

ASCENT

(Vol.4), 2016



Guru Nanak College of Education

Under the Aegis of Delhi Sikh Gurudwara Management Committee

Affiliated to Guru Gobind Singh Indraprastha University, Dwarka, Delhi

ASCENT 2016



Guru Nanak Dev Ji

ASCENT 2016

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ANNUAL MAGAZINE 2016

Guru Nanak College of Education

Under the Aegis of Delhi Sikh Gurudwara Management Committee

Affiliated to Guru Gobind Singh Indraprastha University, Dwarka, Delhi

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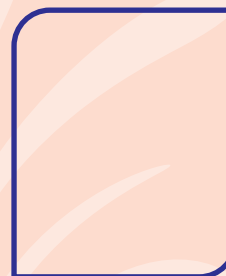
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GGSIU/VCO/2016

19th April, 2016

MESSAGE

It is heartening to learn that Guru Nanak College of Education is bringing out its fourth edition of annual magazine “**Ascent2016**”.

The institute magazine is a platform which could be used to promote various academic, creative and other diversified activities undertaken by the institute that reflects the grand vision behind its worthy goals.

I compliment the staff members, students and the editorial board of the magazine for publishing an informative, creative and resourceful magazine. I am sure that the institute will continue to scale new heights.

I wish the institute success in all its endeavors.

(Prof. Anil K. Tyagi)

Message



Another year has passed since we saw the last issue of the Annual Magazine of Guru Nanak College of Education, New Delhi “Ascent” 2016. I am delighted to know that the college is bringing out the fourth edition of Ascent.

“If you want to build a ship, don't drum up the men to gather wood, divide the work, and give orders. Instead, teach them to yearn for the vast and endless sea.” – Antoine de Saint-Exupery.

In the present time there are many challenges that a teacher has to face. It is important for all of us to devise ways to solve our problems ourselves instead of looking towards somebody to tell us what is to be done and this is what our education system demands from us today. Teachers, Students, Administrators and, in fact, each one of us needs to be futuristic, innovative and experimental in our outlook and strategies. The onus lies on the teacher educators, especially, to suffice to the larger goals of education and society.

My good wishes are always there with you.

Sangeeta

Dr. Sangeeta Chauhan
Faculty In-charge,
University School of Education
GGSIP University, New Delhi

ASCENT 2016



ਦਿੱਲੀ ਸਿੱਖ ਗੁਰਦੁਆਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ

(ਦਿੱਲੀ ਸਿੱਖ ਗੁਰਦੁਆਰਾ ਅਧਿਨਿਯਮ, 1971 ਭਾਰਤ ਸਰਕਾਰ ਦੁਆਰਾ ਪਾਰਿਤ ਅਧੀਨ ਸਥਾਪਿਤ ਸੰਸਥਾ)

ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਭਵਨ, ਗੁਰਦੁਆਰਾ ਰਕਾਬ ਗੰਜ ਸਾਹਿਬ, ਨਵੀਂ ਦਿੱਲੀ-110001

DELHI SIKH GURDWARA MANAGEMENT COMMITTEE

(Statutory Body Estd. under the Delhi Sikh Gurdwaras Act, 1971 of the Govt. of India)

Guru Gobind Singh Bhawan, Gurdwara Rakab Ganj Sahib, New Delhi-110001



MESSAGE

With immense pleasure I extend my heartiest wishes to the dynamic students and dedicated fraternity of GNCE for bringing fourth edition of ASCENT into print. It is a reflection of feats, accomplishments and relentless endeavors of the institution in every realm of education.

Educational Institutes are the centers of wisdom for life. Today there is need of highly skilled and professional manpower. However, development of skills should be at apr with inculcation of values and training for good citizenship for young generation. Guru Nanak College of Education is actively involved for the same students, faculty and society as a whole.

I convey my heartiest wishes for the present edition of Ascent.

(MANJIT SINGH G. K.)
PRESIDENT

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ASCENT 2016



ਦਿੱਲੀ ਸਿੱਖ ਗੁਰਦੁਆਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ

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MESSAGE

I am glad to know that Guru Nanak College Of Education is bringing out the College Magazine-Ascent for the year 2016.

It is worth accolade that this institution is making a steady progress in the field of teacher education and thereby serving the society. I appreciate the Management, faculty and students for their dedication and passion given away in various activities organized in the present session.

The College Magazine is a medium for recording events and exhibits the literary skills of our students. I am sure that this magazine will be informative and resourceful. I congratulate the editorial team for their determined efforts for the annual magazine Ascent. I wish them all success.

(Manjinder Singh Sirsa)
General Secretary

Delhi Sikh Gurudwara Management Committee

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Message from the Director's Desk



The motto of GNCE is not to give only the best education, but more importantly to enable our students to exercise their knowledge with conscience, kindness, morality and dignity.

Over the years the college has achieved continuing success in serving the cause of teacher education. The college presents a happy blend of traditional and modern education where knowledge is imparted to the students so they may occupy a better place in the modern competitive world and develop all round personalities retaining the beauty of mind as well as soul. It has made its mark in the academic and co-curricular fields. I can feel proud of its alumni who are holding responsible position in various schools of Delhi state as TGTs and PGTs. All this has been possible with the dedicated and strenuous efforts of the able Delhi Sikh Gurudwara managing committee and hardworking and experienced faculty and also with the whole hearted co-operation of the people of the area to whom I am highly grateful

It gives me immense pleasure to bring to you fourth edition of our in-house magazine '**Ascent**' exclusively meant for whipping out the latent writings, talents of students and staff members which bears immense potentiality. I congratulate all the contributors and the editorial board for bringing out such a vibrant magazine.

I look forward to work closely with my management team, my teachers, all staff, parents and students to make GNCE one of the best teacher education institute.

Dr. Harmeet Singh
(Director)

Message from the Principal's Desk



In a world where the social fabric has been riddled with a slew of ethical conundrums and humanity has allowed for the proliferation of sheer materialism and individual growth, Guru Nanak College of Education functions as a community where we realize the aim of education can never be exclusively academic and thus aim is to create an atmosphere of moral incandescence in learning process. Our endeavor is to equip our pupil-teachers with life-skills to face the real world –be it planning, organizing, deciding with challenges confidently. At college we ensure that the values of hardwork and efficiency are used as ideological weapons to train our pupil-teachers to face a world replete with stereotypical beliefs and discrimination. At the same time, knowledge and training are understood as being in constant metamorphosis and growth, thus enabling the young mind to make best of the opportunities available to them.

The college ensures that each student's journey through his/her training is meaningful, exciting, relevant and extrapolative. We attempt to not only impart quality education but also create independent thinking and sensitive future leaders who are nurtured to serve as torch bearers to ignite many more minds and lead the country to the path of development with vision and dedication. To channelize the creative talents of our would be teachers, the college has come up with the college magazine "**Ascent**". This is not just mean for us to communicate our thoughts but it also highlights the success and achievement of our pursuits through endeavor of our teacher educators and pupil-teachers in varied expression of their ideas and creativity.

At the same time I congratulate my teaching and non-teaching staff for successfully bringing out the fourth edition of college magazine "**Ascent**".

A handwritten signature in blue ink that reads "Jyoti".

Dr. Jyoti Bhalla
Principal.

Editorial Message



I take immense pleasure in presenting to you the 4th edition of our college Magazine- Ascent-2016, It is a mode to see the reflection of our achievements. I express my sincere gratitude to the contributors of attitude of various write-ups.

The Guru Nanak College of Education finds itself in the position to become swift as to face the quick changes in the field of education and is committed to students' personal and professional growth under the guidance of veteran management of the college and continuous support of Delhi Sikh Gurudwara Management Committee.

It is difficult for me to express in words my gratitude to our director sir Dr. Harmeet Singh and Principal Dr. JyotiBhalla, who extended full support to us in completing this magazine. We invite suggestions and feedback from our readers for further improving to our college magazine. Hope you enjoy reading it as much as we enjoyed presenting it to you!

Ms. Kavita
(Editor-in-Chief)

GNCE-

Preamble & Mission

Guru Nanak College of Education, Punjabi Bagh was established by Delhi Sikh Gurudwara Management Committee on August 2013 with an objective to provide pre service teacher education facility of high quality and help in the overall improvement of school education. Since its inception, it is working on the mission to empower the prospective teacher to optimally realize their potentials and rendering them as competent teachers to serve the mankind.

The sacred quote “Vidya Vichari Ta Parupakari”, (Contemplate & reflect upon knowledge and you will become benefactor of others.) is the basis of mission of GNCE. The college envisages developing new paradigms in education, leading to students' empowerment in all spheres of life and enabling them to be a creative and cohesive global citizen.

The GNCE vision to prepare future oriented, professionally competent and socially sensitive high quality teachers.

“ORIENTATION DAY”

“Orientation day” Guru Nanak College of education affiliated to GGSIP University was held on 4th August 2015. This special day started with a famous quote:

“Education is not the filling of a pail but lighting of the Fire”

W.B Yeats.

This day was called, not only for the purpose of meeting, but also for the start of new phase; the beginning of a new chapter for betterment and growth of life of students as well as the GNCE family. We all were delighted and excited with cheers and happiness. This day started by seeking god's blessings, as we all owe our life to supreme Almighty. The event started with recitation of beautiful and soulfully rhyming Baniin the form of Shabadkirtan which was followed by Ardas, which mesmerized all of us. This was followed by great addresses starting with our Honorable' director sir, to gracious principal ma'am and our extraordinaire teachers.

All the addresses gave us as an opportunity to know our precious institution and faculty followed by students' performances in various songs, dances, poems and speeches. Everything was appealing and made us all happy and excited about this new beginning of 2 years B.Ed. Programme.



**Dr. Harmeet Singh, Director,
Welcoming the new batch of B.Ed.**



**Dr. Jyoti Bhalla, Principal
Giving best wishes to the students of new batch.**



Students of new batch attending the Orientation Day

One Day National Seminar on “Transforming Teacher Education In Changing Scenario” on 15 December, 2015

Guru Nanak College Education Organized National seminar on “Transforming Teacher Education in Changing Scenario”. Teacher education in general and initial teacher education programmes in particular may be described by some as having unclear, unrealistically ambitious, and incoherent and sometimes even conflicting goals



Dr. Harmeet Singh, Director, welcoming Dr. Saroj Sharma, Professor, University School of Education



Devotional Shabadkirtan, presenting by the Divinity team of the college.



Dr. Saroj Sharma lightening lamp.



Dr. Jyoti Bhalla, Principal starting the Seminar with her views.

ASCENT 2016



Dr. Saroj Sharma, Professor, University School Education; expressing her views on "Transforming Teacher Education In Changing



Participants listening carefully to the Speakers viewpoints.



Second Technical Session, which was Addressed by Dr. Rainu Gupta, *Principal, Hindu College of Education, Sonipat.*



Prof. M.C. Sharma, Director of UNICEF, Presenting his views.



Dr. Monika Dabra, Presenting her paper. She is sharing her views about 2 yrs. B.Ed. Curriculum.



Students and other faculty are listening to Views.



Dr. Saroj Sharma, Dr. Harmeet Singh Director, Dr. Jyoti Bhalla, Principal & Faculty Members are listening to the views of Speakers

REPORT on MDP
“INSIGHT INTO MICROSOFT EXCEL”
[Dec 22, 2015, Tuesday]

A Management Development Programme (MDP), was organised at The ICT Resource Centre of Guru Nanak College of Education, on December 22nd, 2015 on the theme of **INSIGHT INTO MICROSOFT EXCEL**.

GNCE, with its belief in practical training methodology, organised this workshop to provide a hands-on experience and enrich the existing knowledge in professionals and help them explore unimaginable possibilities. This workshop was designed with the main **aim** to impart the basic and advanced techniques of **Excel**, to acquaint users with the latest technology as well as reduce their work load and hence, the emphasis were mainly laid on more applications of Excel.



Dr. Harmeet Singh, Director, Dr. Jyoti Bhalla Principal, GNCE giving bouquet to Prof. R.K. Sharma.

ASCENT 2016



Prof. R.K. Sharma lightening the lamp.



Prof. R.K.Sharma explaining about MDP.



Prof. R.K.Sharma giving instruction about Excel.



Prof. R.K. Sharma addressing to participants



Dr. Harmeet Singh Director, Dr. Jyoti Bhalla, Principal distributing the Certificates to the participants.



Prof. R.K. Sharma giving Certificates to Participants

Report: Extension lecture 'Relevance of philosophy of Sri Guru Granth Sahib ji in Modern Educational System'
(September 9, 2015)

GNCE has organized an extension lecture on the topic 'Relevance of Philosophy of Guru Granth Sahib Ji' on 9th September, 2015. The message conveyed in Sri Guru Granth Sahib is that of truth, love, contentment, service to mankind, self-realization, equality of man and many other such values which make it universal in appeal.



GNCE has organized an extension lecture on the topic 'Relevance of Philosophy of Sri Guru Granth Sahib ji in Modern Educational System' by Dr. Bhupinder Singh on 9th September, 2015.

WORKSHOP ON ART & CRAFT FEB 25TH - MARCH 1ST, 2016

An Art and Craft Workshop was organised at the Guru Nanak College Of Education, from 25thFeb to 1st March, 2016. It was conducted by Mrs. Sadhna Peer, who has been associated with the PIDILITE Company since years and has been conducting similar workshops at various schools and colleges.



The workshop is concluded with a group photograph of the resource person, faculty members and all the participants. Throughout the workshop, great interest and enthusiasm was shown by the participants, and it turned out to be a very productive session; where they learnt a lot of new things as well as got a platform to exhibit their creativity.

ART & CRAFT EXHIBITION
March 1st, 2016



Dr. Harmeet Singh, Director, observing the Art work Exhibition of the students.



Students are presenting their work.



Ms. Sadhna Peer giving Fabric Colours to Dr. Jyoti Bhalla, Principal of G.N.C.E.



WORKSHOP ON INVESTORS AWARENESS

An **Investors Awareness Workshop** was held at GNCE, Punjabi Bagh on 2nd of March, Wednesday. The workshop was organised by the Voice Society; under the aegis of SEBI. It began with the facilitation ceremony, where the Director of the College, Dr. Harmeet Singh along with the Principal, Dr. Jyoti Bhalla and other faculty members presented the bouquet of flowers to the members of the society. The society members oriented the students about the significance of investing the money at the right time at the right place.



Dr. Harmeet Singh along with Dr. Jyoti Bhalla, Principal GNCE, presenting the bouquet of flowers to the members of the society.



WORKSHOP ON ORIGAMIART

2nd March, 2016, Wednesday

An Origami Workshop was held at GNCE, Punjabi Bagh on 2nd of March, Wednesday. The workshop was conducted by Mr. Raja Ram Mohan and Mr. Sampath Lal.



The artists were appreciated for their creative work, by all. Students are listening very carefully.

Workshop on “Awareness about medical problems like Thalassemia, Anemia, Lymphedema”

An Awareness Workshop about some serious medical problems was organised at the Guru Nanak College of Education, on Monday, 28th March, 2016. It was conducted by Dr. Tajinder Singh and her team, who has been associated with the Rotary Blood Bank since years, and has been conducting similar workshops in GNCE since last 4 years. This was followed by a elcture by Rotarian Sarika Gandhi (Lawyer), who spoke about the Right of Women as well as problems faced by them in various walks of life, including the workplace.



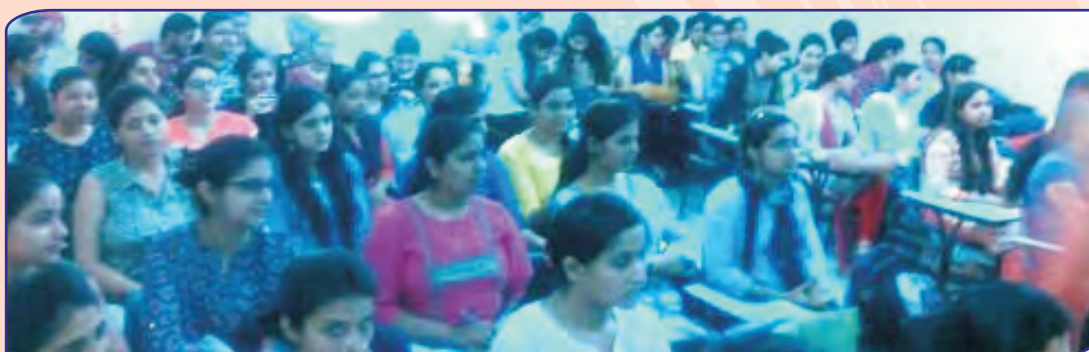
All the Resource Persons were warmly welcomed and facilitated by the Principal of the College- Dr. Jyoti Bhalla.



Dr. Rainu Misra, who familiarised the students with the common gynaecological problems as well as dismissed all the myths related to the same.



Dr. Meena Bajaj, who though not a member of the club spared her time to enrich the students with the valuable information regarding anemia and related blood problems.



B.Ed. Students are listening attentively to the lecture related to health.

WORKSHOP ON DANCE



A workshop was held in our college, Guru Nanak College of Education on 5th April 2016 by a resource teacher Ms. Gayathri peer. She showed us all the forms and different types of dances performed in India

Ms. Ambika showing to all the forms and different types of dances.



WORKSHOP ON MUSIC



The workshop on music was held in Guru Nanak College of Education on 13th March, 2016 by Mrs. Harjeet Kaur. During the workshop, the teacher told about the meaning of music that what exactly it means. Music is comprised of three words i.e. Gayan, Vadan, Nritya which is singing, instruments, and dance. Then she told about the forms of music and instruments. She begins with the saragam the basic point. Sargam comprises of sa, re, ga, ma, pa, dha, nhi, the seven shudh savar. After that she told about the classical and the light music.

WORKSHOP ON ADMINISTRATION OF MULTIPLE INTELLIGENCE TESTS

An Extension Lecture was delivered by Prof. Ajeet Singh at the Seminar Hall of the Guru Nanak College of Education, on 30th March, 2016 covering an important part of the B.Ed Curriculum (2015 onwards). The Professor was extended a warm welcome by the Principal of the College, Dr. Jyoti Bhalla along with other faculty members.



Dr. Jyoti Bhalla, Principal welcoming to Prof. Ajit Singh .



Prof. Ajit Singh presenting specific points on Intelligence Test.

EXTENSION LECTURE ON ICT 6th April, 2016, Wednesday



Dr. Jyoti Bhalla, Principal welcoming Dr. Angel Associate Professor at CIET.



Students and faculty members are listening to the resource person.

**"ANUGOONJ-2016" : ZONAL PERLIMS
(17th University Cultural Fest) (January 28 & 29, 2016)**



Collage Making



Group Folk dance



Students are Participating in different activities and enjoying the prelims 2015-16.

**"ANUGOONJ - 2016" FINALS (17TH UNIVERSITY CULTURAL FEST)
(February 11th to 13th, 2016)**



Students are performing for Nach Baliye dance event, at G.G.S.I.P.U. Main Campus, Dwarka.



Students participated in Collage Making and Rangoli Competition at University level.



CCA ACTIVITIES AND COMPETITIONS AT G.N.C.E.

INDEPENDENCE DAY: 15 AUG 2015

Our Institute organized Independence Day on 14th August, 2015. This day doesn't need any introduction as the feeling of pride always overwhelms us. After the soulful morning assembly this auspicious day started with a note "VandeMatram". All pupil teachers participated in different activities such as Group Dance, Song, Play & Poetry etc.



Students performing group Dance and play on Independence Day.

TEACHER'S DAY CELEBRATION...SEP 9, 2015:

"The dream begins with a teacher who believes in you, who tugs and pushes and leads you to the next plateau, sometimes poking you with the sharp stick called truth".

Dr. S. Radhakrishnan

Our College celebrated the birthday of Dr. S.Radhakrishnan(Teacher's Day) on 9thSeptember,2015.

This day was started with seeking blessings from God.

ASCENT 2016



Students extending their warm regards to respected Dr. Jyoti Bhalla (Principal) and faculty members on Teacher's Day.

"LOHRI CELEBRATION"
(January 13, 2016)



Teachers of Guru Nanak College of Education are celebrating Lohri with great joy and enthusiasm.

"HOLI CELEBRATION"
(March 22, 2016)



The festival of colours, HOLI, was celebrated in GNCE on March 22nd 2016, where students wished the faculty members and other students with the use of eco- friendly material like flower petals and organic colours.

HINDI DIWAS

Hindi Diwas is celebrated every year on 14th September. Hindi, was adopted as the official language by the Constitution of India, on 14th September, 1949. The Students of B.Ed. celebrated Hindi Diwas on 11th September 2015. The function was presided by Principal, Dr. Jyoti Bhalla. All the students participated in the celebration. The students presented beautiful poems in Hindi, reminding us of the fact that Hindi is the only language that binds Indians.



B.Ed. Students reciting poems on the occasion of 'Hindi Diwas' Celebration

DEBATE COMPETITION

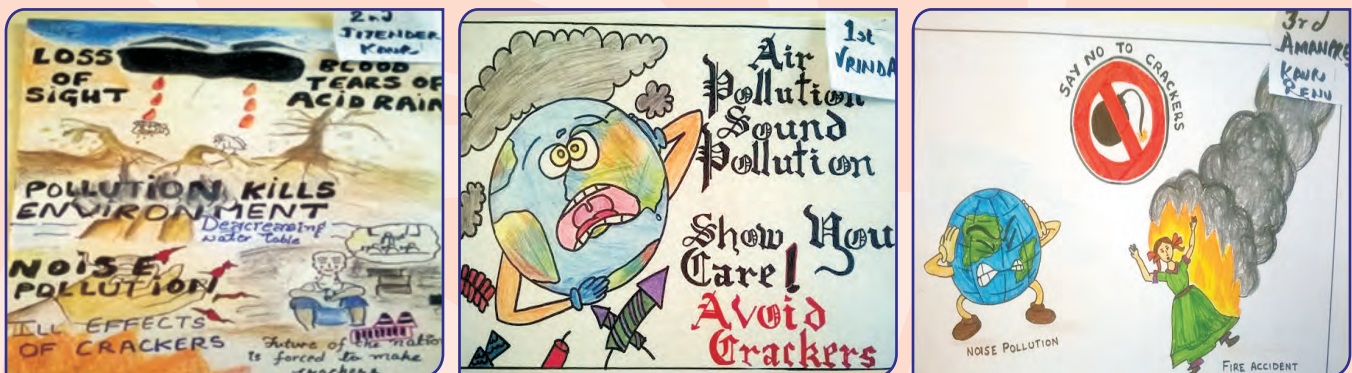


Suraj Mal Memorial Education Society ,
Janank Puri has organized a Debate Competition in
Hindi on the topic

“Kaam Nahi Toh Vetan Nahi ka Sidhhant Saansadon Evam
Vidhayakon Par Bhi Prabhavi Ho” during Dr. Bhagwan Singh Amrit Mahotsava

DRAWING COMPETITION

Drawing and Painting activity provides the learner an opportunity to express their views, imagination and creativity through colours. GNCE has organized a Drawing Competition on “III Effects of Crackers”.



Guru Teg Bahadur Khalsa College, Delhi University has organized a Quiz Competition named “Punjabi Sahit Sawal Jawab Muquabla” on Guru Bani. This quiz was based on the information related to versus from various *banis* written in Guru Granth Sahib Ji.

“RANGOLI COMPETITION”



Students of GNCE, showed their talent of playing with colours at a Rangoli Competition organized by Siri Fort College of Computer Technology and Management, IP University.



Rajdhani College, Delhi University, had organized cultural fest “TRANSCEND” in which three students had participated.



Another Rangoli competition was organized by Bharti Vidya peeth Institute of Management and Research to enrich creativity and imagination of students through the colours.

EXTEMPORE

To develop the quality of self-expression among learners and create sensitivity for environment, our college has organized an extempore on “Role of Burning Crackers in Global Warming.”



"COLLAGE MAKING" INTER HOUSE COMPETITION



An Inter house competition of "Collage Making" had been organized under the CCA. Collage Making is an activity through which students use their imagination, creativity, ideas and express their views on the given topic.



An Inter house competition of **Board Decoration** had been organized under the CCA. Student used their ideas & creativity to create informative & appealing Boards..

SPORTS MEET AT G.G.S.I.P.UNIVERSITY



Students participated in Sports Meet at G.G.S.I. P University, Dwarka.

VISIT TO DELHI BOOK FAIR



Students visited Book fair at Pragati Maidan.

ART & CRAFT RESOURCE CENTRE [ACRC]



If children have creativity, it will be naturally displayed and used by them now and in their future career. The ability to focus is a key skill developed through ensemble of work. Keeping a balance between listening and contributing involves a great deal of concentration and focus. Work experience is essential for the development of students' skills. **Guru Nanak College of Education** has a separate Art & Craft Resource Centre which has sufficient Materials for Work Education such as Doll Making kit, Dress Making Kit, Mask Making kit & Rangoli kit related to various aspects of Art skills development and teaching learning process as per the NCTE-2014 guidelines of B.Ed curriculum.

ICT RESOURCE CENTRE [ICTRC]



ICTRC of GNCE is furnished with an affluent collection of 25 Computer Systems fitted with Core to Duo Processors with high speed internet facility, LCD projector, smart boards, T.V, Camera, Handicam, scanner, Printer, Radio, Legal software, OHP etc. all equipment and apparatus required for Students. Our extensive range of online resources extends the library beyond the campus. Online access to a vast range of information, including electronic journal titles and a sizeable number of e-books is available to all our students, researchers and faculty members. Our support mechanism reflects the blurring boundaries always ready to serve library staff. They offer student-friendly help and advice on the use of ICT and library resources. All students are offered formal and informal information

skills training at various points during their studies, to help them develop their capacity to access and evaluate the information they need to develop their subject expertise. Our College faculty are continually developing innovative ways of using technology to support teaching and learning through our virtual learning environment, including e-portfolios, podcasts, streaming media and online discussion groups and quizzes. In our physical classrooms and laboratories, a number of smart classrooms offer enhanced technology such as interactive whiteboards and classroom response systems, to improve the overall learning experience for students and staff.

INCLUSIVE EDUCATION RESOURCE CENTRE



Disability is a state which hinders the way and development of an individual and nation as well. This is such a factor which is creating difference among naturally empowered and less empowered. A sympathetic behavior towards disabled people is not a demand of such people but making them enable and independent is a necessity of the day. Inclusive Education Resource Centre is a place where pupil- teachers acquire practical knowledge of what they have to transact in future in inclusive settings. So To implement the provisions of persons with Disabilities Act, 1995, and to sensitize our students towards person with disabilities, **Inclusive Education Resource center [IERC]** is established in Guru Nanak College of Education. IERC is fully equipped with apparatus, equipment, material like

Braille Signage and various Audio Outputs required for low vision and visually impaired students. Various Software like NVDA, ABB file reader are also installed in our laboratory. Various workshops to teach teacher trainees how to use such equipments are also conducted in the college.

LANGUAGE LABORATORY



The language laboratory is an audio-visual installation used as an aid in modern language teaching. They can be found, amongst other places, in schools, universities, and academics.

Guru Nanak College of Education has a separate language Laboratory which has sufficient apparatus such as Language Lab System, VCDs', CDs' and Dictionary related to various aspects of communication skill development and teaching learning process as per the NCTE-2014 guidelines of B.Ed. curriculum.

CURRICULUM LAB-MATHEMATICS



"The essence of mathematics is not to make simple things complicated but to make complicated things simple."

Laboratory in Mathematics is the brain child of Mr. Sreedhara Chandra Sekhara Sastry, a creative mathematician. Mathematics Laboratory is a place where students can learn and explore mathematical concepts and verify mathematical facts and theorems through a variety of activities using different materials. These activities may be carried out by the teacher or the student to explore, to learn, to stimulate interest and develop favorable attitude towards mathematics.

The Maths Lab. is fully furnished with all necessary equipment, apparatus, specimens, models, charts which are required by pupil teachers to teach classes from VI- XII. The Maths Lab consists of more than 200 models in various branches of maths like Algebra,

Geometry, Arithmetic, etc. which are of great help to students. The models are so designed to cater to the needs of all segments of teachers and learners in verifying formulae, results and applications etc., irrespective of curriculum. The materials or equipment in the mathematics laboratory include constructed (wooden/metal/plastic made) mathematical sets, charts and pictures, computer(s), computer software, audio-visual instructional materials such as projector, video tape, lots of CD's etc., solid shapes (real or model), bulletin board, three-dimensional aids, filmstrips, tape photographs, portable board or whiteboard, abacus, cardboards, tape measure, graphics, workbooks, graphs, flannel boards, flash cards, etc.

MUSIC ROOM



We believe that, as teachers, we must be well versed in not only how to bring musical experiences to children, but also why music is so essential to the young child's overall development. As with all areas of the curriculum, developmentally appropriate music and movement activities will be successful only if you, the teacher, understand why music and movement are important tools for assisting children in constructing knowledge about their world and helping them make sense of their experiences. Admittedly, music and movement can be used in an integrated curriculum to enhance other subject areas, such as the language arts, but as Metz (1989) cautions

"Simply using music in an educational setting doesn't ensure that children's musical perceptions are developing... we need to focus

on music as 'an end in itself'" So, for all round development of students' personality a Music Room, fully furnished with all necessary musical instruments like Tabla, Harmonium, Flute, etc. is established in Guru Nanak College of Education.

PERSONALITY DEVELOPMENT LAB



The Personality Development Lab. is fully furnished with all necessary equipment, apparatus, specimens, models, charts which are required by pupil teachers to enhance their as well as of their students' personality. Personality Development Lab is the development of the organized behavior and attitude that makes a person distinctive. Personality Development occurs by the ongoing interaction of temperament, character and environment. So this Lab of GNCE focuses on life skills such as: Communication and Public Speaking, Emotional Intelligence, Interpersonal Skills, Norms for Social Behavior such as Manners & Etiquette, Fitness of the mind and body through Yoga and Meditation, Assertiveness, Leadership and Team Working, Self-Empowerment and Time-Management.

PSYCHOLOGY LABORATORY



For effective transaction of any curriculum there should be close integration of theory and practice. A prospective teacher must be trained and equipped with enough understanding of different aspects of one's personality: intelligence, interest, aptitude, adjustment, emotional adjustment etc. This is possible through experimentation in Psychology Lab. **Guru Nanak College of Education has a separate Psychology Laboratory which has sufficient psychological apparatus, tests and CDs' related to various aspects of human development and teaching learning process for conducting psychology experiments as per the NCTE-2014 guidelines of B.Ed. curriculum.**

CURRICULUM LAB-SCIENCE



In Steve's words,

“You learn the theories, but how do you know they don't really work, if you don't test them? Science has two parts – observing phenomena and accounting for them, science education ought to cover both”.

The Science Lab. is fully furnished with all necessary equipments, apparatus, specimens, chemicals which are required by pupil teachers to teach classes from VI- XII. Science lab equipment allows students to interact directly with the data gathered. They get a first-hand learning experience by performing various experiments on their own. Students are made to use the models and understand different scientific theories and concepts. It is also found that science lab equipment and supplies make teaching and learning easy both for the teachers, as well as for

the students. There are several scientific theories and concepts that are difficult to explain directly from the books. Anatomy models, physics science kits, and chemistry science kits for instance make it easy to understand the otherwise complex theories of science

CURRICULUM LAB – SOCIAL SCIENCE



Social Science Lab is a place where pupil- teachers acquire practical knowledge of what they have to transact in future. **Social Science Resource center of Guru Nanak College of Education, has fully equipped apparatus, equipment, material and teaching aids required for effective transaction of social subjects.** This provides a work room to the pupil teachers for conducting activities and getting practical solutions of problems characterized in curriculum and routine life. Permanent display of charts, maps, globes, pictures and different references in social science lab makes the teaching and learning effective, lively and interesting.

HEALTH AND PHYSICAL EDUCATION RESOURCE CENTRE [HPERC]



A healthy mind exists only in a healthy body. Guru Nanak College of Education has a fully equipped Health and Physical education Resource Center. It provides ample opportunities for students to get indulge in various indoor and outdoor activities. Students can avail the benefit of Indoor games like Chess, Carom-Board, Table Tennis and Outdoor games like Badminton, Tug of War, Volley Ball etc. College strives to provide adequate resources to excel in sports and developing ethics of sportsmanship. Our aim is to develop professional competence among prospective teachers through their suitable physical and socio- emotional development

INTER COLLEGE COMPETITION

Many inter college competitions were held in different colleges where B.Ed. Students of GNCE performed and got positions and prizes.

Inter-College Competitions from August- March 2016

S.N.	Events	Date	Organized by	Participants' s	Position
1.	Debate Competition	27 th Aug,2015	GTB)Shri Guru Tegh Bahadur institute of Management & Information Technology	Reha Malhotra Anjali Panjabi	3rd
2.	Bani Competition	7th oct,2015	Mata Sundri College for Women	Navpreet Kaur Manjeet Kaur	2nd 2nd
3.	Bani Competition	7th oct,2015	Mata Sundri College for Women	Navpreet Kaur	Consolation
4.	Declamation	7th oct,2015	Mata Sundri College for Women	Himani Aggarwal Anjali Panjabi	-
5	Playing a Music Instrument	11,12,13 March, 2016	World Culture Festival Organised by Vyakti Vikas Kendra, India	Taranpreet Kaur Bharamjeet Kaur	-
6	Annual Sports Meet, GGSIP University	29,30,31 oct, 2015	GGSIP University	Amit Prashar, Navpreet, Jyoti, Anjali Panjabi, Prabhsimran, Jasleen, Harshmeet, Amit Pandey, Prikshit Himani Aggarwal Prabhneet, Arun	-
7	Debate Competition	February 12, 2016	Surajmal Memorial Education Society, GGSIPU	Jaya Thukral (04112902115) Sunita (09012902115)	Participation Participation

ASCENT 2016

8	Punjabi Sahit Sawaal Jawaab Muqabla	February 25, 2016	Guru Tegh Bahadur Khalsa College, DU	Amarpreet Navpreet Kaur Bharamjeet Kaur Harmeet Kaur	Fourth Position Fourth Position Fifth Position Fifth Position
9	Rangoli Competition	February 27, 2016	Sirifort College of Computer, Technology and Management GGSIPU	Deepkia Gandhi Jasjit Kaur Jitender Kaur	Participation Participation Participation
10	Rangoli Competition	March 3, 2016	Rajdhani College ,D U	Deepkia Gandhi Harmeet Kaur Jitender Kaur	Participation Participation Participation
11	Annual Fest "ECSTASY- 2016"	March 12, 2016	Delhi Institute of Advance Studies, GGSIPU		
	Collage Making			Amanpreet	2nd
	Rangoli Competition			Deepika Gandhi Gurpreet Kaur Harmeet Kaur Jitender Kaur	2nd 2nd 2nd 2nd
	Master Chief			Jasmeet Kaur Sond Manjeetkaur	2nd 2nd
	Treasure Hunt			Manpreet Kaur Ravleen Kaur Mehak Kaur	3rd 3rd 3rd
	Ad-Mad Show			Anjali Punjabi Harshmeet Kaur Himani Aggarwal Prabhsimran kaur	1st 1st 1st 1st
	Group Dance			Gurdeep Kaur Gurleen Kaur Issar Jasleen kaur	Participation Participation Participation

ASCENT 2016

				Jasleen kaur Virmani Manpreet Kaur Prabhjot Kaur Rupal Kaur Simran Kaur Sodhi Sukhvinder kaur Taranpreet Kaur Surbhi	Participation Participation Participation Participation Participation Participation Participation Participation Participation
14	Rangoli Competition	March 13, 2016	Bharti Vidyapeeth Institute of Management and Research, Delhi	Deepkia Gandhi Harmeet Kaur Jitender Kaur Gurpreet Kaur	3rd 3rd 3rd 3rd
15	Rangoli Competition	March 16, 2016	Zakir Hussain Delhi College, Delhi University	Deepkia Gandhi Harmeet Kaur Jitender Kaur Gurpreet Kaur	3rd 3rd 3rd 3rd
16	“MOSAIC -2016” Rainbow(Rangoli) Lock Horns (Debate) Meri Paakshala (Fireless cooking) Fun With Colours (Nail Art) Digital Story	March 16, 2016	Gitarattan Institute of Advance Studies and Training, GGSIPIU	Jasjit Kaur Amanpreet Kaur Reha Malhotra Vrinda Chawla Chanpreet Kaur Harleen kaur Salua Manjeet Kaur Manpreet Kaur Mehak Kaur Arora Simran Kaur Prabhneet kaur Gurneesh Kaur Damanpreet Kaur Navpreetkaur	1st 1st 1st 1st 3rd 3rd 3rd 3rd 3rd 3rd 3rd 1st 1st 1st 1st

ASCENT 2016

Rangoli Competition	March 17, 2016	Northern India Engineering College, Delhi	Deepkia Gandhi Harmeet Kaur Jitender Kaur Gurpreet Kaur	1st 1st 1st 1st
Carrrom Competition	March 17, 2016	Maharaja Aggarsen institute of Technology, GGSIPU	Mandeep Kaur	1st
Dry Cooking	March 19, 2016	Bharti Vidyapeeth Institute of Management and Research, Delhi	Gurleenkaur Jasleen kaur Virmani	1st 1st
ASPIRE 2016	March 31, 2016	Sant Hari Dass College of Education, IP Univesity		
Best out of Waste			Jasjit Kaur	1st
Declamation			Sunita	2nd
Rangoli			Amanpreet Kaur	2nd
Food Without Gas			Chanpreet Kaur	3rd
Tattoo Art			Prabneet Kaur	Participation

LIST OF FACULTY MEMBERS

1. **Dr. Jyoti Bhalla (Principal)**
M.sc (Chemistry), M.Ed, UGC NET (Education), Ph.D. (Education)
2. **Mrs. Fozia Roohi (Asst. Prof.)**
M.A (Sociology), M.Ed., UGC NET(Education), Ph.D. (Education-pusing)
3. **Mrs. Neelima Dhingra (Asst. Prof.)**
M.sc (Maths), M.Ed., UGC NET(Education)
4. **Ms. Kavita (Asst. Prof.)**
M.A.(Hindi & Political Science), M.Ed., UGC NET (Education), CTET
5. **Dr. Meenakshi Sharma (Asst Prof.)**
M.A (English), M.Ed., Ph.D. (Education)
6. **Mrs. Deepti Talwar (Asst Prof.)**
M.Com, MBA, M.Ed., NET (Management)
7. **Ms. Renu Singh (Asst. Prof.)**
M.Sc. Zoology , M.Ed., NET(Education)
8. **Ms. Shalu Kaur (Visiting Faculty)**
Ph.D. Submitted (Punjabi)
9. **Mr. Suresh Yadav (Visiting Faculty)**
M.P.Ed., NIS
10. **Mrs. Harjeet Kaur (Visiting Faculty)**
M.A (Music), M.A (Punjabi)

GURU NANAK COLLEGE OF EDUCATION
Staff Professional Development Activities
January 2015 Onwards

Dr. Jyoti Bhalla (Principal)

- Convener for Management Development Programme on '*Insight into Microsoft Excel*' on 22.12.2015 organized by Guru Nanak College of Education, Delhi
- Patron for National Seminar on '*Transforming Teacher Education in Changing Scenario*' on 15.12.2015 organized by Guru Nanak College of Education, Delhi
- Appointed as **Judge** for students Inter House Declamation Contest during Vigilance Awareness Week Celebration by Guru Harkishan Public School, Punjabi Bagh Delhi with support of Punjab and Sind Bank on 30.10.2015.
- Presented paper *Extended Responsibilities of Pre-Service Teacher Training Institutions*, in National Seminar on '*Transforming Teacher Education in Changing Scenario*' on 15.12.2015 organized by Guru Nanak College of Education, Delhi.
- Organised Workshop on "*Theater in Education*", on 23.10.2015 organized by Guru Nanak College of Education, Delhi
- Organized **workshop on "Art and Craft" from 25.02. 2016 to 01.03.2016** at Guru Nanak College of Education, Delhi.
- Organized Workshop on "*Origami*" on 02. 03. 2016, at Guru Nanak College of Education, Delhi
- Organized Workshop on "*Investor's Awareness*" on 02. 03. 2016, at Guru Nanak College of Education, Delhi
- Organized Workshop on "*Inclusive Education*" on 8 .03. 2016, at Guru Nanak College of Education, Delhi
- Supported Rotary Club Safdarjang Delhi '*Health Awareness Seminar on Thalassemia and Anemia*' on 28.03.2016 organised at Guru Nanak College of Education, Delhi.
- Organized Workshop on "*Administration of Intelligence Test*" on 30.03.2016 , conducted by Prof. Ajit Singh , at Guru Nanak College of Education, Delhi
- Organized Extension Lecture on "*Critical Understanding of ICT*" on 06.04.2016, conducted by CIET, NCERT, organized by Guru Nanak College of Education, Delhi
- Organized Workshop on "*Counseling based on Adolescent Psychology*" on 22.04.2016 organized by Guru Nanak College of Education, Delhi.
- Participated on Round Table on "*Issues Confronting Indian Education Today*" at Shri Lal Bahadur Shastri Rashtriya Sanskrit Vidyapeeth, New Delhi on 20.04 2016

TALENT NEEDS ENCOURAGEMENT

Education is a mean of developing our inherent abilities. It is essential that talent hidden in every individual can be explored and understood through education. Adequate effort should be made to conserve and develop the same. The role of agencies like faculty, school and community is very important in enhancing, accepting and nurturing the talent in the child. But sometimes parents in the family and adults in the society fail to recognize the hidden human excellence and interpret as a person fit for nothing. Students, who feel to show remarkable performance in their studies for one reason or another, are not only discouraged in schools, but also in family and community. On the other hand the role that encouragement plays in bringing out the hidden talent to slight cannot be under estimated or neglected.

Free atmosphere and constant inspiration are mainsprings for developing imagination. This ultimately leads to talented accomplishment. Talent requires encouragement, if it is to reach its full development. The encouragement may come from parents, teachers, and from other interested individuals or be built into customs and traditions that characterize a particular social group. Talent in individual must be encouraged by all means whether it is academic creative, visual performance like drama, music, art and psychomotor like sculpture, sports or leadership. Talent in both academic as well as non academic category should be encouraged identified, accepted and nurtured as they are directly related to satisfaction in real life situation.

Thomas Jefferson says, “Once this is achieved, we can optimistically and realistically visualize, will proximately lead to constructive utilization of human excellence hidden in every individual”.

Dr. Meenakshi Sharma
Associate Professor

Ms. Fozia Roohi (Asst. Professor)

- Supporting Co- coordinator for *Management Development Programme* on “Insight into Microsoft Excel” on 22.12.2015 organized by Guru Nanak College of Education, Delhi.
- Attended one day *SCERT workshop conducted for tool development of SCERT Research*, on 16.12.2015.
- Supporting Coordinator for *National Seminar* on “*Transforming Teacher Education in Changing Scenario*” on 15.12.2015 organized by Guru Nanak College of Education, Delhi.
- Presented a Paper in *National Seminar* on “Quality Management of Teacher Education” on 15.12.2015 organized by Guru Nanak College of Education, Delhi.
- Attended *Faculty Development Programme* on 04.11.2015 organized by Kalka Institute for Research and Advanced Studies, New Delhi on Teaching- Learning in Schools.
- Attended a lecture series on “*Education of Marginalized Group: Challenges and Prospects*” on 11.09.2015 organized by University School of Education, GGSIP University, Delhi.
- Attended Workshop on “*Theater in Education*”, on 23.10.2015 organized by Guru Nanak College of Education, Delhi.
- Attended **workshop on “Art and Craft” from 25.02. 2016 to 01.03.2016** at Guru Nanak College of Education, Delhi.
- Attended Workshop on *Origami* on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on “*Investor's Awareness*” on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on “*Inclusive Education*” on 8 .03. 2016, at Guru Nanak College of Education, Delhi.
- Attended two days Training Workshop on “*Orientation Towards New Trends in Environment Management*” on 22.03.2016–22.03.2016, organized by University school of Environment Management, GGSIP University.
- Supported Rotary Club Safdarjang Delhi for 'Health *Awareness Seminar on Thalassemia and Anemia*' on 28.03.2016 organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on “*Administration of Intelligence Test*” on 30.03.2016 , conducted by Prof. Ajit Singh , organized by Guru Nanak College of Education, Delhi.
- Attended Extension Lecture on “ *Critical Understanding of ICT*” on 06.04.2016, conducted by CIET, NCERT, organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on “*Counseling based on Adolescent Psychology*” on 22.04.2016 organized by Guru nanak College of Education, Delhi

ASCENT 2016

Ms. Neelima Dhingra (Asst. Professor)

- Coordinator for Management Development Programme on '*Insight into Microsoft Excel*' on 22.12.2015 organized by Guru Nanak College of Education, Delhi.
- Convener for National Seminar on '*Transforming Teacher Education in Changing Scenario*' on 15.12.2015 organized by Guru Nanak College of Education, Delhi.
- Attended National Seminar on "*Right to Education: Equal Rights and opportunities for Social Participation of Students from Marginalized Sections of the Society*", on 07.10.2015 organized by Amity Institute of Education, New Delhi.
- Attended Orientation Programme on "*New B.Ed. Curriculum*", on 31.07.2015 organized by GGSIP University, New Delhi.
- Attended Orientation Programme on "*New B.Ed. Curriculum*", on 23.12.2015 organized by GGSIP University, New Delhi.
- Attended Workshop on "*Theater in Education*", on 23.10.2015 organized by Guru Nanak College of Education, Delhi.
- Attended four days Workshop on "*Teaching of Mathematics through Origami*" on 16.02.2016 –19.02.2016, organized by University School of Education, GGSIP University, Delhi.
- Attended **workshop on "Art and Craft" from 25.02. 2016 to 01.03.2016** at Guru Nanak College of Education, Delhi.
- Attended Workshop on "*Origami*" on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on "*Investor's Awareness*" on 02. 03. 2016, organized by Guru Nanak College of Education, Delhi.
- Coordinated Workshop on "*Inclusive Education*" on 8 .03. 2016, organized by Guru Nanak College of Education, Delhi.
- Supported and Coordinated Rotary Club Safdarjang Delhi '*Health Awareness Seminar on Thalassemia and Anemia*' on 28.03.2016 organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on "*Administration of Intelligence Test*" on 30.03.2016 , conducted by Prof. Ajit Singh , organized by Guru Nanak College of Education, Delhi.
- Coordinated Extension Lecture on "*Critical Understanding of ICT*" on 06.04.2016, conducted by CIET, NCERT, organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on "*Counseling based on Adolescent Psychology*" on 22.04.2016 organized by Guru Nanak College of Education, Delhi

Ms. Kavita (Asst. Professor)

- Supporting Co- coordinator for **Management Development Programme** on “Insight into Microsoft Excel” on 22.12.2015 organized by Guru Nanak College of Education, Delhi.
- Supporting Coordinator for **National Seminar** on “Transforming Teacher Education in Changing Scenario” on 15.12.2015 organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on “**Theater in Education**”, on 23.10.2015 organized by Guru Nanak College of Education, Delhi.
- Attended National Seminar on “**Right to Education: Equal Rights and opportunities for Social Participation of Students from Marginalised Sections of the Society**”, on 07.10.2015 organized by Amity Institute of Education, New Delhi.
- Attended a lecture series on “**Education of Marginalized Group: Challenges and Prospects**” on 11.09.2015 organized by University School of Education, GGSIP University, Delhi.
- Presented a Paper in National Seminar on “**Adhunik Yug me Hindi Bhasha Ka Mehtva and Upyogita**”, on 08.12.2015 organized by Amity Institute of Education, New Delhi.
- Coordinated workshop on “**Art and Craft**” from 25.02. 2016 to 01.03.2016 at Guru Nanak College of Education, Delhi.
- Attended Workshop on **Origami** on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on “**Investor's Awareness**” on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on “**Inclusive Education**” on 8 .03. 2016, at Guru Nanak College of Education, Delhi.
- Supported Rotary Club Safdarjang Delhi '**Health Awareness Seminar on Thalassemia and Anemia**' on 28.03.2016 organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on “**Administration of Intelligence Test**” on 30.03.2016 , conducted by Prof. Ajit Singh , organized by Guru Nanak College of Education, Delhi.
- Attended Extension Lecture on “ **Critical Understanding of ICT**” on 06.04.2016, conducted by CIET, NCERT, organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on “**Counseling based on Adolescent Psychology**” on 22.04.2016 organized by Guru Nanak College of Education, Delhi.
- Arranged Art and Craft Exhibition 11.03 2016 at Guru Nanak College of Education, New Delhi.

ASCENT 2016

Dr. Meenakshi Sharma (Asst. Professor)

- Presented paper *Innovations in Teacher Education* in National Seminar on 'Transforming Teacher Education in Changing Scenario' on 15.12.2015 organized by Guru Nanak College of Education, Delhi.
- Attended workshop on “Art and Craft” from 25.02. 2016 to 01.03.2016 at Guru Nanak College of Education, Delhi.
- Attended Workshop on *Origami* on 02. 03. 2016, at Guru Nanak College of Education, Delhi
- Attended Workshop on “Investor's Awareness” on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on “Inclusive Education” on 8 .03. 2016, at Guru Nanak College of Education, Delhi.
- Supported Rotary Club Safdarjang Delhi for 'Health Awareness Seminar on *Thalassemia and Anemia*' on 28.03.2016 organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on “Administration of Intelligence Test” on 30.03.2016 , conducted by Prof. Ajit Singh , organized by Guru Nanak College of Education, Delhi.
- Attended Extension Lecture on “Critical Understanding of ICT” on 06.04.2016, conducted by CIET, NCERT, at organized by Guru Nanak College of Education, Delhi.
- Coordinated Workshop on “Counseling based on Adolescent Psychology” on 22.04.2016 organized by Guru Nanak College of Education, Delhi.
- Article “Importance of Education in Emotional Adjustment: In perspective of 21st century” under publication in journal- Shiksha Anveshika -January 2016 of Hindu College of Education, Sonipat.

Ms. RenuSingh(Asst. Professor)

- Attended seminar on “Channelizing Student's Instinct towards Constructive use of Electronic Media”, On 24 .03. 2015 organized by Gitarattan Institute of Advanced Studies & Training, Rohini, Delhi.
- Attended workshop on “Art and Craft” from 25.02. 2016 to 01.03.2016 at Guru Nanak College of Education, Delhi.
- Attended Workshop on *Origami* on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on “Investor's Awareness” on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on “Inclusive Education” on 8 .03. 2016, at Guru Nanak College of Education, Delhi.
- Attended two days Training Workshop on “Orientation Towards New Trends in Environment Management” on 22.03.2016–22.03.2016, organized by University school of Environment Management, GGSIP University.
- Supported Rotary Club Safdarjang Delhi 'Health Awareness Seminar on *Thalassemia and Anemia*' on 28.03.2015 organized by Guru Nanak College of Education, Delhi
- Attended Workshop on “Administration of Intelligence Test” on 30.03.2016 , conducted by Prof. Ajit Singh , organized by Guru Nanak College of Education, Delhi.
- Attended Extension Lecture on “Critical Understanding of ICT” on 06.04.2016, conducted by CIET, NCERT, organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on “Counseling based on Adolescent Psychology” on 22.04.2016 organized by Guru Nanak College of Education, Delhi

Ms. Deepti Talwar (Asst. Professor)

- Delivered Extension Lecture on “*Mathematical Reasoning and Algebraic Thinking*” in DIET, Pitampura (affiliated to SCERT Delhi) in August 2015 .
- Attended **workshop on “Art and Craft” from 25.02. 2016 to 01.03.2016** at Guru Nanak College of Education, Delhi.
- Attended Workshop on “*Origami Art*” on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on “*Investor's Awareness*” on 02. 03. 2016, at Guru Nanak College of Education, Delhi.
- Attended Workshop on “*Inclusive Education*” on 8 .03. 2016, at Guru Nanak College of Education, Delhi.
- Supported Rotary Club Safdarjang Delhi '*Health Awareness Seminar on Thalassemia and Anemia*' on 28.03.2015 organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on “*Administration of Intelligence Test*” on 30.03.2016 , conducted by Prof. Ajit Singh , organized by Guru Nanak College of Education, Delhi.
- Attended Extension Lecture on “ *Critical Understanding of ICT*” on 06.04.2016, conducted by CIET, NCERT, organized by Guru Nanak College of Education, Delhi.
- Attended Workshop on “*Counseling based on Adolescent Psychology*” on 22.04.2016 organized by Guru Nanak College of Education, Delhi

Ms. Sonia Yadav (Asst. Professor)

- Selected as junior artist in *Junior Artist camp* 2015, organized by AIFAC Society.
- Organised Lalit Kala Gallary *Art Exhibition* - 2015, at Rabindra Bhawan , Mandi House in July 2015.
- Participated in *Artizen*, Art Gallery Group show 2015, organized by Wagon Art, Noida.

Ms. Shalu Kaur(Asst. Professor)

- Attended Dr Harbhajan Singh Memorial Lecture on “*Sufism and Punjabi Sufi Poetry*” on 20.10. 2015 Organized by Department of Punjabi, University of Delhi.
- Participated in a programme “*Meet the author with Manmohan Bawa*”, on 2 February 2016. At Department of Punjabi, Delhi University.
- Participated in a programme S.S Noor memorial lecture on “*Indian Drama Tradition*” on 18th February 2016. At Department of Punjabi, Delhi University.
- Participated in a Seminar on “*Challenges to Punjabi Folklore and Culture*” on 16th March 2016. At Department of Punjabi, Delhi University.
- Participated in Programme “*Through my window, a talk by author Guljar singh sandhu, about Khushwant singh*” on 28th March 2016. At Department of Punjabi, Delhi University.
- Article on “*Punjabi Natakan vich Naari Sarokar*” under publication in a reputed Hindi Journal.
- Article on “*Punjabi Sufi Kavita Da Lok-Dharai Pripekh*” under publication in Punjabi Magazine SAMDARSHI.
- Book Under Publication - “*Punjabi Sufi Kavita Da Lok-Dharai Pripekh*” by Manpreet Prakashan, Delhi.

Mr. Suresh Chander Yadav (Asst. Professor)

- Attended *Vigilance Awareness Week Celebration* organised by Guru Harkishan Public School, Punjabi Bagh Delhi with support of Punjab and Sind Bank in October 2015.

ASCENT 2016

Ms. Harjeet Kaur (Asst. Professor)

- Attended *Vigilance Awareness Week Celebration* organised by Guru Harkishan Public School, Punjabi Bagh Delhi with support of Punjab and Sind Bank in October 2015.

Mr. Praveen Kumar (Library Incharge)

- Attended seminar on '*Cyber Security Workshop for LIS & IT professionals*' on August 31, 2015, organized by DELNET, New Delhi.
- Attended seminar on '*Brainstorming Seminar on Current Issues in LIS*' on October 7, 2015 Organized by DELNET, New Delhi.
- Attended seminar on '*Academic Integrity event*' on November 16, 2015.
- Attended seminar on '*Transforming Teacher Education in Changing Scenario*' held on December 15, 2015 organized by Guru Nanak College of Education, New Delhi.
- Resource Person for Three Days National Workshop on "*Open Source Software Koha-Training and Certification*" on December 18 to 20, 2015.
- Attended seminar on '*Insight into Microsoft Excel*' held on December 22, 2015, organized by Guru Nanak College of Education, New Delhi.
- Attended Workshop On "*Dspace*" on March 1st to 3rd 2016 at NISCARE, New Delhi.
- Attended one day National Workshop on "*Patent: A Source of Innovation*" on 12.03.2016 organized by Raj Kumar Goel Institute of Technology, Ghaziabad, under sponsorship of Technology Information Forecasting and Assessment Council (Dept. of Science and Technology).
- Attended two days National Workshop on *Library Automation "Open source Software ILS- KOHA"* on 9-10 April 2016 as resource person, organized by IAMR group of Institutions, Ghaziabad.
- Taught IGNOU students KOHA Software in April 2016 at Rajguru College, University of Delhi.

Ms. Inderjeet Kaur (Library Incharge)

- Supporting Co- coordinator for *Management Development Programme* on "Insight into Microsoft Excel" on 22.12.2015 organized by Guru Nanak College of Education, Delhi.
- Supporting Coordinator for *National Seminar* on "Transforming Teacher Education in Changing Scenario" on 15.12.2015 organized by Guru Nanak College of Education, Delhi.

S. Harvinder Singh (Computer Lab Incharge)

- Supporting Co- coordinator for *Management Development Programme* on "Insight into Microsoft Excel" on 22.12.2015 organized by Guru Nanak College of Education, Delhi.
- Supporting Coordinator for *National Seminar* on "Transforming Teacher Education in Changing Scenario" on 15.12.2015 organized by Guru Nanak College of Education, Delhi.
- Attended one day National Workshop on "*Patent: A Source of Innovation*" on 12.03.2016 organized by Raj Kumar Goel Institute of Technology, Ghaziabad, under sponsorship of Technology Information Forecasting and Assessment Council (Dept. of Science and Technology).
- Attended two days National Workshop on *Library Automation "Open source Software ILS- KOHA"* on 9-10 April 2016 as resource person, organized by IAMR group of Institutions, Ghaziabad.

Winds of Change

Just close your eyes for a minute. Now, open your eyes and take a fresh glimpse of the world around, you might feel nothing has changed. But try to look deeper and harder, in the one minute that just elapsed, the world witnessed a multitude of undeniable changes. In some corners of the world couples would have exchanged their marriage vows, mothers would have delivered their new born and welcomed them into their lives, families would have lamented and mourned the loss of a beloved member, hopeful buds would have blossomed into tiny flowers, the earth would have rotated on its axis a fraction of a degree; while you would think nothing has changed. Truly, the only constant in this world is change.

From times immemorial, winds of change have been sweeping the face of earth, sometimes caressing us gently while sometimes crippling us, or on some rare occasions brushing past us without accomplishing anything significant. Let us embark upon the exploration of this irresistibly enigmatic phenomenon “change” and delve deeper into its various facets.

Let me paint a picture before you of the world of our forefathers. Theirs was a simple economy, wholly dependent on barter or exchange. Even today we are interdependent, but the manner in which we interact with each other has undergone a sea change. With the emergence of globalization and free market economies, powerful winds of change have enveloped man's economic life.

The winds of change have also brought about a dramatic change in the societal order. They have altered family structure and transformed the parent-child and student-teacher relationships. Modern day parents and teachers believe in respecting the child's individuality and refrain from forcing their will upon him. This can definitely be classified as a positive change, however presenting itself as a paradox is the fact that in the absence of strong willed mentors, today's youth have become impulsive and morally degraded. Although technology has made a huge advancement in today's society, it is not always what it seems. Today's society needs to see that technology is affecting us in such negative ways: emotionally, in our relationships, in education and in health. I have found that many people today do not realize just how much technology affects a person. Things are not getting any better over time, and technology will continue to affect children in such terrible ways. Today's society is blinded by technology and only sees the glory of self-excitement. It is, however, certain that today's youth is much more privileged than the past generations as well as having a lot many opportunities than ever before.

An important tool that has given speed and direction to winds of change is technology. Technology has revolutionized modern man's life. It has changed the way we communicate each other, opened new vistas for us even as it has taken a heavy toll on our emotional and spiritual health.

Winds of change have brought about a dramatic change in our perception of traditional art, poetry, sculpture, literature and music. Today, along with classical music we have unique genres such as metal and grunge. Romantic poetry accompanies abstract poetry whereas dance styles like street dancing have become popular. Winds of change, in fact, have impacted all the facets of our lives.

How passionate indeed are these winds of change! Human nature, however, is resistant to these winds. Man's intrinsic nature, his virtues and vices can never really be transformed by the winds of change. So whether you are an astrologer or a poet; a sailor or a secret service agent; your nature, mind and spirit will forever remain immune to the winds of change.

French novelist Alphonse Karr has rightly said “Plus ca change, plus c'est la meme chose” (The more things change, the more they remain the same).

Renu Singh
Assistant Professor

Good Parenting: Need of The Day

Written by: Ms. Fozia Roohi (Asst. Prof. GNCE)

Effective grooming of one's personality is not only a gift of nature but contribution of parents is significant to this. In a fast growing society where technology is at its boom and greatly affecting the sophisticated minds of children, parental role becomes more important. As children grow, they need guidance on an increasingly complex array of issues. They need to share their ideas, doubts, query even secrets. In present scenario when both parents are engaged in economic activities, their contribution in children's personal growth and development is a big challenge. Parents not only shower their love, affection, concerns for their all needs and requirement whether material or non- material but they serve as role models not only through direct interactions with their children, but through the examples they set with their attitude and behavior within the family and in the outside world. By addressing their concerns, sharing their lives, and maintaining a constructive perspective, parents can contribute to their children's personal growth and development.

It has been observed poor parental behavior and interaction within and outside the family leads to the development of negative personality or unsocial elements. At many occasions they are influenced with peers and media especially when they are teen agers. Moral and ethical behavior of parents may help in inculcating values which can counter the negative influence children receive from different social groups.

Parents are not only to arrange food, shelter, good schooling and other resources but they are the biggest support for their children when they regularly attend their PTMs, helps them in accomplishing an activity, tells them a story, shares their teen age experiences, guides children, listens them and says I'm with you. This support starts when parents hold finger to make children walk, repeats words to make them speak and goes long till they select career and life partner for them. Definitely children always imitate their parents since they open their eyes. Their life style is completely influenced with the habits, behavior, attitude and values developed and goals set by their parents. In this way parenting becomes a responsibility more than a task for parent.

Parental support and guidance is also needed when children needs to select career for them. Many children commit suicide due to high parental expectation every year. Although many changes have been made in education system but considering children's needs, qualities and interest and supporting them accordingly is also necessary. Children who are open and frank enough with their parents can select suitable career for them and can perform effectively in contrast to those who are least sharing with parents.

Strategies to become a responsible parent

- Communicate with your children and stay active in their lives.
- Involve them in your activities and take part in their work.
- Take the time to listen and share their concerns, so they feel both loved and respected.
- Respect them and their ideas and avoid blaming them on small failure.
- Develop the qualities of honesty, integrity and tolerance.
- Provide clear standards of acceptable behavior.
- Develop fun and engaging family activities, which share and develop the interests of both you and your children.
- In place of controlling them give them space but monitor them.

- Conversation is the best way to bridge the gap between children and parent. Although parenting is a challenging task for present day but not very difficult if little amount of time along with concern and care is given. Society has changed drastically. So, the parents also need to change and update themselves and step up with their kids by adapting in a new environment.

THE IMPORTANCE OF MULTI-TASKING IN TIME MANAGEMENT

Today is the time of Competition, Leadership, Speed, Improvement and Growth. From time to time, we have been devising several ways and means for an effective management of our time. Multi-tasking is one of the ways and mediums that can help us in ensuring an effective time management by filling in the gaps.

The term Multi-Tasking is an outcome of the cyber world or world of computers wherein we see computers doing several jobs simultaneously. This can be attaching a file, typing of a word document, and giving a print command, all these works can take place simultaneously. Because of being done simultaneously during the given period of time, the process is called Multi-Tasking and the computers are called Multi-Taskers. The term has recently been adopted to apply on human beings as well. When applied on Human beings, concept of Multi-Tasking refers to the quality or technique of managing and coordinating several functions together. The concept aims at saving time for smooth and timely completion of the assignment by ensuring the coordinated use of the resources.

In the context of computers resources are the different types of software or hardware. But in case of human beings the resources can be anything useful which is available with us and can help us. This can be human beings, materials, money etc. in fact, we all have been multi-taskers much before the evolution of the computers 'multitasking'. There is just a need to adopt a systematic approach like that of computers for becoming better multi-taskers. This implies planning, organising and performing the task with the help of available resources within a given period of time. This is what a computer does or is made to do by us during performing several works together. If a machine like computers can do multi-tasking, why cannot human beings, the creators of computers and this supreme creation of the almighty.

We Indian are quite used to the concept of multi-tasking with Goddess Durga and other deities having several pairs of hands that are known to represent different works. Perhaps, the Goddess blessed the women with the virtue of Multi-Tasking and that is way it is very common to see doing various works together, be it taking care of children, Household chores, social Relations or family relations.

Women's Multi-Tasking qualities have become more evident with the emergence of the concept of 'working women' or 'New Women'. The quality Multi-Tasking enables them to maintain a balance between the professional and personal lives. To some extent, the virtues of Multi-Tasking have been guiding the success of contemporary new women. Who is the well versed home Maker, a caring mother and wife as well as a smart Professional. Helping the child in Home-Work while washing machine is commanded to wash clothes and something getting on the gas stove is something very common to see in the households.

Women traveling in the women's bogey of Mumbai's local trains are often seen cutting vegetables during their return journey from workplace to home. They do so for utilising the time of journey, this enables them to manage a few more free moments at home with the family.

ASCENT 2016

We can also see the Executive of an organization developing PowerPoint Presentation for the meeting he is going to attend on his laptop while he is taking his lunch during his journey in a train or plane.

'Virus' of the movie 'Three Idiots' was shown writing simultaneously with both hands. It is really difficult for the brain to concentrate on two or more works together. But as narrated in the movie Virus has trained his brain to command his both hands to write simultaneously. This implies that with determination and practice, brain and different organs of the body can be trained to make a person a multi-tasker.

Students are also Multi-Taskers in today's Scenario as they are managing their academics as well as sports and co-curricular activities simultaneously. They are contributing towards both Scholastic and Co-Scholastics areas of new CCE Pattern. On one side they are attentive for their studies and other sides they are also busy in leading with this competitive world. While watching T.V. they want to complete lots of works like Homework, Project works, updating their Knowledge by reading Encyclopedia, preparing for their class test etc. They always try for the best possible use of their time.

From a household, when the concept is employed on big organizations, this refers to a team or several teams working simultaneously on their given task over a given period of time. Here the task can be entirely different from one another, hands can be various but the goal remains the same, and that is the growth of the organization. Similarly a Multi-Tasker like a House Wife strives for the growth of the family. She practices the concept of Multi-Tasking for saving time and energy for contributing to the family.

The multi-tasker always tries to fill in the time-gaps. If women are said to be good multi-taskers, it is not because they are super human beings or not just because of their stereotype gender roles in the society. It is because, a well-thought planning and management strategy works behind. We ignore these aspects because these appear to be too simple to be noticed. But taking a notice of and working upon the concept of multi-tasking would certainly add up to our effectiveness and productivity in professional life.

This remains a moot point whether the concept of multi-tasking is an art, a science or anything else. This depends upon one's perception to see the concept from one's own angle. But an understanding of the different aspects of multi-tasking makes it clear that it is more or less a management concept for it is based on the principles of planning, organising, coordinating and performing. With a well-projected course of action or strategy involving effective planning and organising, the performance stage becomes easier. In other words, with well-prepared homework your classwork becomes easier and allows you to excel and shine.

This is just an example how can we do multi-tasking. With a better strategy, we can work out in a better way. There is no blue print or a readymade formula of multi-tasking. At times you work on the tailor-made principle i.e. 'cut to fit' strategy. It is all about your ability and competence to plan, organise and perform the task from the point of view of multi-tasking. The more we explore the concept of multi-tasking, the more we learn its techniques and it becomes easier to practice this concept for enhancing one's potential. There is a need to develop an insight for the application of the concept of multi-tasking in one's personal and professional life.

Ms. Neelima Dhingra
Asst. Prof., GNCE

5 Things All Great Teachers Have in Common

The Quality of someone's teaching does not just refer to how much information they manage to get into their student's heads or the results that they produce. It also refers to their technique and presentation. Many teachers have a fantastic amount of knowledge that would be greatly useful to students, but they have no idea of how to express it. Great teaching often has less to do with wisdom and skills, but more to do with their attitude to their student, their subject and their work. The top five characteristics of great teachers are:

Passion: Without truly loving what you do it is impossible to be really good at what you do. If you don't adore your subject, then how can you expect your students to do the same?

Creativity: Students love a teacher who is able to make dull subjects more interesting by incorporating colorful and exciting printables into lessons by making up games. A teacher needs to be prepared to develop unique learning methods and custom lesson plans.

Flexibility: Being a teacher is a committed profession. If a student does badly on a test then you have to be prepared to offer yourself to tutor them after school. Make yourself available whenever you are requested and make this information public so that students who need the most help know that they can get it.

Integrate: Everyday life is not left isolated, and neither should education. It doesn't matter if you are the only one in the entire school who is integrating, you should continue to do so.

Connect: You cannot possibly hope to teach effectively without having a connection with your students. A solid and trustworthy connection needs to be built between yourself and that you teach. Strictly speaking, you are the representation of the knowledge that forms the connection.

Ms. Kavita
Assistant Professor

ASCENT 2016

A Leader is You

A leader is you, a leader is kind,
A leader is someone who leads from behind,
A leader is you, a leader is wise,
A leader is someone we do not despise.

A leader is you, a leader is great,
A leader someone we appreciate,
A leader is you, a leader is fun,
A leader is someone we do not shun.

A leader is you, a leader is nice
A leader is someone who gives good advice,
A leader is you, a leader is weird,
A leader is someone we do not fear.

A leader is you, a leader is me,
A leader is someone who we can believe,
A leader is you, a leader is me,
A leader is someone anyone can be

Deepti Talwar
Assistant Professor

WHAT IF ALL THE LEADERS WERE WOMEN

- Women are level headed: They will certainly make good leaders as they are good decision makers and for farsighted.
- Will be ideal for society: If woman laid their dominance in politics, our country will certainly scale new heights.
- There will be no war: In today's world full of nuclear weapons, poverty and war, a time when peace is needed the most. I believe that women should utilize their skills and stand together to lead the world.
- Have more talent than men: Our country is blessed with women with immense talent which is even more compared to that of the men in our country.
- Have great dedication: women are embodied with utmost generosity. They are the essence of beauty and the embodiment of love.
- Poverty-free public life: women are the beautiful sculptors of honesty, dedication, sensitivity and sacrifice. They have been enlightening the world through their knowledge and wisdom.
- Selfless service: Had all leaders been women, the face of this country would have been much more beautiful.
- Dowry-free India: For hundreds of years women have been delegated the role of nurturing the children. But they do posses great leadership traits which can help our country get freedom from the social evils of dowry, child marriage and female foeticide.

Submitted by-
BHARAMJEET KAUR
Roll no 01512902115
Section A

A WORLD FOR HUMANS

*In a world where man does not have to look down to see a woman,
 In a world where a woman can be a single mother without permission,
 In a world where a man needs only a heart to love another and not a legislation,
 In a world where East does not need recognition,
 In a world where art can be a profession for a surgeon,
 In a world where black is a color and not white man's burden,
 In a world where a Muslim does not always belong in a prison,
 In a world where destitution is only a circumstance narrated in tales out of fascination,
 In a world where you and I can live without succumbing to asphyxiation, In a world where identities are
 made and not imposed on another,
 In a world where a human needs only be human.*

BY: KAJAL GUPTA
 Sec. – B, 40612902115

There are angles, god put on this Earth.

Who care for us and guide us.
 You can feel their love and gentleness as they walk through life beside us.
 They do great things for us everyday they whisper in our ears,
 They even hold us in their hearts when we are filled with all our fears.
 They are always there to give a hug and try to make us smile.
 They treat us with respect and love, they treat us like children.
 God blessed me with an Angel, I'm proud to call my own.
 She's been with me throughout my life, been with me as I've grown.
 She's guided me the best she can, she's taught me like no other,
 and I'm thankful I'm the lucky one who get's to call her... Mother.

BY : MANJEET KAUR
 Sec - A, Roll No. 47

II Chorus

Lord, I would own thy tender care,
 And all thy love to me.
 The food I eat, the clothes I wear,
 are all bestowed by thee.
 'Tis thou preservent me from death,
 and dangers every hour,
 I cannot draw another breath,
 unless thou give me power.
 Such goodness Lord and constant care,
 a child can never repay;
 But may it be my daily prayer
 To love thee and obey...

By: Manjeet Kaur
 B.Ed. 2015-17, Enrolment No.-047, Section: A

Choice of freedom

A beautiful bird once came down the heavens,
With a golden beak and whole white feathers,
She knew not of this mysterious world,
The dark creatures that surrounded her.

Caught in the whirlpool, she struggles in the deep
But, drops on the ground and falls asleep
They envy her, chain her, enslave her,
The dark creatures of this mysterious world.

She wakes up in the cage with sound of a drum
Not knowing who she was and where
She was from,
Having forgotten her faith and her destiny
She was caught in the mysterious of the cruel world.

The years passed, the times turned
She was enslaved, beaten and burnt.
She pretended to be happy trying to live on,
To the fullest extent her life in chains.

The pretensions now turn into acceptance.
This was her new heavens, her new living sense
Everything is perfect and as beautiful,
The mockery , the slavery, and the reality.

She met a creature unique and kind hearted
Who was once a kid when she was chained
He remembers the past the tides and times,
The unfortunate lights that day they shinned

The creature saw the stars and skies
The glooming heavens and shining turquoise
"Oh ! Bird go home" says the creature
And opens the cage to route her freedom.

She stood outside and looked at the heavens
Blinking at a stranger with her pretty eyes
But age knew not of heavens that existed
Or of the taste of freedom which was still inexperienced

She goes back now to her beautiful cell,
To be locked forever till the day she swells
Freedom in life is not what you set.
But it's the even and odd choices you make

Cross the lines that curb your life
When you have to think about choices to make
The bird could not see past her own boundary
And chose to exist in the unknown terrain.

Prabhsimran kaur
Enrolmrnt No.061, B.Ed. 2015-17

ASK YOURSELF

What is Moral Education? What are morals? Which are incessantly taught by family, school, society and **we** childishly make faces and say “**Stop preaching!**” After a while we are accustomed to the preaching and the impact unconsciously, layer on layer made on us and we begin to comprehend and struggle goes on whole life between our flagging conscience and incognizance. Now, we know morals and apply it every time; maybe we try (and trying is half job-done). Instead of telling you what morals are and what morals we should have, I would like to draw the attention towards the thin line which we cross and we regret it later if our conscience was against our action and still we had done it which we might regret now or never. You might have heard about the so called moral checker question:

'A 500 rupees note is lying on the road then what will you do?'

We, afraid of society knowing the ethics of our society, immediately answer correctly.

'I'd ignore it'

'I'd give it back to the person it belongs to.'

Reality: We may try to give it back but in our mind we would wish to possess that note and if we won't find the owner, we would happily put it in our pocket.

(Nothing much wrong with it either.)

What if one day a rich person was carrying a lot of money and suddenly his suitcase falls and the wind is very strong; all the money is flying in the air and you see people getting to grasp as much as they can and no one seems to be returning it to him. He is unable to fight the looting crowd, you got accessed to some too; “*Party ka Jugard ho gaya!*” thought you.

'A rich man losing some money is no concern of our'.

'It is not going to hurt his huge bank balance'.

'Everybody got it and some hundreds in my pocket is not going to be consequential'.

If you are arguing with yourself, come to the point of returning it to the owner; then our education has not failed to teach us morals.

If everybody does it, it does not mean that it's right.

When everybody is doing wrong and you show single act of honesty, then you are the hope of the degrading world.

If everybody is cheating and you are not then you are the shining sun of the darkest hour.

When there shall be another world war and not much would left worth fighting for, and you can tell people about morals then you can re-establish the fallen world.

And remember, Moral education is not a waste. But use it more frequently to never forget it.

By:-

Pritpal Kaur

E.No.: 06612902115

B.Ed. 2015-17

.....God thinking in Solitude

Wishes

Wishes! Wishes! Wishes or demands of never satisfying heart,
Expected from me always too much, no time myself to breath;
Immortal, enduring me; the creator of thee, in vexation I sit,
On my most successful creation, now sometime I seethe.
It's all for the best, my child! It's what I can repeat,
Not all your wishes were unfulfilled, you must trust me;
If believe in me, then rely on me, why do you disagree?
You asked for rain, I didn't; so you kept on asking again;
I granted; flood in your neighborhood, see what you did.
Hidden behind your wish of happiness is sorrow, hard to bear,
It's good of me to save you, don't think me cold and stiff;
Already you're crying and your wish's another burden, so I refrain,
Still you dole and despise, of precious tears you get rid.
Barring your silly demands, lovely wishes I never abstain,
Ask me anything you want, fulfillment you mustn't ever bid;
Think of me sometime without hoping back anything but regard,
You're made to love, love me too; such unconditional love I want.

Name: Pritpal Kaur
B.Ed. 2015-17 E.No.:- 06612902115

TYPES OF FACES

Talking Faces: Their work is only to talk in the class and to disturb others while teacher's face towards the blackboard.

Sleeping Faces: Generally they are found among the back benches in the class. They hope to remain unobserved while their eyes are shut.

Semi- Sleeping Faces: They are found among the side benches of class. They feel sleepy and keep constantly opening and closing their eyes but are afraid to do so.

Idle Faces: Do nothing and see nothing is their motto. They come to the class blank and go out to the class blank.

Attentive Faces: They see, hear, follow everything while the teacher speaks and writes on blackboard they can answer any question asked anytime.

Disturbing Faces: They whisper, nudging each other with their elbows and communicate among themselves.

By:-Sukhvinder Kaur
B.Ed. 2015-17
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क्या हस्ती मेरी !

जब अपनी हस्ती बनाने में चली
 लोग हँसे, मैं हंसी, हंसती चली
 आंधी आई मैं हिल गई
 तूफ़ान आये मैं गिर पड़ी
 चोट लगी मैं रोई
 पर हस्ती मेरी कहाँ बनी
 दो किताबें मैंने पढ़ी
 फिर मुझ से बड़ा न कोउ
 जब देखा जगत तो
 जग श्री बड़ा ज्ञानी होउ
 देखा खुद को देखा फिर जमाना
 जब देखा उस रब को,
 उस के सामने
 क्या हस्ती तेरी क्या हस्ती मेरी
 अगर छपती है किसी किताब में ,
 तो छाप दो ये कहानी मेरी
 में तो हूँ गुमनाम कब से
 कोई तो जाने अनजान हस्ती मेरी
 क्या पता मैं कौन हूँ
 तो क्या बताऊँ मैं क्या हूँ
 जान लो मैं हूँ कोई हूँ
 पर क्या हूँ ये न लिखा मैंने
 जो श्री बना दिया रबने
 वही मैं हूँ, वही हस्ती मेरी

प्रीतपाल कौर

बी.एड. 2015.17

अनुक्रमांक 06612902115

समाज के संस्कार

यह न करो यह न करो ,
 यहाँ न जाओ , वहाँ न जाओ ।
 सहने की आदत डालो ,
 पढ़ लिख कर क्या हो जायेगा ?
 घर का भिन्न भिन्न काम तुम सीखो ।
 लड़की हो ,
 अपनी भावनाओं का बलिदान तुम करना सीखो ।
 शादी का घर बार संभालो ,
 जीवन को परिवार पर न्योछावर कर डालो ,
 जीने का अधिकार नहीं है तुम्हे ।
 न मरने की आज़ादी है तुम्हे ।
 अपने जीवन के अंतिम समय में ,
 जब लाल, जिनके लिए कर दी थी अपनी जिंदगी न्योछावर,
 समझे अपनी ही माँ को बोझ,
 तब मन ही मन झुलाती है पुरानी मान्यताएँ कि लड़की हो
 अपनी भावनाओं का बलिदान तुम करना सीखो

सुखविंदर कौर

भाग- बी

अनुक्रमांक- 89

ਪੰਜਾਬੀ

ਡੋਲੀਆਂ ਤੇ ਖੰਡੇ ਉੱਤੇ ਗਜ਼ ਚੌੜੀ ਛਾਤੀ
ਕਦੀ ਹੱਥ ਤੁੰਬੀ ਅਤੇ ਕਦੇ ਹੱਥ ਦਾਤੀ
ਦੋਵਾਂ ਨਾਲ ਛੇੜਦੇ ਏਹ ਤਾਨ ਵੱਖਰੀ |
ਯੂਕੇ ਵਚਿ ਚਲੇ ਜਾਣ ਭਾਵੇ ਜਾਣ ਇਟਲੀ
ਹੁੰਦਿਆ ਪੰਜਾਬੀਆਂ ਦੀ ਸ਼ਾਨ ਵੱਖਰੀ
ਹੱਥ ਕੜਾ ਸਰਿ ਤੇ ਸਜਾਉਦੇ ਦਸਤਾਰ
ਚਾਦਰੇ ਨਾਲ ਜੁੱਤੀ ਤਾਲੇ ਵਾਲੀ ਨੌਕਦਾਰ
ਖੰਡੀਆਂ ਨੇ ਮੁੱਛਾਂ ਜੁੱਸਾ ਪੂਰਾ ਰੋਬਦਾਰ |
ਹਾਣੀਆਂ ਨਾਲ ਜੱਫੀ ਵੰਡੀਆਂ ਨੂੰ ਸਤਕਿਾਰ |
ਖੜ ਜਾਣ ਲਖਾਂ ਵਚਿ ਦਸਿਦੇ ਨੇ ਵੱਖ ਯਾਰੋ
ਇਨ੍ਹਾਂ ਦੀ ਬਣੀ ਹੁੰਦੀ ਆ ਪਛਾਣ ਵੱਖਰੀ |
ਅਮਰੀਕੇ ਵਚਿ ਚਲੇ ਜਾਣ ਭਾਵੇ ਜਾਣ ਹੋਲੈਂਡ
ਹੁੰਦੀ ਆ ਪੰਜਾਬੀਆਂ ਦੀ ਸ਼ਾਨ ਵੱਖਰੀ |

ਸਨਜੀਤ ਕੌਰ
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ਵਰਿਸਾ

ਗਭਰੂ ਹਾਂ ਮੈਂ ਇਕੀ ਵੀ ਸਦੀ ਦਾ ,
ਥੋੜੀ ਜਹਿੀ ਵੀਹਵੀ ਵੀ ਵੇਖੀ ਏ ,
ਵੇਖ ਨਾ ਸਕਿਆ ਪੂਰਾ ਵਰਿਸਾ ਪੰਜਾਬ ਦਾ ,
ਪਰ ਅੱਗ ਹਾਰੇ ਦੀ ਤਾਂ ਸੇਕੀ ਏ ,
ਜੋਤੇ ਨਹੀ ਬਲਦਾਂ ਨਾਲ ਹੱਲ ,
ਪਾਣੀ ਵਾਲੀ ਖੂਹੀ ਤਾਂ ਵੇਖੀ ਏ
ਯਾਦ ਨਾ ਮੇਰੇ ਕੋਈ ਰੀੜ ਕਦੀ ਮਾਧਾੜੀ,
ਭਾਂਵੇ ਚਰਖਾ ਕੱਤਦੀ ਤਾਂ ਵੇਖੀ ਏ ,
ਅੱਤ ਦੀ ਗਰਮੀ ਚ ਜੱਦ ਮੀਹ ਨਾ ਪਿਆ ,
ਕੇਰਾਂ ਗੁੱਡੀ ਵੀ ਫੂਕ ਦੇ ਵੇਖੀ ਏ ,
ਚਲ ਪਈ ਹੁਣ ਤਾਂ ਸਾਇਕਲ ਹੇੜੀ
ਝੂਠੀ ਦੋ ਬੱਲਦਾਂ ਵਾਲੀ ਵੀ ਵੇਖੀ ਏ ,
ਜਮਾਨਾ ਅੱਜ ਹੇ Fun-World ਦਾ ,
ਤਾਰੀ ਟੋਭੇ ਦੀ ਲਾ ਕੇ ਵੀ ਵੇਖੀ ਏ ,
“ ਭੰਗੂ “ ਜਾਈਏ ਭੁੱਲਦੇ ਵਰਿਸਾ ਆਪਣਾ ,
ਆਪਾਂ ਕੀ ਸਵਾਹ ਦੀ ਤਰਕੀ ਕੀਤੀ ਏ ?

By –
Manjeet Kaur
04712902115



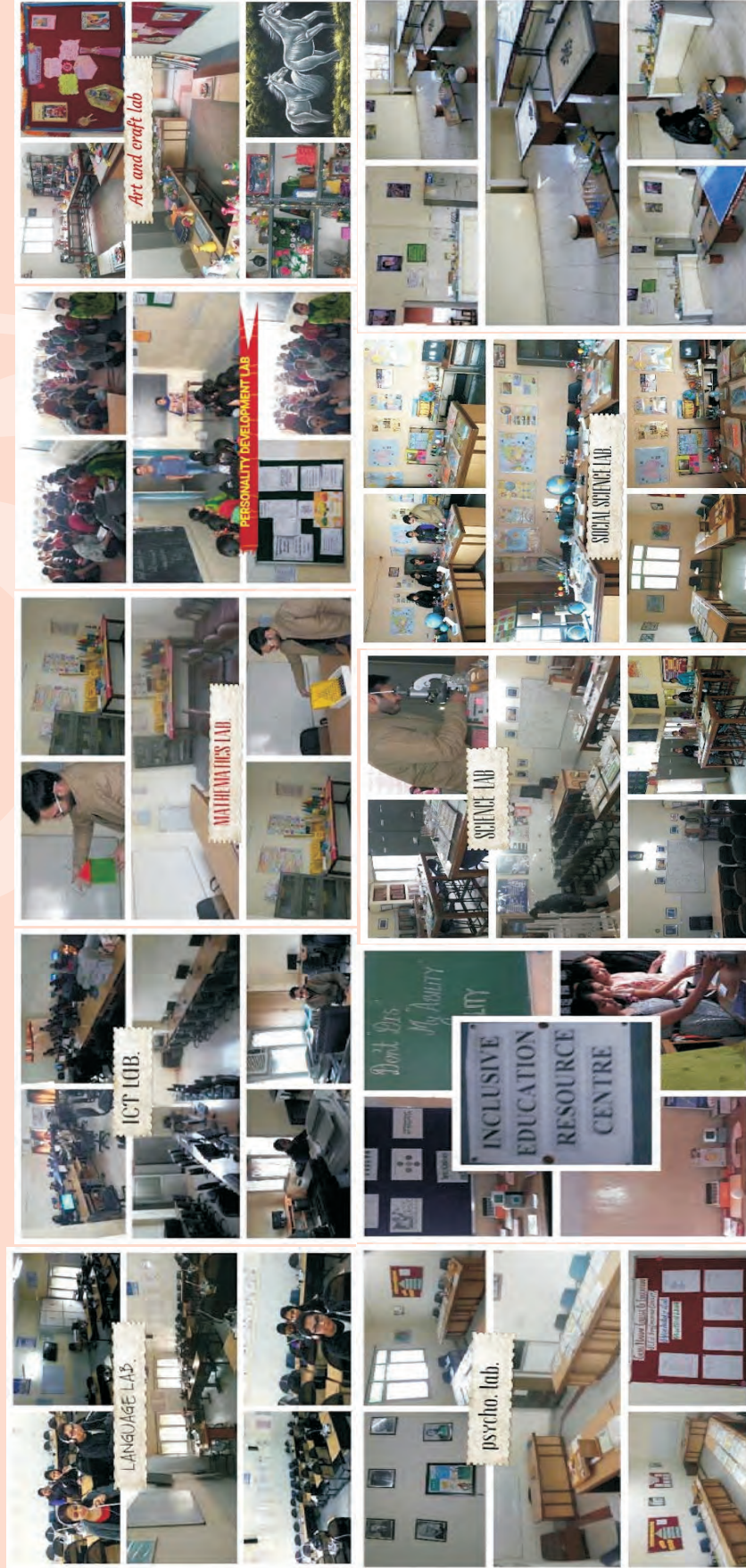
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