



HINDU COLLEGE OF EDUCATION, SONIPAT

SHIKSHAK PRATIBIMB

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ANNUAL MAGAZINE



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PRINCIPAL'S MESSAGE

It is my pleasure to announce the launch of our second edition of e-magazine “**Shikshak Pratibimb**”. We in this prestigious institution in Sonipat provide unique opportunities for the development of the young minds in a conducive atmosphere. The college maintains a traditions of inculcating human values among pupil-teachers. The e-magazine is an effort to encourage free exchange of their ideas, thoughts and creativity. I congratulate the entire editorial team for their consistent efforts.

I hope you enjoy reading it!!!

Warm Wishes

Dr. RajBala





FROM THE EDITOR-IN-CHIEF

Greetings!!!!!!

I am thrilled to share with you yet another edition of our annual e-magazine. As the name of the magazine indicates reflections of teachers, the readers will find creative expressions of the aspiring teachers through poems and reflective articles. As you flip the pages, you will also catch a glimpse of the plethora of activities that the prospective teachers engage in throughout the academic session.

With the bottom of my heart,I express my gratitude to the respected Principal Dr. RajBala for all the support and motivation she provided. I also like to thank the entire editorial team for their efforts have finally taken shape and form. Last but not the least my sincere thanks to all the prospective teachers for their valuable inputs in form of reports and articles.

I hope this magazine makes you nostalgic and brings a smile on your lips.

Dr.Deepti Chopra
(Assistant Professor)



*NEVER CEASE
TO LEARN!!*

ABOUT THE COLLEGE

Hindu College of Education, which came into existence in July 1968, is being run by The Sonipat Hindu Educational and Charitable Society, which was established in 1914 and is one of the oldest educational societies in the northern India. The college was started to meet the growing demands of the teachers in area, state and joining states as well. It is one of the most sought after Teacher training institution for the students seeking admission in B.Ed. and M.Ed. It has always strived to maintain excellent standards in the field of teacher education. The three storied building including administrative and instructional block has spacious technology equipped classrooms and well equipped laboratories managed by qualified and experienced personnel in their respective areas. The college has a airy and spacious art and craft room, catering to the needs of art and craft education. The college has a well managed and well furnished library with latest books, magazines and journals. Its collection includes literature pertaining to professional as well as general interest. Apart from this the college has facility for various indoor and outdoor games. The institution has a broad vision to enhance knowledge, skills, and competencies among student teachers. The mission is to impart quality education and also tries to sensitize student teachers regarding various social issues so that they can understand their roles and responsibilities in future.

TALKS AND DISCUSSIONS

AWARENESS DRIVE

A legal awareness program was organized in the premises of Hindu College of Education on 25th July 2022 under the aegis of District Legal Services Authority, Sonipat as per the instructions of Honorable CJM and Secretary Ramesh Chandra. Legal servant and National Awardee Deepak Kumar, District Lokpal Shri Shiv Prasad Sharma, Professor S Kumar, Shri Jaiveer Gehlawat and Shri Rajpal Gulia were present as key speakers. College Principal Dr. Rajbala presided over the program. During the speech, Sh. Shiv Prasad Sharma informed the students about the fundamental rights and fundamental duties as well as about the Constitution and MNREGA. He also gave information about free legal aid provided by the District Legal Services Authority. The government provides an assistance of at least ₹ 3 lakh for the care and rehabilitation of acid victims, of which ₹ 1 lakh is given within 15 days of the incident. Vigilance and caution are very important. The entire staff along with the students took the oath. In the end, Dr. Sonia Anand expressed her gratitude to all the guests present.



WORKSHOP ON MINDFULNESS

A workshop on Mindfulness Techniques was held on 2nd September, 2022 by Lakshay Swasthya Samiti, Sonipat. The workshop was initiated by Mr. Lakshmi Narayan from the registered samiti who introduced Mr. Sandeep Arya from Vill. Faridpur, Hissar. Mr. Sandeep has numerous awards to his credit including recognition in Guinness Book for longest Surya Namaskaar. The workshop dealt with the importance of good health, right nutrition and fitness regime as the three pillars to mindfulness. Mr. Sandeep performed Surya Namaskaar on the stage and was accompanied by the students. The open session was kept for clarification of doubts of students and at last, an oath was taken by all the staff and students to follow healthy practices in their daily life. While addressing the students , Mr.Sandeep mentioned that integration of Yoga in education will help students enhance their memory, attention and concentration. Principal Dr.Rajbala appreciated the efforts of Mr. Lakshmi Narayan and said that Mr. Sandeep was a true inspiration for the youth of today.



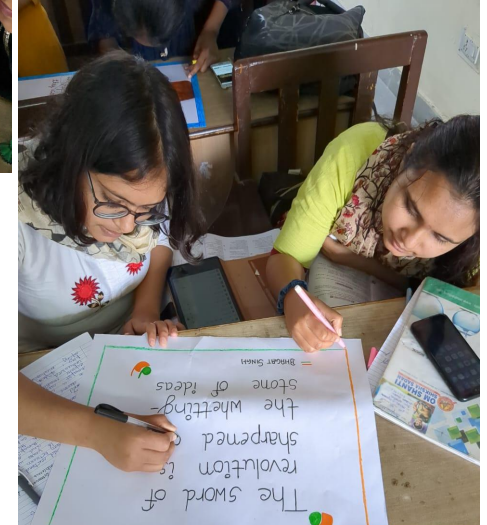
WORKSHOP ON 'YOGA: A WAY OF LIFE'

A workshop was organised by college about Yoga: A Way of Life, on 23rd February 2023. The extension lecture was delivered by Dr. Anita Singh, Assistant Professor, Tika Ram College, Sonipat, Mr Yashpal Arya and Mr Ranveer Singh. Our Principal Dr. RajBala gave them all a very warm welcome and presented them a small plant. The workshop was held in the open where students practiced Pranayama and other yogic exercises for strength and flexibility. The resource persons also shed light on how yoga help in controlling one's mind, body and soul. Along with this they also told that meditation helps students beat stress and keep anxiety at bay. "A healthy mind stays in a healthy body. So it is very important for each of us to keep our body healthy by doing yoga and eating healthy food", said Dr Rajbala at the end of the session.



AWARENESS ON WATER CONSERVATION

A program was organized on 27th April 2023, in the premises of Hindu Education College to make students aware about the importance of water conservation. World Water Day is an annual event that not only tells people about the importance of water, but also raises awareness about the global water crisis. Water is one of the five elements which are considered the basis of life. Life cannot be imagined without water. The importance of water can also be understood from the fact that the world's great civilizations have developed on the banks of rivers, and ancient cities were established on the banks of rivers. On the occasion of Water Conservation Day in order to increase awareness related to 'Save Water Campaign', and Poster and Slogan Writing was organized. A large number of students participated in this program. Ritu, Shivam, Shalu, Sonia, Anuj, Anjali, Anjali and Ritika displayed their artistic talent in writing posters and slogans. In the end, college Principal Dr. RajBala told the students that not only we must conserve non renewable resources like petrol and diesel, but also use renewable resources like water judiciously.



Awareness Programme

District legal services authority organised a “Legal Awareness Camp on Women’s Rights” at Hindu College of Education on 6th May 2023. The Principal Dr. Rajbala gave a warm welcome to Mr. Shiv Prasad Sharma, Senior advocate, DLSA; Mr. Deepak Sharma, National Awardee and Mr. Hawa Singh, legal advisor of district court, Sonipat. The session started with Mr. Shiv Prasad who made all the students aware of the rights and duties enshrined in the Indian constitution. Mr. Deepak stole the limelight with his energetic voice and powerful words. He began his part with the verse, “Women are to be worshipped now and forever because it is they who make this world go merry and it is their existence which makes this world exist.” He urged each girl in the hall to learn to say NO. At the end he asked each student to be a good teacher because it is a teacher who can make or break any country’s future. A teacher has the greatest role in making a nation crime free. It was indeed a marvelous session for one and all.



CULTURAL ACTIVITIES

TEEJ CELEBRATIONS

On 30th July 2023 ,the Hariyali Teej festival was formally observed on the grounds of Hindu Education College. In the Teej program, a mehndi competition was held in which the college students participated fervently. Priya, a second-year B.Ed. student, stood first Mansi and Kanta stood second and Anjali stood third respectively.

The college's staff and students enjoyed the swing while singing traditional songs, as is customary. Finally, on the occasion of Hariyali Teej, Principal Dr. Rajbala wished the students a bright future and bestowed upon them a blessing so that the sweetness of Ghevar would always remain in their lives. The program was wrapped up with lively dance performances.



Azadi ka Amrit Mahotsav

In accordance with the spirit of 75th Independence Day celebrations, 'Azadi Ka Amrit Mahotsav' was celebrated in the college from 12th -17th August 2023 and a lot of events and activities were organised over the week. The students participated in the events with full zest and zeal. In Slogan Writing the first position was bagged by Kavita, second by Sonika, and third jointly by Bharti & Priyanka. In the Poster Making the first position was bagged by Ritu, second by Divankar, and third by Priyanka. In Rakhi Making the first position was bagged by Mansi, second by Kajal, and third jointly by Komal and Priyanka. In Powerpoint Presentation on Legacy of India, Renu stood first, Pinki stood second and Bharti stood third. In Essay writing Renu, Haritika and Ravina stood first, second and third respectively.



YOUTH DAY CELEBRATIONS

An award ceremony was organised by the SAARTHI trust in the premises of Hindu College of Education on 12th September 2022. The trust celebrated International Youth Day and they felicitated the outstanding personalities from the different fields like sports, art, education etc. The event began with the lamp lightning by the chief guest, Sh. Ramesh Chander (Chief Judicial Magistrate) and special guests Dr. Neeraj Yadav, Dr. Suman Manjri and Ms. Priya Garg. The students of the college presented some cultural events which were appreciated by all. After the distribution of awards, Dr. Rajbala addressed the audience and urged the young students to learn from the awardees as development of the nation is not possible without participation of its youth.



SOLO THEATRICAL PERFORMANCE

On 10th November 2022, a short play titled ‘Maa Mujhe Tagore Bana De’ was staged by Lucky Gupta, a theater artist from Jammu and Kashmir, in the premises of Hindu Education College. The play conveyed a message to both the teachers and the students. The theme was that a teacher should always keep a learner alive within himself/ herself and should also guide the students properly. A student should also perform his duties and responsibilities with complete honesty. One should always be grateful towards one's parents and teachers. Parents give their children the open sky and teachers give them wings to fly in that sky. A teacher should keep the Tagore within him alive and spread colors of happiness in the lives of his students through the Tagore inherent in them. The students were spellbound by his spectacular act. He was a complete entertainment package who made the audience laugh and cry at the same time. Ms. Sarita thanked Mr. Gupta and said that the act left an everlasting impression on the minds of faculty and students alike. In the end, Principal Dr. Rajbala Jakhar expressed gratitude to the chief guest for reminding the students and teachers of their responsibilities so nicely.



ORIENTATION PROGRAMME

The auspicious commencement of the new session flagged off with a three days orientation programme for B.Ed first year students which was held In the premises of Hindu College of Education. A havan ceremony was held on 12th October 2022 which was attended by the respected Principal Mam Dr. RajBala the teaching staff, the non teaching staff and the newly admitted students. The havan was followed by prasad distribution. The three day schedule included the orientation about the University, the college campus and the curriculum including the syllabus and the examination pattern. All the students were made aware about the rules and regulations of the institution. The faculty members introduced themselves and elaborated about the subjects they teach. On the culminating day, the Principal of the college, Dr. Rajbala gave a warm welcome address to the students and emphasised on the importance of discipline and consistent hard work for achieving the goals of our life.



TALENT HUNT PROGRAMME

A talent search program was organized for the first year B.Ed. students in the premises of Hindu Education College on 10&11th October 2022. To discover the talents of students and develop them further, various competitions were made a part of the program. On the first day of the program, poster, slogan rangoli and essay writing competitions were organized in which a large number of students participated. In the Rangoli competition, Payal, Pratiksha and Kiran stood first, Rajni, Komal and Simran stood second and Anjali and Bharti along with Dhirendra, Vinod, Amit, Anurag and Sombir stood third. In slogan writing, Jyoti stood first, Muskaan second and Shalu got third place. In the poster competition, Yukti and Mansi stood first, Deeksha stood second and Vinci and Ritu stood third. In the essay writing competition, Priya stood first, Savita stood second and Garima and Anjali Malik stood third. The second day of the program was started with lighting of the lamp and Saraswati Vandana. As part of the programme, poetry reading, singing, dance and debate competitions were organised, due to which the enthusiasm of the students was palpable. In poetry reading, Neha stood first, Madhuri stood second and Garima stood third. In the debate competition, Kajal stood first, Suraj stood second, Muskaan and Priya stood third. In the singing competition, Jyoti stood first, Jyoti and Neha stood second, Supriya and Bharti stood third. In the dancing competition, Priya stood first, Tanu second and Jyoti and Pooja stood third. The role of jury in various competitions was played by Dr. Sonia Anand, Dr. Itisha, Dr. Deepti and Ms. Anju. Presentations of cultural programs made the gathering colorful. In the end, Principal RajBala congratulated all the winners. She further said that every youth is equipped with talent and through such programmes, the talents are showcased and brought to light. All the students and the entire staff had a commendable contribution in the success of the program.



LOHRI CELEBRATION

An unforgettable Lohri celebration was held at the college premises on 13th January,2023. In the beginning of the celebration, the students were aware about the importance of the festival and its auspiciousness. After the students narrated the folktale that is the story of Sundari - Mundari. The story was followed by a religious song based on Lohri only. Various students gave their enthusiastic and amazing performances. The students and the faculty members dressed up in traditional attire and celebrated the festival with full zest and zeal. The holy fire was lit around which the students danced and ate peanuts, popcorn and sesame balls which were distributed by the college. At the end, the Principal of the college, Dr Rajbala, told the students about the importance of the festival and how the college has been celebrating this festival for the last 25 years. All the students enjoyed the function and made it an unforgettable event.



NATIONAL GIRL CHILD DAY

On the occasion of National Girl Child Day various competitions like poster making, essay writing and slogan writing were organized in the premises of Hindu Education College on 24th January 2023. Every student is talented and to unleash their talents, competitions are organized from time to time in Hindu Education College. Today, the enthusiasm of the students in the competition was palpable. There was participation in large numbers by the students of B.Ed. I yr & II yr and D.El.Ed.. In which Dr. Sunita Gupta played the role of the jury. Nikita, Megha and Sahil stood first, Shalu and Yukti stood second. College Principal Rajbala while congratulating all the winners said that participation in competitions boosts the confidence of students. The entire staff and students had a commendable contribution in the success of the program.



REPUBLIC DAY CELEBRATION

On account of Republic Day, a seven day celebration culminated on 26th January 2023 through unfurling our National Flag which was followed by a cultural function in the college premises. Various competitions like poster making, essay writing, speech and rangoli making were held on the theme of National Voters' Day, National Girl Child Day, One India – United India. All the students participated very enthusiastically among all the competitions. Dr. Sunita Gupta was the chief guest for the function. The Principal of the college Dr Rajbala appreciated the efforts of the Cultural Committee for their efforts and also congratulated all the winners of the various competitions. All the staff members and students enjoyed the events thoroughly.



ANNUAL SPORTS DAY

The annual sports competition of Hindu Educational College was organized on 21st February 2023 under which Dr. Birendra Singh (Director of Sports, DCRUST University) was the chief guest. Mr. Vishal Dahiya and Mr. Rajendra Sharma were present as special guests. College Principal Dr. Rajbala Jakhar welcomed the chief guest by presenting the sapling. The program started with the flag hoisting followed by march past. Various sports events like 100 meter, 200 meter, 400 and 800 meter race, three leg race, lemon race, sack, rope jump, long jump, shot put, disc throw, javelin, slow cycling etc. were organized. Students participated enthusiastically in all these events. The winning students were honored with medals. Sagar (B.Ed. First Year) won the title of best athlete among boys and Komal (B.Ed. Second Year) won the title of best athlete among girls by winning the most gold medals. While sharing his experiences, the chief guest said that through hard work and dedication, a person can achieve success and only with high spirits can he achieve his goal.. Sports teach us qualities like dedication, leadership, discipline and make humans strong. They teach us to fight the circumstances and inspire us to grow continuously like success.. At the end, College Principal Dr. Rajbala Jakhar thanked the chief guest by presenting him a memento and the program ended with the national anthem. The teaching faculty, non teaching staff and students all contributed equally for the success of this program.



HOLI CELEBRATION

Holi is a festival of colours, joy and happiness and same were spotted on the faces of students and faculty as they celebrated Holi on 6th March 2023. This festival of colours brings joy and utter excitement to everyone irrespective of their caste, creed, colour and gender. There are many stories associated with this festival, it gives us a moral lesson of victory of good over evil. All the students applied colours to all the Principal Dr.RajBala and the teacher educators very respectfully. There were arrangements of dance, colours and sweets for all the students in the college premises. At the end, Dr RajBala wished all the students a very happy and safe holi. The students could not stop dancing to the beats of the music. It was a fun and frolic filled event.



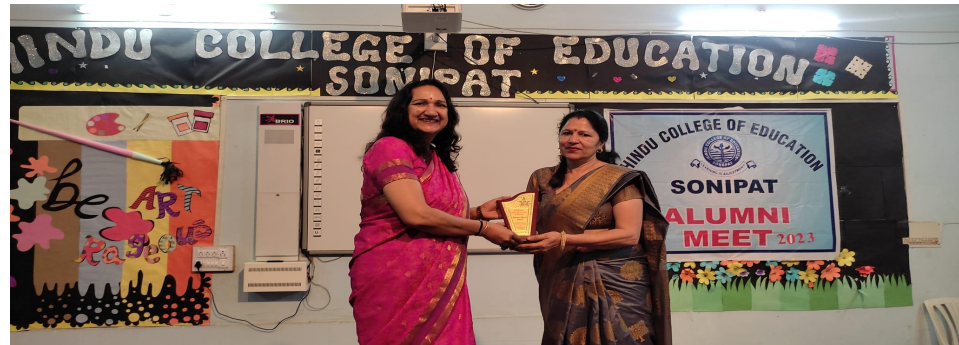
COMMEMORATION OF MARTYRS DAY

A program to commemorate Martyrdom Day was organized in Hindu College of Education on 22th March 2023, to honor and pay tribute to the fighters who were martyred in the path of freedom, dignity, welfare and progress of the country. Through the various patriotic poems, plays, songs an attempt was made to pay s tribute to the immortal martyrs. On this occasion, slogan writing, essay writing and poster competition was organized, in which Muskaan and Mini got the first position. Yukti and Shalu stood second and Priyanka and Kirti got the third position. The entire college campus was drenched in the colors of patriotism. Principal Dr. Rajbala Jakhar, while explaining the importance of Martyrdom Day to the students, said that we should never forget the sacrifices of our martyrs, who have sacrificed their lives to maintain peace and tranquility. She further appealed to the students to keep the spirit of patriotism alive and maintain unity and integrity in the country.



ANNUAL ALUMNI MEET

On 8th April 2023, an alumni meet was organised in Hindu College of Education. The function was initiated by Dr Rajbala Principal, by lighting the lamp along with the special guests of the event Sh. Ashok Khatri, Sh. Rajpal Gulia, Smt. Shiksha Aggarwal, Dr Sunita Gupta, Sh. Gajraj Singh, Sh. Anil Goyal, Sh Jaiveer Gahlawat, Smt. Divya Maan and Smt. Savita. The volunteers applied tilak on the forehead of the guests as a mark of auspiciousness. Students of the college performed a dance on Saraswati Vandana to invoke the blessings. The other performances included group dance and a short play. Then the alumni shared their experiences with the audience. One of the guests expressed their love towards the Alma Mater by reciting a piece of poetry. The alumni recollected their classroom experiences and shared with the audience. At the end, Dr Rajbala presented memento to all the chief guests and thanked them all for sparing their valuable time. The event ended with a lavish lunch for all.



NATIONAL EARTH DAY CELEBRATION

National Earth Day was celebrated in the premises of Hindu College Education by “Jan Seva Charitable Trust” on 21st April 2023 with the theme “ HUMARE GHRA MEIN NIVESH. ” Smt Archana Jha, Sh Satpal, Bhramkumari Pramod Behen and few others graced the occasion. The function was inaugurated by lightening the lamp by Dr Rajbala and the dignitaries. It was followed by Saraswati Vandana, and then Dr Rajbala gifted small plants to all the guests in order to felicitate them. Students performed dances on various songs and recited poems with the theme Earth Day. At the end all the guests delivered their thoughts about why and how they can save the Earth by adopting various environment friendly practices. Dr Rajbala thanked the presence of the guests, teachers and students at the event.



BID ADIEU

An extravagant party was organized for the students of D.El.Ed., B.Ed. and M.Ed. on 13th May 2023 by Hindu College of Education. The main objective of this get together was to reduce the stress of the upcoming examinations and to spread positive energy among the students. The program was inaugurated by lighting the lamp. Various cultural programmes, poetry, songs and dance were presented by the students. The musical tunes and charming dance styles captivated everyone. The enthusiasm and enthusiasm of the students was commendable. Principal Dr. RajBala said that the cultural department of the college as well as all the students deserve congratulations for the success of this program. She appreciated the students by saying that throughout the year, the students have followed the rules and discipline of the college with great dedication. Conveying good wishes for the examinations to the second year students, she blessed them all.



ACADEMIC ENDEAVOURS

EXTENSION LECTURES

A thought provoking lecture was organised by the college on 22nd November 2022 in which Mr. Sahil Gandhi discussed some fiery topics with students. He emphasised that the purpose of education is not just to acquire degrees in any field but to understand the difference between right and wrong. He stressed upon the need to update one's knowledge. He said students need to think over some questions like, as teachers, how can we change the current education system? Are teachers independent enough to teach the students? He posed many such thought provoking questions in front of the prospective teachers. An amazing session ended with how would-be-teachers figured out the answers of all the above questions.

An extension lecture was held in the college premises on 12th January 2023 in which the teachers working in government schools were invited and they empowered the students with the best of their knowledge about the reality of appointment of teachers in today's world. First of all Mr. Kapil made students aware about the three types of problems the teachers come across, the first problem he addressed was the pedagogy of the subject. He said if the subject pedagogy of any students is weak then he or she could not become a good teacher in near future. The second challenge we need to overcome is NEP 2020. The third and final challenge a teacher comes across is when a teacher could not find a solution about the disorder their student has. At last the Principal, Dr. Rajbala motivated the students to work hard and not only appear for the competitive exams but also clear them in flying colours.

EXTENSION LECTURE

Hindu College of Education organized an effective workshop on 26th November 2022. Dr. Amit Ahuja, Associate Professor, University School of Education, GGSIPU, Delhi was the resource person. Dr. Deepti Chopra introduced the resource person and informed the audience that Dr. Ahuja has supervised more than hundred M. Ed. students and Ph.D. scholars. He has also presented many national and international research papers on education. The topic of his lecture was ‘Innovative strategies for Lesson Planning.’ He said that a teacher should always teach in the language in which he or she thinks. He very intellectually redefined the term education as “Education is to ask yourself daily what you’ve done for the welfare of the society?” His powerful words left the students spellbound. He made students aware of how the term understanding is replaced with comprehension. Classroom teaching is successful only when our students can frame questions out of your lecture. He further said that asking questions would not give you a good teacher; teaching students how to frame questions will. He made the audience understand that there are different methods to be used to teach different students. In today’s world if you want to excel in your profession you need to reverse the role of a teacher and a student because only a good learner can be a good teacher. Because at the end of day, if your students have become a good being, count it as your success. He ended his words with a practical phrase that a teacher should behave like “an elder respectable friend”. At last, students asked their queries and Dr. Ahuja answered them with patience. The hall resounded with thunderous applause. It was one of the best sessions which gave us an insight on learning. Dr. Sonia Anand presented a vote of thanks to the resource person.



EXTENSION LECTURE

An online extension lecture was organized on 29th November 2022, in the premises of Hindu Education College. The Principal greeted Dr. Rainu Gupta , Dean, Sanskriti Bharti University. The topic of her lecture was the development of learning outcomes and their implications. Creating learning outcomes is not only for a teacher and student but is mandatory in every field. Learning outcomes should be created on the basis of their measurement and evaluation. The teaching-learning process is a mixed form of knowledge, feelings, emotions and actions. The composition of our learning outcomes also keeps changing according to the changing society. While designing learning outcomes, we should give priority to knowledge, understanding, application as well as skills and creativity. The composition of learning outcomes of various subjects was presented to the students in a very interesting and simple manner with examples. Under the new education policy, detailed information was given regarding the formulation of learning outcomes. In the end, gratitude was expressed to the resource person by Dr. Sonia Anand.



STUDENTS SECTION (ENGLISH)

POEM: MOTHER EARTH

Shivam B.Ed (1st Yr)

Save! Save!Save!

Mother Earth

It's a humble request dude

Don't be so rude

Don't disturb her calmness

Don't disturb her humbleness

Keep its essence

It will improve your

conscience.

WISHES FOR TEACHERS ON TEACHERS DAY

Durgesh Yadav B.Ed (1st Yr)

When I saw the qualities of good teachers.I made my mind a canvas.

On this canvas, I drew one by one, lines of your endless qualities.

How lucky I am to have a teacher like you ,that I have made up my mind to write.

Stood as a stranger on the path of life,You taught me how to live in society.

There is a lot to say but praise be to the God, who made you a good teacher.

There are thousands in the society. God has made you virtuous.

Your knowledge and wisdom has increased my courage to reach my destination.

Your amazing teaching has given rise to hope, ignited the lamp of imagination and increased my love for learning.

But praise be to God who has made you a good teacher.

Be who you want to be

Saloni, B.Ed (2nd Yr)

Be who you want to be
Build the life of your dreams
Change doesn't occur suddenly,
There will always be reasons to weep
Pain, hurt will help you reap
The joys that you always seeked
When feelings comes naturally
Why not enjoy being
what you were meant to be
So come tear these walls of insecurities
Let the word out on the streets
Let them know we're here to stay
Not gonna lose ourselves in play
Not gonna let them take our lives
No more of the sacred lies
That only want to cage our souls
No more of those gender roles.

INNERSELF

--VIJETA, B.Ed (2nd Yr)

Everyone wants you
to be perfect,
Just to be courageous
to take a step,
Open your wings
to enjoy your life,
Happiness and love
make you kind,
Power of the nature
nurture our creations,
Leads to the way
shine our future,
Believe in your thoughts
that drive actions,
Every action
gives you some experience,
Experience make
everyone fabulous,
Your inner self wants you
JUST TO BE BETTER.

I WANT TO SEE YOU

YOGITA, B.Ed (1st Yr)

I want you to see
You look at me,
I'm happy,
Bubbly,
Not a care in the world.

But you don't see the fight inside,
The tears I'm trying so hard to hide,
You see what I allow you to see,
And tell you there's nothing wrong with me,
I'm fine.

But I'm not,
You don't see what I'm pushing back,
The degrading voice,
The constant confusion,
The depression.

You're there if i need you, you say
I'll deal with it my own way,
Lock it up and throw away the key,
But now it's bubbling over,
Seeping out.

Yes I still won't let you see,
But this depression inside,
Is slowly killing me.

SOCIAL MEDIA:DISTANCING PARENTS FROM CHILDREN

--NEHA BHARDWAJ, B.Ed (1st Yr)

A lifelong friendship, build on sharing hugs and kisses, warmth and caring

parent and child,their heart as one, share a link that can never be undone

But alas! Now the tide has turned upright.

Facebook, Twitter, Insta, Snap,all are in sight.

It's a common scenario, parent-child emailing and texting each other even when they are at home together. Wow! Do you think technology has brought us together? A family at most times is seen as private territory.No matter what happens outside of it. A family in Principle:

SHARE THEIR PROBLEMS, SEEK FOR THEIR SOLUTIONS AND ENJOY UNDERSTANDING AND PRIVACY.However, as technology has become more and more advanced.This private intimate space has shrunk. Social media is gnawing the vitals of ties of parent child relationship and to add fuel to the fire, Children are introduced to technology at an early age. They are allowed to play on phones, watch videos, surf the internet, so that parents may enjoy their own space. How irresponsible !!What about children?

They are left to the mercy of domestic help and modern technology. Social media makes children couch potatoes, hamper their intellectual, social and cultural development. It even arouses their curiosity to open restricted sites, which pollutes their mind.Can you afford to ignore their falling academic results? Where children should be given quality time at home to imbibe moral values, they are enjoy social media and live in the fantasy of the virtual world. Who should shoulder the responsibility of bridging the gap between parents and children? Of course parents! Happy are the families where,the governance of parents,is the reign of affection and obedience of children, the submission of love.Dear reader, Keep your self esteem high, our worth is not measured by likes, followers and comments but it is in our ability to love, share and care.as,
WISDOM GROWS WHEN WE SHARE,
STRENGTH GROWS WHEN WE DARE,
LOVE GROWS WHEN WE SHARE AND
RELATIONSHIP GROWS WHEN WE CARE.

Journey from being a Student to a Teacher

Sonia Saroha B.Ed. II YEAR

What do you want to be in your life? It is the question each of you must have faced from another person as well as you might have tried to ask yourself. What do you want to do? What makes you happy? etc. Whenever I was asked this I was like anything but never a teacher. Back then in school, I used to wonder what does a teacher do? Just come to the class, throw up what he/she has in mind, and go away. This is what we generally think of a teacher being a student. But from the very beginning, I had this urge to help people, to listen to their problems and help them to find better solutions or perspectives towards problems they had. But I don't want this teaching-learning process to be limited within the boundaries of a school, college, or any other educational institution because I really believe that "A person who takes you from latency to manifestation is a teacher" and that teacher-student can exist anywhere. One can teach anywhere and one can learn anywhere.

Hence I chose teaching as a profession and enrolled in a B.Ed. course. Here I learned how to do effective student-centered teaching. Although we will always be in the process of teaching and learning in different phases of life. But now during the last days of college, I realized that I will no longer be a classroom student and will no longer be able to come to an institute as a student to learn, ask my doubts, have fun with friends, fear tests, and do much more, this makes me sad and despair. Just as the vehicle runs on wheels, life goes on too runs on wheels. So, we need to keep on moving by changing our roles in different phases of life. This teaching-learning is a lifelong journey.

Lastly, I want to express my heartfelt gratitude to the people who came into my life and helped me form a better perspective toward things that will lead me to live a meaningful life. I would also like to mention that I owe a lot to all the people or teachers who insisted that I write about my experience and bring the writer out of me.

STUDENTS SECTION (HINDI)

इन शांत गलियों में अब अँधेरा -सादिक अली (B.Ed 1st)

इन शांत गलियों में अब अँधेरा भी हुआ है
ये सब तो मेरी नाकामयाबी का धुआँ हैं
नाउम्मीदी ने मुझे कस के पकड़ा है
बस इन गरम हवाओ में जकड़ा है
छीन भी ली है मुझसे आवाज़ मेरी
इस से ज्यादा भी होगी क्या ज़िंदगी नाराज़ मेरी
खिलौना बन गया हूँ मैं इस दिल का
टूटता हूँ फिर जुड़ता हूँ ये काम हर दिन का
खुदको दफ्न करने को भी तैयार हूँ
इस कदर मैं इस दुनिया से बीमार हूँ
बाकी नहीं रखनी मुझे कोई सांस है
खुद में ना बाकी खुदसे कोई आस है
अब तो सिर्फ मुझे कहीं दूर आना है
आंखे बंद कर एक लम्बी नींद सो जाना है
मुमकिन होगा क्योंकि ना कोई मेरे पास है
सबसे दूर जाने का ये लम्हा तभी इतना खास है ।

चिड़िया -Vanshika, B.Ed (1st Yr)

मैं चिड़िया हूँ आपके बागों की
किसी और के बाग में नहीं बैठ सकती
आपकी खुशियों पर ज़िंदगी कुर्बान करू
लेकिन दुख आपके नहीं सह सकती
आपके साथ रहूंगी परछाई बनकर
लेकिन दूर आपसे नहीं रह सकती
दुनिया बेसक हमें लाख भूल जाए
लेकिन मैं आपके बिना नहीं रह सकती
मेरी खामोशी को अगर समझ सको तो समझ लेना
लेकिन मैं हर बात जुबान से नहीं कह सकती
मैं चिड़िया हूँ आपके बागों की
किसी और के बाग में नहीं बैठ सकती

टूटते रिश्ते –Preeti Aggarwal

रिश्तों में बढ़ती दूरियाँ आओ मिलकर मिटाइए,
वो मिलने नहीं आ सके तो क्या आप ही मिलने चले जाइए,
महंगे फ्रूट नहीं ला सके तो क्या बच्चों के लिये चाकलेट टाफी ले जाइयें,
दो-चार घंटे ना सही चार-पाँच मिनट का समय लगाइये,
मिलने का वक्त नहीं तो क्या फोन का फ़ायदा उठाइये,
मतलब की इस दुनियाँ में अपनेपन का अहसास दिलाइए,
बोलकर मीठे बोल प्यार के टूटते रिश्तों को बचाइए...

चाचा ताऊ और भाई बहन सबसे थोड़ा प्यार बढ़ाइए,
घर से अपने फुरसत मिले तो बुआ-मौसी के घर भी जाइए,
काम पड़े तो सब ही याद है बिना काम के फोन घुमाइये,
वो याद नहीं करते तो क्या आप तो अपना फर्ज निभाइए,
छोड़कर शहर की दुनियाँ कभी गाँव घूम कर आइए,
दादा-दादी बूढ़े हों गए है जाकर उनके पैर दबाइए,
भाई का हमेशा साथ निभाइए बहन अपनी से स्नेह बढ़ाइए,
भूलकर झगड़े-फसाद मन के दुःख में सबके काम आइए,
बोलकर मीठे बोल प्यार के टूटते रिश्तों को बचाइये.....!

एक नदी किनारे एक पत्थर के पास,
कोई फेंक गया था टूटी मूर्ति की लाश।
वहीं कई पत्थरों की महफिल जमी थी,
बैठे बतिया रहे थे सुकून से क्योंकि मिट्टी में नमी थी ।
कहा एक पत्थर ने
कितने खुश नसीब है वो पत्थर जिन्हें चुना जाता है मूर्तियां बनाने के लिए
मंदिर गिरजाघरों में सजाने के लिए।
जहां पूजा जाता है उन्हें बड़े सत्कार के साथ,
जो वो ओधे में हो जाते हैं, इंसानों से भी ऊँचे
उनके मान सम्मान की अलग ही हो जाती है बात।
ना धूप की चिंता ना नदी में डूबने का डर
लोग हैं सड़कों पे लेकिन उनके लिए इतने बड़े घर।
इतने में वो टूटी मूर्ति जो सुन रही थी सब कुछ चुपके से
एकदम से बोल पड़ी
जैसे हो उसके अंदर कोई एक जंग सी छिड़ी।
कहने लगी
ये जो चकाचौंध तुम्हें दिख रही हैं।
हमे तराशकर, पॉत कर जो ये मूर्तियां बाजार में बिक रही हैं।
इनमें मेरी तो कोई पहचान ही नहीं है।
जुल्म देखिए कि हमें हम होने की आज़ादी ही नहीं रहती
कि हमारे किनारे नदियां ही नहीं बहती।
कहो कितना सुंदर है ये पत्थर या बेशक कह दो कितना बेकार है।
पर तसल्ली तो हो के आज़ाद हूँ मैं खुद में, की ये मेरा अपना आकार है।
नदियों में डूबू या एक चीटी की ढाल बन सकूँ
इससे बड़ी क्या दौलत
कि मैं जो हूँ मैं वही रह सकूँ।

कैसे दिखते है भगवान किसी को पता नहीं,
पर जब कोई साथ नहीं देता तो याद इन्हीं की आती हैं,
जिंदगी में कठिनाइयां तो बहुत आती हैं,
मगर स्मरण करो इन्हे तो सारी खुशी-खुशी पार हो जाती हैं,
मैंने जिंदगी में बहुत सुन्दर नज़ारा भी देखा हैं,
पर जब आंखें बंद कर इन्हे याद किया तो कुछ और ही महसूस किया,
कैसे बताऊं क्या अनुभव किया, शब्दों में बताना ये आसान नहीं,
पर इतना जरूर कह सकते हैं, कि जब इन्हें हृदय से याद करते-करते
तुम्हारे नैत्रों से अश्व आ जाए, तो समझ लेना तुम्हारी अर्जी ऊपर वाले तक पहुंच चुकी हैं,
एक उदाहरण से समझते हैं, जैसे कुछ लोगों की अलग सी ही धारणा होती हैं,
किसी को डर लगता हैं कि भगवान देख रहा हैं,
और किसी को यकीन होता हैं की एक भगवान ही तो है जो देख रहा हैं।

इसलिए मैंने बनाया हैं इन्हें अपना सच्चा दोस्त, क्योंकि इन्होंने मेरा साथ कभी नहीं छोड़ा,

हालात चाहे कैसे भी हो, मेरा हाथ इन्होंने कभी नहीं छोड़ा,

एक दिल से दिल तक का रिश्ता हैं इनके साथ, तकलीफ मुझे होती है,

तो शायद मेरा दोस्त भी रोता होगा।

तभी तो हर किसी को दोस्त बनाना आसान नहीं होता,

जैसे हर एक वृक्ष पर मीठा फल नहीं उगता,

दोस्ती का मतलब भी मैंने अपने दोस्त से ही समझा है,

जैसे राधा-कृष्ण मे, कृष्ण राधा के प्यार का मोहताज़ नहीं होता।

शिक्षण का फूल - रेणू (बी एड द्वितीय वर्ष)

SHIKSHAK PRATIBIMB ,MAY 2023 ,ISSUE 2

कड़कती धूप में ठंडी छांव है गुरु,
सागर के बीच से ,मंजिल तक पहुंचाती नाव है गुरु,
जिसको शब्दों में ना समेटा जा सके ,बस वही भाव है गुरु ।

विद्यार्थी हम से आगे निकले ,गुरु बस यही दुआ करें।
जिंदगी की परेशानियों को पल में जुदा करें।

पूरे विश्व का ज्ञान गुरु में समा जाता है,
इनका एक सुविचार कठिनाइयों से लड़ने का हौसला बढ़ा जाता है।
खुद के लिए ये फिक्र नहीं करते,
पर हर गुरु अपने विद्यार्थी को काबिल बना जाता है।

गुरु तो गुलाब बन ,पूरी जिंदगी को सुगंधित कर देते हैं।
हर मोड़ पर ,हर कदम ये हमे ज्ञान और उम्मीद से भर देते ।

प्रिंसिपल मैडम- यहां की मुखिया है
इन्हीं की वजह से हम में शिक्षण का फूल खिला है।
कभी हम सब को संभालती हुई मां है,
तो कभी अनुशासन सिखाती पिता है।

सोनिया मैडम -जिंदगी का हर सबक मुस्कराते हुए सिखाती है,
सीखने को बहुत कुछ मिलता है ,जब वह अपना अनुभव बताती है।

इतिशा मैडम हर रोज मनोरंजन से जीना सिखाती है,
कभी शिक्षा तो कभी मनोरंजन का महत्व बताती है।

अंजू मैडम का हर रोज हमारा हाल पूछते रहना ,
हर बात खुशी से कहना ,हर हाल में शांत स्वभाव से बहना।

दीप्ति मैडम की हंसकर पढ़ाने की कला बड़ी लुभाती है ,
इनके लिए इज्जत बढ़ जाती है, जब वह अपनी जिंदगी के फलसफे हंसते-हंसते सुनाती है।

रितु मैडम कोमलता और नम्र स्वभाव की मूरत है,
सच कहूं तो दिल की बेहद ही खूबसूरत है।

निशु मैडम ने अपनी कला से ,रंगों को पन्नों पर उतारा है
और उन्हीं रंगों से हम सभी को संवारा है।

सरिता मैडम हर रोज कामयाबी का रास्ता दिखाती है,
हमेशा सही गलत और अच्छे बुरे में फर्क बताती है, और हमें एक बेहतर इंसान बनाती है।

चित्रा मैडम और निधि मैडम हर रोज कुछ नया बताती है ,
अपने मार्गदर्शन से एक नई सोच -एक नई राह दिखाती है ।

शिल्पा मैडम ,श्वेता मैडम और बिजेन्द्र सर का, हम सभी का हौसला बढ़ाना
और अपने अनुभव से हमें बहुत कुछ सिखाना।

यहां हर रोज खुशियों, अपनेपन और उमंग की बहार है,
हम सभी का रिश्ता सिर्फ किताबी नहीं, यह पूरा कॉलेज एक छोटा सा परिवार है।

CAPTURING LIMELIGHT



अंतरराष्ट्रीय महिला हिंसा उन्मूलन दिवस पर जानकारी देवे दीपक मंथन @जाधराण जास, सोनीपत : हिन्दू शिक्षण महाविद्यालय में महिलाओं के खिलाफ हिंसा के उन्मूलन के लिए अंतरराष्ट्रीय दिवस पर कानूनी जागरूकता शिविर लगाया गया। इसमें मुख्य वक्ता कानूनी सेवक दीपक कुमार मंथन, अधिवक्ता शिव प्रसाद शर्मा एवं कानूनी सेवक हवासिंह ने छात्राओं को जानकारी दी। कार्यक्रम की अध्यक्षता महाविद्यालय के प्रिंसिपल

डा. राजबाला जाखड़ ने की। दीपक कुमार मंथन ने कहा कि नागरिक सुरक्षा एक गंभीर मुद्दा है। जब देश की आधी आबादी को गरिमा से संबद्ध हो तो मामला और भी विचारणीय हो जाता है। नारी सुरक्षा के बिना राष्ट्रीय प्रगति असंभव है। दिल्ली में एक महिला के 35 टुकड़े करके फेंक देने की घटना नारी सम्मान को शर्मसार करने वाली है।

भारत जैसे महान राष्ट्र की ऊर्जा तो युवाओं में ही निहित : मैजिस्ट्रेट रमेश चंद्र

सारथी जन सेवा चैरिटेबल ट्रस्ट द्वारा अंतरराष्ट्रीय युवा दिवस पर जागरूकता अभियान के तहत वर्ष 2022 की थीम अंतर पीढ़ीगत एकजुटता, सभी उम्र के लिए एक दुनिया बनाना विषय पर सेमिनार एवं युवाओं को प्रोत्साहित करने के लिए युवा आह्वान अवार्ड सम्मान समारोह का आयोजन हिन्दू कॉलेज ऑफ एजुकेशन में किया गया। इस अवसर पर जिला विधिक सेवा प्राधिकरण के सचिव एवं चीफ जस्टिशियल मैजिस्ट्रेट रमेश चंद्र ने मुख्य अतिथि शिरकत की व कार्यक्रम की अध्यक्षता दिवेदी उच्च न्यायालय के अधिवक्ता अनिल कुमार जैन ने की। विशिष्ट अतिथि के रूप में डा मिखिल सर्जन डॉ नीरज यादव, सीए प्रिया गर्ग नाई दिवेदी, हिन्दू कॉलेज ऑफ एजुकेशन सोनीपत की प्रिंसिपल राजबाला जाखड़ मौजूद रही। इस अवसर पर युवाओं द्वारा भव्य सांस्कृतिक कार्यक्रम प्रस्तुत किए गए। कार्यक्रम में मुख्य अतिथि चीफ जस्टिशियल मैजिस्ट्रेट रमेश चंद्र ने युवाओं को संबोधित करते हुए कहा कि युवा किन्ती भी राष्ट्र को शक्ति देते हैं और विश्वके भारत जैसे महान राष्ट्र को ऊर्जा तो युवाओं में ही निहित है। युवाओं के अनुभव और युवाओं का



युवा अगर महान राते पर चलते हुए भीगे और विलीसि की ओर आसरे कीलत है तो वह अपने सपने में देर को भी पूर्ण में से सपने का पूर्ण करता है। उन्होंने आह्वान किया युवा अपनी ऊर्जा सकारात्मक कार्यों में लगाएँ और युवा सामूहिक रूप में और व्यक्तित रूप से सतत विकास के लक्ष्यों को प्रयास की जाये रही। इस अवसर पर सारथी ट्रस्ट के संस्थापक चेतनस सहाल सिंह आलवत ने कहा कि भारत युवाओं का देश है। एक ऐसा देश जहाँ की अधिकांश जनसंख्या युवाओं की है और वह हमारे देश की सबसे बड़ी ताकत है। अंतरराष्ट्रीय युवा दिवस मनाया जाये साहक होगा जब नवीनताके रूप पर बढ़ी युवा युवा कृति का प्रतिक है। ऊर्जा का स्रोत है, इस कृति एवं ऊर्जा का उपयोग

नारी सुरक्षा के अभाव में राष्ट्रीय प्रगति असंभव : दीपक

सोनीपत/टीम एक्सन इंडिया हिन्दू शिक्षण महाविद्यालय सोनीपत में जिला विधिक सेवाएं प्राधिकरण सोनीपत के तत्वावधान में माननीय सीजेएम व सचिव रमेश चन्द्र के निदेशानुसार महिलाओं के खिलाफ हिंसा के उन्मूलन के लिए अंतराष्ट्रीय दिवस पर कानूनी जागरूकता शिविर का आयोजन किया गया। जिसमें मुख्य वक्ता कानूनी सेवक एवं नेशनल अवार्डी दीपक कुमार मंथन रहे। विशिष्ट अतिथि के रूप में अधिवक्ता शिव प्रसाद शर्मा एवं कानूनी सेवक हवासिंह रहे। जबकि कार्यक्रम की अध्यक्षता महाविद्यालय के प्रिंसिपल डॉ राजबाला जाखड़ ने की। मुख्य



मंथन ने कहा कि नागरिक सुरक्षा एक गंभीर मुद्दा है। जब देश की आधी आबादी की गरिमा से संबद्ध हो तो मामला और भी विचारणीय हो जाता है। नारी सुरक्षा के बिना राष्ट्रीय प्रगति असंभव है। आजादी के 75वें वर्ष में पदांगण कर चुकी

व्यवस्थाएं नारी-सुरक्षा को लेकर किन्ती सजोदा है, इसका सहज अनुमान गाँडिया में अक्सर सुविधों वन कर उपरने वाले दुकर्म के प्रकरणों से लगाया जा सकता है। मयूर विहार दिल्ली की घटना एक महिला के 35 टुकड़े करके फेंक देने से शर्मसार नारी

सम्मान को शर्मसार करने वाली है। बौद्धिक क्षमता तथा तकनीकी कौशल के संयोजन में कहीं हमारा वर्तमान शैक्षणिक पाठ्यक्रम देश के भावी भविष्य को नैतिक ज्ञान उपलब्ध करवावे में पिछड़ तो नहीं रहा।

भारत जैसे महान राष्ट्र की ऊर्जा तो युवाओं में ही निहित : मैजिस्ट्रेट रमेश चंद्र

अटल हिंदू/गंबीर सिंह रोहिडा



सांस्कृतिक कार्यक्रम प्रस्तुत किए गए। कार्यक्रम में मुख्य अतिथि चीफ जस्टिशियल मैजिस्ट्रेट रमेश चंद्र ने युवाओं को संबोधित करते हुए कहा कि युवा किन्ती भी राष्ट्र की शक्ति देते हैं और विश्वके भारत जैसे महान राष्ट्र की ऊर्जा तो युवाओं में ही निहित है।

10 युवाओं को दिया यूथ आइकॉन अवॉर्ड

भास्कर न्यूज | सोनीपत

सारथी जन सेवा चैरिटेबल ट्रस्ट द्वारा अंतरराष्ट्रीय युवा दिवस पर युवा आह्वान अवार्ड समारोह किया गया। इसमें विभिन्न क्षेत्र में प्रतिभा दिखाकर नाम चमकाते चाले दस युवाओं की सम्मानित किया गया। स्वयं सेवे के लिए पीढ़ीगत एकजुटता, सभी उम्र के लिए एक दुनिया बनाना विषय पर सेमिनार भी किया गया। हिन्दू कॉलेज ऑफ एजुकेशन द्वारा कार्यक्रम में जिला विधिक सेवा प्राधिकरण के सचिव एवं चीफ जस्टिशियल मैजिस्ट्रेट रमेश चंद्र ने मुख्य अतिथि शिरकत की। कार्यक्रम की अध्यक्षता दिल्ली उच्च न्यायालय के अधिवक्ता अनिल कुमार जैन ने की व विशिष्ट अतिथि के रूप में डा मिखिल सर्जन डॉ नीरज यादव, सीए प्रिया गर्ग नाई दिवेदी, हिन्दू कॉलेज ऑफ एजुकेशन सोनीपत की प्रिंसिपल राजबाला जाखड़ मौजूद रही। इस अवसर पर युवाओं ने भव्य सांस्कृतिक कार्यक्रम प्रस्तुत किए।



- सोनीपत, विभिन्न क्षेत्र में नाम कमाने वाले 10 युवाओं को सम्मानित किया।
- यूथ आइकॉन अवॉर्ड से ये हुए सम्मानित**
- नवीन मलिक इंडियन प्री स्टाल नेशनल गैलरी, सोनीपत
 - स्वर्ण पदक विजेता (खेल क्षेत्र)
 - सीए प्रिया गर्ग चार्टर्ड अकाउंटेंट (युवा प्रेरणा)
 - डॉ निशांत मित्तल एमबीबीएस एमडी मेडिकल प्रिंसिपल नर्सिंग होम सन्निव (चिकित्सा क्षेत्र)
 - मोहित भारती (कलाकार)
 - भावना आरित्तल प्रिंसिपल, शिव अरिस्त वरिष्ठ माध्यमिक विद्यालय, सोनीपत (शिक्षा क्षेत्र)
 - कुमारी निहारिका स्टेट अवॉर्ड
- राष्ट्रीय सेवा योजना हिन्दू कन्या महाविद्यालय सोनीपत (खेल एवं पारिवारिक संरक्षण क्षेत्र)
- कुमारी अंजलि राठी भारत का प्रतिनिधित्व करने वाली जूनिपर टीएम टेनिस खिलाड़ी (खेल)
 - राहुल गुज्जरा मेधाविक सहायक कल्याण शिक्षा शिक्सा शिक्सा (सामाजिक कार्य क्षेत्र)
 - संतलाल दहिवा मंडोरा (युवा किसान)
 - सोहन लोभर सहायक प्रोफेसर सी आर ए कॉलेज सोनीपत (महिला सार्वजनिक क्षेत्र)

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