



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



**3rd Cycle
Assessment and Accreditation by NAAC
CRITERION-III
Research and Outreach Activities**



CRITERION 3

KEY INDICATOR- 3.1.3

3.1.3 In-house support is provided by the institution to teachers for research purposes during the last five years

Documentary evidence for each of the claims

INDEX

Sr. No	Content	Page No.
1	Facilitating Research by providing organizational supports for teachers (ICT, plagiarism, SPSS, Library, psychology lab, internet support, faculty rooms etc)	1-55
2	Organizing research activities (research circle, internal seminar and interactive sessions) for teachers	56-104

4.1.2. Number of Classrooms and seminar halls with ICT enabled facilities such as smart classroom. LMS, video and Sound systems, during the year

Government College of Education has latest ICT infrastructure. We established Local Area Network (LAN) at the Computer lab and it extended LAN to Office, Labs, Library, Classroom & other parts of the college. There is 100Mbps fibre connectivity in the Network. Wi-Fi Routers has been installed and workings in all wings of College to provide hassle-free connectivity for various academic and administrative purposes. Computer Laboratory with 45 computers, Smart Class Room, Seminar Room, Auditorium, Video Conferencing facility is in place at college. College is equipped with latest version of computers, Server systems, Digital Podiums, Smart board with podium, Laptop, LCDs, projector, Multimedia Board, web cameras, digital camera, video camera printer, Scanner, fax, LCD Screen, online & offline UPS etc.

GEO-TAGGED PHOTOGRAPHS



Seminar Hall



Room No 3



Room no 4



Room No 9

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

3
12/10/22

Amrinder
12/1/22



Room No 27



Room No 28



Room No 31



Room No 32



Room No 33

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



Room No 34

Signature
12/1/22



Room No 35

Suman
12/1/22

[Signature]
12/1/22

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

GSTIN : 04AASCA2622B1Z6

Performa Invoice

AtamPushp Infotech (OPC) Pvt. Ltd.

Plot No. 339, Industrial Area, Phase - II, Chandigarh - 160002

CIN : U72900CH2019OPC042505

Tel. : 9872007946 email : apinfotechpl@gmail.com

Party Details :

Principal
Govt. College, Sector 20D,
Chandigarh - 160020

Quotation No. : 1
Dated : 03-02-2022

GSTIN / UIN :

S.N.	Description of Goods	HSN/SAC Code	Qty.	Unit	Price	Amount()
1.	IBM SPSS Software IBM SPSS Statistics Base Authorized User License + SW Subscription & Support 12 Months (Part Code : D0EJ9LL)	8523	1.00	Units	93,005.34	93,005.34

Add : CGST @ 9.00 % 8,370.48
Add : UTGST @ 9.00 % 8,370.48

Grand Total 1.00 Units 1,09,746.30

Tax Rate	Taxable Amt.	CGST	UTGST	Total Tax
18%	93,005.34	8,370.48	8,370.48	16,740.96

Rupees One Lakh Nine Thousand Seven Hundred Forty Six and Paise Thirty Only

Declaration

Bank Name : Union Bank of India, Sector 32, Chandigarh.

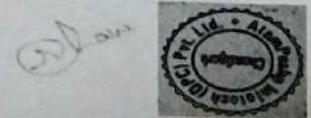
A/c: 556901010050571, IFSC Code : UBIN0555690

Terms & Conditions

1. Goods once sold will not be taken back.
2. Interest @ 18% p.a. will be charged if the payment is not Made with in the stipulated time.
3. Subject to Chandigarh Jurisdiction only.

Receiver's Signature :

for AtamPushp Infotech (OPC) Pvt. Ltd.



Authorised Signatory

Infokart India Pvt. Ltd.

S - 20, 1st Floor
 Janta Market
 Rajouri Garden
 New Delhi - 110027

www.infokartindia.in
 info@infokartindia.in
 Ph: 011 - 4559 1010
 011 - 3500 5959

Tax Invoice

Original for Recipient
 Duplicate for Supplier
 Triplicate for Supplier
 GSTIN : 07AADCJ3174A1ZZ
 Date : 05/02/2022
 Invoice No : INV/GOVCOE/21173

Details of Receiver/Billed To
Government College of Education
 Address : Sector 20D, Sector 20, Chandigarh, 160020
 Cust GSTIN :

State : Chandigarh State Code : 04

S. No	Product Name	HSN/SAC	Term	Mode	Currency	Rate	Total
1	CheckForPlag (Submission: 1000 Uploads)	997331	1 st Jan 2022- 31 st Dec 2022	Online	INR	1,00,000.00	1,00,000.00
TOTAL							1,00,000.00
IGST @18%							18,000.00
Total							1,18,000.00

Total Invoice Amount in Words :- One Lakh Eighteen Thousand Rupees Only



For Infokart India Pvt. Ltd.

Authorised Signatory
 (E & OE)



U22100DL2014PTC267453

JOURNALS | DATABASES | E-RESOURCES

Infokart India Pvt. Ltd.

S – 20, 1st Floor
Janta Market
Rajouri Garden
New Delhi - 110027

www.infokartindia.in
info@infokartindia.in
Ph: 011 - 4559 1010
011 - 3500 5959

05-02-2022

Government College of Education
Sector 20D, Sector 20, Chandigarh, 160020

Subject: Order Acknowledgement And Payment Receipt

Dear Sir,

We acknowledge receipt of your order for annual subscription for CheckForPlag (Anti Plagiarism Software).

We also confirm receipt of payment of Rs 1,18,000/- dated 04-02-2022 vide Ref. No. SBIC300130619426.

Thanks for your association for annual subscription of CheckForPlag (Anti Plagiarism Software).

Yours Sincerely,



NEW DELHI-27
Vikas Arora
(Director)



CIN: U22100DL2014PTC267453

JOURNALS | DATABASES | E-RESOURCES

GSTIN : 04AASCA2622B1Z6

Performa Invoice

AtamPushp Infotech (OPC) Pvt. Ltd.

Plot No. 339, Industrial Area, Phase - II, Chandigarh - 160002

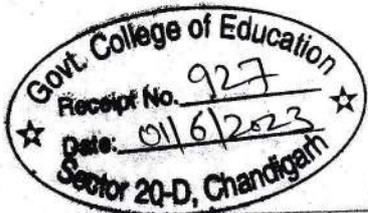
CIN : U72900CH2019OPC042505

Tel. : 9872007946 email : apinfotechpl@gmail.com

S. K. 11/6/2023
Princip 11/6/23
11/6/23

Party Details :

Principal
Govt. College, Sector 20D,
Chandigarh - 160020



Quotation No. : 3
Dated : 01-06-2023

GSTIN / UIN :

S.N.	Description of Goods	HSN/SAC Code	Qty.	Unit	Price	Amount(₹)
1.	IBM SPSS RENEWAL IBM SPSS Statistics Base Authorized User Annual SW Subscription & Support Renewal Period (06/1/2023 - 05/31/2024)	8523	1.00	Nos	21,767.00	21,767.00
2.	Training Charges	999293	1.00	N.A.	1,500.00	1,500.00

CGR-15
Entered in page No. 170
of the Stock Register
Principal,
Govt. College of Education,
Sector-20D Chandigarh
11/6/2023

Add : CGST @ 9.00 %
Add : UTGST @ 9.00 %

Grand Total 2.00 Units ₹ 27,455.06

Tax Rate	Taxable Amt.	CGST	UTGST	Total Tax
18%	23,267.00	2,094.03	2,094.03	4,188.06

Passed for payment of Rs. 27,455.06
Rupees Twenty Seven Thousand Four Hundred Fifty Five and Paise Six Only
out of O.E.

Rupees Twenty Seven Thousand Four Hundred Fifty Five and Paise Six Only

Declaration

Bank Name : Union Bank of India, Sector 32, Chandigarh.
A/c. 556901010050571, IFSC Code : UBIN0555690

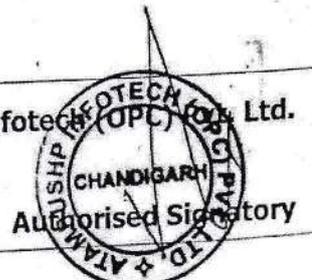
GCE, 20 CHD
11/6/2023
Principal

Terms & Conditions

1. Goods once sold will not be taken back.
2. Interest @ 18% p.a. will be charged if the payment is not Made with in the stipulated time.
3. Subject to Chandigarh Jurisdiction only.

Receiver's Signature :

for AtamPushp Infotech (OPC) Pvt. Ltd.



To

M/S. Infokart India Pvt. Ltd.
S-20, 1st Floor, Janta Market
Rajouri Garden, New Delhi

Memo No. GCE-20/SK/2023/ 224
Chandigarh dated the, 4/2/2023

Subject: Supply/Work order for Renewal of Anti Plagiarism Software of Computer Lab of this College for One year.

Refer your quotation no. I IPL/Check for Plag/GOVOCE/01282B dated 28.01.2023 on subject cited above. You are requested to provide Anti Plagiarism Software to this college as per the rates given by your firm in the quotation as per detail given below:-

Sr. No.	Particular or Service Name	Price in Rs. Included TAX/GST
1.	Check for Plag (Renewal of Anti Plagiarism Software)	Rs.1,18,000/-

Supply/Work order is subject to the terms and conditions given below:-

1. The Work should be F.O.R. at Govt. College of Education, Sector-20, Chandigarh
2. In case of some technical error solution should be done same day.
3. Payment will be released to you subject to the satisfaction of the undersigned /or the committee constituted by the undersigned after verifying the quality, the specification and quantity of the material.
4. The bill must be submitted in duplicate along with the supply/work of the material and intimation of the same may please be conveyed to the office of the undersigned telephonically.
5. Any dispute arising out of supply and billing shall be within the jurisdiction of the Chandigarh.
6. Rate quoted mentioned in your quotation includes GST and other charges whatsoever it may be.

[Signature]
4/2/2023
Principal,
Govt. College of Education
Sector-20, Chandigarh

[Signature]
3/2/23

[Signature]
3/2/23

INFOKART INDIA PVT. LTD.

S - 20, 1st Floor
Janta Market
Rajouri Garden
New Delhi - 110027

www.infokartindia.in
info@infokartindia.in
Ph: 011 - 4559 1010
011 - 3500 5959

Tax Invoice

Original for Recipient
Duplicate for Supplier
Triplicate for Supplier
GSTIN : 07AADCJ3174A1ZZ
Date : 06/02/2023
Invoice No : INV/GOVCOE/22192

Details of Receiver/Billed To

Government College of Education

Address : Sector 20D, Sector 20, Chandigarh, 160020

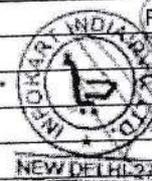
Cust GSTIN :

State : Chandigarh

State Code : 04

No	Product Name	HSN/SAC	Term	Mode	Currency	Rate	Total
1	CheckForPlag (Submission: 1000 Uploads)	997331	1 st Jan 2023- 31 st Dec 2023	Online	INR	1,00,000.00	1,00,000.00
TOTAL							1,00,000.00
IGST @18%							18,000.00
Total							1,18,000.00

Total Invoice Amount in Words :- One Lakh Eighteen Thousand Rupees Only



For Infokart India Pvt. Ltd.

Authorised Signatory
(E & OE)



N: U22100DL2014PTC267453

JOURNALS | DATABASES | E-RESOURCES

LIBRARY AT A GLANCE - 28.02.2023

Total Books	43526+414=43940
No. of titles	21230+(44)=21274
Text Books	23768 +(141)=23909
Reference books	2595+41=2636 Encyclopedia Nil, Dictionary=02 Competition=24 Reference books added up to 28.02.2023=15
Gifted Books	3949+101=4050
Rare Books	878
Other Books (General)	11640+(258+2+24)=11924
Dissertations	598+24=622
Withdrawn books	5732+132(2019-20)=5864
Magazines	26
Journals	27
Bound Volumes of the Journals	231
Newspaper	11
Ratio of library books to students enrolled	1:148
Average number of books added last three years	598+528+1183+436+205
Average number of Walk-ins	150 per day
Average number of books issued/return /consulted	100 per day

Total Encyclopaedias up to 26.12.2019=150+4(2015-16) + 1 (2017-18) +48(2018-19) +8(2019-20) =211

Total Dictionaries up to 26.12.2019=146+1(2015-16) +1(2016-17) +11(2017- 18) +19(2018-19) +5(2019-20) +2(2022-2023) =175

Dr. Neha Gupta

Librarian
Govt. College of Education
Sec. 20-D, Chandigarh

[Signature]
Principal
Govt. College of Education
Sector-20 D Chandigarh

4.3 ICT INFRASTRUCTURE

4.3.1	Institution updates its ICT facilities including Wi-Fi
	<p style="text-align: center;">Government College of Education, Sector 20 D, Chandigarh 4.3.1 ICT Facilities including Wi-Fi</p> <p>Government College of Education has latest ICT infrastructure. We established Local Area Network (LAN) at the Computer lab and it extended LAN to Office, Labs, Library, Classroom & other parts of the college. There is 100 Mbps and 300 Mbps fibre connectivity in the Network. Other than this eight Wi-Fi modems with 30 Mbps speed has been installed and workings in different wings of College to provide hassle-free connectivity for various academic and administrative purposes. Computer Laboratory with 45 computers, Smart Class Room, Seminar Room, Auditorium, Video Conferencing facility is in place at college. College is equipped with latest version of computers, Server systems, Digital Podiums, Smart board with podium, Laptop, LCDs, projector, Multimedia Board, web cameras, digital camera, video camera printer, Scanner, fax, LCD Screen, online & offline UPS etc. Training, Workshops, Webinar and Video Conferencing sessions are organized in College. College has Language, E.T., Home Science, Fine Arts, and Psychology lab and research resource centre for greater use of ICT provisions for teaching-learning and research. All the labs are ICT enabled with desktops, laptops, printers, projectors, smartboards and internet connectivity. Software like SPSS and Anti-Plagiarism are available to access all the time to students for their research work and use. JAWS software is available for blind students to work on computers. Sanako Software is available for language students in Language lab. The use of modern multimedia teaching aids like LCD projectors, internet enabled computer systems are employed in classrooms. Teachers make use of these tools for the effective delivery of academic content. The teachers have been provided with free laptops by making use of RUSA funds. This gadget coupled with the free Wi-Fi connection in the college helps the faculty in their preparation of the subject and delivery of academic content through the audio-visual means by making use of marvels of technology. Use of technology has been increased in the teaching-learning process through the use of laptops and LCD projectors. College website is enabled as per WCAG 2.0 (A & AA) and Guidelines for Indian Government Websites (GIGW) to be accessible to person with disabilities. A constant up gradation and updates for various facilities, College website and infrastructural provisional are done at periodical intervals to assure that entire campus is ICT enabled for its various purposes. The library is the prime learning resource centre of our college. It 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 cum Identity card (SMART CARDS) are generated through Libsys software. Library provides OPAC AND INTERNET SERVICES to staff and students. To approach e-books and e-journals 'N-LIST program of INFLIBNET' has been subscribed for college faculty and M.Ed. students.</p> <ul style="list-style-type: none">• 30 previous systems of Computer lab has been replaced and updated with new systems having latest configuration of Windows 11 pro, i5, 1TB and 4GB RAM .

Suman
26/5/23

Rande
26/5/2023

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Sr. No	Name of Author and Test	Regi. No.
1.	Group Test Of Intelligence Test Dr. Pramila Ahuja 9-13 Years (1975) (1987)	02
2.	Group Test Of Intelligence Test Dr. G.C. Ahuja 13-17 Years (1992)	<u>03</u>
3.	General Intelligence Test S.M.Mohsin School Students (No)	04
4.	Verbal Intelligence Test R.K.Ojha & K.Ray Chowdhury 13-20 Years (1994)	<u>05</u>
5.	General Intelligence For College Student Dr. K.S. Misra & S.K. Pal College Student (2007)	06
6.	Social Intelligence Scale Dr. N.K. Chadha & Usha Ganesan Adults (1986) (1992)	07
7.	Reading Ability Test Dr. Jamana Lal Bayati 11-15 Years (1995)	08
8.	Hoffmann and Kasanin: Concept Formation Experiment Dr. V.P. Bhargava	09
9.	Verbal Test Of Creative Thinking Dr. Baqer Mehdi School Children (1985) (1992)	10
10.	Non- Verbal Test Of Creative Thinking Dr. Baqer Mehdi School Children (1985) (1987)	11
11.	Language Creative Test Dr. S.P.Malhotra & Sucheta Kumari School Students (1989) (1994)	12
12.	Scientific Aptitude Test Battery Dr. K.K.Agarwal High School (1986) (1995)	<u>15</u>
13.	Teaching Aptitude Test Battery Dr.R.P. Singh & S.N. Sharma Pupil Teachers (1986)	<u>16</u>
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15.	Hindi Achievement Test L.N.Dubey	<u>18</u>

Stock of Guidance and Counselling cum Psychology Lab

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17.	Adults Education Achievement Test Dr.V.Malaya, K.C.Malaya & L.N.Dubey 15-40 Years (1984)	20
18.	Career Maturity Inventory Dr. Nrimala Gupta & John O'crites Adults (1989)	21
19.	Multiphasic Interest Inventory Dr. S.K.Bawa 13+17 Years (1995)	22
20.	Vocational Interest Record Dr.S.P. Kulshrestha High School (1987)	25
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22.	Interest Inventory For Girls Dr.T.S.Sodhi & H. Bhatnagar Adolescent (1985) (1992)	27
23.	Guidance Needs Inventory Dr. J.S.Grewal Secondary School Students (1982) (1992)	29
24.	Study Of Values Test Dr.R.K.Ojha College Population And Adult (1992)	30
25.	Personal Values Questionnaire Dr.Mrs.G.P.Sherry & R.P.Verma Adult (1994)	31
26.	Teachers Values Inventory Dr.Mrs Harbhajan L.Singh & S.P.Ahluwalia Higher Secondary School Teachers (1994) (2003)	33
27.	Level Of Aspiration Measure Dr.M.A.Shah & Mahesh Bhargava Adult (1983) (1987)	34
28.	Educational Aspiration Scale Form (V) Dr.V.P.Sharma & Anuradha Gupta High School (1987)	36
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Stock of Guidance and Counselling cum Psychology Lab

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33.	Family Relationship Inventory Dr.Mrs.G.P.Sherry & J.C.Sinha Hindi Speaking School & College Students (1987)	44
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37.	Moral Judgement Test Prof.Durganand Sinha & Dr.Mrs.Meera Verma Age 6+12 Years School Going Children(1992)	50
38.	Personality Questionnaire – R H.J.Eysenck & S.B.G.Eysenck 16+69 Years (1980)	51
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60.	Adjustment Inventory For College Student Dr.A.K.P.Sinha &R.P.Singh College Student (2002)	77
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65.	Test Of Reactions To Frustration For Rural Inhabitants Dr.Surendra Nath Dubey 18-50 Years (1987)	83
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68.	Sarason's General Anxiety Scale For Children Dr.A.Kumar School Children (1985)	87
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70.	Scale For Assessing Social Disadvantage Dr.Manju Kumari Sinha & Arun Kumar Singh School Going Children & College Students (1989)	90
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77.	Job-Satisfaction Questionnaire For Teachers Pramod Kumar & D.N.Mutha Teacher of Secondary School (1985)	98
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79.	School Progress Report Dr.L.N.Dubey (1986)	100
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354.	Cognitive Style Inventory Dr.Praveen Kumar Jha Adults (2010)	New 414
355.	Meta-Cognition Inventory Punita Govil College Students (2003)	New 415
356.	Reasoning Ability Test Dr.L.N.Dubey 12 To 17 Years (2006)	New 416
357.	Reasoning Ability Test Dr.Shailaja Bhagwat 19 To 26 Years (2010)	New 417
358.	Reasoning Ability In Science Anuradha Joshi & B.C.Mahapatra +12 Students 14 To 18 Years (1994) (2011)	New 418
359.	Test Of Higher Mental Ability In Science D.N.Sansanwal & Anuradha Joshi 14 To 17 Years (1989)	New 419
360.	Concept Attainment Test Anuradha Joshi & Ratan Mala Arya 14 To 18 Years (2011)	New 420
361.	Problem Solving Concept Formation Haufmann & Kasanin	New 421
362.	Divergent Production Abilities Dr.K.N.Shrama Children & Adults (2010)(2011)	New 422
363.	Mental Imagery Questionnaire M.Rajamanickam School Students & Adults (M1999) (B2011)	New 423
364.	Children's Curiosity Scale Dr.Rajiv Kumar 9 To 14 Years (M1992) (B2011)	New 424
365.	Environmental Science Achievement Test	New

Stock of Guidance and Counselling cum Psychology Lab

	Dr. S.C.Gakhar & Bineeta 5 th & 6 th Class (2004)	425
366.	Environment Concept Achievement Test Dr.S.K.Bawa & I.Kaur 15 To 18 Years (M2009) (B2011)	New 426
367.	Multiphasic Interest Inventory Dr.S.K.Bawa 13 To 17 Years (M2006) (B2011)	New 427
368.	Test Of Study Habits And Attitudes Dr.C.P.Mathur 13 To 16 Years (2002)(2011)	New 428
369.	Guidance Needs Inventory Dr.J.S.Grewal Higher Secondary School (2010)	New 429
370.	Personal Values Questionnaire Dr.G.P.Sherry & R.P.Verma Intermediate Students & Adults (M1998) (B2011)	New 430
371.	Differential Values Questionnaire Rekha Rani Agrawal Adolescents (2010)	New 431
372.	Career And Family Values Scale Dr.Sadhna Tanwar & Kulvinder Singh College Female (1988)	New 432
373.	Job Satisfaction Scale Dr.Vikas Kundu College Level (2010)	New 433
374.	Kakkar Fitness For Teaching Scale Dr.S.B.Kakkar Secondary Teacher Trainees (1989) (1999)	New 434
375.	Socio-Emotional School Climate Inventory Dr.Mrs.Renuka Kumari Sinha & Mrs.Rajni Bhargava Class IX & X (1998)	New 435
376.	School Environment Inventory Dr.K.S.Misra High School & Intermediate Students (M2002) (B2010)	New 436
377.	Adolescents School Satisfaction Inventory Dr.Mrs.Meenakshi Sharma Adolescents (M1991) (B2001)	New 437
378.	Style Of Learning And Thinking Dr.D.Venkataraman School Children From 8 th Standard & College Students (1994)	New 438
379.	Leader Behaviour Scale Dr.Asha Hingar	New 439

Stock of Guidance and Counselling cum Psychology Lab

	Executives (2005)	
380.	Leadership Effectiveness Scale Dr.Haseen Taj (2010)	New 440
381.	Environment Awareness Ability Measure Dr.Praveen Kumar Jha XI & XII (M1998) (B2009)	New 441
382.	Home Management Scale Dr.Haseen Taj & M.Hemalatha Teacher Primary To University (M2001) (B2009)	New 442
383.	Spirituality Attitude Scale Akbar Husain 20 To 25 Years (College Students) (2011)	New 443
384.	Quality Of Life Scale Dr.S.K.Verma & B.L.Dubey Adults Teacher (2009)	New 446
385.	TAT (Thematic Apperception Test-Indian Adaptation) Dr.Uma Chowdhury (2008)	New 447
386.	Mathematics Anxiety Scale-India (MAS-I) Dr.Ayatollah Karimi & S.Venkatesan Secondary School Students (2011)	451 New
387.	Emotional Intelligence Inventory Dr.S.K.Mangal & Mangal 16+ Years (2012)	452 New
388.	Spiritual Intelligence Test Zainuddin & Ahmed 21+45 Years (2011)	453 New
389.	Social Intelligence Scale Dr.N.K.Chadha & Usha Ganesan College Students (2009)(2011)	454 New
390.	Draw A Person Test Kohli, Manreet Kaur & Malhotra 6+12 Years (2009)	455 New
391.	Logical Thinking Test Sujeet Kumar & Shikha Tiwari 13+17 Years (2012)	456 New
392.	Language Creativity Test Dr.S.P.Malhotra & Kumari (School & College For VIII To Graduate Students)12 to 20 Years (2012)	457 New
393.	Achievement Test In Mathematics Multiple Choice Questionnaire Shahapur & Khan	458 New

	X & XI Class (2010)(2006)	
394.	Educational Interest Record Dr.S.P.Kulshrestha X Class (2009)(2010)	459 New
395.	Television Programme Value Assessment Scale Mishra & Shankhdhar 18+25 Years (2012)	461 New
396.	Occupational Aspiration Scale Dr.J.S.Grewal Higher Secondary Students (Class XI To XII) (2011)	462 New
397.	Educational Aspiration Inventory Dr.T.Pradeep Kumar (7 th To 10 th)12+15 Years (2012)	463 New
398.	Attitude Scale Towards Sex Education Dr.Usha Mishra 400 Undergraduate Students (2008)	464 New
399.	Yoga Attitude Scale Dr.Muchhal 13+21 Years (2011)	465 New
400.	Attitude Scale Towards Home Work Dr.Usha Mishra Teachers, Parents And Pupils (2011)	466 New
401.	Parent Child Relationship Scale Dr.N.S.Chauhan & H.C.Sharma Parents (2012)	467 New
402.	Parental Encouragement Scale Dr.R.R.Sharma High School Students (M1988) B2010)	468 New
403.	The Parental Involvement Scale Dr.Chauhan & Arora 13+18 Years (2009)	469 New
404.	Emotional Stability Test For Children Dr.A.Sengupta & A.K.Singh School Going Pupils For Class VI & VII (M2005) (2009)	470 New
405.	Emotional Competencies Scale Dr.R.L.Bhardwaj & H.C.Sharma 13+44 Years (2007)	471 New
406.	Risk Taking Questionnaire Dr.Arora & Sinha 14+50 Years (M2000) (B2011)	472 New
407.	General Well-Being Scale Dr.Kalia & Deswal Adolescents (2011)	473 New

Stock of Guidance and Counselling cum Psychology Lab

408.	IPAT Humor Test Of Personality Cattell & Tollefson Adult 17+30 Years (1990)	474 New
409.	Sentence Completion Test Dr.L.N.Dubey & Dubey 14+19 Years (M2006) (B2011)	476 New
410.	Case Study Techniques L.N.Dubey (2011)	477 New
411.	Case Study Blank Dr.Mathur & Bhatnagar 200 Person (2010)	478 New
412.	Academic Achievement Motivation Test Dr.T.R.Sharma +14 & School Going Children (2011)	479 New
413.	Problem Behaviour Check-List Veeraraghavan & Dogra Married Couples (M2000) (B2012)	480 New
414.	Teacher's Reactions To Frustration In School Situations Test Dr.M.K.Goyal Teachers (M1991) (2010)	481 New
415.	Students Stress Scale Dr.Zaki Akhtar (Adolescent)13+18 Years (2011)	482 New
416.	Stress Inventory For School Students Rani & Singh 6+14 Years (2011)	483 New
417.	General Anxiety Scale For Children Dr.Anil Kumar (17 To18) School Going Children To Intermediate College (2010)	484 New
418.	HIV/AIDS Knowledge And Awareness Test Anup Kumar 14+18 Years (2011)	485 New
419.	Mental Health Battery Singh & Sengupta 13+22 Years (2012)	486 New
420.	Helplessness Scale Dr.G.P.Mathur & Bhatnagar 14+ Years (2012)	487 New
421.	Decision Making Style Scale Dr.Ganihar Principals Of Secondary School (2005)	488 New
422.	Mental Health Inventory Dr.Jagdish & A.K.Srivastava College Students	489 New

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423.	General Mental Alertness Test Dr.R.P.Srivastava College Population (M2005) (B2012)	491 New
424.	Experiment On Cognitive Dissonance Dr.Shailaja Bhagwat Any Population (2009)	492 New
425.	Emotional Intelligence Test Prof.Roquiya Zainuddin And Anjum Ahmed 21 To 25 Years (2011)	493 New
426.	Matching Familiar Figure Test Dr.T.Kalyani Devi 13+15 Years (2012)	494 New
427.	Teacher Education Concept Attainment Test Dr.A.M.Ajatha Swamy And Shagufta Momin College Teachers Trainers (2012)	495 New
428.	Marriage Attitude Scale Parmod Kumar Adults (1988)	496 New
429.	Superstitious Attitude Scale Dr.Shailaja Bhagwat 13+55 Years (2006)	497 New
430.	Attitude Scale Of Creative Teaching Dr.R.P.Shukla B.Ed Trainees (2012)	498 New
431.	Emotional Stability Test For Children Dr.A.Sen Gupta And A.K.Singh School Going Pupils For Class VI &VII (M2005) (B2010)	499 New
432.	Socio-Economic Status Scale Dr.Ashok K.Kalia And Sudhir Sahu Adults From Six Pay Commission (2012)	500 New
433.	Sports Specific Personality Test Dr.Agya Jit Singh & H.S.Cheema 16+25 Years (2010)	501 New
434.	Sentence Completion Test Dr.L.N.Dubey & Archna Dubey 14+19 Years (2013)	502 New
435.	Teacher's Attitude Scale Towards Continuous And Comprehensive Evaluation Dr.Vishal Sood And Arti Anand Primary School, Middle High, Senior (2011)	503 New
436.	Job Satisfaction Scale For Teacher Dr.Meera Dixit Primary And Secondary Teachers (2013)	504 New
437.	Adolescents School Satisfaction Inventory Dr.Meenakshi Sharma Adolescents Population (M1991) (B2001)	505 New
438.	School Environment Inventory Dr.K.S.Misra High School Intermediate Students (2013)	506 New

439.	Time Management Competency Scale D.N.Sananwal & Meenakshi Parashar 16 Years (2007)(2011)	507 New
440.	Life Satisfaction Scale Dr.Promila Singh & George Joseph (25 To 55 Years) Employees (2010)	508 New
441.	Occupational Stress Index Dr.A.K.Srivastava & A.P.Singh Working People (1984)	509 New
442.	Employee's Mental Health Inventory Dr.Jagdish Employees (2001)	510 New
443.	Learned Optimism Scale S.Pathe, S.Chaudhari, S.Dhar & U.Dhar College Student (2000)	511 New
444.	Environment Behaviour Scale Archana Singhal, Pardeep K.Singhal & Urmila Verma IX Class (2010) (2012)	512 New
445.	Life Style Scale S.K.Bawa & S.Kaur Adult (2010)	513 New
446.	Attitude Scale Towards Information Technology For Teachers Dr.Nasrin & Fatima Islahi Secondary School Teachers (2012)	514 New
447.	E-Learning Orientation Scale Dr.U.Dhar, S.Dhar And Saurabhi Chaturvedi Respondents Across Different (2012)	515 New
448.	Attitude Towards Using New Technology Scale Dr.S.Rajasekar Standardized On B.Ed Students (2009) (2011)	516 New
449.	Value-Conflict Scale R.L.Bhardwaj (2001)	517 New
450.	Eve Teasing Scale For Girls Dr.Deepa Ghosh 18+23 Years (2012)	518 New
451.	Mobile Phone Addiction Scale Dr.A.Velayudhan & Dr.S.Srividya 20 Years (2012)	519 New
452.	Aggression Questionnaire (AQ) Arnold H.Buss & W.L.Warren 9+88 Years (2000)	520 New
453.	Draw A Man Test For Indian Children Dr.Pramila Phatak 4-13 Years (2009)	521 New
454.	Gessells Drawing Test Of Intelligence Dr.S.Venkatesan	522 New

	Preliminary Level (2012)	
455.	Type A,B And C Personality Pattern Inventory Dr.Arun Kumar Singh & Ashok Kumar 21+30 Years (2011)	523 New
456.	Big Five Personality Inventory Dr.Arun Kumar Singh & Ashok Kumar 20+ Years (2014)	524 New
457.	Type A/B Behavioural Pattern Scale Dr.Upinder Dhar Adults (2001) (2012)	525 New
458.	Differential Personality Inventory Dr.Arun Kumar Singh College, University Students, Youth & Adults (17 To 24) (M2002) (B2014)	526 New
459.	Psychological Well Being Scale Dr.Devendra Singh Sisodia Any Age Group (2012)	527 New
460.	ADHD Evaluation Form Dr.Vivek Bhargava Below 10 Years (2013)	528 New
461.	Old Age Adjustment Inventory Dr.Shamshad & Jasbir 50+65 Years (M1995)(B1998)	529 New
462.	Bist Battery Of Stress Scales Dr.Abha Rani Bisht 13+17 Years (9 th To 10 th Class) (M2005) (B2010)	530 New
463.	State-Trait Anxiety Test Dr.Sanjay Vohra Adulthood (2011)	531 New
464.	Stress Scales Dr.Vijaya Lakshmi 12+24 Years (2014)	532 New
465.	Death Anxiety Scale Dr.Upinder Dhar & Savita Mehta 25+ 55 Years (M1998) (B2013)	533 New
466.	Teacher Freezing Scale Dr.Haseen Taj Secondary School Teachers (2011)	534 New
467.	Teacher's Occupational Stress Scales Sajid Jamal Secondary School Teachers (2012)	535 New
468.	Environmental Ethics Scale Dr.Haseen Taj 14+55 Years (M2001)(B2011)	536 New
469.	Weinstein's Noise Sensitivity Scale Prabha Bhatia 16 To 25 Years (M1989)(B2011)	537 New

470.	Adolescent Girls Empowerment Scale Dr.Alpana Singh 13+18 Years (M2009) (2011)	538 New
471.	Hindi Achievement Test L.N.Dubey VIII Class (13 To 15 Years) (2011)	539 New
472.	Teacher's Techno-Pedagogical Competency Scale Dr.S.Rajasekar Higher Secondary Class Teachers (2013)	540 New
473.	Style Of Learning And Thinking Dr.D.Venkataraman School Children From 8 th Standard & College Students (2011)	541 New
474.	Time Management Competency Scale Dr.D.N.Sansanwal +16 Years (M2007) (B2011)	542 New
475.	Parent Child Relationship Scale Late: Nalini Rao 13 To 16 Years (2011)	544 New
476.	High School Adjustment Inventory A.K.Singh (11 To 15 Years) High School Students (M2007)(B2011)	545 New
477.	Learning Style Inventory Karuna Shankar Misra High School To P.G Class Students (2012)	546 New
478.	Attitude Scale Of Creative Teaching Dr.R.P.Shukla B.Ed Trainees (M2008)(B2012)	547 New
479.	Aggression Scale Km.Roma Pal 14 To 24 Years (1983)	548 New
480.	Emotional Intelligence Test Dr.Ku.Anita Soni 14 To 24 Years (2009)	550 New
481.	Emotional Maturity Scale R.R.Tripathi Belonging Faculties Of Arts, Science & Social Sciences	551 New
482.	Free Association Test (No Manual)	552 New
483.	HSPQ Form A 11+18 Years (1991)	553 New
484.	HSPQ Form B 11+18 Years (1991)	554 New
485.	Vineland Social Maturity Scale Dr.J.Bharath Raj +15 Years (1992)	555 New
486.	Mathematics Anxiety Scale	556

	Dr.Ayatollah Karimi Secondary School Students (2011)	New
487.	MAP-A For Adult Sanjay Vohra From A For Adults (2011)	557 New
488.	Multi Dimensional Adjustment Inventory Dr. R.N.Singh 15to 23 Years (2010)	558 New
489.	Peer Pressure Scale Sandeep Singh 16-19 Years (2010)	559 New
490.	Rotter's Locus Of Control Scale Dr.Anand Kumar 18+25 Years	560 New
491.	Sinha Time Management Inventory Dr.Prakash Sinha Final Stages (2011)	561 New
492.	Social Intelligence Scale Dr.S.Mathur 16+50 Years (2007)	562 New
493.	Spiritual Personality Inventory Akbar Husain Under Graduate Students (2012)	563 New
494.	Word Association Test (No Manual)	564 New
495.	Child Rearing Practice Scale Smt.S.Srivastava 10+17 Years	565 New
496.	Cyber Crime Awareness Scale Dr.S.Rajasekar B.Ed Students And Teachers Trainers College (2011)	566 New
497.	Achievement Test In Science Dr.K.S.Anil Kumar & N.P.Shahapur Secondary School Students (2010)	567 New
498.	Human Rights Awareness Test Dr.Vishal Sood 18+45 Years (2012)	568 New
499.	Scientific Aptitude Test Dr.Nagappa P.Shahapur (14 To 16)+2 Level (M2006)(B2011)	569 New
500.	Scientific Attitude Test Dr. Sukhwant Bajwa Adolescence +11 th To 12 th (2012)	570 New
501.	Self-Confidence Inventory Dr.D.D.Pandey Students Tenth Grade (2007)	571 New
502.	Comprehensive Anxiety Test	572

	Dr. R.L.Bharadwaj 18+50 Years (2006)	New
503.	Science Interest Test Dr.L.N.Dubey 13+17 Years (2002)	573 New
504.	Self-Confidence Inventory Dr.Rekha Gupta Adults & Adolescents (2013)	574 New
505.	Self Disclosure Inventory Dr.Virendra Sinha 12+19 Years Adolescents (2003)	575 New
506.	IPAT Anxiety Scale Samuel E.Krug 14 Or 15 Years Adulthood (1976)	576 New
507.	Impulsiveness Scale Dr.S.N.Rai & Alka Sharma 16 To 20 Years Picture Frustration Study (2013)	577 New
508.	Overt Aggression Test Dr.Preeti Vohra & R.K.Gupta 8+11 Years (2012)	578 New
509.	Entrepreneurial Talent Scale Dr.S.Agarwal & Ira Das 18+25 Years (2015)	579 New
510.	Psychological Counselling Needs Scale Dr.Vijaya Laxmi Chauhan & Gunjan Ganotra Arora 13+18 Years Adolescent (M2009)(B2011)	580 New
511.	Ecological Attitude And Cognitive Scale Dr.M.Rajamanickam Any Population (M1999)(B2013)	581 New
512.	Adolescent Girl's Empowerment Scale Dr. Devendra Singh Sisodia & Alpana Singh 13+18 Years (2009)	582 New
513.	Social Skills Problem Behaviour Check-List Madhu Mathur & Saroj Aurora 8+15 Years (2005)	583 New
514.	Attitude Scale Towards Information Technology For Teachers Dr.Nasrin & Fatima Islahi Secondary School Teachers (2012)	584 New
515.	Verbal Learning Disability Checklist Dr.Vishal Sood 8+15 Years (2012)	586 New
516.	Non-Verbal Learning Disability Checklist Dr.Vishal Sood 8+15 Years (2012)	587 New
517.	Rapid Automatic Naming Dr.Raj K.Gupta	589 New

	6+12 Years (2012) (2013)	
518.	Psycho-Physiological Sanjay Vohra Adolescents Or Adult (1990)	591 New
519.	Non-Verbal Group Intelligence Test Ao.Lmtisungba Ao 13+17 Years (M2014)(B2012)	592 New
520.	Experiment On Cognitive Dissonance Dr.Shailaja Bhagwat Any Population (2009)	594 New
521.	Educational CD's – Psychological Test & Apparatus Dr.Vivek Bhargava	595 New
522.	Educational CD's – Personality Assessment(Tat & Cat) Projective Technique Dr.Mahesh Bhargava	596 New
523.	Spiritual Quotient Dr.Gurvinder Ahluwalia, N.K.Chadha & S.S.Vohra Age 18 To 85+ (2015)	597 New
524.	Multifactor Emotional Intelligence Vinod Kumar Shanuwat 8 To 12 Years	598 New
525.	Binet Simon Scale Hindi Adaptation (BSSHA) Age 2 To 18 Years	599 New
526.	Critical Thinking Scale Prof.C.G Venkatesha Murthy 8 th Standard To 12 th Standard Students (2015)	600 New
527.	Research Attitude Scale Dr.Y.Bhulia/D.Kharsati Research Scholars (2013)	601 New
528.	Machiavellianism Scale Dr.S.N Rai & Manjula Gupta 16 To 20 Years (2012)	603 New
529.	Empathy Scale Prof.C.G Venkatesha Murthy Parents & Adults (2011)	604 New
530.	Organizational Politics Scale Dr.Upinder Dhar & Santosh Dhar Executives (2008)	606 New
531.	Quality Of Work Life Scale Dr.Upinder Dhar, Santosh Dhar & Rishu Roy Executives (2011)	607 New
532.	Change Proneness Scale Dr.P.S.N. Tiwari Age 18 To 52 Years (2014)	608 New
533.	Quality Of Life Scale S.Sharma & N.Nasreen	609 New

Stock of Guidance and Counselling cum Psychology Lab

	Teachers Adult (2014)	
534.	Test Of Higher Mental Ability In Science Dr.D.N Sansanwal & Anuradha Joshi Age 14 To 17 Years (2012)	610 New
535.	Defense Mechanism Inventory (Male & Female) 2 Set Dr.N.R. Mrinal & Uma Singhal Graduate Adults & Old Age (2012)	611 New
536.	Neurotic Personality Inventory Dr.Ramanath Kundu Age 18 To 45 Years (1987)	612 New
537.	Depression Scale Samuel E. Krug	613 New
538.	Clinical Analysis Questionnaire S.D Kapoor & R.N Singh Adults (1999)	614 New
539.	Burnout Inventory K.S.Misra Teachers Working In Higher Education Institutions (2012)	615 New
540.	Terrorism Proneness Scale Dr.S.K.Ojha & N.P.Yadav Age 18 To 25 (2015)	616 New
541.	Self Esteem Scale Dr.Santosh Dhar & Upinder Dhar Adult School Teachers (2015)	617 New
542.	Scale Of Positive Life Orientation Prof. Manju Agrawal & Dr.Ajit K.Dalal Adults 18-26 Years (2016)	621 New
543.	Alcohol And Drug Attitude Scale Sunil Saini, Sandeep Singh Adolescents (2010)	622 New
544.	Social Networking Addiction Scale Ghazi Shahnawaz, Nivedita Ganguli Manchong Zou 14-18 Years (2013)	623 New
545.	Approval Motive Scale N.K.M Tripathi & L.B.Tripathi 17 To 22 Years (2013)	624 New
546.	Distinctive Aptitude Test Battery V.Sood, R.Bhargava, A.Anand, S.Kumari And S.Sen 14 To 35 Years (2018)	627 New
547.	Chatterji's Non-Language Preference Record Chatterji's	628 New
548.	Target Dart Test (Grouping Method) M.Rajamanickam	629 New
549.	Target Dart Test (Application Method) M.Rajamanickam	630 New
550.	Attitude Towards Elders Scale	631

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	Sunita Singh Undergraduate & Postgraduate (2012)	New
551.	Alcohol And Durg Attitude Scale Sunil Saini And Sandeep Singh 16-19 Years (Adolescents) Boys & Girls	632 New
552.	Contact Personality Factor R.B.Cattell, J.E.King & A.K.Shuettler (Form A &B) Senior High School & Adults	633 New
553.	Anorexia Test Vijaya L.Chouhan And Aditi Banerjee 15-18 Years (2007)	634 New
554.	Autism Spectrum Disorder Questionnaire Uday Kumar Sinha 4 To 10 Years (2015)	636 New
555.	Motivation Analysis Test R.B.Cattell, J.L.Horn, A.B.Sweney & J.A.Radcliffe High School Senior & Adult Age Range (1975)	637 New
556.	College Climate Questionnaire A.K.Gaur (2011)	638 New
557.	Contextual Influence Scale Hilal Bashir And Ranjan Bala Undergraduate & Post-Graduate (2018)	639 New
558.	Teacher's Occupational Stress Scale Sajid Jamal And Abdul Raheem (2012)	640 New
559.	Academic Task Commitment Checklist C.G.Venkatesha Murthy & N.C.Kiran 14-21 Years (School & College Students)	641 New
560.	Obsolescence Assessment Scale K.P.Naachimutha (2009)	642 New
561.	Acculturative Stress Scale Anju Mehta And Nimisha Beri Undergraduate & International Students (2019)	643 New
562.	Superstitious Belief Scale Sanjeev Kumar Jha & Ashok Kumar (2014)	644 New
563.	Social Competence Scale Latika Sharma & Punita Rani 16+Years School & College Students (2013)	645 New
564.	Women Social Freedom Scale L.I.Bhushan 18-40 Years (2017)	646 New
	Concept Achievement (Formation) Test M. Rajamanickam (2019)	651

	Mathematical Interest Scale U. Tondon and Ashok pal (2012)	652
	Scientific Interest Inventory K.S. Mishra	653
	Political Interest Scale Iftekhhar Ahmed Ansrai and Asma Parveen (2015)	654
	Spritual Values Scale Fauiza Nazam' Akbar Husain and S.M. Khan (2015)	655
	Emotional Violence Scale (against women) S.K. Bawa and S.Kaur (2013)	656
	Training of feedback Donor B.K. Passi and Archana Dubey (2001)	657
	Scale for Anxiety Towards the Use of Instructional Aids in Teaching S. Rajashekar and K.Sathiyaraj (2013)	658
	Teachers Technological Pedagogical Content Knowledge Scale Hemant Lata Sharma and Leena Sharma (2017)	659
	Evaluation of Thesis in Social Science Punita Govil, Mamun Ali, Naji Qasem And Swari Gupta (2016)	660
	Comprehensive Battery of Scale of Entrepreneurship V.P. Sharma (2019)	661
	Information System Effectiveness Scale Upinder Dhar and Ashwini Sharma (2013)	662
	C Conflict Scale Santosh Dhar and Upinder Dhar (2019)	663
	Organisational Communication Scale S. Dhar and U. Dhar (2019)	664
	Team Cohension Scale Vinod Dumblekar and Upinder Dhar (2019)	665
	Organisational Effectiveness Scale Santosh Dhar & Upinder Dhar (2009)	666

565.	Electronic Cronoscope (Without Manual)	316
566.	Muller Lyre Illusion (Psychological Experiments) Common Manual	322
567.	Indian Adaptation Of Wechsler Intelligence Scale Children Dr.Arthur J.Malin	329
568.	Indian Adaptation Of Wechsler Intelligence Scale For Children Dr.Arthur J.Malin 6 To 15 Years	330
569.	Block Design Test (4 Set) Koh's 13-16 Years	332
570.	Revised Bhatia Short Battery Of Intelligence Dr.Bhatia, S.K.Verma, Anil Malhotra Adults (2007)	333
571.	Career Maturity Inventory John O' Crites & Dr.Nirmala Gupta (2009)	345
572.	Sixteen Personality Factor Questionnaire (5 Set) Adults (1991)	366
573.	Thematic Apperception Test Dr.Henry A.Murray	374
574.	Indian Adaptation Rosen-Zweig Picture Frustration Study Udai Pareek & Saul Rosen Zweig Children's Form 4 To 13 Years (1989)	382
575.	Style Of Learning And Thinking (2 Set) Dr.D.Venkataraman Higher Secondary Students (1994)	399
576.	DAT(Differential Aptitude Test) George K.Bennett	404
577.	Seguin Form Board Test Dr.S.K.Goel (1990)	407
578.	Revised Children's Manifest Anxiety Scale Dr.Cecil R.Reynolds And Bert O.Richmond 6 To 19 Years (2008)	444
579.	ADHD Symptoms Rating Scale Dr.Melissa Lea Holland, Gretchen A.Gimpel & Kenneth W.Merrell Adolescents 5 To 18 Years (2001)	445
580.	Five Factor Wellness Inventory Jane E. Myers And Thomas J.Sweeney (2005)	448

Stock of Guidance and Counselling cum Psychology Lab

	Sunita Singh Undergraduate & Postgraduate (2012)	New
551.	Alcohol And Durg Attitude Scale Sunil Saini And Sandeep Singh 16-19 Years (Adolescents) Boys & Girls	632 New
552.	Contact Personality Factor R.B.Cattell, J.E.King & A.K.Shuettler (Form A &B) Senior High School & Adults	633 New
553.	Anorexia Test Vijaya L.Chouhan And Aditi Banerjee 15-18 Years (2007)	634 New
554.	Autism Spectrum Disorder Questionnaire Uday Kumar Sinha 4 To 10 Years (2015)	636 New
555.	Motivation Analysis Test R.B.Cattell, J.L.Horn, A.B.Sweney & J.A.Radcliffe High School Senior & Adult Age Range (1975)	637 New
556.	College Climate Questionnaire A.K.Gaur (2011)	638 New
557.	Contextual Influence Scale Hilal Bashir And Ranjan Bala Undergraduate & Post-Graduate (2018)	639 New
558.	Teacher's Occupational Stress Scale Sajid Jamal And Abdul Raheem (2012)	640 New
559.	Academic Task Commitment Checklist C.G.Venkatesha Murthy & N.C.Kiran 14-21 Years (School & College Students)	641 New
560.	Obsolescence Assessment Scale K.P.Naachimutha (2009)	642 New
561.	Acculturative Stress Scale Anju Mehta And Nimisha Beri Undergraduate & International Students (2019)	643 New
562.	Superstitious Belief Scale Sanjeev Kumar Jha & Ashok Kumar (2014)	644 New
563.	Social Competence Scale Latika Sharma & Punita Rani 16+Years School & College Students (2013)	645 New
564.	Women Social Freedom Scale L.I.Bhushan 18-40 Years (2017)	646 New

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	K.Kumar,K.Salagama & A.B.Kallahalla (2015)	
598.	Diagnostic Test Of Attention Deficit Hyperkinetic Disorder A.R.Singh, M.Jahar & Babu.P 7 Years (2015)	635

Government College of Education, Sector 20, Chandigarh

Report on weekly 'Reflections on Education' or Reading Together- Leading Together' Sessions

Session 1 (21st October, 2020)

The first session of weekly program of 'Reflections on Education' or Reading Together- Leading Together' was initiated at Government College of Education, Sector 20, Chandigarh on 21st October, 2020. Dr. A.K. Shrivastava, the Principal of the college congratulated, motivated and appreciated all the staff members for their contribution and support to initiate a creative discussion forum for constructive outcomes in the field of education. He addressed the faculty and informed that this is an effort to discuss and trace solutions to problems in the field of education under the guidance of Secretary Education, Chandigarh Administration. He stressed that as educationists and stakeholders it is our responsibility to share support and strengthen the education system with our thoughtful discourses and dialogues from time to time on regular basis.

The members were educated about the various agendas and tentative topics that would be discussed during these sessions on weekly basis like Modern Education and Future of Mankind, Contemporary Challenges of Teacher Education, Medium of Instruction and the Question of Quality, Science Education- Past, Present and Future, Language Education- Opportunities and Challenges, Accountable Teacher-Strong Leadership etc.

In this first lecture-cum discussion in this series, Principal Dr. A.K. Shrivastava was the lead speaker and he talked about the Fundamental Aim of Education and Indian view-point. He emphasized that Indian education system not only focuses on the physical, social, psychological and intellectual aspect of education but the aesthetic and spiritual development of the child through right education. He added that the real aim of education is self-realization, to be one with the ultimate and to bring forth a disciplined and dedicated work force within the individual and society leading ultimately to the realization of the goal of happiness and welfare of all:

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया,
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःख भागभवेत्।
ॐ शान्तिः शान्तिः शान्तिः

To conclude, he highlighted about the importance of creating an enriched and conducive environment for learning through our resourcefulness, contribution of varied perspectives, involvement in research and putting in the best of our abilities as teachers in the field of education.

for website
Principal *Dr. A.K. Shrivastava*
21/10/20
Dr. A.K. Shrivastava

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

WEBINAR held on April 6, 2021 11:00AM-12:30PM

NORMALIZING EMOTIONS: ALL ABOUT EMOTIONAL WELL BEING

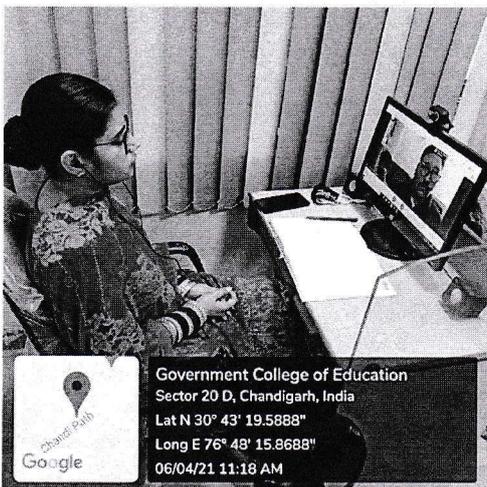
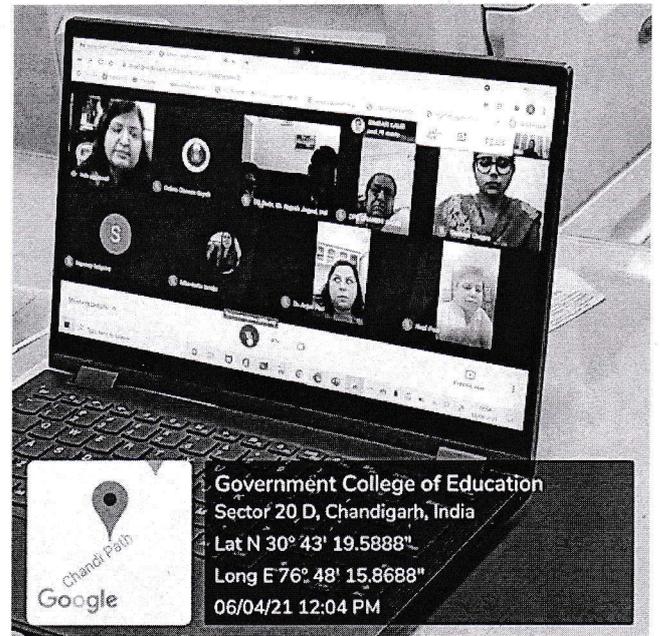
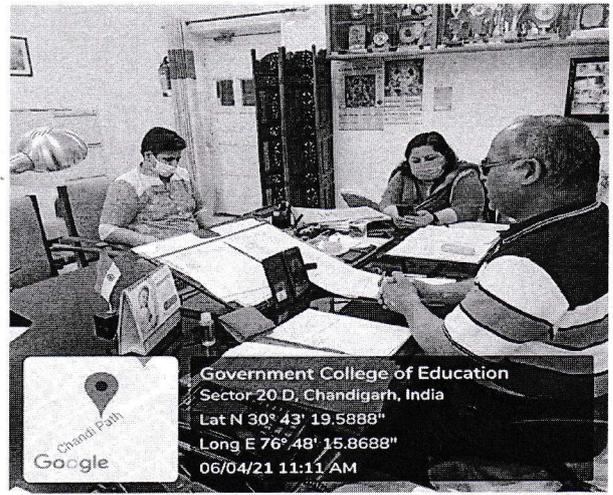
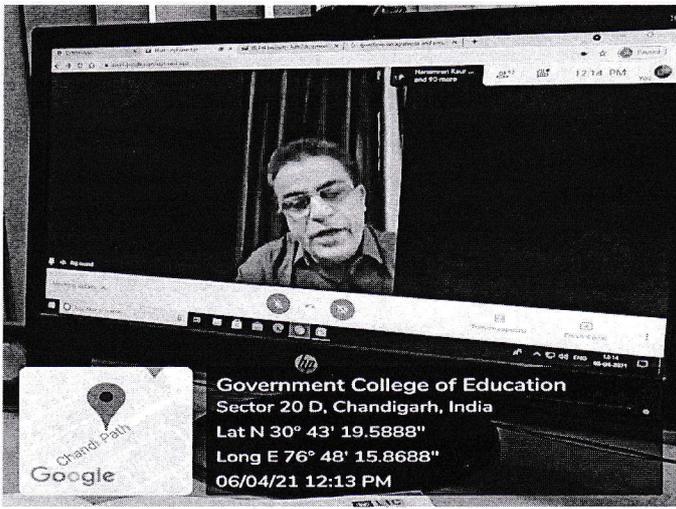
REPORT

The IQAC, RUSA and Placement Cell of Government College of Education, Chandigarh, organized a webinar on April 6, 2021, on the theme "Normalizing Emotions: All about Emotional Wellbeing". Chief Guest of the event was Sh. Rajesh Jogpal, IAS, Deputy Commissioner, Charkhi Dadri, Haryana. Speaker of the webinar was Ms. Indu Aggarwal and the Guest speaker, Mr. Raj Kumar.

The webinar started at 11:00AM with an opening address by Dr. Ravneet Chawla. She laid the foundation thought about the theme and the connection with the guests. Student coordinator Ms. Gurbina Chopra introduced the Chief Guest formally elaborating on his credentials which were very inspiring. She discussed his journey in the world of work from UPSC Indian Trade Services 1989 to Assistant Chief Controller in New Delhi, Chandigarh and Panipat, to opening Chandigarh branch of Youth Hostel Association of India. He joined again civil services, Govt. of Haryana in 1997. He has also been conferred with the President's medal two times for exemplary Census operations work 2020 and 2021. He is an avid wild life photographer and a widely travelled person across the globe. Currently he is serving as the Deputy Commissioner in Charkhi Dadri, Haryana.

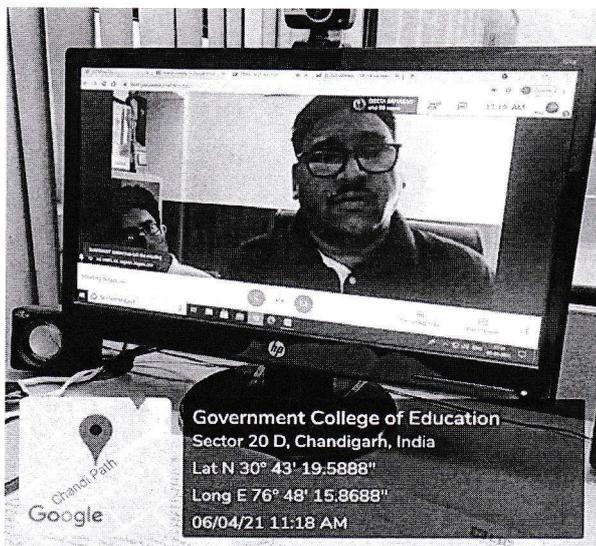
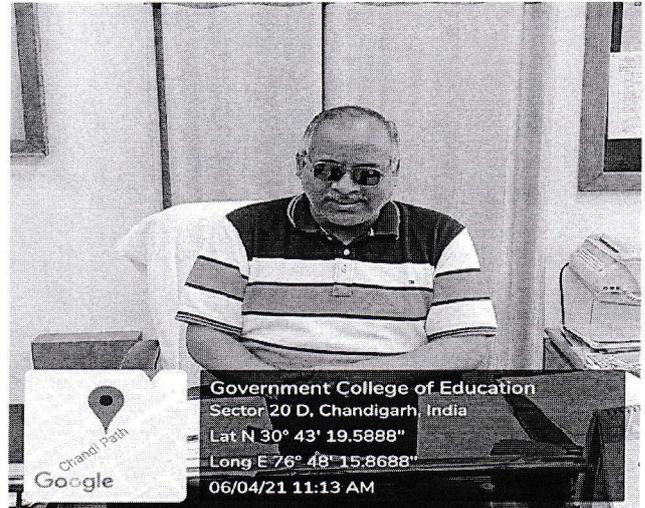
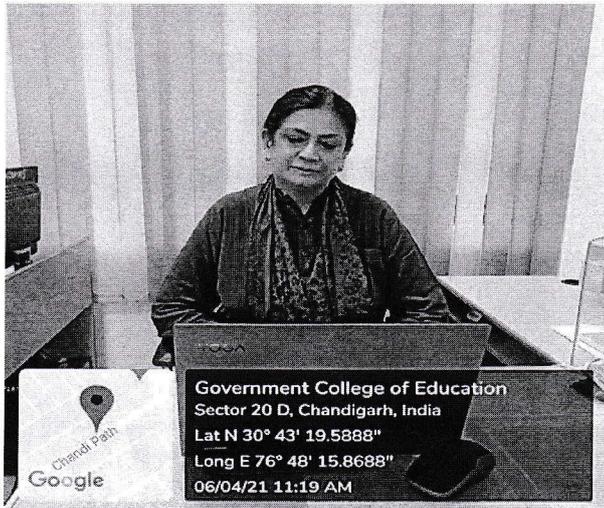
The Principal of the College, Dr. A.K. Srivastava extended a warm welcome to the Chief Guest and the speakers. He spoke of the importance of mental health as much as physical health, and that material things are of no value if one cannot relish the have.

Sh. Rajesh Jogpal started his address by linking the concept of emotional wellbeing narrating anecdotes of his life when he was working in Department of Social Welfare Chandigarh. He worked with *Snehalaya*, home for kids who are victims needing protection and the Senior Citizen Home in Sector 43, Chandigarh. To gain the trust of children, he started spending his weekends in *Snehalaya* and solved their problems. Soon the children started talking to him. Listening is very important in emotional wellbeing. It is necessary to empathize with the victims and one should keep his cool and be patient, he said. He motivated his staff to be accessible to solve children's issues. He has held three workshops during his tenure including training session for counsellors. Even in the Senior Citizen Home, he started solving the problems without the complaints. This enabled the senior citizens to interact with authorities. He tried to take care of their emotional wellbeing. The key, according to him, is to look at problems at the root cause. IQ is important when there is no interaction with people. Emotional Quotient contributes to 75% while Intelligence Quotient contributes to only 25%. Skills are



Speakers on behalf of the students. The webinar concluded with formal thanks by student coordinator Ms. Gurbina Chopra and Dr. Ravneet Chawla.

Glimpses of the event are attached below:



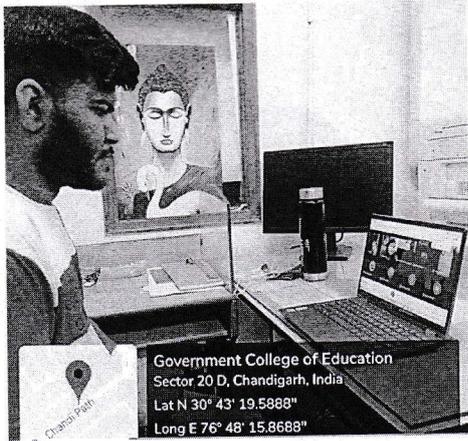
needed to communicate which have to be learnt. He talked about two things - being humble, and to be in a giving mode. What can one give to society, should not be given as charity. He also talked about how listening develops communication skills naturally and the importance of emotional intelligence. He thanked the organizing committee of the college.

The student coordinator Ms. Gurbina Chopra thanked Sh. Rajesh Jogpal and introduced the next speaker Ms. Indu Aggarwal to the audience. She is a wellness trainer and an entrepreneur. She has conducted sessions in North India and penned down many articles in lifestyle journals. Her project, *Disha For Success*, has been awarded by the Governments of Orissa and Haryana. Gurbina also introduced Ms. Indu's associate, Sh. Raj Kumar, who is currently indulged in Ayurvedic Sciences and Welfare industry.

Ms. Indu Aggarwal started her lecture by talking about emotions. Emotions make us human. Without emotions, we are like robots. Emotions differentiate between machines and humans. COVID times made us learn that emotions as well as human touch act a stress buster. She shared a presentation throwing more light on the topic. She talked about emotions being a gift to us. Emotions can be positive as well as negative. Positive emotions include love, joy, hope, happiness, empathy etc. Negative emotions comprise of fear, anger, sadness, shame, guilt, regret, hate. It is the handling of emotions which creates a difference. Emotions are a gift whether negative or positive. Negativity and positivity is a paradox and it stays together. She explained about channelizing the negative emotions. The key to understand self-awareness is accepting who we are. Emotions have the power to build us. Emotions help in relationship building, managing occupational stress, enhancing decision making, team performance enhancement and development of leadership ability. Emotions, if not channelized properly, can destroy. Our body is made up of fire, wood, earth, metal and water. Emotions also impact our body parts. Fear can impact our kidney. Stress can impact our heart. To channelize emotions, a great role is played by Quality of Questions. One should Training one's brain to make a choice. Life is never about the resources, it is about what we do with what resources we have. She gave the example of Mahatma Gandhi in the process of transformation of anger. He channelized his anger which he faced in South Africa and brought a revolution.

This was followed by an interactive session. She took the questions of the students regarding their doubts about emotions. She explained the role of financial literacy in one's life. Sh. Rajesh Jogpal further added to the discussion by encouraging saving for long term and compounding the saving. After Ms. Indu Aggarwal's session, Raj Anand was called for sharing his insights. He started by saying emotional health and physical health are interconnected. He also talked about mental health hygiene. Meditation and breathing help cleaning our mental health. Our emotional health is related to our breathing. He talked about the major cause of stress which is thinking about past and future. Living in the present will keep one's mental health in the right place. He also talked about the role of Ayurveda in keeping our physical and mental health in place.

Dr. Neelam Paul and Dr. Anjali Puri thanked Ms.Indu Aggarwal and Sh. Raj Kumar for their informative talks. Student repertoire Ms. Samiksha Sharma extended her *Vote of Thanks* to the



Government College of Education
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Dr. A.K. Srivastava
08/10/21

Dr. A.K. Srivastava
Principal

Dr. Ravneet Chawla

Dr. Ravneet Chawla
Webinar Organizer
Coordinator Placement Cell

Dr. Anjali Puri

Dr. Anjali Puri
Coordinator IQAC

Dr. Neelam Paul

Dr. Neelam Paul
Coordinator RUSA

एक महत्वपूर्ण शैक्षिक संवाद: 07-04-2021 12:45 p.m. -2:00 p.m. Seminar Room, GCE-20 D, Chandigarh

सार्थक शिक्षा- क्या है और वर्तमान परिप्रेक्ष्य में क्यों आवश्यक है ?

(Meaningful Education-What is it and How Essential it is in Contemporary Situation)

आचार्य राजेश बहुगुणा, सर्वोदय बोधग्राम, ऋषिकेश

एक सहज, सरल और अद्भुत शिक्षाविद आचार्य राजेश बहुगुणा जी, (जो वर्तमान में सर्वोदय बोधग्राम, ऋषिकेश के संचालक हैं तथा पूर्व में सिद्ध, मसूरी के श्री पवन गुप्ता जी तथा उनके गुरु प्रो श्री धर्मपाल जी तथा मध्यस्थ दर्शन के प्रणेता श्री अग्रहार नागराज जी के साथ भी शिक्षा व जीवन विद्या के क्षेत्र में महत्वपूर्ण कार्य/ सहयोग कर चुके हैं.) ने आज 7 अप्रैल को राजकीय शिक्षा महाविद्यालय, सेक्टर २० डी के संकाय सदस्यों को लगभग डेढ़ घंटे के अपने संबोधन सत्र में सार्थक शिक्षा के कई महत्वपूर्ण आयामों से परिचित कराया.

प्राचार्य डॉ अजय कुमार श्रीवास्तव जी ने अतिथि वक्ता का स्वागत करते हुए बताया कि आचार्य जी अपनी मौलिक सोच और महत्वपूर्ण शोध व वर्षों के अनुभव से शिक्षा के कुछ ऐसे विन्दुओं को रेखांकित करते हैं जो हमें वर्तमान शिक्षा प्रणाली से पता ही नहीं चलते. वक्ता का परिचय कराते हुए सह-आचार्य (Associate Professor) डॉ शिवजी सिंह ने बताया कि कैसे आचार्य जी ने शिक्षा की मूल भांतियों को पकड़ा है और सही शिक्षा के द्वारा उनके निराकरण का उपाय बताते हैं. वक्ता श्री राजेश बहुगुणा जी ने अपने ओजस्वी उद्बोधन में बताया कि आज हमारे जीवन में मूल धर्म हैं की सामन से सम्मान मिलता है और सुख और सुविधा एक ही है तथा मानवीय सम्बन्ध हमारी उपयोगिता पर निर्भर हैं. सभा के अंत में संकाय सचिव डॉ लीलू राम जी, एसोसिएट प्रोफेसर ने वक्ता का धन्यवाद ज्ञापन किया.

Shri B. B.
15/04/21

1. Mr. Senika

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19/04/21

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

Government College of Education, Sector 20, Chandigarh

Report on e-Talk entitled “Emotional Well Being in the COVID-19 pandemic” (24th Oct., 2020)

Government College of Education, Sector 20, Chandigarh organized an e-talk entitled ‘Emotional Well Being in the COVID-19 pandemic’ for the students of B.Ed., M.Ed. and faculty members on 24th October, 2020. Dr. A.K. Shrivastava, Principal of the college extended a formal welcome to the speaker of the day Professor Dr. Renu Somal (Retd.), former HOD, Department of Psychology, P.G.G.C.G-11, Chandigarh and hoped that it would be highly beneficial for the students in coping up with the uncertainty of life situation due to COVID-19. He also emphasized that every word learnt by our would-be-teachers should be shared at large scale to extend the help to society. Further, Dr. Nisha Singh introduced the speaker Dr. Renu Somal and highlighted the problems faced by the students during ongoing pandemic and need of ensuring emotional health along-with physical health.

The respected speaker guided the students towards emotional intelligence in the pandemic. She emphasized that the development of positive emotions by identifying intellectual and psychological resources will enhance emotional aspect, self esteem and confidence. She concluded with the remark that one should always count on ones’ blessings with gratitude, communicate with grandparents and should try to modify ones’ opinion with changing time for better adjustment. Not only this but, extending a helping hand to others will lead to internal satisfaction and peace of mind. She also added that we should see this situation as an opportunity to develop a strong bonding with our family members and that it is better to proactively adapt to situation as soon as possible to avoid the problem of uncertainty in this pandemic situation. In addition, she highlighted that awareness and logical assessment of the information, building and maintaining a healthy routine and diet and exercising will certainly lead to development of feel good factor among the individuals.

The session was followed by an interactive session handled by Dr. Atasi Sinhababu where Dr. Renu Somal gave very practical and realistic solutions and suggestions to the questions and queries of the students related to the pandemic situation. The e-talk was attended by nearly 100 participants.

In the end, Dr. Rajni Thakur extended a vote of thanks to the speaker Dr. Renu Somal for gracing the occasion and the Principal Sir, for his motivation and support. The e-talk concluded on a positive note that we together can overcome the pandemic situation with a strong will and understanding our responsibility as a social being. Principal, Dr. A.K. Shrivastava congratulated Dr. Nisha Singh and her team (Dr. Atasi Sinhababu and Dr. Rajni Thakur) on the successful completion of the e-talk.

Programme Coordinators

Dr. Nisha Singh *Nisha*

Dr. Atasi Shinababu *Atasi*

Dr. Rajni Thakur *Rajni*

✓ for website

A.K. Shrivastava
Principal 28/10/20

Dr. A.K. Shrivastava

Report – 22 April 2021

Government College of Education, Sector 20 D, Chandigarh

TOWARDS RESPONSIBLE PANDEMIC ADAPTATION: CROSS- CULTURAL SHARING ON WHAT IS GOING ON

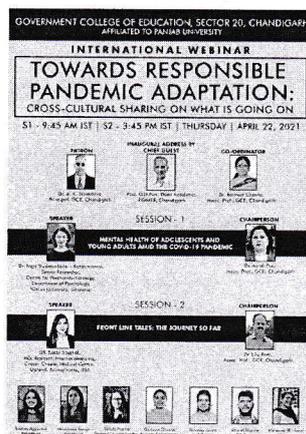
Government College of Education, Chandigarh, India, organized an International Webinar with the theme *Towards Responsible Pandemic Adaptation: Cross Cultural Sharing on What Is Going On*. GCE is a premier educational institution for teacher education in North India, located in Chandigarh, India. It is the single teacher education college functioning under the government sector, affiliated with the Panjab University, Chandigarh. The National Assessment and Accreditation Council (NAAC) accredited the college with an A+ grade.

ORGANIZERS OF THE EVENT.



PATRON

Dr.A.K.Srivastava
Principal
GCE - 20D, Chandigarh



WEBINAR CO- ORDINATOR

Dr. RavneetChawla
Associate Professor
GCE - 20D, Chandigarh

Event of the day

This event had speakers who shared a platform to bring forth their achievements and glories, and also to share their life experiences with the listeners. The live streaming had about 150 listeners.

Dr. Ravneet Chawla, Webinar Coordinator opened the session and spoke on the theme of the webinar and gave a brief orientation about the speakers. The student coordinator, Ms. Gurbina Chopra gave an outline of the program. The Principal of the college, Dr. A. K. Srivastava, an eminent Hindi scholar, presented a formal welcome to Chief Guest of the event- Prof. G.D. Puri, Professor and Department Head of Anesthesia and Dean Academic, PGIMER, Chandigarh, India, and the Speakers from Lithuania and USA. He applauded the efforts of the webinar coordinator and the students' team to have created the meet. Dr. Ravneet introduced the Chief Guest of the event and formally welcomed him.

The session first was inaugurated by our Chief Guest, Prof. G.D. Puri. He deliberated on the Pandemic situation, its onset and the lockdown which was imposed in March 2020, the China situation then followed by its spread in Italy, further spreading globally. He put a light on the statistics of Covid-19 cases in India during the year 2020 and also listed the positive and negative impact of this pandemic. He shared a number of photographs in his slide show of Doffing control room and Covid-19 security room that educated the audience on seriousness of medical aspects of care. He showed data from U.K. including the cases and deaths and compared with that of India, and also mentioned that there were lesser deaths in India. He concluded by sharing the earth healing through lockdown in 2020. He brought forth the challenges of the medical people and paramedics, also that of the medical institutes and the responsibility of a common man towards managing the situation. Prof. Puri appreciated the thoughtful theme chosen by the host team, and congratulated the speakers for their research work and bedside dedicated care. He spoke highly about the college for putting together the webinar. His insights and reality touch shared were well taken by the audience to respond to the situation more scientifically, as was

reflected in the discussion. Dr. Ravneet formally extended the vote of thanks for Prof. G.D. Puri

Ms. Suchita Aggarwal, the repertoire for session 1 introduced the speaker the speaker, Dr. Inga Truskauskaite-Kuneviciene.

Session 1 : Dr. Inga Truskauskaite – Kuneviciene on *MENTAL HEALTH OF ADOLESCENTS AND YOUNG ADULTS AMID THE COVID -19 PANDEMIC.*

Dr. Inga is the Senior Research Fellow at the Centre for Psychotraumatology, Department of Psychology, Vilnius University, Lithuania. She started with an introduction to the topic. The theme of the session was mental health of adolescents and young adults. She shared a presentation and began with a note that – *it's everyone's business to help each other during this pandemic.* She highlighted the facts on mental health before the pandemic, during the pandemic and even shared projected statistics in the times to come as well. She made the audience familiar with her place of living, Lithuania, and her university in Vilnius. She put light on various statistics of age group of adolescents and adults she has researched. She concluded her presentation by thanking the organizers who gave her the chance to speak and highlighted the efforts of collaborations initiated by Dr. Chawla since long to make this happen where research could be shared on the international forum. Dr. Ravneet Chawla led the discussion by linking developmental psychology findings to education and the role the educators can play to have healthy engaging with the students of all age groups. An interactive session followed where the students and other teachers asked questions. Dr. Inga answered each question with facts and figures, and shared her experiences through working with different countries as Japan, Germany and Lithuania. . Dr. Anjali Puri, Chairperson of the session connected the theme with the interaction and future of educationists' roles. She concluded the session by extending vote of thanks to Dr. Inga.

Session 2: by DR. SachiSinghal on *THE FRONT LINE TALES: THE JOURNEY SO FAR*

DR. SachiSinghal a PGY – 1, Internal Medicine, Crozer Chester Medical Center, Pennsylvania, USA, was invited to speak on THE FRONT LINE TALES: THE JOURNEY SO FAR. She is from Chandigarh, India, currently working in Pennsylvania, USA, after pursuing her masters there. She was welcomed by Dr. A.K. Srivastava, Principal, and congratulated for her courage and achievements. The repertoire of this session, Ms. MitankshaTaneja elaborated on her education and glorious achievements. Dr. Sachi was welcomed by the Chairperson of the session, Dr. Lilu Ram, Associate Professor of the college in Physics. He asked her to share the experiences she had in the care giving as affront line doctor during the COVID-19 pandemic.

DR. Sachi made the session an interactive one and was extremely eager to connect with the students of the college. Dr. Chawla gave her a brief summary about the situation of everyone and how things have slowed down and the way they are being dealt with. Dr. Sachi spoke about how she dreamt of being a doctor since her childhood. She also told the audience that the day she officially became a doctor in Pennsylvania, was the very day the lockdown was initiated. She communicated about the obstacles and problems she and her fellow colleagues faced during those times. They had to deal with stress and anxiety altogether and she told that it was a challenging time to go through. She informed how receiving her first shot of the Covid-19 vaccine made her grow to be more confident and not be frightened to treat her patients. The Student Coordinator, Ms. Gurbina Chopra, put some important questions and Ms. Sachi answered them stating some suggestions in order to cope up with the situation. She delivered how sharing and communicating aids in dealing with everything. She also shared how one can take up new hobbies and even reach out to the long forgotten ones and talked about herself. She discussed how physical fitness is also important to look after and that, if not, it can prove to bring out diseases and how everyone need to be more positive rather than negative. She also talked about how she was a badminton player during school. Dr. RavneetChawla surprised Dr. Sachi by informing that her family was also watching her interact with the organizers. She acknowledged warmly the contribution her parents made by supporting her always. She shared and encouraged the audience to be dependent on “evidence based practices”. “We need to make a fact out of anything we read and share and make it our personal duty to not cause panic,” she said.

The Chairperson, Dr. Lili Ram thanked her for making the session such a great success and how she took her valuable time out of her busy schedule to attend this international webinar.

With all the interactions, the webinar came to an end with Ms. Gurbina Chopra thanking Dr. Sachi for sharing everything as a front line paramedic. Dr. Chawla showed her gratitude to all the fellow organizers, the students' team and both the chairpersons and lastly Dr. Sachi. The session proved to be a magnificent success. She urged the listeners to take home the lessons learnt through deliberations of the day in taking a civic responsibility to do their bit in dealing with the Covid-19 Pandemic situation.

Summary of key points from each session

- Be yourself
- Ask people if they need your help
- Be a helping hand
- Be a good listener
- Do what you love
- Be more optimistic than pessimistic
- Know yourself and move towards your passion
- Appreciate little things in your life

Support Committee for managing and organizing the event –

Faculty Team –

Patron: Princiapl, Dr.A.K. Srivastava

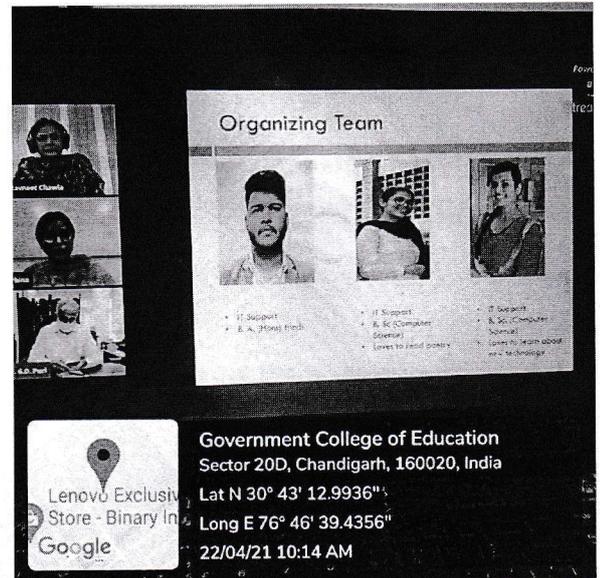
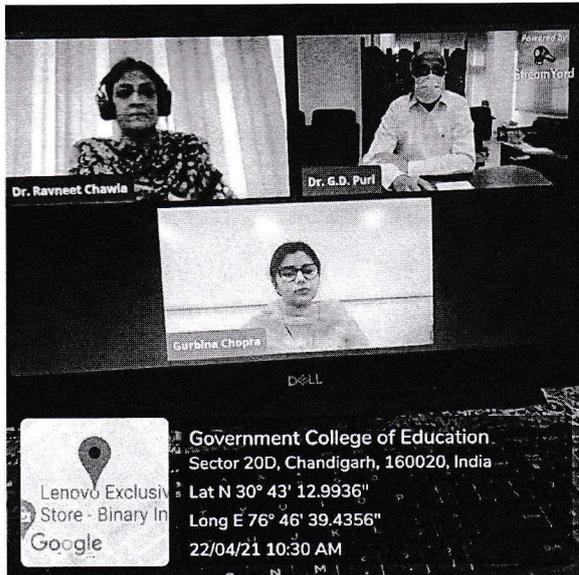
Dr. RavneetChawla(Webinar Coordinator)

Dr. Anjali Puri (Chairperson for Session 1)

Dr. Lili Ram (Chairperson for Session 2)

Student's team –

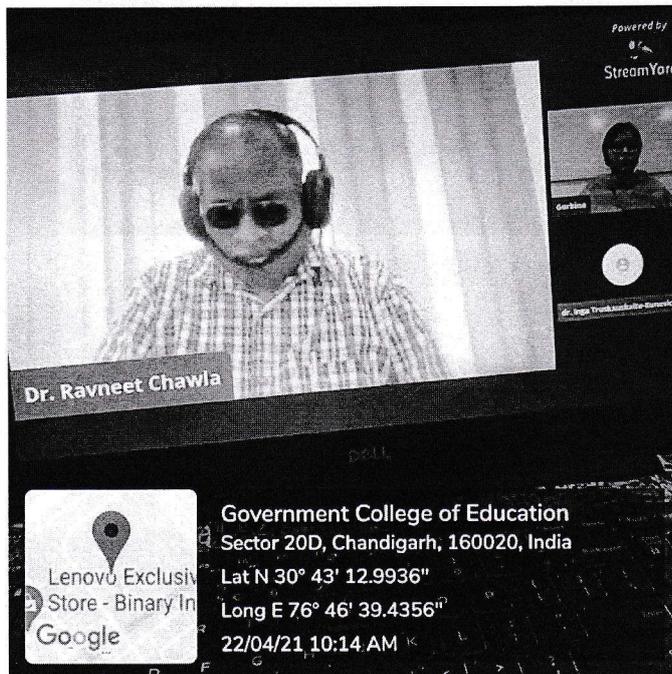
- Student coordinator –Gurbina Chopra – B.Ed Senior;
Student Co – coordinator – SakshiPoonia –B.Ed Junior
- Technical team – ShivangiArora – B.Ed Senior; ManpreetDhaliwal – B.Ed Senior;
Bharat Sharma – B.Ed Junior
- Repertoires – SuchitaAggarwal– B.Ed Junior; MitankshaTaneja – B.Ed Junior

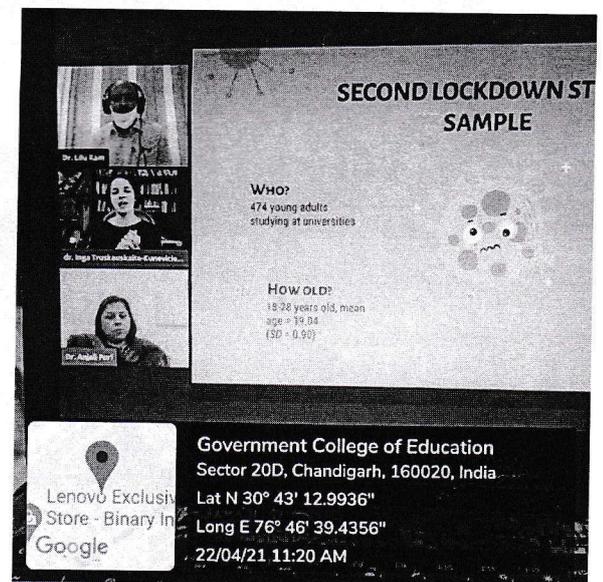
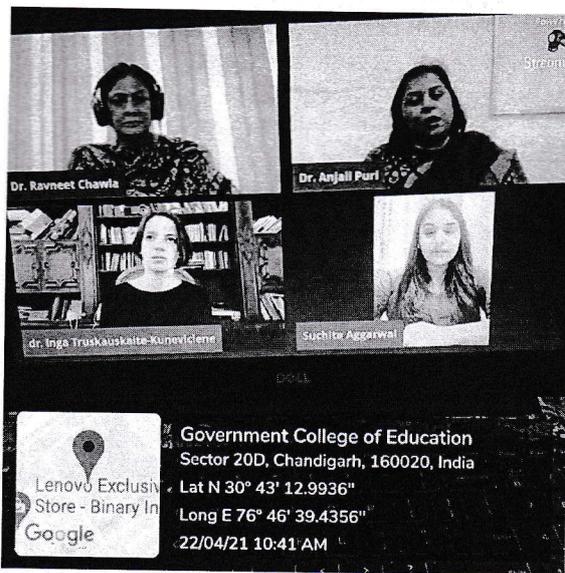
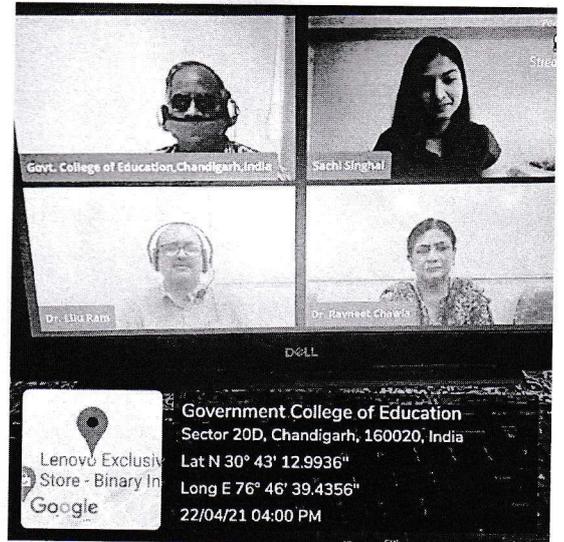
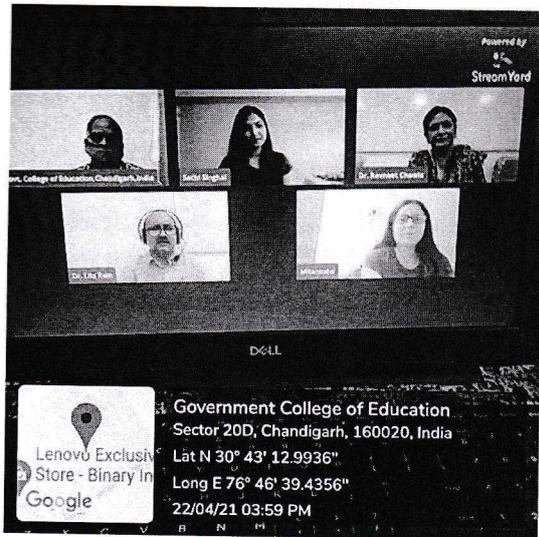


Dr. RavneetChawla closed the session on a note of meeting again on another academic event soon.

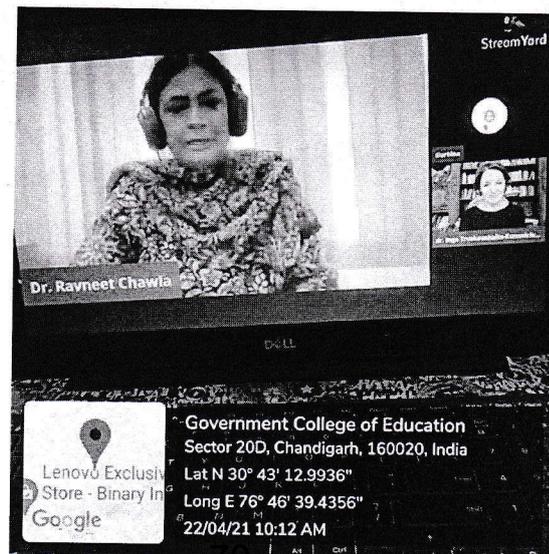
Glimpses

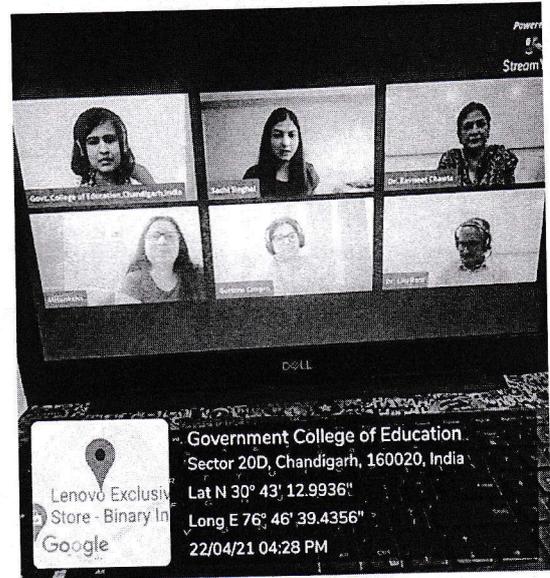
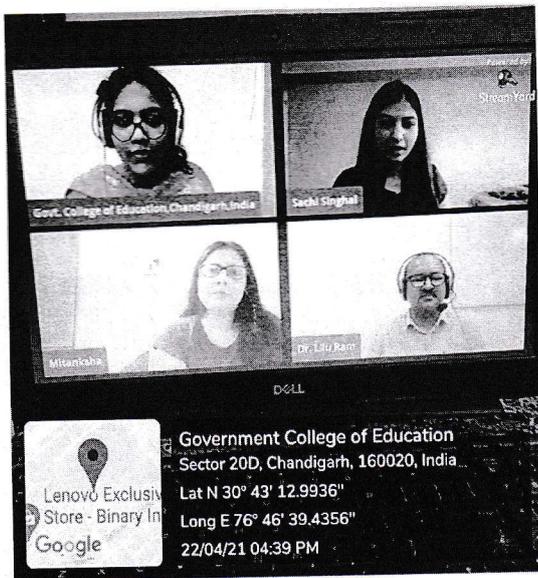
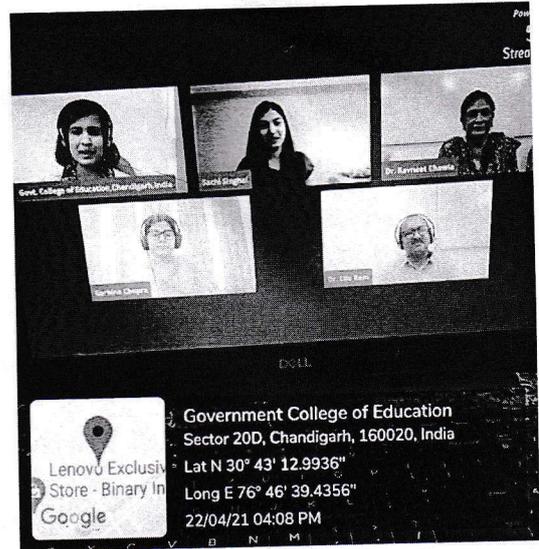
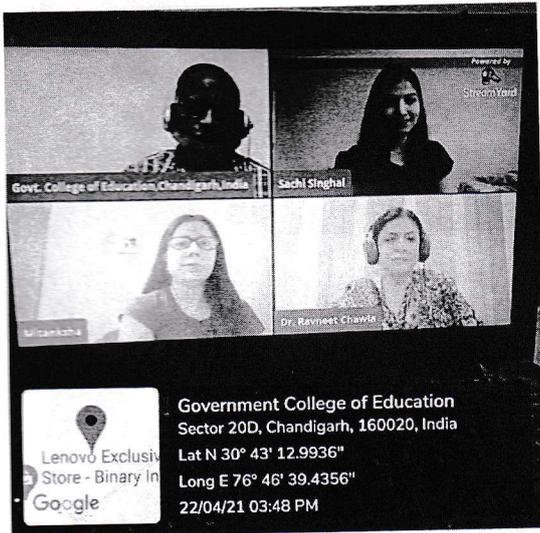
Session1 :-





Session2:-





22/04/2021
 Dr. Rayneet Chawla
 Webinar organizer
 Associate Professor
 GCE – 20D, Chandigarh

26/04/21
 Dr. A.K. Srivastava
 Patron Intn'l Webinar
 Principal
 GCE – 20D, Chandigarh

*C- G
 1. Website
 2. Mail
 3. Ms Sonik*

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

8

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

REPORT

**WEBINAR -BENEFACTION : A REPAYMENT TO THE SOCIETY- 24TH MARCH
2021**

Alumni Association of Govt. College of Education, Sector 20-D, Chandigarh organised a webinar on 24th March 2021, Webinar was witnessed by 56 participants.

Dr. Dinesh Chahal, Vice President of Alumni Association, initiated the proceedings of the webinar after seeking permission from the Principal, Dr A. K Srivastava. He welcomed the speaker of the day/ resource person and all the participants. Ms. Navneet Kad, executive member, introduced the topic in detail and briefed the audience by describing it's significance. Dr. Chahal invited Dr. Srivastava for his welcome address. Dr. Srivastava emphasised the role of alumni in the development and betterment of the college. He urged all alumni to discuss on the development issues and asked them to send their suggestions for the same. After the address of Dr Srivastava Dr. Dinesh introduced the resource person, Dr. Jasvir Kaur Chahal, alumna of the college as well as retired faculty of the college. Dr Jasvir Chahal addressed the participants and shared her experiences as a student and as a teacher of GCE-20 Chandigarh. She enlightened everyone with her in-depth knowledge of the topic. She elaborated the topic with the example of Bhagwat Gita. She also talked about Charity, Index of Happiness and role of education in the society. She also motivated participants for their positive contribution to college and it's betterment. After the talk, a healthy discussion was held. Dr Jasvir satisfied all the queries of the participants. Finally, Dr. Kanwal Preet Singh , Secratry of the Association proposed the vote of thanks by extending his gratitude to the alumni association.



(In-charge Alumni Association)



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

GOVERNMENT COLLEGE OF EDUCATION, 20 D, CHANDIGARH
WEBINAR ON EFFECTIVE COMMUNICATION SKILLS: IMPORTANCE
IN THE LIFE (23.04.2021)
(REPORT BY - ARUSHI)

“Being able to communicate effectively is one of the most important life skills”. In view of this thought, the Government College of Education, sector 20 D, Chandigarh, organized a webinar for the students as well as the teachers of the college. The webinar began at 11:30 am on 23rd April 2021. The webinar was organized by Dr. Balwinder Kaur the convener and Mr. Ravinder Kumar the co-convener under the guidance of the Principal, Dr. A.K. Srivastava. Seventy students and teachers were the part of the webinar.

The Principal of the college, Dr. A.K. Srivastava, addressed the guest speaker, the teachers, and all the students of the college and highlighted the theme of the webinar. The convener of the Webinar Dr. Balwinder Kaur welcomed and introduced the speaker of the day Prof. Deepti Gupta to the audience who is renowned Professor in the department of English Panjab University Chandigarh.

The Resource person, Dr. Deepti Gupta began by introducing the meaning of communication, its types, nature, etc. A few of the important and noteworthy points that she addressed are as follows:

- Communication is circular and not linear. Communication does not take place until the receiver has comprehended the message sent by the sender. When it comes to communication, as teachers our jobs become tougher. The job of the teacher is to communicate, which is very important for professional as well as personal growth.

There are three types of communication: Individual, Group and Public

- Human language is the easiest thing to master, as there are various factors involved in communication. Teachers work as influencers. They influence the students, hence the whole generation. Teachers are role models for students. Hence, firstly they should work on themselves. The more languages one learns the sharper becomes the signals in their brain. Hence, learn as many languages as you can.

- Various barriers in communication are:

1. Emotional state
2. Not proficient at language

3. Don't know the content

4. Technological barriers

- Communication depends upon the level of emotional intelligence of a person. Emotional intelligence is managing and understanding of our emotions, as well as of others around us. It is really important for one to understand them. One must learn to accept things to increase the level of emotional intelligence. Ways to better learning of any language: Structured method, Grammar translation method, Habit method.

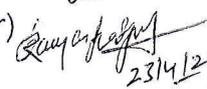
The speaker concluded the presentation by giving the suggestion that we should not communicate to impress but to express. Language becomes a major barrier in communication in terms of proficiency. Skills of language: Listening Speaking Reading Writing

In India, most of the focus is on reading and writing, and not on speaking and listening. Hence, people face difficulties while communicating in the English language. In schools, teacher talk time is 80%, which should be reduced to 50%, and the students must become active participants in speaking and listening languages proficiently. Mother tongue is the easiest language to learn through acquisition. People often face difficulties while speaking other languages as they are introduced to those languages much later in life.

In the second session of the webinar, there held a discussion, where numerous students as well as teachers came forward with several doubts and the speaker addressed the issues very well with humorous examples. Prof. Deepti also solved the problem of Anshul who is not able to communicate in public. She also answered all the queries of Dr. Nisha who actively participated in the discussion session.

In the end Dr. Balwinder Kaur proposed a vote of thanks to Prof. Deepti and all the participants. The webinar was concluded by Mr. Ravinder Kumar.

Dr. Balwinder Kaur (Convener)  23/4/21

Mr. Ravinder Kumar (Co-Convener)  23/4/21


Principal 23/04/21

G. C. E. -20 D Chandigarh

Government College of Education Sector-20-D Chandigarh

Office Order

09.12.2021

All the staff members are informed that exhibition of books to be purchased for library will be held on 14th & 15th December, 2021 in the library from 10:30 a.m. to 3:30 p.m. all are supposed to visit the library to select the books.


Librarian


Principal 9/12/21
Govt. College of Education
Sector 20-D, Chandigarh

**ONE DAY INTERNATIONAL
WORKSHOP**

on

**ART OF MANMAKING THROUGH
VASUDEVA KRIYA YOGA**

On January 07th, 2023
(09:00 am Onwards)

REGISTRATION FORM

Name:

Address:

Phone:

Mobile:

Contact No.:

Registration ID:

Participating as: Delegate / Student / Faculty

Designed By:

Mr. Sanjeev Kumar
Department of Fine Arts
GCE, 20-D, CHD

CHIEF – PATRON
Ms. Purva Garg, IAS
Education Secretary
Chandigarh Administration

PATRON
Sh. Amandeep Singh Bhatti, PCS
Director Higher Education,
Chandigarh Administration

CONVENOR
Dr. (Mrs.) Sapna Nanda
Principal

CO-CONVENOR
Dr. A. K. Srivastava
Dean

COORDINATORS

Dr. Anjali Puri
Associate Professor
Tel.: 09855443240

Dr. Anurag Sankhian
Associate Professor
Tel. 09417474152

Dr. Sheojee Singh
Associate Professor
Tel. 09815679784

Dr. Lilu Ram
Associate Professor
Tel. 09417745883

Contact: +91-0172-2700075

E-mail: gcechd@yahoo.co.in
gcechd@gcechd.ac.in

Website: www.gcechd.nic.in



**ONE DAY INTERNATIONAL
WORKSHOP**

on

**ART OF MANMAKING
THROUGH
VASUDEVA KRIYA YOGA**



On January 07th, 2023
(at 09:00 am)

ORGANIZED BY



**GOVT. COLLEGE OF EDUCATION,
SECTOR 20-D, CHANDIGARH**

In Collaboration with
VASUDEVA KRIYA YOGA

UNDER THE AEGIS

OF
IQAC
(Internal Quality Assurance Cell)



About the College:

Premiere Institute of Teacher Education, Government College of Education was established in August, 1954 under a special scheme of Government of India. The college ranks high among the leading colleges of Education in northern India, is affiliated to the Panjab University, Chandigarh. The National Assessment and Accreditation Council (NAAC) has awarded Grade A to this College. The college in its 14 acres campus has 50 seats for M.Ed (General), 110 seats for B.Ed (General) and 50 seats in P.G. diploma in Guidance and Counselling which has been sanctioned by U.G.C. through Chandigarh Administration.

Distinguished Guests and Resource Persons



Chief Guest
Sh Nitin Kumar Yadav, IAS
Home Secretary
Chandigarh Administration



Shri. Rajendra
Yenkannamoole
Speaker
Vasudeva Kriya Yoga
Melbourne, Australia

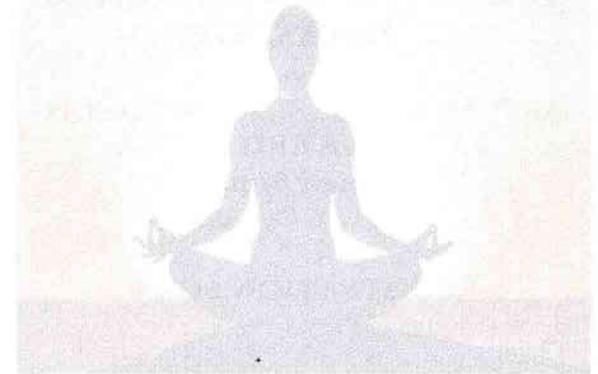


Dr. Sapna Nanda
Principal
Govt. College of Education,
Sector 20-D, Chandigarh

About the Workshop:

Vasudeva Kriya Yoga is Kriya, Pranayama and Mantra combined into a Single Formula.

The founder of the Vasudeva Kriya Yoga, Shri. Rajendra Yenkannamoole hails from a small village Yenkannamoole located in the border of Karnataka and Kerala in South India.



Shri. Rajendra Yenkannamoole has Master degrees in Chemical Engineering as well as Business Administration. He began his yoga practice at the tender age of 10 years under the guidance of Sri Yogeshwar in Bangalore. Under the guidance of his Guru Paramahansa Swami Maheshwaranandji, Rajendra further enhanced his understanding of Yoga. Rajendra started teaching yoga in Melbourne in 2004 at the behest of Swami Ramaswarupanandaji. Rajendra believes that the acquired knowledge has to be passed onto others for the benefit of the society.

The workshop will provide in-depth traditional knowledge of yoga and its principles while instilling correct practicing techniques in the students. The session will cover theoretical and practical aspects of yoga asanas, pranayama and meditation.

Topics of Workshop:

1. **Inspirations from Bhagavad Geeta**
2. **Chakra healing for channelization of energy.**
3. **Think big and achieve great through yoga.**

GOVT. COLLEGE OF EDUCATION

SECTOR 20-D, CHANDIGARH

Press Note

Dated 22.09.2020

A National Webinar on the theme 'National Education Policy 2020: A Precursor to Total Re-Engineering of Indian Education for Ensuring Quality- The Teacher Education Context' was organized by Govt. College of Education Sector-20 D, Chandigarh today. Welcoming the guests and participants, Dr. Sheojee Singh, the webinar co-ordinator initiated the event after invocation of Gayatri Mantra. Principal Dr. (Mrs. Renu) Verma formally inaugurated the event and welcomed the guests virtually present on the occasion. Dr. A.K. Srivastava, Dean introduced the theme and Dr. Lilu Ram Jakhar, the organizing secretary of the webinar welcomed the eminent speaker.

Prof. Kuldeep Puri, Department of Education, USOL, Panjab University, Chandigarh was the eminent speaker during the webinar. Prof. Puri gave a detailed overview of the National Education Policy 2020 and emphasized that the important challenge for the education sections of the country is to reposition their traditional structure in the context of new changes. He discussed mainly three aspects of the NEP 2020: major recommendations of the policy with respect to Higher education, teacher education and reflecting upon its effectiveness for implementation at ground level. He also highlighted that a balanced perspective given by NPE requires a careful analysis to prepare the education sector towards a global future. He concluded on the positive note that with NEP-2020 we must focus on nurturing creative and critical faculties among the youth of the country making them as self-realized individuals. The speech was followed by stimulating interactive session.

The other esteemed speakers of the day who shared perspectives on NEP 2020 recommendations on Teacher Education, Holistic and Multi-disciplinary Education, Teachers, Digitalization of Education were Associate Professors-Dr. Vandana Aggarwal and Dr. Poonam Bansal and Assistant professors- Dr. Ravinder Kumar and Dr. Rajni Thakur of GCE20, Chandigarh. The webinar was attended by faculty and academia from all over the country on Google meet.

Principal
22/9/20

National Seminar on Policy and Regulatory changes in Teacher Education

INVITATION

Dear Sir/ Madam,

It is a matter of great pleasure to inform you that one day National Seminar on Policy and Regulatory changes in Teacher Education is being organized under the initiative of Internal quality Assurance Cell (IQAC) of the college by Government College of Education, Sector 20-D, Chandigarh on **November 8, 2019**. I feel honoured to invite you and the faculty members from your institution to attend the National Seminar and make the seminar a great success. Looking forward to your enthusiastic participation.

Dr. (Mrs.) Harsh Batra
Principal
Government College of
Education
Sector 20-D, Chandigarh

About the College

Government College of Education, previously known as Government Post-Graduate Basic Training College, was found in August 1954 under a special scheme of Government of India in the Second Five-Year Plan for establishment of training colleges for teachers at the post-graduate level. The College has great tradition of high achievements in the field of teacher education and ranks among the leading colleges of education in the country. The National Assessment and Accreditation Council (NAAC) has accredited Grade 'A' to this College. The National Council for Teacher Education has sanctioned 50 seats for M.Ed., 100 seats for B.Ed. and 20 seats in Post Graduate Diploma in Guidance and Counseling. The college has spacious campus with smart classrooms, well maintained lawns playgrounds and separate hostels for boys and girls. It provides excellent library and counseling services. The college has a Research Resource Centre for Ph.D. in Education, Solar system, rain water harvesting system, hitech fire fighting system and RFID in library. The Government Model High School and Government Model Senior Secondary School, Sector 20-D work as experimental schools for the college. A number of dimensions have been added to the teacher training programme so as to make it as comprehensive as possible. The syllabus prescribed by the Panjab University, Chandigarh is enriched by seminars, workshops symposia, community activities, educational camps and numerous modes of other practical work.

Conceptualization

Teacher Education is a program of policies and procedure designed to equip prospective teachers with the knowledge, attitudes, behavior and skills they require to perform their task effectively in the classroom, school and wider community. Teacher Education program needs to be redesigned periodically in order to respond to the school education process and in accordance with the state and regional context in which they are situated. Moreover, professionalism needs to be instilled in each and every aspect of teacher preparation program from its conceptualization to evaluation and appraisal to prepare professional teachers so as to improve the overall quality of education. A number of dimensions have been changing in the teacher education program to make it as comprehensive as possible. At the central level, Govt. of India and different state government at state level have proposed various policy and regulatory changes in the teacher education program. The present one day National Seminar on Policy and Regulatory changes in Teacher Education will focus on the following objectives:

- To share the recent policy and regulatory changes in the teacher education in the country.
- To deliberate upon the implications and challenges in implementing the new policies and changes in the teacher education.
- To achieve planned and coordinated development of teacher education through effective implementation of new teacher education regulations.
- To deliberate upon the proposed structural reforms in teacher education.
- To share on different reforms in the contents, teaching-learning and the curricula.
- To document the ideas and interventions required for the development of teacher education.

Date of Workshop November 8, 2019; Friday

A confirmation of participants with the following details from your institution is requested for this event at the college e-mail: gcechd@yahoo.co.in positively by November 8, 2019.

Participants may contribute their views and suggestions in the forms of papers related to the listed objectives. Selected papers will be published in the form of book as chapters. Publication fee is Rs.500/- per author.

ORGANISING COMMITTEE

Principal	IQAC Incharge	Coordinators
Dr. (Mrs.) Harsh Batra	Dr. SanjeevKumar, Associate Professor Ph. 9463391570	Dr. Sapna Nanda, Associate Professor Ph: 99888-52632 Dr. Vandana Aggarwal, Associate Professor Ph.: 94175-24684



TENTATIVE SCHEDULE

Registration	9.00 - 10.00 AM
Inaugural Session	10.00 - 11.00 AM
Tea Break	11.00 - 11.30 AM
Technical Session I	11.30AM–1.00 PM
Lunch	1.00 PM-2.00 PM
Technical Session II	2.00 PM-3.30 PM
Valedictory	3.30 PM-4.00 PM

National Seminar on Policy and Regulatory changes in Teacher Education on November 8, 2019

Under the Initiative of
Internal Quality Assurance Cell (IQAC)



Government College of Education
Sector 20-D, Chandigarh.
Website: www.gcechd.ac.in
E-Mail: gcechd@yahoo.co.in
Ph: 0172-2700075

Government College of Education, Sector 20, Chandigarh

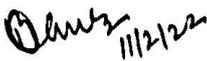
Online Orientation Programme for Faculty (9th and 10th February 2022)

Government College of Education, Sector 20D, Chandigarh organized a two day online orientation programme on the theme "National Professional Standard for Teachers in light of NEP- 2020" for the faculty members of the college on 9th and 10th February 2022. On the first day of the program, the Principal of the college, Dr. A.K. Srivastava welcomed the resource person Prof. Arbind K. Jha, faculty at Indira Gandhi National Open University, New Delhi. The program coordinator Dr. Balwinder Kaur gave a brief introduction of the guest to the faculty members as he is credited with Inspired Teacher Award by the President of India (2015) and Fulbright-Nehru International Education Administrators fellowship award in 2016-17.

On the first day, Prof. Jha discussed the definitions and ten significant characteristics of a Profession with respect to NEP 2020. He emphasized that *profession is a state of mind* which cannot be defined in terms of years of experience or degrees obtained. He emphasized that as faculty members we need to brainstorm the condition of teaching as a profession and why teaching is still lacking status of a dignified profession. He added that we need to have a critical change in our perception regarding teaching as a profession. He also discussed questions like what is teaching and who teachers are. He also suggested how teachers can bring about a change in the field of education. The programme concluded with a discussion session by the faculty members of the college. Dr. Sheojee Singh, coordinator of the program extended the vote of thanks to the speaker of the day for his gracious presence and sharing his valuable expertise and experience in the field of education on a pertinent theme.

On the second day, the programme was chaired by Dr. Anurag Sankhian. He welcomed the Resource Person. Prof. Jha started the session by sharing the main points of National Profession Standards for teachers in light of NEP-2020. He explained the concept of Standard and its related terms like SNPS and DNPS. He emphasized on the various suggested strategies of quality assurance in National Profession Standard for Teachers. Dwelling on the issues related to it, he added that three components- Governanee, Process and Context -are essential in the NPSF and the more important aspect is the ethical standard in the profession of teaching. The most important thing in the present global context is the competency of the teacher. He also discussed various challenges in the context of its implementation and concluded by emphasizing the need of communication skills and in-depth knowledge for quality teachers. He further said that there should be no gap between skill and knowledge for competent professionals.

The Programme concluded with a discussion session by the faculty members of the college. Dr. Lili Ram extended the vote of thanks to the speaker of the day for his gracious presence and sharing his valuable knowledge.


Co-ordinator


Principal

Government College of Education, Sector 20D, Chandigarh
(Affiliated to Panjab University, Chandigarh)

Internal Quality Assurance Cell
GOVERNMENT COLLEGE OF EDUCATION
SECTOR 20, CHANDIGARH
(Affiliated to Panjab University, Chandigarh)
Organizes Webinar on
Coping with COVID 19 Challenges through Yogic Practices
on Eve of
INTERNATIONAL YOGA DAY
"BE WITH YOGA, BE AT HOME"
Sponsored by RUSA
June 19, 2021; 2:00 PM to 3:00 PM
Please Join through <https://meet.google.com/ivo-qfvd-nce>

Honorable Speaker
 Sh. Raman Kumar Yog Acharya
 Organising Secretary
 Asian Yoga Federation
 Treasurer - YFI
 Director - Himalayan Yogis

Patron
 Dr. A.K. Srivastava
 Principal
 Government College of Education
 Sector - 20 D, Chandigarh

Webinar Convener
 RUSA Coordinator
 Dr. Neelam Paul
 Associate Professor
 Government College of Education
 Sector - 20 D, Chandigarh

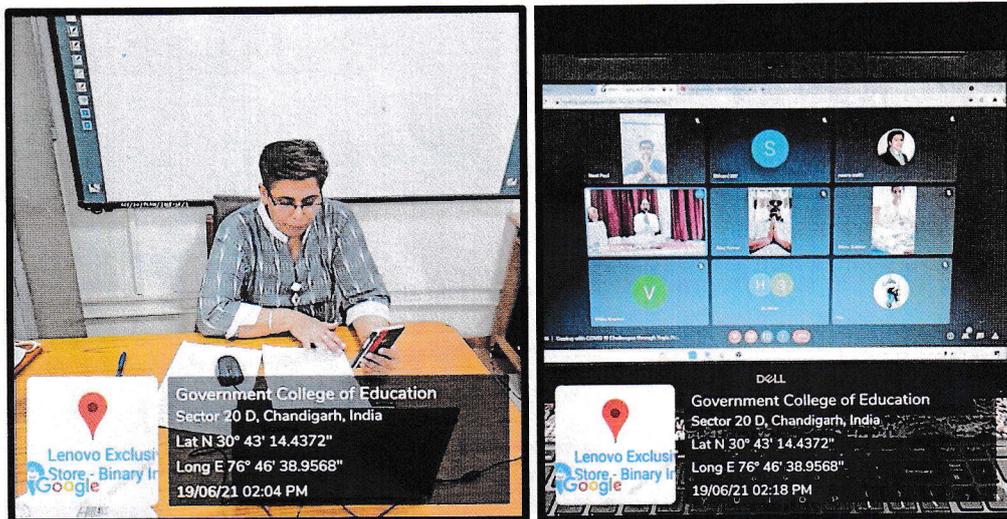
IQAC Coordinator
 Dr. Anjali Puri
 Associate Professor
 Government College of Education
 Sector - 20 D, Chandigarh

Student Coordinator
 Mr. Bharat Sharma
 B.Ed 2nd Semester

Repertoire
 Ms. Samiksha
 B.Ed 4th Semester

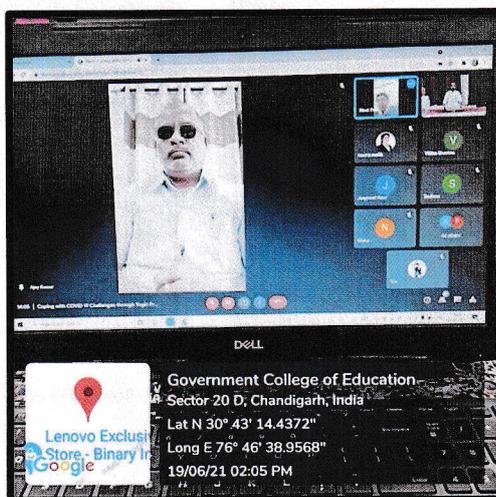
IT Support
 Ms. Sakshi Poonia
 B.Ed 2nd Semester

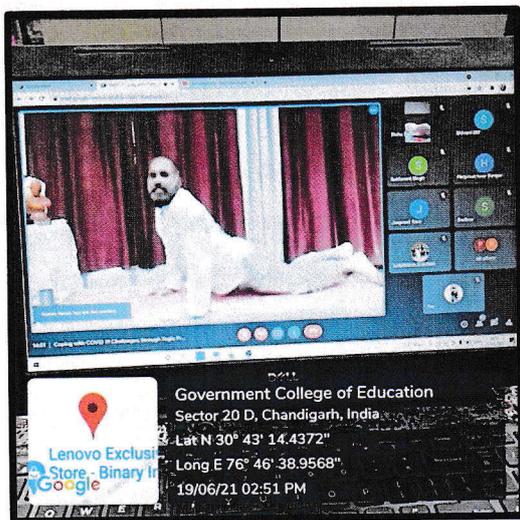
Department of Physical Education in collaboration with the IQAC cell of Government College of Education, Sector 20D, Chandigarh organized a webinar on 19th June, 2021 on the topic **“Coping with COVID19 Challenges through Yogic Practices”** on the Eve of International Yoga Day. It was sponsored by RUSA. The speaker for the webinar was Sh. Raman Kumar Yog Acharya, the organizing secretary of Asian Yoga Federation, Treasurer of YFI and Director - Himalayan Yogis. The webinar was conducted on Google Meet from 2:00 to 3:00 pm. It started with the introduction of the program by Dr. Neelam Paul. She introduced the listeners to the topic of the webinar. She introduced the theme of the webinar: **“BE WITH YOGA, BE AT HOME”**. She explained how yoga helps to remove fear and anxiety and rehabilitation of COVID patients. She then highlighted the fact that Yoga helps to improve the Holistic health of all. She highlighted the significance of the yoga.



After that, Principal of the college Dr. A. K. Srivastava was called upon to address the students and throw light on the topic of the Webinar. He threw light on the importance of Yoga in one's daily life. Dr. A.K Shrivastava, Principal of the college, welcomed the chief guest. He highlighted a word "Yoganandsahudar" which depicted the yoga is equal to joy and through yoga one can connect to 'paramatama' (god) through yoga.

The programme was followed by a formal introduction of the Speaker for the day Sh. Raman Kumar Yog Acharya, by Samiksha Sharma, a student of B.Ed. 4th semester. He is an eminent personality who has brought laurels to the nation by being the coach of the Indian Yoga team. He has been felicitated by Chandigarh administration and Governor of Punjab numerous times for his achievements.

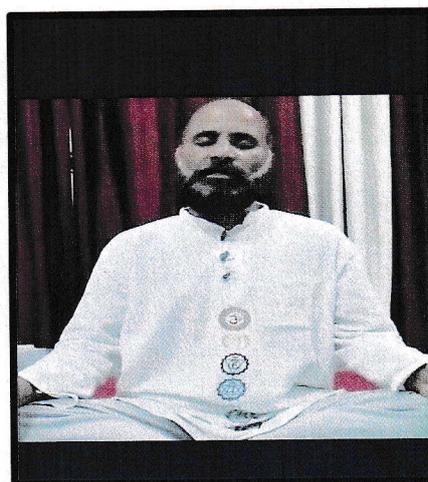
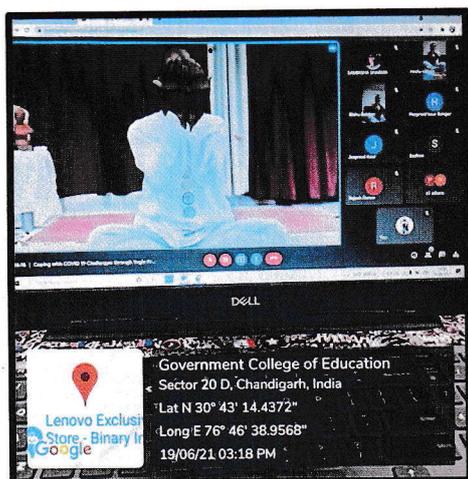




Session by Sh. RAMAN KUMAR

The session started with a Dhyaan mudra by joining hands and chanting "OM". Further, he stated the importance of Yoga in curbing the COVID19 disease. He focused on Lowering our expectations, but not our efforts. Sh. Raman Kumar Ji also gave example of Shrimadbhagvadgita in talking about Yoga. He emphasized on proper exercise, proper breathing, proper relaxation, proper dieting. He conducted some Yoga practices for eyes, wrists and shoulders. He said that every problem comes with a solution. We should not let the fear of hard times engulf us. He advised to program our minds in such a way where we should be alert and brave: Aatma ka parmaatma se Milan. Yoga is the power to connect with ourselves. To make our body we have to become flexible.

He started the yoga session with light eye and neck exercises which proceeded with hand exercises. The session then proceeded towards the leg and lower body strengthening exercises.



The main asanas he explained were 'Pawanmukta asana', 'Shava asana', Crocodile posture. The session the progressed toward the breathing exercises. He highlighted that proper breathing can eradicate a lot of body disorders. The session was taken to an end by

proceeding towards 'Pranayam'- Anulomvilom and 'Naadi Shodhan'. Om Chanting was done thrice. The session then ended after a minute of meditation.

Sakshi Poonia of B.Ed 2nd semester formally presented a vote of thanks to the speaker Sh. Raman Kumar Ji as well as to the Principal and the faculty of the college. She also thanked the convenor of the Webinar Dr. Neelam Paul for her efforts in making the webinar a success. Link of feedback form was shared at the end for the students.

STUDENT'S ORGANIZING COMMITTEE-

Student coordinator- Mr. Bharat Sharma B.Ed 2nd Semester

Repertoire- Ms. Samiksha B.Ed 4th semester

IT Support- Ms. Sakshi Poonia 2nd semester


Dr. Neelam Paul
Webinar Convenor


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

Government College of Education, Sector 20D, Chandigarh

(Affiliated to Panjab University, Chandigarh)



**GOVERNMENT COLLEGE OF EDUCATION
SECTOR 20, CHANDIGARH**
(Affiliated to Panjab University, Chandigarh)

Online Workshop on
Resume Writing

&

Interview Skills
Sponsored by RUSA
July 9, 2021, 10.00 AM to 1.00 PM (under IQAC)

Please Join through <https://meet.google.com/ktc-tuaf-ygr>

 Honorable Speaker Dr. Jasvir Kaur Chahal Former Vice Principal Government College of Education Sector - 20 D, Chandigarh	 Patron Dr. A.K. Srivastava Principal Government College of Education Sector - 20 D, Chandigarh	 Convener M.Ed Incharge Dr. Balwinder Kaur Associate Professor Government College of Education Sector - 20 D, Chandigarh
 Co-ordinator RUSA Coordinator Dr. Neelam Paul Associate Professor Government College of Education Sector - 20 D, Chandigarh	 Student Coordinator Mr. Bharat Sharma B.Ed 2nd Semester	 Repertoire Ms. Samiksha B.Ed 4th Semester



**GOVERNMENT COLLEGE OF EDUCATION
SECTOR 20, CHANDIGARH**
(Affiliated to Panjab University, Chandigarh)

Online Workshop on
Resume Writing

&

Interview Skills
Sponsored by RUSA
July 9, 2021; 10:00 AM to 1:00 PM (under IQAC)

- To help graduate and post graduate students in preparing eye catching resume
- To develop interview skills through guidelines
- To respond effectively to selection criteria in jobs
- To build their confidence level of interview
- To prepare students for responding to behavioural based interview questions

Programme

Joining the Link : **9:50 AM**

Attendance of Students : **10:00 AM**

Address by Principal Dr. A.K. Srivastava : **10:30 AM**

Welcoming the Resource Person by Dr. Balwinder Kaur : **10:40 AM**

First Session - Some Tips of Resume Building : **10:50 AM**

Second Session - Interview Skills : **11:45 AM**

Discussion Session : **12:45 to 1:00 PM**

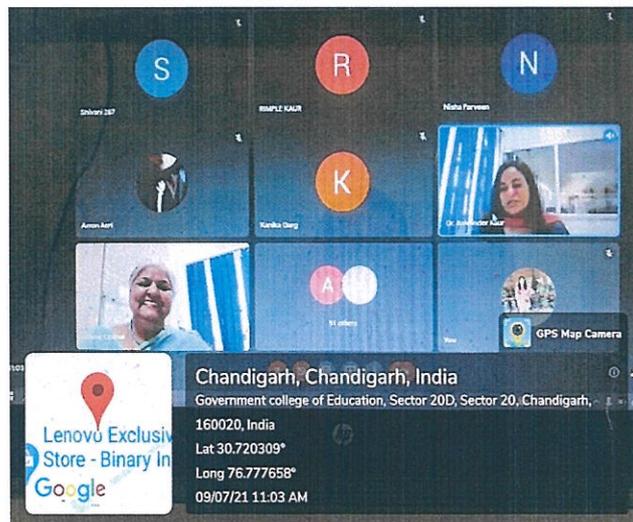
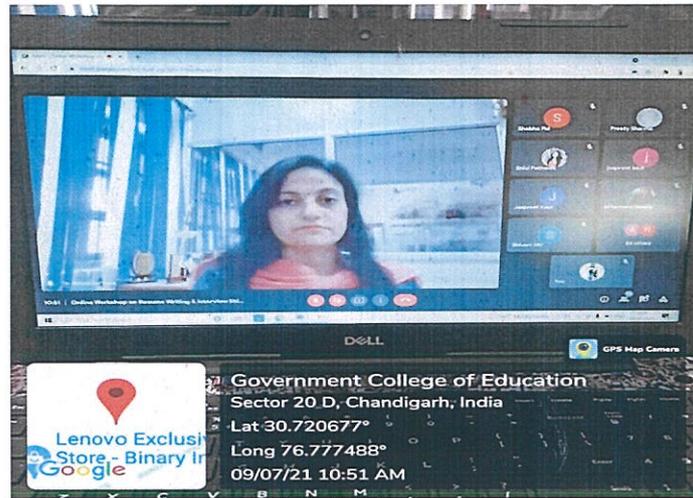
Vote of Thanks by Dr. Neelam Paul : **1:00 PM**

Online workshop was held on 9th July, 2021 at Government College of Education, Sector 20D, Chandigarh. The workshop was organized by RUSA Coordinator Dr. Neelam Paul and Convener Dr. Balwinder Kaur on the topic Resume Writing and Interview Skills. It was sponsored by RUSA. The speaker for the workshop was Dr. Jasvir Kaur Chahal, former Vice Principal of Government College of Education, Chandigarh. The workshop was conducted on Google Meet from 10:00am to 1:00 pm. The purpose of the workshop was to help graduate and post graduate students in making eye catching resume and to develop their interview skills. Around 90 students of the college attended the workshop.

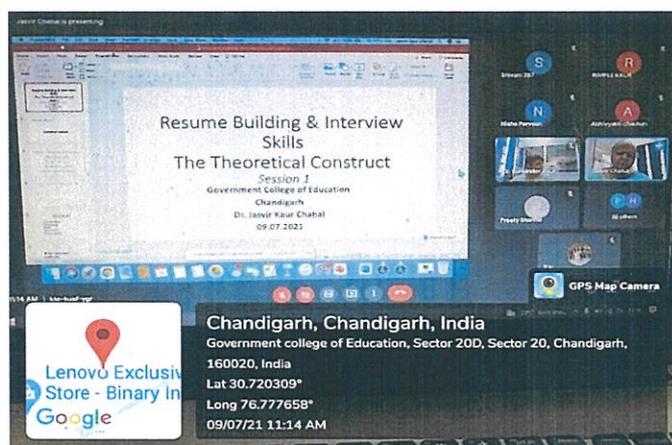
Dr. Balwinder Kaur initiated the session by welcoming the students. She called upon the Principal of the college Dr. A.K. Srivastava, who expressed his gratitude to Dr. Chahal and praised her for everlasting guidance and support towards the college. He also ensured that her tips on resume writing and Interview skills will definitely help the students in their lives.

Dr. Balwinder Kaur formally introduced the speaker Dr. Jasvir Kaur Chahal to the participants and welcomed her. She told that Dr. Jasvir Kaur Chahal was the Vice Principal & Associate Professor, Govt. College of Education, Chandigarh. She also served in Govt. College of Yoga Education & Health, Chandigarh; Dev Samaj College of Education, Chandigarh and Sri Dashmesh Academy, Anandpur Sahib. Presently she is the Visiting

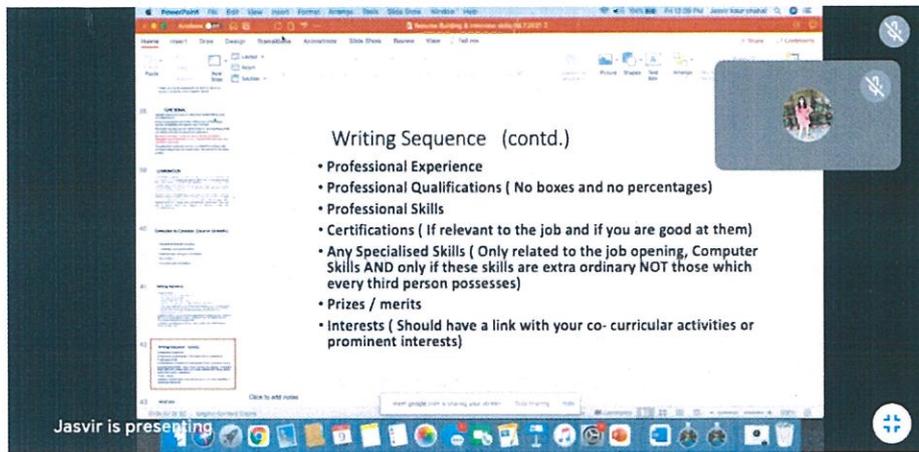
Faculty: Fraser Valley India (Philosophy), Chandigarh College of Engineering & Technology (Ethics & Self Development), LM Thapar School of Management (Writing to Communicate & Quality Higher Education Management)



Dr. Jasvir Chahal mentioned some important things in her presentation, necessary to build a resume. She explained the term Communication and the types of communication: verbal, nonverbal, written, visual, e-communication and silent communication. Then she talked about 10 habits for effective communication; Listening, friendliness, confidence, respect, feedback, open mindedness to name a few. Good resume building is a totality of body, mind, behavior and outcome. Communication with self is also as important as conversation with others. Dr. Chahal also described the difference among Curriculum Vitae, Biodata and a Resume. She told the do's and don'ts of building a good resume. Then she talked about how a resume should be started which include Full Name, Address, Phone number, Email and URL address.

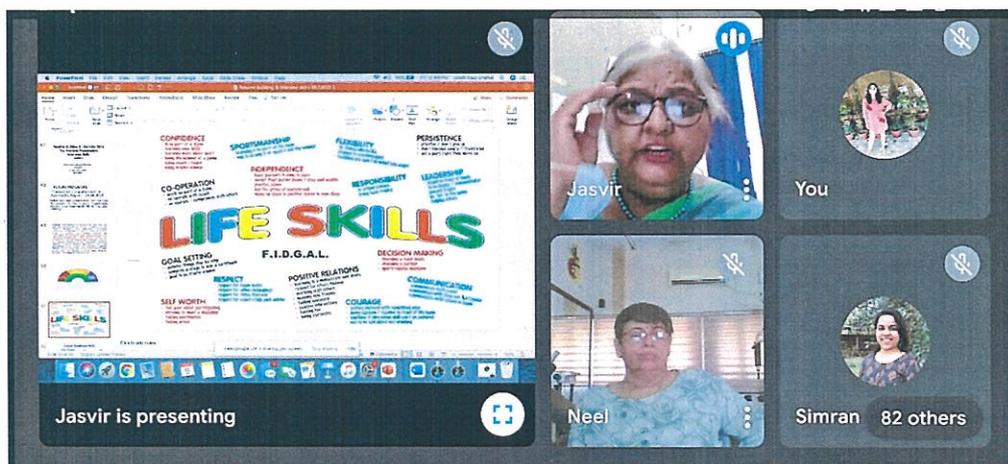


She also told us the necessities and the things which one should ignore while writing a resume. Dr. Chahal then proceeded towards the type of resumes. At the end of the session, she summarized all the points.



A question answer session was held at the end of the first session, in which Dr.Chahal answered all the questions of the students, clearing their doubts wonderfully.

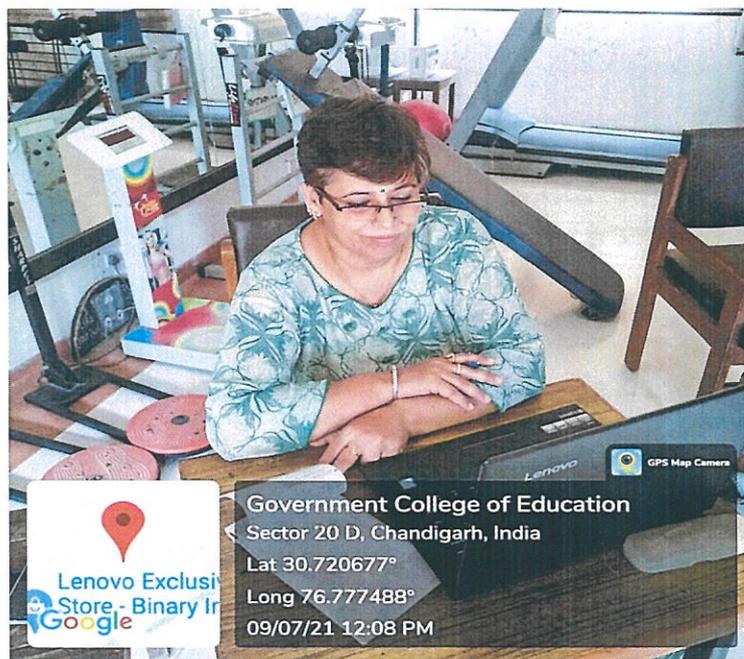
The second session of Interview Skills started shortly thereafter. Dr. Jasvir Kaur Chahal began the session by talking about some life skills and career readiness skills. She also talked about the seven sins of communication by Julian Treasure. She emphasized on having a stable mind, a sound knowledge base and having appropriate presentation skills. She summed up by mentioning some of the nonverbal body language gestures which should be avoided.





She ended the session by wishing good health and happiness to everyone. The queries of the listeners were cleared at the end of the workshop.

The workshop concluded with a formal vote of thanks to Dr. Chahal by Dr. Neelam Paul, coordinator RUSA, for her wonderful session, on behalf of all the students, staff members and organizing members. The workshop ended on a positive note.



J Paul
Workshop Co-ordinator

Dr. Neelam Paul
10/7/21
Convener

Dr. Chahal
10/07/21
Principal

- C.C.
1. College website
2. Naac
3. Sonika.

Capacity Building workshop on Curriculum Reforms in Integrated Teacher Education: Issues and Challenges

INVITATION

Dear Sir/ Madam,

It is a matter of great pleasure to inform you that **Capacity Building workshop on 'Curriculum Reforms in Integrated Teacher Education: Issues and Challenges'** is being organized under the Aegis of RUSA in collaboration with State Project Directorate (RUSA), Chandigarh Administration by Government College of Education, Sector 20-D, Chandigarh on **27th Nov, 2018**. I feel honoured to invite you, **RUSA coordinator and Faculty members** from your institution to attend the workshop and make the workshop a great success. Looking forward to your enthusiastic participation.

Dr. (Mrs.) Harsh Batra
Principal
Government College of
Education
Sector 20-D, Chandigarh

About the College

Government College of Education, previously known as Government Post-Graduate Basic Training College, was found in August 1954 under a special scheme of Government of India in the Second Five-Year Plan for establishment of training colleges for teachers at the post-graduate level. The College has great tradition of high achievements in the field of teacher education and ranks among the leading colleges of education in the country. The National Assessment and Accreditation Council (NAAC) has accredited Grade 'A' to this College. The National Council for Teacher Education has sanctioned 50 seats for M.Ed., 100 seats for B.Ed. and 20 seats in Post Graduate Diploma in Guidance and Counseling. The college has spacious campus with smart classrooms, well maintained lawns playgrounds and separate hostels for boys and girls. It provides excellent library and counseling services. The Government Model High School and Government Model Senior Secondary School, Sector 20-D work as experimental schools for the college. A number of dimensions have been added to the teacher training programme so as to make it as comprehensive as possible. The syllabus prescribed by the Panjab University, Chandigarh is enriched by seminars, workshops symposia, community activities, educational camps and numerous modes of other practical work.

Conceptualization

A high quality teacher education is of critical importance for the quality and relevance of education at all levels. Quality is not a unitary concept and is considered in multiple perspectives. The dimensions of quality in education include achieving pre-determined targets and objectives. The quality and extent of learner's achievement are determined primarily by teacher competence, sensitivity and motivation. Capacity building of teachers may be one of the most effective ways of raising pupil achievement.

Government of India at central level and different state governments have proposed and introduced many changes for improving the quality of education. One such proposed curricular reform is to start four years integrated B.Ed. programme keeping in mind the objectives of the teacher education and for the sake of improving the overall quality of the education in the country. The present one day capacity building programme on curriculum reforms in integrated teacher education programme and issues and challenges will focus on following objectives;

- To propose curricular reforms in integrated teacher education programme.
- To bring forth issues and challenges regarding curriculum design of integrated teacher education programme.
- To deliberate on Learner-Centered and Innovative Pedagogies in Teacher education.
- To focus on quality assurance for integrated teacher education programme.

Important Dates

Date of Workshop 27th November, 2018 Tuesday

A confirmation of participants with the following details from your institution is requested for this event at the college e-mail: gcechd@yahoo.co.in positively by 19th November, 2018.

Participants may contribute their views and suggestions in the forms of papers related to the listed objectives. Selected papers will be published in the form of book as chapters. Publication fee is Rs.500/- per author.

Details of Participants

S.No.	Name and Designation	e-mail id	Mobile

ORGANISING COMMITTEE

Principal Dr. (Mrs.) Harsh Batra	RUSA Coordinator Dr. Anurag Sankhian, Associate Professor	Coordinators Dr. Sapna Nanda, Associate Professor Ph: 9988852632 Dr. Vandana Aggarwal, Associate Professor Ph.: 9417524684
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TENTATIVE SCHEDULE

Registration	9.00 - 10.00 AM
Inaugural Session	10.00 - 11.00 AM
Tea Break	11.00 - 11.30 AM
Workshop Session I	11.30AM-1.00 PM
Lunch	1.00 PM-2.00 PM
Workshop Session II	2.00 PM-3.30 PM
Valedictory	3.30 PM-4.00 PM

Capacity Building workshop on Curriculum Reforms in Integrated Teacher Education: Issues and Challenges November 27th 2018

Under the Aegis of

Rashtriya Uchchatar Shiksha Abhiyan (RUSA)



Organized by RUSA Cell
Government College of Education
Sector 20-D, Chandigarh
Website: www.gcehd.ac.in
E-Mail gcehd@yahoo.co.in
Ph: 0172-2700075

Sponsored by State Project Directorate (RUSA),
Chandigarh Administration Website: spdchd.ac.in

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20 D, CHANDIGARH

Report- June 16, 2021

Government College of Education, Sector 20 D, Chandigarh organized an International Webinar on “**Yoga for Elevation- A Guide to Sound Mental Health,**” on June 16, 2021, which is the need of the hour. The host college is an It is the single teacher education college functioning under the Government Sector, affiliated with the Punjab University, Chandigarh. Ms. Gurbina Chopra, Student Coordinator of the webinar made the student making the students aware about the theme of the Webinar. Dr. Ravneet Chawla, Associate Professor and Convenor of the event shared the program layout. Dr. A.K Srivastava was introduced by the Haridev, the Hindi repertoire. He welcomed the Senior Scientists who are the prominent entities in Human Development/Home Science and in Physical Education and Yoga. Honorable Speaker - Dr Rajeev Choudhary (Professor in Physical Education, Dean Students Welfare (DSW), Head, School Studies in Law, Visiting Faculty, Universities of Poland and Germany, is presently with Pt. Ravishankar Shukla University, Raipur, Chattisgarh). Chairperson of the event, Prof Neeru Sharma (Coordinator, NRC in Home Science, LEAP India select faculty Senior Reaearch Scientist in Development Psychology, University of Jammu) also citing his own conversation and experiences with them and lead the interaction. She highlighted the importance traditional scientific knowhow of yoga and reinforced the need to bring research in the area intertwined with holistic healthy development.

Speaker Dr Rajeev Choudhary gave a detailed presentation on the evolution of Yoga and how important it is in disciplining the mid, body and the urgent need to bring back spiritual selves in the routine life to keep sane. He also spoke about the scientific values surrounding and imbibed in Yoga, citing the importance of values in human life, quoting examples and meaningful “Shlokas” given by the famous Yoga Guru and Originator Maharishi Patanjali Ji through a well-versed presentation. He spoke on mental fitness, meditation, *vritties* and the importance of optimal utilization of all the aspects of Yoga. The speaker systematically brought up examples to reflect on the concept of thought process and stress, how not to overdo or give in to doing many things together. Prioritize, he said, and do things with meaningfulness to be at peace. Mind these -Discipline, Immunity and Vaccination, he said to cross the present situation of Covid. *Those who attain yoga never encounter old age, death and diseaseYoga is a path of MOKSH-* he quoted.

The presentation spoke in detail about the comprehensive cycle of yoga starting from the processes of mind, outside and within the mind through 8 Basic steps-

- (1) Basic Concept of Yoga = as quoted by Maharishi Patanjali – “yoga is the cessation of the thought waves that is present in our unconscious cosmic mind.”
- (2) Thought Process and Stress = thought process depends on vrittis/ thought waves and how negative thoughts can deteriorate our mental and physical health, cumulatively damaging professional and personal relationships; and how to stop the challenging and changing stress producing thinking. He mentioned stages of life and the flexibility human beings should adapt to keep it healthy and barrier-free from somatic manifestations of negativity. He shared how the states of mind interplay and that we can consciously control our thought process into positivity.
- (3) Mind- Body Connection = there are 4 types of minds – body connections = automatic body-mind phenomena; deliberate that is conscious; deliberated body mind expression that can be achieved through practices like meditation, *surya namaskara* and auto- generic practices.
Also, spiritual development of human is necessary, along with other aspects of development, and for complete development of body and mind, spiritual development along with physical, moral and emotional development. Spiritual development can be achieved by two ways- (1) individual needs to control its mind; (2) individual needs to overcome the obstacles between the itself and spiritual development.
- (4) Universal Nature = There are three guiding Universal Principles-
 - 1) *Satva* (resulting from Moksha that gives us enlightenment and knowledge and helps destroy the afflictions and miseries arisen by prominence of Rajas and Tamas).
 - 2) *Rajas*
 - 3) *Tamas* (obstacles and natural disaster)Every individual has a universal nature within them and striking a balance and coordination within these Universal Principles will lead to achieving a sound overall mental health.
- (5) *Vrittis*/Thought Waves= They arise, control and are withdrawn due to chitt; all that is organised and arise in our subconscious mind.
- (6) States Of Mind = Our mind assumes any of these five states of – Kshipta, Mudha, Vikshipta, Ekagrata and Nirudhha.

(7) Cycle Of *Vrittis* = There is an important need to control the cycle waves.

(8) Meditation= ‘Penetrating to the deeper levels of mind is meditation’

Also, of Modern types (Concentrative and Mindfulness Meditation)

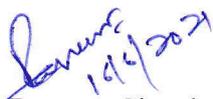
Prof Neeru Sharma then added to the modern complexities people were facing in modern era, especially children who are impacted beyond measure by junk food, sleep deprivation and excessive net usage that has been dampening their health in some form or the other. She also cited examples from her own life and emphasised the need for logical reasoning to overcome this situation.

This was followed by an interesting question-answer session where students as well as teachers asked interesting questions from the speakers. Some of the questions were:

- (1) How to overcome stress, especially in academics and the way to control overthinking?
- (2) How to strike a perfect balance between two works of equal importance?
- (3) How to cure sleep deprivation?
- (4) How to train mind to be more creative and to improve concentration?

The panel answered the questions in a very scientific light but doable by making life simple, making correct choices, and opting for disciplined practices as was discussed in the session.

At the tail of the event, Dr. Ravneet Chawla shared her experiences and explained the need to declutter our minds and focus on spiritual development, to set goals and keep our mind safe from all depressions. Dr. Srivastava expressed his gratitude towards both the speakers for the knowledgeable session which would inspire the listeners for the coming times. Ms Gauri Segan Bakshi proposed a vote of thanks on the behalf of the college and the faculty members. The session was attended by more than 350 listeners on social media (YouTube and Google Meet).


Dr. Ravneet Chawla
Associate Professor
Webinar Convener


Dr. A. K. Srivastava
Principal
GCE-20, Chandigarh



Internal Quality Assurance Cell

GOVERNMENT COLLEGE OF EDUCATION

SECTOR 20, CHANDIGARH

(Affiliated to Panjab University, Chandigarh)

Organizes Webinar on

Coping with COVID 19 Challenges through Yogic Practices
on Eve of

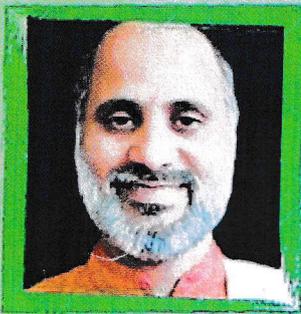
INTERNATIONAL YOGA DAY

"BE WITH YOGA, BE AT HOME"

Sponsored by RUSA

June 19, 2021; 2:00 PM to 3:00 PM

Please Join through  <https://meet.google.com/ivo-qfvd-nco>



Honorable Speaker

Sh. Raman Kumar Yog Acharya
Organising Secretary
Asian Yoga Federation
Treasurer - YFI
Director - Himalayan Yogis



Patron

Dr. A.K. Srivastava
Principal
Government College of Education
Sector - 20 D, Chandigarh



Webinar Convenor

RUSA Coordinator
Dr. Neelam Paul
Associate Professor
Government College of Education
Sector - 20 D, Chandigarh



IQAC Coordinator

Dr. Anjali Puri
Associate Professor
Government College of Education
Sector - 20 D, Chandigarh



Internal Quality Assurance Cell

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June 19, 2021; 2:00 PM to 3:00 PM



Student Coordinator

Mr. Bharat Sharma
B.Ed 2nd Semester



Repertoire

Ms. Samiksha
B.Ed 4th Semester



IT Support

Ms. Sakshi Poonia
B.Ed 2nd Semester

Government College of Education, Sector 20D, Chandigarh
(Affiliated to Panjab University, Chandigarh)

Internal Quality Assurance Cell
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Honorable Speaker
 Sh. Raman Kumar Yog Acharya
 Organising Secretary
 Asian Yoga Federation
 Treasurer - YFI
 Director - Himalayan Yogis



Patron
 Dr. A.K. Srivastava
 Principal
 Government College of Education
 Sector - 20 D, Chandigarh



Webinar Convener
 RUSA Coordinator
 Dr. Neelam Paul
 Associate Professor
 Government College of Education
 Sector - 20 D, Chandigarh



IQAC Coordinator
 Dr. Anjali Puri
 Associate Professor
 Government College of Education
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Student Coordinator
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 B.Ed 2nd Semester

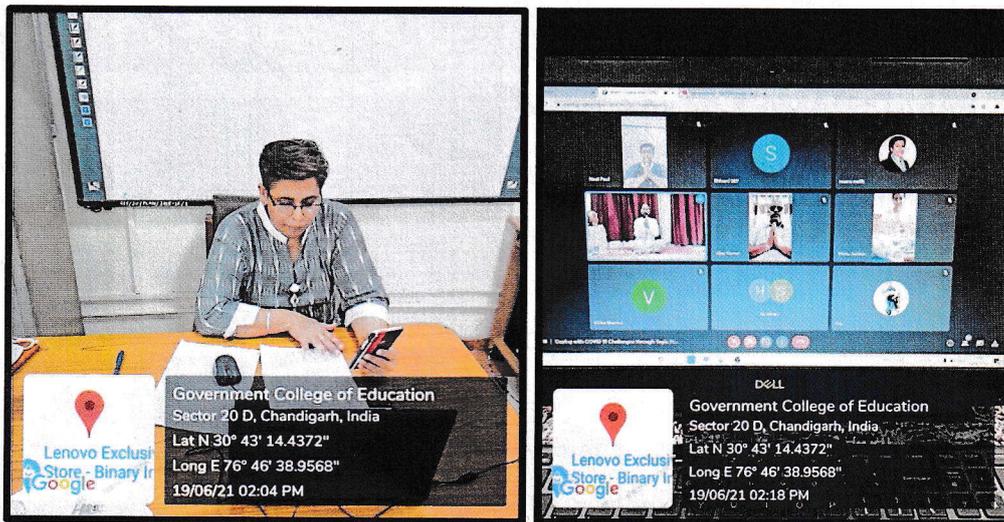


Repertoire
 Ms. Samiksha
 B.Ed 4th Semester



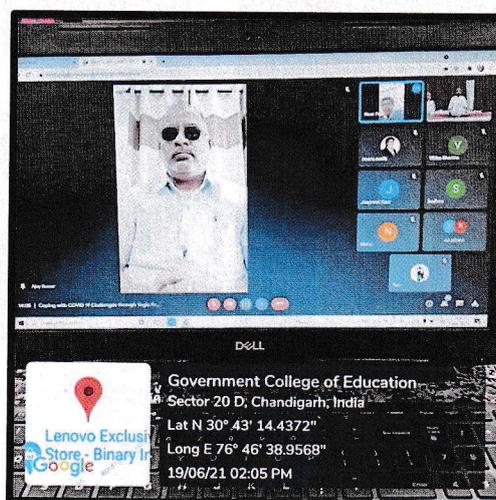
IT Support
 Ms. Sakshi Poonia
 B.Ed 2nd Semester

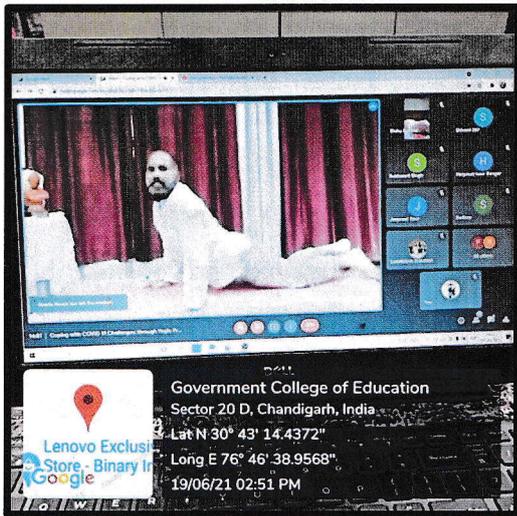
Department of Physical Education in collaboration with the IQAC cell of Government College of Education, Sector 20D, Chandigarh organized a webinar on 19th June, 2021 on the topic **"Coping with COVID19 Challenges through Yogic Practices"** on the Eve of International Yoga Day. It was sponsored by RUSA. The speaker for the webinar was Sh. Raman Kumar Yog Acharya, the organizing secretary of Asian Yoga Federation, Treasurer of YFI and Director - Himalayan Yogis. The webinar was conducted on Google Meet from 2:00 to 3:00 pm. It started with the introduction of the program by Dr. Neelam Paul. She introduced the listeners to the topic of the webinar. She introduced the theme of the webinar: **"BE WITH YOGA, BE AT HOME"**. She explained how yoga helps to remove fear and anxiety and rehabilitation of COVID patients. She then highlighted the fact that Yoga helps to improve the Holistic health of all. She highlighted the significance of the yoga.



After that, Principal of the college Dr. A. K. Srivastava was called upon to address the students and throw light on the topic of the Webinar. He threw light on the importance of Yoga in one's daily life. Dr. A.K Shrivastava, Principal of the college, welcomed the chief guest. He highlighted a word "Yoganandsahudar" which depicted the yoga is equal to joy and through yoga one can connect to 'paramatama' (god) through yoga.

The programme was followed by a formal introduction of the Speaker for the day Sh. Raman Kumar Yog Acharya, by Samiksha Sharma, a student of B.Ed. 4th semester. He is an eminent personality who has brought laurels to the nation by being the coach of the Indian Yoga team. He has been felicitated by Chandigarh administration and Governor of Punjab numerous times for his achievements.

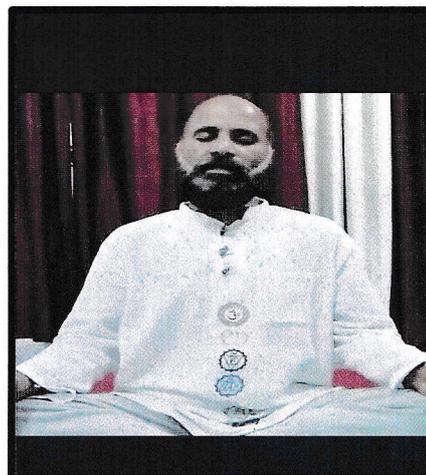
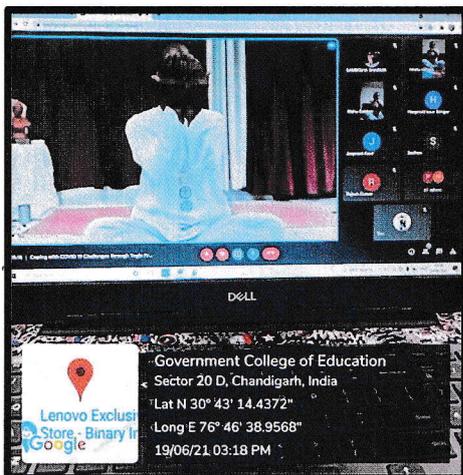




Session by Sh. RAMAN KUMAR

The session started with a Dhyaan mudra by joining hands and chanting "OM". Further, he stated the importance of Yoga in curbing the COVID19 disease. He focused on Lowering our expectations, but not our efforts. Sh. Raman Kumar Ji also gave example of Shrimadbhagvadgita in talking about Yoga. He emphasized on proper exercise, proper breathing, proper relaxation, proper dieting. He conducted some Yoga practices for eyes, wrists and shoulders. He said that every problem comes with a solution. We should not let the fear of hard times engulf us. He advised to program our minds in such a way where we should be alert and brave: Aatma ka parmaatma se Milan. Yoga is the power to connect with ourselves. To make our body we have to become flexible.

He started the yoga session with light eye and neck exercises which proceeded with hand exercises. The session then proceeded towards the leg and lower body strengthening exercises.



The main asanas he explained were 'Pawanmukta asana', 'Shava asana', Crocodile posture. The session the progressed toward the breathing exercises. He highlighted that proper breathing can eradicate a lot of body disorders. The session was taken to an end by

proceeding towards 'Pranayam'- Anulomvilom and 'Naadi Shodhan'. Om Chanting was done thrice. The session then ended after a minute of meditation.

Sakshi Poonia of B.Ed 2nd semester formally presented a vote of thanks to the speaker Sh. Raman Kumar Ji as well as to the Principal and the faculty of the college. She also thanked the convenor of the Webinar Dr. Neelam Paul for her efforts in making the webinar a success. Link of feedback form was shared at the end for the students.

STUDENT'S ORGANIZING COMMITTEE-

Student coordinator- Mr. Bharat Sharma B.Ed 2nd Semester

Repertoire- Ms. Samiksha B.Ed 4th semester

IT Support- Ms. Sakshi Poonia 2nd semester

Dr. Neelam Paul
Webinar Convenor

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

Government College of Education, Sector 20, Chandigarh

Saturday 12 June 2021

Workshop on Psychosocial Support for Covid Pandemic Condition (Covid Helper's Skill for Student Community)

Government College of Education, Sector- 20, Chandigarh in collaboration with Mahatma Gandhi National Council on Rural Education (MGNCRE), Department of Higher Education, Ministry of Education, Government of India organized an online workshop for the students of PGDGC and B.Ed 1st year on the theme "Psychosocial Support for Covid Pandemic Condition (Covid Helper's Skill for Student Community)" to sensitize the students about the collective support that needs to be extended as a covid helper. The event was patronized by the Principal Dr. A.K.Srivastava. It was coordinated by Dr. Ravneet Chawla who elaborated on the concept of contribution the students as volunteers can make to the community. The Speaker of the event was renowned youth motivator "Mr. Samarth Sharma (MGNCRE, Government of India)". The event was initiated with a welcoming speech from the Principal Dr. A.K. Srivastva who identified with the cause of helping the covid stricken patients and their families. The session was put forward by Dr. Ravneet Chawla as she formally welcomed Mr. Samarth Sharma. Prateeksha, student coordinator from B.Ed.1st year introduced the guest speaker. Mr. Samarth engaged the students and interacted with them in a creative and expressive manner so as to explain the roles and responsibilities of a Covid Helper. The students were given the opportunity to become part of one of the five teams as a Covid Helper working under the Government of India which are the Hospital Management Team ; Non Hospital Management Team ; Family Related Team ; Sharing the Information of Medical Essentials ; Communicating with the Covid Patients. The essential skills to become an efficient covid helper such as attentive listening, skills of empathy, identifying the issues and needs of the sufferers and providing them with required guidance and information were explained to the participants. At the end of the session a very knowledgeable and fact clearing interaction took place wherein the speaker elaborated on any doubts. He also put in foresight the further course of action. The students wholeheartedly pledged to the selfless service of society as a covid helper. Gauri Segan Bakshi student of B.Ed. Ist year extended a formal vote of thanks on behalf of the student body. The principal of the college Dr. A.K. Srivastava applauded the enthusiasm of the youth of Government College of Education, Sector 20, Chandigarh under the leadership of the speaker Mr. Samarth Sharma. Dr. Ravneet Chawla concluded the event by ensuring the formation of a proactive team for further course of action to support the psychosocial health of the community.

