided to the Hostel residents for washing Facilities.
2. 16 HD CCTV Cameras and 01 DVR in the Boys Hostel and 13 Cameras were added in Girls hostel.

3. New RO System was installed in the Hostel Mess.
4. Water Dispensers were provided in the hostel Mess for Hot and cold water

GRIVEANCE REDRESSAL CELL

The College has grievance Redressal cell to redress any kind of grievance from faculty or students of this college for which the students are made aware during the orientation programme at the commencement of each academic session.

The grieved person can submit his/her grievance through the below mentioned link available on the college website <https://www.gcechd.ac.in/grievance-redressal-cell.php>

The Grievance Redressal Committee and other faculty members review the grievance received through online/offline mode from time to time. During the session 2021-22, no grievance has been received through online/offline mode from any member of the faculty or student.

INTERNAL ASSESSMENT REPORT

Continuous internal Evaluation (CIE) of student learning is one of the important components of the institution. Government College of Education College follows the guidelines issued by the Panjab University, Chandigarh regarding the approved process of conducting the continuous internal assessment of the students of the different courses run by the college i.e., M.Ed. (General), B.Ed. (General), and P.G. Diploma in Guidance and Counseling (PGDGC). The final internal assessment awards of the students are based on the performance of the candidate in term paper, house test, class assignments, attendance, and participation in discussions/seminars/tutorials, related practical and sessional work. Students performance in the regular cultural programmes, Value Education programmes, National Service Scheme activities, Red Ribbon club activities, Sports etc. are also considered and given due weightage in the internal evaluation. It is assessed and prepared by the concerned teacher on the basis of the assigned sessional work and viva voce. The final list of internal assessment of all the papers of a semester is prepared by a panel of three senior teachers and the principal. Assessment for Engagement with the field(Pre-Internship) is based on the student's performance in various field related activities, practical, project work, community related work, diaries, student portfolios, field observations, visit to innovative pedagogy and learning centre, education resource centre etc. College follows transparent system of internal assessment whose detail is given below;

Display of internal assessment marks before the term end examination

Institution follows the transparent system and provides opportunity to the students to monitor their performance. Awards are displayed on the notice board and information regarding the same is also uploaded on the college website for making the system more transparent. All the faculty members provide the regular feedback to the students

individually and through discussion sessions which are conducted by the concerned subject teachers in their regular classes in a continuous manner.

Timely feedback on individual/ group performance

Timely feedback on individual/ group performance is provided to the students in a regular manner by all the faculty members. Students having problem in improving are given due attention and college also try to seek support of the family of the student by conducting parent teachers meeting in a regular manner. For motivating the students to perform better, students are awarded prizes and certificates also on the basis of their performance in the college house examinations.

Provision of improvement opportunities

Students are provided enough opportunities to improve their performance in a continuous manner. Faculty members and tutorial group in charges keep on monitoring the performance of the students and provide the required opportunities for further improvement. In case student fails to perform better retests, resubmission of assignments, class room seminars, teaching assignments etc. opportunities are provided to the individual students by the college.

Access to the tutorial / remedial support

College follows the Tutorial system and all the students are allotted the tutorial group in a transparent manner on the basis of their allotted college roll numbers. Weekly meetings are organized by the TG in charges and all sort of the remedial support is provided to the students in a regular manner.

Provisions of answering bilingually

College provides option to students to select their medium out of the English, Hindi and Punjabi. They are given option in submitting their all the assignments and give examination in bilingually.

The institution adheres to academic calendar for the conduct of the internal evaluation

The institution follows strictly the academic calendar issued by the Panjab University, Chandigarh and completes all the process of the internal evaluation in time. The academic calendar / Internal evaluation process is discussed in the staff meetings at the starting of the academic session. In charge college academic calendar committee prepares the college academic calendar keeping in mind the Academic calendar issued by the Panjab university, Chandigarh. Academic calendar is circulated for the information of the all the stake holders and also displayed on the college official website <https://www.gcechd.ac.in/college-calendar.php>. All the subject teachers coordinate with each other and complete the process of the continuous internal evaluation in time as per the directions issued by the Board of studies (Education), Panjab university and college Dean and submit the awards to the Internal assessment committee after discussing the

same with the individual students. Awards are compiled and displayed on the notice board for making the system more transparent. The notice of the same is also uploaded on the college official website. The process of the uploading the awards on the online portal is time bound and college is required to complete the same and generate the internal awards submission completion certificate which is also generated online from the portal for further submission to the controller of examination, Panjab university, Chandigarh. Internal evaluation committee of the college maintains all the record of all the courses/ individual students' assessment.

Number of students achieving on an average 70 % or more in internal assessment activities during the last completed academic year

S.No.	Course	Semester	Number of students achieving on an average 70 % or more in internal assessment activities during the last completed academic year
1.	M.Ed.	First	100 per cent
2.	M.Ed.	Third	100 per cent
3.	B.Ed.	First	100 per cent
4.	B.Ed.	Third	100 per cent
5.	Post Graduate Diploma in Guidance and Counselling (PGDGC)	First	100 per cent

Number of students achieving on an average 70 % or more in internal assessment activities during the year

Course : B.Ed.

Category of course	Total number of students	Semester I		Semester III	
		> 70 %	> 70%	>70%	> 70%
B.Ed.	Semester I = 110	110	0	102	0
	Semester III = 102				
	Theory	110	0	102	0
	Pedagogy	110	0	102	0
	Electives/ Optional	110	0	102	0
School based practice	110	0	102	0	

M.Ed.	Semester I = 11	11	0	08	0
	Semester III = 08				
	Theory	11	0	08	0
	Pedagogy	11	0	08	0
	Electives/ Optional	11	0	08	0
	School based practice	11	0	08	0
PGDGC	Semester I = 12	12	0	N.A.	N.A.
	Theory	12	0	N.A	N.A

LECTURE SHORTAGE

All the students of M.Ed., B.Ed. and PGDGC classes are expected to be regular in attending classes according to the time-table in force.

- They must attend at least 80 percentages in theory and practical's/ total lectures delivered in each subject and 90 percent in school internship.
- Information regarding students falling short of lectures is sent to their parents/ guardians invariably as per the practice of this college and they may be called in principal's office.
- Students can check their lecture shortage statements from Student Notice Board from time to time.
- Students can claim the benefit of Medical leave/ Special leave granted by the principal. They must note that the medical leave /special leave will just waive off their fine during leave period
- Attendance is compulsory in the entire academic, cultural and sports functions of the college.

BIOMETRIC ATTENDANCE

- Bio Metric Attendance System for Students for B.Ed., M.Ed. and PGDGC has been installed and working as per NCTE norms. Also, Students' attendance record is maintained as per the requirement of Panjab University regulations.
- The Bio Metric Attendance system of the staff and Bio Metric Machine is installed and working.
- Biometric attendance of Non-Teaching and contractual Staff of the college has already been implemented.

LEGAL LITERACY CELL (L.L.C.)

The Legal Literacy Cell of the college celebrated the National Legal Services Day on November 09, 2021. The resource person of the day was Advocate Mr. Jatinder Kumar Kamboj from State Legal Services Authority, U.T., Chandigarh. Dr. Meena (Nodal Officer)

introduced briefly about the Resource Person to the faculty and students of P.G.D.G.C.; M.Ed. and B.Ed. He initiated the session by speaking about the **National Legal Service Day** and why is it celebrated on 9th November, 2021. He stressed how and when the free legal services can be availed by the weaker sections of the society. He also talked about LokAdalat's role in providing speedy justice to the citizens. He specifically mentioned how children, women, disabled persons are the most vulnerable to the human rights violation. The resource person highlighted about the responsibility of a teacher as a protector in a child's life; Child Protection Act; women rights; domestic abuse; sexual harassment at workplace etc. The Resource Person answered all the queries put forwarded by the students regarding various issues with the services of Free Legal Aid. The session ended with a vote of thanks.

Following were the executive members of the L.L.C. who conducted the stage activities under the charge of Dr Meena and Ms. Sonika Devi (Assistant Professor):-

Sr. No.	Roll No.	Name	Class/Semester	Designation
1.	711	Abha Jain	M.Ed./Sem I	Chief Executive Member
2.	295/20	Deepali	B.Ed./Sem III	Executive Member
3.	901	Vanshika Sachdeva	PGDGC	Executive Member
4.	910	Laxmi Narian Gupta	PGDGC	Executive Member
5.	238/20	Suchita Aggarwal	B.Ed./Sem III	Executive Member

SKILL DEVELOPMENT

Skill Development Workshop on 29 to 31 March 2022. A three day workshop on skill development was conducted in Government College of Education, sector 20 D, Chandigarh under the aegis of life skills committee, IQAC and Placement Cell of the College. The aim was to infuse "Capacity Building on Life Skills and Hands on Training" among the pupil teachers to make them future ready.

ECO-CLUB

- On 17-04-2021 Online Slogan Writing and Poster Making Competition was organized on the occasion of "World Heritage Day & Earth Day". Judgment was done by Mr. Sanjeev Kumar.
- On 31-05-2021 World No Tobacco Day was celebrated. Online Pledge was taken on "not to use tobacco products". Online lecture was also delivered by Dr. Vandana Aggarwal former Associate Prof. GCE-20D, CHD. She spoke on the theme "Commit To Quit".
- From 03-06-2021 to 05-06-2021, Online Slogan Writing and Poster Making Competition was organized on the occasion of "World Environment Day". Theme was Ecosystem Restoration. Judgment was done by Dr. Anjali Puri and Dr. Ravneet Chawla.

- ❑ On 12-07-2022, National Webinar was organized on the occasion of "World Population Day". Theme was "Responsible Behavior towards Rights and Choices". The Chairperson was Mrs. Sunita Dhariwal, a renowned Social educator and Corporate Soft Skill Trainer. The Speaker was Ms. Neena Vir Singh, Lecturer at National Institute of Nursing Education, PGIMER, Chandigarh.
- ❑ On 16-09-2021, World Ozone Day was celebrated. Expert lecture was delivered by Dr. Anurag Sankhian Associate Prof. GCE-20D, CHD. He spoke on the theme "Montreal Protocol-Keeping us, our food and vaccines cool".
- ❑ On 21-03-2022, Slogan Writing and Poster Making event was organized on the occasion of "World Forestry Day". Theme of the event was "Forests and Sustainable Production and Consumption".
- ❑ On 22-04-2022, Slogan Writing and Poster Making Competition was organized on the occasion of "World Earth Day". Judgment was done by Dr. Aarti Bhatt, Dr. Upasna Thapliyal and Dr. Rajni Thakur. Awareness Rally on the theme "Invest in our Planet" was also organized on the same day.

HEALTH AND SPORTS

The 66th Annual Athletic Meet of Government College of Education, Sector 20-D, Chandigarh was inaugurated on Wednesday, March 16th 2022 by Dr. A.K. Srivastava, Principal, Government College of Education, Sector 20-D, Chandigarh. The event began with the unfurling of college Flag and release of balloons. On this occasion, the faculty staffs of Government College of Education and other invited guests were prominently present. The breathtaking performances of participants were simply spectacular. The closing ceremony was graced by Chief Guest Sh. Tejdeep Singh Saini, PCS. The two day Meet was concluded on 17th March with prize distribution.

Dr. Neelam Paul, Organizing Secretary, strived really hard to organize this event. Students in large number took active participation in the events with greater enthusiasm and alacrity. The greatest quality which was demonstrated by the participants was probity and integrity. All students who were on field maintained complete discipline. Special thanks must go to the organizing committee members, coordinators and volunteers who helped in turning this event into a grand success.

All students and staff displayed true sportsmanship spirit for the honour of the college and glory of athletics. More than 200 students and members of the staff from college participated in the 15 events such as 100m, 400m & 1500m track race, Shot Put, Discus Throw, Long Jump, 3-Legged race and Chatti race etc. Stanzin of B.Ed. Semester 2 Roll No. 37 was adjudged the best athlete in boys and Yashika B.Ed. Semester 2 Roll No.04 among girls. Much charm and attraction remained towards Tug of war between Staff Members and students. All onlookers were overwhelmed by the spirit and enthusiasm of the students.

P.U. INTERCOLLEGE COMPETITIONS

Our college students also participated in PU inter-college Athletics competitions 2021-22 held at PU, In the event Shotput (boys) Tenzin got GOLD MEDAL, Stanzin got gold medal 800m (boys), gold medal in 1500m (boys) discus (boys), Kunsang got gold medal and Tenzin got silver medal, Deepak got bronze medal 400m (boys), Kunsang got gold medal in high jump, In Relay (4*100m), Stanzin, Tsering, Deepak, Kusang got silver medal. In Girls Section Jasvir Kaur got silver medal in 800m (girls), gold medal in 400m (girls), Deepshikha got silver medal in Javelin (girls).

Overall Trophy for First position in men's section.

Best Athlete(MEN) C Division was given to "KunsangDorjee".

P.U. INTERCOLLEGE COMPETITIONS 'C' DIVISION TOURNAMENT

GAMES	BOYS	GIRLS
VOLLEYBALL	BRONZE	SILVER
TABLE TENNIS	GOLD	PARTICIPATION
BADMINTON	GOLD	BRONZE
BASKETBALL	-	SILVER
ATHELETICS	5 GOLD 2 SILVER 1 BRONZE1	1 GOLD 2 SILVER
OVERALL	FIRST POSITION	THIRD POSITION

COLLEGE LIBRARY

The College Library act as a Learning Resources Centre (LRC) to support the educational and research programs of the institute by providing intellectual access to information to the faculty and students for their teaching and research.

Knowing the immense significance of library, our college has been continuously trying to update the library by introducing new books and magazines. The library has 43941 books including Reference collection, Encyclopedias, Dictionaries, bound volumes of educational journals, Dissertations, Handbooks and Surveys etc.

During this session library has been renovated and keep updated by adding 1183 volumes of books procured under RUSA scheme and M&S plan. It subscribes to 56 journals and newspapers. Also library upgraded to latest LIBSYS7 (Web Centric LMS) Software, a fully JAVA/EJB and hibernate based system that provides cloud support and a web browser based user interface. It is a web based library management solution to enhance the total library experience through value added features and services.

Our college library is functioning on open access system to students and staff. The Library

offers wide range of information services like reference, bibliographic, current awareness, orientation and reprographic services etc. Book Bank facility is also provided to needy students. Organization of different competitions to motivate students to use library resources has become annual feature of the library.

Library is fully computerized with 7 computers and is linked through LAN. Libsys software has been installed for library operations. In addition to computerized Issue/Return of books to students, Barcodes, Spine labels, Catalogue cards and Library Membership card (smart cards) are generated through Libsys software. Library also provides OPAC and internet services to staff and students.

To get access to various e-books and e-journals library subscribes 'N-list programme of INFLIBNET' for college faculty and M.Ed. students. Users can have access to more than 6,300+ electronic journal and 31, 3500+ electronic books from anywhere using user name and password.

EDUCATION FOR BEING HUMAN

At last we conclude by reiterating that here at Govt. College of Education we duly recognize the power of altruism which empowers one to change the world. We believe that development of human character is the ultimate goal of education which we are striving hard to achieve for us and our students both through our curricular and co-curricular offerings.

"Education is for improving the lives of others and for leaving your community and world better than you found."

-M.W.Edelman



Inauguration of session 2021-22



M. Ed 1st Year & 2nd Year



B. Ed Section A 2nd Year (2021-22)

Government College of Education, Sector 20-D, Chandigarh
B. Ed. Section A IInd Year (2021-22)



B. Ed. Section B 2nd Year (2021-22)

Government College of Education, Sector 20-D, Chandigarh
B. Ed Section B IInd Year (2021-22)



English Section

2021-22

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From Student Editor's Pen

Dear Readers,

It is safe to say that the last year has been anything but 'normal' and after experiencing the whole of it, we realise just how much we have grown together despite being apart. For some of us, this is our last chance before we are thrust into the very real, very scary but also very amazing world to share our thoughts and feelings with you.

2020 was a long year- from an almost world war, to our forests burning down, from murder hornets to the ground breaking ceremony of the Ayodhya temple, from UFOs and black holes to a global pandemic – we have come a long way and so has humanity. The deep scars we left on our earth are healing and it is being restored to its former glory.

We angered Mother Nature with our selfish actions in the name of development and now she is reclaiming what is rightfully hers while we sit at home wondering just where we went wrong. We have been given a chance to reflect and introspect and most of us have used it wisely. This magazine is a record of our sentiments; some deal with emotions like angst, happiness or hope while others explore the fantastical and the magical side of their creativity. Nothing can encompass and convey our emotions better than our art. Thus, this collection embodies our passion for our world and the people in it, our animosity towards the greed of our kind, our mixed feelings towards COVID-19 and our compassion for Nature's creatures.

So dear readers, this one is for us – for being patient and kind and having faith in such trying times when the universe seems to be sending us a message, a big one at that. Let us take a moment to slow down and remember to never forget what 2020 has taught us.



Abha Jain

M.Ed. 1st Year

Roll No. 711/21

LIFE IS WHAT YOU MAKE IT

I need you to know something
When you feel defeated
Beat up and down; blame yourself and your luck
When you feel you haven't done anything enough
That is the most important thing in life that cannot be built with your hands
And on those days you feel burnt out and it seems to be an end of life
Dim in darkness lacking sheen
I need you to know there comes the time, of spring and autumn
In everybody's life and all, I need you to stay strong with positive vibes
I need you to know that life is what you make it
No matter what had happened, let the bygone be bygone
Life is the ability to start again, never be afraid to start over
It's a chance to rebuild your life the way you wanted all along
And yes one more thing you're still the brightest damn thing I have ever seen.

Vanshika Sachdeva
PGDG & C
Roll No. 901

MOM IS A WORD SO PURE

Mom is a word that is so pure
It's like magic and allure
No one can replace you in life
No one can have the will to strive
You make sure that everyone smiles
You make sure that each one stays happy
So many sacrifices that you make
You only live for another shake
Mom you are and will remain the best
In everything that you do
Mom, so blessed to have you in my life.

Kalpana Pokhrel
B.Ed. 1st year
Roll No. 52



Joke



Teacher: Why are you late?
Student: Because of the sign on the road.
Teacher: What type of sign?
Student: The sign that says "School ahead go slow".

Kalpana Pokhrel
B.Ed 1st year
Roll No. 52

How Public Law and private law differs?

The difference between public law and private law is minimal in some cases but in few it is significant. To put it into simple words private law deals with individuals or a group of individuals, may vary from place to place, may impact society or just an individual.

For example smoking at the cinema is prohibited but at some bars & restaurants it's legal. So private law is drafted protecting the interest of an organization for which that law has been made. Whereas public law is a law enacted between an individual and a state. Most of the time it remains the same for a large population of people or people sharing common interests or cultural values. It directly impacts society as well as an individual. For example, stealing something is a crime in every book of the law, breaking traffic rules is also an offence.

No world order is possible without these laws even nature has set laws for the environment, non-adherence to them leads to catastrophic events. So IT sector is no exception and is extensively affected by these two forms of law. Private law binds employees to work for some goal that is the development of the organization for example. coming at the time, doing teamwork, maintaining good professional relationships.

Whereas public laws protect the interest of organizations as well as individuals legally for example a software company has created software and another company wants to copy it. So the original creator has the option to get a patent for it so it can be protected from piracy. This step will safeguard the rights of the organization. On the other hand how an employee is dealt with a company employment policy is also decided by public law. For example working hours, basic necessities, minimum wages all comes under public laws

These two forms of law make society morally as well as ethically correct to perform a job, hence running the world.

Ankita Ranout
B.Ed. 1st year
Roll No. 81

SOCIAL MEDIA NOT FOR FUN ANYMORE

Social media nowadays is not what it used to be when it was initially launched. That is what I realized on my way back home from Ladakh to Chandigarh.

The taxi arrived at the station at the scheduled time. We got into the taxi and occupied our seats. The seats were packed with passengers, and an easy silence persuaded within half an hour of the journey.

Wondering at the unusual, unexpected quietness, I looked around, watching fellow passengers. Everybody was gazing attentively at the screen of their phones and was lost in the world of WhatsApp and Instagram, not even bothered about the people around them. They were not even interested to watch the scenery outside. As we were to reach Kashmir valley, all the passengers are they young and old, were busy with their smartphones. There was no warmth or interaction between the passengers. Nobody made any attempt to strike up a conversation. No smiles, no laughter, no jokes. I also noticed, no one was reading the newspapers, novels, magazines, etc. There was a total absence of camaraderie and bonhomie.

A few years ago, social media was different from what it is nowadays. Earlier, it used to be a source of interaction for people with their family members, friends, relatives, etc. It was used for a very productive purpose. We used to look forward to it, as each conversation offered us an exciting and memorable experience. Apart from giving us a nice opportunity to interact with new people, from different communities, it brought us, new acquaintances, a wealth of unique emotions, and the joy of sharing ideas, and helped us to learn more about life beyond the circle of our kith and kin. Now, everybody is busy scrolling reels on Instagram. They don't talk to strangers and introduce themselves, talk friendly and frankly about themselves, exchange ideas and share emotions, crack jokes and laugh heartily.

All this camaraderie and bonhomie has simply vanished, as normal conversations have become monotonous and tedious experiences with the technological tyranny of smartphones ruling the lives of people.

As Ruskin Bond has rightly said, "We are the true robots, not those sad mechanical creatures created in our image".

Stanzin sonam

B.Ed. 1st year

Roll No.37

Truth of Society



We live in such a society,
Where beauty comes from colour
Education through marks,
Happiness in putting others down
And respect is seen with money.

Gurpreet Kaur

B.Ed. 1st year

EDUCATION

For some, it is a perk.
For others, it's a right.

Some will think it an onus.
Where others see a bonus,
The key is to move forth.
And to give your life a raise,
Don't join a race.

If school is not your calling,
Search beyond its doors.
The world can be your mentor.
Many adventures are in store.
As long as you are acquiring
Your education grows,
That will lead to benefaction
As you spread the experience
you know.

Abha Jain

M.Ed. 1st year

711/21

Religious Fights: Worthy or not?

The most valuable occurrences are those that have already happened. While past mistakes cannot be undone, they can serve as a teaching moment. The lessons and guidance that history has given us are entirely lost on people in today's environment. One of them involves conflict and disagreements about religion's name. One religion defaming another to present them as better is the same problem. This one issue has only sparked the enmity among the many different cultural groups living together. This is not the first time that one religion has become more popular than another; but, in recent years, there have been periods when many religious sects have gained prominence.

One after the other without demeaning or disparaging the other faith, but rather by doing good deeds, doing good work, and by demonstrating respect for the other religion. People currently refer to a certain religion as "EVIL." Religion can never be wicked; rather, what is terrible and wrong with everyone, regardless of their religious views, is their mentality. On the one hand, there are people of the same religion living in the country killing fighting and spreading hatred. On the other hand, there are people of different religions working together for the good of our nation on the border protecting our country without even thinking about the religion they are protecting. Does religion not educate people to fight for what one believes in? Religion imparts compassion. The younger generation needs to understand that religion is not a matter of rivalry and superiority, but rather of doing good deeds and respecting the faith of others. If one wants to represent their religion, they can choose a good path rather than spreading animosity toward the other religion in an effort to present themselves as good. All religious groups should take a lesson from history to help them avoid having confrontations like this in the future. The repercussions could be intolerable and unachievable.

Neha Thakur
B.Ed. 1st year
Roll No. 25

Positive thinking

The time is yours,
If you want, make gold.
If you want, get lost in sleep,
Or learn to change the time.
D o n ' t c u r s e t h e c o m p u l s i o n s ,
Learn to walk in any case.
Because to change the life
You have to fight.
And to gain something in life,
You have to lose something.
T h a t ' s w h y w e s h o u l d a l w a y s
Keep moving forward with positive thinking.

Gurpreet Kaur
B.Ed. 1st year



Music As A Therapy

Music therapy is the clinical use of music to accomplish individualized goals such as reducing stress and improving mood and self-expression. It is an evidence-based therapy well-established in the health community. Music therapy experiences may include listening, singing, playing instruments, or composing music. Music is a medicine for your suffering mind, you will find peace and love in your soul while listening to music. You will lose yourself in the emotions of that particular lyrics. I love listening to music as it gives me the best feeling in the world to make myself happy and energetic again. I am fond of listening to romantic and sad songs. Listening to sad songs does not mean you are a broken soul but it will give you a new direction to gear your life in the right direction. Music also helps you, people, to complete your work in the form of assignments and for your examination preparation and also to imagine a beautiful life with your loved one or with the person whom you love the most. Whenever you are sad just listen to the best music that soothes you. It can be either Sad, Happy, Pop or Party music. Songs which gives me recreation are

Aas Pass Hai Khuda

Aashayen

Lakshya-like tracks etc.

Chill yourself and be happy and positive.

Poonam Kumari Sharma

B.Ed. 1st year

Roll No. 11

HILLS

Once again want to climb those hills.
Its beauty makes me thrill.
The land has been divided into small holdings,
With some sweet saplings in and,
The sun seems to scatter its golden beams over the
Fields just as golden glow worms at night.



Naveen Singh

B.Ed. 1st year

Roll No. 86

Science Club 2nd Year (2021-22)



Sports Team Year (2021-22)



Electoral Literacy Club 2nd Year (2021-22)



Literary and Cultural Society 2nd Year (2021-22)



PARIJAT ECO CLUB 2nd Year (2022-23)



NSS B.Ed nd Year (2023)



Mindfulness

We hear the term "mindfulness" a lot these days, but what precisely does it mean? Have you ever eaten a whole packet of biscuits when you only intended to have one? Or have you ever stayed up far later than expected, or perhaps all night, just to watch one more episode of your favorite show?

We are not completely living our lives when we live in this manner.

We are more aware of our thoughts, activities, and surroundings when we are attentive. We can pay close attention to what our friend is saying rather than anticipating what we would say next. So we are intentionally choosing what to focus on.

With technological improvements, life is becoming increasingly hectic. People are completing many tasks at once. People are working longer hours and carrying their job home with them. All of this is causing us tension, and mindfulness can help us alleviate stress. There are several mindfulness activities you may do on a daily basis to learn how to be present in the moment. It is a style of living that helps you to be more aware of everything you do.

Parvinder Kaur
B.Ed. Semester III
Roll No 2

Cozy Spot at Home

This is my own space. The place where all my feelings pour out, where I may sit in quiet and make a life-changing choice. That one location, where if anyone else is seated, it makes me feel uneasy.

We all need a place where one can be truly oneself, without bothering to keep up appearances.

This spot for me is a corner of a kitchen where I sit and watch Maa prepare meals. As soon as I go into my house, I take a bottle from the fridge, jump and slide myself into that corner, and even if it is evident, I still ask 'Kya bana rahe ho!' just to provide a foundation for our chat.

That's where I have my meals; Maa provides hot chapatis and we talk about whatever happened throughout the day or any work relating to the house and family.

Parvinder Kaur
B.Ed. 1st year Roll No 2

Poem

What place is this
Where I stepped out
It feels so familiar
Oh wait! I got it now
My Grandpa...
He lost somewhere in the haze
I remember..
When he looks into my
eyes & gaze
Which I can't see
'Darkness there'
Then he whispered in the ear
And said, listen my dear
Times when you've lost
Have been priceless too
No one on Earth
Exists quite like you
The lessons contribute
To what makes you 'YOU'
And no one is able
To do what you do
Days can bring you both
Smiles and frowns
It can overwhelm you and
makes your head spin
with ups & down
Then come to the place
Pick any book,
All you have to do is
dive through it
Take a look
It will change your outlook
Word by word, page by page

A world of adventures calling your name
The heights are grand
The depths are vast
In its own delight and glory
With oddity and light
Here lies the—
Secrets of Universe, Earth,
Beauty and Battles
Biographies, Mythology,
fiction or non-fiction
Students were sitting,
deep in concentration
Finding inspiration..
Books for healthy heart
Yoga and meditation,
About nature and creation
Shelves full of amazing legends
Chiefs cook books,
Magical castles, flying carpets,
Treasures, pirates, riddles and rhymes
Gardening, spooks and sci-fi
Inside the pages
Speaking pictures imprints
Royal waves of emotions
And cup full of imagination in it
Will leave your all worries
Here everyone is welcome
It's really doesn't matter
Whether rich or poor
Reassuring familiar
It feels to me..
Anonymous eyes all lit in the hall
Now, I can see the beauty all along!

NIDHI GUPTA

B.Ed. 1st year, Roll No. 36

Uh! Parents Just Don't Understand

"Why can't I do it my way?"

"Why are you always after me"?

"Leave me alone"

These phrases have become regulars of teenage life. The clothes you wear, the food, the color of your bedroom walls, etc all have one thing in common, they were all controlled by your parents when you were a child. But eventually, kids grow up and become teens and they develop their own identities which may be of different views, opinions, thoughts, values, likes, and dislikes. But as you grow and develop into a new person who takes his or her decisions, it becomes difficult for the parents to adjust who are otherwise used to making decisions for you. And in most families, this what leads to friction between kids and parents. You may feel that parents treat you like kids and want you to behave like grown ups, but you must also understand that for them your adolescence is as erratic as it is to you. They sometimes don't know how to tackle you. In these tender years, teens have to go through peer pressure, hormonal imbalances mental and physical changes, confusion about what is wrong and what is right, and different dilemmas and wants. So much is going around in their mind at the same time that when parents try to make themselves imposing, children get irritated and frustrated. They say "No arguing, parents just don't understand".

What they want is a friend to whom they can express their feeling. They want somebody to understand what they are going through, to tell them what to do in different scenarios. But they must also consider that their parents also went through the same changes, they also experienced what children do now and so they can relate and guide their children the better way. They have lived through this phase and have seen the world, so they will understand if we try to make them understand.

Ameesha Verma

B. Ed 1st year, Roll No. 43

A working Domestic Mother

Mom is a tiny word but a huge epitome of love, patience, strength, and sacrifice.
Mom, you do endless work from dawn to dusk, yet it isn't admirable.
They consider it a duty because this is the stereotypical nature of our society.
Waking up early in the morning, making Rotis while sipping tea, departing for work,
hurriedly, mom, you never get a holiday.
Mom. You do bear the scorching heat of the sun during summer.
Mom, you do shiver in the biting cold.
When mistiness and darkness cover the surrounding then everything seems to be
invisible, still, you go to work to make your goals visible.

Naveen Singh

B.Ed. 1st year, Roll No. 86

An imaginary Delightful World

Wouldn't life be so wonderful,
If our imaginary fantasy world comes true!
So fearless, mighty, and beautifully bright,
where we live in hope,
Where things go no wrong,
Where there's no reason to cry
where people don't hurry up to die
The happy faces of travelers headed perhaps,
Friendship with this world is ever more perfect.
Wouldn't life be just so wonderful?
If our imaginary fantasy world comes true!
Where hearts were not made up of metal,
Where we are tangled together but not in battle,
Where no one stands to guard the gate
Where there's no reason for her,
To raise a voice using slogans and candles at night,
Where there is no place for fear and depression,
And we awaken our spirit to adventure.

Wouldn't life be so wonderful?
If our imaginary fantasy world comes true!
Where no one judges you by the color you have,
Where no languages were barrier neither the caste you ave,
Where there is no hate or anger in any soul,
When we join the orchestra of the universe all along,
It is a gift to be well received,
Where people treat you just like these
And I know you like my world
So tell me,
How good it is to be lost in that world!

Nidhi Gupta
B.Ed. 1st year,
Roll No. 36

Life

Life is beautiful
So be grateful and cool
Money, Success, and Failure,
Don't let them change your behavior.
Ups and downs,
Joy and grief are part of life.
Deal with them using the art of life,
You may be nothing to the world
But, always, remember your parents and,
family, you are a precious pearl.
One day everyone is going to take a big sleep,
And that day so many will weep,
Life is a one time offer
So dream big
Love deeply. Wish it, do it and enjoy it with
laughter.

Raveena Gill
B.Ed. 1st year
Roll No. 70

WILL I BE HIRED?

It's hard to keep things within
Sleepful nights hidden
Anxiety is at its peak
There is no one, whom to speak
Crying is perpetual
Yet the smile on is habitual
Eyes are tired
Will I be hired?
Tension surrounding around
Mind is like a round-about
Relations are tough
Attitudes are rough
Where to go, what to imbibe
Wants everything to be fine
Crying is perpetual
Yet the smile on is habitual
Eyes are tired
Will I be hired?

Abha Jain
M.Ed. 1st year
Roll No. 711

Magic of Mathematics

$$\begin{aligned}0 \times 9 &= 0 \\1 \times 9 + 2 &= 11 \\12 \times 9 + 3 &= 111 \\123 \times 9 + 4 &= 1111 \\1234 \times 9 + 5 &= 11111 \\12345 \times 9 + 6 &= 111111 \\123456 \times 9 + 7 &= 1111111 \\12345678 \times 9 + 8 &= 11111111 \\123456789 \times 9 + 9 &= 111111111 \\123456789 \times 9 + 10 &= 1111111111\end{aligned}$$

Interesting Test

1. Come up with any number
2. Subtract + 1 from this number
3. Multiply your answer with the no 3
4. Add 12 to the number
5. Divide the result by 3
6. Add 5 to your answer in step 5
7. Subtract the first no you come up with (in step 1 from the no. You the resulted in at the end of step and the result is 8!

1. Come up with any number
2. Subtract + 1 from this number
3. Multiply your answer with the no 3
4. Add 12 to the number
5. Divide the result by 3
6. Add 5 to your answer in step 5
7. Subtract the first no you come up with (in step 1 from the no. You the resulted in at the end of step and the result is 8! (Your Answer)

Age Calculation Tricks

- Step 1. Multiply the first number of age by 5
- Step 2. Add 3 to the result
- Step 3. Double the Answer
- Step 4. Add the second digit of number with the result
- Step 5. Subtract 6 from your Age.
- Answer : That is Your Age

Komal Mehra
B.Ed. 1st year
Roll No. 10

हिन्दी विभाग

2021-22

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सम्पादकीय

'साहित्य समाज का दर्पण है' समाज में जो कुछ भी घटित हो रहा है वह समस्त साहित्य में समाहित होता जाता है और अंततः को दिशा निर्देश देने का कार्य करता है तथा साथ ही साथ वह धरोहर बनता और बनाता भी है इसलिए साहित्य जीवन का अभिन्न अंग है। महाविद्यालय पत्रिका के प्रकाशन के निर्णय से अत्यधिक सुखद अनुभूति हो रही है। पत्रिका एक ऐसा साहित्य का माध्यम है जिसमें साहित्य की समस्त विधाओं की रचनात्मक अभिव्यक्ति को यथायोग्य स्थान मिल जाता है। निबन्ध, कहानी, कविता, संस्मरण आदि विधाओं का प्रस्तुतीकरण सृजनात्मक धरातल पर सामाजिक, सांस्कृतिक, राजनैतिक, आर्थिक, नैतिक, मनोवैज्ञानिक, समसामयिक समस्याओं से संयुक्त किया जाता है। महाविद्यालय के उदीयमान भावी प्रशिक्षक शिक्षक और शिक्षिकाएं की बौद्धिक, मानसिक, तार्किक क्षमताओं का चरमोत्कर्ष सृजनात्मक विकास शिक्षा के द्वारा होता है और महाविद्यालय पत्रिका शिक्षार्थियों की सृजनात्मक, रचनात्मक और क्रियात्मक क्षमताओं का दर्पण होती है। जिसमें अतीत का आंकलन, वर्तमान का संकलन और भविष्य की योजनाओं का क्रियात्मक अन्तर्सम्बन्ध अध्ययन प्रक्रिया है। अच्छा साहित्य जीवन को विस्तार ही नहीं देता बल्कि सम्वेदशीलता का उन्नयन, उत्थान और परिष्करण कर नए दृष्टिकोण को प्रसूत करता है।

आज के इस प्रतिस्पर्धात्मक, यात्रिक एवं वैज्ञानिक युग में कुछ पल पठन, पाठन और लेखन के लिए सुनियोजित करना मन मस्तिष्क की सुचिता बनाये रखने के लिए हितकारी और कल्याण साधक है। इस जैविक सृष्टि के अन्नर्गत मानवीय जीवन की विशिष्टता और दायित्व इस बात में है कि वह सृजन और संचरण के द्वारा मानव मूल्यों को चरम से परम की ओर ले जाने का विशुद्ध परिपाकनात्मक मापक है और पत्रिका वैचारिक, व्यावहारिक उत्स का विवरणात्मक आलेख है। प्रत्येक आलेख वैचारिक चिंतन का अन्वेषणात्मक माध्यम रहा है और वर्तमान में है और रहेगा। अपने संश्लिष्ट गठन के माध्यम से उत्पन्न विविधता और विस्तार से जीवन में तथ्यपरक मूल्यों की अनुभूति निष्पादित करने के दायित्व का निर्वहन करना पत्रिका का यथार्थ उद्देश्य है। यात्रिकता के विकास के कारण मानव जीवन में पारस्परिक सम्प्रेषण का क्षरण होता जा रहा है। जीवन में भोगे यथार्थमय अनुभवों को शब्दायित, आख्यायित और व्याख्यायित करने का सबल और सचेष्ट माध्यम पत्रिका है।

पत्रिका में संग्रहीत युवा सृजकों की सम्वेदनात्मक और मौलिक विचारधारा विभिन्न विधाओं में प्रतिपादित है। प्रत्येक जीव का अपने जीवन को जीने का अन्य से पृथक दृष्टिकोण होता है। सबकी विचारधारा से सबका सहमत होना सम्भव नहीं है। सबकी आयायित को संशोधित व्यक्तिगत अनुभूतियाँ हैं उनको कागज पर उकेरने की क्षमताएं हैं। पत्रिका इन विविधताओं का भविष्य के लिए एक पारदर्शी संघटनात्मक आलेख है। इसमें समस्त प्रशिक्षक शिक्षक और शिक्षिकाओं के जीवनो से जुड़े वे तथ्य हैं जिनको उनके द्वारा अनुभूतियों का समावेश किया गया है। इसमें युवा एवं प्रौढ़ सृजकों के सृजन का रसास्वादित करने की क्षमताओं का प्रतिस्फलन है। अंततः लेखन किसी भी रचनाकार की विचारधारा की सम्वेदनात्मक अनुभूतियों को अधारोपित, सुनियोजित, प्रस्तावित और प्रकाशित करने की विवशताओं और बाध्यताओं को तथ्यात्मक तथा कथ्यात्मक मान्यताओं की अभिभूतनात्मक प्रस्तुती है।

डॉ कुसुम

सम्पादिका (हिन्दी विभा)

छात्रा सम्पादकीय

प्रत्येक व्यक्ति जीवन में सुख एवं शान्ति की प्राप्ति के लिए ही कार्य करता है। ऐसे कार्य जिनसे आत्मिक सुख प्राप्त हो उनकी ओर व्यक्ति प्रेरित तथा अग्रसरित होता है। ऐसे ही कार्य की श्रृंखला में लेखन भी आता है। व्यक्ति के द्वारा लेखन अपने भावों एवं विचारों के आदान-प्रदान के लिए किया जाता है। कुछ व्यक्तियों के लिए लेखन आजीविका का साधन है लेकिन वहीं कुछ व्यक्ति आत्मानुभूति के लिए लेखन करते हैं। जब हम कुछ लिख रहे होते हैं तो हम स्वयं को कागज पर उतार रहे होते हैं। स्वयं की वह अभिव्यक्ति वह रूप आत्मसंतोष प्रदान करने वाला होता है। गोस्वामी तुलसीदास जी ने आत्मसुख के लिए 'श्रीरामचरितमानस' तथा अनेकानेक रचनाओं का सृजन किया। उनका साहित्य अनेक काव्यरचनाओं का आधार है। अनेक व्यक्तियों द्वारा उनके साहित्य को संदर्भ के रूप में प्रयुक्त किया गया है जो कि साहित्य वर्तमान परिस्थितियों के अनुसार संयोजित करने का प्रयास कर रहे हैं। साहित्य सृजन 'स्वात्तः सुख' के लिए किया जाता है। पत्रिका के हिन्दी विभाग के लिए रचनाएँ प्रेषित करने के लिए में आप सभी छात्र-अध्यापक अध्यापिकाओं को धन्यवाद ज्ञापित करती हूँ तथा आगे भी ऐसी ही सहभागिता की आशा करती हूँ।

त्रहचा
सम्पादिका (हिन्दी विभा)

कोशिश

कोशिश करो हार को जीत में बदलने की,
गम में खुशी तलाशने की,
अपनी मजिल तक पहुँचने की।
कोशिश करो निःस्वार्थ भाव से सेवा करने की,
बुराई से दूर रहने की।
कोशिश करो अपनी सभी कोशिशों को पूरा करने की
क्योंकि कुछ लोग जीतकर भी हार जाते हैं,
पर कोशिश करने वाले हार कर भी जीत जाते हैं।



जसप्रीत कौर
(107)

बचपन

एक बचपन का ज़माना था,
जिस में खुशियों का खज़ाना था।
चाहत चांद को पाने की थी,
पर दिल तितली का दिवाना था।
खबर न थी कुछ सुबह की,
ना शाम का ठिकाना था।
थक कर आना स्कूल से
पर खेलने भी जाना था,
मां की कहानी थी,
परियों का फसाना था।
बारिश में कागज़ की नाव थी,
हर मौसम सुहाना था।

अमनदीप कौर
बी.एड. (तृतीय सत्र)



हिम्मत हौंसला

साहस रखो अपनी बात कहने का,
अन्याय, अत्याचार कभी न सहने का।
हौंसला रखो कठिनाईयों से लड़ने का,
कष्टों, परेशानियों का सामना करने का।
हिम्मत रखो साहस दिखाने की,
मुसीबत में किसी के काम आने की।
फैसला कर लो आँसू न बहाने का,
हमेशा हंसने और हंसाने का।
प्रण करो अच्छा इंसान बनने का,
कमजोरों, लाचारों की मदद करने का।

नेहा शर्मा
(57)



विश्वास

खुद की काबिलियत पर भरोसा रख,
जो गलती आज की है उससे सीख।
मत मांग किसी के आगे
अपनी सफलता के लिए भीख।
तू जलता हुआ रेगिस्तान है,
तेरे अंदर कुछ करने की ठान है।
तू रुक मत, तुझे करना कुछ महान है।
तू अपने घर वालों की आस है,
इनकी उम्मीदों की सांस है।
इनको यूँ ही नहीं जाया करना है,
तुझे अपनी सफलता के लिए लड़ना है।

ऋचा राणा

(91)



थोड़ा थक सा जाता हूँ अब मैं.....

“थोड़ा थक सा जाता हूँ अब मैं.... इसलिए दूर निकलना छोड़ दिया है।
पर ऐसा भी नहीं है कि अब..... मैंने चलना ही छोड़ दिया।
फासले अक्सर रिश्तों में..... अजीब सी दूरियां बढ़ा देते हैं,
पर ऐसा भी नहीं है कि अब मैंने..... अपनो से मिलना ही छोड़ दिया है।
हाँ ज़रा सा अकेला महसूस करता हूँ..... खुद को अपनों की ही भीड़ में,
पर ऐसा भी नहीं है कि अब मैंने..... अपनापन ही छोड़ दिया है।
याद तो करता हूँ मैं सभी को..... और परवाह भी करता हूँ सब की,
पर कितनी करता हूँ..... बस बताना छोड़ दिया है।”

शालिनी
(108)



आगे बढ़ो

स्वामी विवेकानन्द जी का एक प्रेरक संस्मरण हैं - एक बार हिमालय की यात्रा करते हुए मैंने देखा कि सामने एक लंबी सड़क फैली थी। हमारे साथ एक वृद्ध साधु थे। रास्ता सँकड़ों मील का है, उतार-चढ़ाव से भरा है, यह देखकर उसने कहा, “ओह महाशय! इसे कैसे पार करूँगा। मैं अब ज़रा भी नहीं चढ़ सकता।” मैंने उससे कहा - नीचे अपने पावों को तो देखिए आपके सामने जो सड़क दिखाई दे रही है, वह भी वही है, आपके पैरों के नीचे जो सड़क है, उसे आप पार कर चुके हैं। वह शीघ्र ही आपके पावों के नीचे आ जायगी।

‘उच्चतम वस्तु तुम्हारे पावों के तले है, क्योंकि तुम द्विव नक्षत्र हो। यदि तुम चाहो तो मुट्ठियों में नक्षत्र भींच सकते हो। ऐसा है तुम्हारा वास्तविक स्वरूप। बलवान बनो, सब अंधविश्वासों से ऊपर उठो और मुक्त बनो।’

कोमल



मेरी माँ

घुटनों से रेंगते रेंगते, कब पैरों पर खड़ा हुआ,
तेरी ममता की छांव में, जाने कब बड़ा हुआ।

काला टीका दूध मलाई, आज भी कुछ वैसा है,
मैं ही मैं हूँ हर जगह, प्यार यह तेरा कैसा है।

सीधा-साधा भोला-भाला, मैं ही सबसे अच्छा हूँ,
कितना भी हो जाऊं बड़ा, माँ, मैं आज भी तेरा बच्चा हूँ।

मीरा
(78)



कीमत एक की

जिंदगी में हर एक लम्हा कीमती है। ऐसे ही कुछ एक पहलुओं से आपको रूबरू करा रही हूँ.....

1. साल की कीमत उस शरब से पूछिए, जो फेल हुआ हो।
2. महीने की कीमत उस शरब से पूछिए, जिसे पिछले महीने की तनख्वाह न मिली हो।
3. हफ्ते की कीमत उससे पूछिए जो पूरा सप्ताह अस्पताल में रहा हो।
4. रोटी की कीमत उससे पूछिए, जो दिनभर से भूखा हो।
5. घंटे की कीमत उससे पूछो, जिसने किसी का इंतजार किया हो।
6. मिनट की कीमत उससे पूछो, जिसने ट्रेन मिस की हो
7. सैकेंड की कीमत उससे जाने, जो दुर्घटना से बाल-बाल बचा हो

शिवानी

(93)



खुद से खुद की मुलाकात

आज मुझे एक आईना नज़र आया और आईने में देख मुस्कराई और खुद से सवाल किया :-

ना जाने वो किस पल मैं खुद से इतना दूर हुई, इस जिंदगी की दौड़ में इस तरह भागी की खुद को तराशना ही भूल गई, खुद से मुलाकात करना ही भूल गई। फिर आज उस आईने ने मेरी खुद से मुलाकात करवाई और मुलाकात कुछ इस तरह हुई कि उस पहली नज़र में मैं खुद में खो गई और वो खोना भी कुछ यूँ हुआ कि खुद के सवालों की कशमकश में खुद ही फसती चली गई। पर इस बार सिर्फ फसी नहीं थी, अपने सवालों के जवाब ढूँढ़ निकाले थे मैंने,

इस बार मैं अकेली नहीं थी,

मेरे साथ मेरा आईना था, पर क्या मालूम था कि वो आईना नहीं मेरे खुद के अंदर की आवाज़ है, वो आवाज़ जिसे मैं हर बार नज़रअंदाज़ कर दिया करती थी।

पर आज मुझे इस आईने ने जो मेरा ही प्रतिबिंब था, उसने मुझे मुझसे मिलवाया था।

मेरी उलझी हुई जिंदगी जिसे मुझे खुद ही सवारना होगा मेरे ही प्रतिबिंब ने मुझे बताया था। जिंदगी सिर्फ गुजारनी नहीं, जीनी है उन दो पलों की मुलाकात ने समझाया है।

आज मैंने खुद की खुद से मुलाकात की।



रितिका

(110)

अजीब सी उलझन

अजीब सी उलझन में फंसी थी मैं,
हर पल, हर घड़ी उलझनों के बीच खड़ी थी मैं।
एक लम्हे में कुछ करना चाहती थी,
तो अगले ही लम्हे में आराम से बैठ जाना चाहती थी मैं।
एक पल के लिए सब कुछ पा लेना चाहती थी,
तो अगले ही पल सब कुछ खो देना चाहती थी मैं।
कभी एक आज़ाद पंछी की तरह उड़ना चाहती थी,
तो कभी बस एक पिंजरे में कैद हो जाना चाहती थी मैं।
कभी मन करता था कि सबके बीच सबके साथ बैठ जाऊँ,
तो कभी मन करता था कि एक कोने में अकेले बैठ जाऊँ।
कभी सबसे दूर चली जाना चाहती थी,
तो कभी सबके करीब रहना चाहती थी मैं।
अजीब सी उलझन में फंसी थी मैं,
हर पल हर घड़ी उलझनों के बीच खड़ी थी मैं।

यह मेरी
स्वर्चित कविता
है

रितिका
(110)

सपनों की उड़ान

अपने सपनों की उड़ान मैं भरना चाहती हूँ
तुम लड़की हो इस सोच से नीचे ना खींचो तुम मुझे।
सर पर अपने ताज मैं सजाना चाहती हूँ,
जंजीरों से हाथ ना बाँधो तुम मेरे।
हवाई जहाज तक मैं उड़ाना चाहती हूँ,
पैदा होने से पहले ना मारो तुम मुझे।
घर से लेकर देश तक मैं संभाल सकती हूँ
चार दीवारों तक न सीमित रखो तुम मुझे।
अपनी काबिलियत तक मैं दिखाना चाहती हूँ, अपने सपनों को
हकीकत में बदलना चाहती हूँ मैं, अपने सपनों की उड़ान मैं भरना चाहती हूँ

यह मेरी
स्वर्चित कविता
है

रितिका
(110)

एकाग्रता

स्वामी विवेकानन्द जी ने कहा था :

“यदि मेरा पुनर्जन्म होता है, तो मैं ज्ञान की वृद्धि के लिए तथ्यों को जुटाने से पहले एकाग्रता बढ़ाने के उपाय करूंगा क्योंकि यदि एक बार एकाग्रता विकसित हो जाए तो फिर कुछ भी सीखना आसान हो जाएगा”

यह सत्य बात है कि विद्यार्थी जीवन में एकाग्रता का महत्त्वपूर्ण स्थान है। आज के छात्र अपनी पढ़ाई में एकाग्र नहीं हो पाते। उनका ध्यान अन्य बातों में बंटा होता है। विद्यार्थियों को चाहिए कि वे सर्वप्रथम अपने में संकल्प दृढ़ हो, तभी वे अपने कार्य अर्थात् एकाग्रता प्राप्ति में सफलता अर्जित कर सकते हैं।

स्वामी रामतीर्थ का भी कहना है: -

“दृढ़ निश्चय वाले व्यक्ति को आगे बढ़ने से कोई नहीं रोक सकता।”

अतः एकाग्र मन से किया गया कार्य सर्वोत्तम सिद्ध होता है और वह कार्य सम्पूर्ण स्मरण रहता है। एक - एक बिन्दू स्मरण रहता है।

कोमल
(106)



नए अनपढ़

इक्कीसवीं सदी के अनपढ़ वे नहीं होंगे जो लिखना - पढ़ना नहीं जानते। अब अनपढ़ वे होंगे जो सीखना नहीं चाहते, सीख कर फिर से सीखना नहीं चाहते।

टॉफलर

लौ जलती रहे

मैं कब कहता हूँ कि मैं समूचे संसार को नैतिक बना दूँगा। हमारा प्रयत्न इसी दिशा में होना चाहिए कि समूचा संसार नैतिक बने और नैतिकता की लौ जलती रहे। प्रयत्न करने पर भी न बने तो वह हमारे पुरुषार्थ का दोष नहीं होगा।

कोमल
(106)

फिर उसका क्या दोष ?

रात के समय एक दुकानदार अपनी दुकान बंद ही कर रहा था कि एक कुत्ता दुकान में आया। उसके मुँह में एक थैली थी, जिसमें सामान की लिस्ट और पैसे थे। दुकानदार ने पैसे लेकर सामान उस थैली में भर दिया। कुत्ते ने थैली मुँह में उठा ली और चला गया। दुकानदार आश्चर्यचकित हो के कुत्ते के पीछे - पीछे गया। यह देखने कि इतने समझदार कुत्ते का मालिक कौन है ? कुत्ता बस स्टॉप पर खड़ा रहा। थोड़ी देर बाद एक बस आई, जिसमें कुत्ता चढ़ गया। कंडक्टर के पास आते ही अपनी गर्दन आगे कर दी। उसके गले के बैल्ट में पैसे और उसका पता भी था। कंडक्टर ने पैसे लेकर टिकट कुत्ते के गले के बैल्ट में रख दिया। अपना स्टॉप आते ही कुत्ता आगे के दरवाज़े पे चला गया और पूंछ हिलाकार कंडक्टर को इशारा कर दिया। बस के रुकते ही उतरकर चल दिया। दुकानदार भी पीछे - पीछे चल रहा था। कुत्ते ने घर का दरवाज़ा अपने पैरों से 2-3 बार खटखटाया। अंदर से उसका मालिक आया और लाठी से उसकी पिटाई शुरू कर दी। दुकानदार ने मालिक से इसका कारण पूछा तो मालिक बोला, "साले ने मेरी नींद खराब कर दी। चाबी साथ लेकर नहीं जा सकता था गधा।" जीवन की भी यही सच्चाई है, लोगों की अपेक्षाओं का कोई अंत नहीं है।

रमनजीत कौर
(110)

आज ही क्यों नहीं

एक बार की बात है कि एक शिष्य अपने गुरु का बहुत आदर - सम्मान किया करता था। गुरु भी अपने इस शिष्य से बहुत स्नेह करते थे लेकिन वह शिष्य अपने अध्ययन के प्रति आलसी और स्वभाव से दीर्घसूत्री था। सदा काम से दूर भागने की कोशिश करता था और आज के काम को कल के लिए छोड़ दिया करता था। अब गुरु जी को यह चिंता थी कि कहीं उसका शिष्य जीवन संग्राम में पराजित न हो जाए। उन्होंने मन ही मन अपने शिष्य के कल्याण के लिए एक योजना बना ली। एक दिन एक काले पत्थर का टुकड़ा उसके हाथ में देते हुए गुरु जी ने कहा, - "मैं तुम्हें यह जादुई पत्थर का टुकड़ा दो दिन के लिए देकर कहीं दूसरे गाँव जा रहा हूँ। जिसे भी लोहे की वस्तु को तुम इससे स्पर्श करोगे, वह स्वर्ण में परिवर्तित हो जाएगी। पर याद रहे कि दूसरे दिन सूर्यास्त के पश्चात् मैं इसे तुम से वापस ले लूँगा।"

शिष्य बहुत प्रसन्न हुआ, लेकिन आलसी होने के कारण उसने पहला दिन यह कल्पना करते-करते बिता दिया कि जब उसके पास बहुत सारा स्वर्ण होगा तब वह कितना सुखी और संतुष्ट रहेगा, इतने नौकर-चाकर होंगे कि उसे पानी पीने के लिए भी उठना नहीं पड़ेगा। फिर दूसरे दिन जब प्रातः काल वह जागा, उसे स्मरण था कि आज स्वर्ण पाने का अंतिम दिन है। उसने निश्चय किया कि वह बाज़ार से लोहे के बड़े-बड़े सामान खरीद कर लायेगा और उन्हें स्वर्ण में परिवर्तित कर देगा। दिन बीतता गया पर इसी सोच में बैठा रहा कि अभी तो बहुत समय है। उसने सोचा कि अब तो दोपहर का भोजन करने के पश्चात् ही सामान लेने निकलूंगा, पर भोजन करने के पश्चात् उसे विश्राम की आदत थी और उसने बजाए उठ के मेहनत करने के थोड़ी देर आराम करना उचित समझा पर आलस्य से परिपूर्ण उसका शरीर नींद की गहराइयों में खो गया। जब वो उठा तो सूर्यास्त होने को था। अब वह जल्दी-जल्दी बाज़ार की तरफ भागने लगा, पर रास्ते में उसे गुरु जी मिल गए। उनको देखते ही वह उनके चरणों पर गिरकर उस जादुई पत्थर को एक दिन और अपने पास रखने की याचना करने लगा, लेकिन गुरु जी नहीं माने और उस शिष्य का धनी होने का सपना चूर-चूर हो गया। इस घटना की वजह से शिष्य को बहुत बड़ी सीख मिली और उसे अपने आलस्य पर पछतावा होने लगा। उसने प्रण किया कि अब वो कभी भी काम से जी नहीं चुराएगा और सक्रिय व्यक्ति बन कर दिखाएगा।

मित्रो, जीवन में हर किसी को एक से बढ़कर एक अवसर मिलते हैं, पर कई लोग इन्हें बस अपने आलस्य के कारण गवां देते हैं इसलिए यदि आप सफल धनी अथवा महान बनना चाहते हैं और आलस्य को त्यागकर आगे बढ़ें और जब कभी आपके मन में किसी आवश्यक काम को टालने का विचार आए तो स्वयं से एक प्रश्न कीजिए - “आज ही क्यों नहीं?”

जीने की राह

संत एकनाथ के पास एक आदमी गया और पूछा महाराज दुनिया में किस तरह से रहना चाहिए? संत ने कहा - “जरा सामने आ, पहले तेरा माथा देखूँ कि तेरा जीवन बाकी भी है कि नहीं।” वो आदमी सामने आया और माथा दिखाया। संत ने कहा तेरी तो सात दिनों में मौत है। अब तू कहे तो बताऊँ? आदमी बोला फिर रहने दो। वो भागता हुआ गया। सबसे पहले उसने उन लोगों से माफी मांगी जिनको उसने भला बुरा कहा था। फिर जिन लोगों से झगड़ा किया था, बेईमानी करी थी उनसे भी जाकर माफी मांगी। घर जाकर बच्चों को बच्चों का हक दे दिया, पत्नी को पती का। पत्नी से बोला मेरी यात्रा का मोड़ मुड़ रहा है, मैं भगवान का सहारा ले रहा हूँ, हो सके तो तू भी भगवान का सहारा लें। इस तरह से छः दिन बीत गए। सातवें दिन वो भगवान के ध्यान में बैठा मन बड़ा हल्का था। फिर उसे ध्यान आया कि एक बार संत से चलकर पूछ लें कि कैसे जीना है, अगले जन्म में फिर वैसे जी लेंगे। संत के पास गया और पूछा, “महाराज किस तरह से दुनिया में जीना है। संत ने कहा कि पहले ये बता कि ये सात दिन कैसे बीते? कितने लड़ाई-झगड़े किए? किस-किस से बेईमानी की? ये आदमी बोला महाराज कोई नए लड़ाई-झगड़े नहीं किए। बल्कि जो पुराने थे उनसे भी जाकर माफी मांग आया हूँ और उन्होंने भी माफ कर दिया है। संत ने फिर पूछा, “अच्छा! इन सात दिनों में भगवान को याद किया कि नहीं?” यह बोला, “महाराज भगवान ही याद रहा, क्योंकि मौत सामने थी। संत ने कहा तो फिर जा बाकी की जिंदगी भी ऐसे ही बिता। यह बोला - पर आपने तो हमारा माथा देखा था सातवें दिन मौत बताई थी। संत ने कहा मौत तो इन सात दिनों में ही है। सोमवार, नहीं तो मंगल, नहीं तो रविवार। ये सही सात दिन है। इनमें ही आदमी जन्म लेता है और इन्हीं सात दिनों में मरता है तब जरा घुमा के समझाया है वरना आदमी समझाता कहां है।

मनप्रीत कौर
(60)

Annual Convocation



Annual Convocation



देख प्रकृति की ओर

देख प्रकृति की ओर
मन रे! देख प्रकृति की ओर।
क्यों दिखती कुम्हलाई संध्या
क्यों उदास है भोर
देख प्रकृति की ओर

वायु प्रदूषित नभ मंडल
दूषित नदियों का पानी
क्यों विनाश आमंत्रित करता
है मानव अभिमानी
अंतरिक्ष व्याकुल-सा दिखता
बढ़ा अनर्गल शोर
देख प्रकृति की ओर।

कहां गए आरण्यक लिखने वाले
मुनि संन्यासी जंगल में मंगल करते
वे वन्यपशु वनवासी
वन्यपशु नगरों में भटके
वन में डाकू चोर,
देख प्रकृति की ओर।

निर्मल जल में औद्योगिक मल
बिल्कुल नहीं बहायें,
हम सब अपने जन्मदिवस पर
एक-एक पेड़ लगाएँ।
पर्यावरण सुरक्षित करने
पालें नियम कठोर,
देख प्रकृति की ओर
जैसे स्वस्थ त्वचा से आवृत
रहे शरीर सुरक्षित
वैसे पर्यावरण सृष्टि
सब प्राणी संरक्षित
क्षिति जल पावक गगन वायु में
रहे शांति चहूँ ओर,
देख प्रकृति की ओर।



प्रियंका
(67)

अभ्यास का महत्त्व

यदि निरंतर अभ्यास किया जाए, तो असाध्य को भी साधा जा सकता है। ईश्वर ने सभी मनुष्यों को बुद्धि है। उस बुद्धि का इस्तेमाल तथा अभ्यास करके धनाविघ्न में विपुणता प्राप्त की। उसी प्रकार वरदराज ने, जो कि एक मंदबुद्धि बालक था, निरंतर अभ्यास द्वारा विद्या प्राप्त की और ग्रंथों की रचना की। उन्हीं पर एक प्रसिद्ध कहावत बनी।

“करत-करत अभ्यास के, जड़मति होत सुजान।

रसरि आवत जात में, सिल पर परत निसान।”

यानि जिस प्रकार रस्सी की रगड़ से कठोर पत्थर पर भी निशान बन जाते हैं, उसी प्रकार निरंतर अभ्यास से मूर्ख व्यक्ति भी विद्वान बन सकता है। यदि विद्यार्थी प्रत्येक विषय का निरंतर अभ्यास करें, तो उन्हें कोई भी विषय कठिन नहीं लगेगा और वे सरलता से उस विषय में कुशलता प्राप्त कर सकेंगे।



सरोज

शिक्षक

कभी डांट कर, इन्होंने प्यार जताया,
कभी रोक-टोक कर चलना सिखाया।
कभी काली स्लेट पर चॉक से,
उज्ज्वल भविष्य का सूरज उगाया।

ढाल बनकर के हर मुश्किल से बचाया,
कभी हक के लिए लड़ना सिखाया।
कभी गलती बताकर कभी गलती छुपाकर,
एक सच्चे गुरु का फर्ज निभाया।

कभी माता-पिता बन दी सलाह,
कभी दोस्त बन हौंसला बढ़ाया।
आज कहते हैं उन शिक्षकों को धन्यवाद
जिन्होंने हमें इस काबिल बनाया।



मीरा
(67)

समय किसी के लिए नहीं रुकता

समय निरंतर बीतता रहता है, कभी किसी के लिए नहीं ठहरता। जो व्यक्ति समय के मोल को पहचानता है, वह अपने जीवन में उन्नति प्राप्त करता है। समय बीत जाने पर कार्य करने से भी फल की प्राप्ति नहीं होती और पश्चाताप के अतिरिक्त कुछ हाथ नहीं आता। जो विद्यार्थी सुबह समय पर उठता है, अपने दैनिक कार्य समय पर करता है तथा समय पर सोता है, वही आगे चलकर सफलता व उन्नति प्राप्त करता है। जो व्यक्ति आलस्य में आकर समय गंवा देता है, उसका भविष्य अंधकारमय हो जाता है। संतकवि कबीर दास जी ने भी कहा है: -

“काल करै सो आज कर, आज करै सो अब। पल में परलै होएगी, बहुरी करेगा कब।।”

समय का एक-एक पल बहुत मुल्यावान है और बीता हुआ पल वापस लौटकर नहीं आता। इसलिए समय का महत्त्व पहचानकर प्रत्येक विद्यार्थी को नियमित रूप से अध्ययन करना चाहिए और अपने लक्ष्य की प्राप्ति करनी चाहिए। जो समय बीत गया उस पर वर्तमान समय बर्बाद न करके आगे की सुध लेना ही बुद्धिमानी है।

स्वच्छ भारत-स्वस्थ भारत

देश की धरती पर सबका अधिकार,
इस धरोहर की साफ-सफाई से फिर क्यों करते हो इन्कार।
जिस पर तुम चलते हो, क्यों करते नहीं उससे प्यार,
इस धरा-वसुंधरा का क्यों करते हो अपमान।
जिस मिट्टी में पले-बढ़े हो तुम, उसका रखो ध्यान,
इस मिट्टी में मिल जाना है, फिर क्यों करते हो अभिमान।
तुम वीर हो सैनिक भारत के, तुम्हें मिट्टी से है प्यार,
इस धरा-वसुंधरा के लिए, वीरों ने किया है अपना बलिदान।
यह जगत-जननी है माता सबकी, इनका करो सम्मान,
जितना साफ रखोगे धरा को, उतना बढ़ेगा आपका मान।
देश की धरती पर सबका अधिकार,
इस धरोहर की साफ-सफाई से फिर क्यों करते हो इन्कार।
देश को मानकर घर अपना, निर्मल-स्वच्छ है उसको रखना,
कूड़ेदान में फेंको कूड़ा, जगह-जगह न फेंको कूड़ा।
करो सभी मिल-जुलकर अच्छा काम,
बढ़ाये जो, भारत देश का नाम।
आओ हम सब करे साफ सफाई, दे सबको सदेश।
हम-सब सीखे स्वच्छता, गर्व करे तब देश।
सुनो गौर से भारतवासी, मिली आज़ादी अच्छी खासी,
लाभ हो इस आज़ादी का तब, स्वच्छ और स्वस्थ बने भारत जब।”

अन्शु

संध्या देवी



बेटी

दिल को बहलाने का
सामान न समझा जाए
मुझ को अब इतना भी
आसान न समझा जाए।
मैं भी दुनियां की तरह
जीने का हक मांगती हूँ
इसको गदारी का
ऐलान न समझा जाए।
अब तो बेटे भी चले
जाते हैं, हो कर रूखसत
सिर्फ बेटी को ही, मेहमान न समझा जाए।

कल्पना

आत्मविश्वास

आत्मविश्वास वह उर्जा है, जो सफलता की राह में आने वाली हर कठिनाई से मुकाबला करने के लिए व्यक्ति को बल देता है। यह गुण मनुष्य को परिवार, समाज एवं शिक्षा से मिलता है। जिसके पास आत्मविश्वास का बल है, वह पराजय के क्षणों में भी विचलित नहीं होता। आत्मविश्वास सफलता का मुख्य रहस्य है। जीवन में सफलता के लिए आत्मविश्वास उतना ही आवश्यक है, जितना मनुष्य के लिए पानी। अगर आप किसी भी काम को पूरे आत्मविश्वास से करते हो तो वह काम बहुत अच्छे से होता है। आत्मविश्वास मानव चरित्र का वह गुण है जिसके द्वारा उसके व्यक्तित्व में निखार आता है। आत्मविश्वास से किसी भी मनुष्य की कार्यक्षमता बढ़ती है तथा वह हर एक कार्य को कुशलतापूर्वक कर पाता है। आत्मविश्वास से भरा व्यक्ति कठिन से कठिन परिस्थितियों का मुकाबला भी हंसते हुए करता है।

अतः अंत में हम यह कह सकते हैं कि अपने अंदर का विश्वास ही किसी व्यक्ति के लिए सफलता का मार्ग खोलता है।

सुबी कुमारी

शिक्षा का महत्व

जीवन में शिक्षा बहुत ज़रूरी है। आत्मविश्वास विकसित करता है। उचित शिक्षा भविष्य में आगे बढ़ने के लिए बहुत सारे रास्ते बनाती है। स्कूली शिक्षा हर किसी के जीवन में एक महान भूमिका निभाती है। शिक्षा उच्च पद पर नौकरी पाने में सहायता करती है। शिक्षा पुरुषों और महिलाओं दोनों के लिए समाज रूप से होनी चाहिए क्योंकि दोनों एक साथ स्वस्थ और शिक्षित समाज बनाते हैं। शिक्षा समाज के सभी मतभेदों को दूर करने में मदद करती है। शिक्षा हमें आसपास होने वाली हर चीज़ से अवगत कराती है चाहे आप बच्चे हो या व्यस्क। एक व्यक्ति का दृष्टिकोण और व्यक्तित्व उसकी शिक्षा पर अत्यधिक निर्भर करता है। यह मनुष्य को सफल बनाने में भी महत्वपूर्ण भूमिका निभाती है। वर्तमान युग की विभिन्न तकनीकों का उपयोग करने पर शिक्षित लोग अधिक प्रभावी होते हैं। शिक्षा प्रत्येक व्यक्ति का एक मौलिक अधिकार है, इसलिए हर किसी को जीवन के हर महत्वपूर्ण पहलू को समझने के लिए शिक्षा प्राप्त करनी चाहिए। शिक्षा आशा की रोशनी है। एक व्यक्ति के जीवन को समर्थ और खुशी से भरा बनाने के लिए।

सोवम भाटिया

तुम, तुम हो

तुम ज़िद हो, हिम्मत हो, आधार हो, उड़ान हो, जीत हो, हार हो।
तुम उस पहाड़ का आकार हो जो हर दिन सैंकड़ों हवाओं को झेलता है, मगर टूटता नहीं।
तुम नदी हो, पानी की धार हो, वो तेज़ बहाव हो,
जो ना जाने कितने कठिन रास्तों को आसान राह बनाता है।
तुम उस पेड़ की डाल हो, जो बीसों फल थामे होता है, बीसों पत्थर झेलता है,
जो झुका तो होता है, मगर कभी पत्थरों की धाड़ के आगे रोता नहीं।
तुम आज हो, बीता कल हो, आने वाले कल का ठहराव हो, तुम विनम्र हो,
तुम क्रूर हो, तुम आसान हो, कठिन हो
तुम प्रतिबिंब हो अपनी ही परछाई का, तुम सुझाव हो हर कठिनाई का।

दीक्षा
(41)

भ्रष्टाचार

आज भारत में भ्रष्टाचार हर क्षेत्र में बढ़ रहा है, कालाबाजारी, चुनावी धांधली, घूस लेना, हफ्ता वसूली करना आदि। निजी क्षेत्र हो चाहे सरकारी, कोई चपड़ासी हो या नेता कोई भी ईमानदारी के साथ कार्य नहीं करता। वर्तमान भारत में भ्रष्टाचार की समस्या विभिन्न स्तरों पर फैली हुई है। मेहनती लोगों की कमाई भ्रष्ट लोगों के हाथों में जा रही है। आज देश में ऐसी स्थिति बनी हुई है कि अपराधी कानून को दरकिनार कर देते हैं और उन्हें पकड़ने वालों के हाथ कानून से बंधे रह जाते हैं। जब तक उनके ऊपरी अधिकारी उन्हें निर्देश नहीं देंगे तो चाह कर भी कुछ नहीं कर सकते। ऐसी स्थिति में कहीं न कहीं भ्रष्टाचार ही जिम्मेदार होता है। देश में नौकरशाही, जवाबदेही की कमी और अकुशल नेतृत्व सभी भ्रष्टाचार को बढ़ावा देने वाले कुछ प्रमुख कारण हैं। कहते हैं कि छोटी-छोटी कोशिशों से बड़े बदलाव लाए जा सकते हैं तो भ्रष्टाचार मुक्त भारत बनाने की शुरुआत हम खुद से ही कर सकते हैं। हम सभी को देश हित में जागरूक बनकर हर संभव प्रयास करने होंगे तभी हमारा भारत एक विकसित और भ्रष्टाचार मुक्त भारत बन पाएगा।

“ईमानदार बनें, सतर्क रहें, विकसित राष्ट्र का निर्माण करें।”

बेहा शर्मा

नारी शान बढ़ाती है

बहुत सहन कर लिया मैंने अब ना और सहूँगी मैं
औरत तो है अबला नारी, अब ना और सुनूँगी मैं
सम्मान किया प्रत्येक जीव का अब खुद का सम्मान करवाऊँगी
बहुत समझ लिया दुनिया को, अब दुनिया को समझाऊँगी।
जीवन है एक ऐसी गाड़ी, औरत जिसका इंजन है,
जिस घर औरत का नहीं बासा, वो घर उजड़ा आंगन है
खुशहाली आती जिसके कारण, औरत वो वरदान है
समझ सको तो समझ लो प्यारे, औरत ही भगवान है।
जब जब दुराचारी लोगों ने इसका सम्मान भुलाया है
तब तब नारी ने इनको चण्डी रूप दिखलाया है
कम न आंको सौम्य रूप को वह आगे कदम बढ़ाती है
जहाँ सारे हो गए, असफल वहाँ नारी लाज बचाती है।
वहाँ नारी पदक दिलाती है
वहाँ नारी शान बढ़ाती है।

ऋचा
(14)

ऐसी किताब

काश ऐसी किताब भी कोई लिख देता
जिसे पढ़कर इंसान इंसानियत सीख लेता।
रिशतों का मोल इन कागज के दुकड़ों से कहीं ज्यादा है,
जो दिल से अमीर वहीं असल शहजादा है।
इंसान की जगह कभी पैसा पूरी नहीं कर देता
काश ऐसी किताब भी कोई लिख देता
सालों से पिरोये रिशतों को पल में खत्म नहीं करते,
किसी अपने के लिए दिल में नफरत नहीं भरते,
दोस्त यूँ ही नहीं रब हर किसी को दे देता
काश ऐसी किताब भी कोई लिख देता
किसी बुजुर्ग का हाथ पकड़कर रास्ता पार करा देने में
किसी के हंसते चेहरे का कारण बन जाने में
ऐसी शिक्षा कोई घुटपन में दे देता
काश ऐसी किताब भी कोई लिख देता
जिसे पढ़कर इंसान इंसानियत सीख लेता।

स्वाति शर्मा
(705)

पिता

कभी अभिमान तो कभी स्वाभिमान है पिता,
कभी धरती तो कभी आसमान है पिता।
जन्म दिया है अगर मां ने,
जानेगा जिससे जग वो पहचान है पिता।
कभी कंधे पे बिठाकर मेला दिखाते हैं पिता,
कभी बनके घोड़ा घुमाते हैं पिता।
मां अगर पैरों पर चलना सिखाती है,
तो पैरों पर खड़ा होना सिखाते हैं पिता।
कभी रोटी तो कभी पानी है पिता
कभी बुढ़ापा तो कभी जवानी है पिता।
मां अगर है मासूम सी लोरी,
तो कभी ना भूल पाऊंगी वो कहानी है पिता।
कभी हंसी तो कभी अनुशासन है पिता,
कभी मौन तो कभी भाषण है पिता।
मां अगर घर में रसोई है,
तो चलता है जिससे घर वो राशन है पिता।
सभी ख्वाब को पूरी करने की जिम्मेदारी है पिता,
कभी आंसुओं में छिपी लाचारी है पिता।
मां अगर बेच सकती है जरूरत पे गहने,
तो जो अपने को बेच दे वो व्यापारी है पिता।
कभी कितना तन्हा और अकेला है पिता,
सब कुछ समेट कर आसमान सा फँला है पिता।

सिद्धि रंजन

आशा

रात का समय था, चारों ओर सन्नाटा पसरा हुआ था। नजदीक ही एक कमरे में चार मोमबत्तियाँ जल रहीं थीं। एकांत में आज वे एक दूसरे से दिल की बात कर रही थीं। पहली मोमबत्ती बोली, "मैं शांति हूँ, पर मुझे लगता है अब इस दुनिया में मेरी जरूरत नहीं है, हर तरफ आपाधापी और लूट-मार मची हुई है, मैं अब यहां और नहीं रह सकती ऐसा कहकर वह बुझ गई।"

दूसरी मोमबत्ती बोली, "मैं विश्वास हूँ, और मुझे लगता है झूठ और फरेब के बीच मेरी यहां कोई जरूरत नहीं है। मैं भी यहां से जा रही हूँ, और दूसरी मोमबत्ती भी बुझ गई।"

ए जिंदगी

ए जिंदगी सुन जरा, तूने क्या-क्या सिखाना है,
पल भर का सुकून देदे, हमने कौन सा बार-बार आना है।
किसी मजदूर को रात की रोटी नसीब नहीं होती,
किसी भ्रष्टाचारी की थाली में हर प्रकार का स्वाना है।
ए जिंदगी सुन जरा तूने क्या-क्या सिखाना है?
कोई देश की खातिर सूली चढ़ जाता है
किसी को वतन बेच कर पैसा कमाना है।
ए जिंदगी सुन जरा, तूने क्या-क्या सिखाना है,
किसी बच्चे को मां का आंचल नसीब नहीं होता
तो कई युवाओं का काम
अपनी मां का वृद्ध आश्रम छोड़ आना है।
ए जिंदगी सुन जरा तूने क्या-क्या सिखाना है?
कोई किसी को छोड़ने का बहाना हर समय ढूँढ़ता है
जिंदगी सुन जरा तूने क्या-क्या सिखाना है?
पल भर का सुकून देदे हमने कौन सा बार-बार आना है।

स्वाति शर्मा
(705)

तीसरी मोमबत्ती भी दुःखी होते हुए बोली, “मैं प्रेम हूँ, मेरे पास जलते रहने की ताकत है, पर आज हर कोई इतना व्यस्त है कि किसी के पास वक्त ही नहीं, सब एक दूसरे से प्रेम करना भूलते जा रहे हैं, मैं अब ये सब और नहीं सह सकती, मैं भी इस दुनियां से जा रही हूँ, वह मोमबत्ती भी बुझ गई।

वह अभी बुझी ही थी कि एक मासूम बच्चा उस कमरे में दाखिल हुआ। मोमबत्तियों को बुझा देख वह घबरा गया और रोते हुए बोला, “अरे! मोमबत्तियाँ जल क्यों नहीं रही, तुमको तो अंत तक जलना है, तुम इस तरह बीच में छोड़ कर नहीं जा सकती। तभी चौथी मोमबत्ती बोली - “प्यारे बच्चो, घबराओ नहीं, मैं आशा हूँ और जब तक मैं जल रही हूँ, हम बाकी मोमबत्तियों को फिर से जला सकते हैं।”

यह सुन बच्चे की आंखे चमक उठी और आशा के बल पर शांति, विश्वास और प्रेम फिर से प्रकाशित हो गए।

स्वाति शर्मा
(705)

ਪੰਜਾਬੀ ਵਿਭਾਗ

2021-22

ਲੜੀ ਨੰ:	ਵਿਸ਼ਾ	ਰਚਨਾਕਾਰ ਦਾ ਨਾਮ	ਰੋਲ ਨੰ:	ਪੰਨਾ ਨੰ:
1.	ਅਧਿਆਪਕ ਸੰਪਾਦਕ	ਡਾ. ਮੁੱਖਤਿਆਰ ਸਿੰਘ		79
2.	ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ	ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ	21	80
3.	ਕੈਸੀ ਇਹ ਤੇਰੀ ਦੁਨੀਆਂ ਦਾਤਾ	ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ	21	81
4.	ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕ	ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ	21	81
5.	ਅੱਜ	ਰਮਨਦੀਪ ਕੌਰ	297	81
6.	ਕਵੀ ਅਤੇ ਕਵਿਤਾ	ਅਮਨਦੀਪ ਕੌਰ	17	82
7.	ਮਾਂ	ਜਸਮੀਨ ਕੌਰ	301	82
8.	ਰੁੱਖ	ਜਸਮੀਨ ਕੌਰ	301	82
9.	ਅੰਬੀ ਦਾ ਬੂਟਾ	ਗੁਰਵਿੰਦਰ ਕੌਰ	300	83
10.	ਕਲੀ	ਗੁਰਵਿੰਦਰ ਕੌਰ	300	83
11.	ਆਨਲਾਇਨ ਦਾ ਦੌਰ	ਕੌਮਲ	234	83
12.	ਆਸ	ਜਸਪ੍ਰੀਤ ਕੌਰ	107	84
13.	ਆਨਲਾਇਨ ਸਿੱਖਿਆ	ਮਨਪ੍ਰੀਤ ਕੌਰ	60	84
14.	ਕੋਵਿਡ-19 ਦਾ ਪ੍ਰਭਾਵ	ਮੋਨਿਕਾ	75	85
15.	ਤਕਨਾਲੋਜੀ ਅਤੇ ਵਿਦਿਆਰਥੀ	ਤਾਨੀਆ ਚੱਢਾ	64	85
16.	ਵੋਟਾਂ ਵਾਲੀ ਗੱਲ	ਮੋਨਿਕਾ	75	86
17.	ਆਜ਼ਾਦੀ ਦਾ ਅਮ੍ਰਿਤ ਮਹਾਂਉਤਸਵ	ਮਨਪ੍ਰੀਤ ਕੌਰ	60	86
18.	ਤੀਆਂ	ਜਸਪ੍ਰੀਤ ਕੌਰ	107	87
19.	ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ	ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ	21	87
20.	ਅਪੂਰੇ ਚਾਅ	ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ	21	87
21.	ਮਹਾਨ ਸਿੱਖ ਬੀਬੀਆਂ	ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ	21	88

ਅਧਿਆਪਕ ਸੰਪਾਦਕੀ

ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਸਿਰਜਨਾਤਕ ਰੁਚੀਆਂ ਨੂੰ ਪ੍ਰਫੁੱਲਿਤ ਕਰਨ ਲਈ ਕਾਲਜ ਵੱਲੋਂ ਹਰ ਸਾਲ ਇੱਕ ਸਾਲਾਨਾ ਮੈਗਜ਼ੀਨ ਪ੍ਰਕਾਸ਼ਿਤ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਸਿੱਖਿਆ ਕਾਲਜ ਦੇ ਆਪਣੇ ਦੋ ਸਾਲਾ ਕੋਰਸ ਵਿੱਚ ਵਿਦਿਆਰਥੀ ਬਹੁਤ ਸਾਰੀਆਂ ਪਾਠੀ ਅਤੇ ਸਹੀ-ਪਾਠੀ ਕਿਰਿਆਵਾਂ ਵਿੱਚ ਭਾਗ ਲੈਂਦੇ ਹਨ। ਇਹ ਸਾਰਾ ਕਾਰਜ ਉਹਨਾਂ ਦੇ ਹਰ ਪ੍ਰਕਾਰ ਦੇ ਕੋਸ਼ਲਾਂ ਵਿੱਚ ਮੁਹਾਰਤ ਹਾਸਿਲ ਕਰਨ ਵਿੱਚ ਸਹਾਇਤਾ ਕਰਦਾ ਹੈ। ਇਹ ਇਸ ਲਈ ਵੀ ਹੈ ਕਿ ਉਹ ਆਪਣੇ ਆਉਣ ਵਾਲੇ ਜੀਵਨ - ਪੰਧ ਨੂੰ ਹੋਰ ਸੁਖਾਲਾ ਬਣਾ ਸਕਣ।

ਸਾਡੇ ਸਮਾਜ ਦੀ ਬਣਤਰ ਹੀ ਅਜਿਹੀ ਹੈ ਜਿਸ ਵਿੱਚ ਜ਼ਿਆਦਾ ਤੋਂ ਜ਼ਿਆਦਾ ਗੁਣਾਂ ਭਰਪੂਰ ਵਿਅਕਤੀ ਹੀ ਆਪਣੀ ਰੋਜ਼ੀ-ਰੋਟੀ ਕਮਾਉਣ ਦੇ ਲਾਇਕ ਹੁੰਦਾ ਹੈ। ਉਸਨੂੰ ਆਪਣੇ ਜੀਵਨ ਦੇ ਹਰ ਖੇਤਰ ਵਿੱਚ ਬਹੁਤ ਮਿਹਨਤ ਕਰਨੀ ਪੈਂਦੀ ਹੈ। ਵਿਦਿਆਰਥੀ ਆਪਣੇ ਸਿੱਖਿਆਰਥੀ ਜੀਵਨ ਪੰਧ ਦੌਰਾਨ ਇਹ ਸਾਰਾ ਦੇਖਦੇ ਹੀ ਨਹੀਂ ਸਗੋਂ ਅਨੁਭਵ ਪੱਧਰ ਉੱਤੇ ਮਹਿਸੂਸ ਵੀ ਕਰਦੇ ਹਨ। ਆਪਣੇ ਅਨੁਭਵਾਂ ਅਤੇ ਤਜਰਬਿਆਂ ਨੂੰ ਉਹ ਕਈ ਵਾਰ ਕਿਸੇ ਨਾ ਕਿਸੇ ਸਾਹਿਤਕ ਰੂਪ ਵਿੱਚ ਪ੍ਰਗਟਾਉਂਦੇ ਵੀ ਹਨ। ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਇਸ ਪਰਵਿਰਤੀ ਨੂੰ ਹੋਰ ਪ੍ਰਫੁੱਲਿਤ ਕਰਨ ਲਈ ਕਾਲਜ ਦੁਆਰਾ ਪ੍ਰਕਾਸ਼ਿਤ ਸਾਲਾਨਾ ਮੈਗਜ਼ੀਨ ਉਹਨਾਂ ਦੀ ਬਹੁਤ ਮਦਦ ਕਰਦੀ ਹੈ। ਉਹ ਭਾਸ਼ਾ ਸਾਹਿਤ ਦੇ ਵੱਖ-ਵੱਖ ਸਾਹਿਤ ਰੂਪਾਂ ਵਿੱਚ ਆਪੋ-ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਜਮ੍ਹਾਂ ਕਰਵਾਉਂਦੇ ਹਨ। ਕਾਲਜ ਦਾ ਮੈਗਜ਼ੀਨ ਪ੍ਰਕਾਸ਼ਿਤ ਮੰਡਲ ਉਹਨਾਂ ਦੀਆਂ ਇਹਨਾਂ ਸਾਹਿਤਕ ਰਚਨਾਵਾਂ ਨੂੰ ਹਰ ਸਾਲ ਇੱਕ ਮੈਗਜ਼ੀਨ ਦੇ ਰੂਪ ਵਿੱਚ ਪ੍ਰਕਾਸ਼ਿਤ ਕਰਵਾਕੇ ਉਹਨਾਂ ਦੀ ਸਾਹਿਤ ਸਿਰਜਨਾ ਪ੍ਰਤੀ ਚੇਟਕ ਨੂੰ ਹੋਰ ਵਧਾਉਂਦਾ ਹੈ।

ਇਸ ਸਾਲ ਮੈਗਜ਼ੀਨ ਦੇ ਪੰਜਾਬੀ ਭਾਗ ਲਈ ਬਹੁਤ ਸਾਰੀਆਂ ਰਚਨਾਵਾਂ ਆਈਆਂ ਹਨ। ਉਹਨਾਂ ਦੁਆਰਾ ਸ੍ਰੀ-ਰਚਿਤ ਇਹ ਰਚਨਾਵਾਂ ਸਾਡੇ ਲਈ ਬਹੁਤ ਵੱਡਮੁੱਲੀਆਂ ਹਨ। ਉਹਨਾਂ ਦੀ ਸਾਹਿਤ ਸਿਰਜਨਾ ਦੇ ਖੇਤਰ ਵਿੱਚ ਰੁਚੀ ਨੂੰ ਦੇਖਦੇ ਹੋਏ ਇਹ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀ ਨਾ ਕੇਵਲ ਆਪਣੀ ਰਸਮੀ ਪੜ੍ਹਾਈ ਹੀ ਪੂਰੀ ਕਰ ਰਹੇ ਹਨ ਸਗੋਂ ਸਮਾਜ ਵਿੱਚ ਸਾਹਿਤ ਸਿਰਜਨਾ ਦੁਆਰਾ ਜਾਗਰੂਕਤਾ ਲਿਆਉਣ ਸਬੰਧੀ ਆਪਣੀ ਜ਼ਿੰਮੇਵਾਰੀ ਨੂੰ ਵੀ ਨਿਭਾਅ ਰਹੇ ਹਨ। ਕਾਲਜ ਅਦਾਰਾ ਉਹਨਾਂ ਦੀ ਇਸ ਸੋਚ ਅਤੇ ਲਗਨ ਨੂੰ ਹਮੇਸ਼ਾ ਧਿਆਨ ਵਿੱਚ ਰੱਖਦਾ ਹੈ। ਅਸੀਂ ਕਾਲਜ ਦੀ ਸਾਲਾਨਾ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਉਹਨਾਂ ਦੀਆਂ ਸਾਰੀਆਂ ਰਚਨਾਵਾਂ ਨੂੰ ਪ੍ਰਕਾਸ਼ਿਤ ਕਰਨ ਵਿੱਚ ਮਾਣ ਮਹਿਸੂਸ ਕਰਦੇ ਹੋਏ ਉਹਨਾਂ ਦੀ ਚੜ੍ਹਦੀਕਲਾ ਲਈ ਦੁਆ ਕਰਦੇ ਹਾਂ।



ਡਾ. ਮੁਖਤਿਆਰ ਸਿੰਘ
ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਧਿਆਪਕ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕੀ

ਸਿੱਖਿਆ ਤੋਂ ਨਾ ਕਰੋ ਇਨਕਾਰ, ਨਹੀਂ ਤਾਂ ਜੀਵਨ ਹੈ ਬੇਕਾਰ

'ਸਰਕਾਰੀ ਕਾਲਜ ਆਫ ਐਜੂਕੇਸ਼ਨ' ਗਿਆਨ ਦੇ ਪਸਾਰ ਲਈ ਆਪਣੀ ਅਕਾਦਮਿਕ ਉੱਤਮਤਾ ਅਤੇ ਸਮਰਪਿਤ ਪਹੁੰਚ ਲਈ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਕਾਲਜ ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕਾਂ ਦੋਵਾਂ ਨੂੰ ਆਪਣੇ ਕੌਸ਼ਲ ਨੂੰ ਨਿਖਾਰਨ ਦਾ ਬਰਾਬਰ ਮੌਕਾ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ। ਇਹ ਕਾਲਜ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸਰਵਪੱਖੀ ਵਿਕਾਸ ਕਰਦਾ ਹੈ। ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਹਰ ਨਵੀਂ ਤਕਨੀਕ ਦੀ ਸਿੱਖਿਆ ਦੇ ਨਾਲ ਨਾਲ ਜ਼ਿੰਦਗੀ ਨੂੰ ਜਿਉਣ ਦੀ ਸਿੱਖਿਆ ਵੀ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। ਕਾਲਜ ਵਿੱਚ ਬਹੁਤ ਸਾਰੀਆਂ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਅਜ਼ਾਦੀ ਦਾ ਅੰਮ੍ਰਿਤ ਮਹਾਂਉਤਸਵ ਵੀ ਮਨਾਇਆ ਗਿਆ ਜਿਸ ਨਾਲ ਸੰਬੰਧਿਤ ਵੀ ਰਚਨਾਵਾਂ ਦਿੱਤੀਆਂ ਗਈਆਂ।

ਸਿੱਖਿਆ ਹਨੇਰੇ ਤੋਂ ਰੌਸ਼ਨੀ ਵੱਲ ਦੀ ਇੱਕ ਲਹਿਰ ਹੈ। ਇਸ ਗੱਲ ਨੂੰ ਧਿਆਨ ਵਿੱਚ ਰੱਖਦੇ ਹੋਏ ਲਗਦਾ ਹੈ ਕਿ ਕਾਲਜ ਦਾ ਇਹ ਮੈਗਜ਼ੀਨ ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਸਿਰਜਨਾਤਮਕ ਰੁਚੀਆਂ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਦਾ ਇੱਕ ਉਪਰਾਲਾ ਹੈ। ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਹਰ ਭਾਸ਼ਾ ਦੀਆਂ ਰਚਨਾਵਾਂ ਲਈ ਇੱਕ ਵੱਖਰਾ ਕਾਲਮ ਬਣਾਇਆ ਗਿਆ ਹੈ। ਪੰਜਾਬੀ ਭਾਗ ਹੇਠ ਪੰਜਾਬੀ ਦੀਆਂ ਰਚਨਾਵਾਂ ਛਾਪੀਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਕਾਲਜ ਦਾ ਕੋਈ ਵੀ ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਮੂਲ ਰਚਨਾ ਨੂੰ ਇਸ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਛਪਣ ਲਈ ਭੇਜ ਸਕਦਾ ਹੈ। ਉਸਦੀ ਰਚਨਾ ਨੂੰ ਮੂਲ ਰੂਪ ਵਿੱਚ ਛਾਪਿਆ ਜਾਂਦਾ ਹੈ।

ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਬਹੁਤ ਹੀ ਉਤਸ਼ਾਹ ਨਾਲ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਸਾਨੂੰ ਲਿਖ ਕੇ ਭੇਜੀਆਂ ਹਨ ਜਿਹਨਾਂ ਨੂੰ ਮੈਂ ਇੱਕ ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ ਹੋਣ ਦੇ ਨਾਤੇ ਸਹੀ ਤਰੀਕੇ ਨਾਲ ਕਲਮਬੱਧ ਕੀਤਾ। ਮੈਨੂੰ ਆਪਣੇ ਕਾਲਜ ਲਈ ਕੰਮ ਕਰਕੇ ਬਹੁਤ ਮਾਣ ਮਹਿਸੂਸ ਹੋ ਰਿਹਾ ਹੈ। ਇਸ ਮੈਗਜ਼ੀਨ ਲਈ ਬਹੁਤ ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਕਵਿਤਾ, ਕਹਾਣੀ ਅਤੇ ਲੇਖ ਆਦਿ ਰੂਪ ਵਿੱਚ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਲਿਖ ਕੇ ਦਿੱਤੀਆਂ ਹਨ। ਅਸੀਂ ਇਹ ਗੱਲ ਮਹਿਸੂਸ ਕਰਦੇ ਹਾਂ ਕਿ ਕਾਲਜ ਵੱਲੋਂ ਇਸ ਤਰ੍ਹਾਂ ਦੇ ਉਪਰਾਲੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਸਾਹਿਤ ਸਿਰਜਨਾ ਪ੍ਰਤੀ ਉਹਨਾਂ ਦੀ ਬਣਦੀ ਜ਼ਿੰਮੇਦਾਰੀ ਨੂੰ ਸਮਝਦੇ ਹੋਏ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿੱਚ ਉਹ ਆਪਣੀਆਂ ਲਿਖਤਾਂ ਰਾਹੀਂ ਹੋਰ ਵੀ ਵੱਡਮੁੱਲਾ ਯੋਗਦਾਨ ਪਾਉਣਗੇ। ਇਸ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਹੌਂਸਲਾ ਤਾਂ ਵਧੇਗਾ ਹੀ ਨਾਲ ਹੀ ਸਾਹਿਤ ਸਿਰਜਨਾ ਦੇ ਖੇਤਰ ਵਿੱਚ ਵੀ ਆਪਣਾ ਹੱਥ ਆਜਮਾ ਸਕਣਗੇ। ਅਸੀਂ ਸਾਰਿਆਂ ਦੀਆਂ ਲਿਖਤਾਂ ਨੂੰ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਛਾਪ ਕੇ ਬੜਾ ਮਾਣ ਮਹਿਸੂਸ ਕਰਦੇ ਹਾਂ।



ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ

ਬੀ.ਐਡ. ਸਮੈਸਟਰ ਤੀਜਾ

ਕੈਸੀ ਇਹ ਤੇਰੀ ਦੁਨੀਆਂ ਦਾਤਾ

ਕੈਸੀ ਇਹ ਤੇਰੀ ਦੁਨੀਆਂ ਦਾਤਾ
 ਕੈਸੀ ਇਹ ਤੂੰ ਖੇਡ ਰਚਾਈ।
 ਤੇਰੇ ਪੈਦਾ ਕੀਤੇ ਲੋਕੀਂ
 ਤੇਰੀ ਰਚਨਾ ਨੂੰ ਮਾੜਾ ਦੱਸਦੇ
 ਪੁੱਤ ਹੋਵੇ ਤਾਂ ਖੁਸ਼ੀਆਂ ਵੰਡਦੇ
 ਧੀ ਹੋਵੇ ਤਾਂ ਮੌਤ ਹੈ ਪੈਂਦੀ
 ਨੂੰਹਾਂ ਨੂੰ ਤਾਂ ਹਰ ਕੋਈ ਚਾਹਵੇ
 ਧੀਆਂ ਨੂੰ ਕਿਉਂ ਦੁਰਕਾਰਨ ਲੋਕੀਂ
 ਕੈਸੀ ਇਹ ਤੇਰੀ ਦੁਨੀਆਂ ਦਾਤਾ
 ਕੈਸੀ ਇਹ ਤੂੰ ਖੇਡ ਰਚਾਈ।

ਸੋਹਰੇ ਜਾ ਕੇ ਵੀ ਰਹੀ ਪਰਾਈ
 ਪੇਕੇ ਘਰ ਵੀ ਰਹੇ ਪਰਾਈ
 ਆਪਣੇ ਹਰ ਚਾਅ ਨੂੰ ਮਾਰਦੀ
 ਘੁੱਟ-ਘੁੱਟ ਕੇ ਕਿਉਂ ਜ਼ਿੰਦਗੀ ਜਿਉਂਦੀ
 ਆਖਰ ਕਦੋਂ
 ਇਹ ਵਿਤਕਰਾ ਮੁੱਕੂ
 ਕੈਸੀ ਇਹ ਤੇਰੀ ਦੁਨੀਆਂ ਦਾਤਾ
 ਕੈਸੀ ਇਹ ਤੂੰ ਖੇਡ ਰਚਾਈ।

ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰਬਰ 21

ਅੱਜ

ਅੱਜ ਮੇਰੀ ਹਸਤੀ,
 ਅੱਜ ਮੇਰੀ ਹੋਂਦ,
 ਕੱਲ ਨੂੰ ਮੈਂ ਮੁੱਕ ਜਾਣਾ,

ਅਰਜ਼ ਏਹੀ ਤੇਰੇ ਤੋਂ ਰੱਬਾ,
 ਅੱਜ, ਭਲਕੇ ਤੇ ਨਾ ਪਾਵਾਂ।
 ਅੱਜ ਵਿੱਚ ਨੱਚਾਂ,
 ਅੱਜ ਵਿੱਚ ਗਾਵਾਂ,
 ਅਜ ਨੂੰ ਸਦਾ ਧਿਆਵਾਂ।

ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕ

ਇੱਕ ਵਿਦਿਆਰਥੀ ਦੇ ਜੀਵਨ ਵਿੱਚ ਅਧਿਆਪਕ ਦਾ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ ਹੁੰਦਾ ਹੈ। ਅਧਿਆਪਕ ਤੋਂ ਹੀ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਹੁਤ ਕੁਝ ਸਿੱਖਣ ਨੂੰ ਮਿਲਦਾ ਹੈ। ਅਧਿਆਪਕ ਦਾ ਦਰਜਾ ਗੁਰੂ ਤੋਂ ਘੱਟ ਨਹੀਂ ਹੁੰਦਾ, ਕਿਉਂਕਿ ਉਹ ਵਿਦਿਆਰਥੀ ਦਾ ਸਹੀ ਮਾਰਗ ਦਰਸ਼ਨ ਕਰਦਾ ਹੈ। ਅਧਿਆਪਕ ਨੂੰ ਵਿਦਿਆਰਥੀ ਦਾ ਮਾਂ-ਬਾਪ ਵੀ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ। ਜੇਕਰ ਅਸੀਂ ਛੋਟੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲ ਕਰੀਏ, ਤਾਂ ਉਹ ਆਪਣੇ ਅਧਿਆਪਕ ਨਾਲ ਬਹੁਤ ਜੁੜਿਆ ਹੁੰਦਾ ਹੈ। ਇੱਕ ਵਿਦਿਆਰਥੀ ਬਹੁਤ ਹੀ ਉਮੀਦ ਨਾਲ ਅਧਿਆਪਕ ਕੋਲ ਆਉਂਦਾ ਹੈ।

ਉਹ ਆਪਣੀ ਹਰ ਗੱਲ ਆਪਣੇ ਅਧਿਆਪਕ ਨਾਲ ਸਾਂਝੀ ਕਰਦਾ ਹੈ। ਕਿਤਾਬਾਂ ਦਾ ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਵਿੱਚ ਆਪਣਾ ਯੋਗਦਾਨ ਹੁੰਦਾ ਹੈ, ਪਰੰਤੂ ਇੱਕ ਅਧਿਆਪਕ ਤੋਂ ਬਿਨਾਂ ਵਿਦਿਆਰਥੀ ਦੀ ਸਿੱਖਿਆ ਕਦੇ ਵੀ ਪੂਰੀ ਨਹੀਂ ਹੋ ਸਕਦੀ। ਅਧਿਆਪਕ ਇੱਕ ਆਦਰਸ਼ ਬਣ ਕੇ ਵਿਦਿਆਰਥੀ ਦੇ ਸਾਹਮਣੇ ਪੇਸ਼ ਹੁੰਦਾ ਹੈ। ਅਧਿਆਪਕ ਅਜਿਹਾ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ, ਜਿਸ ਗੱਲ ਕਰਦੇ ਸਮੇਂ ਵਿਦਿਆਰਥੀ ਨੂੰ ਕਿਸੇ ਕਿਸਮ ਦਾ ਡਰ ਅਨੁਭਵ ਨਾ ਹੋਵੇ, ਉਹ ਖੁੱਲ੍ਹ ਕੇ ਆਪਣੇ ਗੱਲ ਕਰ ਸਕੇ। ਇਸ ਲਈ ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕ ਦਾ ਰਿਸ਼ਤਾ ਨਹੁੰ-ਮਾਸ ਦੇ ਰਿਸ਼ਤੇ ਵਰਗਾ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ। ਵਿਦਿਆਰਥੀ ਨੂੰ ਦੇਸ਼ ਦਾ ਭਵਿੱਖ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਅਤੇ ਇਸ ਭਵਿੱਖ ਨੂੰ ਨਿਖਾਰਨ ਦੀ ਅਹਿਮ ਜ਼ਿੰਮੇਵਾਰੀ ਅਧਿਆਪਕ ਦੇ ਮੋਢਿਆਂ 'ਤੇ ਹੁੰਦੀ ਹੈ। ਪੁਰਾਤਨ ਭਾਰਤ ਵਿੱਚ ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕ ਦਾ ਸਬੰਧ ਬਹੁਤ ਪਵਿੱਤਰ ਮੰਨਿਆ ਜਾਂਦਾ ਸੀ। ਉਸ ਸਮੇਂ ਦੇ ਅਧਿਆਪਕਾਂ ਵੱਲੋਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਅਧਿਆਪਕ, ਨੈਤਿਕ ਅਤੇ ਅਕਾਦਮਿਕ ਸਿੱਖਿਆ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। ਉਦੋਂ ਹਰ ਵਿਦਿਆਰਥੀ ਅਧਿਆਪਕ ਦੁਆਰਾ ਦਿੱਤੇ ਗਏ ਹਰੇਕ ਤਰ੍ਹਾਂ ਦੇ ਆਦੇਸ਼ ਦੀ ਪਾਲਣਾ ਕਰਦਾ ਸੀ। ਪਰ ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕ ਦੀ ਸਾਂਝ ਘੱਟਦੀ ਜਾ ਰਹੀ ਹੈ।

ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰਬਰ 21



ਅੱਜ ਹੀ ਤੇਰੀ ਉਸਤਤ ਕਰਕੇ
 ਅੱਜ ਹੀ ਤੈਨੂੰ ਪਾਵਾਂ।
 ਕੱਲ੍ਹ ਦੇ ਕਾਰਜ ਅੱਜ ਮੁਕਾ ਕੇ,
 ਅੱਜ ਦੇ ਦਿਨ ਹੀ ਬੇਤਾ ਅਪਨਾ,
 ਸਾਹਿਲ ਤੇ ਪਹੁੰਚਾਵਾਂ।



ਰਮਨਦੀਪ ਕੌਰ

ਰੋਲ ਨੰਬਰ 297

ਕਵੀ ਤੇ ਕਵਿਤਾ

ਇੱਕ ਪੁਰਖ ਭਾਂਵੇ ਉਹ ਕਿੱਡਾ ਵੀ ਯੋਧਾ, ਪ੍ਰਾਕਰਮੀ ਤੇ ਪ੍ਰਤਿਭਾਸ਼ੀਲ ਕਿਉਂ ਨਾ ਹੋਵੇ ਜਾਂ ਇੱਕ ਇਸਤਰੀ ਜਿਹੜੀ ਪਦਮਨੀ ਜਿਹੀ ਸੁੰਦਰ ਜਾਂ ਸੀਤਾ ਜਿਹੀ ਸਥਿਰ ਤੇ ਸਾਵਿਤਰੀ ਜਿਹੀ ਸਤੀ ਕਿਉਂ ਨਾ ਹੋਵੇ, ਸਮੂਹ ਦੇ ਟਾਕਰੇ ਵਿੱਚ ਤੁੱਛ ਹੈ। ਮਨੁੱਖ ਦਾ ਜੀਵਨ, ਸੋਝੀਵਾਨ ਜੀਵਨ, ਜਿਸ ਨੂੰ ਉਹ ਕਲਾ ਜਾਂ ਕਵਿਤਾ ਦੀ ਸੇਵਾ ਵਿੱਚ ਵਰਤ ਸਕਦਾ ਹੈ, ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਲੀ ਕੁ ਸਾਧਨ ਦਾ, ਹੱਦ ਪੰਜਾਹ ਦਾ ਹੋ ਸਕਦਾ ਹੈ ਤੇ ਮਨੁੱਖੀ ਸਭਿੱਅਤਾ ਦੇ ਦਸ ਕੁ ਹਜ਼ਾਰ ਸਾਲ ਲੰਮੇ ਜੀਵਨ ਦੇ ਟਾਕਰੇ 'ਚ ਇਸ ਪੰਜਾਹ ਸਾਲਾ ਅਨੁਭਵ ਦਾ ਕਿੰਨਾ ਮੁੱਲ ਹੋ ਸਕਦਾ ਹੈ। ਇਸੇ ਲਈ ਉਹ ਕਵਿਤਾ ਜੋ ਕਵੀ ਦੇ ਜੀਵਨ ਨਾਲ ਹੀ ਆਮਕਤ ਹੈ, ਜਾਂ ਆਪਣੇ ਦੁਆਲੇ ਦੀਆਂ ਘਟਨਾਵਾਂ ਨਾਲ ਹੀ, ਬਹੁ-ਅਨੁਭਵੀ ਕਵਿਤਾ ਨਹੀਂ ਹੋ ਸਕਦੀ। ਇਸ ਲਈ ਅਨੁਭਵ ਨੂੰ ਕਲਪਨਾ ਦੀ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਪੈਂਦੀ ਹੈ, ਪਰ ਕਲਪਨਾ ਵੀ ਆਪਣੇ ਆਪ ਵਿੱਚ ਇੱਕ ਬਦਲ-ਛਾਉ ਤੋਂ ਵੱਧ ਬਹੁਤ ਕੁਝ ਨਹੀਂ ਹੋ ਸਕਦੀ। ਜਿਨ੍ਹਾਂ ਵੱਡਾ ਇਹਦੇ ਪਿੱਛੇ ਅਨੁਭਵ ਦਾ ਆਕਾਰ ਹੋਵੇਗਾ, ਉੱਡੀ ਵੱਡੀ ਇਹ ਛਾਇਆ ਹੋਵੇਗੀ। ਇਹ ਵੱਡਾ ਆਕਾਰ ਜਾਤੀ ਦਾ ਇਤਿਹਾਸ ਹੈ। ਉਹ ਕੀ ਕਵੀ ਮਹਾਨ ਹੋ ਸਕਦਾ ਹੈ, ਜੋ ਆਪਣੇ ਨਿੱਜੀ ਅਨੁਭਵ ਨੂੰ ਆਪਣੇ ਸਮੇਂ ਦੇ ਅਨੁਭਵਨ ਵਿੱਚ ਰਚਾ ਦੇਵੇ ਤੇ ਆਪਣੇ ਸਮੇਂ ਦੇ ਅਨੁਭਵ ਨੂੰ ਆਪਣੀ ਜਾਤੀ ਦੇ ਇਤਿਹਾਸਿਕ ਅਨੁਭਵ ਵਿੱਚ ਰਚਾ ਦੇਵੇ। ਕਿਸੇ ਜਾਤੀ ਜਾਂ ਇਤਿਹਾਸਿਕ ਅਨੁਭਵ ਉਸ ਦੀ ਸੰਸਕ੍ਰਿਤੀ ਹੈ। ਜਾਤੀ ਦੇ ਇਸ ਇਤਿਹਾਸਿਕ ਅਨੁਭਵ, ਸੰਸਕ੍ਰਿਤੀ ਦੇ ਇਸ ਸਮੁੱਚੇ ਅਨੁਭਵ ਤੋਂ ਬਿਨਾਂ ਕਵਿਤਾ ਮਹਾਨ ਨਹੀਂ ਹੋ ਸਕਦੀ।

ਮਾਂ

ਕਾਲੀਆਂ ਹਨੇਰੀਆਂ ਰਾਤਾਂ ਵਿੱਚ
ਕਦੀ ਥਪਥਪਾ ਕੇ ਮੈਨੂੰ ਸਵਾਉਂਦੀ ਸੀ,
ਕਦੀ ਪਿਆਰ ਨਾਲ ਮੈਨੂੰ ਦੇਖਦੀ
ਕਦੀ-ਕਦੀ ਘੁਰ ਕੇ ਜਿਦ ਤੋਂ ਹਟਾਉਂਦੀ ਸੀ।
ਕਦੀ ਮੇਰੇ ਹੰਝੂਆਂ ਨੂੰ
ਪ੍ਰੰਝਦੀ ਸੀ ਚੁੰਨੀ ਦੇ ਲੜ ਨਾਲ,
ਸਾਰਿਆਂ ਨਾਲ ਜਦੋਂ ਮੈਂ
ਰੁਸ ਕੇ ਭੁੱਖੀ ਸੋ ਜਾਂਦੀ ਸੀ,
ਹੋਲੀ ਜਿਹੀ ਚਾਦਰ ਖਿੱਚ ਕੇ
ਆਪਣੀ ਬੁੱਕਲ ਵਿੱਚ ਲਕਾਉਂਦੀ ਸੀ।
ਉਹ ਦਿਨ ਵੀ ਬੜੇ ਯਾਦ ਆਉਂਦੇ ਨੇ
ਜਦੋਂ ਚੂਰੀ ਮਾਂ ਆਪਣੇ ਹੱਥਾਂ ਨਾਲ ਖਵਾਉਂਦੀ ਸੀ।
ਮਾਂ ਦਾ ਕਰਜ਼ਾ ਨੀ ਮੈਂ ਦੇ ਸਕਦੀ
ਜੋ ਹਰ ਸਮੇਂ ਖੁਸ਼ ਰਹਿਣਾ ਸਿਖਾਉਂਦੀ।

ਜਸਮੀਨ ਕੌਰ

ਰੋਲ ਨੰਬਰ 301



ਅਮਨਦੀਪ ਕੌਰ

ਰੋਲ ਨੰਬਰ 17

ਰੁੱਖ

ਰੁੱਖ ਬਚਾਵਾਂਗੇ ਤਾਂ ਧਰਤੀ ਵੀ ਬਚੇਗੀ
ਜੀਵਨ ਬਚੇਗਾ, ਕੱਲ ਬਚੇਗਾ।
ਰੁੱਖਾਂ ਨਾਲ ਹੀ ਵਰਖਾ ਹੋਵੇਗੀ
ਨਦੀ ਬਚੇਗੀ ਤੇ ਜਲ ਬਚੇਗਾ।
ਜਦ ਖੇਤਾਂ ਵਿੱਚ ਹੋਵੇਗਾ ਅਨਾਜ
ਥਾਲੀਆਂ ਵਿੱਚ ਭੋਜਨ ਬਚੇਗਾ।
ਜੀਵਨ ਵਿੱਚ ਹੋਵੇਗੀ ਹਰਿਆਲੀ
ਜਦ ਧਰਤੀ ਤੇ ਹਰਿਆਲੀ ਹੋਵੇਗੀ।
ਰੁੱਖ ਬਚੇਗਾ, ਸੁੱਖ ਬਚੇਗਾ
ਪਾਣੀ ਦੀ ਹੋਵੇਗੀ ਬੌਛਾਰ।
ਹਰਿਆਲੀ ਭਰੀ ਧਰਤੀ
ਸੁਹਣਾ ਇਹ ਮੇਰਾ ਪੰਜਾਬ

ਜਸਮੀਨ ਕੌਰ

ਰੋਲ ਨੰਬਰ 301



ਅੰਬੀ ਦਾ ਬੂਟਾ

ਇੱਕ ਬੂਟਾ ਅੰਬੀ ਦਾ,
 ਅਸੀਂ ਚਾਵਾਂ ਦੇ ਨਾਲ ਲਾਇਆ ਨੀ ।
 ਬਹਿ ਇਸ ਦੇ ਥੱਲੇ ਸਵਰਗਾਂ ਦਾ
 ਬੂਟਾ ਆਇਆ ਨੀ ।
 ਇਸ ਬਾਰੇ ਮੈਂ ਹੋਰ ਕੀ ਕਹਿਣਾ ਨੀ,
 ਇਹ ਤਾਂ ਸਾਡੇ ਘਰ ਦਾ ਗਹਿਣਾ ਨੀ ।
 ਸਾਵਣ ਦਾ ਮਹੀਨਾ ਜਦ ਆਵੇ,
 ਫਲਾਂ ਨਾਲ ਇਹ ਭਰ ਜਾਵੇ ।
 ਮਿੱਠੇ ਅੰਬ ਇਸ ਦੇ ਛੱਕ ਕੇ,
 ਮੈਨੂੰ ਤਾਂ ਆਨੰਦ ਬੜਾ ਆਇਆ ਨੀ ।
 ਦਾਦੀ ਮਾਂ ਜਦ ਇੱਥੇ ਬਹਿ ਕਹਾਣੀਆਂ ਸੁਣਾਵੇ,
 ਸਾਡੇ ਨਾਲ ਇਹ ਵੀ ਸੁਣਦਾ ਜਾਵੇ ।
 ਪਿਆਰ ਭਰਿਆ ਹੁੰਗਾਰਾ ਇੱਕ,
 ਇਸ ਦੇ ਅੰਦਰੋਂ ਵੀ ਆਇਆ ਨੀ ।
 ਇੱਕ ਬੂਟਾ ਅੰਬੀ ਦਾ ਅਸੀਂ
 ਚਾਵਾਂ ਦੇ ਨਾਲ ਲਾਇਆ ਨੀ ।
 ਬਹਿ ਇਸ ਦੇ ਥੱਲੇ ਸਵਰਗਾਂ ਦਾ ਬੂਟਾ ਆਇਆ ਨੀ ।

ਗੁਰਵਿੰਦਰ ਕੌਰ

ਰੋਲ ਨੰਬਰ 300



ਕਲੀ

ਕੋਮਲ ਮਖਮਲੀ ਨੰਨ੍ਹੀ ਪਰ੍ਹੀ
 ਤੋੜਿਓ ਨਾ ਇਹ ਕੱਚੀ ਕਲੀ ।
 ਫੁੱਲਾਂ ਦੇ ਸਿਰ ਦਾ ਤਾਜ ਕਲੀ,
 ਕੋਮਲ ਮਖਮਲੀ ਨੰਨ੍ਹੀ ਪਰ੍ਹੀ ।
 ਪਾਣੀ ਦੀਆਂ ਬੂੰਦਾਂ ਜਦ ਇਸ ਨੂੰ ਛੂਹ ਜਾਵੇ,
 ਖਿੱਲ ਜਾਵੇ ਰੋਮ-ਰੋਮ ਤੋਂ ਮੁਸਕਰਾਵੇ ।
 ਅੱਜ ਕੱਠੀ ਤੇ ਕਲ ਪੱਕੀ ਬਣ ਜਾਵੇ
 ਖੁਸ਼ੀਆਂ ਦੀਆਂ ਸੁੰਗਧਾਂ ਚਾਰੋਂ ਓਰ ਫੈਲਾਵੇ ।
 ਹਵਾਵਾਂ ਮਹਿਕਣ ਜਦ ਇਹ ਹੱਸਣ,
 ਕਲੀਆਂ ਸਭ ਨੂੰ ਖਿੜ੍ਹਨਾ ਦੱਸਣ ।
 ਨਖਰਾ ਇਹਨਾਂ ਦਾ ਪਗੜੋਂ ਉਠਾ ਇਹ ਤੇ,
 ਜਿਉਂ ਸਿੱਪੀ ਵਿੱਚ ਕੋਈ ਮੋਤੀ ਸੁੱਚਾ ।
 ਕੋਮਲ ਮਖਮਲੀ ਨੰਨ੍ਹੀ ਪਰ੍ਹੀ,
 ਤੋੜਿਓ ਨਾ ਇਹ ਕੱਚੀ ਕਲੀ ।

ਗੁਰਵਿੰਦਰ ਕੌਰ

ਰੋਲ ਨੰਬਰ 300



ਆਨਲਾਇਨ ਦਾ ਦੌਰ

ਦੇਖੋ ਆਇਆ ਆਨਲਾਇਨ ਦਾ ਦੌਰ ।
 ਦੇਖੋ ਆਇਆ ਆਨਲਾਇਨ ਦਾ ਦੌਰ ।
 ਜਿਸ ਨੇ ਕਰ ਦਿੱਤੀ ਅਧਿਆਪਕਾਂ ਦੀ ਅਣਹੋਂਦ,
 ਦੇਖੋ ਆਇਆ ਆਨਲਾਇਨ ਦਾ ਦੌਰ ।
 ਜਿਸ ਨੇ ਕਰ ਦਿੱਤੀ ਸਕੂਲਾਂ ਦੀ ਅਣਹੋਂਦ ।
 ਦੇਖੋ ਆਇਆ ਆਨਲਾਇਨ ਦਾ ਦੌਰ ।
 ਜਿਸ ਨੇ ਕਰ ਦਿੱਤੀ ਘੱਟ ਸੋਚਣ ਸ਼ਕਤੀ ਬੱਚਿਆਂ ਦੀ,
 ਦੇਖੋ ਆਇਆ ਆਨਲਾਇਨ ਦਾ ਦੌਰ ।

ਜੇ ਵਧਉਣੀ ਹੈ ਸੋਚਣ ਸ਼ਕਤੀ ਬੱਚਿਆਂ ਦੀ ।
 ਤਾਂ ਖੋਜਾਂ ਇਸ ਦੌਰ ਨੂੰ ਘਟਾਓ
 ਥੋੜਾ ਇਸ ਦੌਰ ਨੂੰ ਘਟਾਓ ।

ਕੋਮਲ

ਰੋਲ ਨੰਬਰ 234



ਆਸ

'ਜੀਵੇ ਆਸਾ, ਮਰੇ ਨਿਰਾਸ਼ਾ' ਕਹਾਵਤ ਤੋਂ ਪਤਾ ਚਲਦਾ ਹੈ ਕਿ ਜੀਵਨ, ਆਸ ਦੇ ਸਹਾਰੇ ਹੀ ਚਲਦਾ ਹੈ। ਆਸ ਦਾ ਅਰਥ ਹੈ - ਭਵਿੱਖ ਲਈ ਆਸ਼ਾਵਾਦੀ ਰਹਿਣਾ। ਭਵਿੱਖ ਵਿੱਚ ਜੋ ਸਮਾਂ ਆਉਣਾ ਹੈ, ਉਸ ਨੂੰ ਸਫਲਤਾ, ਖੁਸ਼ਹਾਲੀ ਅਤੇ ਉੱਨਤੀ ਦਾ ਚਿੰਨ੍ਹ ਸਵੀਕਾਰ ਕਰਨ ਦੀ ਆਸ ਹੈ। ਇਹ ਮਨੁੱਖ ਨੂੰ ਕਿਰਿਆਸ਼ੀਲ ਅਤੇ ਚੜ੍ਹਦੀਕਲਾ ਵਿੱਚ ਰੱਖਦੀ ਹੈ।

ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ 'ਜਦ ਤੱਕ ਸਾਸ, ਤੱਦ ਤੱਕ ਆਸ'। ਜਿਉਂਦਾ ਮਨੁੱਖ ਹਮੇਸ਼ਾ ਆਪਣੇ ਭਵਿੱਖ ਸੰਬੰਧੀ ਆਸ਼ਾਵਾਦੀ ਰਹਿੰਦਾ ਹੈ ਤੇ ਇਹ ਵੀ ਉਸਦੇ ਜੀਵਨ ਵਿੱਚ ਖੇਡਾ ਅਤੇ ਚਾਅ ਪੈਦਾ ਕਰਦੀ ਹੈ। ਆਸ ਨੂੰ ਛੱਡ ਕੇ ਨਿਰਾਸ਼ਤਾ ਦਾ ਪੱਲਾ ਫੜਨ ਵਾਲਾ ਮਨੁੱਖ ਗਿਰਾਵਟ ਤੇ ਆਤਮਘਾਤ ਦੇ ਰਾਹ ਤੁਰਦਾ ਹੈ।

ਅਜਿਹਾ ਮਨੁੱਖ ਨਾ ਆਪਣਾ ਕੁਝ ਸੁਆਰਦਾ ਹੈ ਤੇ ਨਾ ਹੀ ਸਮਾਜ ਦਾ। ਮਨੁੱਖੀ ਸਮਾਜ 'ਤੇ ਸੱਭਿਆਚਾਰ ਦੀ ਉਸਾਰੀ ਆਪਣੀ ਧੁਨ ਵਿੱਚ ਪੱਕੇ ਰਹਿ ਕੇ ਕੰਮ ਕਰਨ ਤੇ ਸਫਲਤਾ ਵਿੱਚ ਦ੍ਰਿੜ ਵਿਸ਼ਵਾਸ ਰੱਖਣ ਵਾਲੇ ਮਨੁੱਖਾਂ ਨੇ ਕੀਤੀ ਹੈ। ਆਸ਼ਾਵਾਦੀ ਹਿੰਮਤੀ ਤੇ ਉਤਸ਼ਾਹੀ ਹੁੰਦਾ ਹੈ। ਧਨੀ ਰਾਮ ਚਾੜ੍ਹਕ ਦੇ ਸ਼ਬਦਾਂ ਵਿੱਚ ਹਿੰਮਤ ਕਰੇ ਮਨੁੱਖ ਜੇ, ਜਾ ਛੋਹੇ ਅਸਮਾਨ। ਅਜਿਹੇ ਮਨੁੱਖ ਹਮੇਸ਼ਾ ਕਿਰਿਆਸ਼ੀਲ ਰਹਿੰਦੇ ਹਨ ਤੇ ਦਿਨ-ਰਾਤ ਇੱਕ ਕਰਕੇ ਆਪਣੇ ਉਦੇਸ਼ ਵੱਲ ਵੱਧਦੇ ਹਨ। ਅਜਿਹੇ ਲੋਕ ਕਰਮਯੋਗੀ ਹੁੰਦੇ ਹਨ ਤੇ ਜੀਵਨ ਦੀਆਂ ਔਕੜਾਂ ਤੋਂ ਨਹੀਂ ਘਬਰਾਉਂਦੇ। ਉਹ ਸਫਲਤਾ ਦੀ ਮਾਰ ਖਾ ਕੇ ਨਿਰਾਸ਼ ਹੋਏ ਅਤੇ ਕਿਸਮਤ ਨੂੰ ਕੋਸਣ ਵਾਲੇ ਵਿਆਕਤੀਆਂ ਨੂੰ ਉਤਸ਼ਾਹ ਤੇ ਹੌਂਸਲਾ ਦਿੰਦੇ ਹਨ ਤੇ ਆਸ ਦੀ ਕੰਨੀ ਫੜ ਕੇ ਮੁਸ਼ਕਲਾਂ ਦੇ ਨਾਲ ਜੂਝਣ ਲਾ ਦਿੰਦੇ ਹਨ। ਫਲਸਰੂਪ ਉਹ ਹਿੰਮਤ ਤੇ ਮਿਹਨਤ ਕਰਦਿਆਂ ਆਸ ਦਾ ਲੜ ਫੜ ਕੇ ਅਸਫਲਤਾਵਾਂ ਦਾ ਮੂੰਹ ਮੋੜ ਕੇ ਸਫਲਤਾ ਦੇ ਫੁੱਲਾਂ ਦੀ ਟੋਕਰੀ ਆਪਣੀ ਝੋਲੀ ਪਾਉਂਦੇ ਹਨ।

ਇਸ ਤਰ੍ਹਾਂ ਆਸ ਜੀਵਨ ਨੂੰ ਖੁਸ਼ੀ ਤੇ ਆਨੰਦ ਨਾਲ ਭਰਪੂਰ ਕਰਦੀ ਹੈ। ਆਸ ਦੇ ਖਤਮ ਹੋਣ ਦਾ ਮਤਲਬ ਜੀਵਨ ਦਾ ਅੰਤ ਹੈ, ਮੌਤ ਹੈ। ਇਸ ਕਰਕੇ ਮਨੁੱਖ ਨੂੰ ਕਦੇ ਵੀ ਨਿਰਾਸ਼ਾਵਾਦੀ ਨਹੀਂ ਹੋਣਾ ਚਾਹੀਦਾ, ਸਗੋਂ ਆਸ ਵੰਦ ਰਹਿਣਾ ਚਾਹੀਦਾ ਹੈ। ਇਸ ਵਿੱਚ ਹੀ ਜੀਵਨ ਦੇ ਵਿਕਾਸ ਦਾ ਡੂੰਘਾ ਭੇਤ ਛੁਪਿਆ ਹੋਇਆ ਹੈ।

ਜਸਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰਬਰ 107



ਆਨਲਾਇਨ ਸਿੱਖਿਆ

ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਦਾ ਆਧੁਨਿਕ ਯੁੱਗ ਵਿੱਚ ਕਾਫੀ ਮਹੱਤਵ ਹੈ। ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਹਰ ਕੰਮ ਆਨਲਾਇਨ ਤਰੀਕੇ ਨਾਲ ਹੀ ਹੋ ਰਿਹਾ ਹੈ। ਜਿਵੇਂ- ਪੜ੍ਹਾਈ, ਫੀਸ ਜਮ੍ਹਾਂ ਕਰਾਉਣਾ, ਖਾਣ-ਪੀਣ ਅਤੇ ਪਹਿਨਣ ਦੀਆਂ ਚੀਜ਼ਾਂ ਆਨਲਾਇਨ ਕਰਕੇ, ਘਰ ਵਿੱਚ ਹੀ ਉਪਲੱਬਧ ਹੋ ਜਾਂਦਾ ਹੈ। ਇਸ ਤੋਂ ਅਸੀਂ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਆਨਲਾਇਨ ਕੰਮ ਕਾਜ ਮਨੁੱਖੀ ਜੀਵਨ ਦਾ ਇੱਕ ਮਹੱਤਵਪੂਰਨ ਹਿੱਸਾ ਬਣ ਗਿਆ ਹੈ।

ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕੋਈ ਚੰਗੀ ਗੱਲ ਤੇ ਕੁੱਝ ਮਾੜੀ ਗੱਲ ਬਾਰੇ ਵੀ ਪਤਾ ਚਲਦਾ ਹੈ। ਇਸ ਦੇ ਨਾਲ ਬੱਚਾ ਘਰ ਵਿੱਚ ਬੈਠ ਕੇ ਹੀ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਦਾ ਹੈ ਤੇ ਉਸ ਨੂੰ ਸਿੱਖਿਆ ਨਾਲ ਸੰਬੰਧਿਤ ਹਰ ਜਾਣਕਾਰੀ ਵੀ ਘਰ ਬੈਠੇ ਹੀ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦਾ ਹੈ। ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਦੁਆਰਾ ਵਿਦਿਆਰਥੀ ਦਾ ਆਉਣ ਜਾਣ ਦਾ ਸਮਾਂ ਬਚਦਾ ਹੈ ਤੇ ਉਹ ਦੂਰ ਦੇ ਸਫਰ ਤੋਂ ਵੀ ਬਚ ਸਕਦਾ ਹੈ। ਬੱਚਾ ਘਰ ਬੈਠਾ ਹੀ ਹਰ ਤਰ੍ਹਾਂ ਦੇ ਕੋਰਸ ਸਿੱਖ ਸਕਦਾ ਹੈ। ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਦੇ ਨਾਲ ਬੱਚਿਆਂ ਨੂੰ ਆਈ.ਟੀ.ਸੀ. ਬਾਰੇ ਕਾਫੀ ਕੁਝ ਪਤਾ ਲੱਗਦਾ ਹੈ।

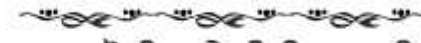
ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਵਿੱਚ ਅਧਿਆਪਕ ਤੇ ਵਿਦਿਆਰਥੀ ਆਹਮਣੇ-ਸਾਹਮਣੇ ਬੈਠ ਕੇ ਪੜ੍ਹਾਈ ਕਰ ਸਕਦੇ ਹਨ। ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਲਈ ਵਿਦਿਆਰਥੀ ਕੋਲ ਮੋਬਾਇਲ, ਕੰਪਿਊਟਰ ਤੇ ਇੰਟਰਨੈੱਟ ਹੋਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ ਤਾਂ ਕਿ ਉਹ ਚੰਗੀ ਤਰ੍ਹਾਂ ਪੜ੍ਹਾਈ ਕਰ ਸਕੇ। ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਕਰੋਨਾ ਬਿਮਾਰੀ ਕਾਰਨ ਹੀ ਹੋਂਦ ਵਿੱਚ ਆਈ ਕਿਉਂਕਿ ਇਸ ਬਿਮਾਰੀ ਤੋਂ ਬਚਣ ਲਈ

ਬੱਚਿਆਂ ਨੂੰ ਘਰ ਵਿੱਚ ਹੀ ਰਹਿਣਾ ਪੈਂਦਾ ਸੀ। ਇਸ ਲਈ ਬੱਚਿਆਂ ਦੀ ਪੜ੍ਹਾਈ ਦਾ ਨੁਕਸਾਨ ਨਾ ਹੋਵੇ ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਹੋਂਦ ਵਿੱਚ ਆਈ। ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਦੀ ਮਦਦ ਨਾਲ ਬੱਚਿਆਂ ਨੂੰ ਇੰਟਰਨੈਟ ਦਾ ਵੀ ਕਾਫੀ ਗਿਆਨ ਪ੍ਰਾਪਤ ਹੋਇਆ ਹੈ ਕਿਉਂਕਿ ਕਈ ਬੱਚਿਆਂ ਨੂੰ ਇਸ ਬਾਰੇ ਬਹੁਤਾ ਗਿਆਨ ਨਹੀਂ ਸੀ ਪਰ ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਨਾਲ ਹਰ ਕੰਮ ਆਨਲਾਇਨ ਹੀ ਕਰਨਾ ਪੈਂਦਾ ਸੀ। ਜਿਸ ਨਾਲ ਬੱਚਿਆਂ ਨੂੰ ਕਈ ਹੋਰ ਐਪਾਂ ਦਾ ਵੀ ਪਤਾ ਲੱਗਿਆ।

ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਦੇ ਕਈ ਹੋਰ ਉਪਰਕਰਨਾਂ ਦੁਆਰਾ ਜਿਵੇਂ- ਮੋਬਾਇਲ ਫੋਨ, ਡੀ.ਵੀ.ਡੀ., ਲੈਪਟਾਪ, ਕੰਪਿਊਟਰ ਆਦਿ ਨਾਲ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਨ। ਇਸ ਵਿੱਚ ਕੁਝ ਉਪਰਕਰਨਾਂ ਦੁਆਰਾ ਅਸੀਂ ਕੇਵਲ ਸੁਣ ਹੀ ਸਕਦੇ ਹਾਂ। ਇਸ ਤਰ੍ਹਾਂ ਅੱਜ ਦੇ ਯੁੱਗ ਵਿੱਚ ਆਨਲਾਇਨ ਸਿੱਖਿਆ ਇੱਕ ਅਜਿਹਾ ਮਾਧਿਅਮ ਹੈ ਜਿਸ ਨਾਲ ਬੱਚੇ ਆਸਾਨੀ ਨਾਲ ਸਿੱਖਿਆ ਨਾਲ ਜੁੜੇ ਹੋਏ ਹਨ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾ ਰਹੀ ਹੈ।

ਮਨਪ੍ਰੀਤ ਕੌਰ

ਚੌਲ ਨੰਬਰ 60



ਤਕਨਾਲੋਜੀ ਅਤੇ ਵਿਦਿਆਰਥੀ



ਕੋਵਿਡ-19 ਦਾ ਪ੍ਰਭਾਵ

ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਇਹ ਮੁਸ਼ਕਲ ਹੈ
ਪਰ ਮੇਰੇ 'ਤੇ ਵਿਸ਼ਵਾਸ ਕਰੋ, ਫਿਰ ਤੁਸੀਂ ਕਹੋਗੇ।
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਸਥਿਤੀ ਮੁਸ਼ਕਲ ਹੈ
ਪਰ ਮੇਰੇ 'ਤੇ ਵਿਸ਼ਵਾਸ ਕਰੋ ਕਿ ਤੁਸੀਂ ਠੀਕ ਹੋ ਗਏ ਹੋ।
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਤੁਸੀਂ ਇਕੱਲੇ ਹੋ,
ਪਰ ਇਕੱਲੇ ਤੁਰਨ ਦੀ ਲੋੜ ਹੈ।
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਤੁਸੀਂ ਟੁੱਟ ਗਏ ਹੋ,
ਪਰ ਸੰਘਰਸ਼ ਜਾਰੀ ਹੈ।
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਤੁਸੀਂ ਉਨ੍ਹਾਂ ਨੂੰ ਯਾਦ ਕਰਦੇ ਹੋ,
ਪਰ ਇਹ ਲੜਾਈ ਸਖ਼ਤ ਸੀ।
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਦਰਦ ਬਹੁਤ ਜ਼ਿਆਦਾ ਸੀ,
ਪਰ ਕਾਫੀ ਮਜ਼ਬੂਤ ਬਣੇ।
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਤੁਸੀਂ ਉਮੀਦ ਗੁਆ ਦਿੰਦੇ ਹੋ,
ਪਰ ਥੋੜਾ ਭਰੋਸਾ ਰੱਖੋ।
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਤੁਹਾਨੂੰ ਦੁਖੀ ਕਰਦਾ ਹੈ,
ਪਰ ਹੁਣ ਇੰਤਜ਼ਾਰ ਕਰਨਾ ਜ਼ਰੂਰੀ ਹੈ।
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਤੁਹਾਨੂੰ ਸਮਰਥਨ ਦੀ ਲੋੜ ਹੈ,
ਪਰ ਵੱਖਰਾ ਰਹਿਣਾ ਪਵੇਗਾ।
ਮੈਂ ਜਾਣਦਾ ਹਾਂ ਕਿ ਤੁਸੀਂ ਦੋਸ਼ੀ ਮਹਿਸੂਸ ਕਰਦੇ ਹੋ,
ਪਰ ਕੋਈ ਪਛਤਾਵਾ ਨਾ ਕਰੋ।

ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਵਿਦਿਆਰਥੀ ਅਤੇ ਤਕਨਾਲੋਜੀ ਵਿੱਚ ਬਹੁਤ ਗੂੜਾ ਸਬੰਧ ਬਣ ਗਿਆ ਹੈ। ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਸਾਰਾ ਕੰਮ ਇਸਦੀ ਮਦਦ ਨਾਲ ਅਸਾਨ ਅਤੇ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਤਰੀਕੇ ਨਾਲ ਕਰ ਰਹੇ ਹਨ। ਇਸ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਜੀਵਨ ਆਸਾਨ ਹੋ ਗਿਆ ਹੈ ਅਤੇ ਉਹ ਆਪਣੇ ਸਮੇਂ ਦੀ ਵੀ ਬੱਚਤ ਕਰ ਪਾਉਂਦੇ ਹਨ। ਤਕਨਾਲੋਜੀ ਨਾਲ ਉਹ ਬਹੁਤ ਦਿਨ ਪ੍ਰਤੀ ਤਰੱਕੀ ਕਰ ਰਹੇ ਹਨ। ਕੁਝ ਸਮੇਂ ਪਹਿਲਾਂ ਇੱਕ ਮਹਾਂਮਾਰੀ ਆਈ ਹੈ ਜੋ ਅੱਜ ਤੱਕ ਚੱਲ ਰਹੀ ਹੈ। ਇਸ ਨਾਲ ਹਰ ਇੱਕ ਦੇ ਜੀਵਨ ਨੂੰ ਪ੍ਰਭਾਵ ਪਿਆ ਹੈ। ਪਰ ਤਕਨਾਲੋਜੀ ਨੇ ਸਾਡਾ ਬਹੁਤ ਸਾਥ ਦਿੱਤਾ ਹੈ। ਹਰ ਖੇਤਰ ਵਿੱਚ ਭਾਂਵੇ ਉਹ ਵਿਦਿਆ ਦਾ ਹੋਵੇ, ਵਪਾਰ ਦਾ ਹੋਵੇ, ਨੌਕਰੀ ਦਾ ਹੋਵੇ, ਡਾਕਟਰੀ ਦਾ ਹੋਵੇ ਆਦਿ ਕਈ ਹੋਰ ਖੇਤਰ ਵਿੱਚ ਤਕਨਾਲੋਜੀ ਨੇ ਸਾਡਾ ਸਾਥ ਦਿੱਤਾ ਹੈ।

ਵਿਦਿਆਰਥੀ ਦੇ ਜੀਵਨ ਵਿੱਚ ਤਕਨਾਲੋਜੀ ਨਾਲ ਉਹ ਘਰ ਬੈਠੇ ਵੀ ਆਪਣੀ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰ ਰਹੇ ਹਨ। ਤਕਨਾਲੋਜੀ ਨੇ ਇਸ ਸਾਰੇ ਕੰਮ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਹੱਥ ਮਿਲਾ ਕੇ ਸਾਥ ਦਿੱਤਾ ਹੈ। ਅੱਜ ਦੇ ਯੁੱਗ ਵਿੱਚ ਬੱਚੇ ਕੁਝ ਵੀ ਨਵੇਂ ਢੰਗ ਨਾਲ ਸਿੱਖਣਾ ਚਾਹੁੰਦੇ ਹਨ। ਜਿਸ ਨਾਲ ਉਹ ਜਲਦੀ ਸਿੱਖ ਸਕਣ। ਤਕਨਾਲੋਜੀ ਰਾਹੀਂ ਸਿੱਖਿਆ ਦਾ ਰਵਾਇਤੀ ਢੰਗ ਬਦਲ ਰਿਹਾ ਹੈ। ਬੱਚੇ ਘਰ ਬੈਠ ਕੇ ਦੇਸ਼ ਵਿਦੇਸ਼ ਤੋਂ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰ ਰਹੇ ਹਨ। ਇਹ ਸਿੱਖਣ ਦਾ ਢੰਗ ਬਹੁਤ ਦਿਲਚਸਪ ਬਣ ਗਿਆ ਹੈ। ਤਕਨਾਲੋਜੀ ਨਾਲ ਬੱਚੇ ਸਿੱਖਣ ਵਿੱਚ ਰੁਚੀ ਦਿਖਾਉਂਦੇ ਹਨ। ਬੱਚੇ ਇਸ ਦੀ ਮੱਦਦ ਨਾਲ ਸਿੱਖਿਆ ਦੇ ਨਾਲ ਨਾਲ ਹੋਰ ਵੀ ਖੇਤਰ ਵਿੱਚ ਵਿਕਾਸ ਕਰ ਰਹੇ ਹਨ। ਕਈ ਵਾਰੀ ਵਿਦਿਆਰਥੀ ਕਲਾਸਰੂਮ ਵਿੱਚ ਨਹੀਂ ਜਾ ਸਕਦੇ ਫਿਰ ਉਹਨਾਂ ਨੇ ਜੋ ਸਿੱਖਣਾ ਸੀ ਉਹ ਰਹਿ ਜਾਂਦਾ ਹੈ। ਜਿਸ ਕਰਕੇ ਉਹਨਾਂ ਦਾ ਨੁਕਸਾਨ ਹੁੰਦਾ ਸੀ ਪਰ ਹੁਣ ਵਿਦਿਆਰਥੀ ਤਕਨਾਲੋਜੀ ਦੀ ਮੱਦਦ ਨਾਲ ਉਸ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰ ਰਹੇ ਹਨ।



ਮੋਨਿਕਾ

ਚੌਲ ਨੰਬਰ 75

ਤਕਨਾਲੋਜੀ ਨਾਲ ਖੇਡਾਂ ਵਿੱਚ ਹੋਣ ਵਾਲੀਆਂ ਗਲਤੀਆਂ ਨੂੰ ਘਟਾ ਕੇ ਸਹੀ ਸਿੱਟਿਆਂ ਨੂੰ ਪ੍ਰਾਪਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਸਰੀਰਕ ਅਤੇ ਸਿਖਲਾਈ ਦੀ ਤੀਬਰਤਾ ਬੱਚਿਆਂ, ਨੌਜਵਾਨਾਂ ਜਾਂ ਬਾਲਗਾਂ ਲਈ ਮਨੋਰੰਜਨ ਅਤੇ ਉੱਚ ਪ੍ਰਦਰਸ਼ਨ ਦੇ ਉਦੇਸ਼ਾਂ ਲਈ ਤਕਨਾਲੋਜੀ ਬਹੁਤ ਮਦਦ ਕਰਦੀ ਹੈ। ਵਿਦਿਆਰਥੀ ਕਈ ਪੁਸਤਕਾਂ ਵੀ ਨਹੀਂ ਖਰੀਦ ਸਕਦੇ ਉਹ ਇਹ ਕਿਤਾਬਾਂ ਇੰਟਰਨੈੱਟ ਤੋਂ ਲੈ ਕੇ ਪੜ੍ਹਾਈ ਕਰਦੇ ਹਨ। ਤਕਨਾਲੋਜੀ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਨਾਲ ਹੱਥ ਮਿਲਾ ਕੇ ਸਾਥ ਦਿੱਤਾ ਜੋ ਅੱਜ ਦੇ ਯੁੱਗ ਵਿੱਚ ਇੱਕ ਵਧੀਆ ਸਾਧਨ ਬਣ ਗਿਆ ਹੈ।

ਤਾਨੀਆ ਚੱਢਾ

ਰੋਲ ਨੰਬਰ 64



ਆਜ਼ਾਦੀ ਦਾ ਅਮ੍ਰਿਤ ਮਹਾਂਉਤਸਵ



ਵੋਟਾਂ ਵਾਲੀ ਗੱਲ

ਕਹਿੰਦੇ ਨੇ ਪੰਚਾਇਤੀ ਵੋਟਾਂ ਨੇੜੇ ਆ ਗਈਆਂ,
ਸਾਡੇ ਪਿੰਡਾਂ ਵਿੱਚ ਰੋਣਕਾਂ ਨੇ ਛਾ ਗਈਆਂ।
ਕੰਨੋ-ਕੰਨੀ ਕਹਿੰਦੇ ਹੁਣ ਗੱਲਾਂ ਹੋ ਗਈਆਂ,
ਨੂੰਹ ਸੱਸ ਟੱਕਰ 'ਚ ਸਾਹਮਣੇ ਖਲੋ ਗਈਆਂ।
ਹਰ ਵਾਰਡ ਵਾਲੇ ਹੁਣ ਘੂਰੀ ਵੱਟਦੇ,
ਖੜ੍ਹੇ ਬੰਦੇ ਨੇ ਦੋਹੀਂ ਪਾਸੇ ਲੁੱਟਦੇ।
ਬੜ੍ਹਾ ਸਰਪੰਚੀ ਉਤੇ ਲਾਇਆ ਜ਼ੋਰ ਆ,
ਮਾੜੇ ਬੰਦੇ ਲਈ ਤਾਂ ਨੋਟਾਂ ਵਾਲਾ ਖੋਰ ਆ।
ਹਰ ਪਾਸੇ ਨਸ਼ੇ ਵਾਲੀ ਚੜੀ ਲੋਰ ਆ,
ਮੁਰਗੇ ਸ਼ਰਾਬਾਂ ਉਤੇ ਲੱਗਾ ਜ਼ੋਰ ਆ।
ਘਰੋਂ ਘਰੀਂ ਜਾ ਕੇ ਸਭ ਹੱਥ ਜੋੜ ਆ,
ਨਿੱਤ ਹੀ ਤਰੱਕੀ ਵਾਲੀ ਗੱਲ ਤੋਰਦੇ।
ਆਹ ਕਰੂੰ, ਉਹ ਕਰੂੰ, ਸਭ ਲਾਰੇ ਭੋਰ ਦੇ,
ਕੁਤਤਾ ਹੀ ਚਿੱਟਾ ਸਾਥੀ ਸਭ ਚੋਰ ਦੇ,
ਮੁੱਛ ਦੇ ਸਵਾਲ ਸਰਪੰਚੀ ਲੈਣੀ ਆ
ਸੁੱਖੇ ਛੱਡ ਗੱਲੀ ਤੇਰੀ ਡਿਊਟੀ ਪੈਣੀ ਆ।
ਸਰਕਾਰਾਂ ਨੇ ਛੁੱਟੀ ਵੀ ਲੁੱਟ ਲੈਣੀ ਆ।

ਮੋਨਿਕਾ

ਰੋਲ ਨੰਬਰ 75



ਹਰ ਇੱਕ ਮਨੁੱਖ ਸੁਤੰਤਰ ਜੀਵਨ ਜਿਉਣ ਦਾ ਚਾਹਵਾਨ ਹੁੰਦਾ ਹੈ। ਪਰ ਮਨੁੱਖ ਆਪਣੀ ਵਿਅਕਤੀਗਤ ਸੁਤੰਤਰਤਾ ਦਾ ਪੂਰਾ ਆਨੰਦ ਤਾਂ ਹੀ ਮਾਣ ਸਕਦਾ ਹੈ, ਜੇਕਰ ਉਹ ਸੁਤੰਤਰ ਦੇਸ਼ ਦਾ ਵਾਸੀ ਹੋਵੇਗਾ। ਇਸ ਤਰ੍ਹਾਂ ਭਾਰਤ ਵੀ ਲੰਮੇ ਸਮੇਂ ਤੋਂ ਗੁਲਾਮ ਰਿਹਾ ਜਿੱਥੇ ਲੋਕਾਂ ਨੂੰ ਕੋਈ ਸੁਤੰਤਰਤਾ ਨਹੀਂ ਸੀ। ਭਾਰਤ ਵਾਸੀਆਂ ਨੇ ਵਿਦੇਸ਼ੀਆਂ ਦੀ ਗੁਲਾਮੀ ਦਾ ਦੁੱਖ ਕੱਟਿਆ ਸੀ, ਪਰ ਭਾਰਤ ਵਿੱਚ ਕੁਝ ਅਜਿਹੇ ਦੇਸ਼ ਭਗਤ ਪੈਦਾ ਹੋਏ ਜਿਹਨਾਂ ਦੀਆਂ ਕੋਸ਼ਿਸ਼ਾਂ ਨਾਲ ਅੱਜ ਸਾਡਾ ਭਾਰਤ ਇੱਕ ਸੁਤੰਤਰ ਭਾਰਤ ਬਣ ਗਿਆ ਹੈ। ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ, ਰਾਜਗੁਰੂ, ਸੁਖਦੇਵ, ਮਹਾਤਮਾ ਗਾਂਧੀ, ਲਾਲਾ ਲਾਜਪਤ ਰਾਏ, ਜਵਾਹਰ ਲਾਲ ਨਹਿਰੂ ਆਦਿ ਭਾਰਤ ਦੀ ਅਜ਼ਾਦੀ ਦੇ ਪ੍ਰਸਿੱਧ ਆਗੂ ਹਨ। ਸਾਡਾ ਭਾਰਤ 15 ਅਗਸਤ 1947 ਨੂੰ ਪੂਰੀ ਤਰ੍ਹਾਂ ਅਜ਼ਾਦ ਹੋ ਚੁੱਕਾ ਸੀ। ਇਸ ਦਿਨ ਅੰਗਰੇਜ਼ ਭਾਰਤ ਨੂੰ ਛੱਡ ਕੇ ਚਲੇ ਗਏ ਸਨ। ਅੱਜ ਵੀ ਹਰ ਸਾਲ 15 ਅਗਸਤ ਨੂੰ ਆਜ਼ਾਦੀ ਦਿਵਸ ਪੂਰੀ ਧੂਮਧਾਮ ਨਾਲ ਮਨਾਇਆ ਜਾਂਦਾ ਹੈ। ਇਸ ਦਿਨ ਦੇਸ਼ ਦੇ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਦੁਆਰਾ ਲਾਲਾ ਕਿਲੇ ਤੇ ਤਿਰੰਗਾ ਝੰਡਾ ਲਹਿਰਾਉਣ ਦਾ ਸਮਾਗਮ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਸ ਸਾਲ ਇਸ ਨੂੰ 75ਵਾਂ "ਆਜ਼ਾਦੀ ਦਾ ਅਮ੍ਰਿਤ ਮਹਾਂਉਤਸਵ" ਦੇ ਤੌਰ ਤੇ ਮਨਾਇਆ ਗਿਆ। ਭਾਰਤ ਵਾਸੀਆਂ ਨੇ ਰੰਗ ਬਿਰੰਗੇ ਕੱਪੜੇ ਪਾਏ ਤੇ ਰਾਤ ਨੂੰ ਦੀਵੇ ਵੀ ਬਾਲੇ ਸਨ। ਸਾਰੇ ਬਜ਼ਾਰਾਂ ਵਿੱਚ ਤਿਰੰਗੇ ਝੰਡੇ ਦੀਆਂ ਫੋਟੋਆਂ, ਝੰਡੀਆਂ ਲੱਗੀਆਂ ਹੋਈਆਂ ਸਨ। ਇਸ ਵਾਰ ਆਜ਼ਾਦੀ ਦੇ ਦਿਵਸ ਤੇ ਇੱਕ ਗੀਤ ਵੀ ਗਾਇਆ ਗਿਆ ਸੀ ਜਿਸ ਦਾ ਨਾਂ "ਹਰ ਘਰ ਤਿਰੰਗਾ" ਰੱਖਿਆ ਗਿਆ ਸੀ। ਇਸ ਦਿਨ ਸਕੂਲ ਕਾਲਜ ਦੇ ਬੱਚੇ ਵੱਖ-ਵੱਖ ਨਾਚ ਅਤੇ ਨਾਟਕ ਵੀ ਪੇਸ਼ ਕਰਦੇ ਹਨ। ਸਰਕਾਰੀ ਦਫ਼ਤਰਾਂ, ਸਕੂਲ, ਕਾਲਜਾਂ ਵਿੱਚ ਛੁੱਟੀ ਹੁੰਦੀ ਹੈ ਤਾਂ ਜੋ ਲੋਕ ਆਜ਼ਾਦੀ ਦਾ ਆਨੰਦ ਮਾਣ ਸਕਣ। 15 ਅਗਸਤ ਵਾਲੇ ਦਿਨ ਤਿਰੰਗਾ ਲਹਿਰਾਉਣ ਦੀ ਰਸਮ ਹੁੰਦੀ ਹੈ। ਭਾਰਤ ਵਿੱਚ ਹਰ ਥਾਂ ਤਿਰੰਗਾ ਬੜੀ ਧੂਮਧਾਮ ਨਾਲ ਲਹਿਰਾਇਆ ਜਾਂਦਾ ਹੈ। ਸਕੂਲ ਕਾਲਜ ਵਿੱਚ ਦੇਸ਼ ਭਗਤੀ ਦੇ ਗੀਤ, ਨਾਟਕ, ਭੰਗੜਾ, ਗਿੱਧਾ ਆਦਿ ਖੂਬ ਜਸ਼ਨ ਹੁੰਦੇ ਹਨ। ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਲੱਡੂ ਵੰਡੇ ਜਾਂਦੇ ਹਨ। ਅੱਜ ਅਸੀਂ ਭਾਂਵੇ ਆਜ਼ਾਦ ਹਾਂ ਪਰ ਅਸੀਂ ਇਸ ਆਜ਼ਾਦੀ ਦਾ ਆਨੰਦ ਤਦ ਹੀ ਮਾਣ ਸਕਦੇ ਹਾਂ ਜੇਕਰ ਸਾਡੇ ਦੇਸ਼ ਵਿੱਚੋਂ ਗਰੀਬੀ, ਰਿਸ਼ਵਤਖੋਰੀ ਤੇ ਭ੍ਰਿਸ਼ਟਾਚਾਰੀ ਆਦਿ ਖਤਮ ਹੋਵੇਗੀ। ਤਦ ਹੀ ਸਾਡਾ ਭਾਰਤ ਦੇਸ਼ ਪੂਰੀ ਤਰ੍ਹਾਂ ਆਜ਼ਾਦ ਹੋਵੇਗਾ।

ਮਨਪ੍ਰੀਤ ਕੌਰ (ਰੋਲ ਨੰਬਰ 60)

ਤੀਆਂ

ਹਰ ਸਾਲ ਦੀ ਤਰ੍ਹਾਂ ਮੈਂ ਇਸ ਵਾਰ ਵੀ ਤੀਆਂ ਦੇਖਣ ਪੇਕੇ ਘਰ ਜਾਣਾ ਸੀ। ਜਾਂਦੇ ਸਮੇਂ ਰਸਤੇ ਵਿੱਚ ਸੋਚਦੀ ਗਈ ਕਿ ਜਦੋਂ ਕੁਆਰੀ ਸੀ ਤਾਂ ਤੀਆਂ ਦਾ ਕਿੰਨਾ ਚਾਅ ਭਾਅ ਲਹਾਉਂਦੀਆਂ ਸੀ। ਸਵੇਰੇ ਹੀ ਘੱਗਰੇ ਪਾ ਕੇ ਹਾਰ ਸ਼ਿੰਗਾਰ ਕਰਕੇ ਬੈਠ ਜਾਂਦੀਆਂ ਸੀ। ਖਿਆਲਾਂ ਵਿੱਚ ਗੁਆਚੀ ਨੂੰ ਪਤਾ ਹੀ ਨਹੀਂ ਚੱਲਿਆ ਕਿ ਕਦੋਂ ਘਰ ਆ ਗਿਆ। ਸੰਤੋ ਅਤੇ ਜੀਤੋ ਮੇਰੀਆਂ ਪਿੰਡ ਦੀਆਂ ਪੱਕੀਆਂ ਸਹੇਲੀਆਂ ਸੀ ਜਿਹਨਾਂ ਨੂੰ ਵੀ ਬੜੇ ਚਿਰਾਂ ਪਿੱਛੋਂ ਮਿਲਣਾ ਸੀ। ਹਰ ਵਾਰ ਦੀ ਤਰ੍ਹਾਂ ਮੈਂ ਇਸ ਵਾਰ ਵੀ ਸ਼ੋਕੀਨੀ ਲਗਾ ਕੇ ਪਿੰਡ ਦੀ ਮੰਡੀ ਵਿੱਚ ਪਹੁੰਚ ਗਈ। ਮੰਡੀ ਦਾ ਦ੍ਰਿਸ਼ ਦੇਖ ਕੇ ਹੱਕੀ-ਬੱਕੀ ਰਹਿ ਗਈ। ਉਥੇ ਪਾਥੀਆਂ ਤੇ ਰੂੜੀ ਦੇ ਢੇਰ ਤੋਂ ਬਿਨਾਂ ਹੋਰ ਕੋਈ ਨਹੀਂ ਸੀ। ਮੈਂ ਕਾਫ਼ੀ ਸਮਾਂ ਉਡੀਕ ਕਰਦੀ ਰਹੀ ਪਰ ਕੋਈ ਨਹੀਂ ਆਇਆ। ਜਦੋਂ ਮੈਂ ਦੁਖੀ ਹੋ ਕੇ ਘਰ ਜਾਣ ਲੱਗੀ ਤਾਂ ਇੱਕ ਘਰ ਵਿੱਚੋਂ ਆਈ ਆਵਾਜ਼ ਨਾਲ ਇਸ ਤਰ੍ਹਾਂ ਲੱਗਿਆ ਕਿ ਕਿਸੇ ਨੇ ਸਿੱਧਾ ਦਿਲ ਨੂੰ ਫੁਰਾ ਖੋਭਿਆ ਹੋਵੇ। ਘਰ ਵਿੱਚ ਕੁੜੀ ਤੀਆਂ 'ਤੇ ਜਾਣ ਦੀ ਜ਼ਿੱਦ ਕਰ ਰਹੀ ਸੀ ਤੇ ਉਸ ਦੇ ਘਰਦੇ ਲੜ ਰਹੇ ਸਨ, "ਇਹ ਵਿਹਲੜਾਂ ਦਾ ਕੰਮ ਏ, ਚੁੱਪ ਕਰਕੇ ਘਰ ਦੇ ਕੰਮ ਕਰ, ਕੁੜੀਆਂ ਨੂੰ ਐਵੇਂ ਘੁੰਮਣਾ ਚੰਗਾ ਨਹੀਂ ਲੱਗਦਾ।" ਇਹ ਗੱਲਾਂ ਸੁਣ ਕੇ ਮੈਂ ਬੁੜ-ਬੁੜਾਉਂਦੀ ਘਰ ਆ ਗਈ ਕਿ ਸਮਾਜ ਵਿੱਚ ਔਰਤਾਂ ਪੁਲਾੜ ਵਿੱਚ ਪਹੁੰਚ ਗਈਆਂ ਤੇ ਇਹ ਔਰਤਾਂ ਨੂੰ ਘਰਾਂ ਵਿੱਚ ਤਾੜੀ ਬੈਠੇ ਹਨ। ਪਰੰਤੂ ਹੁਣ ਤੀਆਂ ਸਿਰਫ਼ ਨਾਮ ਦੀਆਂ ਬਣ ਕੇ ਰਹਿ ਗਈਆਂ ਹਨ।

ਜਸਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰਬਰ 107



ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ

ਪੰਜਾਬੀ ਸਮੂਹ ਦੁਆਰਾ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦੀ ਸਿਰਜਨਾ ਕੀਤੀ ਗਈ ਹੈ। ਇਸ ਵਿੱਚ ਪੰਜਾਬੀ ਖਾਣ-ਪੀਣ ਦੇ ਸ਼ੋਕੀਨ, ਪਹਿਰਾਵਾ, ਤੀਜ-ਤਿਉਹਾਰ, ਬੋਲੀ, ਮਿਲਨ ਸਾਰ ਲੋਕ, ਖੁਸ਼-ਮਜਾਜ਼ ਸੁਭਾਅ, ਗੁਰੂ-ਪੀਰਾਂ ਦੀ ਧਰਤੀ ਅਤੇ ਅਨੇਕ ਵਿਸ਼ਿਆਂ ਬਾਰੇ ਗੱਲ ਕੀਤੀ ਹੈ। ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਮਨ ਨੂੰ ਫੁਹਣ ਵਾਲ ਵਿਸ਼ਾ ਹੈ। ਜਦ ਵੀ ਪੰਜਾਬੀ ਜਾਂ ਪੰਜਾਬੀਅਤ ਦੀ ਗੱਲ ਹੁੰਦੀ ਹੈ ਤਾਂ ਸਭ ਦੇ ਮੁੱਖ ਤੇ ਇੱਕ ਖੁਸ਼ੀ ਝਲਕਦੀ ਹੈ। ਪੰਜਾਬੀ ਲੋਕ ਰੰਗ ਭੰਗੜਾ, ਗਿੱਧਾ, ਝੂਮਰ ਅਤੇ ਪੰਜਾਬੀ ਸੰਗੀਤ ਅੱਜ ਵੀ ਪੰਜਾਬੀਆਂ ਦੇ ਦਿਲਾਂ ਨੂੰ ਸਕੂਨ ਦਿੰਦਾ ਹੈ। ਪੰਜਾਬੀ ਖਾਣਾ-ਪੀਣ ਵੀ ਵਧੇਰੇ ਮਸ਼ਹੂਰ ਹੈ। ਸੱਭਿਆਚਾਰ ਤੇ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦਾ ਗਹਿਰਾ ਸੰਬੰਧ ਹੈ। ਵੱਖੋ-ਵੱਖਰੇ ਸੱਭਿਆਚਾਰ ਦੀ ਵੱਖੋ-ਵੱਖਰੀ ਭਾਸ਼ਾ ਹੁੰਦੀ ਹੈ। ਉਸੇ ਤਰ੍ਹਾਂ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦੀ ਭਾਸ਼ਾ ਪੰਜਾਬੀ ਹੈ। ਪੰਜਾਬੀ ਜੀਵਨ ਤੇ ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਦਾ ਪ੍ਰਗਟਾਵਾ ਪੰਜਾਬੀ ਕੇਵਲ ਆਪਣੀ ਮਾਤਰ ਭਾਸ਼ਾ ਪੰਜਾਬੀ ਵਿੱਚ ਹੀ ਕਰ ਸਕਦੇ ਹਨ। ਪੰਜਾਬ ਵੰਨ-ਸੁਵੰਨੇ ਸੱਭਿਆਚਾਰਾਂ ਦਾ ਮਿਲਣ ਹੈ। ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ ਵਿੱਚ ਹਰ ਰਿਸ਼ਤੇ ਦਾ ਆਪਣਾ ਮਹੱਤਵ ਹੈ।

ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰਬਰ 21



ਅਧੂਰੇ ਚਾਅ

ਕੁਝ ਚਾਅ ਅਧੂਰੇ ਰਹਿ ਜਾਂਦੇ
ਕੁਝ ਖੁਆਬਾਂ ਦਾ ਕਤਲ ਹੋ ਜਾਂਦਾ
ਕੁਝ ਸਬਰ ਕਰਨਾ ਪੈਂਦਾ
ਇੱਕ ਕੁੜੀ ਹੋਣਾ ਸੌਖਾ ਨਹੀਂ।

ਕਿਉਂ ਸ਼ੱਕ ਦੀ ਸੂਈ
ਆ ਟਿਕਦੀ ਹੈ ਕੁੜੀ 'ਤੇ
ਕੁਝ ਸਬਰ ਕਰਨਾ ਪੈਂਦਾ
ਇੱਕ ਕੁੜੀ ਹੋਣਾ ਸੌਖਾ ਨਹੀਂ।

ਕਿਉਂ ਹਰ ਖੁਆਬ ਅਧੂਰਾ ਰਹਿ ਜਾਂਦਾ
ਕਿਉਂ ਉੱਡਣ ਤੋਂ ਪਹਿਲਾਂ ਹੀ
ਉਹਨਾਂ ਦੀ ਸਧਰਾਂ ਦੇ ਖੰਭ
ਵੱਢ ਦਿੱਤੇ ਜਾਂਦੇ ਹਨ।
ਇੱਕ ਕੁੜੀ ਹੋਣਾ ਸੌਖਾ ਨਹੀਂ।



ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰਬਰ 21

ਮਹਾਨ ਸਿੱਖ ਬੀਬੀਆਂ

ਭਾਰਤ ਵਿੱਚ ਕੁਝ ਮਹਾਨ ਸਿੱਖ ਬੀਬੀ ਹੋਈਆਂ ਹਨ। ਜਿਨ੍ਹਾਂ ਵਿੱਚੋਂ ਕੁਝ ਦਾ ਵਰਨਣ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ:-

1. ਬੇਬੇ ਨਾਨਕੀ ਜੀ

ਆਪ ਜੀ ਦਾ ਜਨਮ ਨਾਨਕੇ ਪਿੰਡ ਚਾਹਲ, ਥਾਣਾ ਬਰਕੀ ਜਿਲ੍ਹਾ ਲਾਹੌਰ ਵਿਖੇ ਸੰਨ 1464 ਈਸਵੀ ਵਿੱਚ ਮਾਤਾ ਤ੍ਰਿਪਤਾ ਜੀ ਦੀ ਕੁੱਖੋਂ ਪਿਤਾ ਮਹਿਤਾ ਕਾਲੂ ਜੀ ਦੇ ਘਰ ਹੋਇਆ। ਆਪ ਸੰਨ 1518 ਈਸਵੀ ਵਿੱਚ 54 ਸਾਲ ਦੀ ਉਮਰ ਭੋਗ ਕੇ ਸਰੀਰਕ ਚੋਲਾ ਤਿਆਗ ਗਏ। ਆਪ ਜੀ ਨੇ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਗੁਰੂ ਨਾਨਕ ਜੀ ਨੂੰ ਗੁਰੂ ਕਰ ਜਾਣਿਆ।

2. ਮਾਤਾ ਖੀਵੀ ਜੀ

ਆਪ ਜੀ ਦਾ ਜਨਮ ਸੰਨ 1506 ਈਸਵੀ ਵਿੱਚ ਖਡੂਰ ਸਾਹਿਬ ਦੇ ਨੇੜੇ ਪਿੰਡ ਸੰਘਰ (ਤਰਨਤਾਰਨ) ਵਿਖੇ ਭਾਈ ਦੇਵੀ ਚੰਦ ਦੇ ਘਰ ਮਾਤਾ ਕਰਮ ਦੇਵੀ ਦੀ ਕੁੱਖੋਂ ਹੋਇਆ। ਆਪ ਜੀ ਦਾ ਵਿਆਹ 13 ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਭਾਈ ਲਹਿਣਾ (ਸ੍ਰੀ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ) ਨਾਲ ਹੋਇਆ। ਆਪ ਜੀ ਨੇ ਸਿੱਖ ਬੀਬੀਆਂ ਲਈ ਸੇਵਾ ਦੇ ਪੂਰਨੇ ਪਾਏ ਸਨ। ਸਿੱਖ ਬੀਬੀਆਂ ਨੂੰ ਧਰਮ ਕਾਰਜਾਂ ਵਿੱਚ ਸਿੱਖ ਮਰਦਾਂ ਦੀ ਤਰ੍ਹਾਂ ਸੇਵਾ ਕਰਨ ਲਈ ਅਮਲੀ ਸੇਧ ਦਿੱਤੀ ਸੀ। ਆਪ ਨੇ ਗੁਰੂ ਕੇ ਲੰਗਰ ਨੂੰ ਆਦਰਸ਼ ਰੂਪ ਦਿੱਤਾ ਅਤੇ ਲੰਗਰ ਵਿੱਚ ਘਿਓ ਵਾਲੀ ਖੀਰ ਵਰਗੇ ਪੌਸ਼ਟਿਕ ਪਦਾਰਥ ਵਰਤਾਉਣ ਦੀ ਪਿਰਤ ਪਾਈ। ਸੰਨ 1582 ਈਸਵੀ ਨੂੰ ਆਪ ਖਡੂਰ ਸਾਹਿਬ ਵਿਖੇ ਅਕਾਲ ਚਲਾਣਾ ਕਰ ਗਏ।

3. ਬੀਬੀ ਹਰਸ਼ਰਨ ਕੌਰ ਜੀ

ਆਪ ਸਿੱਖ ਧਰਮ ਦੀ ਇੱਕ ਮਹਾਨ ਇਸਤਰੀ ਹੈ। ਜਦੋਂ ਚਮਕੌਰ ਦੀ ਗੜ੍ਹੀ ਦੇ ਮੈਦਾਨੇ ਜੰਗ ਵਿੱਚ ਸਹਿਬਜ਼ਾਦਾ ਅਜੀਤ ਸਿੰਘ, ਸਹਿਬਜ਼ਾਦਾ ਜੁਝਾਰ ਸਿੰਘ ਅਤੇ ਹੋਰ ਸਿੰਘ ਸ਼ਾਹਦਤ ਦਾ ਜਾਮ ਪੀ ਗਏ ਤਾਂ ਮੁਗਲ ਸਰਕਾਰ ਨੇ ਐਲਾਨ ਕੀਤਾ ਕਿ ਜੇਕਰ ਕੋਈ ਸ਼ਹੀਦ ਸਿੰਘਾਂ ਦੀਆਂ ਮ੍ਰਿਤਕ ਦੇਹਾਂ ਦਾ ਸੰਸਕਾਰ ਕਰੇਗਾ ਤਾਂ ਉਸਨੂੰ ਮੁਲਜ਼ਮ ਜਾਣਕੇ ਸਜ਼ਾ ਦਿੱਤੀ ਜਾਵੇਗੀ। ਜਦੋਂ ਇਹ ਐਲਾਨ ਆਪ ਜੀ ਨੇ ਸੁਣਿਆ ਤਾਂ ਇਸ ਬੀਬੀ ਨੇ ਆਪਣੇ ਮਾਤਾ ਜੀ ਦੇ ਨਾਲ ਸਲਾਹ ਕਰਕੇ ਚਮਕੌਰ ਦੀ ਗੜ੍ਹੀ ਵੱਲ ਨੂੰ ਚਾਲੇ ਪਾ ਦਿੱਤੇ। ਪ੍ਰਭੂ ਦੀ ਸ਼ਕਤੀ ਨੇ ਆਪ ਜੀ ਨੂੰ ਸਹੀ ਰਾਹ ਦਿਖਾਕੇ ਉਸੇ ਟਿਕਾਣੇ ਤੇ ਪਹੁੰਚਾ ਦਿੱਤਾ ਜਿੱਥੇ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਅਤੇ ਸ਼ਹੀਦ ਸਿੰਘਾਂ ਦੀਆਂ ਮ੍ਰਿਤਕ ਦੇਹਾਂ ਸਨ। ਆਪ ਜੀ ਨੇ ਸਾਰੇ ਮ੍ਰਿਤਕ ਸਰੀਰ ਇਕੱਠੇ ਕਰ ਇੱਕੋ ਅੰਗੀਠੇ ਵਿੱਚ ਸਾਰਿਆਂ ਨੂੰ ਅਰਦਾਸ ਕਰਕੇ ਅਗਨ ਭੇਂਟ ਕਰ ਦਿੱਤਾ। ਫਿਰ ਲਾਗੇ ਬੈਠ ਕੇ ਸੋਹਿਲਾ ਬਾਣੀ ਦਾ ਪਾਠ ਕੀਤਾ ਉਪਰੰਤ ਹੋਰ ਬਾਣੀਆਂ ਦਾ ਪਾਠ ਕਰਦੀ ਰਹੀ। ਉਪਰ ਜਦੋਂ ਮੁਗਲ ਸੈਨਾ ਨੇ ਅੱਗ ਦੇ ਭਾਂਬੜ ਵੇਖੇ ਤਾਂ ਹੈਰਾਨ ਹੋ ਕੇ ਅੱਭੜ ਵਾਹੇ ਉਪਰ ਨੂੰ ਦੌੜੇ ਤਾਂ ਬੀਬੀ ਹਰਸ਼ਰਨ ਕੌਰ ਨੂੰ ਗੁੱਸੇ ਨਾਲ ਵੇਖਦਿਆਂ ਕਹਿਣ ਲੱਗੇ, "ਤੈਨੂੰ ਪਤਾ ਨਹੀਂ ਸੀ, ਸਰਕਾਰੀ ਐਲਾਨ ਹੋਇਆ ਹੈ ਕਿ ਇਨ੍ਹਾਂ ਦਾ ਸੰਸਕਾਰ ਨਹੀਂ ਕਰਨਾ, ਤੂੰ ਹੁਕਮ ਅਬਦੂਲੀ ਕਰਕੇ ਗੁਨਾਹ ਕੀਤਾ ਹੈ", ਸ਼ਾਇਦ ਤੂੰ ਇਸਦੇ ਨਤੀਜੇ ਬਾਰੇ ਨਹੀਂ ਜਾਣਦੀ।" ਆਪ ਜੀ ਨੇ ਬੜੀ ਦਲੇਰੀ ਨਾਲ ਜਵਾਬ ਦਿੱਤਾ, "ਮੈਂ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੀ ਪੁੱਤਰੀ ਹਾਂ, ਇਹ ਸ਼ਹੀਦ ਸਿੰਘ ਮੇਰੇ ਭਰਾ ਹਨ, ਮੈਂ ਇਹਨਾਂ ਦਾ ਅੰਤਿਮ ਸੰਸਕਾਰ ਕਰਕੇ ਆਪਣਾ ਫਰਜ਼ ਨਿਭਾ ਦਿੱਤਾ ਹੈ।" ਰਹੀ ਇਸਦੇ ਨਤੀਜੇ ਦੀ ਗੱਲ, ਤੁਸੀਂ ਮੈਨੂੰ ਮਾਰ ਮੁਕਾਉਣ ਤੋਂ ਸਿਵਾ ਕਰ ਵੀ ਕਰ ਸਕਦੇ ਹੋ, ਆਪ ਜੀ ਦਾ ਇਹ ਜਵਾਬ ਸੁਣ ਕੇ ਮੁਗਲ ਸੈਨਿਕ ਆਪ ਉਤੇ ਵਾਰ ਕਰਨ ਲਈ ਅੱਗੇ ਵਧੇ। ਉਸ ਵੇਲੇ ਆਪ ਜੀ ਨੇ ਕਿਰਪਾਨ ਸੂਤਕੇ ਮੁਕਾਬਲੇ ਲਈ ਅੱਗੇ ਵਧੇ ਅਤੇ ਦੋ ਤਿੰਨ ਦੀਆਂ ਬਾਹਾਂ ਵੱਢ ਦਿੱਤੀਆਂ, ਦੋ-ਤਿੰਨਾਂ ਨੂੰ ਗੱਡੀ ਚਾੜ ਦਿੱਤਾ। ਸ਼ੇਰ-ਸ਼ਰਾਬਾ ਸੁਣਕੇ ਹੋਰ ਮੁਗਲ ਸੈਨਿਕ ਵੀ ਆ ਗਏ, ਉਹਨਾਂ ਨਾਲ ਬਹਾਦਰੀ ਨਾਲ ਮੁਕਾਬਲਾ ਕਰਦਿਆਂ ਆਪ ਜਖਮੀ ਹੋ ਕੇ ਡਿੱਗ ਪਏ ਅਤੇ ਮੁਗਲ ਸੈਨਿਕਾਂ ਨੇ ਰੋਹ ਵਿੱਚ ਆ ਕੇ ਆਪ ਜੀ ਨੂੰ ਜਿਉਂਦਿਆਂ ਹੀ ਅੰਗੀਠੇ ਵਿੱਚ ਸੁੱਟ ਦਿੱਤਾ।

4. ਮਾਈ ਭਾਗ ਕੌਰ ਜੀ (ਭਾਗੋ)

ਮਾਈ ਭਾਗ ਕੌਰ (ਭਾਗੋ) ਜੀ ਦਾ ਜਨਮ ਸੰਨ 1670 ਈਸਵੀ ਵਿੱਚ ਤਰਨਤਾਰਨ ਜਿਲ੍ਹੇ ਦੇ ਪਿੰਡ ਝਬਾਲ (ਪੰਜਾਬ) ਵਿਖੇ ਪਿਤਾ ਭਾਈ ਮਾਲੋ ਸ਼ਾਹ ਜੀ ਦੇ ਘਰ ਹੋਇਆ। ਇਨ੍ਹਾਂ ਦਾ ਬਚਪਨ ਦਾ ਨਾਮ ਭਾਗ ਭਰੀ ਸੀ। ਇਹ ਭਾਗ ਭਰੀ ਹੀ ਸਿੱਖ ਇਤਿਹਾਸ ਵਿੱਚ ਮਾਈ ਭਾਗ ਕੌਰ (ਮਾਈ ਭਾਗੋ) ਦੇ ਨਾਂ ਨਾਲ ਪ੍ਰਸਿੱਧ ਹੋਈ। ਇਹ ਆਪਣੇ ਮਾਤਾ-ਪਿਤਾ ਨਾਲ ਅਕਸਰ ਗੁਰੂ ਘਰ ਆਉਂਦੇ ਜਾਂਦੇ ਰਹਿੰਦੇ ਸਨ। ਉਥੇ ਆਪ ਬੜੇ ਪਿਆਰ ਅਤੇ ਲਗਨ ਨਾਲ ਸੇਵਾ ਕਰਦੇ ਸਨ। ਆਪ ਦੀ ਸੇਵਾ ਤੋਂ ਪ੍ਰਸੰਨ ਹੋ ਕੇ ਸ੍ਰੀ ਗੁਰੂ

ਹਰਿ ਰਾਏ ਸਾਹਿਬ ਨੇ ਸਿਰ ਤੇ ਪਿਆਰ ਦਿੰਦਿਆਂ ਕਿਹਾ, "ਇਹ ਲਵਕੀ ਬੜੀ ਸਿਦਕਵਾਨ ਅਤੇ ਭਾਗਾਂ ਵਾਲੀ ਹੋਵੇਗੀ, ਇਸ ਦਾ ਨਾਮ ਬੜਾ ਪ੍ਰਸਿੱਧ ਹੋਵੇਗਾ।" ਆਪ ਦੇ ਮਾਪਿਆਂ ਨੇ ਆਪ ਨੂੰ ਗੁਰੂ ਚਰਨਾਂ ਨਾਲ ਜੋੜੀ ਰੱਖਿਆ। ਆਪ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਦੇ ਪਾਸ ਵੀ ਜਾਂਦੇ ਰਹਿੰਦੇ ਸਨ। ਇਸ ਤਰ੍ਹਾਂ ਆਪ ਗੁਰੂ ਸਿੱਖੀ ਦੀ ਪ੍ਰੇਮਣ ਤੇ ਗੁਰੂ ਸਿੱਖੀ ਦੇ ਅਸੂਲਾਂ ਵਿੱਚ ਪਰਪੱਕ ਹੋ ਗਏ ਸਨ। 15 ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਆਪ ਦਾ ਵਿਆਹ ਪੱਟੀ ਦੇ ਵਸਨੀਕ ਨਿਧਾਨੇ ਵੜੈਚ ਨਾਲ ਹੋਇਆ। ਖੰਡੇ ਦੀ ਪਾਹਲ ਲੈ ਕੇ ਦੋਵੇਂ ਹੀ ਸਿੰਘ ਅਤੇ ਸਿੰਘਣੀ ਸੱਜ ਗਏ। ਆਪ ਬਚਪਨ ਤੋਂ ਹੀ ਮਰਦਾਂ ਵਾਲੇ ਸੁਭਾਅ ਵਾਲੇ ਸੀ। ਆਪ ਜੀ ਨੇ ਨੇਜਾ ਬਾਜ਼ੀ ਅਤੇ ਹੋਰ ਹਥਿਆਰਾਂ ਵਿੱਚ ਮੁਹਾਰਿਤ ਹਾਸਿਲ ਕੀਤੀ ਹੋਈ ਸੀ। ਜਦੋਂ ਉਹਨਾਂ ਨੂੰ ਪਤਾ ਲੱਗਾ ਕਿ ਸਰਹਿੰਦ ਦਾ ਸੂਬੇਦਾਰ ਵਜ਼ੀਰ ਖਾਨ ਗੁਰੂ ਸਾਹਿਬ ਨਾਲ ਜੰਗ ਕਰਨ ਲਈ ਖਦਰਾਣੇ ਦੀ ਢਾਬ ਵੱਲ ਤੁਰ ਪਿਆ ਹੈ ਤਾਂ ਉਹ ਭਾਈ ਮਹਾਂ ਸਿੰਘ ਰਟੌਲ ਦੀ ਅਗਵਾਈ ਹੇਠ ਤੁਰੇ 40 ਸਿੰਘਾਂ ਦੇ ਜੱਥੇ ਵਿੱਚ ਆਪਣੇ ਪਤੀ ਸਮੇਤ ਚੱਲ ਪਏ। ਇਸ ਜੰਗ ਵਿੱਚ ਬਹਾਦਰੀ ਨਾਲ ਲੜ ਕੇ ਆਪ ਸਖਤ ਜ਼ਖਮੀ ਹੋ ਗਏ ਅਤੇ ਆਪ ਦੇ ਪਤੀ ਸ਼ਹੀਦੀ ਪਾ ਗਏ। ਗੁਰੂ ਸਾਹਿਬ ਨੇ ਟਿੱਬੀ ਤੋਂ ਥੱਲੇ ਆ ਕੇ ਜਿੱਥੇ ਸ਼ਹੀਦ ਸਿੰਘਾਂ ਦੇ ਸੰਸਕਾਰ ਕੀਤੇ ਉਥੇ ਆਪ ਜੀ ਨੂੰ ਮੱਲ੍ਹਮ ਪੱਟੀ ਕੀਤੀ। ਜੰਗ ਮਗਰੋਂ ਗੁਰੂ ਜੀ ਮਾਲਵੇ ਦਾ ਦੌਰਾ ਕਰਦੇ ਸਾਬੋ ਕੀ ਤਲਵੰਡੀ ਪੁੱਜੇ। ਉਸ ਸਮੇਂ ਮਾਤਾ ਭਾਗੋ ਵੀ ਨਾਲ ਸਨ। ਇੱਥੋਂ ਆਪ ਗੁਰੂ ਜੀ ਨਾਲ ਸ੍ਰੀ ਅਬਚਲ ਨਗਰ ਸਾਹਿਬ ਨਾਂਦੇੜ (ਮਹਾਂਰਾਸ਼ਟਰ) ਆ ਗਏ। ਇੱਥੇ ਆਪ ਹਮੇਸ਼ਾ ਹੀ ਪ੍ਰਭੂ ਦੇ ਸਿਮਰਨ ਵਿੱਚ ਸੁਰਤੀ ਜੋੜੀ ਰੱਖਦੇ। ਫਿਰ ਆਪ ਨਾਂਦੇੜ ਤੋਂ ਬਿਦਰ (ਕਰਨਾਟਕ) ਆ ਗਏ, ਬਿਦਰ ਤੋਂ 10 ਕਿਲੋਮੀਟਰ ਦੂਰ ਜਨਵਾੜਾ ਵਿਖੇ ਆਪ ਨੇ ਸਿੱਖ ਮੱਤ ਦਾ ਪਰਚਾਰ ਕੀਤਾ। ਜਨਵਾੜਿਆਂ ਦੀ ਗੜੀ ਵਿੱਚ ਜਿਸ ਮਕਾਨ ਵਿੱਚ ਆਪ ਰਹੇ ਉਥੇ ਹੁਣ ਗੁਰੂਦੁਆਰਾ ਸਾਹਿਬ ਹੈ। ਉਥੇ ਆਪ ਜੀ ਦਾ ਨੇਜਾ ਅਤੇ ਹੋਰ ਹਥਿਆਰ ਹਨ। ਇੱਥੇ ਆਪ ਜੀ ਪਰਲੋਕ ਸਿਧਾਰ ਗਏ।

5. ਮਾਤਾ ਗੁਜ਼ਰ ਕੌਰ ਜੀ (ਮਾਤਾ ਗੁਜ਼ਰੀ ਜੀ)

ਆਪ ਜੀ ਦਾ ਜਨਮ ਭਾਈ ਲਾਲ ਚੰਦ ਦੇ ਘਰ ਮਾਤਾ ਬਿਸ਼ਨ ਕੌਰ ਜੀ ਦੇ ਕੁੱਖੋਂ ਕਰਤਾਰਪਰ (ਜਲੰਧਰ) ਵਿਖੇ ਸੰਨ 1619 ਈਸਵੀ ਨੂੰ ਹੋਇਆ। ਸੰਨ 1634 ਈਸਵੀ ਨੂੰ ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਨਾਲ ਆਪ ਜੀ ਦਾ ਆਨੰਦ ਕਾਰਜ ਹੋਇਆ। ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ਸੰਨ 1666 ਵਿੱਚ ਆਪ ਜੀ ਦੀ ਕੁੱਖੋਂ ਜਨਮ ਲਿਆ। ਆਪ ਜੰਜੂ ਤੇ ਤਿਲਕ ਦੀ ਰੱਖਿਆ ਲਈ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਦੀ ਸ਼ਹੀਦੀ ਯਾਤਰਾ ਸਮੇਂ ਅਤੇ ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਨਾਲ ਠੰਡੇ ਬੁਰਜ ਵਿੱਚ ਕੈਦ ਹੋ ਕੇ ਵੀ ਆਪ ਜੀ ਅਡੋਲ ਰਹੇ। ਸਾਹਿਬਜ਼ਾਦਿਆਂ ਦੀ ਸ਼ਹੀਦੀ ਤੋਂ ਬਾਅਦ ਹੀ ਆਪ ਜੀ ਠੰਡੇ ਬੁਰਜ ਵਿੱਚ ਗੁਰਪੁਰੀ ਸਿਧਾਰ ਗਏ।



ਸਾਹਿਬਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰਬਰ 21

Legal Literacy Cell Year (2021-22)



B. Ed. Section B 2nd Year (2021-22)



Red Ribbon Club 2nd Year (2021-23)



PU YOUTH FESTIVAL WINNERS 2021-22



NSS Activities

2022



NSS Activities

2022



The Education Observer 2022-23

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GOVERNMENT COLLEGE OF EDUCATION
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GOVERNMENT COLLEGE OF EDUCATION
ANNUAL REPORT 2022-23

"What we do now echoes in eternity."

-Marcus Aurelius

Government College of Education is committed to providing the pupil teachers with a comprehensive education that prepares them for the challenges and opportunities of the future and become the nation builders. We strive to develop the knowledge, skills, and values they need to succeed in their teaching careers and try to draw the wisdom our pupil teachers already possess with our innovative teaching strategies. Moreover, we are trying our best to provide our students with a supportive and inclusive learning environment that fosters personal and professional growth.

EXAMINATION RESULT

M.Ed., B.Ed. and Post Graduate Diploma in Guidance and Counselling courses of study were offered during the session 2020-2022.

In class M.Ed. 08 students appeared in M.Ed. (General) examinations held by Punjab University and all of them secured first division. Kunsang Dorjee stood first by securing 81.05% marks followed by Manju Saini with 80.65% marks. Rinku Yadav stood third who scored 79.45% marks. 102 students appeared in B.Ed. examinations. Anshita stood first by securing 87.68% whereas Prateeksha secured second position with 87.18% marks. Simran Khosla secured third position by securing 86.62% marks.

11 students appeared in PGDGC examinations for the session 2021-22. Vanshika Sachdeva stood first by securing 82.33% whereas Shiksha Kakkar secured second position with 81.66% marks. Rati Sharma secured third position by securing 80.66% marks.

ACHIEVEMENTS

We take pride in the achievements and participations of our students in diverse arenas of activities. The following are the outcomes of various participations during the session 2022-23.

The cultural activities of the new session started with the 'Talent Hunt' which was conducted during Orientation Program on September 28th & 29th, 2022. Total 40 students presented diverse items viz. Poems, songs, speeches, dances, theatrical items, comparing etc. out of which 24 were selected as the 'talents of the session'.

Election of the student body of the 'Literary & Cultural Committee' was held on 30-09-2022 and following students were elected for the posts of President, Vice-President, Secretary, and Joint-Secretary & Treasurer.

S. No.	Post	Elected Member		
		Name	Class	Roll No.
1.	President	PRITI	B.Ed. Sem	1280
2.	Vice- President	ISHA	B.Ed. Sem I	246
3.	Secretary	RAJAN GUPTA	B.Ed. Sem I	211
4.	Joint -Secretary	ABHILASH	B.Ed. Sem I	243
5.	Treasurer	AKSHITA	B.Ed. Sem I	267

LIST OF PRIZE WINNERS

1. P.U. Zonal & Inter-Zonal Youth & Heritage Festivals

A total number of 70 students participated in 23 items during the P.U. Zonal Youth & Heritage Festival held at S.B.H.S.M. Khalsa College of Education, Mahilpur (Distt. Hoshiarpur) from October 28-31, 2022.

(a) Zonal level Winners

Sr. No.	Item	Student's Name	Roll No.	Class	Position
1.	Hand Writing	Umisha Kalia	45	B.Ed. IInd Year	First
2.	Creative Writing	Jasmine Grover	226	B.Ed. Ist Year	First
3.	Gazal	Jyoti	312	B.Ed. Ist Year	First
4.	Group Bhajan	Diksha Parmar	224	B.Ed. 1st Year	First
		Jyoti	312	B.Ed. 1 st Year	First
		Nandini	53	B.Ed. 1 st Year	First
		Anshu Rani	309	B.Ed. 1 st Year	First
		Mamta Sharma	119	B.Ed. IInd Year	First
		Ananya Ojha	07	B.Ed. IInd	First
5.	Elocution	Samridhi	262	B.Ed. 1 st Year	First
6.	Poem	Isha Duggal	246	B.Ed. 1 st Year	Third
7.	Group song (Individual)	Jyoti	312	B.Ed. 1 st Year	First
8.	Percussion	Nisha Garotra	80	B.Ed. IInd Year	First
		Nisha Garotra	80	B.Ed. IInd Year	First
		Nidhi Gupta	36	B.Ed. 2 nd Year	First
		Tashi Lanzes	69	B.Ed. 2 nd Year	First
		Priya Dadwa	187	B.Ed. 2 nd Year	First
		Manisha	104	B.Ed. 2 nd Year	First
		Nitika Rani	48	B.Ed. 2 nd Year	First

Sr. No.	Item	Student's Name	Roll No.	Class	Position
9.		Jaspreet Kaur	107	B.Ed. 2 nd Year	First
		Jasvir Kaur	19	B.Ed. 2 nd Year	First
		Swati	251	B.Ed. 1st Year	First
10.	Group Song	Kesang Dolma	257	B.Ed. 1st Year	First
		Aanchal Pathania	269	B.Ed. 1st Year	First
		Shama	285	B.Ed. 1st Year	First
		Diksha Parmar	224	B.Ed. 1 st Year	Second
		Jyoti	312	B.Ed. 1 st Year	Second
		Nandini	53	B.Ed. 1 st Year	Second
		Anshu Rani	309	B.Ed. 1 st Year	Second
		Mamta Sharma	119	B.Ed. 1Ind Year	Second
		Ananya Ojha	07	B.Ed. 1Ind Year	Second
11.	Classical Vocal	Diksha Parmar	224	B.Ed. 1 st Year	Second
12	Group Song (Individual)	Nandini	53	B.Ed. 1 st Year	Second
13.	Group Bhajan (Individual)	Diksha Parmar	224	B.Ed. 1 st Year	Second
14.	Group Bhajan	Jyoti	312	B.Ed. 1 st Year	Second
15.	General Quiz (Individual)	Rashi Aswal	215	B.Ed. 1st Year	Second
		Sonu Kumar	223	B.Ed. 1st Year	Second
		Rajan Gupta	211	B.Ed. 1st Year	Second
16.	Photography	Aprajit Thapar	35	B.Ed. 1Ind Year	Second
17.	Folk Instrument	Nisha Garotra	80	B.Ed. 1Ind Year	Second
18.	Sammi	Savitaj Kaur Kullar	261	B.Ed. 1st Year	Third
		Bharti Dadhwal	216	B.Ed. 1st Year	Third
		Damini Sharma	308	B.Ed. 1st Year	Third
		Aman Kumari	06	B.Ed. 2nd Year	Third
		Akshita	267	B.Ed. 1st Year	Third
		Isha	13	B.Ed. 2nd Year	Third
		Daaman Sharma	115	B.Ed. 2nd Year	Third
		Rashmeet Kaur	101	B.Ed. 2nd Year	Third
		Simranjeet Kaur3	4	B.Ed. 2nd Year	Third
		Sarika	12	B.Ed. 2nd Year	Third

Prize winners of Zonal Youth Festival further participated in Inter-zonal Youth & Heritage Festival held at Swami Prem Anand Mahavidyalaya Mukerian (Hoshiarpur) held from 10th - 13th November, 2022.

(a) Inter- Zonal Winners

Sr. No.	Item	Name Of Student	Roll No.	Class	Position
1.	Hand Writing	Umisha Kalia	45 B.Ed.	Ist Year	Second

Rose Festival Competition 2023-23

Sr. No.	Item	Name Of Student	Roll No.	Class	Position
1.	Antakshari	Deeti	45	B.Ed. IInd Year	Second
		Manisha	66	B.Ed. IInd Year	Second
2.		Savitaj Kaur Kullar	261	B.Ed. 1st Year	Third
		Bharti Dadhwal	216	B.Ed. 1st Year	Third
		Damini Sharma	308	B.Ed. 1st Year	Third
		Aman Kumari	06	B.Ed. 2nd Year	Third
		Akshita	267	B.Ed. 1st Year	Third
		Isha	13	B.Ed. 2nd Year	Third
		Daaman Sharma	115	B.Ed. 2nd Year	Third
		Rashmeet Kaur	101	B.Ed. 2nd Year	Third
		Simranjeet Kaur	34	B.Ed. 2nd Year	Third
		Sarika	12	B.Ed. 2nd Year	Third

Award of Gold Medal in Poetry in memory of Late Shri Shiv Kumar Batalvi 2021

Sr. No.	Name of student	Roll No.	Class	Position	Organizing institute
1.	Hardeep Singh	294	B.Ed.	Gold Medal	Panjab University Chandigarh

Inter -college competitionsS.

Sr. No.	Name of Studen	Roll No	Class	Item/ Competition	Organizing Institute & Date	Position
1.	Sjovam Jha	44	B.Ed Sem II	Poetry Writing	B.C.M College of Education, Ludhiana (May5, 2020)	2nd

College Level Activities 2022-23

Year 2020-21	Events organised	Date/s	Number of students participated
1.	Talent Hunt Programme	28.09.2022 to 29.09.2022	40
2.	Literary and Cultural Society Election	30-09-2022	69
3.	Music Competition	3-10-2022	06
4.	Creative Writing	7-10-2022	All
5.	Poetry Recitation Competition	14-10-2022	11
6.	Debate & Elocution Competition	21.10.2022	09
7.	Fine Arts	01.12.2022	120
8.	Home Science	01.12.2022	14
9.	Pariksha Pe Charcha	27.01.2023	96
10.	Movie: Red Alert Ganga	03.02.2023	97
11.	Intra Section Antakshari Competition	10.02.2023	82
12.	International Mother Language Day	21.02.2023	87
13.	Movie: Notebook	24.02.2023	92
14.	Poster Exhibition	15.03.2023	08

ACADEMIC SESSION DETAILS

COLLEGE CALENDER Semester 1 & 3

Date	Days	Programme/Activities
11.08.22	Thursday	College Reopens
10.08.22 to 15.08.22	Wednesday to Monday	Azadi Ka Amrit Mahotsav 'Har Ghar Tiranga' Programmes
11.08.22 to 10.12.22	Thursday to Saturday	Teaching Practice (School Internship) 3rd Semester
11.08.22 to 23.08.22	Thursday to Tuesday	Pre-Practice Phase-1 of B.Ed -3rd Semester
15.08.22	Monday	Celebration of 76th Independence Day "Azadi Ka Amrit Mahotsav Chief Guest Dr. Neelam Paul

Date	Days	Programme/Activities
16.08.22	Tuesday	Visit o ICCCC Smart City Center, Chandigarh
19.08.22	Friday	Janmashtami
20.08.22	Saturday	Pledge on Sadbhavna Divas
23.08.22	Tuesday	Booster Dose Camp
24.08.22	Wednesday	Workshop on Audio Visual Aids "A Supplement For Effective Teaching"
25.08.22 to 03.12.22	Thursday to Saturday	School Internship Programme for B.Ed -3 rd Semester
25.08.22	Thursday	Admission Process
27.08.22	Saturday	Cyclotron Rally By Chandigarh AIDS Control Society
05.09.22	Monday	Teacher's Day Celebration Online Essay Writing Competition of B.Ed. 3 rd Semester
06.09.22 to 12.09.22	Tuesday to Monday	Faculty Development Programme
08.09.22	Tuesday	Counselling of PGDGGC Admission
14.09.22	Wednesday	Hindi Diwas Celebration
16.09.22F	Friday	Online Panel Discussion with NSS Volunteers
20.09.22 to 21.09.22	Tuesday Wednesday	1st Counselling for B.Ed Admission
24.09.22	Saturday	1st Counselling for M.Ed. Admission
24.09.22	Saturday	NSS Day Celebration
26.09.22	Monday	Agarsain Jayanti
27.09.22 to 29.09.22	Tuesday to Thursday	Orientation & Talent Hunt Programme for New Session
30.09.22	Friday	Literary and Cultural Society Election
01.10.22	Saturday	One Day NSS Camp Gandhi Jayanti
02.10.22	Sunday	Mahatma Gandhi Jayanti
03.10.22	Monday	Value Education & TG Period Music Competition, Quiz Selection Test
05.10.22 to 06.10.22	Wednesday to Thursday	Dussehra
07.10.22	Friday	Societies Period On - the - Spot Creative Writing Competition Poetry, Essay & Short Story

Date	Days	Programme/Activities
07.10.22 to 08.10.22	Friday to Saturday	2nd Counselling for B.Ed Admission
09.10.22	Sunday	Birthday of Maharishi Balmiki ji
10.10.22	Monday	Value Education Period (T.G – 1)
11.10.22	Tuesday	Birthday of Sri Guru Ram Dass Ji
11.10.22	Tuesday	International Day of Girl Child Seminar/Photo Contest / Documentary
12.10.22	Wednesday	Special Lecture by Principal from Tri-city School on "Desirable Skills in Teacher Induction"
14.10.22	Friday	Societies Period Hand Writing Competition, Poetry Recitation Competition, Home Science and Fine Arts related Competitions
14.10.22	Friday	National E-Waste Day Expert Talk
17.10.22	Monday	Value Education Period(T.G – 2)
20.10.22	Thursday	Workshop on Poster Making and Slogan Writing
21.10.22	Friday	Societies Period Debate, Declamation, Elocution Competitions
22.10.22	Saturday	United Nations Day & World Polio Day Lecture by Lady DSP Ms. Gurjeet Kaur
24.10.22 to 25.10.22	Monday to Tuesday	Diwali Festival
26.10.22 to 01.11.22	Wednesday to Tuesday	Vigilance Awareness Week Anti Corruption Rally Poster Making and Paper Reading Contest
28.10.22 to 03.11.22	Friday to Thursday	Seven Days NSS camp
28.10.22 to 31.10.22	Friday to Monday	Youth Festival
04.11.22	Friday	Societies Period Lecture on Communication Skills
07.11.22	Monday	Value Education Period (T.G – 3)
07.11.22	Monday	National Cancer Awareness Day Cancer Awareness Talk by Expert
08.11.22	Tuesday	Birthday of Sri Guru Nanak Dev Ji

Date	Days	Programme/Activities
09.11.22 to 12.11.22	Wednesday to Saturday	House Examination B.Ed -1st, Med - 1st and PGDGG&C
09.11.22	Wednesday	National Legal Service Day
14.11.22 to 25.11.22	Monday to Friday	Pre-Internship for B.Ed 1st Semester
14.11.22	Monday	Children's Day Visit To Snehalya Museum Chandigarh of 3rd Semester.
26.11.22	Saturday	Competition on Slogan Writing Competition
26.11.22	Saturday	Constitution Day Celebration
26.11.22 to 29.11.22	Saturday to Tuesday	Educational Tour
28.11.22	Monday	Martyrdom Day of Sri Guru Teg Bahadur Ji
01.12.22	Thursday	World AIDS Day One Day NSS Camp
02.12.22	Friday	Societies Period National Pollution Prevention Day Awareness Programme and Cleanliness for Students and Faculty
05.12.22	Monday	Value Education Period (T.G – 4)
05.12.22 to 10.12.22	Monday to Saturday	School Internship Phase-III for B.Ed-3 rd Semester (Post Internship & Evaluation)0
07.12.22	Wednesday	Indian Armed Force Flag Day
09.12.22	Friday	International Anti Corruption Day Message on NSS E-wall Magazine
10.12.22	Saturday	Human Rights Day Visit to Human Right Commission
12.12.22	Monday	Value Education Period (T.G – 5)
12.12.22 to 24.12.22	Monday to Saturday	Final Skill-In-Teaching Practical Examination of B.Ed- 3 rd Semester
14.12.22	Wednesday	National Energy Conservation Day Rally
17.12.22	Monday	Value Education Period(T.G – 6)
22.12.22	Thursday	Quiz on National Mathematics Day
25.12.22	Sunday	Christmas Day
26.12.22	Monday	Value Education Period (T.G – 7)
26.12.22 to 14.01.23	Monday to Saturday	End Semester Examination 2

Date	Days	Programme/Activities
29.12.22	Thursday	Birthday of Sir Guru Gobind Singh Ji
09.01.23 to 21.01.23	Monday to Saturday	Winter Break

2nd & 4th Semester: 2023

Date	Days	Programme/Activities
23.01.23	Monday	College Reopens
23.01.23	Monday	Birth Anniversary of Netaji Subhash Chandra Bose Writing Articles by NSS Volunteers
25.01.23	Wednesday	National Voter Day
26.01.23	Thursday	Republic Day Celebration Flag Hosting by Mrs. Ambika Sethi
27.01.23 to 27.02.23	Monday to Monday	B. Ed -1st Semester Final Theory Examination
30.01.23 to 31.01.23	Monday to Tuesday	Field visit to employment exchange (B. Ed 3rd Semester)
05.02.23	Sunday	Guru Ravi Dass Jayanti 18.02.23 Saturday Maha Shivratri
17.02.23 to 19.02.23	Friday to Sunday	Rose Festival Competitions
21.02.23	Tuesday	International Mother Language Day
28.02.23 to 03.03.23	Tuesday to Friday	Annual Athletic Meet
06.03.23 to 18.03.23	Monday to Saturday	Pre-Internship Programme for B.Ed-2nd Semester
08.03.23	Wednesday	Holi (International Women Day)
20.03.23	Monday	Value Education Period (T.G.-8)
21.03.23	Tuesday	International Day of Forest
22.03.23	Wednesday	One Day NSS Camp
23.03.23	Thursday	Shahidi Divas of S.Bhagat Singh Ji
24.03.23	Friday	Societies Period Book Review Competition
27.03.23	Monday	Value Education Period (T.G.-9) Special Lecture By Principal from Tricity
30.03.23	Thursday	Ram Navami

Date	Days	Programme/Activities
03.04.23	Monday	Value Education Period
04.04.23	Tuesday	Mahavir Jayanti
07.04.23	Friday	Good Friday
10.04.23	Monday	Value Education Period(T.G.11)
13.04.23	Thursday	One Day NSS Camp
14.04.23	Friday	Baishakhi/Ambedkar Jayanti
17.04.23	Monday	Value Education Period (T.G.PGDG & C) Library Related Activities
21.04.23	Friday	Societies Period Communication Skill Related Programme
22.04.23	Saturday	Parshuram Jayanti/Id-ul-Fitr
22.04.23		Saturday Earth Day
24.04.23	Monday	Value Education Period (T.G. M. Ed.)
25.04.23 to 26.04.23	Tuesday to Wednesday	Workshop on Resume writing, Interview Skills, Dressing right and Soft Skills
06.04.23 to 17.04.23	Saturday to Wednesday	House Test /Class Test Semester 2nd & 4th
12.05.23	Friday	Societies Period Educational Movie
23.05.23	Tuesday	Martyrdom Day of Shri Guru Arjun Dev Ji
25.05.23	Friday	One Day NSS Camp & Valedictory and annual Prize Distribution Function
29.06.23.	Thursday	Id-ul-Zuha (Bakrid)May,2023Exam DayFinal Practical and Theory Examination Semester 2nd & 4th
June 2023	Vacations	DaySummer Break

CHANGES IN STAFF

- ❑ Dr. Sapna Nanda, Associate Professor joined as Principal (Off.) on 14.12.2022
- ❑ Smt. Sarbjit Kaur, Superintendent joined on 07.07.2022 vice Smt. Devinder Kaur, Superintendent under Inter-Departmental Transfer Policy from GRIID, Sector-31, Chandigarh
- ❑ Sh. Vinod Sharma, Senior Assistant joined in December, 2022 vice Sh. Jasvir Singh (Deputed at GMSSS, Sector-56, Chandigarh)

- ❑ Dr. Dipanshu, Assistant Professor (on contract basis) resigned from service on 04.07.2022
- ❑ Smt. Raj Rani, Sweeper retired from Govt. service on 31.08.2022

We place on record our thanks to all who have parted ways with us for their committed service and devoted efforts for the development of this institution.

INFRASTRUCTURE UPDATE

A grant of Rs.20 lakhs was received for Material and Supply (Plan) during the financial year 2021-22. Library Books, PA speakers with attached amplifiers, wireless mics, lawn movers, Smart TV, anti-plagiarism software, digital kiosk, SPSS Software, JAWS Software and Methodex Filing Cabinet etc. were purchased from the grant.

RESEARCH AND DEVELOPMENT CELL

We are proud that our college has its research resource centre. Students who have enrolled themselves for Ph.D. in Education from Panjab University can pursue their Pre-Ph.D. Course in our resource centre. Majority of our faculty members are acting as supervisors for Ph.D. research scholars.

RESEARCH JOURNAL

The College Journal "The Educational Beacon", a Peer Reviewed Refereed Research Journal; having E- ISSN 2582-3515; P-ISSN 2249-4154; VOL. 12, JANUARY 2023 was published. In all 11 papers were received from the different professionals out of which 9 empirical research papers in the field of education were published after following the process of blind peer reviewing and subsequent correction and revision of the research papers by the author and finally after assessing the quality of the research papers by the editorial board. This was the fifth issue of the journal in the online format and in all it was the 14th issue of the prestigious journal which was initiated in the year 2012. The publication was done with the assistance of our experienced faculty members and under the able guidance of our Principal, Dr. Sapna Nanda.

IQAC INITIATIVES

Internal Quality Assurance Cell is constantly working to improve quality of teaching learning process and overall conduct of college affairs. Details of initiatives undertaken during this session are given as under:

- ❑ Webinars, workshops and enrichment programmes for students, teaching and non teaching staff members were held throughout the session. Under the aegis of MGNCRE, Govt. of India, Programmes to promote Swachhta and Promoting the Role of Youth in Nation building were held.
- ❑ For promoting the health and well-being of the students, yoga sessions were organized with the collaboration of faculty/students of Government college of Yoga Education and Health for students.
- ❑ Value Added Courses were conducted during the session.
- ❑ Memorandums of Understanding were signed with various institutions and NGOs of repute for academic enrichment and for encouraging student exchange.
- ❑ Steps for curricular enrichment were proposed during IQAC meetings, curricular committee and staff meetings which were undertaken thereof in due course of time.
- ❑ Orientation and Skill Development Programmes were organized and Outreach activities were enhanced to strengthen the relationship of Pupil teachers and community. Online platform was also used to create awareness regarding health and mental well-being.
- ❑ Competitions and talks were organized by NSS and Eco-club of the college for promoting environmental awareness on themes including Waste Management, Energy and Water Conservation, Plastic free campus etc.
- ❑ Alumni of the college contributed towards motivating the pupil teachers during various activities held during the session.

EXTENSION AND OUTREACH INITIATIVES

In addition to curricular offerings, college organizes various extension and outreach activities. Details are given as under:

- Independence Day (15th August 2022)
The 76th Independence Day was celebrated with traditional fervour with unfurling of the tricolor at Government College of Education, Sector 20D here today. As per the tradition of the college, the oldest serving employee in order, Dr. Neelam Paul, Associate Professor, unfurled the flag. Principal Dr. A.K. Srivastava in his speech congratulated all present on the occasion and highlighted the significance of the day.
- Workshop on Audio-Visual Aids (24th August, 2022)
The Skill in teaching committee of Government College of Education, Sector-20, Chandigarh conducted a workshop on Audio-Visual Aids 'A supplement for effective teaching' on 24th August, 2022. The sessions were taken by Dr. Rupinder Brar, Principal, Shivalik Public School, Mohali and Ms. Manju Bala, Art Education Teacher, Kendriya Vidyalaya, Patiala Cantt.
- Faculty Development Programme on Integrated Yoga and Ayurveda wellness awareness program (6th -12th September 2022)

Government College of Education, Sector 20D, Chandigarh in collaboration with Government College of Yoga Education and Health, Sector 23, Chandigarh and Lokayurved Wellness Concept organized a Faculty Development Program under the aegis of IQAC and RUSA on "Integrated Yog and Ayurved Wellness Awareness Program for Teacher Educators" with the support of Chandigarh Administration. The chief Guest for the valedictory function of the programme were Dr. Neetish, President Punjab Prant, Bharatiya Shikshan Mandal. The programme comprised of inauguration ceremony on the first day by Chief Guest Prof. Lakhvir Singh, ASPD, RUSA (U.T) Chandigarh and Guest Speaker for the FDP Ms. Shyampriyaa, Wellness trainer/Speaker, Lokayurved Wellness Concept. Dr. Mohinder Kumar, yoga-instructor GMYEH explained the theoretical and practical aspects related to Pranayam. Mr. Kulwant Singh, yoga-instructor GCYEH discussed the importance of Meditation. Next day, the resource persons Dr. Gunanidhi Sharma, a Sanskrit scholar and teacher with GCYEH-23, Chandigarh, explained the topic of 'A Journey from Naad-Yog to Samadhi' and Dr. Mohit Vasdev Kumar, a member of faculty from Centre for Swami Vivekananda, Panjab University, Chandigarh explained in great detail the theoretical and practical aspects of yoga.

○ Hindi Divas Celebration(14th September 2022)

Hindi Divas was celebrated with enthusiasm and dedication at Government College of Education, Sector 20D, Chandigarh. Poetry recitation competition started with an inspiring speech on importance of Hindi language in our daily lives by Dr. A.K. Srivastava. The winners of the poetry recitation were Neha Sharma (1st Position), Richa (2nd Position) and Ritika (3rd Position). The winners of the essay writing competition among the support staff of the institution were Manpreet Kaur and Deepak (1st position), Rekha Rani (2nd Position), Abhya Sharma (3rd position) and consolation prize to Mukesh Kumar.

○ Orientation Day(27th September,2022)

The new session of Government College of Education started with orientation programme. Principal, Dr. A. K. Srivastava welcomed the students. During the orientation programme, Lamp of Knowledge was lit by the chief guest Prof. Kirandeep Singh, Dr. A. K. Srivastava and the senior faculty members of the college.

○ National Legal Service Day (9th November, 2022)

Legal Literacy Cell of Government College of Education Sector 20D, Chandigarh organized a legal awareness session on the occasion of National Legal Service Day on 9th November 2022. The Chief Guest of the day was Sh. Surender Kumar, Additional District and Sessions Judge (Haryana Cadre) on Deputation in Chandigarh as Member Secretary, State Legal Services Authority, U.T. Chandigarh.

○ Lecture by International Chamber for Service Industry (ICSI), Chandigarh(11th November, 2022)

The Skill-in-Teaching Committee of Government College of Education, Sector 20, Chandigarh held a Lecture and presentation by International Chamber for Service Industry (ICSI), Chandigarh on 11th November, 2022 for students of B.Ed., M.Ed. and PGDGG&C. The Resource Person for the event was DG-ICSI Maj. Dr. Gulshan Sharma, Global Services Strategist, Inspirational Speaker and Life Coach.

- **World AIDS Day (01st December, 2022)**
Red Ribbon Club of Government College of Education, sector-20D, Chandigarh, organized a candle light march/rally in the nearby residential area to mark World's AIDS Day on 1st December, 2022. Before starting the rally Dr. A.K. Srivastava educated all the students with correct, concise and adequate information and heightened their level of awareness about HIV/AIDS, STI and other related issues.
- **New Year Celebration 2023 (2nd and 3rd January, 2023)**
College organized the New Year celebration on 2nd January 2023. It was followed by solemn puja and hawan commenced by Dr. Sapna Nanda, Principal of the college accompanied by teaching and non teaching staff along with the students of the college. Further, a cultural program was also organized as a part of the ongoing value added course – "The Science of Happiness" (26th December to 7th January, 2023). On the occasion, Dr. Sapna Nanda inaugurated another Value Added Course: Up skilling Employability of Pupil Teachers, the guest speaker of the day was Dr. Gulshan Kumar from ICSI. The afternoon session of the course was addressed by Media Artist, Model and Actress Ms. Samaira Sandhu.
- **International Workshop on 'Art of Manmaking Through Vasudeva Kriya Yoga' (7th January, 2023)**
Govt. College of Education, Sector 20-D, Chandigarh in collaboration with Vasudeva Kriya Yoga organized a One Day International Workshop under the aegis of IQAC 'Art of Manmaking through Vasudeva Kriya Yoga' on 7th January, 2023. The Chief Guest of the day Shri Nitin Yadav (IAS), Home Secretary, Chandigarh Administration and the Guest Speaker Sh. Rajendra Yenkanamoole founder of Vasudeva Kriya Yoga from Melbourne, Australia were extended a formal floral welcome by Dr. Sapna Nanda, Principal of the College and Dean of the college, Dr. A.K. Srivastava. Special Guest of the day Ms. Yojana Yadav, Senior News Editor, Hindustan Times also graced the occasion.
- **74th Republic Day celebrations (26th January, 2023)**
74th Republic Day celebrations were held at Government College of Education; Sector 20D, here today. As per the tradition of the college, the oldest serving employee in the order, Mrs. Ambika Sethi was the Chief Guest of the day and hoisted the National Flag.
- **Millets Recipe Competition (20th February 2023)**
Millets Recipe Competition was held at Government College of Education, Sector 20 in collaboration with MGNCRE. The event was an awareness drive on Aahar Kranti by NGO Nivedita Foundation headed by Dr. Virender Garg, OSD to the Union Health Minister, Govt. of India. The judges of the contest were Dr. Vandana Sharma from MCM DAV College, Sector 36; Dr. Sapna Nanda, Principal, Government College of Education, Sector 20; Dr. Ravneet Chawla, Associate Professor, Government College of Education, Sector 20 and Miss. Bharti Goel, Faculty, University Institute of Hotel and Tourism Management, Panjab University, Chandigarh. Among the staff members, the first prize was won by Dr. Balwinder Kaur. The second prize winners were Dr. Neelam Paul and Ms. Gurmeet Kaur and also Dr. Anjali Puri. Third prize winner was Dr. A.K. Srivastava, Dean.

- Among the students, First prize winner was Kamini, second prize was given to Raveena Gill and third prize winner was Navjot Kaur and Consolation prizes were given to Komal and Prakriti.
- National Seminar on "Integral Education of Sri Aurobindo and its implications for India's National resurgence through quality teacher education (22th February,2023)
CDC Sponsored National Seminar on "Integral Education of Sri Aurobindo and its Implications for India's National Resurgence through Quality Teacher Education" was organized at Govt. College of Education under the aegis of IQAC and RUSA on 22nd February 2023. Principal Dr. Sapna Nanda introduced the theme of the seminar and welcomed the Chief Guest Prof. Sampadananda Mishra, Director Centre of Human Sciences, Rishi Hood University, Sonapat & Former Director, Sri Aurobindo Foundation for Integral Culture; Guest of Honor- Er. Arvind Mehan, Former Chairman, Sri Aurobindo Society Chandigarh Branch and Resource Persons- Shri K. Pawan, Chairman, Sri Aurobindo Society, Patiala Branch along with Er. Navneet Kukreja, Former Director, NIC, Punjab, Haryana and J&K and guests present on the occasion.
- Women's Day Celebration (07th March, 2023)
Government College of Education, Sector 20D, Chandigarh celebrated International Women's Day on March 7, 2023. The chief guest was Mrs. Anita Pal, First Lady of Chandigarh and wife of Adviser to the administrator Sh. Dharampal, IAS. Other guests present on the occasion were Dr. Mrs. Palika Arora (PCS), Mrs. Harinder Kaur (NSS Regional Director), Ms. Beenu Rajpoot (Indian Filmmaker), Samaira Sandhu (Indian film actress), Mrs. Richa Aggarwal (Proprietor, Cleopatra Beauty Services) and Sadhvi Dr. Devpriya, HoD, Philosophy Department, Patanjali University Haridwar. The college newsletter 'Jijivisha' was released by the chief guest on the occasion. The magazine "Wings of Vision" by Ms. Beenu Rajpoot was launched to commemorate Women's day.
- 67th Athletic Meet (03rd March, 2023)
Stanzin Sonam and Amrit Kaur were adjudged the best athletes among boys and girls respectively during the second day of 67th Athletic Meet of Govt. College of Education, Chandigarh. Mr. Rupinder Pal Singh, Olympian, (Bronze Medalist) 2020 Indian Hockey Team, was the chief guest during prize distribution.
- Blood Donation Camp(10th March 2023)
The Red Ribbon Club of Government College of Education, Sector 20D, Chandigarh organized a Blood Donation Camp on 10th March 2023. Chief Guest Professor Jaswinder Kaur, Director- Principal, Government Medical College and Hospital, Sector-32, Chandigarh inaugurated the camp and appreciated Dr. Sapna Nanda, Principal of the college and her team for inspiring society to contribute their better self. Motivational Speaker of the day was Prof. (Dr.) Ravneet Kaur, Head of the Department of Transfusion Medicine, Government Medical College and Hospital, Sector-32, Chandigarh.
- Parents Teacher Meeting (11th March 2023)
A Parents Teacher Meeting was held at Government College of Education; Sector 20D, Chandigarh on 11th March, 2023. Principal Dr. Sapna Nanda extended a heartily

welcome to all the parents for participating in the event enthusiastically. The program was followed by cultural program presented by the students as Saraswati Vandana, Sufi Dance and Bhajan.

PLACEMENT CELL

The Placement Cell plays a vital role in locating/responding to job opportunities for Under Graduate and Post Graduate students passing out from the college. It organises various activities throughout the session in order to sharpen the professional skills of students and make them aware about different job opportunities. The cell works continuously to enhance employability skills of the students.

The Placement Cell operates round the year to facilitate contacts between / professionals / experts from education sector and graduates. In the Academic session 2022-23, 45 students were placed as teachers in different school affiliated to CBSE/SBSE. A total of approximately 75 students cleared different competitive exams like UGC NET/SLET, CTET, HTET, HPTET etc. Furthermore, 20 students progressed into Higher education courses in different UGC recognised universities. Many students are pursuing the higher degrees from various universities of Canada, Australia and New Zealand etc.

Following activities were undertaken in the academic session 2022-2023

- ❑ Dr. Ravneet Chawla, curated a weeklong 30 hours Value Added Course on Upskilling Employability of Pupil Teachers from January 02, 2023 to January 07, 2023 for students of B.Ed 3rd Semester with an aim to understand the work culture, helping them to get absorbed in the professional work place and work towards professional development. This Value Added course groomed them into holistic growth as an individual and as a future teacher. They learnt about the service industry, communication skills, classroom challenges and the ways to deal, the inner growth and calmness, peculiar situations at work place, and expectations in the field of school and higher education as a teacher. Principals from reputed schools of tri-city – Ms. Gulshan Kaur (Principal, Bhavan Vidyalaya Panchkula) and Mr. Kirat Sarai (Principal, Satluj Public School, Panchkula) were invited for sessions related to what is expected out of a teacher. Eminent professionals like Dr. Vidhi Miglani, Ms. Anuradha Chawla, Dr. Major Gulshan Sharma also took interactive sessions with the students and updated pupil teacher about the latest information related to the world of work. Students participated enthusiastically in this course to make it a success.
- ❑ An interactive session on "Inculcating Curiosity among the Students" was organized for the students; Principal St. Stephens School, Sector 45, Chandigarh, Mr. Louis Lopez on October 31, 2022 did a very connecting thought provoking session with the pupil teachers which stimulated them further on real life tips as a teacher.
- ❑ A MOU was signed by the college with Satluj Public School, Panchkula for mutual sharing of expertise and resources and of required, to provide internship experience to pupil teachers aspiring for recruitment as teachers in reputed schools. Another MOU with the Bhavan Vidyalaya, Sector 15, Panchkula is in the pipeline.

- ❑ On an initiative of the Director Higher Education, Chandigarh Administration, a series of meetings were held in which Dr Ravneet Chawla and Dr. Upasna Thapliyal were also invited. The aim was to brainstorm and draw a future placement plan and address limitations so that a future course of action is made. Dr. Ravneet Chawla made a draft plan and submitted on behalf of the college. Other colleges participated also. A combined document was submitted to the higher office through the senior mentor, Dr. Punam Agarwal who is the Nodal Officer of the team.
- ❑ Database for placement information for all students of B.Ed., M.Ed. and PGDGC was reviewed. Series of meetings were held under the chairmanship of the Principal. After active brainstorming new and exhaustive Google form was created to seek information from previous and current batches of students of all three programmes of the college: B.Ed., M.Ed. and PGDGC. The team has built up an updated Database pertaining to most relevant parameters.
- ❑ The members of the placement cell have a social media group wherein any relevant training/workshops/events/motivating quotes are shared with the respective batches. They are also informed of the latest employment opportunities, further education notices and trainings pertaining to enhancing their professional skills.
- ❑ An international webinar on grooming for international work situations is being organized in the coming fortnight.
- ❑ The team is available for counselling of students round the clock and answer their questions on career/further education.
- ❑ Time to time in house grooming on personality, communication skills and work ethics is conducted by in house members and coordinator.

NATIONAL FESTIVALS

The national days in the college are celebrated with utmost sincerity and dedication and this session also witnessed the celebration of Independence Day and Republic day with full fervour and frolic.

The Independence Day, 15th August, 2022 was celebrated with national fervour. Dr. Ajay Kumar Srivastava along with all the teaching and non-teaching staff members welcomed the chief guest of the day. The national flag was unfurled by Chief Guest of the Day Dr. Neelam Paul, Associate Professor and addressed the gathering on the occasion. Chief Guest while conveying greeting of the Independence Day asked the audience to nurture the spirit of nationalism through deeds and actions. She asked the audience to contribute towards the welfare of our beloved motherland. The students of B.Ed. and the faculty of music department Dr. Aarti Bhatt and Mr. Manish Kumar presented cultural items and presented national songs on the occasion. Vote of thanks was proposed by Dr. Lilu Ram on behalf of the faculty members to the august gathering.

The Republic day was celebrated with full vigour and energy. The chief guest on the republic day, 26th January, 2023 was Mrs. Ambika Sethi, the supporting staff member with highest length of service in the institution. Mrs. Ambika Sethi along with her family members was welcomed by our worthy Principal, Dr. Sapna Nanda and other senior faculty members by garlanding the guests.

The Chief Guest unfurled the national flag and the music department students and staff presented the cultural and national songs on the occasion. Vote of thanks was proposed by Dr.Lilu Ram on behalf of the faculty members to the august gathering on the occasion.

NATIONAL SERVICE SCHEME

The NSS incharge for the college is Dr. Ravneet Chawla. Mr. Ravinder Kumar and Ms. Sonika are two other programme officers. The following are the details of the activities undertaken by the NSS units throughout the session 2022-23:

The NSS Cell of the college has three units and 244 Volunteers on roll. The NSS motto NOT ME BUT YOU is lived in letter and spirit. The Unit has extremely dedicated soldier like work culture; they are the back bone of the college overall activities, discipline, execution of all national programs and days, time to time. Their proactive role, the voluminous number of hours of self-less service, the dissemination method of spreading any important word within a few minutes through social pages and the culture of performing work as a community is well known.

The adopted village Kajheri and the seat of operation through the Area Counsellor, and the Head, Government High School has been a direct beneficiary of community work. Our pupil teachers and trainee counsellors also get relevant experience and opportunity to work with important section of the community to extend their common knowledge and specific theme related activities like hygiene awareness, disease prevention and management, parent child relationship, saving water and soil, and more such.

The NSS Cell of Government College of Education, Sector-20 D, Chandigarh conducted following activities during the session 2022-23 :-

August 2022

1. Azadi ka Amrit Mahotsav Celebrations(10th August 2022 to 15th August 2022)
 - August 10,2022: Thematic logos designed by the NSS Volunteers. College Principal and NSS incharge distributed flag to all the staff and students.
 - August 11,2022- Trianga Bandhan day was observed on the occasion of Raksha Bandhan where NSS Volunteers had created Rakhis with National Tricolor's. The Solemn tying of rakhies to the Gurus and other staff members was done.
 - August 12, 2022- Poster Making Competition, Pledge taking and Awareness talk on Nasha Mukta Abhiyan was organised. Dr.A.K.Srivastava appreciated the efforts of the NSS Volunteers and gave best wishes for the upcoming events.
 - August 13, 2022- Prabhat Pheri was organized to celebrate the ongoing Har Ghar Tiranga Programme.
 - August 14, 2022- Webinar was organised on the theme "Dukh Santap Wich Lipti Azadi.Speaker of the day was Dr. Swairaj Singh Sandhu, renowned artist and former head Department of Punjabi , DAV College, Sector 10,Chd
 - August 15, 2022- Independence Day was celebrated.
2. August 20, 2022: Oath taking ceremony was conducted on the occasion of Sadbhavna Diwas.

September 2022

3. September, 2022-“Poshan maah” was observed by the volunteers working as interns in the school by organizing variety of activities as demonstration, morning assembly, talk and poster making.
4. Essay Writing competition was organised through online mode on 5th September 2022, on the theme- Teachers Leading crisis, reimagining the future (celebration of Teachers Day).
5. On 7th September, 2022 – Oath taking ceremony was conducted on International Day of Clean Air for Blue Skies.
6. On 11th September, 2022 on the occasion of International Day of Girl Child Day with a theme “Girls Deserve Better – The World Deserves Better”, a panel discussion was held.
7. On 16th September, 2022 International Day for the Prevention of the Ozone Layer was celebrated. The theme of the year was Montreal Protocol @35: Global Cooperation Protecting Life on Earth.
8. On 24th September, 2022 – NSS Incharge Dr. Ravneet Chawla and the group of volunteers of the college attended the NSS State award function at PGGGC Sector 42, Chandigarh.
9. On 27th September to 29th September, 2022 Orientation of new batch was done including details of NSS calendar and activities.
10. On 30th September, 2022, Pledge was taken by NSS volunteers on Swachhata Day. The programme was initiated with an inspection drill. College hostels verandahs and hostel mess were included in Swachhata Drive for final assessment.

October 2022

11. October 1, 2022 - One Day NSS Camp on the theme Gandhi Jayanti(on the eve)conducting ongoing Nation Building Programme was organized.
12. October 17, 2022- Oath Taking Ceremony was organized on the event of Anti Cracker Campaign.
13. October 18, 2022 - Slogan Writing and Poster Making competition was organized under Anti Cracker Campaign.
14. October 19, 2022 Clean India Campaign was organized and teachers, students collected 30 kg plastics from their home and neighboring areas. The plastic waste was handed over to Municipal Corporation, Chandigarh.
15. October 20, 2022- address and speech by principal on the event of Anti Cracker Campaign.
16. October 22, 2022 United Nations Day /World Polio Day.
17. October 24, 2022- Essay Writing Competition on Polio Day and UNO Day on the theme “End Racism, Build Peace”.
18. October 28 to November 3, 2022 -7 day NSS Camp was organized.

- The inauguration of the camp was held on Friday, October 28, 2022. The inaugural function was initiated with lamp lighting by the Chief Guest, the Guest of Honor, the Principal Dr. A.K. Srivastava, Dean Dr. Sapna Nanda, Vice Principal and the Programme Officers, Dr. Ravneet Chawla, Mr. Ravinder Kumar and Mrs. Sonika Devi. The Chief Guest of the day was Justice Nirmaljit Kaur, former Judge, Punjab and Haryana High Court and presently, Member Commission, Punjab State Human Rights Commission, and the Guest of Honor was Dr. Nemi Chand, State Liaison Officer Department of Higher Education, Chandigarh Administration. Principal of the college formally welcomed the guests and motivated the NSS Volunteers for the 7 Day Camp ahead by declaring the camp open.
 - On November 1, 2022 (Tuesday), all NSS volunteers along with the incharges Dr. Ravneet Chawla, Mr. Ravinder Kumar and Mrs. Sonika Devi went to the Government High School, Kajheri, adopted village, Sector 52, Chandigarh and made aware the students about Sanitation, Covid-19, Water Conservation, Malaria and Dengue.
 - Mr. Sunil Kumar and Mr. M.S. Lubana, leading fire fighters from Chandigarh Administration, Chandigarh informed about the different categories of fire and causes of their generation. They also demonstrated how to use fire extinguisher according to the types of fire. PNB Manager, informed the NSS Volunteers about how to open a bank account, use Net banking/Internet banking etc. and awarded the volunteers not to share the important bank details like OTP, CVV and ATM Pin to anyone. Traffic police officials from Traffic Police, Chandigarh, made aware the NSS volunteers about traffic rules and various traffic signs and motivated the students to take a pledge to follow the traffic rules and to made aware their family members and friends.
 - Mr. Simarpreet Sigh, the Forbes 30 and ambassador on Solar Energy from the Hartek Group was the invited speaker for a session on HOW TO ACCOMPALISH YOUR DREAMS. He had a hearty interactive session with the young volunteers. He expressed his deep appreciation for the team NSS and the proactive role of the team leader as faculty.
 - The valedictory function of seven day camp was held on November 3, 2022 (Thursday). Dr. A.K. Srivastava, Principal of the college welcomed the Chief Guest Brahma Kumari – Sister Preeti Ji. Cultural events like solo Song and group song performance, Bhangra, and orchestra etc. were performed by the NSS Volunteers. Dr. Ravneet Chawla, NSS program coordinator highlighted the various activities undertaken in seven days NSS Camp. This was followed by inspirational speech of the Chief Guest, in which she motivated the volunteers about real meaning of life which is happiness and also inspired the students by sharing true stories of real heroes. Various announcements for winners were made for the categories of cultural events and sports events held during the NSS Camp. The best NSS Volunteers declared were Ananya Nautiyal (Girl's Category) and Nitish Jha (Boy's Category).
19. 29th October 2022- Slogan writing competition on National Unity Day was organized.

November 2022

20. 14th November, 2022- Children's Day was celebrated.
21. 15th November, 2022- Jan Jatiya Gaourav Divas was celebrated on the Birth Anniversary of the Great Tribal Warrior "Bhagwan Birsa Munda". The theme of the speech competition was "Contribution of Jan Jatiya Heroes of freedom struggle" Samridhi of B Ed first year delivered a speech on the role of the great leader and his journey as freedom fighter.

December 2022

22. 1st December, 2022- One day NSS Camp was organized on the occasion of World Aids Day with a theme "Equalize"
23. International Anti Corruption Day was organized - 9th December 2022.
24. 10th December, 2022- Human Rights Day was celebrated.

January 2023

25. 21st January, 2022 to 25th January, 2023- G-20 summit
 - 23rd January, 2023- Interactive session by Ms. Shayampriya, Lokayurved Key Catalyst. Was organized -ONE GLOBE ONE HEALTH session was organized to connect health with Yoga, Universally.
 - 24th January, 2023 – Declamation, Poster Making and Slogan writing on the theme 'ONE EARTH ONE FAMILY ONE FUTURE'.

February 2023

26. 13th February, 2023- Poster Making on the event of Nasha Mukh Bharat Awareness programme.
27. 23rd February, 2023-|Yoga Workshop was organized on the event of Nasha Mukh awareness programme.
28. 27th February, 2023- Awareness session workshop on Nasha Mukh Abhiyan.

March 2023

29. 6th March, 2023- Cyclothon was organized by Nehru Yuva Kendra Sanghathan with collaboration with fit India on the occasion of International Women's Day at Sukhna Lake. Six NSS volunteers and NSS programme officer, Ms. Sonika Devi participated in the event.
30. 7th March, 2023- International Women's Day and one day NSS Camp was organized. The chief guest of the event was Mrs. Anita Pal, an Educationist and first lady of Chandigarh (wife of advisor to Chandigarh administration Sh. Dharampal, IAS), Mrs. Harinder Kaur (Regional Director NSS Cell of Chandigarh), Dr.(Mrs.) Palika Arora, PCS, Director, Social Welfare Women and Child Development), Mrs. Richa Aggarwal (wellness expert), Miss. Samaira Sandhu (Actress and Writer), Ms. Beenu Rajput (Film maker, Philosophy expert and Philanthropist) and Sadhvi Prof. Devpriya (HOD, Department of Philosophy, Patanjali University, Haridwar).

The NSS Cell of the college monitors discipline and attendance during most events held in the college during the session.

Swachta Drive

Swachta Drive is a dedicated theme of the NSS Club. Dr. Ravneet Chawla, who is also the Nodal Officer, Swachhta Drive, of the college has been the lead in Waste Management / Plastic free drive / Spreading awareness on Swachta including driving monitoring apps of the staff, summarizing activities and targets and documenting those, liaison with core team of faculty, Higher Education and the M C, Chandigarh Administration. The co Pos and the executive members of the college NSS have been the support system to execute the drive.

VADA Club

VADA Club – Nasha Mukta Bharat Abhiyan is also lead by Dr Ravneet Chawla as the Nodal Officer. The club functions with students' executive body. It is ensured that create a culture of NO SUBSTANCE ABUSE. We have had a dedicated drive through an app development by Dr. Kshitiz Sharma of PGIMER in the previous session. The NSS Cell supports all activities of the VADA Club and collaborated with the lead team from the Department of Social Welfare, Chandigarh Administration.

National Level Camps

Dr. Ravneet Chawla mentored and monitored three groups of students to attend the NATIONAL INTEGRATION CAMPS held at Hisar, Anand, and Ambala. Tsering Norzum, Aparajit Thapar, Nidhi Sharma, Yashika Sharma and Prince Bansal presented Chandigarh in these camps and brought laurels for the college and Chandigarh.

Poonam Sharma and Ameesha lead the 11 members group who attended the KATHA SHIVIR held at Pransla, Rajkot, Gujarat recently. (They were a part of 480 Volunteers from Chandigarh),

The NSS Cell is committed to the progress of the college and the community as a whole with its tireless efforts.

MGNCRE

The college has been associated with the MGNCRE since the peak COVID times with the initiative of Mr. Samarth Sharma as the consultant and written as well as telephonic conversations to initiate interest in the well-being and in Swachhta Drive of the college. The first association was in June, 2021. Resource person Sh. Samarth Sharma addressed the students online on impressing the need for practicing Swachta and also public's mental health and well-being. Then Principal, Dr. A.K.Srivastava and the Nodal Officer nominated Dr. Ravneet Chawla facilitated the MGNCRE initiative. The campaign motivated and put on feet the college teams to awaken the minds of the youth in the college, largely pupil teachers to be proactive and take responsibility of disposal of COVID related used stuff. To look after the well-being of the fellow beings, to participate actively in adopted village school and take active role in doing support work in plural roles for their stakeholders also. The cleanliness vision took further shape in the college in all nooks and corners. In the following year, 2022, more contact happened between the MGNCRE Consultant and the college dedicated team of the MGNCRE. One more online program was designed on March 09, 2022 where in the resource person Sh. Ajay Tanwar, Consultant, MGNCRE was the speaker. The students had questions to understand their roles further. It was indeed another batch rolling out to spread their wings of initiatives. Committees were formed at the college level. MGNCRE in its

drive promoted all the national programs and vision of the MGNCRE to intertwine with the college calendar and milestones we achieve as an institution. The vision of entrepreneurship and promoting millets has been the thrust. The college has encouraged such themes in various activities organized as per the schedule and calendar of the college. The Nodal Officer, Dr. Ravneet Chawla under the able guidance of Principal of the college Dr. Sapna Nanda and with the different sub heads and themes and the dedicated student bodies have put their best foot forward based on their wide experience, knowledge base and dedication. We are fully committed to the Nation Building endeavors and the vision on MGNCRE in particular. Mr. Ravinder Kumar and Ms. Sonika Devi, Assistant Professors of the college are also a part of the team of the college.

STUDY CENTRE

The College is Study Centre of Panjab University Chandigarh for B.Ed. Classes through correspondence mode. Two units of B.Ed. students were allotted to Govt. College of Education, Sector 20 D, Chandigarh. One unit Comprised of 50 students.

- B.Ed. PCP for IIIrd Semester was conducted from Aug. 22, 2022 to Sept. 03, 2022.
- B.Ed. PCP for Ist Semester was conducted from Nov. 05, 2022 to Nov. 19, 2022.
- B.Ed. PCP for IVth Semester was conducted from Feb. 06, 2023 to Feb. 20, 2023.
- B.Ed. PCP for IInd Semester is being conducted from March 17, 2023 to March 31, 2023.

SKILL IN TEACHING

- School Internship Programme EPC-3.1 (Phase- 1 Pre-practice) Pre-Internship programme for B.Ed. 3rd Semester took place from 11th August 2022 to 24th August 2022. Timing for the same was 10:00am to 11:00am for Pedagogy I & 11:30am to 12:30pm for Pedagogy II. A detail of the programme is as follows:-
 - Lesson Planning & Discussion by Teacher educators (11-08-2022 to 16-08-2022)
 - Demonstration of Lesson plans by Teacher Educators (17-08-2022)
 - Discussion Lesson plans (18-08-2022 to 23-08-2022)
 - Workshop on development of audio visual aids (24-08-2022)
 - One day Workshop on Audio Visual Aids "A Supplement for Effective Teaching"
 - Government College of Education, Sector-20D Chandigarh organized a workshop on Audio Visual Aids: A Supplement for Effective Teaching under the Skill in Teaching Committee on 24th August, 2022.
 - Post- Practice and Evaluation The One week Post-Practice and Evaluation (Phase-III of school Internship Programme) of B.Ed. 3rd Semester students was organized in thCollege from 5th Dec., 2022 to 10th Dec., 2022.
 - Final Skill-in-Teaching Practical Examination was conducted on 16.12.2022. Coordinator of the examination was Dr. Agnese Dhillon, Dev Samaj College of Education, Chandigarh.
 - Capacity Building for Youth and Teachers an Interactive Session:

The Skill-in-Teaching Committee consisting of Dr. Kusum (Coordinator), Dr. Upasana Thapliyal and Mr. Ravinder Kumar in collaboration with International Chamber for Service Industry organized an interactive session of the pupil teachers with Major Dr. Gulshan

Sharma. The event was held on 11 November 2022 in the auditorium of Government College of Education, Sector 20-D, Chandigarh.

- EPC-1.4 Pre- Internship Programme: Pre-Internship programme for B.Ed.1st semester students for the purpose of observation of the real classroom situations and whole school environment was held from 12.11.2022 to 25.11.2022.
- EPC-2.4 Pre- Internship Programme (Rural Schools): Pre-Internship programme for B.Ed. 2nd semester students for the purpose of observation of the real classroom situations and whole school environment will be held from 20.04.2023 to 04.05.2023.

RED RIBBON CLUB

Red Ribbon Club of the college is working for societal welfare and creating a sense of service in the minds of the students. Details of activities undertaken are as under:

- Volunteers of red Ribbon Club participated in Cyclothon (Bicycle Rally) was organized by Chandigarh State Aids Control Society for HIV/AIDS Awareness on 27th Aug., 2022 flag off by Hon'ble Shri Yashpal Garg, Secretary Health, UT, Chandigarh from Sukhna lake to New lake Sector-42.
- Intra College Quiz Competition was organized on the theme of HIV AIDS Awareness, Adolescent Health, Blood Donation & Mental Health for the students of B.Ed 1st Semester, M. Ed., PGDGC on 10th October 2022. Results: Nitish Kumar Jha (281) stood first, Isha Duggal (246) secured second position, Tripti (273) secured third place in the competition.
- A team of students comprising of Nitish Kumar Jha (281) and Isha Duggal (246) participated in State level Quiz competition on 11th November 2022 at Hotel Park View, Sector 24, Chandigarh and were awarded consolation prize.
- Chandigarh State Aids Control Society organized various Inter College competitions as Collage making, Rangoli making, Poster making, Slogan writing, essay writing and Face Painting competition on the theme of HIV/AIDS AWARENESS on 4th November, 2022 in the premises of PG Govt. College for Girls, Sector-11, Chandigarh. Results for Face Painting: Nancy Kumari (212), Rankita Kumari (248) stood first prize. All the participants were awarded with certificate of participation.
- Red Ribbon Club of our College organized various competitions as Cartoon making, Rangoli making, Poster making, Slogan writing, Tattoo Designing competitions on the theme of HIV/AIDS AWARENESS on 26th November, 2022. Results for Poster making: Anmol Jaswal (245) stood first; Kriti Shukla (252) secured second position, Amulya (299) & Shaama (285) both were at third place in the competition. Results for Slogan Writing: Anshu Rani (309) stood first Position, Isha Duggal (246) & Reena secured second position, Kajal Rathour (253) was at third place in the competition. Results for Cartoon Making: Rankita Kumari (248) stood first, Arshdeep Kaur (284) secured second position, Aanchal Pathania (269) was at third place in the competition and Anjali (217) stood first position in the Tattoo Designing competition.
- Observed world AIDS Day on 1st December, 2022. Rally was organized on the said day. More than 55 students participated in the rally with Pla-cards in their hands and shouting slogans to eradicate HIV/AIDS and take preventive measures.

- Red Ribbon Club & NSS of our College was organized NASHA MUKTI BHARAT AWARENESS PROGRAMME from 13th February to 23rd February, 2023. Under programme B.Ed. 4th Semester students taken pledge and conducted poster making competition on 13th Feb., 2023. Workshop on Yoga Asanas was organized on 23rd February, 2023.
- Red Ribbon Club of the college organized blood donation camp on 10th March, 2023 in the college campus.

ALUMNI ASSOCIATION

Alumni association of college has applied for registration during this session. The cell of the college is striving hard to encourage the participation of alumni in the regular activities of the college.

RUSA INITIATIVE

Rashtriya Uchchattar Shiksha Abhiyan (RUSA) is a holistic scheme of development for higher education in India which was initiated in 2013 by the Ministry of Human Resource Development, Government of India. This centrally sponsored scheme aims at providing strategic funding to higher educational institutions throughout the country.

RUSA aims to provide equal development to all higher institutions and rectify the weaknesses in the higher education system.

Procurement under RUSA: - During the F.Y. 2021-22 and 2022-23 till 20.11.2022 the college has purchased the following items under RUSA Scheme of MHRD:-

1. Electronic Lecterns (07 Qty) Under RUSA, this institute has purchased the above mentioned items. Through Electronic Lecterns the quality in the Higher Education will be enhanced. It has also enhanced the technology in the teaching.
2. Computers (30 Qty) Computers are purchased for the Computer lab of the college which has upgraded the said lab with latest technology.

HOSTELS

There students residing in the Hostels of GCE, Sector 20D, Chandigarh belong to various colleges, that is, GCYAH (Govt. College of Yoga Education & Heath) Sector 23 Chandigarh, PGGC -46, GRID and RIE Sector- 31 apart from students of our college. During this session of 2022-2023, students organized and choreographed various events with exuberance such as, a 'Fresher's Party' for welcoming of new ones to the hostel. Several festivals were celebrated with varied activities among all the hostel members who belong from diverse regions of India, making the activities a successful consummation.

GRIEVANCE REDRESSAL CELL

The College has grievance Redressal cell to redress any kind of grievance from faculty or students of this college for which the students are made aware during the orientation programme at the commencement of each academic session.

The grieved person can submit his/her grievance through the below mentioned link available on the college website <https://www.gcechd.ac.in/grievance-redressal-cell.php>

The Grievance Redressal Committee and other faculty members review the grievance received through online/offline mode from time to time.

CONTINUOUS INTERNAL EVALUATION

Continuous internal Evaluation (CIE) of student learning is one of the important components of the institution. Government College of Education College follows the guidelines issued by the Panjab University, Chandigarh regarding the approved process of conducting the continuous internal assessment of the students of the different courses run by the college i.e., M.Ed. (General), B.Ed. (General), and P.G. Diploma in Guidance and Counseling (PGDGC). The final internal assessment awards of the students are based on the performance of the candidate in term paper, house test, class assignments, attendance, and participation in discussions/seminars/tutorials, related practical and sessional work. Students performance in the regular cultural programmes, Value Education programmes, National Service Scheme activities, Red Ribbon club activities, Sports etc. are also considered and given due weightage in the internal evaluation. It is assessed and prepared by the concerned teacher on the basis of the assigned sessional work and viva voce. The final list of internal assessment of all the papers of a semester is prepared by a panel of three senior teachers and the principal. Assessment for Engagement with the field(Pre-Internship) is based on the student's performance in various field related activities, practical, project work, community related work, diaries, student portfolios, field observations, visit to innovative pedagogy and learning centre, education resource centre etc.

Institution follows the transparent system and provides opportunity to the students to monitor their performance. Awards are displayed on the notice board and information regarding the same is also uploaded on the college website for making the system more transparent. Timely feedback on individual/ group performance is provided to the students in a regular manner by all the faculty members. Students are provided enough opportunities to improve their performance in a continuous manner.

LECTURE SHORTAGE

All the students of M.Ed., B.Ed. and PGDGC classes are expected to be regular in attending classes according to the time-table in force.

- ❖ They must attend at least 80 percentages in theory and practical's/ total lectures delivered in each subject and 90 percent in school internship.
- ❖ Information regarding students falling short of lectures is sent to their parents/ guardians invariably as per the practice of this college.
- ❖ Students can check their lecture shortage statements from Student Notice Board from time to time.
- ❖ Students can claim the benefit of Medical leave/ Special leave granted by the principal. They must note that the medical leave /special leave will just waive off their fine during leave period
- ❖ Attendance is compulsory in the entire academic, cultural and sports functions of the college.

BIOMETRIC ATTENDANCE

- ❖ Bio Metric Attendance System for Students for B.Ed., M.Ed. and PGDGC has been installed and working as per NCTE norms. Also, Students' attendance record is maintained as per the requirement of Panjab University regulations.

- ❖ The Bio Metric Attendance system of the staff and Bio Metric Machine is installed and working.
- ❖ Biometric attendance of Non-Teaching and contractual Staff of the college has already been implemented.

LEGAL LITERACY CELL (L.L.C.)

- ❖ An interview for the post of Executive Members of Legal Literacy Cell for the session 2022-23 of Government College of Education, Sector 20D, Chandigarh was conducted on 15th October, 2022 by the Legal Literacy Cell Committee consisting Dr Meena (Nodal Officer), Mrs., Sonika Devi (Assistant Professor) and Mrs. Sarabjit Kaur (office Supdt.). Total twelve students appeared for the interview out of which six students were selected.
- ❖ The Legal Literacy Cell of the college celebrated the National Legal Services Day on November 09, 2022. The resource person of the day was Ld. Sh. Surender Kumar, Additional District and Sessions Judge (Haryana cadre) on deputation in Chandigarh as Member secretary, State Legal Services Authority U.T. Chandigarh.
- ❖ The Executive Members of Legal Literacy Cell of Government College of Education, Sector 20D, Chandigarh under the supervision and guidance of Dr Meena (Nodal Officer) conducted Value Added Course as well as Legal Awareness Campaign (w.e.f. 9th November, 2022 to 25th November, 2022) by distributing pamphlets on the themes of Fundamental Duties; Public Utility Services; The Maintenance and Welfare of parents and Senior Citizen Act, 2007; Role of Mediation and Conciliation in solving the disputes and Information about Free Legal Aid services which were provided by the State Legal Services Authority, Sector 9, Chandigarh (U.T.) in college campus as well as in some Government schools of Chandigarh (U.T.) The purpose of the Legal Awareness Campaign was to impart legal knowledge to the pupil teachers and school students about Free Legal Aid provided under Section 12 of Legal Service Authority Act from State Legal Service Authority, Chandigarh.

ELECTORAL LITERACY CLUB

Electoral Literacy Club was formed during the session and executive members were elected for this club. This club performed following functions during the session.

- Celebrated the Constitution Day on November 26, 2022
- National Voter's Day 2023 was celebrated in January 25, 2023 by organizing various competitions like Rangoli making, Bookmark making, Poem recitation and quiz. A newsletter was also prepared by the students on the theme.
- An awareness talk for linking the adhaar with voter card was organized for the supporting staff of the college.
- Regular support was provided to the students to apply for the voter card by the ELC members

MEMORANDUMS OF UNDERSTANDING

The college signed various Memorandums OF Understanding with various institutions during the session. The details are given as under:

1	4th January, 2023	Harayana Yog Ayog
2.	5th January, 2023	Satluj Public School, Panchkula
3	7 th February 2023	Team Lokayurved Wellness Concept

VALUE ADDED COURSES

Our college is committed to add the value to the existing curriculum for overall development of the pupils. In order to fulfill this objective various value added courses were offered during the session. Dr Meena conducted Value Added Course on Legal Awareness and also conducted the related Campaign. Dr. Neelam Paul conducted a value added course on Yoga and Fitness. Dr. Ravneet Chawla conducted a value added course on Enhancing the Employability Skills. Dr. Nisha conducted a value added course on The Art of Happiness. Another value added course titled Capacity Building for Transformative Teaching is also being conducted with international collaboration with International Chamber for Service Industry and SARS innovations and Technologies UAE. The trainers from various countries of the Asian continent are training the students.

SELF STUDY COURSES

In addition to the curricular offerings, our college is also motivating the students to pursue self study courses to enhance their learning potential in multidisciplinary domains and also to improve their study habits. During this session more than sixty students undertook various self study courses in various areas of their interest and aptitude. A motivating session was also conducted by Principal Dr. Sapna Nanda and Dr. Anjali Puri for explaining the benefits of self-study courses to the students.

ECO-CLUB

Eco-Club of the college Parijat is trying to create environmental sensitivity in the minds of the learners. The details of activities of the club are given as under:

On 14-10-2022 International E-Waste day was celebrated. Lecture on the theme of the year i.e. 'Recycle it all, no matter how small' by B.ED. First year student Kusum Lata was delivered in the college auditorium.

- On 02-12-2022 National pollution prevention day was celebrated. Awareness rally was organized by the college students on the theme of the year.
- On 14-12-2022 awareness drive was organized by the students of the Eco- Club for the staff members and students on the occasion of "National Energy Conservation Day". At different places in the college i.e. Hostel, canteen, office, faculty rooms and labs.
- On 30-01-2023 cleanliness drive was organized by the students of the Eco- Club and other students on the occasion of "World Cleanliness Day". At different places in the college i.e. Hostel, canteen, office, faculty rooms, labs and library.
- On 07-02-2023 members of the Eco-Club displayed the life logos in the college campus at different places as per the guidelines of the department of Environment, Chandigarh Administration.

GREEN HOUSE

College Green House is situated near the girls' hostel of Government college of Education Sector 20 D Chandigarh. It comprises of different types of saplings which are planted by Eco Club in different areas of the college campus. The Green House collection comprises of various types of plants that include medicinal plants, ornamental plants and tree saplings. The Green House is used as teaching and research facility for the students of Life Sciences. Students are actively engaged in all aspects of organic production from planning and to production.

HEALTH AND SPORTS

The 67th Annual Athletic Meet of Government College of Education, Sector 20-D, Chandigarh was inaugurated on Thursday, March 2nd, 2023 by Sh. Amandeep Singh Bhatti, PCS, Director Higher Education, Chandigarh Administration. The event began with the unfurling of college Flag and release of balloons. On this occasion, the faculty of Government College of Education and other invited guests were prominently present. The breath-taking performances of participants were simply spectacular. The closing ceremony was graced by Chief Guest Mr. Rupinder Pal Singh. The two day Meet was concluded on 3rd March with prize distribution.

Dr. Neelam Paul, organizing secretary strived really hard to organize this event. Students in large number took active participation in the events with greater enthusiasm and alacrity. The greatest quality which was demonstrated by the participants was integrity.

More than 200 students and members of the staff from college participated in the 17 events such as 80m, 100m, 400m & 1500m track race, Shot Put, Discus Throw, Long Jump, Balloon Bursting and Chatti race, Relay Race, Musical Chair etc. Stanzin Sonam was adjudged the best athlete in boys and AmritKaur among girls. Much charm and attraction remained towards Tug of war between Staff Members and students. All onlookers were overwhelmed by the spirit and enthusiasm of the students.

P.U. Intercollege Competitions 'C' Division Tournament (2022-2023)

Athletics

Our college students also participated in PU Inter College Athletics Competitions 2022-23 held at PU. In the event Shot-put (boys) Tenzin got Bronze Medal, Shot-put (girls) Amrit got Gold Medal, Discus Throw (boys) Aprajit Thaapar got Gold Medal and Tenzin got Silver Medal, 800 m Race (boys). Stanzin got Silver Medal and in 800m Race (girls) Jasvir got 4th position. In 400 m Race (boys) Stanzin got Silver Medal and in 400 m Race (girls) Jasvir got Silver Medal. During 200m Race (girls) Yashika got Gold Medal, in 100 m Race (girls) Amrit and Yashika got Gold and Silver Medals, Relay Race (Girls) got Gold Medal.

Our College was Winner in Men's Category and Overall 1st Runner's Up in Women 'C' Division Competitions. Best Athlete (Women) 'C' Division Competition was Amrit Kaur.

English
2022-23

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From Editor's Pen

Congratulations and thank you everyone who has been involved as authors, Editorial Board Members, and students for the new issue of magazine 2022-23. This is the platform where all students share their observations, expressions in different voices.

I have always believed in the need to use knowledge to bring about change. Readers, this time I was thinking what kind of knowledge is needed to conserve nature and reduce the most pressing threats to the diversity of life on Earth.

Red Alert: Ganga documentary persuaded me to realize that water is the most important asset for the country. So I decided to share my feelings and observations. Polluted water kills people more than any other kind of violence. Soils and ground water contains the residue of human agricultural practices and improperly disposed of industrial wastes. If no action is taken, the problem will rise when the demand of fresh water will increase by 2050.

Education and awareness is an important aspect through which at least we can play our role to save water. Our role in the conservation effort is to spread awareness.

So I anticipate the best role of all students in water conservation. Academics is an important part of life but cultivating interests and hobbies are also important. I am dumbstruck to witness the fresh ideas and unbiased perspectives of students.

Lastly I would like to thank Principal Dr. Sapna Nanda for the support and guidance. I express my gratitude to editorial members and student editors. A big thank you to authors, Keep it up!!



Dr. Balwinder Kaur
Editor-in-Chief

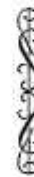
From Student Editor's Pen

"Enjoy every moment you have because in life there aren't rewinds, only flashbacks". The editorial board enjoyed making this magazine as vehicle for students and staff to express their innermost thoughts. I identify with the emotion that each page portrays and look upon the magazine as an entity in itself.

Learning is not a process limited to educational institutions only, nor does it end with the conclusion of one's college career. It is indeed a lifelong process. This "The Educational Observer" is more than just a magazine where the potentials, talents, achievements and vision of our college get reflected. This is that proud moment where our teachers and students take pride in their hard work and cherish their fruits of labor and sincerity of the year that's gone by. Being a part of this editorial board of this magazine for the year 2022-23, I'm blessed enough to get a very good support from the faculty members of the college specially Dr. Balwinder Kaur, Editor-in-chief of the magazine; an extremely good, dedicated and hardworking mentor.

My gratitude to our principal Dr. Sapna Nanda for giving us a free hand in the publication of this magazine, my teachers and my fellow mates for their contributions towards this magazine. This magazine talks about our campus with the pride. Here lies a humble hope that you will enjoy and appreciate it.

Happy reading!!



Deepali
Student Editor
(English Section)

CRUELTY AGAINST ANIMALS

Mahatma Gandhi rightly said that "The greatness of the nation is judged by the way it treats its animals". In modern era, the human beings enjoy majority of rights in order to make development and progress in the society. But along with this, they have to fulfill their duties towards nation. One of their essential duty is to treat animals with love, care and compassion. It is one of the moral duty of an individual. But today, we fail to fulfill this duty. There is rapidly increasing the cruelties against the animals. The animals too have their rights. They can't express their feelings and pain. The hunters and poachers killed animals for skin, fur, horns and teeth. They brutally killed animals for their own benefit. They forgot about their ethics and humanity. This led to the extinction of the animals. It affects the ecological balance of the planet. Some animals are badly treated in the circus. They are forced to perform the circus tricks and other activities for the entertainment. Several companies use animals for testing medicine and cosmetics. Some superstitious people killed animals in order to fulfill their wishes. Thousands of animals including goats, buffaloes, chickens, pigs are slaughtered to please the goddesses of power. Many animals and birds are being sold every day. These animals are kept in cage. Even, they are beaten. Sometimes we see the street dogs are beaten by the people. Many cows and dogs are hit by the fast moving traffic. All this is cruelty against the animals. For the protection of animals, the govt. initiated many laws. But it can be possible only when the people are aware about animal rights. The humans should make efforts to protect the animals. Animals are too important for the ecosystem. The animals are helpful in maintaining the proper balance in the planet. As a human being, we should take proper care of animals. The animals are true friend and companion of humans. So, let us end all type of cruelties to animals together. "Feed the animal, don't hit them shoot them with cameras, not with guns."



REENA

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Happiness

“There’s a misconception that happiness is built-in and that we can’t change it”, says Laurie Santos, a professor of psychology at Yale University who teaches a free Coursera class called ‘The Science of Well-Being.’ One popular theory that suggests we can affect our feelings is the happiness pie chart, proposed in a 2005 paper (PDF) published in the Review of General Psychology. At the time, researchers suggested that while 50% of your happiness is determined by your genes and 10% by your life circumstances, 40% is determined by your daily activities. Though this breakdown has faced criticism (that is too simple, and doesn’t take into account how your genes and environment interact), it taps into an idea that’s fairly widely accepted: at least some of your happiness is within your control. “The science shows that our circumstances -- how rich we are, what job we have, what material possessions we own -- these things matter less for happiness than we think”; Santos says. (Research does show that wealthier people are happier than poorer people -- but not by a ton.) Another big misconception? That happiness is the same as a consistently positive emotional state, says Emiliano Simon-Thomas, who co-teaches Berkeley’s ‘The Science of Happiness’ course and is also the science director of Berkeley’s Greater Good Science Center. Being happy doesn’t mean you feel pure joy and cheerfulness every hour of every day. Humans aren’t designed that way (and think of how annoying you and be if you were). You experience setbacks, problems and the loss of loved ones. And those negative feelings are an essential part of your emotional life, too. Happiness, experts say, means accepting negative experiences, and having the skills to manage and cope with them, and to use them to make better decisions later. “We think happiness is like a Facebook reel of vacations and achievements and checkboxes for life goals”; Simon-Thomas says. But people who pursue happiness in that sort of belief system end up being less happy than people who define happiness in a more overarching, quality-of-life way.

Aarti Vashisht
B.Ed. 1st sem

FEMINISM: WEST V/S INDIA

The way feminism is viewed in the west is very different from what we see in India. Where west is dependent on its modernization and new world ideas, countries like India are heavily under the influence of its religious and cultural aspects. Philosophers like Jordan Peterson speak against feminism as they see it not as a way to establish equality but marginalized Women. "When you're accustomed to unjust privilege, equality feels like oppression". If women gets equal seats in parliament, then why not in sewer cleaning. Peterson is a firm believer of non-existence of patriarchy, hierarchical system or gender identities. In Indian context the women have been marginalized for so long and in regard to so many areas be it caste, race, age, beauty standards, economic standing, etc. Peterson's arguments do not make a strong impact. Where in west, feminism has taken turn for something ugly where instead of equality establishing a matriarchy might seem like the goal. India, though having feminists like Gayatri Spivak, Arundhati Roy and many more, still suffers from the problems of child marriage, dowry and rape, etc. Feminism is yet to make a lasting impact in India.

SAVITAJ KAUR

BEd. 1 (A), 261

Dreams

Not millions of dreams I capture
But those fewness makes me rapture
 Dreams are dreamed to be attained
 On this globe mostly dreams are chained
Go and live your dreams
Don't make it flow like streams

Kesang Dolma



CORRUPTED DEMOCRACY

"Democracy is a government of the people, by the people and for the people."

Abraham Lincoln

India being the home of largest democracy in the world and the mother of all democracy. But today status of Indian democracy is in very sorrow state due to failure of ethics among Indians. Corruption can be defined as lying in the eyes of the beholder. Corruption is improper and selfish exercise of power and the influence attach to public office or to special position acquires in the public life. Corruption is multihydra in the nature of India. Corruption is not new in India democracy, rather prevails from the independence and for India to be developed nation, it has to be free from the corruption. Corruption in India democracy can be classified as the retail and grand level corruption, collusive and meat and grass eating corrupeiton. Corruption can be seen in every sphere of Indian life, with major cause behind it being political power or authority of political leaders. As rightly remarked, "Power does not corrupt people, people corrupt power"

This is evident from various scams like fodder scam of Lalu Yadav, Colgate scam, Vijay Malaya scam, Nirav Modi scam etc. Corruption is so evident that it can be said it rides with an individual right from birth in cradle to death in grave. In the political sphere, the corruption can be seen from Supreme level to grassroot level such as derogation of values of political leaders using dirty politics by using violence and money to win elections or buy votes, the corruption at grassroot level of linking Rajniti with Devaniti, the lack of accountability of Lokpal, CAG etc, the misuse of the constitutional emergency power and ordinance making power, the nexus of political parties with the criminals and business houses and media with politics, most recent example being the Pandora paper leak. Further, democracy has also been corrupted in India at the highest level of judiciary corruption with the overload and delay and pending cases. With honorable Ex-Chief justice Rajan Gogoi after retirement joining parliament as the member of the Rajay Sabha is a bolt on Indian democracy showing corruption at higher judicial level. The most evident feature of the corruption was seen during the COVID-19 pandemic when it shunted the Indian economy due to black marketing and hoarding of the food grains, PP kits, injections,, masks and oxygen cylinders etc. Every sphere of the India economy is corrupted like corruption also seen in the disaster risk assessment due to faulty corrupt bureaucratic decisions, the reason for recent

cracks in the joshimath, Uttrakhand. Also due to rising corruption, high inflation and schemes are not reached to the ultimate beneficiaries, and sometimes also affect the unity and integrity of the nation like Khalistani uprisings.

Corruption has now become den of roots in the soul of India and it is important to take specific measures against it. Although some steps like GST to check tax evasion, demonitisation to check black money, Corruption Act of 1988 and Benami Transaction Act 2016, constitutional post like CVC (central vigilance commission), Lokpal, ED (enforcement directorate) and article 32 of the constitution of fundamental rights. For India to be a vibrant and shining democracy focus on the three pillars such as transparency, accountability and rule of law is main. For India to be a global leader, good governance along with "sabka sath sabka vikas" or janbhagidhari and social participation is the key. Although Government initiatives of E-Governance, privatization models like PRAGATI, UNNATI, GEM, NKN etc along with the better role of the civil servants is important for removing India from the title of corrupted democracy.

At last, it should not be forget that India has the three D's in the world Democracy. Demographic dividnet and Demand. Future of the world is India and for that corruption malaise should go away. It can happen only if India citizens have an attitudinal shift of behavior towards not giving and receiving of bribe. I conclude my essay with the lines of Mahatama Gandhi "Corruption and hypocrisy ought not to be inevitable products of the democracy as they undoubtedly are today for a better tomorrow."

AAINA CHAUHAN
289, B.Ed 1st year

STAY AWAKE IN CLASS

I Sure Five Ways to Stay Awake in Class:

Perhaps you didn't get eight hours of sleep. Does anyone? Unfortunately, Your professor doesn't see the 4 a.m. snaps of you banging your head on the keyboard and doesn't know that the deconstructive analysis of Voltaire's Critique of Europe might be the last thing you want to hear about in the morning. Sometimes it's difficult to concentrate on what a professor is saying in Class, much less figure out how to stay awake in Class." "I literally just slept class, no shame. I's the one paying for it. "University of Florida Sophomore Wesley Finch said. Don't pull a Wesley.

Not sure how to stay awake in Class? Here are some hacks to keep your eyes alert:-

1. **Tune in to your Professor:** - If you're at the year when listening to Rebecdca Black on repeat sounds more enjoyable than sitting through another dreadful lecture from your Professor's lessons can seem boring or repetitive, so try spicing it up. Memorize the word and put them to a tune in your head.
2. **Fill your entire fridge with Red Bull:-** Energy Drinks Contain Caffeine, which promotes stimulation. Some people suggest one Red Bull does the trick, but that's not always the case. Sometimes it requires bringing a whole bandolier. "Make it into a drinking game, University of California Los Angles Junior Emily Suani said, "Choose a word that the professor say frequently and take a sip every time they say it."
3. **Create A Masterpiece:-** Drawing gets the creative juices flowing and fights the drowsiness. Open that Composition book and doodle like your live depends on it.....I mean, it kind of does (ever heard of dying of boredom?)
4. **Get some Cold Water:-** Drinking Cold water wakes you up almost as well as getting splashed in the face by your roommates during a prank war. Make sure you get your recommended seven cups a day.....in the face or in a water bottle. Hydration =the key to success
5. **Sit in the front :-** Sitting in the front is helpful because you'll feel intense shame every time the professor notices you nod off. Yeah, he might call you out every now and then, but before you it you'll be the teacher's pet.

Parash Sharma
B.Ed 1st year

Indian Republic Day

"The tricolor flies high,
With pride in every heart,
We celebrate this day,
As a nation, we impart.

The Constitution our guide,
Unity our strength,
We march forward, side by side,
To a brighter future, at great length.

The diversity we embrace,
In culture and language,
We stand together, a united race,
To build a nation, free from damage.

We pledge to work hand in hand,
And to uphold our great land.
Jai Hind, Jai Bharat,
Salute to the nation,
Let's Bring new sensation

This is a poem that is celebrating Republic Day in India. It mentions the importance of the national flag, the Constitution, and unity. It also honors those who fought for independence and encourages building a better future. The poem ends with wishing a Happy Republic Day to all Indians and expressing pride in their advancements

Rajan Gupta
B.Ed section A
Roll number 211/22

Self Respect

Self respect is a kind of ritual which helps us to remember who and what we are. It is a sense of one's worth. It gives a person the ability to discriminate, to love and to remain indifferent when one is faced with failures without self respect, one is locked within one self and is incapable either of love or indifference. If we do not respect ourselves, we, on one hand are forced to hate those who have it and on the other hand we become blind on our weaknesses. Without self-respect, we are at the mercy of those, whom we hold contempt, we play roles which are doomed to fail. It is a phenomenon which is sometimes called alienation from self to free ourselves from expectations of others. Without it, one runs away to find one self-trying to desperately reach home and find no one there. Self-respect has nothing to do with the approval of others and ones repute. People with self respect do not seek the approval of others they woe for their own satisfaction. This is something only, which people with courage can do. Thus, self-respected people do not need the crutches of others to walk with. Without self-respect, one loses one's own identity, like trying to cross a border with borrowed credentials. Such people has low self-esteem and lack of confidence in their abilities. They are also respected by their fellow workers, relatives and friends. They are parasites, whose dependence on others, does not let them succeed in life. Self-respect can be developed by thinking positively about oneself and not by trying to seek the approval of others in whatever we do.

Indu
M.Ed 1st sem
Roll no-108

WOMEN and EDUCATION

She came into the world with a heart full of dreams,
A bright, shining spirit that nothing could dim.
But she faced so many obstacles in pursuit of her goals,
So many doors that seemed forever closed.
They said she couldn't learn, that she was too weak,
That her place was in the home, not at school, so to speak.
But she knew in her heart that she was meant for more,
That her mind was as sharp as any man's, and that's for sure.
So she fought for her right to education,
To learn, to grow, to gain inspiration.
She battled prejudice and stereotypes,
And refused to give up, to abandon her rights.
And though the road was long and hard,
She never wavered, she never faltered.
With courage, determination, and strength,
She carved a path for herself, and paved the way for others at length.
For she knew that education was the key,
To unlocking a brighter, better destiny.
And with each lesson learned, each skill gained,
She grew more confident, more empowered, more unchained.
Now she stands tall, a beacon of hope,
A symbol of what women can achieve when they cope.
With passion, resilience, and a heart full of grace,
She proves that nothing can hold her back from her rightful place.
So here's to the women who fight for their dreams,
Who refuse to be silenced, to be shut down at the seams?
May their strength and their spirit inspire us all,
And may their courage and determination never fall.

Samridhi
B.Ed. I; 262)

INTERNATIONAL YEAR OF MILLET

'Let food be your first medicine and kitchen be your first pharmacy'

The above saying holds good in the present-day context of lifestyle related disorders, unhealthy food habits and reduced presence of whole grains like millets is leading to lifestyle diseases like diabetes and obesity with their accompanying complications. Millets like Jowar (Sorghum), Pearl Millet (Bajra), Finger Millet (Ragi) and Buckwheat (Kuttu) are super foods and excellent sources of nutrition. To highlight their significance in diet. United Nations has declared 2023 as the International Year of the Millet. They are one of the oldest food known to humankind. Their charred grains have been found at the Harappan Sites and that is also mentioned in the Vedas. These ancient grains have been used for human consumption as well as animal fodder. Millet outshine wheat and rice in many aspects, they are high in macro and micro nutrients, and they guard us against many vitamins and mineral deficiency, rich in fiber and have low Glycaemia Index (GI) which means low impact on your blood sugar. Not just for our health, they are ideal as well for environment sustainable agriculture, they can be grown in less water and harsh temperatures. Minor millets provide enough yield even when the monsoon fails. Furthermore, millet farming does not need chemical fertilizers much and the crops hardly attracts any pest. Today, the cultivation of millets has dropped drastically especially, after Green Revolution, now reducing its status to poor man's food. Though India still is the largest producer of Millets in the world, however, it has become unattractive in urban households. People needs to be more aware of the benefits of this super food.

Our collective efforts can empower small holder farmers, achieve sustainable development, eliminate hunger, adapt to climate change, promote biodiversity and transform agrifood systems. To honor this year, Parliament has already added a range of millet dishes in its canteen menu. So, when are you trying yours?

SAMIKSHA SINGH

ROLL NO.: 221

B.Ed 1st Year

Gandhi and Dalit's

There's been much celebration and some consternation over the recent canonization of Mother Teresa. By and large, we are happy that a fellow Indian received a recognition that's so deserving and so rare. But, with one stroke, the Vatican has reduced our Mother to being a Catholic. As Mother, she was near to us, capable of emulation but also open to scrutiny. As a Saint, she is now far removed from us and her acts of charity as the Mother no longer appears human. Even though she can now grant us our prayers, we cannot criticize her; for doing so would be a sacrilege. Such are our troubles with saints. While Teresa obtained sainthood posthumously, Mahatma Gandhi knew he was a saint by the time he entered the freedom movement in 1915 (for Wikipedia, "mahatma" is similar in usage to "saint"). This fact had had implications for India's future. His moral certitude—a saintly quality, by the way—had been more a hurdle to bringing about reconciliation between contending viewpoints and warring groups. Gandhi's differences with Dr B.R. Ambedkar and Mohammad Ali Jinnah, over caste and communal cleavages, were played out in public for decades. Perceptive observers like Dhananjay Keer recorded how the holier-than-thou attitude of "Gandhi the mystic" was a part of the problem. Gandhi's views on caste, untouchability and his legendary quarrels with Ambedkar are well-known. Many scholarly works have been produced on the subject. A more pertinent point to explore is how far Gandhi is now relevant to the Dalit's' struggle for equality and justice. The short answer is, not much. Does one, then, reject Gandhi lock, stock and barrel? No. It is one thing to conclude that Gandhi has nothing to offer to the future of Dalit's and it is quite another to allege that he didn't do anything to improve their condition. Does one's disbelief in the ability of St Teresa to comfort the destitute of Calcutta amount to one's dismissal of Mother Teresa's service for decades? No. It is the contention of this comment here that Gandhi and Gandhism offer ideologies and policy prescriptions that are not conducive to the welfare of Dalit's. One, Gandhi's stand on caste and untouchability need to be placed in its historical context, not as an absolute moral position. Two, we must situate Dalit's in his worldview to examine if they can enjoy a place of dignity and equality. Both during his South Africa days and after he moved to India, Gandhi positioned himself as the spokesman of Indians, whatever "Indians" meant at that time. As his involvement in the

freedom struggle increased, his position graduated from merely seeking better conditions for Indians under British rule to demanding complete independence. Throughout, Gandhi assumed that Indians were one people and he was their sole leader. His sense of oneness of Indians may have been genuine, but that oneness never existed. Nor does it exist now, either. When groups such as Muslims and Depressed Classes (the current Dalit's) stood up to assert their uniqueness, Gandhi and other "national" leaders dismissed them as pawns in the hands of the British to divide Indians. Gandhi and his followers regarded caste as essentially benign, though some groups like Dalit's were at the sharp end of the stick. They understood caste as social stratification in an Indian avatar. Therefore, the nationalist discourse sought to de-legitimize caste and communal differences and believed that whatever grievances remained could be sorted out once India gained independence from British rule. So, in this narrative, the British rule was the problem and there was no problem that an independent India could not solve. By the early 1930s, when Ambedkar emerged as the spokesman of Dalit's and the fact was recognized by the British, Gandhi and the Congress had no option but to deal with him. That the British had their own calculations in recognizing societal cleavages is beside the point. The logic of one people under one leader caused many avoidable controversies and ego clashes but it failed to prevail. The mindset seemed to be that if the demand for justice did not exist, the problem of injustice would disappear!. This is the context in which the Dalit Question became a contingency and a distraction from the onerous task of fighting British rule. In 1931, Gandhi went to the Second Round Table Conference as one of a few dozen Indian leaders, reflecting India's diversity. Though he opposed special safeguards and separate electorates (Communal Award) for Muslims and Dalit's, the case of the latter was unacceptable to him, prompting him even to resort to a fast unto death. He believed that separate electorates would do more harm to the Dalit's. The question the Dalit's raised then, and do so even now, is: how come the Mahatma preferred death to granting some rights to the community, however imperfect those rights might be? How come the Mahatma never sought to use his brahmastra (fast unto death) in defense of Dalit's ? A bit of a chronology may be in order here. It was in the wake of the controversy over the Communal Award and the subsequent compromise (the Poona Pact) that Gandhi founded the Harijan Sevak Sangh in 1932. The following year, here launched his journal Young India as Harijan. These acts testify to the existence of a problem that he had rejected in the

first place. The Dalit's attitude to Gandhi varies from disappointment to resentment and all the way to outright rejection. It is fair to assert that most Dalit's are now indifferent to Gandhi. If the Dalit's could find a Gandhian way to their emancipation, they would have set aside Gandhi's real or perceived omissions and commissions. Alas! His world view and his prescriptions for India are out of sync with modern times. Consider, for example, the case of globalization, liberalization and urbanization which are global phenomena that are reshaping the socio-economic landscape of every country. Of the three forces, urbanization not only precedes the other two but is a precondition for them to succeed. Rural capitalism is an oxymoron. Is there a Gandhian way to urbanization? Dalit's attraction to these forces is akin to their considerable enthusiasm for colonialism, whose unintended consequence was the marginalization of the existing elite—their oppressors. Interestingly, mainstream society's opposition to these forces stems from the fact that all three are disruptive to social stability that is so valued. However, for Dalit's, that social stability amounts to the perpetuation of their subordination. Ironically, Gandhi's view that untouchability is a caste Hindu problem alone since it is a sin they commit, is not only true but places the onus on caste Hindus to practice his methods to wash off their sin. However, one doesn't hear much on this front. Though Gandhi's stand deprives the Dalit's of agency (in the sense that they are seen as mere victims of others' sins and hence incapable of helping themselves, it happily leaves them to their own devices. Since Ambedkar disapproved of Satyagraha or civil disobedience as the grammar of anarchy, Dalit's cannot even embrace Gandhian methods for their instrumental value. Gandhi's worldview, rooted in tradition and village republics, goes counter to the aspirations of Dalit's. And Satyagraha is antithetical to rule-based democratic governance. Thus, for Dalit's, Gandhi doesn't stir memories of empathy or hopes of a better future. While commenting on Karl Marx, John Kenneth Galbraith made the point that it's enough for an economist to be right for his own time. The same is true of philosophers and political leaders, however revered they may be. Gandhi's position as a Mahatma and the Father of the Nation is secure because of his stupendous leadership in achieving India's independence through peaceful means. That is no mean accomplishment and has few parallels in history. The

universal adulation he so richly deserves comes from his commitment to peace and truth at any cost. For him, these two are moral absolutes. Gandhi's sainthood, like the Motherought to be treated as the recognition of services rendered, but not his relevance into infinity, especially for Dalit's.

Akshita
267B. Ed

NATURE

Amidst the hustle and bustle of life,
Nature stands still, offering respite.
The flowers in bloom, with colors so bright,
Radiate fragrance, with all their might.
Each petal a masterpiece, a work of art,
That reflects the tenderness in every heart.
For the love that nature brings to life,
Is like a balm, soothing away our strife.
With every breeze, the leaves dance in glee,
As if to show the world what it means to be free.
And the birds chirp, with their melodies so rare,
Filling the air with a symphony, beyond compare.
In the lap of nature, we find our care,
For it offers us solace, beyond compare.
Tranquility and calm, it gives in abundance,
Filling our hearts with joy and reverence.
The trees stand tall, like a silent guard,
Offering shelter, and strength so hard.
And the rivers flow, with grace and poise,
A gentle reminder, of the beauty that nature employs.
For in nature, we find our sanctuary,
A place where the soul finds its solace and clarity.
A world full of love, care, and beauty,
That nourishes our being, like a mother's duty.
So let us cherish, the gifts that nature provides,
And preserve it, for generations to thrive.
For in its beauty, lies our salvation,
And the key to a world full of compassion.



Samridhi
B.Ed. 1; 262)

SARBAT DA BHALA

At our core, we humans are spiritual beings. Spirituality can be viewed in a variety of ways from a traditional understanding of spirituality as an expression of religiosity, in search of the sacred, through to a humanistic view of spirituality devoid of religion. "Sarbat Da Bhalā" is the final term in the Sikh prayer called the "Ardas". The words of Gurbani are: "Nanak Naam Chardhi Kala Tere Bhane Sarbat Da Bhalā.", which can be finely translated as: "Oh Nanak! Those who know their true Identity live in excellence and ecstasy! Though the power of your Bani, may everyone in the world be blessed to live in thisway! "The percept of Sarbat Da Bhalā as said by Nanak Ji is predicated on the belief in the brotherhood of man and in all men being equal heirs to God's grace permeates the entire Sikh tradition. It was exemplified in deeds of Seva – humble, self-abnegating service in the common cause and in the Guru Ka Langar- the community refectory where all sat together to share the meal, overruling distinctions of caste, creed or clime. Besides Sikhism, there too is a belief of "human welfare" in other communities as well. It can be depicted through the deeds performed by our great leaders for the welfare of humans as a whole. Beginning with Mahatma Gandhi, he was the principle figurehead of the Indian Independence movement. Gandhi followed a philosophy of nonviolence and peaceful protest, he also sought to improve conditions of women and people disenfranchised by the caste system. Talking about the champion boxer and a great character Muhammad Ali who refused to fight in Vietnam War and became a champion of civil rights and African interests. When asked how he would like to be remembered, Ali said, "As a man who tried to unite all humankind through faith and love. Coming to Christianity, Jesus Christ, spiritual teacher and inspiration of Christianity, taught a message of love, forgiveness and faith. Born in a turbulent period of roman rule, after his crucifixion, his message inspired millions around the world. Also, Bhagat Pura Singh was a great visionary, an accomplished environmentalist and a symbol of selfless service to humanity. He was the founder of all India Pingalwara Charitable society which imparts service to the poor, downtrodden, the dying and the mentally and physically handicapped people. All these great leaders contributed to the welfare of humanity in one or the other way and their sacrifices are highly applaudable. It is rightly said by someone, "Once you go on welfare, it changes you. Even if you get off welfare, you never escape the stigma that you were a charity case. You are scarred

for life." The ultimate aim should be to obtain Chardhi Kala for universal welfare (Sarbat Da Bhala). Such an idea of universal welfare goes a long way in the propagation of love, friendship and humanitarianism equally in all the communities of the world to spread the idea of oneness, universal brotherhood and the spirit of mutual co-operation in all in a multicultural diasporic setting. "Lokasamgraham evapi" is the word used: For the welfare and solidarity of the world, do your duty, is the great admonition of Bhagavan Shri Krishna in the Gita. The highest test of spirituality is "Do good to those who have done wrong to you." Spirituality is not a joke to crack, it's a reality of life which we have to live. Involvement in the welfare of others is an essential element of the spiritual and moral ideal. It is equally important for us to know the unsung heroes of our country who are impacting thousands of lives, changing the way we think and making India a truly better place. Some of them are Jadav Payeng, Rajendra Singh, Sindhutai Sapkal, Prakash Kaur, Sudhanshu Biswas and many others who are serving the human race in an astounding way. "Being human is given but keeping humanity is a choice". "Who we are as human beings, if we ignore the sufferings of others?" I want to share the great deeds performed by two of our unsung heroes i.e. Sindhutai Sapkal and Rajendra Singh. A social worker, a social activist, "Mother of Orphans", she is Sindhutai Sapkal, known for raising orphan children. A living legend, she has helped more than a thousand impoverished children with a smile on her face, and with courage and determination, she uses all the money that she receives from charity in helping and providing education to orphans. Thus she has been rightly named the "Mother of Orphans". We salute this great lady. Also, Rajendra Singh known as a hero in the state of Rajasthan. A water conservationist from Alwar district in Rajasthan, he is known to have revived five rivers that had been dried up for years. His exceptional work has given him the nickname, "Waterman of India". He has also been awarded the "Noble prize for Water" and The Guardian magazine named him amongst its list of "50 people who could save the planet". So, I conclude by saying that social activity for the welfare of others has a spiritual meaning. It is a Sadhana, provided the universal element is present. If it is not present, if the universal element is totally absent in our activity; social welfare, work has no connection with spiritual life. In John Comenius's words, "Let us have but one end in view, the welfare of humanity, and let us put aside all selfishness in consideration of language, nationality or religion".

Deepali

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ECO Club 2nd Year (2022-23)



Electoral Literacy Club 1st Year (2022-23)



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B. Ed. Section B (2022-23)



PGDG & C (2022-23)



**हिन्दी विभाग
2022-23**

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सम्पादकीय

'साहित्य समाज का दर्पण है' समाज में जो कुछ भी घटित हो रहा है वह समस्त साहित्य में समाहित होता जाता है और अंततः को दिशा निर्देश देने का कार्य करता है तथा साथ ही साथ वह धरोहर बनता और बनाता भी है इसलिए साहित्य जीवन का अभिन्न अंग है। महाविद्यालय पत्रिका के प्रकाशन के निर्णय से अत्यधिक सुखद अनुभूति हो रही है। पत्रिका एक ऐसा साहित्य का माध्यम है जिसमें साहित्य की समस्त विधाओं की रचनात्मक अभिव्यक्ति को यथायोग्य स्थान मिल जाता है। निबन्ध, कहानी, कविता, संस्मरण आदि विधाओं का प्रस्तुतीकरण सृजनात्मक धरातल पर सामाजिक, सांस्कृतिक, राजनैतिक, आर्थिक, नैतिक, मनोवैज्ञानिक, समसामयिक समस्याओं से संयुक्त किया जाता है। महाविद्यालय के उदीयमान भावी प्रशिक्षक शिक्षक और शिक्षिकाएं की बौद्धिक, मानसिक, तार्किक क्षमताओं का चरमोत्कर्ष सृजनात्मक विकास शिक्षा के द्वारा होता है और महाविद्यालय पत्रिका शिक्षार्थियों की सृजनात्मक, रचनात्मक और क्रियात्मक क्षमताओं का दर्पण होती है। जिसमें अतीत का आंकलन, वर्तमान का संकलन और भविष्य की योजनाओं का क्रियात्मक अन्तर्सम्बन्ध अध्ययन प्रक्रिया है। अच्छा साहित्य जीवन को विस्तार ही नहीं देता बल्कि सम्वेदशीलता का उन्नयन, उत्थान और परिष्करण कर नए दृष्टिकोण को प्रसूत करता है।

आज के इस प्रतिस्पर्धात्मक, यात्रिक एवं वैज्ञानिक युग में कुछ पल पठन, पाठन और लेखन के लिए सुनियोजित करना मन मस्तिष्क की सुचिता बनाये रखने के लिए हितकारी और कल्याण साधक है। इस जैविक सृष्टि के अन्नर्गत मानवीय जीवन की विशिष्टता और दायित्व इस बात में है कि वह सृजन और संचरण के द्वारा मानव मूल्यों को चरम से परम की ओर ले जाने का विशुद्ध परिष्कारनात्मक मापक है और पत्रिका वैचारिक, व्यावहारिक उत्स का विवरणात्मक आलेख है। प्रत्येक आलेख वैचारिक चिंतन का अन्वेषणात्मक माध्यम रहा है और वर्तमान में है और रहेगा। अपने संश्लिष्ट गठन के माध्यम से उत्पन्न विविधता और विस्तार से जीवन में तथ्यपरक मूल्यों की अनुभूति निष्पादित करने के दायित्व का निर्वहन करना पत्रिका का यथार्थ उद्देश्य है। यात्रिकता के विकास के कारण मानव जीवन में पारस्परिक सम्प्रेषण का क्षरण होता जा रहा है। जीवन में भोगे यथार्थमय अनुभवों को शब्दायित, आख्यायित और व्याख्यायित करने का सबल और सचेष्ट माध्यम पत्रिका है।

पत्रिका में संग्रहीत युवा सृजकों की सम्वेदनात्मक और मौलिक विचारधारा विभिन्न विधाओं में प्रतिपादित है। प्रत्येक जीव का अपने जीवन को जीने का अन्य से पृथक दृष्टिकोण होता है। सबकी विचारधारा से सबका सहमत होना सम्भव नहीं है। सबकी आयायित को संशोधित व्यक्तिगत अनुभूतियाँ हैं उनको कागज पर उकेरने की क्षमताएं हैं। पत्रिका इन विविधताओं का भविष्य के लिए एक पारदर्शी संघटनात्मक आलेख है। इसमें समस्त प्रशिक्षक शिक्षक और शिक्षिकाओं के जीवनो से जुड़े वे तथ्य हैं जिनको उनके द्वारा अनुभूतियों का समावेश किया गया है। इसमें युवा एवं प्रौढ़ सृजकों के सृजन का रसास्वादित करने की क्षमताओं का प्रतिस्फलन है। अंततः लेखन किसी भी रचनाकार की विचारधारा की सम्वेदनात्मक अनुभूतियों को अधारोपित, सुनियोजित, प्रस्तावित और प्रकाशित करने की विवशताओं और बाध्यताओं को तथ्यात्मक तथा कथ्यात्मक मान्यताओं की अभिभूतनात्मक प्रस्तुती है।

डॉ कुसुम

सम्पादिका (हिन्दी विभा)

छात्रा सम्पादकीय

जिस प्रकार दर्पण में हमारा प्रतिबिंब झलकता है , ठीक उसी प्रकार साहित्य में समाज का प्रतिबिंब झलकता है । साहित्य में समाज को समाहित करने की शक्ति विद्यमान होती है । साहित्य समाजिक संस्कृति , सामाजिक व्यवस्था, परंपरा, परिवर्तन ,भाषा ,अर्थव्यवस्था , रीतियां व कुरीतियां आदि प्रत्येक क्षेत्र से संबंधित होता है । लेखक अपनी कलम को तलवार बनाकर समाज में फैली कुरीतियों अव्यवस्थाओं व भ्रष्टाचार पर पुरजोर प्रहार करता है । साहित्य ऐसा दीपक है जो समस्त संसार को रोशनमय करता है । साहित्य का इतिहास नवीन नहीं बल्कि युगों पुराना है इसे अनेक विधाएं एवं अनेक भाषाओं में लिखा जाता रहा है । प्राचीन काल में संस्कृत भाषा में साहित्य की रचनाएं होती थी जिसकी अमिट छाप आज के युग में भी ज्यों का त्यों हैं ।

आधुनिक युग में भी साहित्य पढ़ने व लिखने का व्यापक प्रभाव दिखाई देता है सभी शिक्षण संस्थानों में साहित्य के प्रति रुचि बढ़ाए जाने के लिए कई कार्यक्रम चलाए जाते हैं । राजकीय शिक्षा कॉलेज सेक्टर 20 डी (चंडीगढ़) ने प्रत्येक विद्यार्थियों व शिक्षकों को इस पुस्तिका के माध्यम से अपनी रचनाओं को प्रस्तुत करने का बेहतरीन मौका दिया है मैं सभी लेखकों का सहृदय स्वागत करता हूँ ।

शिवम् झा

बी.एड प्रथम सत्र

कुछ करना है

कुछ करना है, तो डटकर चल,
थोड़ा दुनियां से हटकर चल,
लीक पर तो सभी चल लेते हैं,
कभी इतिहास को पलटकर चल।
बिना काम के मुकाम कैसा,
बिना मेहनत के दाम कैसा,
जब तक न हासिल हो मजिल
तो राह में, आराम कैसा।
अर्जुन सा, निशाना रख,
मन में, ना कोई बहाना रख,
लक्ष्य सामने है बस,
उसी पर अपना ठिकाना रख।

कुसुम लता
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जरा सोचो तो

जो मांगा वही मिल जाए जरूरी तो नहीं,
देने वाला भी मान जाए जरूरी तो नहीं,
रोते हो किस्मत पे कि मुझको कम मिला है,
सब मिलके भी दिल भर जाए यह जरूरी तो नहीं।
अगर सामने आई कभी तो मुश्किलें,
मिटटी में इन आखों के आँसू क्यों मिले।
रोने से क्या आसान होगी मुश्किलें,
तेरा हर बात में रोना जरूरी तो नहीं
क्यों नहीं सच्चाई को दिल मानता है,
क्यों तू खुद को ही झांसे में डालता
बंद आखों से न रात आएगी,
हर रात चाँदनी छाए जरूरी तो नहीं।
छोटे से गम में ही क्यों घायल हो गया,
मजिल पे पहुँचना है तो ये जान ले,
रास्ता सही मिल जाए जरूरी तो नहीं।

हिमाजी

यदि तुम चाहते हो..

यदि तुम सीखना चाहते हो, तो अच्छी आदतें सीखो।
यदि तुम जीना चाहते हो, तो साधारण और पवित्र जीवन जीओ।
यदि तुम परखना चाहते हो, तो स्वयं को परखो
यदि तुम बोलना चाहते हो तो सज्जनता से बोलो।
यदि तुम देना चाहते हो, तो दयालुता दो।
यदि तुम छोड़ना चाहते हो, तो बुरे कर्मों को छोड़ो,
यदि तुम लेना चाहते हो तो ईश्वर कृपा लो।
यदि तुम प्रेम करना चाहते हो, तो अपनी मातृभूमि से करो।

गरिमा
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प्लास्टिक की थैलियों पर प्रतिबंध लगाने के 10 कारण

प्लास्टिक की थैलियों से मनुष्य संकट का सामना कर रहा है। वे अपनी व्यावहारिकता और बहुमुखी प्रतिभा के बावजूद पर्यावरण के लिए सबसे बड़े जोखिमों में से एक है। चीन जैसी सरकारों ने प्लास्टिक पर प्रतिबंध लगा दिया है और अन्य ने इस प्रकार के बैगों का उपयोग करना अवैध बना दिया है। कई आवेदनों के बावजूद प्लास्टिक की थैलियों पर प्रतिबंध लगाने के कारणों में कोई कमी नहीं आई।

1. प्लास्टिक की थैलियाँ भूमि और जल को प्रदूषित करती हैं।
2. प्लास्टिक गैर नवीकरणीय स्रोतों से बने हैं।
3. उन्हें उत्पादन के लिए बहुत अधिक ऊर्जा की आवश्यकता होती है।
4. प्लास्टिक की थैलियाँ जहरीली होती हैं।
5. प्लास्टिक की थैलियाँ जंगली और समुद्री जीवन के लिए खतरनाक है।
6. प्लास्टिक की थैलियाँ मानव स्वास्थ्य के लिए हानिकारक हैं।
7. प्लास्टिक की थैलियों को रिसाईकल करना आसान नहीं होता।
8. प्लास्टिक की थैलियों का भारी मात्रा में उत्पादन होता है।
9. लैंडफिल में प्लास्टिक की थैलियों का बड़ा योगदान है।
10. बैन प्लास्टिक बैग कचरे को कम करता है।

पारस शर्मा
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दुश्मनी करो या प्यार करो

दुश्मनी करो या प्यार करो,
जो भी करो बेशुमार करो।
दुनियां मज़ाक बनाती है तुम्हारा,
तुम खुद पर ऐतबार करो।
मेहनत करके हाथ नाकामी आयी,
घबराओ मत थेड़ा सा इंतजार करो।
वक्त बदलेगा जरूर बदलेगा,
तुम कोशिश अपनी जोरदार करो।
जीत - हार की मत सोचो,
सांस भरो और प्रहार करो।
मानेगी ये दुनियां लोहा तुम्हारा
तुम कर्म ऐसा असरदार करो।
सूर्य हमेशा अस्त नहीं रहता,
अपनी उजड़ी बस्ती गुलज़ार करो।
अतीत के आसू मत संभालो,
छोड़ो अब वर्तमान स्वीकार करो।

प्रलय

घोर निशा में मेघों का गर्जन,
कड़क रही बिजली भी तगड़ी,
झंझावत तेज वेग में बहती,
अकिंचन प्रलय का संकेत देती।
अचभित करती अनायास की वर्षा,
हे इन्द्र क्यों तू हम पर गर्जा,
न है यहां कोई मानुष अवतारी,
जो बन जाए गोवर्धन गिरधारी।
ध्रुव तारा बैठ गया मुँह छुपाए,
काले मेघों में शशांक बेचारा घिर जाए,
घर ले जाते बच्चे गिरते ओले चुनकर,
क्षण में डर जाते वे गर्जन को सुनकर।
गगनचर का डेरा उड़ जाता,
राह के कुकुर भी आश्रय खोजे,
चारों ओर विकल सबके प्राण है,
हे प्रभु तुम्हारे चरणों में ही प्राण है।

मैं हार नहीं मानूंगा...

मैं हार नहीं मानूंगा, मैं हार नहीं मानूंगा
चाहे जितनी मुशिकलें आएँ, मैं हौंसला नहीं हारूंगा।
मैं हार नहीं मानूंगा.....
सौ बार गिरूंगा, सौ बार खड़ा हो जाऊंगा,
जीतते जीतते अगर हारा, तो हारते - हारते जीतऊंगा।
आशाओं के दीप संजोए रखे हैं मैंने, मैं मजिल ज़रूर पाऊंगा।
मैं हार नहीं मानूंगा.....
मैं हार नहीं मानूंगा.....
भीड़ से होकर अलग नया कुछ कर जाऊंगा,
मिले न फूल तो क्या हुआ, मैं कांटों से आंगन सजाऊंगा।
खुशी की नहीं हसरत मुझे, दुखों के इस बवंडर में,
मैं आसूओं में तैर कर, हर बवंडर पार कर जाऊंगा।
मैं हार नहीं मानूंगा.....
मैं हार नहीं मानूंगा.....

मृत्यु

क्षण - प्रतिक्षण मन व्याकुल होता, वातावरण भी तब शोकाकुल होता,
स्पंदन भी मंद हो जाती, वाणी की लय बंद हो जाती।
मस्तिष्क में स्मृति आती पुरानी, था मीठा बचपन और रंगीन जवानी,
कुछ पापों का एहसास भी होता, ऐसा अंतिम श्वास में होता।
चक्षुओं में अपनों का चेहरा आता, होले से अधियाले का पहरा छाता,
धन दौलत भी धरे रह जाते, कोई काम न आता सब खड़े रह जाते।
फिर छाती एक किरण सुनहरी, आता दिखता मृत्यु का प्रहरी,
ठंडे हाथ पैर हो जाते, समाप्त शत्रुओं से बैर हो जाते।
शून्य स्पन्दन की गति हो जाती, जीवन मृत्यु की रति हो जाती,
प्राण अकाश गंगा में खो जाता, मानुष अटूट निन्द्रा में खो जाता।
चारों ओर लोगों का रोदन होता, आरथी का बोझ फिर कांधा ढोता,
देह पंचतत्व में विलीन हो जाता, मानव फिर अतीत में लीन हो जाता।

शिवम झा
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जाने कौन....

इस शुन्य विकल हृदय में,
जाने कब किसका बसेरा होगा।
काली रात्री करती अधीर मन,
जाने कब मनमोहक सवेरा होगा।
जाने कौन? कब झंकृत करेगा,
अपनी मधुर अनुभूति से मन को
रूह - रूह में बसकर कौन?
स्पर्श करेगा मृदुल हाथों से तन को।
जाने कौन?
विरान भूमि पर नए उपवन खिलाएगा,
जाने कौन अपनी अनोखी खुशबू से
मेरा सूना आंगन महकाएगा।
जाने कौन, जाने कौन, जाने कौन ?

सुन्दरम झा

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भारत: विविधता में एकता

भारत में न सिर्फ हिन्दु बल्कि और भी अन्य बहुत से धर्म हैं। हर धर्म की अपनी अपनी संस्कृति है। भारत में हर धर्म, हर संस्कृति, हर जाति का आदर किया जाता है। भारत में अनेक प्रकार की विविधताएँ होने के बाद भी भारत के सभी नागरिक एक साथ मिलकर हर त्योहार मनाते हैं। भारत के नागरिक हर विविधता के परे जा कर हर त्योहार को साथ मनाते ही हैं परन्तु हर मुश्किल स्थिति में भी साथ रहते हैं।

तभी तो भारत के लिए कहा जाता है:-
विविधता में एकता

रविन्द्र कुमार

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आंसू पोंछ लो....

अंधकार से सवेरा भयभीत नहीं होता,
बिना शब्द बिना ताल के गीत नहीं होता,
माना तुम दुविधा में हो,
असहज परिस्थिति, असुविधा में हो,
मस्तिष्क धिरा है चिन्ता की लकीरों से
क्या चिन्ता को चिन्ता बनाओगे? सोच लो!
उठो, आंसू पोंछ लो!
इतिहास भूले हो तो याद करो,
बिना प्रयत्न के ना फरियाद करो,
विपत्ति देख क्यों कांप रहे हो?
उसे स्वयं से ऊपर क्यों आंक रहे हो?
भयभीत होकर क्या साँसें अंतिम करोगे?
क्या अपना का तुम सर्वनाश करोगे? सोच लो!
उठो, आंसू पोंछ लो!

रावण - कंस थे बड़े अभिमानी
विश्व प्रसिद्ध हैं इनकी कहानी
राम और कृष्ण रूप में प्रभु लिए अवतार
दोनों दुराचारियों का किया संहार
सवेरा चाहिए तो आँखे खोलना होगा
जीना है तो क्या छोड़ना न होगा? सोच लो!
उठो, आंसू पोंछ लो!, उठो, आंसू पोंछ लो!

सुन्दरम झा

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जिन्दगी हार नहीं

जिन्दगी हार नहीं साथियो,
जिन्दगी हार नहीं,
मनुष्य है गलतियों की कठपुतली,
उठकर गिरना, गिरकर उठना,
यही तो है जीवन की कहानी।

फिर भी जीतता वही,
जिसने हिम्मत न हारी,
जिन्दगी हार नहीं साथियो,
जिन्दगी हार नहीं
देखा है सबने सुनने में आता,
पहाड़ रोक लेते तूफानों से रास्ते,
नदियां बना लेती पहाड़ों से रास्ते,
यदि प्रकृति भी हिम्मत न करती,
तो क्या कभी सूरज अपनी चमक दिखा पाता?

रस्सी से घिस - घिसकर,
पत्थर टूट जाते हैं,
हिम्मत से तो बड़े - बड़े
पहाड़ कभी - कभी जीवन की मुश्किलें,
हिम्मत की हदें तोड़ देता है,
दुख के सागर, मेहनत का रास्ता मोड़ देती है।

फिर भी जुबान से, निकलते हैं शब्द यहीं कि,
ऐ जिन्दगी! मैं कायर नहीं।
मुझमें भी है कुछ ज्ञान,
थोड़ा वक्त दे मुझे,
मैं भी भरूंगा ऊंची उड़ान।
मैं भी भरूंगा ऊंची उड़ान।

उज्जल खास

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आंचल में कटार

लक्ष्मी बाई की कहानी बड़ी सुनी सुनाई,
बारी अब इसपर अमल करने की आई।
तोड़ दो अपनी स्वामोशियों को, लेकर तुम दुर्गा का अवतार
अब लाज तुम्हारी तभी बचेगी,
जब रखोगी अपने आंचल में कटार
आसुँओं की मंदाकिनी अब मत बहाना,
खुदको सुदृढ़ कठोर अब अवश्य बनाना,
जाने किस मोड़ पर दुशासन बैठा हो करने एक और नया दुराचार
अब लाज तुम्हारी तभी बचेगी,
जब रखोगी अपने आंचल में कटार।
हाँ सुरक्षित हो तुम कोमलता से
हृदय भरा हुआ तुम्हारा ममता से
किन्तु कलयुग काले लोगों से फैला हुआ है।
तुम्हारी रक्षा के लिए न कोई लेगा अवतार
अब लाज तुम्हारी तभी बचेगी
जब रखोगी अपने आंचल में कटार।

सुन्दरम झा

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बेटियाँ

कहते हैं जिस घर में बेटियाँ होती हैं वो घर-घर नहीं स्वर्ग होता है। बेटियाँ घर की लक्ष्मी होती हैं। जिस घर में बेटियाँ हों वहाँ देवताओं का वास माना जाता है। यह हम सब जब से सृष्टि का सृजन हुआ है तब से जानते हैं लेकिन इसके बाद भी कुछ लोग बेटियों को बोझ मानते हैं। बेटियों को कोख में ही मार दिया जाता है। लोग यह क्यों भूल जाते हैं कि यह संसार बेटियों ने ही उपजाया है। यदि बेटियाँ ही नहीं होंगी तो इस संसार का विनाश हो जाएगा। जिस घर में बेटियों को मान-सम्मान दिया जाए, जिस घर में बेटियों को प्यार दिया जाए उस घर में हमेशा खुशियाँ, सुख एवं समृद्धि रहती है। बेटियों से ही घर-घर लगता है। ऐसा नहीं है कि बेटियों के बिना घर घर ना लगे लेकिन बेटियों की हंसी उनकी चहकाहट घर को खुशियों से भर देती है। सरकार ने बेटियों के कई अभियान चलाए जो सफल भी रहे हैं, जैसे कि बेटे बचाओ, बेटे पढ़ाओ, भ्रूण हत्या पर रोक और उसके लिए कई कठोर कानून। बेटियों की शादी के लिए कन्यादान योजना आदि। बेटियों से ही घर स्वर्ग है, बेटियाँ हैं तो घर है।



मुसकाब वर्मा
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पिता

तू दीपक सा बन, घर को रोशन करता है,
मौसम की फिक्र किए बिना,
तू दिन-रात मेहनत करता है।
तेरी तुलना क्या करूँ सूरज से,
तू खुद के प्रकाश से, मेरे जीवन को रोशन करता है।
खुद के पैर काम कर-कर,
छाले पड़े हों, फिर भी, तू मेरे छोटे-छोटे घाव पहले भरता है।
खुद के पेट को गाँठ बांध, तू पेट मेरा भरता है,
मेरे बच्चे की फिक्र न हो किसी चीज़ की।
यह सोच-सोच वह भी चिंतित रहता है।

खुद की तलाश बाकी है

एक खुदा रहनुमा है मेरा और एक इबादत काफी है
मेरे अलावा कोई गैर नहीं यहाँ,
बस इस दिल को खुद की तलाश बाकी है।
जितनी भी शिकायत है, खुद से करो दोस्तो,
दुनियाँ से लड़ना कौन सी शाबाशी है।
वक्त मिला है तो हंस के गुज़ार लो,
गुज़रे ज़माने की यहाँ बस स्वाक बाकी है।
आदमी को हुस्न और हुस्न को दौलत
पागल करने को ये बदनियत काफी है।
इश्क की रहनुमाई सबके नसीब में नहीं,
यूँ मोहब्बत में मरना भी यहाँ इत्तेफाकी है।
लाओ अगर मोड ले आओ मेरे बिछड़े यारों को,
उनके बिना सब रौनकें ना काफी है।
कह कर आई हूँ कि वापस लौट आऊंगी,
अभी मेरा आखरी इम्तेहान बाकी है।
तूफानी हवा सा चलना है मेरी फितरत में,
यूँ मेरा खुद में सिमट जाना तो बाकी है।
तुम मिल गए तो बहुत खूब गुज़रेगी
कोई दास्ताँ सुनाओ, अभी तो रात बाकी है।
खुशी और गम के अलावा भी है जिन्दगी,
एक खुदा रहनुमा है मेरा और एक इबादत ही काफी है।
मेरे अलावा.....बाकी है।

पूजा पाण्डेय
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मैं उसका क्या अहसान चुका पाऊँगा
जो अपने जीवन के सुख-चैन छोड़
मेरे जीवन में खुशियाँ बिखेरता है।
खुश हो जाता है अंतर्मन मेरा
जब आशीर्वाद देते हुए, मेरे सिर पर हाथ वह फेरता है।

नीतिश कुमार झा
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आज़ादी की कहानी

1857 में आया एक तूफान,
ले डूबा जो भारत का हर एक नौजवान।
उन वीरों ने लगा जान की बाज़ी,
ना होने दी अंग्रेजों की हुकूमत राज़ी।
धरती रंगी उनके ही खून से,
चूम लो इस माटी को तुम उसी जुनून से।
लाल बाल और पाल की है ये कहानी,
सुनो इसे एक सच्चे हिंदुस्तानी की जबानी।
जब छाया ईस्ट इंडिया का कहर,
तब उठी गुलामी की लहर।
हुआ शुरू मौत का काफिला,
खून की नदियों से सारा हिंदुस्तान हिला।
कोशिश कर कर भी हुए नाकाम,
फिर भी न मिल पाया आज़ादी का पैगाम।
हर एक ने हुकूमत के खिलाफ आवाज़ उठाई,
हुई शुरू आज़ादी की यह लड़ाई।
जब किया अंग्रेजों ने जलियांवाला पर हमला,
फिर भी देश भगतों का इरादा न बदला।
फिर पैदा हुए भगत, सुखदेव, राजगुरु जैसे वीर,
दिया उन्होंने हुकूमत का सीना चीर।
लगाया खुंकार आवाज़ से इंकलाब का नारा,
अंग्रेजों की हुकूमत को मूंह के बल दे मारा।
हुआ शहीदों का सपना साकार,
मिला हमें स्वतंत्रता का उपहार।
इस महान दिवस को हम आज भी मनाते हैं,
सबको उन वीरों की कुरबानी याद दिलाते हैं।
आओ मिलकर फिर से उन्हीं पलों को यादकर,
मन से बस एक बात बार - बार निकले
वदे मातरम् - वदे मातरम्

ईशा दुग्गल
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सोशल मीडिया और सामाजिक मूल्य

“मखमली सोफे पर बैठे, कलम चलाना आसान है क्या?
दिनभर सोशल मीडिया में घूसे रहना दिमाग खराब है क्या?”
सोशल मीडिया करते हो, क्या सोशल मीडिया पर ही मरते हो?
बाहर निकल सोशल से तुम कुछ ख्वाब हकीकत करना है।”
चाहत रखो जीने की तुम सब कुछ करके दिखलाओगे,
सोशल मीडिया से तुम दूर तो जाओ, ख्वाब हकीकत पाओगे।”
बैठे हो तुम दोस्त बनाए सोशल मीडिया के हथियारों से,
हुई जरूरत अगर तुम्हें तो हो जाओगे बेकारों से।
सच कहता हूँ मान लो कहना दूर रहो इन बहकावों से,
जीना है जीवन अच्छा तो साथ चलो अपनातों से।”



सोशल मीडिया का जैसे ही हुआ हमारे जीवन में वेल्लकम,
तब से मोबाईल लाइफ शुरू, सोशल लाइफ खतम।
ट्विटर, व्हाटसप, फेसबुक पर पूछा जाए सवाल,
बंदा इमोजी डाल बता देता है कितना है बेहाल।
टेढ़े मेढ़े मुँह बना सैल्फी तो लड़कियां करे पोस्ट,
फिर मुँह फूलाए जब, कमेंट न आए मोस्ट।
क्या खाया, क्या खायोगे इसका भी करते प्रचार,
भला हो क्या निकाला इसका तो ना दिया समाचार।
ऐसे हर किसी का सोशल मीडिया पर हंसी सफर जारी,
कुछ होके भी शादी शुदा बताए खुद को बाल ब्रहमचारी।
बच्चे, बूढ़े और जवान सब सोशल मीडिया पर बिजी,
कोई सिर खुजलाए, कोई दिखाए बत्तीसी।
तो कलरफुल हुई जिंदगी जो थी ब्लैक एंड व्हाइट
बोले व्हाटसप पर मॉर्निंग फेसबुक गुड नाईट
झोपड़ी से लेकर महल की परियां यहां मिले,
देख देख कर जिनको लोगों का दिल हिले।
हिला दिया सोशल मीडिया ने इस तरह पूरा जीवन,
सुख पा रहा है यूजर, दुख झेल रहा परिजना।
ऐसे यूज - मिसयूज कर तूने बदला मेरा इंडिया,
दिल दिमाग अब दोनों लट्टू, वाह रे सोशल मीडिया।

पूजा पाण्डेय
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ऑन लाइन शिक्षा के लाभ और हानियाँ

जैसा कि हम सभी को पता है कि आज के युग में मोबाइल फोन और इंटरनेट की बहुत बड़ी भूमिका है। हर छोटी से छोटी चीजें इंटरनेट के माध्यम से पूर्ण की जाती हैं और इसका सबसे ज्यादा प्रभाव विद्यार्थी जीवन पर पड़ रहा है। इसका सबसे अच्छा उदाहरण “कोरोना काल” को माना जाना चाहिए, जब सारी शिक्षाएँ इंटरनेट के माध्यम से ऑनलाइन की जा रही थी।

लाभ : ऑनलाइन शिक्षा का सबसे ज्यादा लाभ “दसवीं” और “बारवीं” कक्षा के छात्रों को मिला, उन्हें तैयारी करने का पूरा समय मिला और ऑनलाइन शिक्षा के माध्यम से वो देश के किसी भी कोने में मौजूद शिक्षक से ज्ञान ले सकता था। ऑनलाइन शिक्षा से विद्यार्थियों को अन्य चीजें करने का अवसर भी मिला और समय का सदुपयोग भी हुआ।

हानियाँ : ऑनलाइन शिक्षा का सबसे बुरा प्रभाव छोटे कक्षा के छात्रों पर पड़ा, जहां वो दिन में 2 घंटे खेला करते थे ऑनलाइन शिक्षा के दौरान उन्हें पूरा दिन खेलने को मिला। छोटी कक्षाएँ देश के भविष्य की नींव होती है, अगर वो ही कच्ची पड़ जाए तो आगे का भविष्य खतरे से खाली नहीं। कुछ विद्यार्थी तो ऑनलाइन शिक्षा के बहाने से मोबाइल फोन का गलत इस्तेमाल भी करते थे। पढ़ने की जगह गेम खेलना, इंटरनेट चलाना इत्यादि। सबसे ज्यादा मुश्किल शिक्षकों को हुई ऑनलाइन पढ़ाते वक्त बच्चों की शरारतें झेलना, इंटरनेट कनेक्शन में दिक्कत आना आदि।

अतः: मैं लिखना चाहूँगी कि स्कूल शिक्षक की जगह एक मोबाइल, या कंप्यूटर कभी नहीं ले सकता। एक बच्चा जब स्कूल जाता है तो बहुत सी नई चीजें सीखता है, चाहे वो पढ़ना हो, खेलना, नृत्य, कला, गाना इत्यादि।

ऑनलाइन शिक्षा के माध्यम से पढ़ाई तो हो रही थी लेकिन जो छोटी-छोटी बातें गुरु हमें हर रोज़ स्कूल में सिखाते हैं वो ऑनलाइन में संभव नहीं है।

इसका सबसे बड़ा प्रभाव छोटी आय/छोटे वर्ग के माता-पिता और विद्यार्थियों पर पड़ा, कुछ लोग इतने सक्षम थे कि वो अपने बच्चों को मोबाइल फोन दे सकें परंतु कुछ माता-पिता ऐसे भी थे जो आर्थिक तंगी के कारण अपने बच्चों को मोबाइल उपलब्ध नहीं करवा सकते थे। कुछ माता-पिता को तो ज्ञान था कि ऑनलाइन कैसे काम किया जाता है, बच्चों को इसका सही इस्तेमाल कैसे करवाना है, लेकिन कुछ माता-पिता ऐसे भी थे जिन्हें ऑनलाइन कार्य एवं शिक्षा के बारे में ज्यादा ज्ञान नहीं है उनको सबसे बड़ी समस्या ये आ रही थी कि छोटे बच्चे को ऑनलाइन कक्षा में कैसे पंजीकरण करवाया जाए और मोबाइल का इस्तेमाल कैसे किया जाए।



दिव्या बेगी

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Red Ribbon Club (2022-23)



Placement Cell (2022-23)



Red Ribbon Club (2022-23)



**Government College of Education, Sector 20-D, Chandigarh
NSS National Camp Participants Year (2022-23)**



**Government College of Education, Sector 20-D, Chandigarh
Human Right & Peace Education Year (2022-23)**



**Government College of Education, Sector 20D, Chandigarh
Literary and Cultural Society 1st Year (2022-23)**



NSS Camp

2022



NSS Camp

2022



ऑनलाइन शिक्षा के लाभ व हानियाँ

कविता

शिक्षा का विकास हुआ है,

ऑनलाइन का आगाज़ हुआ है,

किताबों, पोथियों से आगे

ई-किताबों का आगाज़ हुआ है।

कंधों पर लटकाकर झोले

बच्चे स्कूलों को जाते हैं।

शिक्षक फिर उन्हें सब विषय

किताबों से पढ़ाते हैं।

कुछ न समझ आए तो

बच्चे कुंजी लेकर जाते हैं

पर ऑनलाइन की शिक्षा में

गुग्गल से लाभ उठाते हैं।

ऑनलाइन की शिक्षा ने एक नया

इतिहास बनाया, महांगारी के समय

बस बच्चों को शिक्षा का पाठ पढ़ाया

घर बैठे बच्चे, लैपटॉप और फोन पर शिक्षा पाते हैं

कुछ ना समझ आने पर

रिकार्ड लैक्चर पर जाते हैं।

कुछ उनको भी लाभ हुआ, जो रोज़ न पढ़ने जा पाते हैं

ई-शिक्षा के माध्यम से वे सब पढ़ पाते हैं।

दूर प्रदेश का हो छात्र या हो घर की गृहिणी की बात

कुछ वो भी जो नौकरी पर जाते हैं

ऑनलाइन शिक्षा के लाभ से शिक्षा का आनंद पाते हैं

ऑनलाइन के माध्यम से शिक्षक

बच्चों को नई नकनीक सिखाते हैं

किताबी शिक्षा से आगे भी ऑनलाइन में नया ज्ञान पाते हैं

शिक्षा का विकास जन-जन तक पहुँचाते हैं।

ये तो थे कुछ ऑनलाइन के लाभ

अब करते हैं हानियों की बात

ऑनलाइन की शिक्षा पाकर

छात्र स्कूल के मूल्यों से वंचित हो जाते हैं।

कॉपियों, किताबों से वह प्रेम नहीं कर पाते हैं।

हाथ उनके 'की-बोर्ड' पर बस थमे रह जाते हैं।

शिक्षा का मूल्य तो बच्चे स्कूलों में सीख पाते हैं?

आदर्शों की बाते, नैतिक मूल्यों का चोला

अब न वो ऑनलाइन कर पाते हैं।

कंप्यूटर के आगे मोटे चश्मे लगाते हैं,

हर तबके के लोग न इसका लाभ उठा पाते हैं।

ऑनलाइन की शिक्षा को न वो समझ पाते हैं।

माना शिक्षा का विकास हुआ है,

ऑनलाइन का आगाज़ हुआ है।

परन्तु अब भी कुछ त्रुटियाँ हैं उनको

दूर भगाना है देश के हर प्रदेश में

शिक्षा का उजाला लाना है।

ऑनलाइन की शिक्षा तो देगे पहले

बच्चों को उनका प्रयोग सिखाना है

हर घर शिक्षा होगी यह सदेश फैलाना है।

स्वकविता

रोल नंबर 248

इस वैश्वीकृत दुनिया में सांस्कृतिक विरासत को बनाए रखना

वैश्वीकरण श्राप नहीं एक मौका है

यह दुनिया की एक नई नौका है

जिसमें सवार होकर हम जाएंगे दूर तक

बनाएंगे और सवारेंगे अपनी विरासत

वैश्वीकरण दुनिया जिसके बारे में सब जानते हैं आज कल। हमारे बुजुर्ग उसे एक अभिशाप के रूप में देखते हैं। पर क्यों? क्योंकि वह भी मजबूर है, क्योंकि जिस विरासत को उन्होंने संभाल कर रखा क्या वह आज विलोप हो रही है। हमें जो मिला है विरासत में हम उसे खो रहे हैं और सांस्कृतिक विनाश की ओर बढ़ रहे हैं।

पर अभी ज़्यादा देर नहीं, हम लौट कर आ सकते हैं

थाम कर विरासत का हाथ, उसे दुनिया में बढ़ा सकते हैं।

अगर हम देखें आज का समाज, तो यहां कुछ भी विलोप होना आसान नहीं, चाहे ये दुनिया बहुत बड़ी है पर वैश्वीकरण दुनिया में सब एक दूसरे से जुड़ा है। अगर हम समंदर के इस पार से उस पार की जानकारी ले सकते हैं तो हम अपनी सभ्यता को भी तो ऐसे बढ़ा सकते हैं। ज़रूरत है तो सिर्फ उस प्रेम की, उस लगाव की जो हमें हमारी विरासत और हमारी सभ्यता से होना चाहिए।

विरासत में पाया है उस किस्मत को, जिसमें जन्में हैं सब महापुरुष यहां
खेल से लेकर शिक्षा तक, सब कुछ अमूल्य अनमोल यहां

हम क्यों भूल जाते हैं कि जिस गौरव से हम भारत देश के वासी खुद को कहते हैं, वो गौरव विरासत ने ही दिया है। सिर्फ शिक्षित हो जाना ही पूर्ण नहीं करता हमारे कर्तव्य को जो हमारे देश के प्रति हमें सौंपा गया है। योग, खेल, नाच, संगीत आदि हर क्षेत्र में हमारा भारत दूसरे सभी देशों की तुलना में अमूल्य है। इस अमूल्य सभ्यता और सांस्कृतिक विरासत को आज के समय में आगे बढ़ाना, संजो कर रखना और फैलाना बहुत ही आसान है क्योंकि वैश्वीकरण दुनिया में कुछ भी एक जगह से दूसरी जगह पहुँचाना बहुत आसान है। दूरी है तो सिर्फ एक फोन की दूरी, इंटरनेट की दूरी।

वैसे तो इस वैश्वीकरण दुनिया में काफी सहारा मिला है हमारी संस्कृति को बढ़ाने में। हमारे प्रधानमंत्री जी के योग को आगे बढ़ाने की इच्छा की पूर्ति भी अगर हो पाई है तो केवल वैश्वीकरण ही उसका एक मुख्य कारण है। हम इंटरनेट के माध्यम से पूरी दुनिया को अपनी संस्कृति का दर्शन करवा सकते हैं। उसके बारे में सबको बता सकते हैं।

वैश्वीकरण दुनिया ने एक तरफ तो हमें मजबूर भी किया है। हमारी संस्कृति को भूलाकर दूसरों के तौर तरीके अपनाने में पर अगर हम इसे सही तरह से इस्तेमाल करें तो हमारा भारत इतना अमूल्य है कि यह सॉफ्ट पावर बन सकता है। ज़रूरत है तो सिर्फ विरासत में मिली संस्कृति को संजो कर रखने की।



ईशा दुग्गल

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2022-23

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ਅਧਿਆਪਕ ਸੰਪਾਦਕੀ

ਭਾਸ਼ਾ ਮਾਨਵ ਜੀਵਨ ਦਾ ਆਧਾਰ ਹੈ । ਭਾਸ਼ਾ ਰਾਹੀਂ ਮਨੁੱਖ ਜਿੱਥੇ ਆਪਣੇ ਭਾਵਾਂ ਅਤੇ ਵਿਚਾਰਾਂ ਨੂੰ ਆਦਾਨ-ਪ੍ਰਦਾਨ ਕਰਨ ਵਿੱਚ ਸੁਖਾਲਾ ਮਹਿਸੂਸ ਕਰਦਾ ਹੈ ਉਥੇ ਉਹ ਇਸ ਰਾਹੀਂ ਨਵੀਂ ਤੋਂ ਨਵੀਂ ਜੀਵਨ-ਜਾਚ ਵੀ ਸਿੱਖਦਾ ਹੈ । ਭਾਸ਼ਾ ਕਿਸੇ ਵੀ ਖੇਤਰ ਜਾਂ ਦੇਸ਼ ਦੀ ਹੋਵੇ, ਇਹ ਮਨੁੱਖ ਲਈ ਉਸਦੇ ਸਮਾਜਿਕ ਜੀਵਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਰੋਲ ਅਦਾ ਕਰਦੀ ਹੈ । ਵਿਦਿਆਰਥੀ ਜੀਵਨ ਵਿੱਚ ਭਾਸ਼ਾ ਦੀ ਮਹੱਤਤਾ ਇਸ ਗੱਲ ਤੋਂ ਹੀ ਲਗਾਈ ਜਾ ਸਕਦੀ ਹੈ ਕਿ ਉਸਦੀ ਰਸਮੀ ਅਤੇ ਗੈਰ-ਰਸਮੀ ਸਿੱਖਿਆ ਘੁੰਮਦੀ ਹੀ ਭਾਸ਼ਾ ਦੇ ਆਲੇ-ਦੁਆਲੇ ਹੈ । ਇਹ ਉਸ ਦੀਆਂ ਸਮਾਜਿਕ, ਅਕਾਦਮਿਕ ਅਤੇ ਗੈਰ-ਰਸਮੀ ਅਕਾਦਮਿਕ ਪ੍ਰਾਪਤੀਆਂ ਵਿੱਚ ਬਹੁਤ ਮਦਦ ਕਰਦੀ ਹੈ । ਇੱਥੇ ਇੱਕ ਗੋਲ ਹੋਰ ਕਰ ਦੇਣੀ ਜ਼ਰੂਰੀ ਹੈ ਕਿ ਕਿਸੇ ਵੀ ਵਿਦਿਆਰਥੀ ਦੀਆਂ ਭਾਸ਼ਾ ਵਿਸ਼ੇ ਤੋਂ ਇਲਾਵਾ ਹੋਰ ਵਿਸ਼ਿਆਂ ਵਿੱਚ ਉਸਦੀਆਂ ਸਮੁੱਚੀਆਂ ਪ੍ਰਾਪਤੀਆਂ ਵਿੱਚ ਵੀ ਉਸਦੀ ਆਪਣੀ ਭਾਸ਼ਾ ਹੀ ਹਰ ਪੱਖੋਂ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾਉਂਦੀ ਹੈ ।

ਕਾਲਜ ਦੁਆਰਾ ਪ੍ਰਕਾਸ਼ਿਤ ਸਾਲਾਨਾ ਮੈਗਜ਼ੀਨ 'ਦਿ ਐਜੂਕੇਸ਼ਨਲ ਆਬਜ਼ਰਵਰ' ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਸਾਹਿਤ ਨਾਲ ਸੰਬੰਧਿਤ ਸਿਰਜਨਾਤਮਕ ਰੁਚੀਆਂ ਨੂੰ ਪ੍ਰਫੁਲਿਤ ਕਰਨ ਲਈ ਇੱਕ ਮਹੱਤਵਪੂਰਨ ਉਪਰਾਲਾ ਹੈ । ਇਹ ਮੈਗਜ਼ੀਨ ਭਾਂਵੇ ਨਿਰੋਲ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਸੰਬੰਧਿਤ ਹੈ ਪਰੰਤੂ ਇਸ ਵਿੱਚ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀ ਹੀ ਨਹੀਂ ਸਗੋਂ ਅਧਿਆਪਕ ਅਤੇ ਹੋਰ ਸਟਾਫ਼ ਮੈਂਬਰ ਵੀ ਆਪੋ-ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਛਾਪਣ ਲਈ ਭੇਜਦੇ ਹਨ । ਸਮਾਜ ਵਿੱਚ ਵਾਪਰ ਰਹੀਆਂ ਤਬਦੀਲੀਆਂ ਭਾਵੇਂ ਸਾਰੇ ਲੋਕਾਂ ਨੂੰ ਬਹੁਤਾ ਪ੍ਰਭਾਵਿਤ ਨਹੀਂ ਕਰਦੀਆਂ ਪਰੰਤੂ ਭਾਵਨਾਤਮਕ ਤੌਰ ਤੇ ਜੁੜੇ ਹੋਏ ਲੋਕ ਇਹਨਾਂ ਘਟਨਾਵਾਂ ਨੂੰ ਵਿਸ਼ੇਸ਼ ਤੌਰ ਤੇ ਲੈਂਦੇ ਹਨ । ਉਹ ਆਪਣੀਆਂ ਭਾਵਨਾਵਾਂ ਅਤੇ ਵਿਚਾਰਾਂ ਨੂੰ ਵੱਖ-ਵੱਖ ਸਾਹਿਤਕ ਵਿਧਾਵਾਂ ਵਿੱਚ ਲਿਖਦੇ ਹਨ ਅਤੇ ਇਸ ਤਰ੍ਹਾਂ ਸਮਾਜ ਪ੍ਰਤੀ ਬਣਦੇ ਆਪਣੇ ਫ਼ਰਜ਼ ਨੂੰ ਵੀ ਨਿਭਾਉਂਦੇ ਚਲੇ ਜਾਂਦੇ ਹਨ ।

ਡਾ. ਮੁਖਤਿਆਰ ਸਿੰਘ

ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਅਧਿਆਪਕ



ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕੀ

ਪੜ੍ਹਾਂਗੇ ਪੜ੍ਹਾਵਾਂਗੇ-ਉੱਨਤ ਦੇਸ਼ ਬਣਾਵਾਂਗੇ

ਸਰਕਾਰੀ ਕਾਲਜ ਆਫ ਐਜੂਕੇਸ਼ਨ ਗਿਆਨ ਦੇ ਪਸਾਰ ਲਈ ਆਪਣੀ ਅਕਾਦਮਿਕ ਉੱਤਮਤਾ ਅਤੇ ਸਮਰਪਿਤ ਪਹੁੰਚ ਲਈ ਜਾਣਿਆ ਜਾਂਦਾ ਹੈ। ਇਹ ਕਾਲਜ ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਧਿਆਪਕਾਂ, ਦੋਵਾਂ ਨੂੰ ਆਪਣੇ ਕੌਸ਼ਲ ਨੂੰ ਨਿਖਾਰਨ ਦਾ ਬਰਾਬਰ ਮੌਕਾ ਪ੍ਰਦਾਨ ਕਰਦਾ ਹੈ। ਕਾਲਜ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸਰਵਪੱਖੀ ਵਿਕਾਸ ਕਰਦਾ ਹੈ। ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਹਰ ਨਵੀਂ ਤਕਨੀਕ ਦੀ ਸਿੱਖਿਆ ਦੇ ਨਾਲ ਨਾਲ ਜ਼ਿੰਦਗੀ ਨੂੰ ਜਿਉਣ ਦੀ ਸਿੱਖਿਆ ਵੀ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। ਕਾਲਜ ਵਿੱਚ ਲਗਾਤਾਰ ਬਹੁਤ ਸਾਰੀਆਂ ਅਕਾਦਮਿਕ ਅਤੇ ਗੈਰ ਅਕਾਦਮਿਕ ਗਤੀਵਿਧੀਆਂ ਕਰਵਾਈਆਂ ਜਾਂਦੀਆਂ ਹਨ।

ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਸਿਰਜਣਾਤਮਕ ਰੁਚੀਆਂ ਨੂੰ ਪ੍ਰਫੁਲਿਤ ਕਰਨ ਲਈ ਕਾਲਜ ਵੱਲੋਂ ਹਰ ਸਾਲ ਇੱਕ ਸਾਲਾਨਾ ਮੈਗਜ਼ੀਨ ਪ੍ਰਕਾਸ਼ਿਤ ਕੀਤੀ ਜਾਂਦੀ ਹੈ। ਸਿੱਖਿਆ ਕਾਲਜ ਦੇ ਆਪਣੇ ਦੋ ਸਾਲਾ ਕੋਰਸ ਵਿੱਚ ਵਿਦਿਆਰਥੀ ਬਹੁਤ ਸਾਰੀਆਂ ਪਾਠੀ ਅਤੇ ਸਹਿ-ਪਾਠੀ ਕਿਰਿਆਵਾਂ ਵਿੱਚ ਭਾਗ ਲੈਂਦੇ ਹਨ। ਇਹ ਸਾਰਾ ਕਾਰਜ ਉਹਨਾਂ ਦੇ ਹਰ ਪ੍ਰਕਾਰ ਦੇ ਕੌਸ਼ਲ ਵਿੱਚ ਮੁਹਾਰਤ ਹਾਸਿਲ ਕਰਨ ਵਿੱਚ ਸਹਾਇਤਾ ਕਰਦਾ ਹੈ। ਵਿਦਿਆਰਥੀ ਸਿਰਜਣਾਤਮਕ ਤਾਂ ਹੁੰਦੇ ਹੀ ਹਨ, ਲੋੜ ਕੇਵਲ ਉਹਨਾਂ ਦੀਆਂ ਇਹਨਾਂ ਸਿਰਜਣਾਤਮਕ ਰੁਚੀਆਂ ਨੂੰ ਅਧਿਆਪਕਾਂ ਦੁਆਰਾ ਪ੍ਰਫੁਲਿਤ ਕਰ ਕੇ ਸਾਹਿਤਕ ਸਿਰਜਣਾ ਵੱਲ ਲਾਉਣਾ ਹੁੰਦਾ ਹੈ।

ਇਸ ਸਾਲ ਦੀ ਮੈਗਜ਼ੀਨ ਦੇ ਪੰਜਾਬੀ ਭਾਗ ਲਈ ਬਹੁਤ ਸਾਰੀਆਂ ਰਚਨਾਵਾਂ ਆਈਆਂ ਹਨ। ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਬਹੁਤ ਹੀ ਉਤਸ਼ਾਹ ਨਾਲ ਆਪਣੀਆਂ ਰਚਨਾਵਾਂ ਨੂੰ ਲਿਖ ਕੇ ਆਪਣੀ ਹਾਜ਼ਰੀ ਲਵਾਈ ਹੈ। ਮੈਨੂੰ ਇਸ ਮੈਗਜ਼ੀਨ ਦੇ ਪੰਜਾਬੀ ਭਾਗ ਦੀ ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ ਦੀ ਸੇਵਾ ਮਿਲੀ ਹੈ ਅਤੇ ਮੈਨੂੰ ਆਪਣੇ ਕਾਲਜ ਲਈ ਇਹ ਕੰਮ ਕਰਨਾ ਬਹੁਤ ਵਧੀਆ ਲੱਗ ਰਿਹਾ ਹੈ। ਬਹੁਤ ਸਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਕਵਿਤਾ, ਕਹਾਣੀ ਅਤੇ ਲੇਖ ਆਦਿ ਲਿਖ ਕੇ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਛਪਣ ਲਈ ਭੇਜੇ ਹਨ ਇਹਨਾਂ ਸਾਰੀਆਂ ਰਚਨਾਵਾਂ ਨੂੰ ਅਸੀਂ ਸਹੀ ਤਰੀਕੇ ਨਾਲ ਕਲਮਬੱਧ ਕੀਤਾ ਹੈ ਅਤੇ ਕਾਲਜ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਛਪਣ ਲਈ ਭੇਜਿਆ ਜਾ ਰਿਹਾ ਹੈ। ਇਹਨਾਂ ਰਚਨਾਵਾਂ ਦੇ ਮੈਗਜ਼ੀਨ ਵਿੱਚ ਛਪਣ ਨਾਲ ਹੋਰ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਹੌਂਸਲਾ ਵੀ ਵਧੇਗਾ ਅਤੇ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿੱਚ ਉਹ ਵੀ ਸਾਹਿਤ ਸਿਰਜਣਾ ਦੇ ਖੇਤਰ ਵਿੱਚ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾ ਸਕਣਗੇ।

ਵਿਦਿਆ ਵਿਚਾਰੀ ਤਾਂ ਪਰਉਪਕਾਰੀ ॥

ਸਿਮਰਦੀਪ ਕੌਰ

ਵਿਦਿਆਰਥੀ ਸੰਪਾਦਕ

ਬੀ.ਐਫ. ਸਮੈਸਟਰ ਪਹਿਲਾ



ਹੱਸਦੇ ਹੀ ਘਰ ਵੱਸਦੇ ਨੇ

ਸ਼ੁਰੂ ਹੁੰਦੀ ਹਰ ਘਰ ਦੀ ਕਹਾਣੀ,
ਕਿੱਥੋਂ ਜੰਮ ਪਈ ਧੀ ਨਿਮਾਣੀ।
ਵਾਧੂ ਦਾ ਖਰਚਾ ਦਾਜ ਲਿਜਾਣੀ।
ਧੀ ਤੇ ਤਾਹਨੇ ਮਿਹਨੇ ਕੱਸਦੇ ਨੇ,
ਪਰ ਸੱਜਣਾ ਹੱਸਦੇ ਹੀ ਘਰ ਵੱਸਦੇ ਨੇ।
ਕਿਤੇ ਨੂੰਹ-ਸੱਸ ਦੇ ਦੰਗੇ ਚਲਦੇ,
ਦਾਦਾ-ਪੋਤਾ ਆਪਸ 'ਚ ਨਾ ਰਲਦੇ।
ਨਾਨੀ ਦੇ ਨੁਸਖੇ ਜਾਂਦੇ ਢਲਦੇ,
ਬਜ਼ੁਰਗਾਂ ਦੀ ਸੇਵਾ ਤੋਂ ਨੱਸਦੇ ਨੇ।
ਪਰ ਲੋਕੋਂ ਹੱਸਦੇ ਹੀ ਘਰ ਵੱਸਦੇ ਨੇ।
ਉੱਤੇ ਨਸ਼ਿਆਂ ਘਰ ਨੇ ਪੱਟੇ,
ਪੁੱਤ ਕਣਕ ਦੇ ਲਿਜਾਂਦੇ ਗੱਟੇ।
ਬਾਪੂ ਦਾ ਕੰਮ ਕਰ ਗੋਡੇ ਘੱਸਦੇ ਨੇ
ਪਰ ਪੁੱਤਰਾ ਹੱਸਦੇ ਹੀ ਘਰ ਵੱਸਦੇ ਨੇ।
ਚੰਗੀ ਸੋਚ ਅਪਨਾਓ ਲੋਕੋਂ,
ਘਰ ਨਸ਼ਾ ਰਹਿਤ ਬਣਾਓ ਲੋਕੋਂ।
ਧੀਆਂ ਨੂੰ ਬਚਾਓ ਲੋਕੋਂ।
ਇਹ ਸੋਹਣੇ ਸੁਪਨੇ ਜਸ ਦੇ ਨੇ,
ਇਸੇ ਤਰ੍ਹਾਂ ਘਰ ਵੱਸਦੇ ਨੇ।

ਜਸਪ੍ਰੀਤ ਕੌਰ
ਰੋਲ ਨੰਬਰ 302

ਨੈਟੀਫਲਿਕਸ

ਗੱਲ ਹੈ ਇੱਕ ਵਾਰ ਦੀ, ਜਦ ਗਈ ਮੈਂ ਨਾਨਕੇ ਘਰ
ਭੱਜਦੀ-ਭੱਜਦੀ ਗਈ ਮੈਂ, ਗਈ ਦਰੁੱ ਵਿੱਚ ਵੜ੍ਹ,
ਮਾਤਾ ਜੀ ਜ਼ਰਾ ਸੱਦੋ ਛੋਟੀ ਨੂੰ, ਜਾਣਾ ਮੈਂ ਗੁਆਚੀਆਂ ਦੇ ਘਰ।
ਛੋਟੀ ਤਾਂ ਪੜ੍ਹਦੀ ਹੈ ਭਾਈ, ਸੁਣ ਮੂੰਹ ਗਿਆ ਮੇਰਾ ਉਤਰ,
ਮੈਂ ਅੱਜ ਤਾਂ ਆਈ ਆਂ, ਕਿਹਾ ਮੈਂ ਜ਼ਰਾ ਰੋ ਕੇ
ਖਾ ਕੇ ਤਰਸ ਮਾਮਾ ਜੀ ਮਾਰੀ ਹਾਕ, ਛੋਟੀ ਭੈਣ ਆਈ ਆ, ਜਾ ਖੇਡ ਆ
ਮੈਂ ਖੁਸ਼ੀ-ਖੁਸ਼ੀ ਤੱਕਾਂ ਦਰਵਾਜ਼ੇ ਵੱਲ, ਧੀਰਜ ਮੇਰੀ ਮੁੱਕ ਗਈ,
ਮੈਂ ਭੱਜੀ ਦਰੁੱ ਦੇ ਵੱਲ।
ਵੇਖਿਆ ਛੋਟੀ ਫੋਨ ਤੇ, ਲੱਗੀ ਹੈ ਅੱਖਾਂ ਗੱਡ
ਛੋਟੀ ਚੱਲ ਚੱਲੀਏ, ਗਿੱਲਾਂ ਦੀ ਮਾਮੀ ਘਰ।
ਕਹਿੰਦੀ, ਭੈਣੇ ਰਹਿਣ ਦੇ, ਤੂੰ ਬੈਠ ਕਰਦੇ ਆ ਨੈਟੀਫਲਿਕਸ ਐਂਡ ਚਿੱਲ।
ਮੈਂ ਕਿਹਾ ਦੁਬਾਰਾ ਜ਼ੋਰ ਨਾਲ, ਛੋਟੀ ਚੱਲ ਉਠ, ਬੰਦ ਕਰ ਤੇਰਾ ਚਿੱਲ
ਅੱਜ ਖਾਵਾਂਗੇ ਭਰਕੇ ਆਪਣਾ ਦਿਲ
ਸੁਣੀ ਨਾ ਮੇਰੀ ਇੱਕ, ਮੈਂ ਚੁੱਪ ਕਰ ਬੈਠ ਗਈ ਦੇਖਣ ਨੈਟੀਫਲਿਕਸ
ਕੁਝ ਚਿਰ ਬਾਅਦ ਮਾਮਾ ਜੀ ਨੇ ਤਾਕਿਆ
ਤਰ ਗਏ ਹਿਲਾ ਉਹ ਵੀ ਸਿਰ।

ਸਵਿਤਾਜ ਕੌਰ
ਰੋਲ ਨੰਬਰ 261

ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਲਾਭ ਅਤੇ ਹਾਨੀਆਂ

ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਅਜਿਹੀ ਸਿੱਖਿਆ ਹੈ ਜੋ ਕਿ ਤਕਨੀਕੀ ਮਾਧਿਅਮ ਦੁਆਰਾ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। ਭਾਰਤ ਦੇਸ਼ ਵਿੱਚ ਤੇ ਦੁਨੀਆਂ ਦੇ ਹਰ ਕੋਨੇ ਵਿੱਚ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੀ ਮਹੱਤਤਾ ਕਰੋਨਾ ਕਾਲ ਵਿੱਚ ਵੱਧ ਗਈ। ਕਰੋਨਾ ਮਹਾਂਮਾਰੀ ਦੌਰਾਨ ਸਿੱਖਿਆ ਸੰਸਥਾਵਾਂ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਆਉਣ ਤੇ ਪਾਬੰਦੀ ਲਗਾ ਦਿੱਤੀ ਗਈ, ਜਿਸ ਕਾਰਨ ਬੱਚਿਆਂ ਦੀ ਪੜ੍ਹਾਈ ਪ੍ਰਭਾਵਿਤ ਹੋਣ ਲੱਗ ਪਈ ਪਰ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਹੋਂਦ ਵਿੱਚ ਆਉਣ ਕਰਕੇ ਬੱਚਿਆਂ ਦੀ ਪੜ੍ਹਾਈ ਵਿੱਚ ਆਈ ਰੁਕਾਵਟ ਦੂਰ ਹੋ ਗਈ। ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਇੰਟਰਨੈਟ ਦੇ ਰਾਹੀਂ ਵਿਦਿਆਰਥੀ ਆਪਣੇ ਅਧਿਆਪਕਾਂ ਨਾਲ ਫੋਨ, ਲੈਪਟਾਪ ਤੇ ਹੋਰ ਤਕਨੀਕੀ ਸਾਧਨਾਂ ਨਾਲ ਰੂਬਰੂ ਹੋਣ ਲੱਗ ਗਏ। ਸਿੱਖਿਆ ਦੇ ਇਸ ਤਰੀਕੇ ਦੁਆਰਾ ਅਧਿਆਪਕ ਆਪਣੇ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਸੰਵਾਦ ਕਰਨ ਲੱਗੇ ਤੇ ਪੜ੍ਹਾਈ ਉੱਤੇ ਪਾਇਆ ਪ੍ਰਭਾਵ ਹੌਲੀ-ਹੌਲੀ ਦੂਰ ਹੋਣ ਲੱਗਾ। ਜਿੱਥੇ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਫਾਇਦੇਮੰਦ ਰਹੀ ਉੱਥੇ ਹੀ ਇਸਦੇ ਬਹੁਤ ਨੁਕਸਾਨ ਵੀ ਸਾਹਮਣੇ ਆਏ। ਜਿਨ੍ਹਾਂ ਵਿਦਿਆਰਥੀਆਂ ਕੋਲ ਮੋਬਾਇਲ ਫੋਨ ਨਹੀਂ ਸਨ ਉਹਨਾਂ ਨੇ ਆਪਣੇ ਮਾਪਿਆਂ ਤੋਂ ਮੋਬਾਇਲ ਫੋਨ

ਦੀ ਮੰਗ ਕੀਤੀ ਤੇ ਕੁਝ ਮਾਪੇ ਅਜਿਹੇ ਵੀ ਸਨ ਜਿਨ੍ਹਾਂ ਕੋਲ ਆਪਣੇ ਘਰ ਨੂੰ ਚੰਗੀ ਤਰ੍ਹਾਂ ਚਲਾਉਣ ਦੇ ਪੈਸੇ ਵੀ ਨਹੀਂ ਸਨ ਪਰ ਮਜ਼ਬੂਰਨ ਆਪਣੇ ਬੱਚਿਆਂ ਦੀ ਪੜ੍ਹਾਈ ਲਈ ਉਹਨਾਂ ਨੂੰ ਫੋਨ ਖਰੀਦਣਾ ਪਿਆ। ਕਈ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦਾ ਗਲਤ ਫਾਇਦਾ ਚੁੱਕ ਕੇ ਪੜ੍ਹਾਈ ਦੌਰਾਨ ਮੋਬਾਇਲ ਤੇ ਗੇਮਾਂ ਖੇਡਣੀਆਂ ਸ਼ੁਰੂ ਕੀਤੀਆਂ, ਜਿਸਦਾ ਅਸਰ ਉਹਨਾਂ ਦੀ ਸਿਹਤ ਉੱਤੇ ਵੀ ਪਿਆ। ਇਸੇ ਤਰ੍ਹਾਂ ਜੇਕਰ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਕਰਨਾ ਉਹਨਾਂ ਲਈ ਔਖਾ ਹੋ ਗਿਆ ਸੀ ਤੇ ਕਈ ਸਿਹਤ ਸੰਬੰਧੀ ਸਮੱਸਿਆਵਾਂ ਦਾ ਸਾਹਮਣਾ ਵੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕਰਨਾ ਪੈ ਰਿਹਾ ਸੀ। ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਪ੍ਰਣਾਲੀ ਉਹਨਾਂ ਮਾਪਿਆਂ ਲਈ ਸਿਰਦਰਦ ਬਣ ਗਈ ਸੀ ਜੋ ਅਨਪੜ੍ਹ ਸੀ ਤੇ ਜਿਹਨਾਂ ਦੇ ਬੱਚੇ ਛੋਟੇ ਸੀ ਕਿਉਂਕਿ ਉਹਨਾਂ ਲਈ ਕੰਮ ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ ਕਰਵਾਉਣਾ ਤੇ ਬੱਚੇ ਨੂੰ ਲਿੰਕ ਰਾਹੀਂ ਜਮਾਤ ਨਾਲ ਜੋੜਨਾ ਬਹੁਤ ਮੁਸ਼ਕਿਲ ਕੰਮ ਸੀ।

ਜੇਕਰ ਗੱਲ ਕਰੀਏ ਪ੍ਰੀਖਿਆਵਾਂ ਦੀ ਤਾਂ ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ ਦੌਰਾਨ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਪ੍ਰੀਖਿਆ ਵੀ ਆਨਲਾਈਨ ਮੋਡ ਵਿੱਚ ਹੀ ਕਰਵਾਈ ਗਈ, ਜਿੱਥੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਨਿਗਰਾਨੀ ਕਰਨ ਵਾਲਾ ਕੋਈ ਨਹੀਂ ਸੀ ਤੇ ਉਹਨਾਂ ਨੇ ਆਪਣੀਆਂ ਸਾਰੀਆਂ ਪ੍ਰੀਖਿਆਵਾਂ ਵਿੱਚ ਨਕਲ ਕੀਤੀ ਜਿਸਦਾ ਬਹੁਤ ਵੱਡਾ ਅਸਰ ਉਹਨਾਂ ਦੀ ਪੜ੍ਹਾਈ ਤੇ ਗਿਆਨ ਤੇ ਪਿਆ। ਹਾਲਾਂਕਿ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਨੁਕਸਾਨ ਨਾਲ ਇਸਦੇ ਕਈ ਫਾਇਦੇ ਵੀ ਹੋਏ, ਜਿਵੇਂ ਕਿ ਘਰ ਵਿੱਚ ਰਹਿ ਕੇ ਹੀ ਕਲਾਸਾਂ ਲਗਾਉਣ ਨਾਲ ਕਈ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਅਨੇਕਾਂ ਹੋਰ ਕੌਸ਼ਲ ਸਿੱਖਣੇ ਸ਼ੁਰੂ ਕਰ ਦਿੱਤੇ: ਜਿਵੇਂ ਖਾਣਾ ਬਣਾਉਣਾ, ਸਿਲਾਈ ਕਰਨਾ, ਯੋਗਾ ਆਦਿ। ਕਈ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਨਲਾਈਨ ਕੋਰਸ ਵੀ ਕੀਤੇ ਅਤੇ ਆਪਣੇ ਗਿਆਨ ਵਿੱਚ ਵਾਧਾ ਕੀਤਾ। ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ ਫਾਇਦਾ ਇਹ ਰਿਹਾ ਕਿ ਇਸ ਦੌਰਾਨ ਬੱਚਿਆਂ ਵਿੱਚ ਪੜ੍ਹਾਈ ਦੇ ਨਾਲ ਨਾਲ ਘਰ ਪਰਿਵਾਰ ਦੇ ਲੋਕਾਂ ਵਿੱਚ ਰਹਿਣ, ਉਹਨਾਂ ਨੂੰ ਸਮਝਣ ਦੀ ਸਮਝ ਵਿਕਸਿਤ ਹੋਈ।

ਹਾਲਾਂਕਿ ਕਲਾਸਾਂ ਦੇ ਆਫਲਾਈਨ ਮੋਡ ਵਿੱਚ ਆਉਣ ਤੇ ਬੱਚਿਆਂ ਦੀ ਬੌਧਿਕ ਸਮਝ ਘੱਟ ਚੁੱਕੀ ਸੀ, ਉਹਨਾਂ ਦੀ ਸਿੱਖਿਆ ਬਹੁਤ ਹੱਦ ਤੱਕ ਪ੍ਰਭਾਵਿਤ ਹੋ ਚੁੱਕੀ ਸੀ ਪਰ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਹਨਾਂ ਦੇ ਅਧਿਆਪਕਾਂ ਨਾਲ ਜੋੜ ਕੇ ਰੱਖਿਆ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਪੜ੍ਹਾਈ ਦੀ ਇੱਕ ਨਵੀਂ ਤਕਨੀਕ ਨਾਲ ਜੋੜਿਆ ਤਾਂ ਕਿ ਜੇਕਰ ਸਮਾਜ ਵਿੱਚ ਕਦੇ ਵੀ ਕੋਈ ਅਜਿਹੀ ਘਟਨਾ ਵਾਪਰ ਜਾਵੇ ਤਾਂ ਇਸਦਾ ਉਹਨਾਂ ਦੀ ਪੜ੍ਹਾਈ ਤੇ ਮਾੜਾ ਪ੍ਰਭਾਵ ਨਾ ਪਵੇ।

ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ ਦੇ ਨੁਕਸਾਨ ਵੀ ਸੀ ਪਰ ਪੜ੍ਹਾਈ ਦੀ ਇਸ ਤਕਨੀਕ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਹਨਾਂ ਦੇ ਪੱਖ ਤੋਂ ਭਟਕਣ ਤੋਂ ਰੋਕਿਆ ਹੈ। ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਸਮਾਜ ਲਈ ਲਾਭਕਾਰੀ ਵੀ ਤੇ ਨੁਕਸਾਨਦੇਹ ਵੀ, ਕਈ ਖੇਤਰਾਂ ਵਿੱਚ ਇਸਦਾ ਗਲਤ ਪ੍ਰਭਾਵ ਤੇ ਕਈਆਂ ਵਿੱਚ ਸਹੀ ਪ੍ਰਭਾਵ ਪਿਆ ਹੈ। ਗਰੀਬ ਤਬਕੇ ਦੇ ਬੱਚਿਆਂ ਲਈ ਇਹ ਨੁਕਸਾਨਦੇਹ ਰਹੀ ਹੈ ਕਿਉਂਕਿ ਉਹਨਾਂ ਕੋਲ ਇੰਨੀ ਸਮਰੱਥਾ ਨਹੀਂ ਸੀ ਕਿ ਉਹ ਆਪਣੇ ਬੱਚਿਆਂ ਨੂੰ ਸਮਾਰਟ ਫੋਨ ਲੈ ਕੇ ਦੇ ਸਕਣ ਤੇ ਇੰਟਰਨੈੱਟ ਨਾਲ ਜੋੜ ਸਕਣ। ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ ਦੌਰਾਨ ਉਸ ਤਬਕੇ ਦੇ ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਪੜ੍ਹਾਈ ਤੋਂ ਪਿਛੜੇ ਹਨ, ਕਿਉਂਕਿ ਇੰਟਰਨੈੱਟ ਸੇਵਾ ਹਰ ਖੇਤਰ ਤੱਕ ਅਜੇ ਤੱਕ ਪਹੁੰਚ ਨਹੀਂ ਸਕੀ। ਇਸ ਤਰ੍ਹਾਂ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਸਮਾਜ ਦਾ ਹਰ ਮਨੁੱਖ ਤਾਂ ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ ਦਾ ਲਾਭ ਨਹੀਂ ਲੈ ਪਾਇਆ ਜਿਸ ਕਰਕੇ ਇਸ ਦਾ ਨੁਕਸਾਨ ਵਧਿਆ ਹੈ।

ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ ਦੌਰਾਨ ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਤਣਾਅ ਦੀ ਸਥਿਤੀ ਦੇਖੀ ਗਈ ਕਿਉਂਕਿ ਬਹੁਤ ਦੇਰ ਤੱਕ ਫੋਨ ਉੱਤੇ ਸਮਾਂ ਬਿਤਾਉਣ ਨਾਲ ਉਹਨਾਂ ਦੇ ਵਿਵਹਾਰ ਵਿੱਚ ਤਬਦੀਲੀ ਆਈ ਤੇ ਵਿਦਿਆਰਥੀ ਪੜ੍ਹਾਈ ਵੱਲੋਂ ਅਵੇਸਲੇ ਹੋ ਗਏ।

ਸੰਖੇਪ ਵਿੱਚ ਅਸੀਂ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਆਨਲਾਈਨ ਪੜ੍ਹਾਈ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਜੀਵਨ ਵਿੱਚ ਇੱਕ ਨਵਾਂ ਮੌੜ ਲੈ ਕੇ ਆਈ ਤੇ ਉਹਨਾਂ ਨੂੰ ਤਕਨੀਕੀ ਦਾ ਮੱਹਤਵ ਸਮਝ ਆਇਆ ਹੈ ਕਿ ਕਿਵੇਂ ਤਕਨੀਕ ਦਾ ਸਹਾਰਾ ਲੈ ਕੇ ਉਹ ਪੜ੍ਹਾਈ ਨੂੰ ਸੁਚਾਰੂ ਢੰਗ ਨਾਲ ਚਲਾ ਸਕਦੇ ਹਨ ਅਤੇ ਆਪਣਾ ਗਿਆਨ ਵਧਾ ਸਕਦੇ ਹਨ।

ਬਬੀਤਾ

ਰੋਲ ਨੰਬਰ 250 

ਪਾਣੀ ਦਾ ਨੀਵਾਂ ਹੋ ਰਿਹਾ ਪੱਧਰ

ਮਨੁੱਖੀ ਜੀਵਨ ਲਈ ਹਵਾ ਤੋਂ ਬਾਅਦ ਪਾਣੀ ਦੀ ਮਹਾਨਤਾ ਸਭ ਤੋਂ ਉੱਤਮ ਹੈ। ਇਹ ਸਾਰੇ ਜੀਵਨ ਦਾ ਆਧਾਰ ਹੈ। ਇਸ ਤੋਂ ਬਿਨਾਂ ਜੀਵ-ਜੰਤੂ ਅਤੇ ਪੌਦੇ ਜਿੰਦਾ ਨਹੀਂ ਰਹਿ ਸਕਦੇ। ਪਰੰਤੂ ਪੰਜਾਬ ਵਿੱਚ ਪਿਛਲੇ ਕੁਝ ਸਾਲਾਂ ਤੋਂ ਧਰਤੀ ਹੇਠਲੇ ਪਾਣੀ ਦਾ ਪੱਧਰ ਬਹੁਤ ਨੀਵਾਂ ਜਾ ਰਿਹਾ ਹੈ। ਇਸ ਦਾ ਕਾਰਨ ਕਿਸਾਨਾਂ ਵੱਲੋਂ ਖੇਤੀ ਲਈ ਵਰਤੇ ਜਾ ਰਹੇ ਵਧੇਰੇ ਪਾਣੀ ਨੂੰ ਮੰਨਿਆ ਜਾ ਰਿਹਾ ਹੈ। ਸਾਡੇ ਵਿਗਿਆਨੀ ਸੁਚੇਤ ਕਰ ਰਹੇ ਹਨ ਕਿ ਜੇਕਰ ਪਾਣੀ ਦਾ ਪੱਧਰ ਏਨੀ ਰਫ਼ਤਾਰ ਨਾਲ ਨੀਵਾਂ ਜਾਂਦਾ ਰਿਹਾ ਤਾਂ ਛੇਤੀ ਹੀ ਇਹ ਪਾਣੀ ਸਾਡੀ ਪਹੁੰਚ ਤੋਂ ਦੂਰ ਹੋ ਜਾਵੇਗਾ। ਇਸ ਲਈ ਪਾਣੀ ਦਾ ਦਿਨੋ-ਦਿਨੀ ਨੀਵਾਂ ਹੋਣਾ ਇੱਕ ਬਹੁਤ ਹੀ ਗੰਭੀਰ ਸਮੱਸਿਆ ਬਣਦੀ ਜਾ ਰਹੀ ਹੈ। ਪਹਿਲਾਂ ਵੀਹਵੀਂ ਸਦੀ ਦੇ ਸੱਤਵੇਂ ਅੱਠਵੇਂ ਦਹਾਕੇ ਵਿੱਚ ਪੰਜਾਬ ਵਿੱਚ ਜ਼ਿਆਦਤਰ ਥਾਵਾਂ ਤੇ ਪਾਣੀ ਦਾ ਪੱਧਰ ਅੱਠ-ਦੱਸ ਫੁੱਟ 'ਤੇ ਹੀ ਸੀ। ਪਰ ਅਜੋਕੇ ਸਮੇਂ 'ਚ ਇਹ ਪੱਧਰ ਲੱਗਭਗ 100 ਫੁੱਟ ਦੇ ਕਰੀਬ ਜਾ ਚੁੱਕਾ ਹੈ। ਇਹ ਧਰਤੀ ਹੇਠਲੇ ਪਾਣੀ ਦੀ ਵਧੇਰੇ ਵਰਤੋਂ ਕਾਰਨ ਹੀ ਹੋ ਰਿਹਾ ਹੈ। ਇਸ ਦਾ ਸਭ ਤੋਂ ਵੱਡਾ ਕਾਰਨ ਝੋਨੇ ਦੀ ਫ਼ਸਲ ਹੈ।

ਝੋਨੇ ਦੀ ਫ਼ਸਲ ਲਈ ਪਾਣੀ ਦੀ ਬਹੁਤ ਲੋੜ ਪੈਂਦੀ ਹੈ। ਇਸ ਲਈ ਪੰਜਾਬ ਦੀ ਧਰਤੀ ਤੇ ਲੱਖਾਂ ਦੀ ਗਿਣਤੀ ਵਿੱਚ ਟਿਊਬਵੈੱਲ ਲੱਗੇ ਹੋਏ ਹਨ। ਝੋਨੇ ਦੀ ਫ਼ਸਲ ਤੋਂ ਕਿਸਾਨਾਂ ਨੂੰ ਵਧੇਰੇ ਆਮਦਨ ਹੁੰਦੀ ਹੈ ਇਸੇ ਕਾਰਨ ਕਿਸਾਨ ਇਸ ਫ਼ਸਲ ਨੂੰ ਪਹਿਲ ਦਿੰਦੇ ਹਨ। ਖੇਤੀ ਮਾਹਿਰਾਂ ਵੱਲੋਂ ਧਰਤੀ ਹੇਠਲੇ ਪਾਣੀ ਦੀ ਘੱਟ ਵਰਤੋਂ ਕਾਰਨ ਦੇ ਨਾਲ ਹੀ ਮੀਂਹ ਦੇ ਪਾਣੀ ਦੀ ਰੀਚਾਰਜਿੰਗ ਲਈ ਲੋਕਾਂ ਨੂੰ ਸੁਚੇਤ ਕੀਤਾ ਜਾ ਰਿਹਾ ਹੈ। ਇਸ ਲਈ ਛੱਤਾਂ ਅਤੇ ਖਾਲੀ ਥਾਵਾਂ ਤੇ ਮੀਂਹ ਦੇ ਪਾਣੀ ਨੂੰ ਖਾਸ ਵਿਧੀ ਰਾਹੀਂ ਧਰਤੀ ਵਿੱਚ ਭੇਜਿਆ ਜਾਂਦਾ ਹੈ। ਧਰਤੀ ਹੇਠਲੇ ਪਾਣੀ ਦੀ ਦੁਰਵਰਤੋਂ ਰੋਕਣ ਲਈ ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ ਆਪਣੇ ਪੱਧਰ 'ਤੇ ਯਤਨ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ। ਘਰਾਂ, ਪਾਰਕਾਂ ਵਿੱਚ ਪਾਣੀ ਦੀ ਲੋੜ ਅਨੁਸਾਰ ਹੀ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਸਕੂਟਰ ਤੇ ਕਾਰਾਂ ਆਦਿ ਧੋਣ ਲਈ ਪਾਇਪ ਦੀ ਥਾਂ ਤੇ ਬਾਲਟੀ 'ਚ ਪਾਣੀ ਭਰਕੇ ਉਸ ਦੀ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ।

ਅੰਤ ਵਿੱਚ ਇਹ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਧਰਤੀ ਹੇਠਲੇ ਪਾਣੀ ਦਾ ਦਿਨੋ-ਦਿਨ ਨੀਵਾਂ ਹੋ ਰਿਹਾ ਪੱਧਰ ਇੱਕ ਬਹੁਤ ਹੀ ਗੰਭੀਰ ਸਮੱਸਿਆ ਬਣਦਾ ਜਾ ਰਿਹਾ ਹੈ। ਇਸ ਲਈ ਕਿਸਾਨਾਂ ਨੂੰ ਘੱਟ ਪਾਣੀ ਨਾਲ ਪੱਕਣ ਵਾਲੀਆਂ ਫ਼ਸਲਾਂ ਬੀਜਣੀਆਂ ਚਾਹੀਦੀਆਂ ਹਨ। ਇਸੇ ਤਰ੍ਹਾਂ ਸਾਨੂੰ ਸਾਰਿਆਂ ਨੂੰ ਪਾਣੀ ਦੀ ਸੰਕੋਚ ਨਾਲ ਵਰਤੋਂ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਜੇਕਰ ਅਸੀਂ ਸੁਚੇਤ ਨਾ ਹੋਏ ਤਾਂ ਪਾਣੀ ਦੀ ਅਣਹੋਂਦ ਬਹੁਤ ਵੱਡਾ ਸੰਕਟ ਬਣ ਜਾਵੇਗੀ।



ਲਵਿਸ਼

ਰੋਲ ਨੰਬਰ 208

ਕੋਸ਼ਿਸ਼

ਕੋਸ਼ਿਸ਼ ਹੀ ਮੰਗੀ ਸੀ ਜ਼ਿੰਦਗੀ ਨੇ ਤੈਥੋਂ
ਕਿੰਨਾ ਸੀ ਤੂੰ ਖਾਲੀ ਉਹ ਵੀ ਕਰ ਨਾ ਸਕਿਆ।
ਤੂੰ ਹਾਰ ਨੂੰ ਮਿਲਿਆ, ਤਿਉੜੀ ਪਾ ਮੱਥੇ,
ਹਕੀਕਤ, ਹਲਾਤਾਂ ਨੂੰ ਵੀ ਜਰ ਨਾ ਸਕਿਆ।
ਨਾ ਹਿੰਮਤਾਂ ਦੇ ਮੋਢੇ ਨਾਲ ਮੋਢੇ ਤੂੰ ਲਾਇਆ,
ਨਾ ਡਰ ਦੇ ਡਰਾਵੇ ਤੋਂ ਹੀ ਡਰ ਤੂੰ ਸਕਿਆ।

ਨਾ ਜ਼ਿੰਦਗੀ ਨੂੰ ਜਿਉਣਾ ਹੀ ਆਇਆ ਹੈ ਤੈਨੂੰ,
ਨਾ ਮਕਸਦ ਦੀ ਖਾਤਿਰ ਕਿਸੇ ਲਈ ਮਰ ਤੂੰ ਸਕਿਆ।
ਨਾ ਜਿੱਤਾਂ 'ਚ ਖੜਿਆ ਤੂੰ, ਹਿੱਕਾਂ ਨੂੰ ਡਾਹ ਕੇ,
ਨਾ ਸੱਚੀਆਂ ਤੂੰ ਹਾਰਾਂ ਦੇ ਲਈ ਹਰ ਹੀ ਸਕਿਆ।



ਜਸਪ੍ਰੀਤ ਕੌਰ

ਰੋਲ ਨੰਬਰ 302

ਹੌਂਸਲਾ ਕੀਤਾ ਏ ਸੱਚੀ ਗੱਲ ਕਹਿਣ ਦਾ,
ਆ ਗਿਆ ਏ ਵੇਲਾ ਲੋਕੋ ਹੱਕ ਲੈਣ ਦਾ।

ਪਿੰਡ ਵਿੱਚ ਰਹਿ ਕੇ ਇੱਜ਼ਤ ਕਮਾਈ ਦੀ,
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ।

ਧਰਮਾਂ 'ਚ ਵੜ ਕੇ ਨੀ ਪੰਚ ਚੁਣੀ ਦਾ,
ਖਹਿਬਾਜ਼ੀ 'ਚ ਨਹੀਂ ਸਰਪੰਚ ਚੁਣੀ ਦਾ।

ਮਾਰ ਕੇ ਜ਼ਮੀਰ ਅਣਖ ਨਹੀ ਵਿਖਾਈ ਦੀ
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨੀ ਵੋਟ ਪਾਈ ਦੀ।

ਪੱਕਾ ਹੋਵੇ ਜੇ ਇਰਾਦਾ ਤਾਹਿਓਂ ਚੋਣ ਲੜੀਏ,
ਵੋਟ ਭੰਨਣ ਲਈ ਨਾ ਜਾਕੇ ਵਿੱਚ ਖੜੀਏ,

ਸਕਿਆਂ ਦੇ ਸਿਰ 'ਤੇ ਨਹੀਂ ਵੋਟ ਪਾਈ ਦੀ,
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ 'ਤੇ ਨਹੀਂ ਵੋਟ ਪਾਈ ਦੀ

ਤਕੜੇ ਦੇ ਪਿੰਡੇ ਨਹੀਓਂ ਮਾਤਾ ਛੱਡੀ ਦਾ,
ਇੰਤਜ਼ਾਰ ਕਰੀਏ ਕਾਰ ਗੱਡੀ ਦਾ,

ਹੱਕਾਂ ਨੂੰ ਪਛਾਣ ਗੱਲ ਸਿਰੇ ਲਾਈ ਦੀ,
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ 'ਤੇ ਨਹੀਂ ਵੋਟ ਪਾਈ ਦੀ

ਦਿਖਾਵੇ ਲਈ ਕਦੇ ਨਹੀਂ ਟਾਈਮ ਪਾਸ ਕਰੀ ਦਾ,
ਨੇਕੀ ਨਾਲ ਪਿੰਡ ਦਾ ਵਿਕਾਸ ਕਰੀਦਾ,

'ਸ਼ਾਮ' ਕਰੀਏ ਸਿਫਤ ਪਿੰਡ ਦੀ ਚੜਾਈ ਦੀ
ਨਸ਼ਿਆਂ ਦੇ ਸਿਰ ਤੇ ਨਹੀਂ ਵੋਟ ਪਾਈ ਦੀ।

ਹਰਸ਼ਾ

ਰੋਲ ਨੰਬਰ 263



ਘੱਟ ਚੁੱਕੀ ਹੈ। ਦੂਜਾ ਬੱਚਿਆਂ ਵਿੱਚ ਆਲਸਪਣ ਬਹੁਤ ਜਿਆਦਾ ਵੱਧ ਚੁੱਕਾ ਹੈ ਕਿਉਂਕਿ ਆਨਲਾਈਨ ਕਲਾਸ ਲਗਾਉਣ ਤੋਂ ਬਿਨਾਂ ਮੋਬਾਇਲ ਜਾਂ ਕੰਪਿਊਟਰ ਤੇ ਹੋਰ ਵੀ ਕਈ ਬੇਲੋੜੀਆਂ ਚੀਜ਼ਾਂ ਦੇਖਦੇ ਹਨ ਜੋ ਕਿ ਉਹਨਾਂ ਲਈ ਸਹੀ ਨਹੀਂ ਹਨ। ਚੌਥੇ ਨੰਬਰ ਤੇ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਵਿੱਚ ਬੱਚੇ ਨੂੰ ਉਸ ਤਰ੍ਹਾਂ ਦਾ ਵਾਤਾਵਰਨ ਨਹੀਂ ਮਿਲਦਾ ਜਿਸ ਤਰ੍ਹਾਂ ਦਾ ਪੜ੍ਹਾਈ ਵਾਲਾ ਵਾਤਾਵਰਨ ਸਕੂਲ ਵਿੱਚ ਮਿਲਦਾ ਹੈ। ਜਦੋਂ ਬੱਚਾ ਸਕੂਲ ਵਿੱਚ ਜਾਂਦਾ ਹੈ ਅਤੇ ਆਪਣੇ ਦੋਸਤਾਂ ਮਿੱਤਰਾਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਮਿਲਦਾ ਹੈ ਤਾਂ ਉਸਨੂੰ ਕਾਫੀ ਕੁਝ ਸਿੱਖਣ ਨੂੰ ਮਿਲਦਾ ਹੈ, ਪਰ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਵਿੱਚ ਅਜਿਹਾ ਕੁਝ ਦੇਖਣ ਨੂੰ ਨਹੀਂ ਮਿਲਦਾ। ਇਸ ਨਾਲ ਬੱਚਿਆਂ ਵਿੱਚ ਅਨੁਸ਼ਾਸਨ ਦੀ ਵੀ ਘਾਟ ਆ ਜਾਂਦੀ ਹੈ ਉਹ ਅਨੁਸ਼ਾਸਨਗੀਣ ਹੋ ਗਏ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਅਸੀਂ ਕਹਿ ਸਕਦੇ ਹਾਂ ਕਿ ਆਧੁਨਿਕ ਯੁੱਗ ਵਿੱਚ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਨਵੇਂ ਚੱਲੇ ਇਸ ਰੁਝਾਨ ਦੇ ਕੁਝ ਫਾਇਦੇ ਅਤੇ ਕੁਝ ਨੁਕਸਾਨ ਵੀ ਹਨ।

ਆਧੁਨਿਕ ਯੁੱਗ ਵਿਗਿਆਨਕ ਦਾ ਯੁੱਗ ਹੈ। ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਵਿਗਿਆਨ ਨੇ ਕਾਫੀ ਤਰੱਕੀ ਕਰ ਲਈ ਹੈ। ਨਵੀਆਂ-ਨਵੀਆਂ ਕਾਢਾਂ ਕੱਢੀਆਂ ਜਾ ਰਹੀਆਂ ਹਨ ਜਿਵੇਂ ਕਿ ਮੋਬਾਇਲ ਫੋਨ, ਕੰਪਿਊਟਰ ਆਦਿ। ਪਹਿਲਾਂ ਮੋਬਾਇਲ ਫੋਨ ਆਪਣਾ ਕੋਈ ਸੰਦੇਸ਼ ਕਿਸੇ ਤੱਕ ਪਹੁੰਚਾਉਣ ਲਈ ਵਰਤੇ ਜਾਂਦੇ ਸੀ ਪਰ ਆਧੁਨਿਕ ਸਮੇਂ ਵਿੱਚ ਮੋਬਾਇਲ ਅਤੇ ਕੰਪਿਊਟਰ ਰਾਹੀਂ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਰੁਝਾਨ ਬੱਚਿਆਂ/ਵਿਦਿਆਰਥੀਆਂ ਵਿੱਚ ਕਾਫੀ ਵਧਿਆ ਹੈ ਜਿਵੇਂ ਕਿ ਕਰੋਨਾ ਕਾਲ ਵਿੱਚ ਸਕੂਲ, ਕਾਲਜ ਅਤੇ ਯੂਨੀਵਰਸਿਟੀਆਂ ਸਭ ਬੰਦ ਸਨ ਤਾਂ ਫਿਰ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਸਿੱਖਿਆ/ਪੜ੍ਹਾਈ ਨੂੰ ਜਾਰੀ ਰੱਖਣ ਲਈ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਸ਼ੁਰੂ ਕੀਤੀ ਗਈ। ਜਿਸ ਨਾਲ ਕਿ ਦੇਸ਼ ਵਿੱਚ ਮਹਾਂਮਾਰੀ ਨੂੰ ਵਧਣ ਤੋਂ ਵੀ ਰੋਕਿਆ ਜਾ ਸਕੇ ਅਤੇ ਬੱਚਿਆਂ ਦੀ ਪੜ੍ਹਾਈ ਵਿੱਚ ਵੀ ਕੋਈ ਵਿਘਨ ਨਾ ਆ ਸਕੇ, ਨਿਯਮਤ ਰੂਪ ਨਾਲ ਚੱਲ ਸਕੇ। ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਫਾਇਦੇ ਅਤੇ ਨੁਕਸਾਨ ਦੋਵੇਂ ਹੀ ਦੇਖਣੇ ਨੂੰ ਮਿਲਦੇ ਹਨ ਜਿਵੇਂ ਕਿ ਜੇਕਰ ਆਪਾਂ ਦੇਖਦੇ ਤਾਂ ਪਤਾ ਚੱਲਦਾ ਹੈ ਕਿ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਨਾਲ ਬੱਚੇ ਪੜ੍ਹਾਈ ਨਾਲ ਜੁੜੇ ਰਹੇ ਹਨ ਉਹ ਪੜ੍ਹਾਈ ਵੱਲੋਂ ਅਵੇਸਲੇ ਨਹੀਂ ਹੋਏ। ਉਨ੍ਹਾਂ ਨੂੰ ਨਵੀਆਂ-ਨਵੀਆਂ ਤਕਨੀਕਾਂ ਬਾਰੇ ਪਤਾ ਲੱਗਿਆ। ਮੋਬਾਇਲ ਫੋਨ ਜਾਂ ਕੰਪਿਊਟਰ ਨੂੰ ਪੜ੍ਹਾਈ ਦੇ ਲਈ ਕਿਵੇਂ ਵਰਤੋਂ ਵਿੱਚ ਲਿਆਉਣਾ ਹੈ ਉਸਦਾ ਪਤਾ ਲੱਗਿਆ।

ਪਰ ਇਸ ਤੋਂ ਬਿਨਾਂ ਜੇਕਰ ਅਸੀਂ ਇਸਦੇ ਨਕਾਰਾਤਮਕ ਪੱਖ ਵੱਲ ਦੇਖੀਏ ਤਾਂ ਇਸ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਕਾਫੀ ਨੁਕਸਾਨ ਵੀ ਹੋਇਆ ਹੈ ਕਿਉਂਕਿ ਇੱਕ ਪਹਿਲਾ ਅਸਰ ਉਨ੍ਹਾਂ ਦੀ ਸਿਹਤ 'ਤੇ ਦੇਖਣ ਨੂੰ ਮਿਲਿਆ ਹੈ ਉਹ ਹੈ ਉਨ੍ਹਾਂ ਦੀਆਂ ਅੱਖਾਂ ਦੀ ਰੋਸ਼ਨੀ ਦਾ ਘੱਟ ਹੋ ਜਾਣਾ, ਬੱਚੇ ਕਿੰਨਾ-ਕਿੰਨਾ ਸਮਾਂ ਮੋਬਾਇਲ ਫੋਨ ਜਾਂ ਕੰਪਿਊਟਰ ਨੂੰ ਦੇਖਦੇ ਰਹਿੰਦੇ ਹਨ ਜਿਸ ਨਾਲ ਜਿਆਦਾਤਰ ਬੱਚਿਆਂ ਦੀ ਨਿਗ੍ਹਾ ਕਾਫੀ

ਕਿਰਨਦੀਪ ਕੌਰ

ਰੋਲ ਨੰਬਰ 259



ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਸਮੱਸਿਆ

ਆਉਣ ਵਾਲਾ ਭਵਿੱਖ ਬਚਾਈਏ ਪ੍ਰਦੂਸ਼ਣ ਮੁਕਤ ਦੇਸ਼ ਬਣਾਈਏ।

ਪ੍ਰਦੂਸ਼ਣ ਦਾ ਅਰਥ :- ਪ੍ਰਦੂਸ਼ਣ ਗੰਦਗੀ ਜਾਂ ਪ੍ਰਦੂਸ਼ਕਾਂ (ਵਿਦੇਸ਼ੀ ਪਦਾਰਥਾਂ ਜਾਂ ਕੁਦਰਤੀ ਤੌਰ ਤੇ ਪੈਦਾ ਹੋਣ ਵਾਲੀ ਗੰਦਗੀ) ਦੇ ਕੁਦਰਤੀ ਸੋਮਿਆਂ ਵਿੱਚ ਮਿਲਾਪ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ ਜਿਸ ਨਾਲ ਬਹੁਤ ਸਾਰੇ ਬਦਲਾਅ ਹੁੰਦੇ ਹਨ ਅਤੇ ਧਰਤੀ ਤੇ ਜੀਵਨ ਪ੍ਰਭਾਵਿਤ ਹੁੰਦਾ ਹੈ। ਹਵਾ, ਪਾਣੀ ਅਤੇ ਧੁਨੀ (ਸਾਊਂਡ) ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਸਮੱਸਿਆ ਗੰਭੀਰ ਅਕਾਰ ਲੈ ਰਹੀ ਹੈ। ਵੱਧ ਰਹੀ ਉਦਯੋਗਿਕਤਾ ਵਾਤਾਵਰਨਣ ਲਈ ਤਬਾਹੀ ਬਣ ਰਹੀ ਹੈ। ਉਦਯੋਗਿਕਤਾ, ਧੂਆਂ ਅਤੇ ਹੋਰ ਗੈਸਾਂ ਵੱਡੇ ਪੱਧਰ ਤੇ ਹਵਾ ਨੂੰ ਪ੍ਰਦੂਸ਼ਿਤ ਕਰ ਰਹੀਆਂ ਹਨ। ਇਮਾਰਤਾਂ ਤੋਂ ਇਲਾਵਾ, ਆਵਾਜਾਈ ਦੇ ਸਾਧਨ ਘਣਤਾ ਹਵਾ ਪ੍ਰਦੂਸ਼ਣ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਉਂਦੀ ਹੈ। ਧੂਆਂ ਅਤੇ ਜ਼ਹਿਰੀਲੇ ਰਸਾਇਣਾਂ ਦਾ ਪ੍ਰਦੂਸ਼ਣ ਵਾਤਾਵਰਨ ਵਿੱਚ ਸਲਫਰ ਡਾਈਆਕਸਾਈਡ ਦੇ ਪੱਧਰ ਨੂੰ ਵਧਾ ਰਿਹਾ ਹੈ।

ਪ੍ਰਦੂਸ਼ਣ ਦੀ ਸਮੱਸਿਆ ਸੰਸਾਰ ਭਰ ਦੀ ਗੰਭੀਰ ਸਮੱਸਿਆ ਬਣਦੀ ਜਾ ਰਹੀ ਹੈ। ਇਸ ਦੀ ਚਪੇਟ ਵਿੱਚ ਕੇਵਲ ਮਨੁੱਖ ਹੀ ਨਹੀਂ ਬਲਕਿ ਪੂਰਾ ਜੀਵ ਸਮੁਦਾਇ ਵੀ ਹੈ। ਜ਼ਹਿਰੀਲੇ ਕਣ ਅਤੇ ਗੈਸਾਂ ਦਾ ਹਵਾ ਵਿੱਚ ਮਿਲ ਜਾਣਾ ਵਾਧੂ ਪ੍ਰਦੂਸ਼ਣ ਕਹਾਉਂਦਾ ਹੈ। ਪ੍ਰਦੂਸ਼ਣ ਕਈ ਪ੍ਰਕਾਰ ਦਾ ਹੁੰਦਾ ਹੈ ਜਿਵੇਂ ਕਿ ਹਵਾ ਪ੍ਰਦੂਸ਼ਣ, ਜਲ ਪ੍ਰਦੂਸ਼ਣ, ਮਿੱਟੀ ਪ੍ਰਦੂਸ਼ਣ ਪਾਣੀਆਂ ਲਈ ਖਤਰਨਾਕ ਹਨ। ਇਸ ਲਈ ਸਾਨੂੰ ਪ੍ਰਦੂਸ਼ਣ ਦੇ ਪ੍ਰਤੀ ਸੁਚੇਤ ਹੋਣ ਦੀ ਲੋੜ ਹੈ ਕਿਉਂਕਿ ਵੱਧਦੇ ਪ੍ਰਦੂਸ਼ਣ ਦਾ ਕੇਵਲ ਮਨੁੱਖ ਹੀ ਜ਼ਿੰਮੇਵਾਰ ਹੈ।

ਸਾਨੂੰ ਧਰਤੀ ਉੱਤੇ ਆਪਣੀ ਹੋਂਦ ਬਣਾਏ ਰੱਖਣ ਲਈ ਵੱਧਦੀ ਹੋਈ ਆਬਾਦੀ ਨੂੰ ਰੋਕਣਾ ਪਵੇਗਾ। ਆਬਾਦੀ ਘਟਣ ਦੇ ਨਾਲ ਹੀ ਜੰਗਲਾਂ ਦੀ ਕਟਾਈ ਘੱਟ ਹੋਵੇਗੀ ਜਿਸ ਨਾਲ ਕਾਰਖਾਨਿਆਂ, ਮੋਟਰਾਂ-ਗੱਡੀਆਂ ਆਦਿ ਪ੍ਰਦੂਸ਼ਣ ਪੈਦਾ ਕਰਨ ਵਾਲੇ ਯੰਤਰਾਂ ਦੀ ਲੋੜ ਵੀ ਘਟੇਗੀ। ਇਹਨਾਂ ਦਾ ਉਤਪਾਦਨ ਘੱਟ ਹੋਣ ਦੇ ਨਾਲ ਪ੍ਰਦੂਸ਼ਣ ਵੀ ਘੱਟ ਹੋਵੇਗਾ।

ਲਵਿਸ਼

ਰੋਲ ਨੰਬਰ 208

ਕਣ ਕਣ ਵਿੱਚ

ਉਹਨਾਂ ਸਾਰੀਆਂ ਚੀਜ਼ਾਂ ਵਿੱਚ ਸ਼ਾਮਿਲ ਹੁੰਦਾ ਹੈ ਤੂੰ
ਜੋ ਮੈਨੂੰ, ਤੇਰੇ ਕੋਲੋਂ ਪ੍ਰਾਪਤ ਹੁੰਦੀਆਂ ਹਨ।
ਉਹਨਾਂ ਹਾਸਿਆਂ, ਬੋਲਾਂ ਤੇ ਤੱਕਣੀਆਂ ਵਿੱਚ...
ਉਹਨਾਂ ਫੁੱਲਾਂ, ਪੱਤਿਆਂ ਤੇ ਕਿਤਾਬਾਂ ਵਿੱਚ...
ਉਹਨਾਂ ਖ਼ਿਆਲਾਂ, ਖਾਬਾਂ ਤੇ ਯਾਦਾਂ ਵਿੱਚ...
ਤੂੰ ਸ਼ਾਮਲ ਹੁੰਦਾ ਹੈ ਹਰ ਚੀਜ਼ ਵਿੱਚ
ਮੇਰੇ ਆਲੇ ਦੁਆਲੇ ਦੇ ਬ੍ਰਹਿਮੰਡ ਵਿੱਚ
ਬਿਖਰਿਆ ਹੋਇਆ ਹੈ ਤੂੰ
ਮੇਰੇ ਕਣ-ਕਣ ਵਿੱਚ
ਸਿਮਟਿਆ ਹੋਇਆ ਹੈ ਤੂੰ...।

ਸਿਮਰਦੀਪ ਕੌਰ

ਰੋਲ ਨੰਬਰ 310

ਮਿੱਟੀ

ਵੇਖ ਫਰੀਦਾ ਮਿੱਟੀ ਖੁੱਲ੍ਹੀ,
ਮਿੱਟੀ ਉੱਤੇ ਮਿੱਟੀ ਡੁੱਲ੍ਹੀ।
ਮਿੱਟੀ ਹੱਸੇ, ਮਿੱਟੀ ਰੋਵੇ,
ਅੰਤ ਮਿੱਟੀ ਦਾ ਮਿੱਟੀ ਹੋਵੇ।
ਨਾ ਕਰ ਬੰਦਿਆ ਮੇਰੀ ਮੇਰੀ,
ਨਾ ਇਹ ਤੇਰੀ, ਨਾ ਇਹ ਮੇਰੀ।
ਚਾਰ ਦਿਨਾਂ ਦਾ ਮੇਲਾ ਦੁਨੀਆਂ,
ਫਿਰ ਮਿੱਟੀ ਦੀ ਬਣ ਜਾਣਾ ਵੇਰੀ।

ਨਵਜੋਤ ਕੌਰ

ਰੋਲ ਨੰਬਰ 28308

Cultural Activities 2021-22



Cultural Activities 2022-23



Annual Convocation 2022-23



ਅਮਰਨਾਥ ਯਾਤਰਾ

ਅਮਰਨਾਥ ਅਸਥਾਨ, ਕਸ਼ਮੀਰ ਵਿੱਚ ਹਿਮਾਲਿਆ ਦੀ ਉੱਚੀ ਚੋਟੀ ਤੇ ਸਥਿੱਤ ਹੈ। ਇਸ ਨੂੰ ਅਮਰਨਾਥ ਦੀ ਗੁਫਾ ਵੀ ਕਹਿੰਦੇ ਹਨ ਜੋ ਕੁਦਰਤ ਦੀ ਕਾਰੀਗਰੀ ਦਾ ਇੱਕ ਸੁੰਦਰ ਨਮੂਨਾ ਹੈ। ਜੁਲਾਈ-ਅਗਸਤ ਦੇ ਮਹੀਨਿਆਂ ਵਿੱਚ ਯਾਤਰੂ ਇਸ ਸਥਾਨ ਦੀ ਯਾਤਰਾ ਲਈ ਜਾਂਦੇ ਹਨ। ਸਾਲ ਦੇ ਨੌਂ ਮਹੀਨੇ ਇੱਥੇ ਬਰਫ ਜੰਮੀ ਰਹਿੰਦੀ ਹੈ।

ਗਰਮੀਆਂ ਦੀਆਂ ਛੁੱਟੀਆਂ ਮੁੱਕਣ ਵਾਲੀਆਂ ਸਨ ਕਿ ਸਾਰੇ ਪਰਿਵਾਰ ਨੇ ਅਮਰਨਾਥ ਦੀ ਗੁਫਾ ਦੇ ਦਰਸ਼ਨ ਕਰਨ ਦਾ ਪ੍ਰੋਗਰਾਮ ਬਣਾ ਲਿਆ। ਅਸੀਂ ਰਾਤ ਨੂੰ ਗੱਡੀ ਰਾਹੀਂ ਸਫਰ ਕਰਕੇ ਤੜਕੇ-ਤੜਕੇ ਜੰਮੂ ਪਹੁੰਚ ਗਏ। ਅਸੀਂ ਜੰਮੂ ਦੇ ਬੱਸ ਅੱਡੇ ਤੇ ਛੇਤੀ-ਛੇਤੀ ਪੁਜਣਾ ਚਾਹੁੰਦੇ ਸਾਂ ਕਿਉਂਕਿ ਸ੍ਰੀ ਨਗਰ ਨੂੰ ਸਵੇਰੇ-ਸਵੇਰੇ ਹੀ ਬੱਸਾਂ ਚੱਲਦੀਆਂ ਹਨ।

ਜੰਮੂ ਬੱਸ ਅੱਡੇ ਤੇ ਅਸੀਂ ਸ੍ਰੀ ਨਗਰ ਵਾਸਤੇ ਬੱਸ ਲਈ। ਜੰਮੂ ਤੋਂ ਸ੍ਰੀ ਨਗਰ ਦਾ ਪਹਾੜੀ ਰਾਸਤਾ 12 ਘੰਟਿਆਂ ਦਾ ਹੈ। ਸਾਡੀ ਬੱਸ ਸੱਪ ਵਾਂਗ ਵਲ ਖਾਂਦੀ ਹੋਈ ਸ੍ਰੀ ਨਗਰ ਵੱਲ ਦੋੜੀ ਜਾ ਰਹੀ ਸੀ। ਅਚਾਨਕ ਹੀ ਪਤਾ ਲੱਗਾ ਕਿ ਬਰਸਾਤ ਹੋਣ ਨਾਲ ਰਸਤੇ ਵਿੱਚ ਢਿੱਗਾਂ ਡਿੱਗੀਆਂ ਹੋਣ ਕਾਰਨ ਰਸਤਾ ਬੰਦ ਪਿਆ ਹੈ। ਸਾਡਾ ਚਾਅ ਕੁੱਝ ਮੱਠਾ ਜਿਹਾ ਪੈ ਗਿਆ। ਪਰੰਤੂ ਫੌਜੀ ਜਵਾਨਾਂ ਨੇ ਆ ਕੇ ਦੋ ਕੁ ਘੰਟਿਆਂ ਵਿੱਚ ਰਾਸਤਾ ਫਿਰ ਤੋਂ ਚਾਲੂ ਕਰ ਦਿੱਤਾ। ਰਾਤ ਕਰੀਬ 8 ਵਜੇ ਅਸੀਂ ਸ੍ਰੀ ਨਗਰ ਪਹੁੰਚ ਗਏ। ਅਸੀਂ ਸ੍ਰੀ ਨਗਰ ਵਿਖੇ ਹੋਟਲ ਕਿਰਾਏ ਤੇ ਲੈ ਲਿਆ। ਇੱਕ ਵਾਬੇ ਤੇ ਖਾਣਾ ਵਗੈਰਾ ਖਾਧਾ ਅਤੇ ਆ ਕੇ ਹੋਟਲ ਵਿੱਚ ਲੇਟ ਗਏ। ਸ੍ਰੀ ਨਗਰ ਦੇ ਹਾਲਾਤ ਖਰਾਬ ਹੋਣ ਕਰਕੇ ਜ਼ਿਆਦਾ ਘੁੰਮਣਾ-ਫਿਰਨਾ ਅਸੀਂ ਮੁਨਾਸਿਬ ਨਾ ਸਮਝਿਆ।

ਦੂਸਰੇ ਦਿਨ ਬੱਸ ਰਾਹੀਂ ਅਸੀਂ ਪਹਿਲਗਾਮ ਪਹੁੰਚੇ। ਪਹਿਲਗਾਮ ਦਾ ਮੌਸਮ ਬਹੁਤ ਹੀ ਸੁਹਾਵਣਾ ਸੀ। ਪਤਾ ਲੱਗਾ ਕਿ ਪਹਿਲਗਾਮ ਤੋਂ ਅਮਰਨਾਥ ਦੀ ਗੁਫਾ ਮੀਲ ਦੀ ਉਚਾਈ 'ਤੇ ਹੈ। ਅਸੀਂ ਸ਼ਿਵਜੀ 'ਚੰਦਨਵਾੜੀ' ਕੱਟਣਾ ਚਾਹੁੰਦੇ ਸਾਂ ਜੋ ਪਹਿਲਗਾਮ ਤੋਂ ਕੁ ਮੀਲ ਦੀ ਉਚਾਈ 'ਤੇ ਹੈ।

ਚੰਦਨਵਾੜੀ ਤੱਕ ਦਾ ਰਸਤਾ ਬਹੁਤ ਕਠਿਨ ਨਹੀਂ ਸੀ। ਅਸੀਂ ਰਾਤ ਦੇ ਕੁ ਵਜੇ ਚੰਦਨਵਾੜੀ ਪਹੁੰਚ ਗਏ। ਇੱਥੋਂ ਅਸੀਂ ਇੱਕ ਤੰਬੂ ਵਿੱਚ ਰਾਤ ਕੱਟੀ ਤੇ ਸਵੇਰ ਵੇਲੇ ਅੱਗੇ ਨੂੰ ਚੱਲ ਪਏ। ਚੰਦਨਵਾੜੀ ਤੋਂ ਡੇਢ ਦੋ ਮੀਲ ਤੱਕ ਸਿੱਧੀ ਚੜਾਈ ਸੀ। ਇਸ ਨੂੰ 'ਪਿੱਸੂ ਘਾਟੀ' ਕਹਿੰਦੇ ਹਨ। ਇਸ ਕਰਕੇ ਕਿ ਇੱਥੇ ਲੋਕ ਪਿੱਸੂਆਂ ਵਾਂਗ ਹੌਲੀ-ਹੌਲੀ ਤੁਰਦੇ ਹਨ। ਅਸੀਂ ਵੀ ਹੌਲੀ-ਹੌਲੀ ਤੁਰਦੇ ਗਏ।

ਚੰਦਨਵਾੜੀ ਤੋਂ 8 ਮੀਲ ਅੱਗੇ 'ਸ਼ੇਸ਼ਨਾਗ' ਨਾ ਦੀ ਇੱਕ ਝੀਲ ਹੈ। ਇਸ ਝੀਲ ਦੇ ਨੀਲੇ ਰੰਗੇ ਦੇ ਪਾਣੀ ਨੇ ਦਿਲ ਖੁਸ਼ ਕਰ ਦਿੱਤਾ। ਇੱਥੇ ਕੁਦਰਤ ਦੀ ਇੰਨੀ ਸੁੰਦਰ ਕਾਰੀਗਰੀ ਨੂੰ ਦੇਖ ਕੇ ਮਨੁੱਖ ਹੈਰਾਨ ਰਹਿ ਜਾਂਦਾ ਹੈ।

ਰਸਤੇ ਵਿੱਚ ਅਸੀਂ ਕਈ ਛੋਟੇ-ਛੋਟੇ ਨਾਲੇ ਵੇਖੇ ਇਨ੍ਹਾਂ ਉਤੇ ਲੱਕੜੀ ਦੇ ਨਹੀਂ ਬਲਕਿ ਬਰਫ ਦੇ ਕੁਦਰਤੀ ਪੁਲ ਬਣੇ ਹੋਏ ਸਨ। ਇਹ ਬਰਫਾਨੀ ਪੁਲ ਪਿਘਲਦੇ ਨਹੀਂ। ਸਾਲ ਵਿੱਚ ਮਸਾਂ ਦੋ ਕੁ ਮਹੀਨੇ ਹੀ ਰਸਤਾ ਚਲਦਾ ਹੈ। ਇਸ ਲਈ ਏਥੇ ਲੱਕੜ ਦੇ ਪੁਲ ਬਣਾਉਣ ਦੀ ਲੋੜ ਹੀ ਨਹੀਂ ਪੈਂਦੀ।

ਇੱਥੋਂ ਅਮਰਨਾਥ ਗੁਫਾ ਕੇਵਲ ਪੰਜ ਮੀਲ ਹੀ ਸੀ। ਅਸੀਂ ਰਾਤ ਪੰਜਰਤਨੀ ਹੀ ਕੱਟਣ ਦਾ ਪ੍ਰੋਗਰਾਮ ਬਣਾਇਆ। ਇੱਥੇ ਕਈ ਸਾਧੂ-ਸੰਤ ਆਪਣੀਆਂ ਪੂਣੀਆਂ ਰਮਾ ਕੇ ਬੈਠੇ ਸਨ। ਇੱਥੋਂ ਦਾ ਵਾਤਾਵਰਨ ਬੜਾ ਸ਼ਾਂਤ ਤੇ ਆਨੰਦਮਈ ਸੀ।

ਪੰਜਰਤਨੀ ਤੋਂ ਪੰਜ ਮੀਲ ਦੇ ਰਸਤੇ ਨੇ ਸਾਨੂੰ ਬਿਲਕੁਲ ਥਕਾ ਦਿੱਤਾ। ਇਹ ਰਸਤਾ ਵੀ ਬਹੁਤ ਘੱਟ ਚੌੜਾ ਸੀ ਤੇ ਦੂਜੇ ਪਾਸੇ ਨਦੀ ਵੀ ਕਾਫੀ ਡੂੰਘੀ ਸੀ। ਇਸ ਰਾਹ ਵਿੱਚ ਸਾਨੂੰ ਕਾਫੀ ਬਰਫ ਦੇ ਟੁਕੜਿਆਂ ਉਪਰੋਂ ਦੀ ਲੰਘਣਾ ਪਿਆ। ਇਹ ਨਜ਼ਾਰਾ ਵੀ ਮਨ ਨੂੰ ਬਹੁਤ ਚੰਗਾ ਲੱਗਾ। ਦਰਸ਼ਨ ਕਰਨ ਮਗਰੋਂ ਅਸੀਂ ਵਾਪਸ ਚੱਲ ਪਏ ਕਿਉਂਕਿ ਉਥੇ ਰਾਤ ਨੂੰ ਕੋਈ ਨਹੀਂ ਠਹਿਰ ਸਕਦਾ। ਤਿੰਨ ਦਿਨਾਂ ਬਾਅਦ ਅਸੀਂ ਆਪਣੇ ਘਰ ਪਰਤ ਆਏ। ਸਾਡੀ ਇਹ ਯਾਤਰਾ ਬਹੁਤ ਵਧੀਆ ਯਾਤਰਾ ਰਹੀ।



ਆਨਲਾਈਨ ਸਿੱਖਿਆ

ਅੱਜ ਦੇ ਆਧੁਨਿਕ ਤੇ ਮਸ਼ੀਨੀ ਯੁੱਗ ਦੇ ਆਉਣ ਨਾਲ ਸਾਡੇ ਪੁਰਾਣੇ ਪ੍ਰਯੋਗ ਕੀਤੇ ਜਾਣ ਵਾਲੇ ਸਾਧਨਾਂ ਵਿੱਚ ਬਹੁਤ ਬਦਲਾਅ ਲਿਆ ਦਿੱਤਾ ਹੈ। ਜਿਵੇਂ ਕਿ ਸਾਨੂੰ ਪਤਾ ਹੈ ਕਿ ਪੁਰਾਣੇ ਸਮਿਆਂ ਵਿੱਚ ਕੇਵਲ ਕੁਝ ਵੀ ਵਿਅਕਤੀਆਂ ਨੂੰ ਗਿਆਨ ਪ੍ਰਾਪਤ ਸੀ ਤੇ ਉਹ ਗਿਆਨ ਉਹਨਾਂ ਵੇਦਾਂ, ਪੁਰਾਣਾਂ ਤੇ ਮਹਾਂਗ੍ਰੰਥਾਂ ਤੋਂ ਪ੍ਰਾਪਤ ਹੋਇਆ ਸੀ। ਉਦਾਹਰਨ ਵਜੋਂ ਬ੍ਰਾਹਮਣ, ਪੰਡਿਤ ਆਦਿ। ਫਿਰ ਪਰਿਵਰਤਨ ਹੋਣ ਦੇ ਨਾਲ ਨਾਲ ਲੋਕਾਂ ਵਿੱਚ ਜਾਗਰੂਕਤਾ ਆਈ ਤੇ ਫਿਰ ਲੋਕ ਗੁਰੂਕੁਲ, ਮਦਰੱਸੇ ਜਾਂ ਫਿਰ ਘਰਾਂ ਵਿੱਚ ਹੀ ਗਿਆਨ ਪ੍ਰਾਪਤ ਕਰਨ ਲੱਗ ਪਏ।

ਫਿਰ ਉਸ ਤੋਂ ਬਾਅਦ ਵਿੱਚ ਸਕੂਲਾਂ ਦਾ ਦੌਰ ਚੱਲਿਆ, ਜਿੱਥੇ ਅਧਿਆਪਕਾਂ ਦੁਆਰਾ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਿੱਖਿਆ ਮੁਹੱਈਆ ਕਰਵਾਈ ਜਾਂਦੀ ਹੈ। ਅੱਜ ਵੀ ਬੱਚਿਆਂ ਨੂੰ ਸਕੂਲਾਂ ਦੁਆਰਾ ਹੀ ਸਿੱਖਿਆ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ। ਅੱਜ ਕੱਲ ਆਧੁਨਿਕ ਪ੍ਰਣਾਲੀ ਦੇ ਆਉਣ ਨਾਲ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੀ ਸ਼ੁਰੂਆਤ ਹੋਈ ਹੈ।

ਅਰਥ ਜਾਂ ਮਤਲਬ:— ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਨਾਂ ਤੋਂ ਹੀ ਸਪੱਸ਼ਟ ਹੋ ਜਾਂਦਾ ਹੈ। ਅਜਿਹੀ ਸਿੱਖਿਆ ਜਿਸ ਵਿੱਚ ਕੰਪਿਊਟਰ, ਲੈਪਟਾਪ ਜਾਂ ਫਿਰ ਮੋਬਾਇਲ ਫੋਨਾਂ ਦੀ ਸਹਾਇਤਾ ਨਾਲ ਵੀਡੀਓ ਕਾਨਫਰੰਸਿੰਗ ਦੇ ਮਾਧਿਅਮ ਨਾਲ ਕਲਾਸਾਂ ਲਗਾ ਕੇ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਾਂ। ਜਿਸ ਨਾਲ ਸਮੇਂ ਤੇ ਧੰਨ ਦੀ ਬੱਚਤ ਹੋ ਜਾਂਦੀ ਹੈ।

ਸ਼ਾਬਦਿਕ ਅਰਥਾਂ ਵਿੱਚ ਇਹ ਵੀ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ ਕਿ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਨਵੇਂ ਆਧੁਨਿਕ ਯੁੱਗ ਦੀ ਸਿੱਖਿਆ ਨੂੰ ਇੱਕ ਵੱਡਮੁੱਲੀ ਦੇਣ ਜਾਂ ਦਾਤ ਹੈ। ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਫਾਇਦੇ ਤੇ ਨੁਕਸਾਨ ਦੋਵੇਂ ਹੀ ਹਨ। ਕਿਉਂਕਿ ਜੇਕਰ ਕਿਸੇ ਵੀ ਵਸਤੂ ਜਾਂ ਉਪਰਕਰਨ ਦਾ ਸਦਉਪਯੋਗ ਕੀਤਾ ਜਾਵੇਗਾ ਤਾਂ ਹੀ ਸਾਨੂੰ ਲਾਭ ਪ੍ਰਾਪਤ ਹੋਵੇਗਾ। ਇਸਦੇ ਵਿਪਰੀਤ ਜੇਕਰ ਉਸ ਹੀ ਉਪਰਕਰਨ ਜਾਂ ਵਸਤੂ ਦਾ ਦੁਰਉਪਯੋਗ ਕੀਤਾ ਜਾਵੇ ਤਾਂ ਉਸ ਤੋਂ ਸਾਡਾ ਨੁਕਸਾਨ ਹੀ ਹੋਵੇਗਾ।

ਫਾਇਦੇ : ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਤੋਂ ਸਾਨੂੰ ਅਨੇਕਾਂ ਤਰ੍ਹਾਂ ਦੇ ਲਾਭ ਪ੍ਰਾਪਤ ਹੁੰਦੇ ਹਨ।

1. **ਸਮਾਂ :** ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਮਾਧਿਅਮ ਤੋਂ ਸਾਡੇ ਸਮੇਂ ਦੀ ਬੱਚਤ ਹੁੰਦੀ ਹੈ। ਸਾਨੂੰ ਘਰ ਬੈਠਿਆਂ ਹੀ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਹੋ ਜਾਂਦੀ ਹੈ, ਜਿਸ ਕਰਕੇ ਸਾਨੂੰ ਇੱਕ ਤੋਂ ਦੂਜੀ ਥਾਂ ਨਹੀਂ ਜਾਣਾ ਪੈਂਦਾ।
2. **ਧੰਨ :** ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਮਾਧਿਅਮ ਰਾਹੀਂ ਸਾਨੂੰ ਘਰੇ ਹੀ ਸਿੱਖਿਆ ਮਿਲ ਜਾਂਦੀ ਹੈ। ਸਾਨੂੰ ਘਰ ਤੋਂ ਸਕੂਲ, ਸਕੂਲ ਤੋਂ ਘਰ ਤੱਕ ਕਿਰਾਇਆ ਆਦਿ ਤੇ ਪੈਸੇ ਖਰਚ ਨਹੀਂ ਕਰਨੇ ਪੈਂਦੇ ਹਨ।
3. **ਜਾਗਰੂਕਤਾ:** ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਮਾਧਿਅਮ ਰਾਹੀਂ ਸਾਨੂੰ ਨਵੀਂ ਟੈਕਨਾਲੋਜੀ ਨੂੰ ਪ੍ਰਯੋਗ ਕਰਨਾ ਆ ਜਾਂਦਾ ਹੈ ਕਿ ਕਿਸ ਤਰ੍ਹਾਂ ਅਸੀਂ ਘਰ ਬੈਠ ਕੇ ਹੀ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਾਂ। ਕੰਪਿਊਟਰ ਤੇ ਲੈਪਟਾਪਾਂ ਦੇ ਉਪਯੋਗ ਦੀ ਜਾਣਕਾਰੀ ਮਿਲਦੀ ਹੈ।
4. **ਅਭਿਆਸ:** ਆਨਲਾਈਨ ਚੱਲ ਰਹੀ ਕਲਾਸ ਦੀ ਰਿਕਾਰਡਿੰਗ ਵੀ ਅਸੀਂ ਕਰ ਸਕਦੇ ਹਾਂ। ਜਿਸ ਨਾਲ ਜੇਕਰ ਸਾਨੂੰ ਕੋਈ ਕਨਸੈਪਟ (concept) ਨਹੀਂ ਸਮਝ ਆਇਆ ਤਾਂ ਅਸੀਂ ਰਿਕਾਰਡ ਕੀਤੀ ਹੋਈ ਵੀਡੀਓ ਦੁਬਾਰਾ ਵੀ ਦੇਖ ਸਕਦੇ ਹਾਂ।
5. **ਅਪਾਤਕਾਲੀਨ:** ਜਿਵੇਂ ਕਈ ਵਾਰ ਅਜਿਹੀ ਸਥਿਤੀ ਆ ਜਾਂਦੀ ਹੈ ਕਿ ਘਰ ਦੀ ਕਿਸੇ ਮਜ਼ਬੂਰੀ ਜਾਂ ਫਿਰ ਸਰੀਰਕ ਕਮਜ਼ੋਰੀ ਕਾਰਨ ਸਕੂਲ ਨਹੀਂ ਜਾ ਸਕਦੇ ਤਾਂ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਮਾਧਿਅਮ ਤੋਂ ਸਾਡੀ ਸਿੱਖਿਆ ਸਾਨੂੰ ਪ੍ਰਾਪਤ ਹੋ ਜਾਂਦੀ ਹੈ।
6. **ਔਰਤਾਂ ਨੂੰ ਸਿੱਖਿਆ ਦੀ ਪ੍ਰਾਪਤੀ :** ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਮਾਧਿਅਮ ਨਾਲ ਕਈ ਅਜਿਹੀਆਂ ਔਰਤਾਂ ਜਾਂ ਲੜਕੀਆਂ ਜਿਹਨਾਂ ਦੇ ਘਰ ਦੇ ਲੋਕ ਜਾਂ ਮੈਂਬਰ ਉਹਨਾਂ ਨੂੰ ਘਰ ਤੋਂ ਬਾਹਰ ਨਹੀਂ ਨਿਕਲਣ ਦਿੰਦੇ, ਉਹ ਵੀ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਨ।

ਨੁਕਸਾਨ : ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਕਈ ਨੁਕਸਾਨ ਵੀ ਹਨ।

1. **ਧੰਨ :** ਕਈ ਅਜਿਹੇ ਗਰੀਬ ਪਰਿਵਾਰਾਂ ਦੇ ਵਿਦਿਆਰਥੀ ਹੁੰਦੇ ਹਨ ਜਿਹਨਾਂ ਲਈ ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਸੰਭਵ ਨਹੀਂ ਹੈ ਜਿਹਨਾਂ ਕੋਲ ਮੋਬਾਇਲ , ਕੰਪਿਊਟਰ, ਲੈਪਟਾਪ ਲੈਣ ਲਈ ਪੈਸੇ ਦੀ ਕਮੀ ਹੈ।

2. **ਸਮੇਂ ਦੀ ਫਜ਼ੂਲ ਖ਼ਰਚੀ :** ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਦੇ ਸਮੇਂ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਧਿਆਨ ਕਈ ਵਾਰ ਆਨਲਾਈਨ ਗੇਮਾਂ ਵੱਲ ਚੱਲਿਆ ਜਾਂਦਾ ਹੈ।
3. **ਮਸ਼ਹੂਰੀ :** ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਜਾਂ ਕਲਾਸਾਂ ਸਮੇਂ ਕਈ ਵਾਰ ਮਸ਼ਹੂਰੀਆਂ ਆ ਜਾਂਦੀਆਂ ਹਨ ਜਿਸ ਨਾਲ ਬੱਚਿਆਂ ਦਾ ਧਿਆਨ ਸਿੱਖਿਆ ਤੋਂ ਹੱਟ ਜਾਂਦਾ ਹੈ।
4. **ਸਾਧਨਾਂ ਦੀ ਕਮੀ :** ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਲਈ ਸਾਧਨਾਂ ਦੀ ਕਮੀ ਪਾਈ ਜਾਂਦੀ ਹੈ ਕਿਉਂਕਿ ਹਾਲੇ ਤੱਕ ਪੂਰੀ ਤਰ੍ਹਾਂ ਸਾਧਨ ਨਹੀਂ ਪਾਏ ਜਾਂਦੇ ਤੇ ਕਲਾਸਾਂ ਦੇ ਦੌਰਾਨ ਨੈਟਵਰਕ ਵੀ ਠੀਕ ਤਰ੍ਹਾਂ ਨਹੀਂ ਪਹੁੰਚਦੇ ਹਨ।
5. **ਤਕਨੀਕ ਦੀ ਕਮੀ:** ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਲਈ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਹਨਾਂ ਸਾਧਨਾਂ ਦੇ ਪ੍ਰਯੋਗ ਵਿੱਚ ਮੁਸੀਬਤਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਨਾ ਪੈਂਦਾ ਹੈ।
6. **ਪ੍ਰਸ਼ਨ ਪੁੱਛਣਾ ਅਸੰਭਵ :** ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਵਿੱਚ ਕਲਾਸ ਵਿੱਚ ਇੰਨਾ ਸਮਾਂ ਨਹੀਂ ਹੁੰਦਾ ਕਿ ਹਰੇਕ ਵਿਦਿਆਰਥੀ ਆਪਣੇ ਪ੍ਰਸ਼ਨਾਂ ਨੂੰ ਅਧਿਆਪਕ ਸਾਹਮਣੇ ਸੱਪਸ਼ਟ ਕਰ ਸਕੇ।
7. **ਸਰੀਰਕ ਕ੍ਰਿਆਤਮਕਤਾ ਜਾਂ ਕ੍ਰਿਆਸ਼ੀਲਤਾ ਦੀ ਕਮੀ:** ਇਸ ਤਰ੍ਹਾਂ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਦੇ ਸਮੇਂ ਸਾਡੀ ਸਰੀਰਕ ਕ੍ਰਿਆਸ਼ੀਲਤਾ ਨਹੀਂ ਹੁੰਦੀ ਕਿਉਂਕਿ ਅਸੀਂ ਇੱਕ ਹੀ ਥਾਂ 'ਤੇ ਪੜ੍ਹ ਰਹੇ ਹੁੰਦੇ ਹਾਂ। ਸਾਨੂੰ ਘਰ ਤੋਂ ਸਕੂਲ ਜਾਂ ਕਾਲਜ ਜਾਂਦੇ ਸਮੇਂ ਜਿਹੜੀ ਸਰੀਰਕ ਕ੍ਰਿਆਸ਼ੀਲਤਾ ਹੁੰਦੀ ਹੈ, ਉਹ ਨਹੀਂ ਹੈ।
ਆਨਲਾਈਨ ਸਿੱਖਿਆ ਦੇ ਸਦਉਪਯੋਗ ਤੋਂ ਹੀ ਇਸਦੇ ਲਾਭ ਸੰਭਵ ਹਨ। ਇਸਦੇ ਦੁਰਉਪਯੋਗ ਤੋਂ ਤਾਂ ਨੁਕਸਾਨ ਹੀ ਹੋਣਗੇ। ਸਾਨੂੰ ਵਿਆਕਤੀਆਂ ਵਿੱਚ ਇਸ ਸਬੰਧੀ ਜਾਗਰੂਕਤਾ ਫੈਲਾਉਣੀ ਹੋਵੇਗੀ।

ਮਮਤਾ

ਚੋਲ ਨੰਬਰ 801



ਸੱਚ

ਜਿੰਦਗੀ ਲੰਮੀ ਨਹੀਂ ਹੁੰਦੀ ਬਹੁਤੀ
ਦੁੱਖ ਲੱਗ ਜਾਵੇ ਤਾਂ ਲੰਮੀ ਲੱਗਦੀ ਹੈ।
ਇਹ ਦੁਨੀਆਂ ਮੌਕਾ ਭਾਲੇ ਲੁੱਟਣ ਦਾ,
ਮੌਕਾ ਮਿਲਦਿਆਂ ਹੀ ਠੱਗਦੀ ਹੈ।
ਗੁੱਡੀ ਚੜ੍ਹੇ ਅੰਬਰੀ ਤਾਂ ਖੁਸ਼ੀ ਮਿਲਦੀ।
ਬਾਕੀ ਦੁਨੀਆਂ ਅੰਦਰੋਂ ਅੰਦਰ ਸੜਦੀ ਏ।
ਬਹੁਤ ਖੁਸ਼-ਨਸੀਬ ਹੁੰਦੇ ਨੇ ਉਹ ਮਾਪੇ,
ਜਿਹਨਾਂ ਦੀ ਔਲਾਦ ਰੋਕਣ ਤੇ ਖੜ੍ਹਦੀ ਏ।
ਮਾਂ ਦੇ ਦੁੱਧ ਬੱਚੇ ਲਈ ਹੋਵੇ ਅਮ੍ਰਿਤ ਵਰਗਾ,
ਮਾਂ ਦੇ ਹੱਥ ਦੀ ਰੋਟੀ ਨਾਲ ਹੀ ਭੁੱਖ ਮਰਦੀ ਏ।
ਜਿਸ ਮਕਾਨ ਵਿੱਚ ਨਾ ਹੋਵੇ ਸੁੱਖ-ਸ਼ਾਂਤੀ,
ਉਹਦੇ ਅੱਗੇ ਕੁੱਲੀ ਵੀ ਵੱਡੀ ਲੱਗਦੀ ਏ।

ਫੁੱਲ ਖਿੜਿਆ ਤਾਂ ਲੱਗੇ ਬਹੁਤ ਸੋਹਣਾ,
ਟੁੱਟ ਜਾਵੇ ਤਾਂ ਪਲਾਂ ਵਿੱਚ ਸੁੱਕ ਜਾਂਦਾ।
ਮੂੰਹੋਂ ਮਿੱਠਾ ਜਦੋਂ ਦੱਸੇ ਅਸਲੀ ਚਿਹਰਾ,
ਜਣਾ-ਖਣਾ ਵੀ ਉਹਦੇ ਤੇ ਖੁੱਕ ਜਾਂਦਾ।
ਬੰਦਿਆ ਮਾਨ ਨਾ ਕਰੀਂ ਮਿੱਟੀ ਦੇ ਸਰੀਰ ਦਾ,
ਇਹਦਾ ਸਫ਼ਰ ਸਮਸ਼ਾਨ ਤੇ ਜਾਕੇ ਮੁੱਕ ਜਾਂਦਾ।



ਹਰਸ਼ਾ

ਚੋਲ ਨੰਬਰ 263

ਬੇਟੀ ਬਚਾਓ-ਬੇਟੀ ਪੜ੍ਹਾਓ

ਸ਼ਿਸ਼ਟੀ ਦਾ ਆਧਾਰ ਹੈ ਬੇਟੀ,
ਬੇਟੇ ਦੇ ਸਮਾਨ ਹੈ ਬੇਟੀ
ਮਾਂ ਦੁਰਗਾ ਦਾ ਅਵਤਾਰ ਹੈ ਬੇਟੀ
ਫਿਰ ਕਿਉਂ ਅੱਜ ਲਾਚਾਰ ਹੈ ਬੇਟੀ।

ਨਾਮ ਕਰੇਗੀ ਰੋਸ਼ਨ ਵਾਂਗ ਚੰਨ ਦੀ ਬੇਟੀ
ਗੁਰੂਆਂ, ਪੀਰਾਂ, ਫਕੀਰਾਂ ਦੀ ਜਨਮ ਦਾਤਾਰ ਹੈ ਬੇਟੀ
ਨਾ ਮਾਰੋ ਇਸ ਨੂੰ ਕੁੱਖ ਦੇ ਵਿੱਚ...
ਸੰਸਾਰ ਦੀ ਸਿਰਜਣਹਾਰ ਹੈ ਬੇਟੀ
ਰੱਬ ਦਾ ਹੀ ਵਰਦਾਨ ਹੈ ਬੇਟੀ।

ਪਿਆਰ ਬੇਟੇ ਦੇ ਵਾਂਗ ਕਰੋ ਬੇਟੀ ਨੂੰ
ਹਰ ਲਏਗੀ ਦੁੱਖ, ਸੰਤਾਪ ਬੇਟੀ
ਮਾਂ, ਧੀ, ਪਤਨੀ ਹਰ ਰੂਪ ਦੇ ਵਿੱਚ
ਮਮਤਾ ਦੀ ਭਰਮਾਰ ਹੈ ਬੇਟੀ।

ਵਾਂਗ ਕਲਪਨਾ ਲਗਾਊ ਅਸਮਾਨ 'ਚ ਡਾਰੀ
ਵਾਂਗ ਸਾਨੀਆਂ ਖੇਡ 'ਚ ਚਮਕਾਊ ਨਾਮ ਬੇਟੀ
ਮਾਪਿਆਂ ਦਾ ਬਣੂ ਸਨਮਾਨ ਬੇਟੀ
ਕਿਉਂਕਿ ...ਬੇਟੇ ਦੇ ਸਨਮਾਨ ਹੈ ਬੇਟੀ
ਸ਼ਿਸ਼ਟੀ ਦਾ ਆਧਾਰ ਹੈ ਬੇਟੀ।

ਬਬੀਤਾ

ਰੋਲ ਨੰਬਰ 250



ਹਰੀ ਦਿਵਾਲੀ

ਖੁਸ਼ੀਆਂ ਦਾ ਤਿਉਹਾਰ ਦਿਵਾਲੀ,
ਬੱਚੇ ਬੁੱਢੇ ਸਭ ਦਾ ਹੀ ਹੈ,
ਮਨ ਭਾਉਂਦਾ ਤਿਉਹਾਰ ਦਿਵਾਲੀ
ਰੋਸ਼ਨੀਆਂ ਦਾ ਤਿਉਹਾਰ ਦਿਵਾਲੀ।
ਬੰਬ ਪਟਾਖੇ ਨਾ ਚਲਾ ਕੇ,
ਸਾਰੇ ਇੱਕ ਇੱਕ ਰੁਖ ਲਗਾ ਕੇ,
ਪ੍ਰਦੂਸ਼ਣ ਨੂੰ ਨਾ ਫੈਲਾ ਕੇ,
ਆਉ ਮਨਾਈਏ ਹਰੀ ਦਿਵਾਲੀ।
ਘਰ ਨੂੰ ਸਾਫ ਸਵੱਛ ਬਣਾਕੇ,
ਮਿੱਟੀ ਬਣੇ ਦੀਵੇ ਜਲਾ ਕੇ,
ਬੁਰੇ ਕੰਮਾਂ ਤੋਂ ਤੋਬਾ ਕਰਕੇ,
ਆਓ ਮਨਾਈਏ ਹਰੀ ਦਿਵਾਲੀ।
ਕਿਉਂਕਿ ਹਰੀ ਦਿਵਾਲੀ ਹੈ
ਸਵੱਛ ਦਿਵਾਲੀ,
ਏਸੇ ਲਈ ਹੀ ਸਾਰੇ ਰਲ ਮਿਲ,
ਆਓ ਮਨਾਈਏ ਹਰੀ ਦਿਵਾਲੀ।



ਕਿਰਨਦੀਪ ਕੌਰ

ਰੋਲ ਨੰਬਰ 259

Value Add Course (Employability) Year (2022-23)



Value Added (Health & Yoga) (2022-23)



Science of Happiness



Government College of Education, Sector 20-D, Chandigarh Editorial Board Year (2021-22)



Standing (Left to Right) : Sahibpreet Kaur, Richa, Abha Jain

Sitting (Left to Right) : Dr. Mukhtiar Singh, Dr. Kusum, Dr. A. K. Srivastava, (Dean), Dr. Sapna Nanda (Principal), Dr. Savita Arya (Vice Principal)

Flag Hoisting Ceremony

Republic Day

26 January 2023





About the College

Government College of Education, previously known as Government Post-Graduate Basic Training College, was founded in August 1954 under a special scheme of Government of India for establishment of training colleges for teachers at the post-graduate level. The College has the remarkable tradition of high achievements in the field of teacher education and ranks among the leading colleges of education in the country. It has highly qualified (100% doctorate) and competent faculty and draws the best students from across the country, especially the northern region for its teacher education programs.

The National Assessment Accreditation Council (NAAC) had accredited Grade 'A' to this college. The National Council for Teacher Education has sanctioned two units of B.Ed. (50 seats each) and one unit of M.Ed. (50 seats), both two years courses, and a Post Graduate Diploma in Guidance and Counselling (PGDGC) with the intake capacity of 20 seats. The College also runs 06 months Pre-Ph.D. course work for research students in the discipline of Education as a recognised Research Centre of Panjab University, Chandigarh.

The college has spacious campus with well-maintained lawns, playgrounds and separate hostels for boys and girls. It is one of the most resourceful libraries in education in general, and Teacher Education in particular in the northern part of India. It provides excellent library facilities to its students and faculty.

A number of dimensions have been added to the teacher training program so as to make it as comprehensive as possible, in light of contemporary changes. The syllabus prescribed by the Panjab University, Chandigarh is enriched by seminars, workshops, community activities, educational tours and numerous modes of other practical work including value-added blended mode courses as per the guidelines of NEP-2020. The institution is forging ahead in the future with its missionary zeal of preparing visionary architects of the human resources of the country with software of excellence embedded creatively with the motto 'Ascend from darkness to Light' (आरोह तमसो ज्योतिः)।

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जिजीविषा

>>> (जीने की चाह) >>>

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A HALF YEARLY NEWSLETTER

March 2023

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From the Chief Editor's Desk



Dr.(Mrs.) Sapna Nanda

Principal
Government College of Education
Sector- 20 D, Chandigarh

Dear Readers

Welcome to the first issue of our newsletter, published in the International Year of Millets 2023! This year presents an excellent opportunity to raise awareness about the benefits of consuming millets and promoting their cultivation.

As we all know, proper nutrition, exercise, and a positive outlook are essential for good health and happiness. The food we eat not only fuels our bodies but also has a significant impact on our overall well-being.

In this issue, we will focus on various aspects of health, nutrition, and wellness. Additionally it will provide you with the most up-to-date information and practical tips on how to maintain optimal health and wellness. We hope you find this newsletter informative and useful.

Our goal is to provide valuable insights and information to help our readers make informed decisions about their health and lifestyle. We welcome your feedback, suggestions, and questions, and we will be happy to address them in future issues. We look forward to sharing more with you in the coming issues.

Let's work together to promote the benefits of millets and make this International Year of Millets a success! Thank you for joining us on this journey towards better nutrition, health, and wellness.

Best regards
Sapna Nanda

Disclaimer

This news letter is published biannually for educational purposes only. All the articles are provided by various authors as mentioned in the news letter with references from right sources highlighted as and where applicable.

THE INTERNATIONAL YEAR OF MILLETS



Ms Meghna Duhan

Student: B.Ed 2nd Semester
Government College of Education
Sec-20, Chandigarh

Millets have gained importance in recent years due to their potential to provide food and nutritional security, particularly in developing countries. Millets are also a promising crop for climate-smart agriculture due to their resilience to changing climate conditions and low requirements for water and fertilizers. Additionally, the cultivation of millets can contribute to the achievement of several United Nations Sustainable Development Goals, including the eradication of poverty, the promotion of sustainable agriculture, and the reduction of hunger and malnutrition.

One of the key advantages of millets is their nutritional value. They are rich in proteins, vitamins, minerals, and fiber. They also contain antioxidants that can protect against several chronic diseases, such as heart disease, cancer, and diabetes. Millets are gluten-free, making them an ideal food for people with celiac disease or gluten sensitivity. They also have a low glycemic index, which means they do not cause a rapid increase in blood sugar levels.

Another advantage of millets is their environmental benefits. They require little water and can grow in poor soil conditions, making them an ideal crop for smallholder farmers. They also have a short growing cycle, which means they can be grown in areas with short rainy seasons. The cultivation of millets can reduce the pressure on freshwater resources and prevent soil erosion. Furthermore, millets are resistant to pests and diseases, reducing the need for chemical inputs.

Millets can also contribute to the livelihoods of smallholder farmers, particularly in developing countries. The cultivation of millets can provide a source of income for farmers and contribute to rural development. Millets are also an important part of the traditional diet in many cultures and can contribute to food security and cultural preservation.

The International Year of Millets in recognition of the importance of millets, the United Nations has declared 2023 as the International Year of Millets. The aim of the year is to raise awareness about the nutritional, environmental, and socio-economic benefits of millets and promote their cultivation and consumption.

India, which is one of the largest producers and consumers of millets, played a key role in proposing the International Year of Millets. **The Prime Minister of India, Narendra Modi, has called for the year to be a "people's movement" and for India to become a global hub for millets.**

The Food and Agriculture Organization (FAO) of the United Nations will lead the implementation of the International Year of Millets, in collaboration with governments, international organizations, and civil society. The FAO aims to promote the consumption of millets, support the development of millet-based products, and enhance the value chain of millets.

Challenges in Promoting Millets Despite their potential, millets face several challenges in their promotion and cultivation. One of the key challenges is the lack of awareness and information about millets amongst consumers, particularly in urban areas. Millets are often

perceived as a "poor man's food" and are associated with rural and traditional diets. There is a need to raise awareness about the nutritional benefits of millets and promote their consumption among urban consumers.

Another challenge is the lack of research and development on millets. Millets have received less attention than other cereal crops, such as rice and wheat, in terms of research and development. There is a need for more research on the agronomic practices, post-harvest handling, and value addition of millets. Research can help to identify the best practices for millet cultivation, develop millet-based products, and enhance the market opportunities for millets.

The low productivity and profitability of millets is also a challenge. Millets have lower yields than other cereal crops, such as rice and wheat, and are often grown on marginal lands. The lack of market opportunities and value addition also affect the profitability of millets.

Millet is a highly nutritious grain that is rich in fiber, vitamins, and minerals, and can be a healthy alternative to refined grains like white rice and wheat flour. The ICMR-National Institute of Nutrition recommends including about 90-100 grams of millets per day in your diet, which is about one-third of the recommended quantity of cereals for an adult.

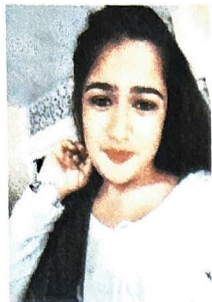
It is important to note that dietary recommendations may vary based on individual needs and health conditions, so it is always best to consult a registered dietitian or a healthcare professional to determine your individual nutritional needs and make dietary recommendations.

The idea of celebrating the year 2023 as the International Year of Millets will definitely provide an important platform to promote the nutritional, health, and environmental benefits of millets and support their sustainable production and consumption.

This year will provide an opportunity to highlight the role of millets in food security, poverty reduction, and climate change adaptation, particularly in developing countries where millets are often grown by smallholder farmers. Through a series of events and activities, the International Year of Millets is expected to contribute to the achievement of several United Nations Sustainable Development Goals. It is a timely initiative to promote the nutritional, health, and environmental benefits of millets and support their sustainable production and consumption.



FLOWER ARRANGEMENT



Ms Simran Gondwal

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The Chinese were the first to put water in a container of cut flowers. So, while the Chinese were arranging flowers aesthetically in a container the rest of the world was braiding garlands, making wreaths and flinging petals.

Japan grasped the vision of combining cut flowers, water and containers from China with such enthusiasm and inspiration that different schools of Flower Arrangement art emerged with masters who created philosophies and design principles sprang into existence. The Japanese culture expanded flower arrangement into a meditative practice, which had its roots in beliefs and philosophies. Flower Arrangement became an art form that inspired contemplation and transcended decorative and devotional functions.



The basic principles of art are also applicable to the art of flower arrangement.

The principles are as follows:-

- Design
- Scaling/Proportion
- Balance
- Rhythm
- Proper use of Colour
- Emphasis
- Harmony
- Distinction
- Repetition

Design

All arrangements should have a proper design; that is the structural pattern of the arrangement which determines the shape, size, and suitability of the various component parts and their relationship to each other.

Scaling/proportion

Means the size relationship between the component parts of an arrangement, involving a good proportion of plant material, container, size and function.

Balance

It is shown in the way in which materials are grouped in a design and physical as well as visual balance needs to be considered. The components of balance are a form (a size which creates apparent weight) and color (Darker color gives an impression of weight).

Rhythm

This is the feeling of motion created by using curved lines. It can be achieved by:

- Using graduating sizes or different degrees of opening of the flowers
- Using curves stems
- Using foliage of various sizes and contrasting shapes
- Having an irregular line of various - sized blooms
- Proper use of colors
- Colors should be used judiciously.

Emphasis

Emphasis should be achieved by creating a focal point or center of interest.

Harmony

In the finished arrangement as a whole, the material used, the container, and accessories should harmonize into one overall framework.

Distinction

This is the most important asset. Either your arrangement has it or not. It is achieved by:

- Using of unusual material
- Unusual method of emphasis has been used
- The color combination is useful
- The finish is perfect
- A good contrast has built up a strong design.

Repetition

In color and form it is essential for the arrangement to look harmonious but it should not be carried too much. If not followed the arrangement looks incomplete and if overdone it is monotonous.

The location of a flower arrangement affects the 'principles of design', as follows :

1. Table arrangement

This refers to the arrangements used to decorate tables for seated meals, banquets, buffets, etc. These should be

- Single
- Appropriate in size
- Proper in shape

2. Reception desk

Bold arrangements are made keeping in view the large counters they have to be put on and they should command a dominant position where they can be viewed by a large number of people. Normally it should be front-facing.

3. Guest rooms

This means that the arrangement should be in size and proportion to the room and site. Most arrangements are either placed on a coffee table or dining table (in suites) when they should be round and on writing tables, usually with the back to the wall in which case they can be front-facing.

OBESITY

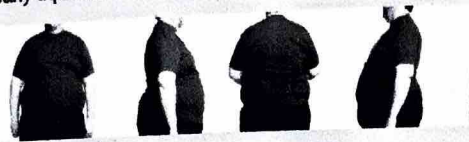


Ms Komal Maurya

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Obesity is a medical condition characterized by an excessive accumulation of body fat that can have negative effects on a person's health. It is typically defined by a person's body mass index (BMI), which is calculated as their weight in kilograms divided by the square of their height in meters.

A BMI of 30 or higher is generally considered to indicate obesity. According to data from the World Health Organization (WHO) as of 2021, obesity rates are increasing worldwide. Worldwide obesity has nearly tripled since 1975.



Obesity can increase the risk of a range of health problems, including heart disease, stroke, diabetes, high blood pressure, certain cancers, sleep apnea, osteoarthritis, and more. It can also affect a person's quality of life, self-esteem, and mental health.

Preventing obesity involves making consistent healthy choices in the daily routine. Here are some tips for a daily routine to prevent obesity:

Start the day with a healthy breakfast: Eating a healthy breakfast can help prevent overeating later in the day and boost your metabolism. Opt for foods that are high in fiber and protein, such as whole-grain cereals, fruits, and yogurt.

Stay hydrated: Drinking plenty of water throughout the day can help you feel full and prevent overeating. Aim for at least 8 glasses of water a day.

Incorporate physical activity into your routine: Regular physical activity is important for preventing obesity. Try to get at least 30 minutes of moderate-intensity exercise most days of the week. This can include activities such as brisk walking, jogging, cycling, or swimming.

Plan healthy meals and snacks: Plan your meals and snacks in advance to avoid making unhealthy choices when you are hungry. Include plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals.

Avoid sugary and high-calorie drinks: Sugary drinks like soda, fruit juice, and sports drinks are high in calories and can contribute to weight gain. Instead, opt for water, unsweetened tea, or low-fat milk.

Practice portion control: Overeating can lead to weight gain. Use smaller plates and bowls and measure out serving sizes to help control your portions.

Get enough sleep: Lack of sleep can disrupt hormones that control appetite, leading to overeating and weight gain. Aim for 7-8 hours of sleep each night.

By incorporating these habits into your daily routine, you can help prevent obesity and maintain a healthy weight. Moreover the rise in obesity rates is a significant public health concern that needs to be addressed through a multi-faceted approach, including education, policy changes, and interventions to promote healthy lifestyle habits.

Increasing Demand of Nutritionist



Ms Kamini

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In recent years, there has been a growing demand for nutritionists in both developed and developing countries. This trend can be attributed to several factors, including increased awareness of the importance of healthy eating, a rise in chronic diseases related to diet, and an aging population with greater healthcare needs.

A nutritionist is a health professional who specializes in the study of nutrition and the ways in which food affects the human body. They work with individuals or groups to develop personalized nutrition plans that help them achieve their health goals.



One of the main reasons for the increasing demand for nutritionists is the rise in chronic diseases related to diet, such as obesity, diabetes, and heart disease.

According to a recent report 7 to 10% of school going children in India are obese. Women are also facing great health issues like lower digestive tract conditions, diarrhea, UTI, constipation, hemorrhoids and one of the major health issues PCOS. At least 10% of women's in India have PCOS.

In many cases, these conditions can be prevented or managed through proper nutrition and lifestyle changes.

As a result, more people are seeking the advice of nutritionists to help them improve their eating habits and prevent or manage chronic conditions.

Another factor driving the demand for nutritionists is the aging population. As people age, they often develop health problems that require careful management of their diets.

Nutritionists can help older adults design meal plans that meet their unique nutritional needs and prevent or manage health problems such as osteoporosis, hypertension, and diabetes. People are turning to nutritionists for guidance on how to make healthier food choices and achieve their health and fitness goals.

Overall, the increasing demand for nutritionists is a positive trend that reflects a growing awareness of the importance of nutrition in maintaining good health. As more people seek out the advice of nutritionists, it is likely that we will see continued growth in this field and greater emphasis on the role of nutrition in preventing and managing chronic diseases.

PERSONALITY DEVELOPMENT



Personality is the unique set of traits, behaviors, and characteristics that define an individual's identity and distinguish them from others. It encompasses various aspects, including values, beliefs, attitudes, emotions, habits, and social skills. Personality is influenced by a combination of genetic, environmental, and cultural factors and tends to remain relatively stable over time.

Personality is crucial in shaping an individual's perception and interaction with the world around them. It affects a person's social relationships, work performance, and overall well-being.

A positive personality can help individuals build strong connections with others, manage stress and anxiety, and achieve their goals. In contrast, a negative personality can lead to social isolation, poor mental health, and difficulties in achieving success. Therefore, developing a positive personality is critical for personal growth, success, and happiness in life.

There are various theories and models that attempt to categorize personality types. One of the most popular models is the "Big Five" personality traits, which includes openness, conscientiousness, extraversion, agreeableness, and neuroticism. Other personality models include the Myers-Briggs Type Indicator (MBTI) and the DISC personality system.

Effective communication is a crucial aspect of personality development. It allows individuals to express their thoughts and emotions clearly, build relationships, and collaborate with others. Good communication skills involve active listening, using appropriate language and tone, and being able to convey ideas and information in a clear and concise manner.

Effective communication skills can help individuals build confidence, enhance their personal and professional relationships, and achieve success in their careers.

Dressing appropriately and presentably is an important aspect of personality development. It can help individuals make a positive first impression, convey professionalism and competence, and boost their self-confidence. Dressing appropriately for different occasions and situations demonstrates respect for oneself and others. Appropriate dressing is not only about the type of clothes but also includes factors such as cleanliness, grooming, and personal hygiene. Overall, dressing appropriately can enhance an individual's personality and contribute to their success in personal and professional life.

Body language, courtesy, and a positive outlook are essential aspects of effective communication that can greatly impact the success of our personal and professional interactions. These three elements work together to create a confident, approachable, and pleasant demeanor that can help us build strong relationships with others.

Ms Meghna Duhan

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Body language plays a crucial role in our communication. It refers to the nonverbal signals we send through our physical gestures, posture, and facial expressions.

A positive and open body language can convey confidence, friendliness, and trustworthiness, making it easier for others to connect with us.

Maintaining eye contact, sitting or standing up straight, and using appropriate hand gestures can convey attentiveness, respect, and interest in what the other person is saying.

Courtesy is another critical component of effective communication. It involves showing consideration, respect, and kindness towards others in our interactions. Using polite language, listening actively, and avoiding interrupting others can help create a positive and respectful atmosphere, making it easier to communicate and collaborate effectively. Showing genuine interest in others' perspectives, acknowledging their ideas, and offering positive feedback can foster a sense of mutual respect and trust that can lead to stronger relationships.

A positive outlook is also essential in effective communication. It involves approaching interactions with an open and optimistic mindset, even in challenging situations. A positive outlook can help us maintain a sense of composure and avoid negative emotions like frustration, anger, or defensiveness, which can hinder effective communication.

Approaching situations with an open mind, focusing on finding solutions, and assuming the best intentions of others can help create a collaborative and constructive environment that encourages effective communication.



People can enhance their personality by practicing self-reflection, developing good communication skills, cultivating a growth mindset, being open-minded, and developing a sense of humor. These tips can help individuals improve their personal and professional relationships, manage stress and anxiety, and achieve their goals.

However, changing one's personality entirely is difficult, as it is deeply ingrained and influenced by various factors. Still, individuals can strive to develop positive traits and behaviors that can enhance their overall personality.

TRADITIONAL INDIAN EMBROIDERY



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Indian embroidery comprises a diverse range of regional embroidery styles, which differ according to the regions and materials employed. Embroidery is a deeply ingrained tradition in India and reflects the country's rich cultural heritage. Each state and region in India boasts of its own unique style of embroidery.

Needlework is not the sole medium for fabric decoration; rather, it is complemented by the incorporation of narratives from the community, with motifs inspired by the natural surroundings, religious inscriptions, and the economic state of the region.

As such, Indian embroidery is not merely a form of decoration but also a way to preserve and communicate the history, values, and beliefs of the region.

TYPES OF INDIAN EMBROIDERY

1. Chikan / Chikankari:



Rumored to having been introduced by Noor Jahan, wife of Jahangir, Chikankari originated from Lucknow, Uttar Pradesh. It began with white embroidery on a white cloth, but today, it is available in all colours imaginable..

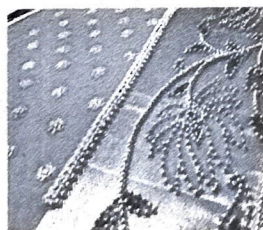
2. Zari / Zardosi

Introduced by the Mughals in the 16th century, Zari is the very form of opulence. The word Zardosi comes from Persian words for gold (zari) and embroidery (dosi).



3. Aari

The name of this embroidery comes from the hooked, sharp needle, which is used for this technique. Aari owes its origin to the Mughals and is practised in Rajasthan, Lucknow, and Kashmir.



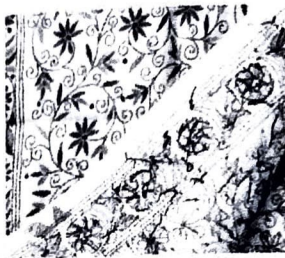
4. Banjara

The nomadic tribes of Banjara did not limit themselves to a single geographical location which allowed this style of embroidery to disperse across various regions, facilitating variations in the technique and designs.



5. Gota

Born in Rajasthan, this embroidery technique uses zari from Lucknow to trace elaborate patterns, creating different surface textures.



6. Kantha

From East Indian states like West Bengal, Odisha and Tripura and Bangladesh, comes Kantha embroidery, chiefly practised by rural women.

7. Phulkari

Mentioned in the folklore of Heer Ranjha, Phulkari comes from a rural embroidery tradition in Punjab. Its present form can be traced back to Maharaja Ranjit Singh's reign in the 15th century.



8. Shisha / Mirrorwork

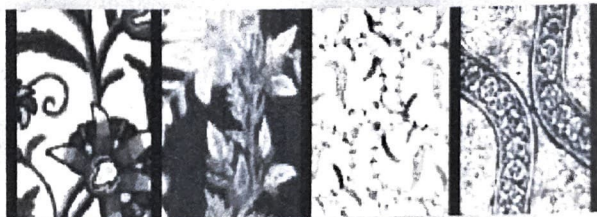
Brought into India by Iranian travellers during the 17th century, Mirrorwork was originally done with Mica. Patronized by Rajasthan, Haryana, and Gujarat, Mirrorwork varies in use and style according to region and taste.



9. Toda

This is Called 'pohor' (flower) in the Toda language, Toda embroidery comes from the Toda tribe which belongs to the Nilgiri Hills of Tamil Nadu. It is practiced exclusively by Toda women.

10. Kashmiri



This embroidery borrows its name from its place of birth, Kashmir. Also known as Kashida embroidery, the cloth for this embroidery was woven and embroidered by the members of the same, often extended, family.

A LETTER FROM KHICHDI..



Ms Renu

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Do you know that I am gluten-free and guilt-free and not even hard on your pocket? I am made from a combination of rice and dal, which makes it easier for your body to digest and assimilate all the nutrients I contain. This perfect combination of cereal and pulse makes up an excellent amino acid composition, providing your body with all the essential amino acids needed to function properly, maintain hormonal balance, and improve the immunity of your gut.

Dear all,

I am Khichdi, the dish you remember when you get sick, when your stomach gets bloated after eating those fried samosas, tikkis, pizzas, burgers, and you don't feel like eating anything else. But why do you look down on me as if I'm nothing?

Do you think I'm just a simple dish? You have thrown me out from your regular diet, and I want to ask why? Are you not aware of my health benefits or do you just disregard me because I'm not tasty?

Traditionally, I was a staple in every Indian household, eaten with curd, pickles, chutneys, papads, bhujia, and more. I was there to protect people from bloating, PMS, IBS, acidity, constipation, and to help them maintain a healthy weight.

But with the introduction of packaged, easy-to-make, readymade food items in the market, people forgot about me and started looking for other alternatives to keep their gut healthy, improve their immunity, and pop multi-vitamin pills or lean on protein supplements. Just because no one is advertising me or labeling me as a healthier option, many of you have forgotten about me.



By adding colorful vegetables, soybean, peanuts, coconut, and ghee, you can turn me into a perfectly balanced meal that can balance all three doshas (vaat, pitta, kapha) in your body, while providing satiety, satisfaction, and immunity to yourself.

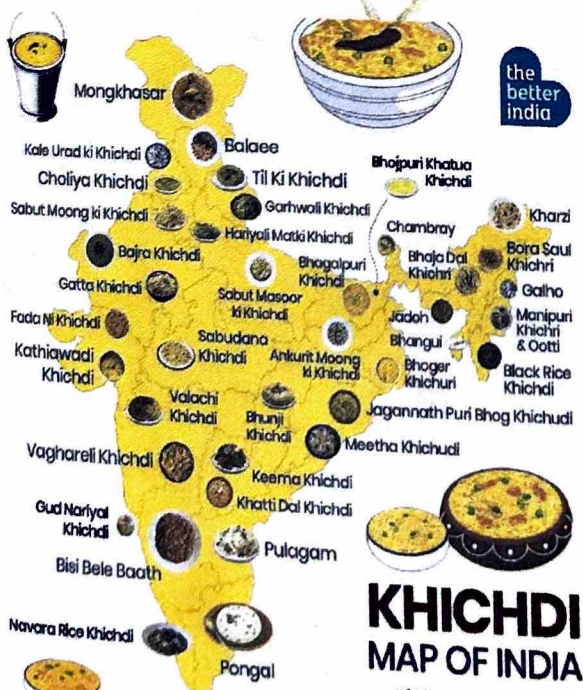
A perfect blend of traditional spices like cumin, clove, cinnamon, chili, bay leaf, turmeric, ginger, coriander, etc., added to tadka, enhances my taste like nothing else and provides your body with all the anti-inflammatory, antioxidant, and anti-allergy benefits of the spices. All you need to do is to eat me with self-gratification and without any guilt.

The amount of fear that the diabetic population has of me is found nowhere else. Why do they abstain from eating me? Just because I contain rice? That breaks my heart too much! Let me tell you, I am a perfect blend of rice and dal, which provides your body with the perfect ratio of carbohydrates and protein.

By adding vegetables, lemon, soybean, peanuts, coconut, and ghee, my glycemic response automatically declines, so you can eat me without any fear. Trust me, I will not raise your blood sugar levels like a packet of biscuits, chips, or chocolates would.

So, eating khichdi twice a week will improve your immunity, cut down all the excessive fat in your body, and build gut health. Then, what are you waiting for? Grab a plate and eat khichdi without any guilt or fear.

Best regards,
Khichdi



KHICHDI MAP OF INDIA

With inputs from: Ratika Bhargava & Racha Khaitan, Coauthors/Editors

TIME FOR QUIZ



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1. Which of the following household equipment is a time and energy saving device

- A. Pressure cooker
- B. Telephone
- C. DVD player
- D. TV

2. An adult heavy worker male required how much calorie per day

- A. 2000
- B. 2875
- C. 3800
- D. 1900

3. Sugar disease is called

- A. Jaundice
- B. Diabetes
- C. Typhoid
- D. Hysteria

4. Which of the following millets is known for its high protein content?

- A. Foxtail millet
- B. Proso millet
- C. Kodo millet
- D. Barnyard millet

5. A short women should wear clothes with

- A. Vertical lines
- B. Horizontal lines
- C. Diagonal lines
- D. Plain

6. Which of the following is not a health benefit of consuming millets?

- A. Rich in dietary fiber
- B. Low in carbohydrates
- C. Gluten-free
- D. Low in minerals

7. What is the term for the colors that are directly across from each other on the color wheel and create a high-contrast effect?

- A. Analogous colors
- B. Complementary colors
- C. Neutral colors
- D. Monochromatic colors

8. Which crop is commonly called Cheena in Hindi?

- A. Barnyard millet
- B. Proso millet
- C. Kodo millet
- D. Little millet

9. Which of the following millets has the highest iron content?

- A. Foxtail millet
- B. Pearl millet
- C. Finger millet
- D. Proso millet

10. How should you treat a person who has been bitten by a venomous snake?

- A. Apply a tourniquet above the bite
- B. Apply ice to the affected area
- C. Try to suck out the venom with your mouth
- D. Call for emergency services

Answer key : 1. A 2. B 3. B 4. C 5. A 6. D 7. B 8. C 9. D 10. D



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A HALF YEARLY NEWSLETTER

September 2023

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From the Chief Editor's Desk



Dr.(Mrs.) Sapna Nanda

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Dear Readers

Welcome to the second issue of our newsletter, published for the 6th Poshan Maah, September 2023 which is "**Suposhit Bharat, Sakshar Bharat, Sashakt Bharat,**" which translates to "Nutrition-rich India, Educated India, and Empowered India".

This theme underscores the critical interplay between nutrition, education, and empowerment in the country's development.

It signifies the nation's commitment to addressing the pervasive issue of malnutrition and promoting the health and well-being of its citizens. Adequate nutrition is essential for physical and cognitive growth, immune system function, and overall health.

During this year we conducted '*Magic Millets*', '*Aahar Kranti*' and various awareness programmes on Healthy and Poshtik Aahar at our college.

Our goal is to provide valuable insights and information to help our readers make informed decisions about their health and lifestyle. We welcome your feedback, suggestions, and questions, and we will be happy to address them in future issues. We look forward to sharing more with you in the coming issues.

We hope you find this newsletter informative and useful.

Let's work together to promote the benefits of millets and adopt a right nutritious diet for a healthy living. Thank you for joining us on this journey towards better nutrition, health, and wellness.

Best regards

Sapna Nanda

Disclaimer

This news letter is published biannually for educational purposes only. All the articles are provided by various authors as mentioned in the news letter with references from right sources highlighted as and where applicable.

GENETIC DIVERSITY AND BREEDING OF MILLETS



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Genetic Diversity of Millets

Species Diversity: Millets belong to the Poaceae family and are classified under the subfamily Panicoideae. There are multiple species of millets, each with its unique characteristics. Pearl millet is one of the most widely cultivated species, especially in Africa and India, while finger millet is known for its high nutritional content. Other species include proso millet, foxtail millet, and barnyard millet.

Genetic Variation within Species: Within each species, there is considerable genetic variation. This diversity is vital for breeding programs, as it allows for the selection of traits such as drought tolerance, pest resistance, and improved yield. Genetic diversity in millets has been harnessed through various techniques, including germplasm collection and characterization.

Breeding Millets for Improved Traits

Drought Tolerance: Millets are often grown in arid and semi-arid regions where water scarcity is a significant challenge. Breeding programs aim to develop drought-tolerant varieties by selecting for traits such as deep root systems and reduced water requirements.

Nutritional Enhancement: Finger millet, in particular, is known for its high nutrient content, including iron and calcium. Breeding efforts focus on increasing these nutrients to combat malnutrition, especially in regions where millets are staple foods.

Pest and Disease Resistance: Millets are susceptible to various pests and diseases. Breeding programs have identified genetic markers for resistance and developed resistant varieties, reducing the need for chemical pesticides.

Improved Yield: Increasing millet yields is crucial for food security. Breeding programs work on enhancing the grain size, plant architecture, and grain filling process to improve overall productivity.

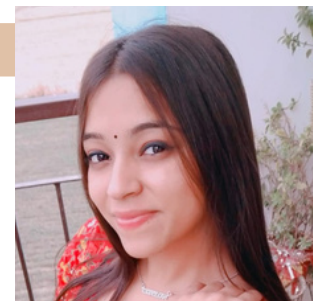
Shorter Maturation Period: Developing early-maturing millet varieties is essential in regions with a short growing season. These varieties allow farmers to adapt to changing climate conditions and extend millet cultivation to new areas.

Genetic diversity and breeding efforts in millets are vital for ensuring food security, improving nutrition, and enhancing resilience to climate change. These ancient grains have the potential to play a significant role in global agriculture and nutrition, and ongoing research and breeding programs are key to realizing that potential. By harnessing the genetic diversity within millet species and addressing the challenges faced by millet farmers, we can unlock the full benefits of these nutritious and adaptable crops.

MID DAY MEAL PROGRAMME: POSHAN TO CHILDREN

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Midday meals play a crucial role in providing nutrition (Poshan) to children, especially in developing countries. Here are some key reasons highlighting the importance of midday meals in ensuring the well-being and proper development of children



Nutrition: Midday meals provide children with a balanced and nutritious meal during the school day. These meals typically include items like rice, lentils, vegetables, and fruits, which are rich in essential nutrients such as protein, carbohydrates, vitamins, and minerals. This nutrition is vital for the physical and cognitive growth of children.

Health Improvement: Proper nutrition helps improve the overall health of children. Malnutrition, which can result from inadequate food intake or poor-quality diets, can lead to various health problems, including stunted growth, weakened immune systems, and cognitive impairments. Midday meals help combat malnutrition and related health issues.

Increased Attendance: Midday meals act as an incentive for children to attend school regularly. Knowing that they will receive a nutritious meal encourages parents to send their children to school regularly, increasing school attendance rates. This, in turn, contributes to higher levels of education and skill development among children.

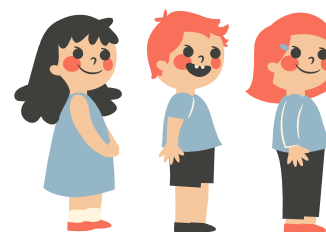
Better Concentration and Learning: Well-nourished children are better able to concentrate and learn in school. Proper nutrition supports cognitive development, which is essential for academic success. Children who receive midday meals are more likely to actively participate in class and perform better in their studies.

Reduction of Hunger and Food Insecurity: For many children, especially those from economically disadvantaged backgrounds, midday meals may be their most reliable source of food. These meals help reduce hunger and food insecurity among school-going children, ensuring they have at least one nutritious meal each day.

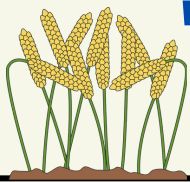
Social Equity: Midday meal programs promote social equity by ensuring that children from all socio-economic backgrounds have access to the same level of nutrition. This helps bridge the gap between privileged and underprivileged children, promoting a fair society.

Community Development: Midday meal programs often involve local communities in food preparation and distribution, creating job opportunities and fostering community engagement. This can have positive socio-economic effects in the areas where these programs are implemented.

Long-term Benefits: Providing proper nutrition to children through midday meals can have long-term benefits for society as a whole. Healthy and well-educated children are more likely to become productive and economically self-sufficient adults, reducing the burden on healthcare and social welfare systems.



Midday Meals are a vital component of efforts to improve the health, education, and overall well-being of children, particularly in regions where malnutrition and food insecurity are prevalent. These programs not only nourish young minds and bodies but also contribute to the development and prosperity of communities and nations



"THE MAGIC OF MILLETS: A BOON FOR DIABETIC DIETS"



Introduction

In the recent years, millets have emerged as "magic grains" for individuals with diabetes, they now reflect remarkable nutritional profile and health benefits. These ancient grains have gained popularity as a diabetes-friendly food choice due to their low glycemic index (GI), complex carbohydrates, high fiber content, and nutrient richness. In this article, we will explore why millets are considered a valuable addition to diabetic diets.

Low Glycemic Index (GI)

One of the key reasons millets are highly recommended for individuals with diabetes is their low GI. The glycemic index is a scale that measures how quickly a carbohydrate-containing food raises blood sugar levels. Foods with a high GI cause rapid spikes in blood sugar, while those with a low GI lead to a gradual and steady increase. Millets fall into the low-GI category, making them an excellent choice for maintaining stable blood sugar levels.

Complex Carbohydrates

Millets are rich in complex carbohydrates, which are digested slowly by the body. This slow digestion results in a steady release of energy, preventing sudden spikes in blood sugar after meals. This is particularly beneficial for people with diabetes who need to manage their blood sugar levels effectively.

High Fiber Content

Fiber is a crucial component of a diabetic diet, and millets deliver on this front. These grains are packed with dietary fiber, which has several benefits for diabetes management. Fiber helps slow down the absorption of sugar in the bloodstream, improves insulin sensitivity, and promotes better digestion. It also provides a feeling of fullness, reducing the urge to snack between meals and aiding in weight management—a significant factor for diabetes control.

Ms Nandini

B.Ed First Year
Government College of Education
Sec-20, Chandigarh



Gluten-Free

For individuals with diabetes who also have celiac disease or gluten sensitivity, millets offer a safe alternative. Most millets are naturally gluten-free, making them suitable for those who must avoid gluten-containing grains.

Weight Management

Maintaining a healthy weight is vital for managing diabetes, and millets can be a valuable ally in achieving this goal. Their high fiber content and slow-digesting carbohydrates contribute to a feeling of fullness, helping individuals control their calorie intake and prevent overeating.

Lower Risk of Cardiovascular Disease

Diabetes often comes with an increased risk of cardiovascular diseases. Millets, with their fiber and low saturated fat content, can contribute to heart health by reducing cholesterol levels and promoting healthy blood vessels.



Incorporating millets into a diabetic diet is a smart choice due to their low GI, complex carbohydrates, high fiber content, and rich nutrient profile. These ancient grains offer numerous health benefits, including better blood sugar control, improved digestion, weight management, and a reduced risk of cardiovascular diseases. Millets may indeed be "magic grains" for diabetics, but their true magic lies in the context of a well-balanced and personalized diabetes management plan.

DEFICIENCIES IN CHILDREN

Vitamin D is essential for calcium absorption, which is vital for the development of strong bones and teeth. A deficiency in vitamin D can lead to conditions like rickets, where the bones become weak and brittle. Moreover, vitamin D plays a significant role in the functioning of the immune system, and its insufficiency can increase a child's vulnerability to infections.

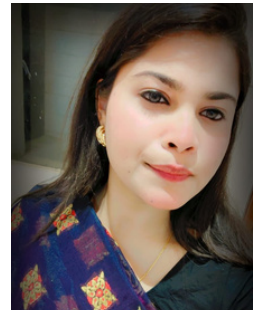
Several factors contribute to these deficiencies in children. One key factor is diet. Children with limited access to a diverse range of nutrient-rich foods, such as lean meats, dairy products, green leafy vegetables, and fortified foods, are at greater risk. Additionally, the modern lifestyle characterized by increased screen time and indoor activities has reduced children's exposure to sunlight, which is essential for the synthesis of vitamin D in the skin.

Prevention and management of iron and vitamin D deficiencies in children require a comprehensive approach. Promoting a well-balanced diet that includes iron-rich and vitamin D-rich foods is paramount. For those at risk, dietary supplements may be recommended under medical supervision. Encouraging outdoor play and physical activity to ensure sufficient sunlight exposure is essential for vitamin D synthesis.

Regular check-ups with healthcare providers are crucial for monitoring a child's nutritional status and addressing deficiencies promptly. By prioritizing the nutritional needs of children and taking proactive steps to prevent iron and vitamin D deficiencies, we can ensure that they grow up healthy, strong, and with the best chances for a bright future.

Ms Navjot Kaur

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Deficiency of iron and vitamin D in children is a multifaceted health concern that requires our attention. These two vital nutrients play crucial roles in a child's growth, development, and overall well-being. Iron is indispensable for the production of hemoglobin, the protein in red blood cells responsible for carrying oxygen throughout the body. Inadequate iron intake can lead to iron-deficiency anemia in children, characterized by fatigue, weakness, pale skin, and impaired cognitive development. This condition not only affects physical health but also hinders a child's ability to concentrate and perform well in school.

Vitamin D Deficiency IN CHILDREN CAN LOOK LIKE THIS



- Irritability
- Depression
- Distracted
- Fatigue
- Learning difficulties
- Poor memory
- Aggression

The Escalating Challenge of Anemia in India



The common cause of anemia in the general population is iron deficiency. Anemia is defined by the World Health Organization as a reduction in the proportion of red blood cells or decline in the concentration of hemoglobin level or insufficient oxygen carrying capacity to fulfill the physiological demand.

Anemia is adversely affecting women of reproductive age and child health which in turn results in increased morbidity and maternal death, and also hamper social-economic growth. Reproductive women are more prone to anemia due to inadequate dietary intake and iron loss during menstruation and pregnancy.



In India more than 15 states belong to the high prevalence (>55%) of anemia among socially backward groups in 2019–21. The anemia prevalence was high (>55%) in all social groups (SC & ST, OBC, general) observed in 7 states in NFHS-3, 4 in NFHS-4 and 11 states in NFHS-5. The overall result reveals that the SC/ST women were more prone to anemia than OBC and general women, and the prevalence rate slightly increased from 2005–06 to 2019–21. Among all variables, economic status dominantly controls the anemia level in all social groups. Anemia prevalence of the poor and poorest group of general women were much worse than the women of richer and richest groups of SC/ST, OBC. The odds of women having anemia were lower among higher educated and urban women as compared to the non educated and rural women, irrespective of social groups. The prevalence of anemia decreases with increased age of women and increases with the number of child bearing. All differences were statistically significant.

Ms Preeti

B.Ed first year
Government College of Education
Sec-20, Chandigarh



The problem of iron deficiency remains a major issue in India, where the majority of the states (eastern, north-eastern and central) suffer from high anemia prevalence rate and it increases over time. Multiple socio-demographic factors ranging from poor economic and educational status, rural residence to higher childbearing of women are responsible for predicting anemia levels among the social groups of women in India. India should improve women's overall nutrition status and their income. Meanwhile, GOI should be more focused on the existing policies related to anemia and on their actual implementation on grassroots level.





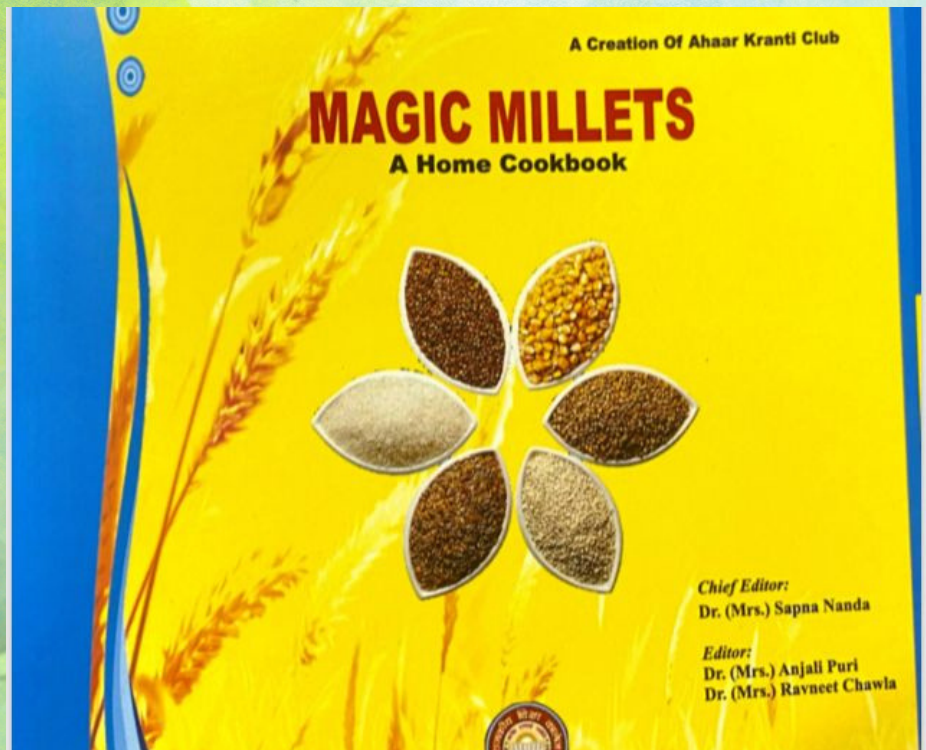
Millets Recipe Competition held at Govt College of Education, Chandigarh



Chandigarh: A Millet's Recipe Competition was held today at Government College of Education, Sector 20 in collaboration with MGNCRE. Faculty members, non-teaching staff and students enthusiastically participated in this competition. This event was the second in the series to celebrate the International Year of Millets 2023. The first event which was held earlier included an awareness drive on Aahar Kranti by NGO Nivedita Foundation headed by Dr. Virender Garg, OSD to the Union Health Minister, Govt. of India. Various dishes were prepared by the participants using millets as core ingredients such as foxtail millet, browntop millet, barnyard millet, kodo millet and little millet etc. The judges of the contest were Dr. Vandana Sharma from MCM DAV College, Sector 38; Dr. Sapna Nanda, Principal, Government College of Education, Sector 20; Dr. Ranmeet Chawla, Associate Professor, Government College of Education, Sector 20 and Miss. Bharti Goel, Faculty, University Institute of Hotel and Tourism Management, Panjab University, Chandigarh. Judges appreciated the efforts of participants who made delicious recipes using millets. Among the staff members, the first prize was won by Dr. Balvinder Kaur who prepared sorghum cake and foxtail smoothie. The second prize winners were Dr. Neelam Paul and Ms. Gurmeet Kaur who prepared Barnyard millet dosa, uttapam, khichdi and kheer and also Dr. Anjali Puri who prepared schetzwan foxtail millet bowl and millet pudding.

On 3rd October 2023,
During One Day NSS Camp at Government College of Education, Sector 20 D, Chandigarh. Mr Akash Monga of PGDGC sold millets, multigrain flours, and spices at Aahar Kranti Stall.
Dr.S Dahiya, Director, SCERT Chandigarh graced the the event with his presence.







INTEGRAL EDUCATION FOR QUALITY TEACHING

On the Occasion of Azadi Ka Mahotsav & 150th Birth Anniversary of Sri Aurobindo

Chief Editor:
Dr. (Mrs.) Sapna Nanda

Editors:
Dr. Anjali Puri
Dr. Anurag Sankhian
Dr. Sheojee Singh



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SECTOR 20-D, CHANDIGARH**

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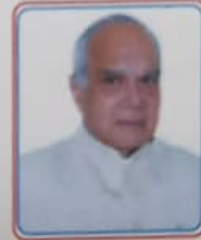
Chandigarh-Bengaluru-Delhi-Guwahati-Hyderabad-Indore
Jammu-Jaipur-Kolkata-Lucknow-Mumbai-Patna-Ranchi

Banwarilal Purohit

*Governor of Punjab
and
Administrator
Union Territory, Chandigarh*



*Raj Bhavan
Chandigarh*



March 24, 2023

MESSAGE

I am happy to know that Government College for Education is bringing out a book on Integral Education under the title 'Integral Education for quality Teaching' to commemorate 150th birth anniversary of Shri Aurobindo.

Education has always been a cornerstone of human progress and development. From the earliest civilisations to the present day, education has played a vital role in shaping individuals, communities and societies. Today, as we navigate an increasingly complex and rapidly changing world, education is more important than ever. It is essential for equipping individuals with the knowledge, skills, and attitudes they need to thrive in the twenty first century, and for addressing the complex challenges being encountered by our global community.

We must ensure that our education systems are inclusive, equitable, and accessible to all individuals, regardless of their background, identity, and empower them to become positive contributors to the society. Citizens must work together to build a future where education is not a privilege, and where every individual has the opportunity to reach his full potential.

I extend my best wishes to the college for the publication of this book.

A handwritten signature in green ink, appearing to read 'Banwarilal Purohit'.

[Banwarilal Purohit]

Dharam Pal, IAS
Adviser to the Administrator



U.T. Secretariat, Deluxe Building,
Sector 9-D, Chandigarh-160009

D.O. No. PS/AA/2023/929...

Dated : 27-03-2023

MESSAGE

I am pleased to know that Government College of Education is bringing out a book titled 'Integral Education for Quality Teaching' to commemorate the 150th Birth Anniversary of Shri Aurobindo

Throughout the course of human civilization, we have faced significant challenges and experienced both growth and hardships. In light of countless discoveries and innovations, it is widely acknowledged that education is fundamental to achieving development and self-realization.

A comprehensive education encompasses more than just the acquisition of knowledge and skills; it also cultivates wisdom and character, equipping students with the tools they need for holistic personal growth. By prioritizing the provision of quality education in supportive yet challenging environments, we enable students to develop confidence, self-esteem, and a sense of responsibility towards their communities. Failure to do so carries the risk of negative repercussions for generations to come.

It is, therefore, vital that educational institutions exercise caution and prudence in their decision-making and actions, working to provide an education that develops knowledge, cognition, wisdom, and character. I once again commend the efforts of the entire team of this college for publishing a book on Integral Education that serves to highlight the pressing importance of integral education in today's era.


(DHARAM PAL)

Purva Garg, IAS
Secretary Education



Department of Education
Chandigarh Administration

D.O. No. PA/Secy/Edu/2023/45

Dated : 31/03/2023

Dear Madam,



MESSAGE

Teacher Education is very integral to the Education System. There is a consistent opinion that integral or holistic education is a necessity in the present age. It is indispensable as society and knowledge cannot be ever separated into two distinct entities.

While this intricate balance of growth can be maintained with holistic education, continuous rise in progress in all quarters of life can be achieved, whether that is individual growth or development of the nation as an entity. This progress based on qualitative education has a very important role to play for the coming generations, which will reap the benefits of this hard work as they develop it, further

I congratulate the college to be able to draw upon the importance of integral education in the form of this book to contribute towards educational scholarship.

Best wishes

Yours sincerely


(Purva Garg)



D.O No PA/DHE/2023/09

Director, Higher Education
Chandigarh Administration

Dated 29/03/2023

MESSAGE

The future holds really exciting possibilities for mankind. We should endeavour to design and deliver education in more effective ways; to build on our expertise, create excellence and create multidisciplinary knowledge base; all within a rapidly evolving global context. To do this, we need increasingly innovative and resourceful teachers who are ready to experiment with approaches like integral education.

Integral Education plays a crucial role in shaping the values and attitudes of individuals, and in turn, the values and attitudes of society as a whole. It is through integral education that we learn about our history, culture, and traditions, and that we develop a sense of identity and belonging.

I believe it is important for intellectuals in today's society to have knowledge of methodologies to provide integral education and the effective implementation of these because practical use of the specific theories, ideologies, and aspects progress society further towards a better version of the truth.

I appreciate the endeavour of Govt. College of Education to provide this quality book on Integral Education and I wish the college to share this outstanding endeavour in educational arena.

(AMANDEEP SINGH BHATTI)

MESSAGE FROM THE DESK OF PRINCIPAL



I am pleased to present this book on Integral Education for Quality Teaching to the intellectual community. This is an exciting moment for our college to advocate the importance of integral education on 150th birth Anniversary of Sri Aurobindo.

As a teacher education institution, we are committed to fostering a love for passionate teaching and learning, and supporting our pupil teachers in their professional development. The publication of this book is a testament of our commitment to these values, and I am confident that it will inspire our students to pursue their dreams and work towards the comprehensive development of their pupils.

The authors have poured their heart and intellect gained through their academic experience into this book, and I can assure you that it is a must-read for anyone interested in the concept and need of integral education. I hope that this book provides an attestation to the power of holistic education and the impact that teachers can have on the lives of their students.

I thank all the authors for their vision and perspectives expressed through the chapters of this book. The editors also deserve due appreciation for their hard work and commitment.

A handwritten signature in green ink, appearing to read 'Sapna Nanda', written over a horizontal line.

Dr. Sapna Nanda
Principal, GCE

ABOUT THE CHIEF EDITOR

Dr. SAPNA NANDA is Principal in Government College of Education, Sector 20-D, Chandigarh and possesses 37 years of teaching experience. She is an Executive member of Indian Dietetic Association, Chandigarh Chapter and Co-editor of half yearly newsletter, Nutrition News "n" Views published by it. She has presented a number of papers in various conferences and published papers in journals of national repute. She has authored numerous research insights and research papers. Her other professional affiliations include an added member of Faculty of Education, Panjab University, Member of Board of Studies in Health Family Welfare and Population Education, Member of Board of Studies in the Faculty of Education, Panjab University, Chandigarh and Member, Board of Studies in the faculty of Education, Chandigarh University, Punjab (India).



* * *

ABOUT THE EDITORS

Dr. ANJALI PURI is working as an Associate Professor in Government College of Education since 2003 and has twenty years of teaching experience. She is doctorate in Education from Panjab University and Masters in English and Masters in Education from GNDU. Since 2014 she has been acting as a supervisor for guiding Ph.D. students in the discipline of Education. She has published around 50 research papers in the journals of national and international repute. She has also visited overseas and to present her papers in international conferences and received recognition for the same. Her profile has been published in the books Asia Pacific Who's Who Vol 10 and Asian Admirable Achievers Vol 4. Her areas of expertise are Pedagogy of English, Guidance and Counselling and Educational Psychology.



Dr. ANURAG SANKHIAN is Associate Professor, M.A.(Geography), M. Phil (Goldmedalist), M.Ed., PGDDE, CIG, Ph.D. has been working in Government College of Education, Sector 20 D, Chandigarh since 2003. He is having teaching experience of twenty years at secondary, senior secondary, undergraduate, postgraduate and doctorate levels. He is recipient of National Merit Scholarship and Junior Research Fellowship (JRF) from Government of India and University Grants Commission, New Delhi. He has attended good number of International/ National conferences, Seminars and Workshops.



He has authored six books and his research papers have been published in various reputed national and international journals, edited books, and conference proceedings. He is also supervising the research work of the Ph.D. students in Education and Geography. Five students completed their Ph.D. research work under his guidance. He has been a member of the various academic bodies, namely Added Member of the faculty of Education, Panjab University, Chandigarh, Member Inspection committee, Education colleges affiliated to the Panjab University, Chandigarh, Life member of the National Association of Geographers, India (NAGI), General Secretary of the Chandigarh Government Colleges Teacher Association (CGCTA) and member of the focus group of State Curriculum Framework (SCF), Chandigarh (U.T.).

Dr. SHEOJEE SINGH is Associate Professor of Education (Physics) w.e.f. Dec. 03, 2016 at Govt. College of Education, Sector-20 D, Chandigarh, Dr. Singh joined GCE-20 D on 25th Jan 2003. He is a Doctorate in Education from P.U Chandigarh and postgraduate in Physics with specialization in Advanced Electronics from the University Dept. of Physics, Patna University. Six (6) Ph.D. students in Education have got their degree under his supervision from Panjab University so far. His areas of interest are Science Education, Distance Education, Teacher Education, Bhagavad Gita as well as Sri Aurobindo's Philosophy of Education. He is also a member of Sri Aurobindo Society, Pondicherry since 1995.



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About the College

Government College of Education, previously known as Government Post-Graduate Basic Training College, was founded in August 1954 under a special scheme of Government of India for establishment of training colleges for teachers at the post-graduate level. The College has the remarkable tradition of high achievements in the field of teacher education and ranks among the leading colleges of education in the country. It has highly qualified (100% doctorate) and competent faculty and draws the best students from across the country, especially the northern region for its teacher education programs.

The National Assessment & Accreditation Council (NAAC) had accredited Grade 'A' to this college. The National Council for Teacher Education has sanctioned two units of B.Ed. (50 seats each) and one unit of M.Ed. (50 seats), both two years courses, and a Post Graduate Diploma in Guidance and Counselling (PGDGC) with the intake capacity of 20 seats. The College also runs 06 months Pre-Ph.D. course work for research students in the discipline of Education as a recognised Research Centre of Panjab University, Chandigarh.

The college has spacious campus with well-maintained lawns, playgrounds and separate hostels for boys and girls. It has one of the most resourceful libraries in education in general, and Teacher Education in particular in the northern part of India. It provides excellent library facilities to its students and faculty.

A number of dimensions have been added to the teacher training program so as to make it as comprehensive as possible, in light of contemporary changes. The syllabus prescribed by the Panjab University, Chandigarh is enriched by seminars, workshops, community activities, educational tours and numerous modes of other practical work including value-added blended mode courses as per the guidelines of NEP-2020. The institution is forging ahead in the future with its missionary zeal of preparing visionary architects of the human resources of the country with software of excellence embedded creatively with the motto 'Ascend from darkness to Light' (आरोह तमसो ज्योतिः)।

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