

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

## Value Added Course- Day 1 (09-01-24)

### Capacity building on developing added skills towards employability for pupil teachers

The Placement cell and MGNCRE Club of the Government College of Education, Sector 20D, Chandigarh organized a Value-Added Course for 30 hours on Capacity Building on Developing added Skills Towards Employability for Pupil Teachers with the focus area Strategies to achieve SDGs on Food, Good Health and Wellbeing, Quality Education and Sustainable Environment from 09.01.2024 to 13.01.2024 under the guidance of our respected Principal, Dr. Sapna Nanda, Patron VAC SDGs, Dr. Ravneet Chawla, Course Coordinator VAC SDGs and mentors Dr. Ravinder Kumar and Dr. Upasna Thapliyal. The beneficiaries of the programme were the students of B.Ed. Sem IV, M.Ed. sem III and IV and PGDGC Sem II. The main objectives of this course were to inform the students about Sustainable Development Goals related to Food, Health and Wellbeing, add to their knowledge on digitization through Artificial Intelligence and to enhance the employability of the pupil teachers.

The first day of the course commenced with a spiritually enriching ritual – Havan, fostering a sense of unity and positivity. Faculty, non-faculty members, and students from B.Ed., M.Ed., and PGDGC, actively participated in the ceremony. The Havan emphasized the importance of spiritual well-being in addition to academics. It brought everyone together and reminded us of the values that guide our educational journey. The day started on a positive note, fostering a sense of togetherness and shared goals among the college community.



## **Session 1: Good health and wellbeing**

The first session of the day was conducted by Dr. Prabhjot Malhi, Consultant (child psychology) Fortis Medicentre, Chandigarh and Former Professor Department of Pediatrics, PGIMER, Chandigarh. She has over 250 research publications, more than 250 research papers published in national and international journals, and guided more than 100 theses.

The session started with Dr. Malhi sharing some clinical cases to highlight the versatility of problems in children, how she uses the 'colour your life' technique to try to perceive the problem and then discussed about few hypotheses on the root cause of these problems. A discussion was done on the wellbeing for sustainable development goal. She emphasised on teaching youth to build developmental assets and focus on building close relationships. The session ended on the note that we should try to turn mistakes and failures to be opportunity for positive development.

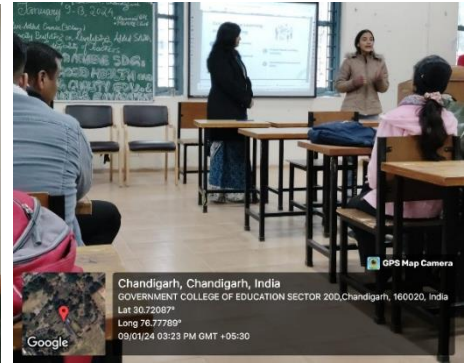


## **Session 2: Entrepreneurship beyond barriers**

The second session was conducted by Mrs. Indu Aggrawal on 'Entrepreneurship beyond barriers'. Her research articles have been published in the UGC journal and The Lifestyle Journalist Magazine. She established the "Disha for success".

Mrs. Indu started with a discussion with students on importance of entrepreneurship in teaching. The entrepreneurship skills evolve job market, professional development, for personal growth and encourage innovation. She emphasised on performance-based learning which is introduced NEP 2020. For a successful entrepreneur, a person must have resilience- ability to bounce back,

adaptability and risk-taking, growth mind set, creativity, critical thinking, and problem-solving abilities. Further, she shared views on inclusive entrepreneurship, addressing gender disparities, tackling Socio-economic barriers, supporting diverse student backgrounds, and promoting accessibility and inclusivity. Mrs. Indu then talked about the role of technology and innovation integration, collaborating Learning and Networking. The overall session was interactive involving discussions with speaker, students and faculty.



## Value Added Course- Day 2 (10-01-24)

### Capacity building on developing added skills towards employability of Teachers

#### Session 1: Mental health and Drug Abuse

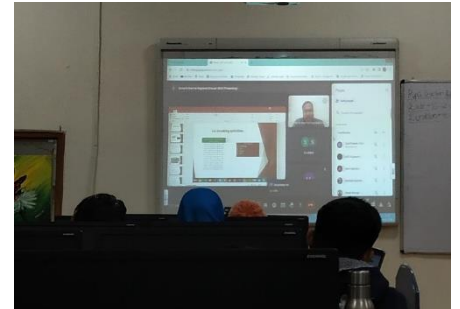
The VADA Club of GCE 20D, Chandigarh welcomed Mrs. Prabhjot Atwal, Nodal Officer, Social Welfare Department, Chandigarh Administration for the first session on the second day of VAC SDGs, who spoke on the topic of Mental health and Drug Abuse. She first briefed us about the establishment of Nasha Mukht Bharat campaign by the Government of India and VADA clubs in college. She talked about drug use, drug abuse and drug dependence. She emphasised the responsibility of teachers to prevent the students from doing the first step only. Prevention of drug use can be done by reducing the demand, curbing the supply by police, and treatment of people in withdrawal. We can help the substance addicted people by promoting detoxification and rehabilitation and being sympathetic towards them.



#### Session 2: Towards 2030: Teaching the SDGs National Seminar for Learners

The second session was conducted in collaboration with Institute for environment conservation Advocacy Hyderabad, in online mode. The speaker of this session was Mr. Samarth Sharma, Regional Director, IECA and Mr. Ajay Tanwar, State Head, IECA. The session was started with an interactive ice-breaking activity which includes word search. Mr. Samarth discussed the Sustainability development goals and the contribution that we can make to achieve these goals.

We discussed about the goals of no Poverty, no Hunger, good health and wellbeing, quality education, gender equality, clean water and sanitation, affordable and clean energy, decent work and economic growth, industry, innovation and infrastructure, reduced inequalities, sustainable cities and communities, responsible consumption and production, climate action, life below water, life on land, peace, justice and strong institutions, partnerships for the goals.



### Session 3: Discussion on Mental Wellbeing

During the third and last session of the day, a discussion was carried out by Dr. Ravneet Chawla, Course Curator and Coordinator VAC SDGs, with students on mental wellbeing. The session was about how the mental wellbeing of every individual is important and how we should all try to learn how to deal with it. A healthy talk was conducted with the students on how to carry out these kinds of interventions about mental wellbeing of the school students and how early these should be conducted to have the greatest impact on the lives of individuals.



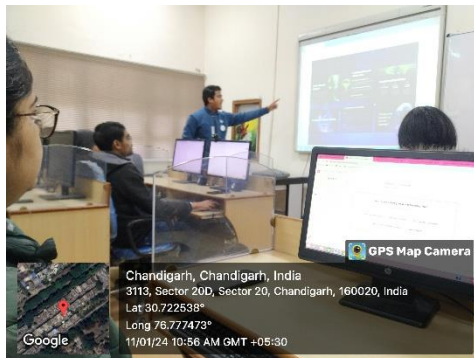


## Value Added Course- Day 3 (11-01-24)

### Capacity building on developing added skills towards employability of Teachers

#### Session 1: Artificial intelligence

The first session of the third day of VAC SDGs started with a session by Ms. Indu Aggarwal, Founder of 'Disha for Success', Disha for India foundation and educational trust and Mr. Rishabh Chauhan, Tech trainer at TalentGro Global, a cyber security intern at Chandigarh Police, and Tech writer. Mrs. Indu first discussed the importance of artificial intelligence for the teaching-learning process, followed by a practical session on use of AI tools. Students actively participated in learning different AI tools such as gamma.app, conker.ai, perplexity.ai, invideo.io, lumen5.com, chatGPT, Zerogpt.com, bard AI, Canva, temp mail, chatPDF.



#### Session 2: Conscious Choices in Life

The second session of the day was given by Ms. Anuradha Chawla, Corporate Trainer and Performance Coach and Founder and CEO Bbetter HR Solutions on the topic of 'Conscious Choices in Life'. Ms. Anuradha motivated students to choose to be a better version of ourselves, to be confident, have positive mind set, be professional, presentable, and be yourself. Further, limiting beliefs and the ways to overcome such beliefs which restrict one to grow was discussed

with students. The speaker shared four quadrants of life – health, family, career, and spirituality. She also told us to find the purpose of our lives and work to fulfil that goal.





### Session 3: Millets as a Boon Concept

The third session of day 3 was conducted by Dr. Lipika K. Guliani, assistant professor, Panjab University. She is an executive council member in Punjab Rural Tourism Council under WICCI. The discussion started with a healthy discussion on sustainability goals and how millets are related to sustainability. She emphasised on the vision and mission of Aahar Kranti on making healthy society, revival of traditional food, traditional cooking methods and growing organic kitchen garden. She also talked about how millets benefit its consumer as well as its producer. The main learning of this session was that millets fit right into the sustainable developmental goals.

The session also included a small talk with Mr. Vansh Chawla, who also emphasised on the Importance of millets, why they are healthy, special health benefits of millets, how millets are for everybody and their farming, processing and cooking.



## Value Added Course- Day 4 (12-01-24)

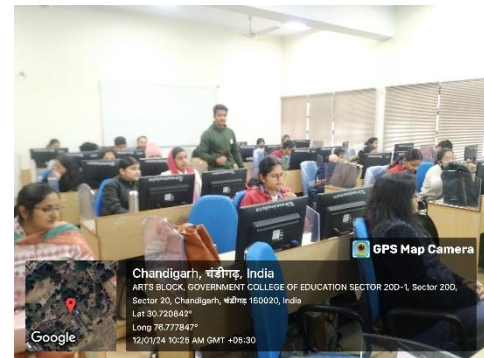
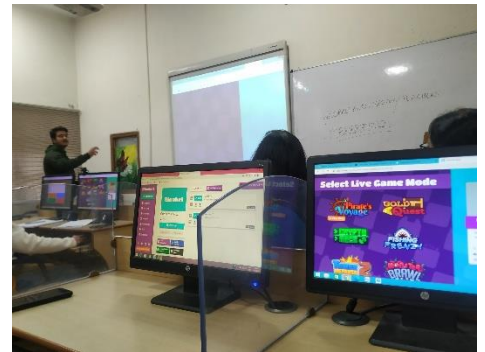
### Capacity building on developing added skills towards employability of Teachers

#### Session 1: Gamification

In continuation with the previous session on Artificial intelligence, the first session of the fourth day of VAC SDGs started with Ms. Indu Aggarwal, founder of 'Disha for Success', Disha for India foundation and educational trust and Mr. Rishabh Chauhan, Tech trainer at TalentGro Global, a cyber security intern at Chandigarh Police, and Tech writer.

The session started with motivational words of Mrs. Indu, where she explained Maslow Need Hierarchy theory, and asked students to utilise their full potential, and emphasised on self-realisation. Further, the speaker talked about the role of teacher to enhance the self-esteem of students, and help them realise their potential and use it to the fullest. Gamification, activity-based learning, is one of the ways in order to engage students

The practical session was conducted by Mr. Rishab Chauhan, who instructed students to use various AI tools for gamifying the non-game theoretical content of School subjects. The gamification AI tools included blooket.com, Quizizz.com and Quizlet.com. The whole session was interactive and students played and learned various educational games.

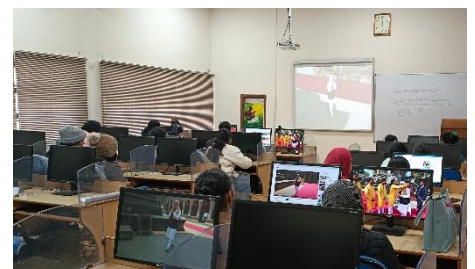


## Session 2: Inauguration of National Youth Festival 2024

On the occasion of 27<sup>th</sup> National Youth Day 2024, an online session was attended by students of GCE 20D, under the ongoing VAC. The students witnessed the inauguration programme of the National Youth Festival by the Honourable Prime Minister Shri Narendra Modi ji at Nashik, Maharashtra which is being organized from 12.01.2024 to 16.01.2024, commemorating the 161st Birth Anniversary of Swami Vivekananda. In this festival, the youth will be able to engage in cultural events, explore the Yuvakriti exhibition, and savour the diverse offerings of the Food Festival. Maharashtra, as the host state, introduces the groundbreaking Maha Youth Expo, fostering interactions between youths and experts in the realms of Art and Culture, Sports and Wellness, Entrepreneurship, Technology, and Sustainability.

The concept of this programme fits in well with the ongoing Value-Added Course in the college as well as the sustainable development goals. The introduction of the event was given by Mr. Anurag Thakur, Union Minister for Information and Broadcasting and Youth Affairs and Sports, Government of India followed by a speech from Mr. Eknath Shinde, the Chief Minister of Maharashtra. Then the Prime Minister addressed the youth of the nation. In his speech, the PM praised the youth of India for their innovation, hard work, independent thinking and growth mindset. He motivated the youth to contribute their best towards making the nation proud. He encouraged the youth to improve their skills and build startups.

He also emphasised the role of government in establishing the Mera Yuva Bharat Sangathan through which many youths are connecting with the government. He said that the promotion of various sectors- gaming, comics, space, etc.- by the Government for the youth will motivate the youth to take different paths to success. He also encouraged the youth to vote and utilize the facilities provided by the Government to the fullest to grow and succeed.



### Session 3: Fragrance garden Development

The third session was conducted by Mr. Rahul Mahajan, who is popularly called as the tree man. The speaker talked about food, which is the basic need of humans, emphasising on sustainable agriculture. Sir discussed about the happiness we feel from adopting trees and maintaining them, creating happy community. Students were made aware of the first Aromatic Garden in Chandigarh, to be developed at GCE 20D. The Aromatic Garden will include planting those plants which provide aroma, for example kadi pata, tej pata, pudina, tulsi, bamboo etc. Sir emphasised on organic farming, good physical health for sustainable development. Sir discussed about challenges faced by people for growing trees around, for which he highlighted the importance of vertical farming. A visit to the garden at GCE20 was conducted thereafter, where students interacted with Mr. Rahul about farming of strawberries. Students shared their experience with the old trees they witnessed in their lives. The session aimed at conducting more garden-based activities at our college.



## Session 4:

### Community engagement with elderly: Connect Today's Youth with Yesteryear's Youth

As a part of the ongoing VAC on SDGs, a special session was created to conduct a workshop on Community Engagement with Elderly on the occasion of National Youth Day 12<sup>th</sup> January. The interaction with elderly was aimed at promoting the connection between today's youth and yesterday's youth.

The Principal Dr. Sapna Nanda, addressed the youth to keep in place what we must, to respect the elderly. Dr. Ravneet Chawla, Course Coordinator VAC SDGs elaborated on the role of family in happiness and good health. Dr Ravinder Kumar welcomed Shri Jai Ram ji, senior mali of Govt. College of Education, Sector 20D, Chandigarh, who spoke from the heart on values that the youth must focus on achieving greater heights in their lives. He shared his learnings through various experiences in his life and motivated the students to hard work, and to face and overcome various challenges of professional and personal life. At the end, Shri Jai Ram ji was given a big round of applause by students and faculty.



## Value Added Course- Day 5 (13-01-24)

### Capacity building on developing added skills towards employability of Teachers

#### Session 1: MGNCRE on sustainable development

The first session of the last day was given by Dr. Ravinder Kumar, from MGNCRE club and mentor for this VAC SDGs. Sir discussed the role of the teachers in the realisation of the sustainable development goals set by UNICEF by 2030. Sir emphasised the importance of the various subjects studied by pupil teachers during the course of B.Ed. and their relation with developing sustainable future for the upcoming generations. Sir shared his learning experiences and motivated students to bring out the hidden talent of themselves and their students too. A teacher plays multiple roles in the life of students, so we must hone multitude of skills to bring out the maximum potential of the students.

The interaction was further followed by Shivam and Shachi, student coordinator MGNCRE, GCE 20. They shared their own plans and efforts to realise the sustainable development goals.

#### Session 2: Placement cell interaction

The second session of the day was conducted by Dr. Upasna Thapliyal, Member of Placement Cell and the student Coordinators from Placement Cell, Ujjal and Kriti. Ma'am had a talk with the students to encourage them to give their best in attaining SDGs 2030. Ma'am guided us about the new and ever-changing challenges related to sustainability goals that we as future teachers might face during our interviews.

Then the student Coordinators Ujjal and Kriti shared their experiences and learning with the students and how this capacity building course was useful in increasing their knowledge in various fields. They also asked for valuable feedback from the students about the 30 hours course, what was their learning and their role as youth to Sustainable India – SDGs 2030.





## Lohri Celebration

The course concluded on a positive note by the celebration of Lohri by the faculty, and the students of Govt. College of Education, Sector 20D, Chandigarh. The students sang traditional lohri boliyan and collected Lohri from the faculty members. A large bonfire was made in the college campus. The bonfire was lit by the Dr. Sapna Nanda, our principal. The students and faculty members took round around the bonfire asking for blessings. The festive atmosphere marked the conclusion of the course, fostering a sense of unity among the participants. The event showcased the college's commitment to creating a positive and inclusive learning environment.



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*Savneet*  
13/11/2024  
DR. SAVNEET CHAWLA  
COORDINATOR VAC SDGCS.

*Sapna*  
13/11/2024  
PRINCIPAL  
PATRON VAC  
(DR. SAPNA NANDA)