



**GITARATTAN INSTITUTE
OF ADVANCED STUDIES
& TRAINING**

E-ABHIVYAKTI EK MANCH

2019-2021

MARCHING AHEAD LEADING ONWARD



“

“THE BEST AND MOST BEAUTIFUL
THINGS IN THE WORLD CANNOT
BE SEEN OR EVEN TOUCHED.
THEY MUST BE FELT WITH THE
HEART”

HELEN KELLER

GIAST is an institute that is known for its high standards in teaching. It was established in the year 1999 with the motto “To make women a strong pillar of the society” and with the vision to improve quality of life by imparting high-quality education by providing student teachers a positive and supportive learning environment.

Ever since its inception, a strong commitment to excellence in teaching has made the college a role model and a path setter for various institutions.

ABHIVYAKT 2019-2021

“ABHIVYAKT” implies “TO EXPRESS” i.e. a show of a feeling or quality to make it clear that they have that feeling or quality.

Creative expression is the honest integrity of the artist. It does not require any acceptance from any other person. It is the most important natural thing in the world. A child is born curious, eager to discover and explore their environment and they do this naturally through self-expression. “ABHIVYAKTI” helps the child to develop intellectually, emotionally as well as make them independent thinkers & creators.

Various ways in which a child may express are drawings, poems, essays, portraits, crafts, quotes, etc. to name a few.



HOW POEM REFLECT ONESELF!

Andrea Gibson, a well-known poet, says "Writing is the one place where the world makes more sense to me. It's where I feel the most turmoil, But also the most peace. It's the one place I look my life straight in the eye."

Spoken words and poetry are powerful mediums For artistic expressions. They allow You to add tone and color to your Words. You don't need to be an artist or a performer. You don't need to blow the audience away or make people cry. You don't even need to show your work in the light of the day. But the act of writing, speaking, can be Transformative. Our emotions bring vibrant color to our life: Love, displeasure, serenity, Fear, anger, sadness, terror, embarrassment, disgust, and joy to Name A few. Multiple books have been written on the power of expressing ourselves through our emotions.

Poetry, in particular, is a great way for students To find their creativity. It's also an excellent way to expand vocabulary, Which helps with both self-expression and language.

- Ways in which poetry proves to be beneficial in self-expression:
- Develop accuracy and understanding in perceiving oneself and others.
- Develop creativity, self-expression, and greater self-esteem.
- Strengthen interpersonal skills and communication skills.
- Ventilate overpowering emotions and release tension.
- Find new meaning through new ideas, Insights, and information.
- Promote change and encourage coping skills And adaptive functions



Hope

I hope things will change from now onwards.

I hope people get it what is actually right and what's not.

I hope they won't start preaching whatever comes on social media.

I hope people know what to support and what's not.

I hope they won't take moves blindly.

I hope this sacrifice of life won't be wasted .

I hope this sudden awareness won't get disappear in a day or two.

I hope this will bring a change in our aggressive and so called morden.

generation's way of thinking and doing thing

I hope....

Srishti Sharma
B. Ed 1st year
Roll no 078

The very brink (edge) I decide to sublime,
 Your very affect and existence being naïve,
 Your manipulations 'bout my laughs and cry,
 Was way beyond sage responses and try,
 The eerie of calls my beating nerve is undergoing now,
 Is this the soul reason I end up with jerkish whats and how?
 No a seek of modeling the chink out'f rage and bold,
 But the soul; who's thole enough to sustain and fill those shatterings with cure,
 As beautiful and pure as gold
 In order to (SUSTAIN) zustand those unhailed cracks into look upon lines of existence,
 Of adorence and beaming persistence.
 O thou, Shakespeare!
 A comprehensive balance of wisery and bovine,
 Once coherently scrawl;
 "Expectations always hurt."
 And so I hereby, accept this very fact with a toast of wine.
 But as specified before; You've always been a bovine...
 This contradictive aura has and always haunt,
 Expectations are the testaments of thorough emotions and shine,
 And I've and always am apt for going through this ceaseless count,
 Of breakage and hurting,
 With this very belief of discovering (SOMETHING) someone
 Ready to satisfy me, The real vulnerable cravings and curving.
 As I'm a survivor.
 (Believe to maintain and sustain every little of possible ways.)
 Throughout; and thorough votively thorough throughout.

KRITIKA KISHORE
 B.Ed.
 1st year
 03212802120

Strength means nothing without faith.
 Faith means nothing without little losses and gain.
 Gain means nothing without share and care.
 Care means nothing without appreciation and beautiful glare.
 Glare means nothing without belonging and appeal.
 Appeal means nothing without confidence and smart zeal.

This all I got to learn and understand with your presence and guidance throughout my tough and easies and thick and thins.

Thank you for being that person with full of consideration and appreciation towards me and towards every needed person.

I know I don't say it often but you're the best person who has ever entered and made me learn about the life and it's importance.

Thank you for everything so far and eventually, For everything you promise to do ahead.

KRITIKA KISHORE
 B.Ed.
 1st year
 03212802120



Every girl is gifted with a precious gift,
 The one she cherishes in childhood.
 Evert girl is provided with that fun lift,
 The one she feels to the fullest of her livelihood.

While remembering the old day,
 Full of happiness and gay.
 The only male shadow she feels when she is too young,
 The only heavenly hug whose breath she feels coming from his lung.

A man with a shield as hard as steel,
 But, has a normal heart as soft as plum.
 A person whose life roam around his family as a wheel,
 A man who is so active in situations full of numb.

A humorous singer who carry that zing,
 A permission granter who never ding,
 Whose scolding is like a ting...

Oh! I'm so grateful to you holy powers
 For gifting me with such a royal king.

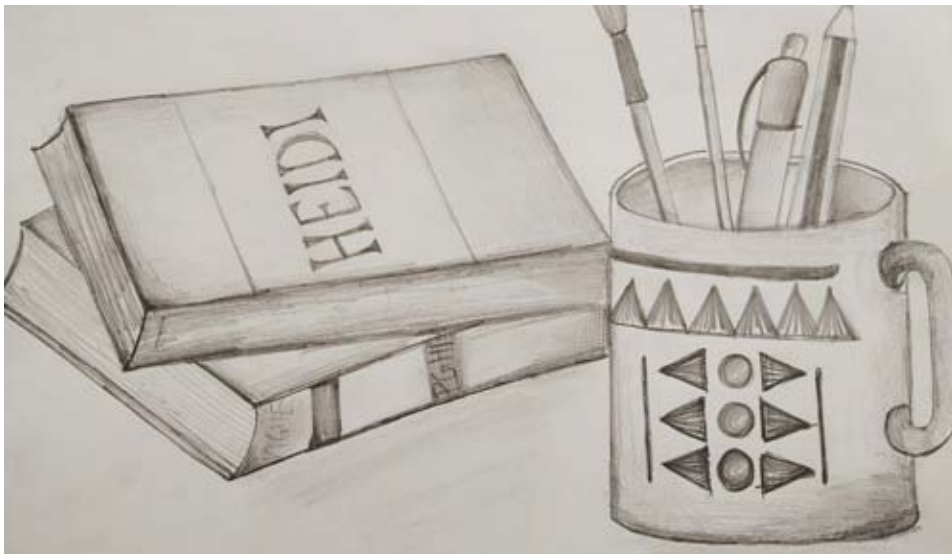
I know people say I look alike my mom,
 With her features , with her norms.

But, I know this very well,
 I'm like you dad, that no one would tell,
 But, I know for sure,
 You are my cure,
 The one who endure,
 My tantrums, My constant lure.

KRITIKA KISHORE
 B.Ed.
 1st year
 03212802120

SHRISHTI SHARMA





HOW ESSAY REFLECTS ONESELF !!

Although many of us may have doubts about our writing, the truth is we are all writers. Writing is a talent that we are all capable of having with practice, patience and becoming more comfortable with our writing style. Even the best writers were not born with all their talents but developed them through writing more and sharing their writing with others.

When we write, we are able to express ourselves more freely than any other forum. Writing can become a way to teach someone about your point of view, to share your feelings or even just to write about your day.

One of the best ways for us to express our opinions and point of view is through an essay, a short piece of writing on a particular subject.

Writing is a way to share your opinion. When you write an essay, you are starting with a topic and an opinion. You are able to share with your audience your point of view and to prove to them that this point of view is logical and valid. You are also able to share your feelings about your topic by supporting your point of view and providing your background and experience with the topic.

When you write an essay, you will be sharing with an audience. Even if this audience is only your teacher, you are still sharing your opinion with others. Other writing may be done solely for you, but an essay provides a platform for you to express your feelings and opinion about a subject freely. Of course, it is important to provide strong evidence, examples and support from others, but the basis of the essay starts with your topic, beliefs and ideas.

STUDENTS EXPERIENCE AND TEACHING

Today's education system starts believing that hand on experience is the most effective way to teach because students of the 21st century hate-read boring text and do not believe in getting marks by mugging up the content.

On the other side, some people still believe in the traditional method of teaching i.e., from textbooks.

Though this is a debatable issue between both modern and traditional thinkers. I will come to conclusion after discussing both sides.

Firstly textbooks provide us knowledge that can only be helpful in getting marks. Students need to mug up the text and fill pages in the examination to get marks. No one remembers what he or she has read in class 10 or in class 12 but everyone remembers their first school trip.

Experiences are lifetime knowledge for an individual and also a continuous process. Every single minute gives us an experience. Then, why can't this approach can be used in teaching as well to make the teaching-learning process more effective and create an easy learning environment for the students. While students learn through experiences there is a higher probability that it will last longer rather than cramming it through textbooks.

But, not to forget textbooks provide us theoretical knowledge on which practical knowledge is based. In the end, experiences cannot give us quantitative results. Although to get the job we need quantitative results in terms of grades or percentage, employers never ask for your fancy trip experiences.

In conclusion, I would say that though the experience is important for lifelong learning but textbooks are equally important to maintain the education system.

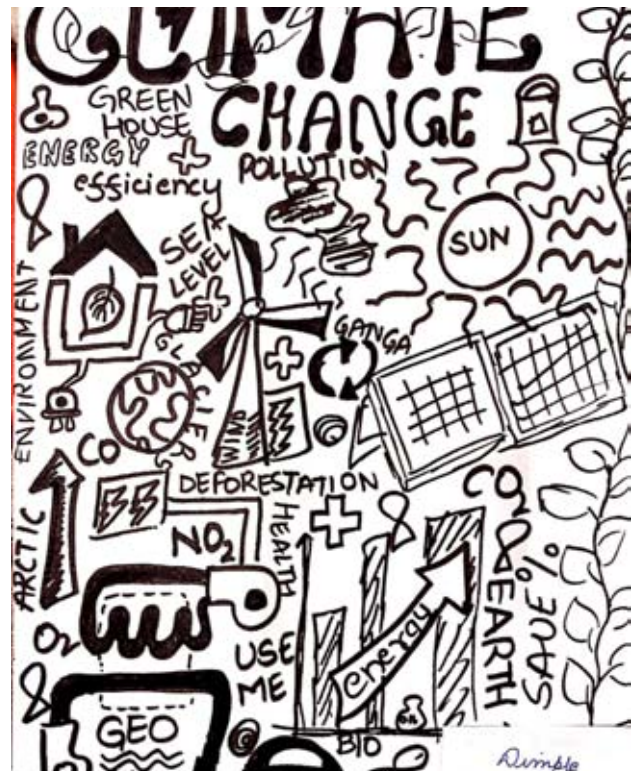
HOW ART REFLECTS ONESELF !!

The world is a strange place right now. Downright surreal even. And it's hard to deny that there are a lot of emotions at play. Interestingly enough, the Latin roots of the word emotion are e (out) + movere (move). In an ideal world, emotions create feelings that flow naturally. But oftentimes they get dammed up. Whatever you're feeling these days, it can be a lot to carry. Expressing emotion through art is an incredible way to release those feelings before they get too deep.

Sometimes simply stating what you're experiencing isn't in enough.

In order for emotions to move through us freely, they must be accepted and expressed. Doing so enlivens us and fuels our creativity. Fortunately, experiencing emotions directly through art is fairly simple – if you allow for the process.

This could be done drawing, painting, sculpting, music, movement, writing, drama, whatever creative means allows you to open up and bare your soul. You needn't be talented or skilled at any of these either. They are simply a means for expressing yourself. And each time you create a work of art, you're sharing new ideas, as well as different ways to express yourself. This can certainly serve as motivation for others.



"Unleash your creativity!"

“

*Always dress like
you're going to
see your worst
enemy.*



STREET PLAY



WOMEN

EMPOWERMENT



GIRLNESS IS GREATNESS!

CULTURE OF INDIA



EXTENSION LECTURE



“

*Always dress like
you're going to
see your worst
enemy.*



SONALIKA MANDLA

In 2019 I decided to join B.Ed to pursue my career in teaching field. So I applied in GGSIPU and one of my friends suggested the college name. Unfortunately COVID 19 pandemic hit so hard that the whole world just shut down. In our country lockdown of 6 months has been imposed and the whole exams and sessions were postponed. After 6 months I cleared my CET got selection in GIAST. In December the admission process started. Because of pandemic our classes started on online platform. All the classes and practices were in virtual mode. When I joined I thought that after January everything will go back to normal but it didn't happen. Later they assign our subjects to us. One of the practical was UNDERSTANDING THE SELF.

Understanding the self practical provided an opportunity to me to begin a process of self-transformation. It brought out my inner creativity and skills. Daily journal writings were a way to analyze myself, to be alone with me among the noise of a busy world and to learn. When I entered into B.ED course I was not confident enough, I could not express my thoughts openly I have a fear of public speaking, my skills and creativity was somewhere faded away due to absence of right platform. I lost my own self while performing well for academics. But this practical has provided me with the right platform and ample opportunities to show case my inner talent and creativity. It has boosted my confidence and brought me up the

level where I can, now openly express my thoughts. Now I am well aware of my potential and weakness. This practical provides us with a variety of tasks like journal writing, observation of nature and people around us, sharing and assimilating experiences in the form of finding answer to what that experience meant to us, viewing and analyzing the film - super 30, celebration of iconic figures, glimpse of different childhood in India etc.

I will apply it in my teaching-learning process like integrating academic context with students everyday experiences to make learning meaningful and better help in develop national value and respect for society and many more.



SONALIKA MANDLA



CRAFT



ART



QUILLING

UNNATI GUPTA

The pandemic had already hampered the third year of my graduation but by the time I decided to join B.ed there was a little hope of an end to the pandemic but unfortunately it doesn't happened. I am a person who speaks less and a very observant one, my personality of speaking less make me think of pursuing such a profession, but I am more passionate about teaching than this fear.

Understanding the self as suggested by the name it really helped understanding one's self, weather it is journal writing, group activities ,significant life experience or making crafts each thing helped in creating myself; understanding myself for realistic, satisfactory and optimistic life. Writing all those reflections helped me really noticing each and every small things and expressing myself into words, those things which I used to think as a random thought but were some

realities, understanding the self helped me face those things, those fears. I observe myself a little more outspoken, expressive and observant. Group presentation under this subject brings a level of confidence, creativity and a spirit of working with different type of individuals. It taught me how to react to situations; it improved the linguistic skills and communication skills.

It provided a key for peace and happiness- self control, self understanding and self cure.



SALONI SINGHAL

Understanding the self practical was primarily about reflecting on our daily experiences in B.Ed. and our life experiences as a whole. It included maintaining a daily journal, reflections on our educational journey, significant life experiences and reviewing our learning by analyzing what I have learned and how far I have come. Self- reflection is a very important source of professional development

and improvement for teachers. It helps us gain new insights of self and practice. Reflection helped me develop my skills effectively and review my daily practices. It encouraged me to question, in a positive way, about what I do and why I did it. I was able to critically think about my own strengths and weaknesses. Writing daily journals helped me in self-development and provided an opportunity to express myself.

John Dewey once said, "We don't learn from experience. We learn from reflecting on experience." We learn by experiences and mistakes. But unless we question ourselves about them, we won't make any changes. Reflection enables us to move from just experiencing to understanding.



SALONI SINGHAL



TEACHING AID



CRAFT



POSTER

HIMANI GUPTA

Initially, our teachers told us to write journal writing on a daily basis which helped me a lot to know myself better through introspection of ongoing events in classes as well as in my personal life by observation, experiences etc. It demonstrated my ability to conduct critical inquiry which is a very important part of someone's life and it is very much important for a teacher to know their mistakes and work upon it. Other than that, it gives me more confidence, broadens my perspective, gives me more insights on my progress as a teacher by marking accomplishments and failures, and articulates my arguments and ideas in a better way.

There were so many activities under this practical such as writing about your significant life experience, educational autobiography, working in groups through role play, nukkad-natak etc. which taught me that how we should work in a group, the value of others' opinions, importance of patience, tolerance and how these values play an important role in the profession of a teacher.



HIMANI GUPTA



JIGYASA PANWAR

Understanding the self practical focus on everyday behaviour all of us do and what kind of perceptions and beliefs we have about ourselves. This practical took me on my new journey to reflect upon the self concept which I carry for myself and grew a sense of self awareness on the basis of the experiences I have gained so far. In this practical we had to do multiple Journal writing like reflection on significant life experiences, observations of life situations, questions on education, educational autobiography, aspirations and expectations, etc. The reflective journal writing helped me to self monitor myself and self analyse the experiences of the situations that have established my behaviour. This practice made me realise how I started my educational journey and where do I stand today, it also helped me to self-reflect how many life goals I have achieved so far and what plans I have to follow my other aspirations. Understanding the self also included the concept of health, healing and diseases according to the yogic perspective. The workshop of mindfulness was conducted online. I have learned that a healthy person is not defined as a healthy body but a healthy person can be defined on the basis of numerous factors like how he lives, enjoys, and spends his/her time more constructively, happily, and positively.



HIMANI GUPTA



POSTER



QUILLING



ART

SHIVANI KANOJIA

Understanding the self in my B. Ed curriculum has helped me a lot. Through this subject, I've gained insights into myself and my environment. It has helped me to understand the nature of identity and my personality. Through this subject I can clearly differentiate my life before enrolling in this program, I haven't had the type of exposure I'm currently having. My personal growth is now so much improved. From writing and reflecting on journals to writing about personal experience It has helped me a lot. Even the Group task, doing presentations to performing and making digital videos of plays, and having sessions like 'MINDFULNESS' , it was a great experience. I've learned so many things and also I had learned a lot from everyone and I'm able to understand the self more effectively.



SADAF NAAZ

As the name itself suggests, it gave me an opportunity to understand myself. It made me think and analyze things in a better way. It gave me an opportunity to reflect and learn from my own mistakes. In the beginning, we were very confused about how to write, what to write but with time things got changed with guidance and motivation provided by our teachers we finally learned to reflect. We started writing journals on a daily basis in which we had to

observe our classes and by the end of the day we reflect upon that. After that, we wrote on weekly basis followed by a monthly basis.

Also, I got an opportunity to write a Significant Life Experience, Observation on life experience, Educational Autobiography, analyzed Super 30 movie, worked in group activities.

I learned many things like

1. Concept of RAMA i.e Rejection->Assimilation->Manage->Adaptation
2. Always be positive
3. Teacher should not teach the student but she should reach the student

4. As a teacher, we can also make mistakes but we should not feel ashamed of apologizing as we are also humans

5. Socialization

6. developed confidence

7. we must take initiative in life then only we can learn new things

8. To be patient

9. If we are determined we can achieve anything

10. mother gives us birth but our teachers give us worth.

CONCLUSION

This practical helped me in analyzing, reflecting, and finally learning. As a future teacher, I've to take each step judiciously which is very important as I have to bear a very big responsibility of imparting knowledge in world's greatest resource i.e. the future generation of our Nation.

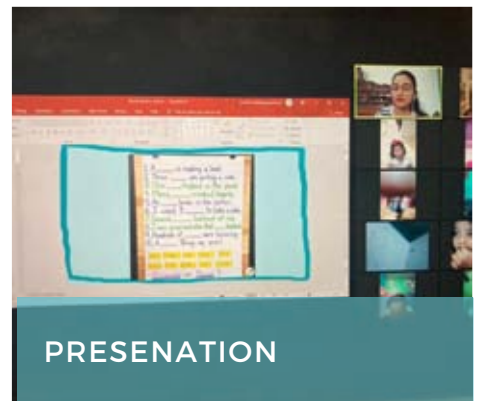


MANSHI DALMIA

Understanding the self is a practical which taught me 'How to reflect'. Being a graduate from an Open University the environment when I came to GIAST was completely new to me and with a lot going on in college itself it was overwhelming. However, For example- Journal writing helped me gather my thoughts and also encouraged me to be more attentive in the classroom. Significant Life Experience made me look back in my life and reflect on those particular moments which changed my life or my outlook on life. Now that I look back again I have come so far! This journey has made a huge impact on my personality and as a teacher too. Even in the Observation of Life situation, it taught me no matter which situation you are in either good or bad, one can always learn from it! Take it as an opportunity to get something knowledgeable out of it! It has helped me in shaping my personality and turned me into an optimistic person, I have noticed no matter what situation I face I always try to get something good out of it. Even the group activities! I always had a problem connecting with people of my age and I remember the group activities being fun but tough. But now I wouldn't change my group mates for notes of any subject. I have been learning so much from them like Deepakshi is such a good writer, Aishwaria is so good with technology, Tanya has the most amazing ideas and Shrishti is a good leader. Our group is called the 'Best Group' as we always try to bring something different to the table from others which I absolutely adore! Understanding the self, true to its name has helped me discover myself and my potentials which I never knew existed!



MANSHI DALMIA



PRESENTATION



ART & CRAFT



SELF CARE

ASHIMA WAHIE

'UNDERSTANDING THE SELF', by the name itself implies a beautiful meaning of knowledge or understanding of one's own capabilities, character, feelings&emotions for interrogating within ourselves. A self deep introspection can carry so much importance in my life, I could never realize this fact, until I studied this subject in my B.Ed course (1st semester). I, Ashima Wahie , teacher trainee at Gitarattan Institute Of Advanced Studies & Training, feel honored and obliged to be able to learn various skills and develop strong and critical thinking by studying this practical subject i.e. 'Understanding the self' in my curriculum. When I

look back to the day, when the term 'self-introspection', 'self-knowledge & understanding', looked very unfamiliar to me; I genuinely could never imagine the fact that such ability could help me grow to another level of intellectuality and stability. I learnt how 'self-introspection' is significant in my future growth and prospects.

." I realized that it is not only creating core values within myself, but also it is helping me to take better decisions by identifying and understanding by own weaknesses & strengths. I discovered that ,The deeper you go into your own self, the more easily you identify your core personal

values.I learnt to be able to reflect upon various things which I believe is truly essential for a teacher to be. I presented my views on various things which were given to us in the form of tasks- 'Educational Autobiography,

Significant Life Experience, Observations That Evoke Questions and Answers, also some Group Presentation on Iconic Figure, etc....'

Initially, to be honest it was little difficult for me to reflect upon and analyze but gradually, with proper guidance of my respected teachers, I could not only able to relate and reflect now but also enjoys to do that which I think will surely help me in my future growth prospects &professional efficacy.



ASHIMA WAHIE



PAINTING



CRAFT



CRAFT

SHREYA GUPTA

Understanding the self means what the person truly understands about their inner and outer self- their weaknesses, strengths, what they like and what they dislike etcetera. The various writing and group tasks given in this practical subject made me think what I really understand about myself deep inside and made me discover various things that I didn't know I really like for example I loved doing Nukkad Natak and Puppet show with my friends.

I learnt how to work in a group(the cooperation and patience needed for working in groups) and how to respect opinion of each and every person and still work as one unit. When we won the state exhibition, I was exhilarated seeing all the hard work paid off. I always used to feel that I lack confidence and how would I be able to become a good teacher but after doing all the tasks I found various qualities I have and my new found likeness to all these new

activities made me much more confident in myself. I have now developed a habit of writing daily journals just because of this practical. By writing daily journals in B.Ed. and reflecting on it, I started identifying the good and bad things I did and critically analyzed each and every situation. I understood the importance of reflecting in day today's life and how much of an impact it can make in one's life. This practical made me discover myself in a whole different light and it actually made me understand what my real self is.



SHREYA GUPTA



QUILLING



COFFEE PAINTING



PAPER MACHE VASE

ANUSHA PANWAR

Understanding the Self, as the name suggests, acquainted me with things that I was unaware about myself. The power to reflect is not common to all and hence needs to be acquired. Starting from daily journals, step by step we did learn the art of reflection. But it was only after the various tasks given to us in this practical that I thought I went down the sea to ponder about things that otherwise did not appear to have a lot of meaning. Thinking things through and analyzing the little difference that we could've made in that situation is what I learnt the most from this practical. Not just that, there were various activities for which we walked the extra mile and only enriched our knowledge about the kinds of students we might encounter in the near future.



TANYA SACHDEVA

Understanding the Self is a very important and useful practical for student teachers. We did a lot of reflective activities in this practical that really broadened my horizons like: journal writing; our significant life experience; observation of life situation that evokes questions and responses; questions on education, learning and teaching that we're facing; periodic reflective journal; educational autobiography; mindfulness workshop; digital story on a significant experience; glimpses of different childhoods in India and plays on different social issues, etc. This practical encouraged in me a level of self-awareness and consciousness. Self-reflection enabled me to identify areas for improvement and also areas where I was strong. It also gave me the opportunity to determine how I can develop my skillset to progress my professional development as a teacher. It motivated me to be innovative and helped in remaining up to date with new practices and strategies. This practical helped me in developing life skills to understand myself in a proper way. It enabled me to recall and reflect on my educational journey which reminded me of how my journey has been a roller-coaster ride and how far I've come. It developed my capacity for being able to reflect on various experiences, life situations and ideas and issues that arise in my mind etc. Therefore, the 'Understanding the Self' practical was a wonderful and interesting experience for me and was very engaging.



TANYA SACHDEVA



TWINKLE ANAND

I, Twinkle Anand studied this subject Understanding the Self in the first semester of the B.Ed. (Bachelor of Education) course from the Gitarattan Institute of Advanced Studies and Training. I am extremely delighted that I am constantly learning and gaining knowledge and expanding my knowledge horizons at the same time.

Till the present day, I have realized the importance of reflection in one's life, especially in the life of a teacher. The teacher is the foundation of Education, as a teacher reflects on her own self and improves throughout her life. This subject has taught me the value and significance of reflection and new strategies to improve myself.

So, in this subject, I did a lot of activities and assignments like Educational Autobiography, Significant Life Experience, Observations that evoke questions and answers, Movie Review, etc.

From all the mentioned tasks each had a merit of its own. In the Educational Autobiography I learned about my educational journey, why am I doing this course, and many other aspects which earlier I was completely unaware of. I learned that how can just one significant life experience change the entire life of someone. I questioned myself, my beliefs, my ideas, my thought process and I gained new insight into many things.

Hence, this proved to be a very important subject and every pupil-teacher needs to study this with great interest as in my case also, it has led to intellectual growth and self-development where I assess myself continuously, which is the most important part played by a teacher.



TWINKLE ANAND



PAPER MASHE



PAINTING



QUILLING

AMITA PANDEY

This practical gave me the opportunity to understand myself better. Initially, all the tasks given seemed so difficult and I was reluctant to initiate those but gradually, working on the tasks, I actually understood the very purpose of this practical. As I poured down my thoughts on the paper in the form of words, it actually helped me in resolving so many issues and dilemma which I regularly used to face and realized that how important it is for someone who is going to be in the teaching profession to understand their thought process and behavior and be able to bring desired changes in thinking and in behavior, only then a teacher would be able to affect the learner and bring out a positive change in their behavior. Through this practical, I gradually understood the importance on reflecting on our thoughts, taking a pause and analyzing the behavior to come out as a better personality and a better learner as well as teacher.



AMITA PANDEY



PENCIL DRAWING



ART & CRAFT



POSTER

ANJALI

“Understanding the Self” इस प्रैक्टिकर विषय में भुझे बहुत कुछ सीखने का अवसर मिला। रोज की दिनचर्या में हम सभी कितने कार्य करते हैं, कितनी गलतियां करते हैं लेकिन उन सब के बारे में कभी सोचते नहीं, कि हमने ऐसा क्यों किया, कैसे किया, आगे करना है या नहीं। लेकिन इस विषय में मैंने प्रतिदिन के लेख लिखे, जिसमें मैंने खुद को प्रतिबिम्ब करना सीखा। इस से सबसे अधिक लाभ तब हुआ जब मैंने अपनी गलतियों के बारे में सोचना शुरू किया और दिन की सभी परिस्थिति पर चिंतन करके प्रतिबिम्ब करना शुरू किया।

प्रतिबिम्ब (reflection) किसी भी व्यक्ति के व्यक्तिगत और व्यावसायिक विकास के लिए आवश्यक होता है। इससे मैंने खुद के कार्यों के बारे में, गतिविधियों के बारे में सोचना, प्रश्न करना शुरू किया। इससे मेरी स्मरण क्षमता तथा चिंतन क्षमता का भी विकास हुआ। अब मैं प्रत्येक परिस्थिति को रचनात्मक तरीके से हल करने में सक्षम रहती हूँ। इस विषय के माध्यम से मैं प्रतिबिम्ब करने के साथ साथ विचार अभिव्यक्ति करने में कौशल भी विकसित हुआ है।

मैं एक भविष्य अध्यापिका हूँ, मेरे लिए प्रतिबिम्ब करना काफी आवश्यक होगा। ताकि मैं कक्षा की प्रत्येक विद्यार्थी की परिस्थितियों पर अवलोकन व चिंतन कर नए मार्ग खोजने में सक्षम केवल अध्यापिका के लिए ही नहीं बल्कि प्रत्येक मानव लिए यह आवश्यक है कि वह अपनी प्रत्येक दिन की परिस्थिति पर अवलोकन, चिंतन, प्रतिबिम्ब कर सके।



MANASVI MITTAL

I would like to show my gratitude to the B.Ed. faculty for introducing us to such an important aspect i.e. understanding self. In my entire study of this subject I came across many new learnings about myself which brought out my hidden skills and made me familiar with the hidden part of mine. The whole aim of understanding self was fulfilled through various activities like telling about significant life experience, questions on teaching & learning, reflective statement on aspirations and expectations. Through all these activities I learnt to reflect on myself with deep thinking and metacognition. Understanding myself taught me to answer all the questions of when, why, how, what, where etc.! It has brought a significant change in my life which will be very useful in the entire life of mine!



MANASVI MITTAL



ART



PAPER MACHE



PLANTATION

MANASVI ARORA

In this practical during the 1st semester, we were provided with various opportunities to reflect upon. It included recalling and reflecting upon educational journeys, life experiences and know our expectations and aspirations. The tasks included various writing tasks and group activities. The various tasks were – Periodical journal writing (daily, weekly, monthly), writing about Significant life experiences, Life situations that evoke questions and responses, Questions on education, learning & teaching, Educational autobiography, Aspirations and expectations from this course, etc. Also, we had workshop on mindfulness. It helped me to understand self, develop life skills and improve. I developed reflection capacities which will help me develop reflective learners in future teaching opportunities. Also, while working in groups for presentation of iconic personalities and different childhood glimpses, I learnt various group skills and developed my social capabilities. It surely helped me to grow personally as well as professionally.



MUSKAAN OBEROI

At first when I joined this course, I was very uncertain about my career and whether I have made the right decision or not. The beginning was chaotic and my thoughts were messed up. I doubted my decisions way too hard. I realized I lack patience to deal with things and it is the key requirement for survival here. As the time has passed, I have become well acquainted with my weaknesses that need to be overcome. This course has taught me new things almost every day making me ready to face the practical world with ease. All the activities that I did like role play or giving presentations has instilled a sense of accomplishment in me. They have allowed me to discover myself and to have more clarity about my thoughts which I lacked in the beginning. It has not been a smooth journey but definitely worth it to untangle my thoughts and bring out the best version of myself.



MUSKAAN OBEROI



PAPER MACHE



QUILLING



PAPER BOUQUET

NEHA MARIA MATHEW

One's growth is reflected in one's own personality. The changes that occur throughout life is a result of one's learning from various experiences. Even I have witnessed numerous changes within myself as I grew up. As someone who grew up as an extrovert, it was perplexing to become an introvert becoming an adult. Despite the calm attitude developed, yet I was able to actively represent my creative side on various platforms during school and college years. My love for literature was reflected in my choice of stream for graduation and post-graduation. Since everyone believed I was good at explaining concepts, I was encouraged to become a teacher. My experience during B.Ed. has helped me root myself in this belief. The paper 'Understanding the Self' was extremely helpful in not only understanding myself better but also to view myself from an educator's perspective. This is sure to persuade me to become a better educator in future.



NEHA MARIA MATHEW



POSTER



ART



PAPER ART

NAGMA KHAN

Socrates said it so well, 'know thyself'. Knowing and Understanding ourselves is about discovering who we are as an individual- the real we. Once we begin to understand, reflect upon ourselves in a better way then we are able to see ourselves as a better individual. According to me the inclusion of this practical, Understanding the Self in our curriculum is of utmost importance as through this practical, I have gained a lot of self confidence, clarity about my strengths and weakness and how to overcome those and the best part about this practical according to me is the daily journal which we had to maintain. I never have the opportunity in my graduation and post graduation to take out some time and reflect on daily basis but in this practical I got to better analyze what I did, how to be a better version of myself, realize where I lack and the way to become better than yesterday. With all the tasks assigned to us by our teacher's I have learnt that how important it is to have a understanding of ourselves as pupils teacher so that in future we can make our students understand to reflect on and realize where they need to work upon. Also this will surely help me to be a better teacher as I will be able to reflect on my teaching practice and the ways to improve on myself as a teacher. Now when I look upon I can clearly say that as an individual I have experienced a lot of changes in myself and all these positive changes definitely will help me in my future as a teacher



NAGMA KHAN



BOUQUET



WALL DESIGNING



POSTER

SHIVANGI SAINGER

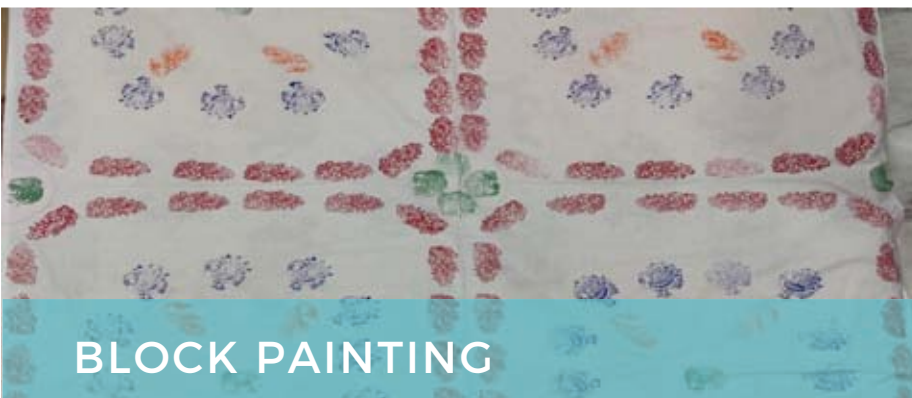
IN THIS PRACTICAL SUBJECT WE GOT TO LEARN ABOUT A NEW CONCEPT “REFLECTIONS”. WE WERE MADE AWARE OF THE JOURNAL WRITING. JOURNAL WRITING IS THE PROCESS OF RECORDING ONE’S PERSONAL EXPERIENCES, REFLECTION & LEARNING OF THE WHOLE DAY ON A DAILY BASIS. JOURNAL WRITING IS A FORM OF REFLECTIVE WRITING, IN THAT YOU JOT DOWN THOSE POINTS THAT LEAD TO NEW LEARNING. WE DON’T HAVE TO MERELY SUMMARIZE IT & IT SHOULDN’T FOCUS ONLY ON OUR PERSONAL FEELINGS. AS A TEACHER IT IS VERY NECESSARY TO KEEP CHECK ON OUR GOALS AS WELL AS ON THE STEPS THAT WE ARE TAKING TO ACHIEVE THOSE GOALS. THIS SUBJECT REALLY HELPED TO KEEP A CONTINUOUS CHECK ON MY GOALS AND AIMS. IT REALLY HELPED ME IN IMPROVING MY RETENTION POWER AS WELL AS MY PROBLEM-SOLVING SKILLS. IT REALLY HELPED ME TO REDUCE MY STRESS LEVEL AND SIDE BY SIDE CONTINUOUS FLOW OF WRITING HAS EVEN IMPROVED MY WRITING SKILLS. I GOT TO KNOW ABOUT MY TRIGGERS AND NOW I,M WELL AWARE ABOUT MYSELF WHICH IS QUITE NECESSARY FOR A TEACHER.



SHIVANGI SAINGER



BOUQUET



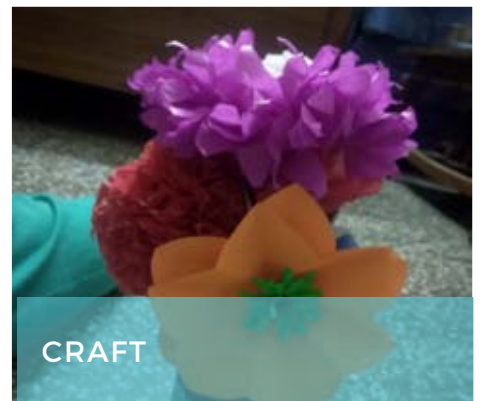
BLOCK PAINTING



LANDSCAPE

ANKITA AGGARWAL

The practical of understanding the self was offered in the first year of the B.Ed. in IPU. The purpose of the course being offered was to develop the capacity for sensitivity, sound communication and ways to establish peace and harmony, to enable student-teachers to recall and reflect on their own educational journeys and become conscious of factors that have shaped their aspirations and expectations. This course taught me to know about myself and how to be master of myself. The term “self” is usually operationalized through the term self-concept, which means the sum total of the knowledge, thought and feelings which a person has for himself. While learning about the self experience, various questions are being encountered by a person, they include “what are my strength and weakness?”, “what are my life experiences?” “how do others behave towards me?” “what are my achievements?” etc. and while answering all these questions during this practical, a self image has been formulated by me about myself which shows my self-esteem, self efficacy, self- presentation, self monitoring and my encounter with my emotions and motivation which otherwise I might not have realized.



KOMAL YADAV

It is one of our practical in the course B.Ed in first semester. This practical made me work on various things like maintaining journals, reflect on the different classroom situation, viewing and analysing film, celebration of iconic figures etc. Initially, it was very annoying to work in a group of people with whom you have not even met due to online classes. But as the semester went on and I met with my group mates for different activities we all started understand one another. Gradually, disputes decrease and reconciliation increases among group members. That's how I learn to work in a group. As compare to previous me, now I am a better version of mine. I become proficient in using ICT tools, can easily work in a group, and easily express myself in front of others. This practical made me understand myself very well. All the activities helped in development of my personality from a student to a teacher trainee.



POSTER



FEILD WORK



CAFT



KOMAL YADAV

NISHITA

Understanding the self as the name says of this practical, understand yourself. As we know self-awareness is the foundation for change, growth, and all personal development. so, to know more about our-self we need to start reflecting that's why I believe, reflection was the main practice that helps me to understand what is the real meaning of reflection and how I can reflect on my thoughts, reflection helped me to through back some light on my past observation and push me to rethink on. We had written journals, we also observed and reflected on any life situation. These activities helped me to understand the importance of the skill of reflection in life and help us to make much better decisions. I have also written an educational autobiography and exception from the B.ED. Course through this writing task I learn the way of writing, what should I had to write, in which format. We also attended the workshop online, yoga workshop helps us to understand the importance of yoga in our life even yoga becomes more important during this corona time. I believe mindfulness is needed a lot this time also such workshop helps people to get more knowledge and know its importance. We did many group activities. Through these group activities, I developed team spirit, cooperation, patience, and also developed the habit to listen to others. We together made many videos regarding our work, we also observed the life of ruler area child this was one of the good time to explore our surroundings. Overall the practical enhance our knowledge, the skill of reflection, observation also enhanced some digitally working skills. I get a good opportunity Through this practical, I learned many things while working with my groups, classmates, and also on an individual level.



NISHITA



QUILLING



CRAFT

ANKITA AGGARWAL

The practical 'understanding the self' provided me various fruitful experiences and helped me a lot in enhancing my life skills. Through this practical I learnt reflection and its importance. I maintained my journal diary, while working on it I developed habit of reflection and I started thinking over my thinking. I got able to synthesize my learning throughout my day. I developed habit of introspection and till now I am doing this every night. Besides this, through this practical I got chance to learn about various iconic figures, that was through group activities. By involving in group activities like celebrating iconic cultural figures and glimpses of different childhoods in India, I learnt being in group and social skills. I developed the capacity for sensitivity, sound communication and ways to establish peace and harmony. I also wrote my educational autobiography in this practical which was itself a beautiful experience. I recalled my experiences as a learner and became able to analyze good or bad ones. I also reflected on (1) significant experience and event in my life (2) movie super 30 (3) situations that evoke questions in mind. All such tasks helped me in enhancing my critical thinking skills, observation power and other cognitive abilities. After this practical I have observed growth in myself. I have realized a change in my personality



ANKITA AGGARWAL



RANGOLI



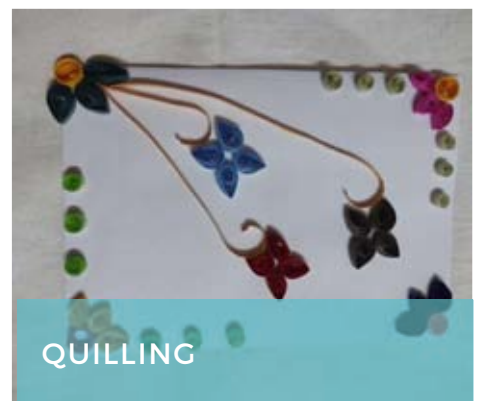
PAPER CRAFT



QUILLING

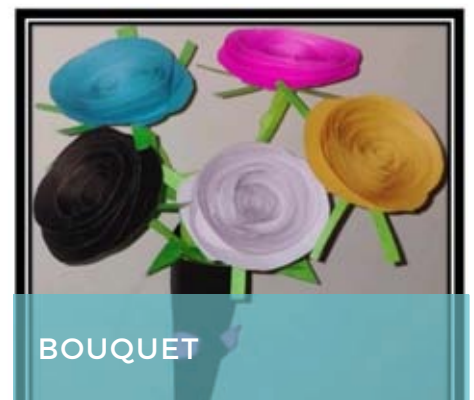
JASKIRAN KAUR

The practical as the name says is about understanding ourselves. In this practical the first thing I learned was writing daily reflection. Writing reflection was the first and most important step towards understanding myself. While writing reflections I was able to think and analyze the things more deeply and effectively. With the course of time this habit of writing reflection helped me to do reflect on everyday activities and I was able to recognize the areas where I lacked and was able to improve it. The practical also included many group activities which helped us to know each other. Working together was the best way to get to know different point of views regarding a same point. With every member with a different and creative idea working together was fun and learning experience at the same time. While working in the group activities I discovered many qualities in myself which were unnoticed till now. Working on different types of childhood was the best experience for me as I learned how every student comes from a different background and how it effects his/her learning. As a future teacher we should know that not every child comes from the same background and we should be sensitive towards it and our teaching should be according to need of the child and it will not be same for every student, hence we should keep reflecting and modifying our teaching strategies. The practical was a great experience as it helped me know myself in a better, writing about my educational autobiography, questions that arise in my mind in different situations was a great way to get a step close to myself.



SRISHTI YADAV

In this practical subject I was able to know about the three iconic personalities – Kabir, Tagore and Veer Sarvarkar. I understand the contribution of these unique and great personalities in our society. When I attended the workshop on mindfulness I felt very relaxed and calm. I was able to understand the importance of surya namaskar and yoga in improving our mind, soul and our health. Through this practical I was able to understand how to work in a group and the importance of learning how to efficiently work in a group without having conflicts or misunderstandings in group. I felt very delighted when I with my group members presented a play on female foeticide. So it was a very nice experience to perform all those tasks given by Sarika madam and Shalu madam in this practical subject.

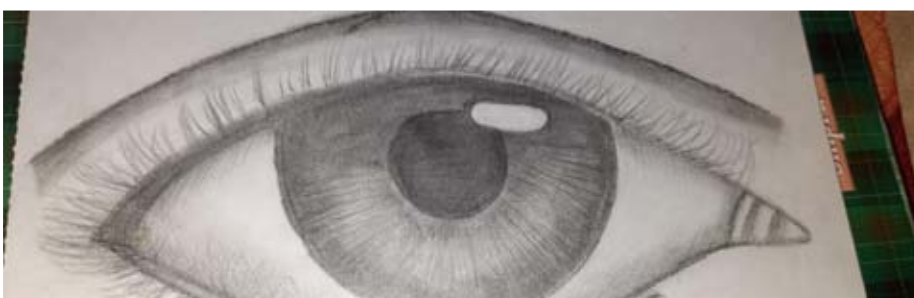
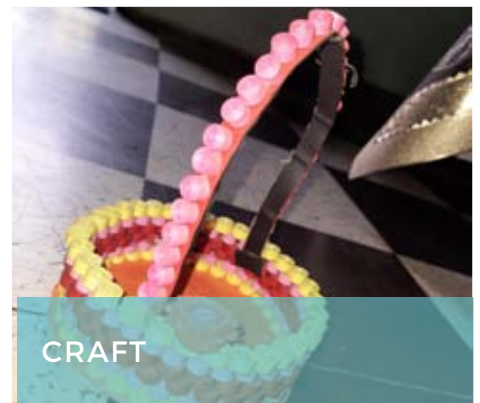


ANKITA GAUTAM

The practical 'Understanding the Self' has helped me to reflect and critically analyze upon my educational journey and how this course has enhanced my capacity for sensitivity, sound communication and ways to establish peace and harmony. This has helped me to understand myself and increasing scope of change in development and maturity. The practical also helped me to reflect upon my learning and enable me to be more mindful. While contemplating upon the tasks we performed I realized that I am able to express my experiences with sense of learning and improvement. Educational autobiography and task of aspirations and expectations from B.Ed helped me to realize where I lacked behind and what has shaped me with aspiration to be a teacher. Reflective journals helped me to introspect my learning which is important for a teacher. Moreover I realized my shortcomings that are acting like obstacles in path of my profession, which I have to overcome in order to succeed and become an ideal teacher.



ANKITA GAUTAM



ART

CHARU SHARMA

Understanding the self is a fundamental course in general education curriculum for tertiary education. It is designed to help students understand the nature of identity including factors that influence and shape personal identity.

As through this practical I understand the importance of the issue of self and identity. In this practical we have done journal writing , write about the significant life experience and also made a digital animated video on plotagon application. We asked questions on education , teaching and learning from ourselves. In this practical we have learned how to write an educational biography and also learned about how to observe a life situation and reflect on that particular situations. This practical asked us our aspirations and expectations from B.ED course and also we learned how to view and analyze a film or how can we reflect ourselves on that film. We have also done some group activities as well as individual ones in group activities we prepared a play on social issue with our group members.

In the group activities we also prepare a digital video on observation of different childhood which helps us in understanding the various types of childhood. We did this activity in groups which gave us a different experience.

Also we celebrate the iconic figures and mindfulness workshop. Through all these activities I learned a lot , I gained a lot of confidence to express myself in front of others, as I have a very reserved nature so it helped a lot to me. This practical Understanding the self is very helpful for teacher trainees as this helped us a lot to express



CHARU SHARMA



PAPER MASHE



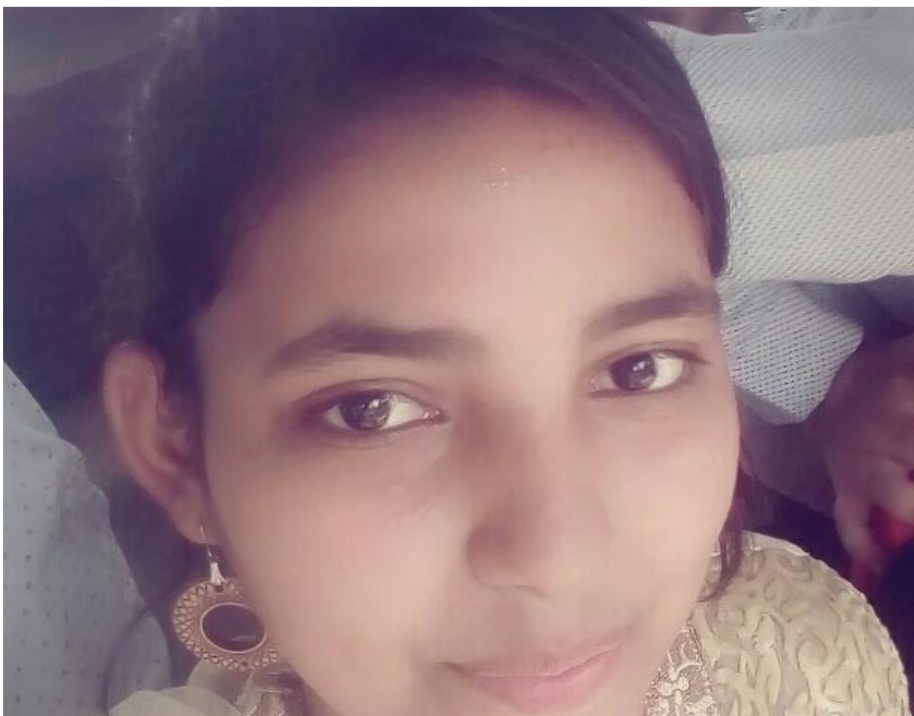
CRAFT



CLOTH PAINTING

SHRUTI SHUKLA

As the name suggests Understanding the self is the subject which helps a teacher trainee to reflect on themselves know more about their own way of thinking and their strengths and weaknesses. And how to use them while teaching the students and how to be a better version of ourselves. We were given many assignments to do in understanding the self regarding ourselves which helped us in knowing more about ourselves. We were asked to write a daily journal of our classroom and reflect on ourselves. In the journal writing I was able to explore a lot of the issues and concerns regarding self and identity to arrive at a better understanding of myself. It helped me in understanding the nature of identity including factors that influence and shape personal identity. I also got to know the importance of self concept. Our self-concept is important because it influences how we think, feel, and act in everyday organizational life, it also helps us in understanding of one's own capabilities, character, feelings and motivation plans. Self-understanding also includes some awareness of more achieved characteristics, such as values, norms, enduring goals, ideals, future plans. This subject helped me in knowing myself better and different ways of how I can become a better teacher and how can I enhance my strength and use it to teach students and make them a better version of themselves.



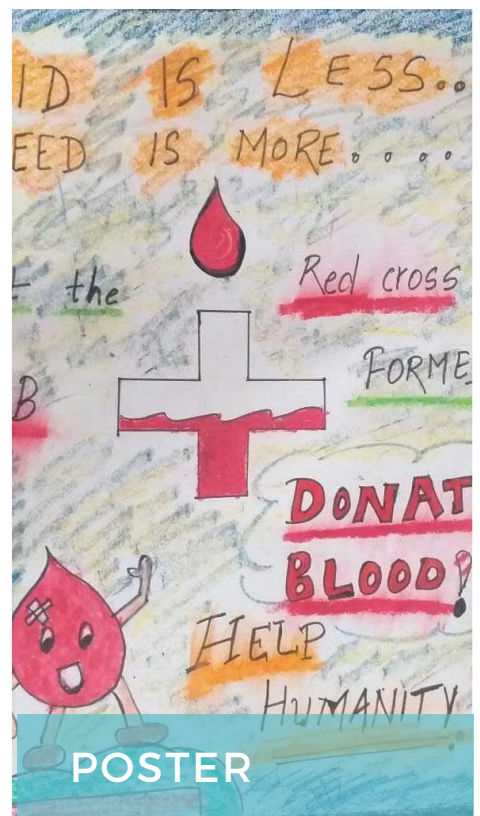
SHRUTI SHUKLA



PAPER MASHE



PAINTING



POSTER

DEEPAKSHI SINGH

The practical class of understanding the self helped me to actually understand the true personality traits of mine and made me self aware . Writing a journal daily , helped me to analyze my own behavior as well as others. Journal writing somewhere improved my observations power and mindfulness. When I used to write the reflection I used to critically think about whatever had happened throughout the day which provided me with a better understanding of my environment and others perspectives . Reflecting upon my past experiences gave me an opportunity to closely witness my own gradual development over the period of time and posited my whole life in such a way that I myself learned alot from my life . Listening to others' reflections/ journals made me more open minded as I got to hear about variety of experiences of other teacher trainee and how some of them combated the adverse situation of life motivated always me and I definitely shifted from person materialistic outlook to more positive , empathetic and understanding person . Working in a group of 10 students changed the whole level of my working preferences, it made me a more cooperative, approachable and helpful person . I learned a lot while working collaboratively with my group members , their support , new ideas and readiness to learn and work inculcated teamspirit and brotherhood in me .

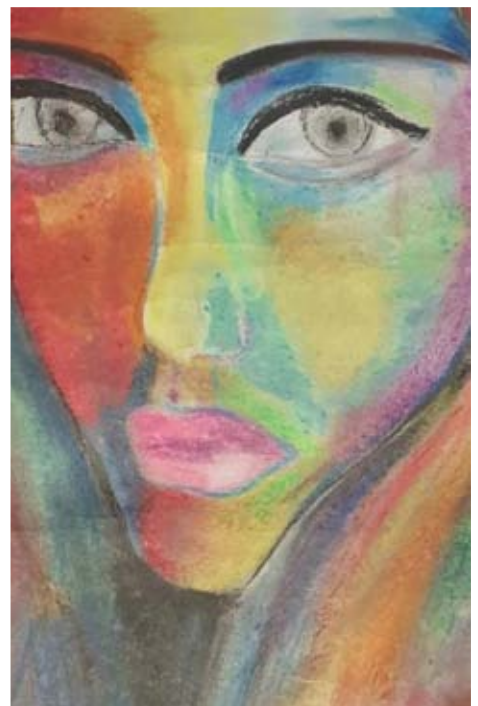
Giving presentations , doing plays , making videos on issues like dowry ,childhood , Sadat Hasan Manto etc definitely sensitized me and the whole class about social evils and made me a more aware and sensitive person . I believe this practical made me a better person and definitely contributed a lot in development of some of the qualities deemed necessary for a future teacher



DEEPAKSHI SINGH



PAPER MACHE



OIL PAINTING



PUPPET SHOW

DIPSY GARG

We learn by our experiences and mistakes. But, unless we question ourselves about what our experiences mean and think actively about them, it won't make any changes in our life. Self-reflection enables us to move from just experiencing, into understanding. 'Understanding the self' is not only about reflecting on our present actions but on our past experiences too. This course inculcated the habit of self-reflection in me which is not easy for everyone to do in such a busy world where it is difficult for people to manage free time for others and even for themselves. I do selfreflection in night time when the day is about coming to an end, by thinking about where I need to improve my mistakes, how to turn my weakness into strengths to make myself a better person. In this course we have performed various activities like group play which has increased my ability to work cooperatively within diverse teams and groups. As would be teacher I believe that it is important for a teacher to have a habit of self-reflection. It's a famous saying that "A teacher is a nation builder". The teacher is one of the pillars of the society and the country. No country can progress without good teachers. Teachers are educating future doctors, scientists and professionals. With the help of self-reflection teacher can easily identify the areas for improvement and also the areas where he/she is strong for the betterment of students.



STILL LIFE

PENCIL DRAWING



POSTER



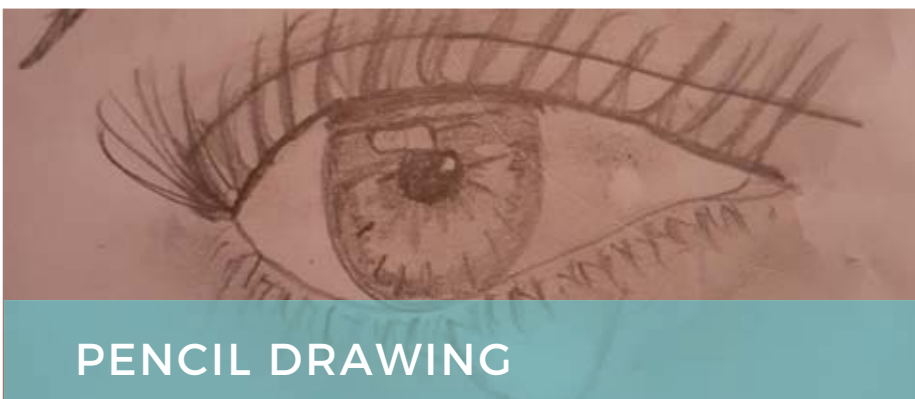
DIPSY GARG



QUILLING

ROOPA THAKUR

Learning is a never-ending process and your mistakes show your continuity of work and one day you reached that place where you want to be seeing own self. In this subject I was able to reflect on myself and increase my viewpoints to see a particular object in so many ways When I wrote a journal, I reflect on so many things in the classes, where we reflect on the teacher's thoughts and how the way teach us. Teacher examples and viewpoints are more effective. I like to personally particular work which was happened in the class related to the technical tool or you can say ICT tools practice and so on. In this journal writing activity, I know more myself what I have done and what I can do more things in my life, where I do mistake and where I need more hard work. When you reflect on anything then your reflection makes more you rational thinker and you see one thing is so many different ways.



AAKRITI SETH

As a future teacher it is important to know ourselves first. Walking into the classroom each day is an enormous act of courage. To guide and nurture each one of these blossoming individuals while not losing oneself can be a task. Not only that we need to foster the connection with our students, we must be willing to teach from our whole selves. To be real and authentic with our students builds trusting relationships that students can build off of in other classrooms and parts of their lives. This can be done if we practice certain things like journal writing, mindfulness and being aware of ourselves. This helps us understand ourselves and others too. We can empathize and think about things from another point of view and take better decisions. Understanding ourselves helps to move flexibly between our own perspective and another and helps us reach appropriate goals and altogether living more productively



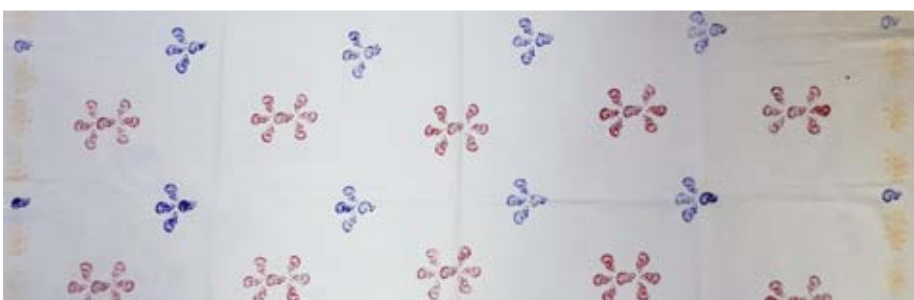
AAKRITI SETH



CRAFT



BLOG



CLOTH PAINTING

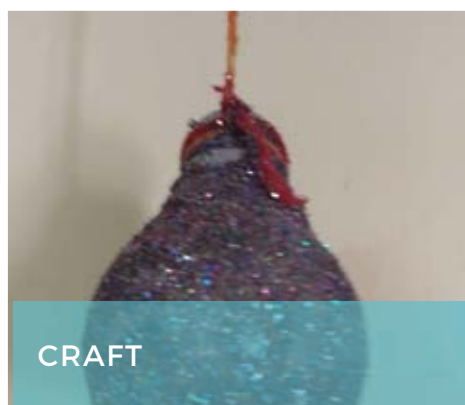
MEENA

प्रथम समेस्टर में हमे स्वयं की शिक्षा आत्मकथा के बारे में लिखने को बोला गया था मुझे खुद के बारे में लिखने का मौका दिया था। मैंने कभी सोचा भी नहीं था कि मैं खुद के बारे में बी.एड. के सफर में लिखूंगी। मैं उन अध्यापिका का धन्यवाद करना चाहूँगी जिन्होंने मुझे खुद के बारे में लिखने के लिए बोला था क्योंकि आज से पहले मैंने सोचा नहीं था कि मैं खुद के बारे में भी लिखूंगी।

इसके साथ मैंने ये भी विश्लेषण किया कि जो मेरे जीवन में घटित हुआ और आज मेरे जीवन का स्तर कहा पर है। इससे मुझे ये भी विश्लेषण करने का भी मौका मिला मेरा जीवन कहा एक छोटे से गाँव से शुरू हुआ और आज मुझे दिल्ली विश्वविद्यालय और आई.पी जैसे विश्वविद्यालय में पढ़ने का मौका मिल रहा है। आज मेरा स्तर पहले की तुलना में बदल चुका है। मेरे साथ कुछ बच्चे पढ़ते थे जो मेरे से पढ़ाई में काफी अच्छे हुआ करते थे। लेकिन आज मैं उन बच्चों को पीछे छोड़कर जिन्दगी काफी आगे बढ़ चुकी हूँ। यह तक भी मैं अपने परिवार और गाँव की पहली लड़की हूँ जो इतना पढ़ रही हूँ।



MEENA



CRAFT



PAPER CRAFT





SHAILY SHUKLA

The past semester journey in Giast has been no less than a roller coaster ride. Entering into this teacher training course was my choice but the change it brought in me came by chance. The past year spent in this B.Ed course juggled through many highs and lows, but it surely was a amazing experience for the lifetime. Being able to deliver your knowledge to someone is not an easy task, but the training I've got here in GIAST has made that much easier. When talking about change I've seen myself grow as a student, a future teacher and moreover a human being. Multiple things that I've learnt here have helped me shape myself in many ways.

maker for her students. The responsibility of a teacher is not only limited to the conveying of facts and figures but also is to understand and bring in the positive outcome in every child she is responsible to. This reminds me of a very well known quote by Mahatma Gandhi "Be the change you wish to see". This period of time spent here has helped me to bring in the changes in me I ever wished to see in teachers, it helped me understand the needs of a student and their psychology. This is a great platform for me to exhibit the best of me and inhibit the best out of it. I am surely looking forward to much greater experience in the coming year and ample knowledge that I can use to benefit my job as a teacher and also enhance the capabilities of the students.



I've started to see things with a different and a much clear vision. It was when I entered this field of interest, I got to know more about the roles and responsibilities of a teacher, which in turn brought much respect and admiration for the teachers. All through this while I've tried to mould myself to fit perfectly in the profession I've chosen to be in. Change is the key to a better and bright life ahead, this is what I keep on trying to build in myself, in order to do justice to my training and post training period. For a teacher, learning never stops, not only for a teacher but for every human, learning is a synchronous process that brings change and hence leads to growth. From being a person with a fear of speech, to being able to express myself with confidence I've seen myself grow since the past year. With the end of an academic year, I've come more closer to my dream of becoming a good teacher. Being a pupil teacher, what I have understood is that a teacher is not only an educator, but a lot more than that. She is a guardian, a facilitator, a role model and a path



AARTI KUMARI

“स्वयं को समझना” विषय एक बहुत ही अदभुत विषय है यह विषय एक मानव के सर्वांगीण विकास में अहम योगदान देता है क्योंकि जब तक एक मनुष्य स्वयं को नहीं समझ पाएगा तब तक वह अपने तथा समाज के विकास में गुणवत्ता पूर्ण योगदान देने में निरर्थक है जब मैंने बी.एड में इस विषय को हमारे पाठ्यक्रम में देखा तो मेरे मन में एक विचार आया था कि इसको हमें क्यों पढ़ाया जा रहा है परंतु इस विषय में अनेक गतिविधियां और कार्य आदि आदि को करने के उपरांत मैंने बहुत कुछ सीखा तब मुझे इस विषय की महत्वता का ज्ञान हुआ। यह विषय ने मेरे अंदर “आत्मा आकलन” की क्षमता का विकास किया है और मेरे अंदर आत्म नियंत्रण के गुण का भी विकास हुआ है इस विषय में मैंने अनेकों व्यक्तिगत तथा सामूहिक गतिविधियां भी करी हैं जिसमें नुक्कड़ नाटक, सामूहिक प्रस्तुतीकरण, सामान्य लेखन, आत्मकथा लेखन आदि है इन सभी गतिविधियों को करने के उपरांत मेरे अंदर “आंतरिक अभिप्रेरणा” का विकास हुआ है और इन क्रियाओं के माध्यम से मेरे चिंतन करने का दायरा भी विस्तृत हुआ है। यह विषय को पढ़ने के उपरांत मेरे व्यक्तित्व में भी परिवर्तन आए हैं। अब मेरी संप्रेषण कौशल भी पहले की तुलना में अच्छी हो गई है और यह विषय मुझे एक अध्यापक की भांति भी सोचने समझने की क्षमता को विकसित करने में अहम योगदान प्रदान करता है अंतः यह विषय मुझे एक गुणवत्तापूर्ण सामाजिक प्राणी बनाने और एक सर्वोत्तम भावी शिक्षक बनाने में भी सहायनीय योगदान देता है।



AARTI KUMARI



GAANMEI MARINGMEI

During my first semester, Understanding the self was among my subjects. Initially, the heading confused me. How and what was the need to understand oneself in this course? Gradually, as I engaged myself in practical and assignments, I started observing the changes in me. I was asked to write assignments on the most significant life experience, observations that evokes questions and questions on education. This made me reflect on my life and past experiences which gave me the opportunity to understand my feelings. I was able to differentiate between my past feelings' vs present ones and what really drove them. Furthermore, while documenting my observations in the journal, unexpected progress was seen. I was able to absorb my teacher's positive values and talents.



GAANMEI MARINGMEI



PAPERT MACHE



BOUQUET



QUILLING

SANJANA KALYAN

During this course I have learnt many things. Specially from my subject 'understanding the self' I have improved my writing skills and also it enhanced my thinking power. Before this course I didn't know the real meaning of reflection and I didn't know how to reflect but with help of my teachers guidance and by writing my daily journals I have learnt a lot and now I am able to reflect. As we all know that because of this pandemic we are doing study on online platform and we are unable to interact more. I am able to develop my self-confidence with the help of this subject. I tried to participate with all my hard work and interest to achieve my goal to become an ideal teacher. As the name of my subject is 'understanding the self' provided me to know myself and to improve myself. I wrote my educational autobiography which was a great experience for me because usually I have read other education biography and appreciate them for their sacrifices and achievements. But when I wrote my own educational autobiography, I recall all my dedication and up-downs faced by me during my education period. To write Significant life experience always special to me because it gave me a chance to change myself for my betterment. It is special to write yourself and when nobody is going to judge you, you want to write everything you feel. And that is exactly happened to me at that time. I have written whatever I felt and whatever I wanted to write. My teachers make me feel comfortable to express myself without any hesitation. It is the good way to express yourself by writing when you are a introvert kind of person. Now, I will keep continue to write everyday to improve my writing skills and to became a better person and a better teacher. And I believe that I can do my best and I will give my all efforts to compete this course with honesty and full dedications.



OIL PAINTING



CRAFT



QUILLING



SANJANA KALYAN

POOJA CHAWLA

IN UDS TASK ON OBSERVATIONS OF LIFE SITUATIONS THAT EVOKE QUESTIONS AND RESPONSES, I WROTE ABOUT TECHNOLOGY, THAT IT ENHANCES LEARNING, AND IT IS IMPERATIVE THAT THE GROWN UPS MAINTAIN A BALANCE AND SEPARATE WORK AND LIFE, WHILE ALSO ENSURE DEDICATED INTERACTION WITH CHILDREN TO HELP INSTILL BETTER VALUES AND TO ENCOURAGE THEM TO EXPERIENCE REAL LIFE JOYS OVER THE VIRTUAL ONES. NEXT TASK WAS OF SIGNIFICANT LIFE EXPERIENCE ,IN THIS I WROTE THAT ONCE MY FATHER SAVED MY HAIR FROM BEING TANGLED IN THE TABLE FAN AT THE TIME OF MY COUSIN'S MARRIAGE ,THROUGH THIS INCIDENT I LEARNT THAT WE SHOULD NOT GO BACKWARDS , BUT WE SHOULD TRY ONCE AS MOST THINGS IN LIFE COME ONLY ONCE. ANOTHER TASK WAS OF MISCONCEPTIONS OF CHILDREN AND ADULTS, IN THIS SOME OF THE MISCONCEPTIONS THAT I WROTE WERE THAT IN THE PAST PEOPLE DIED BEFORE THE AGE OF 30 -IN PREHISTORIC TIMES, THE AVERAGE LIFE EXPECTANCY WAS ABOUT 30 YEARS, BUT THAT DOESN'T MEAN THAT ALL PEOPLE DIED BEFORE 30. ANOTHER ONE MISCONCEPTION WAS OF CHILDREN THAT I WROTE , IT STATED THAT FEEDING SUGAR TO CHILDREN WILL LEAD TO ADHD OR HYPERACTIVITY.



POOJA CHAWLA



QUILLING



BOUQUET



PAINTING

SHIVANGI AHUJA

It had been a fantastic journey of mine in this practical and also in this course. Through this practical I have developed and grown upon a lot. There were a lot of improvements in me at the end of this course. My confidence had built up a lot during this time. This practical also helped me in reflecting upon my inner self and also getting deep inside my thoughts and feelings. Earlier I was not able to reflect so much on my views but now I am able to do that due to this course only. I have got more and more words to express myself. I have become much more elaborative and detailing which earlier I didn't used to be. The first step to success is to know our inner self - our abilities, capabilities and how to improve it. This was done by us by maintaining daily, monthly and weekly journals. In this practical we also wrote our educational autobiography giving all our educational experiences since birth till now. We did many activities in this practical like significant life experience of ours, observation on life situation etc. We also did viewing and analysing films in which we saw super -30 movie and reflected upon it. We gave our views on that movie. We also did a workshop on mindfulness in which we did various yoga asanas to keep our body and mind fit and healthy. We also did an activity on iconic figures like akka Mahadevi. We did glimpses of childhood activity taking different childhoods and also did nukkad natak on social issues. By the end of this practical I had started thinking more on things. I also had developed a better understanding of self in me and have started keeping a diary with me to record my experiences.



PAPER CRAFT



SHIVANGI AHUJA



QUILLING



SWATI SHAMRA

The practical "Understanding the Self" its literal meaning is knowledge or understanding of one's own capabilities, character, feelings, or motivations i.e., SELF-KNOWLEDGE.

This practice helped me to reflect upon myself. Before this practical, I haven't thought that reflecting upon self is that much important. To know about myself, my outcomes and my perception are way too important for my own growth.



This helped me to generalize about my own thinking process. It really helped me to synchronize and collect all my thoughts at one place and I was able to shape those thoughts in a proper manner which enhances my thinking process. It increased my writing practice and speed as well. As while doing these I write down 6 to 7 pages in just 10 min. as I was collecting, reshaping and reflecting upon my thoughts the jointing down of all that improved me day by day. I was able to critically think about the social and general things and able to draw out my own conclusion on the same.

These writing tasks were way to helpful for me as a trainee teacher that enhances my writing and my thinking style. It helped me think broadly over my past life, over my surroundings, my aspirations and expectations from the B.Ed course and let me able to sit and think upon the things which I haven't think before ever.

Group tasks helped me to develop the capacity for perspective-taking and appreciating different point of views. It develops the skills of cooperation, spirit of team work, healthy competition, interaction, decision making skills within me. It helped me to recall and synthesize my experiences and learning over a period of time. Overall this practical has contributed a lot to my personal growth and personality development as a teacher - trainee. Whatever I have learned from this practical I will apply it in my teaching-learning process like integrating academic context with students everyday experiences to make learning meaningful and better, to connect textbooks with outside world, to develop reflective attitude among students, enabling them to manage and improve their selves, find their own way and let their skills germinate, to make them develop national value and respect for society and many more.

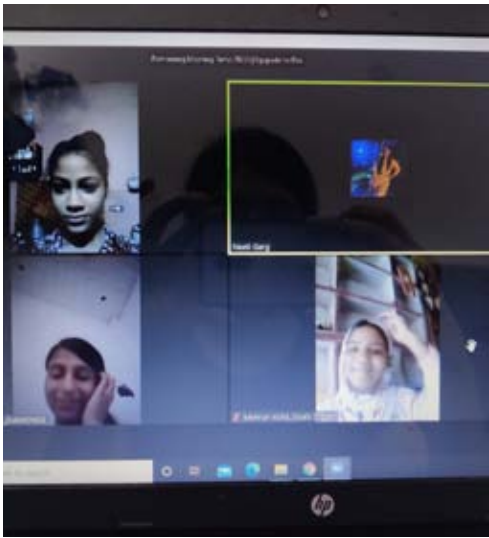
This practical in my B.Ed course plays an important role for myself development, and myself actualization, and as a would be teacher. For a teacher self awareness is very important, only in that way she will become a better teacher. And this practical develops my writing my thinking and my analytical skill at a very far extinct.



MEGHA KAUSHIK

In Understanding the Self Practical, I have learnt about the journal writings, reflection on my educational & significant life experience, observing different aspects of life & situations, working in the group, etc. It helped me to understand myself better and developed the capacity of reflection. Journal Writing is the process of recording individual's thoughts, observations, learnings, experiences, questions, answers, actions and reflections on all these in a particular day. I also observed Mindfulness in the classroom by focusing and concentrating energies on the task. Understanding working in the Groups almost every day for our tasks and activities was the most precious for me. I also developed life skills to understand self, the capacity for sensitivity, sound communication and ways to establish peace and harmony. Along with all these I am now better able to recall, reflect and synthesize the experiences and learnings over a period of time. The practical made me develop the capacity to facilitate personal growth and social skills, become more conscious of own responses to experiences, observations of life situations, as also of ideas and issues that arise in the mind and to thus develop capacity for reflection. I can say this practical with all the activities I did in my group and reflection on different life experiences and learnings helped me to :- □ Developing life skills to understand self. □ Developing sensitivity, sound communication and peace. □ Personal growth, social skills and capacity for reflection.





NEETI GARG

In the beginning of this session I was wondering if I really wanted to do this course or not, but with the blessing of my friends and family I got into it. But I couldn't spend time much with myself and introspect on what is happening or what has happened because everything was going on so fast that I hardly got time to even sit by myself but then this practical subject was introduced in the class, which was so comprehensive in itself that even in the rush of the daily activities we got time to reflect on our learning as was the need of the subject.

I didn't know at first that it would turn out like this, that even after the semester I would still be writing daily journals. I entered into the course with confusion but after 1 year I am a different person all together.



DISHA BATTA

Self and Identity is a subfield of psychology. As the name implies, it deals with topics pertaining to both self and identity. Key areas of investigation include self-concept, self-esteem, and self-control. What distinguishes self and identity as a discipline is its scientific character.

Among the benefits of becoming more self-aware are:

1. Becoming more satisfied with your job
2. Being able to better manage your emotions
3. Better leadership skills
4. Improved relationship
5. Higher levels of happiness
6. More creativity

7. more confidence

8. More likely to make better choices A reflective journal can help you to identify important learning events that had happened in your life. The events include your relationships, careers and personal life. By writing a reflective diary., you can find the source of your inspiration that defines you today. Reflective writing , whether it was Journal Writing, critical thinking activities , group work or Mindfulness workshops really helped me to know more about myself and the areas where I lack in order to make myself better.



DISHA BATTA



POSTER



BOUQUET

ANJALI SINGH

Understanding the self was the practical that took place during the first semester. The practical mainly focused on the development of the life skills to understand self. The main objectives were to develop the capacity for sensitivity towards surrounding, become more conscious of the responses to experiences and observations of life situations and to enhance social skills. The goal is thus to facilitate personal growth among the pupil-teachers. Throughout this practical course, a number of activities were conducted ranging from maintenance of daily reflective journals to writing reflective pieces on different experiences and observations we have faced in our life. Various group activities were also conducted like presentation on different iconic figures in India and role play on different social issues.

The daily reflective journal that we maintained for 14 weeks consisted of our reflections on the experience of the daily classroom learning within b. ed course. In it we have to write regarding both the subject matter that we were being taught and the behavior and conduct of our teachers within the classroom that we wish to emulate for our future teacher self. I wrote my reflection and my perspectives regarding the course content like use of ict within class or the concept of inclusive education. Other than that I wrote about my observations regarding the way we were being taught, the methods that were used and the general conduct of our teachers towards us..in general the way they handle a classroom. Therefore I carefully observed each and every aspect of our teacher's behavior and consciously and unconsciously learned and tried to

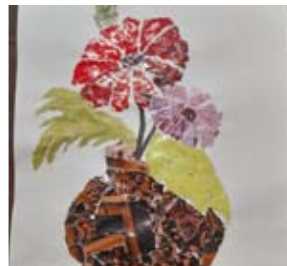
emulate those aspects within my teaching style. Other than our reflection journal we also wrote a number of reflective pieces on topics ranging from educational autobiography, significant life experiences to our observations of life situations that evoke questions. Writing these pieces was kind of an unfamiliar territory for me as I have never done these kinds of activities in my life before. Therefore it was difficult for me initially to open about my personal experiences and to reflectively analyze it. But after a certain time of doing a lot of these I became quite comfortable in it. I noticed a significant change in me as I now find it easier to systematically write down my thoughts and feelings about anything in a structured manner. I find it easier to reflect upon my past experiences and to put down those thought processes on a paper. Finally the third part of this practical was the group activities that we had to do throughout the first semester. We were divided into groups of 10 at the beginning of the semester. We did three activities: a group presentation on the cultural icon Rabindranath Tagore, a video on different childhoods within India and finally a role play on the subject of honor killing. It was quite an enriching experience as for one I got to know my batch mates and two, learned to coordinate with others without any kind of teacher intervention. Initially we had trouble coordinating with each other owing to the different viewpoints of different members. But by the end of the semester we had established a good rapport and learned how to include everyone's opinions peacefully. The whole practical was an enriching experience for me as it both improved my writing skills and my ability to communicate and coordinate with others. I was also able to gain a better understanding of my feelings and opinions that shape my thought process.



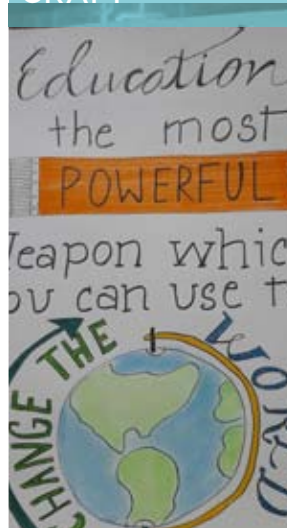
ANJALI SINGH



ART



CRAFT



POSTER

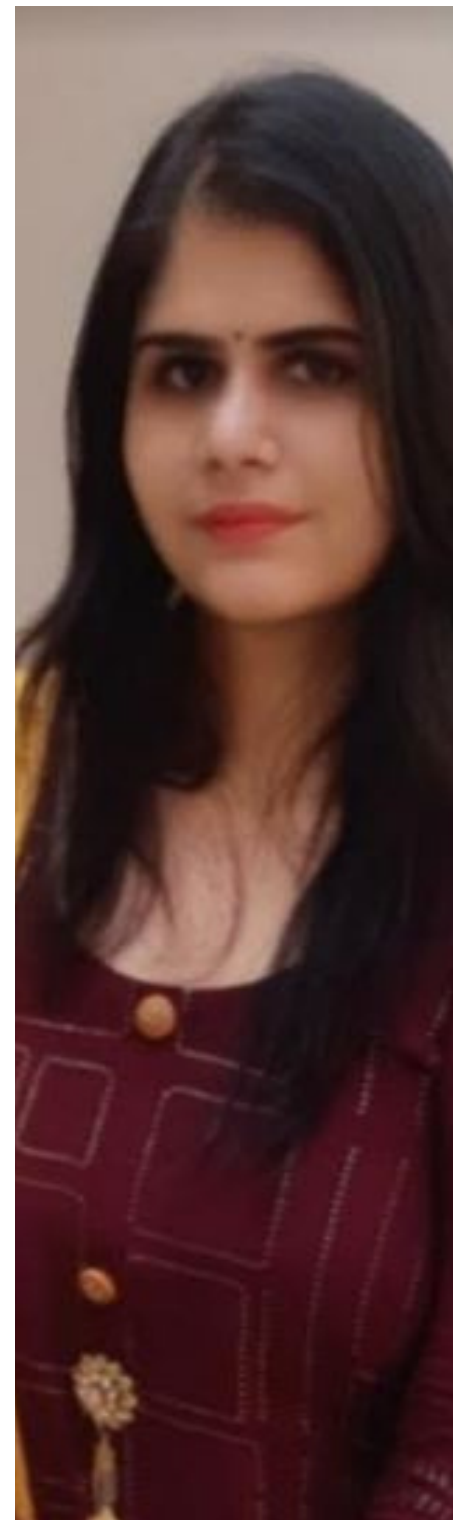


MANISHA

Understanding the self allows me to look neutrally at my thoughts, feelings, emotions, and actions. Through this practice, I am able to look at myself with interest and curiosity. I begin to dig deeper, to question my very being: why do I feel this way? I can use it as a personal tool to observe and evaluate the way I behave in my classroom, keeping my teaching relevant to my students, allow to improve their focus and learning, encourage to be innovative and keep up to date with new practices and strategies.

This can help me tackle any area I feel I need to improve on. I reflected on my:

- 1) Significance life experience
- 2) Life experience that evoke question
- 3) Question on learning, education, and teaching
- 4) Maintained a daily journal for a month then for 10 weeks and then for 4 months.
- 5) My educational biography
- 6) Super30 movie
- 7) Aspiration and expectation.



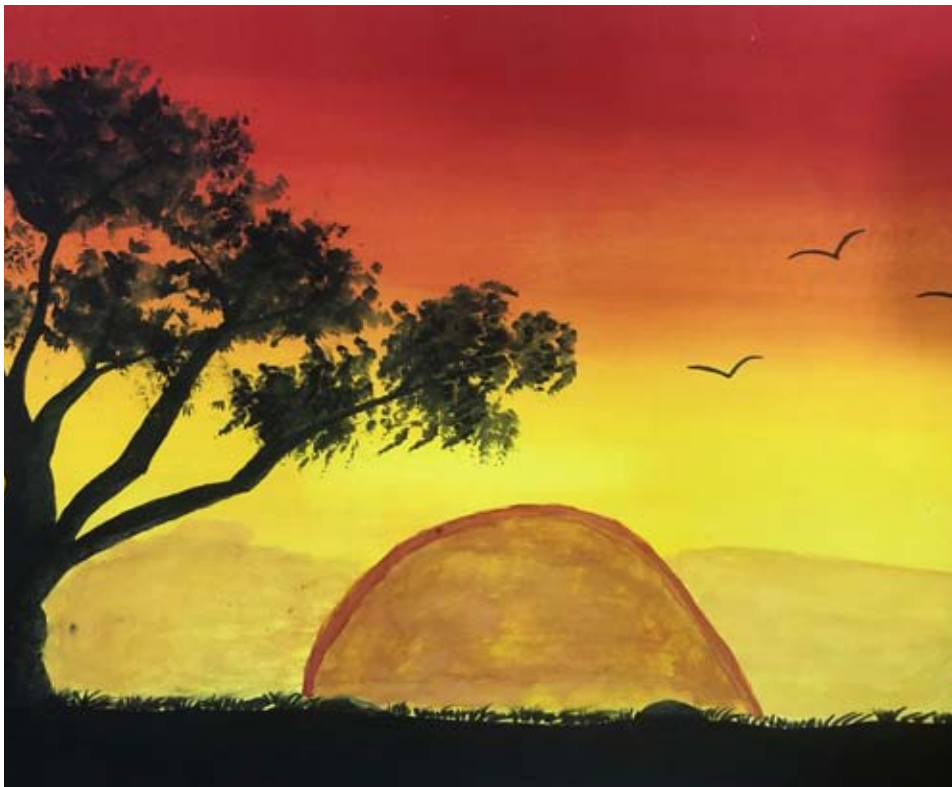


PRASHANSA OBEROI

In Understanding the self I learned about writing everyday journals, sharing my experiences and expressing my thoughts. I did not had a habit to write journals but by learning to write everyday I saw positive changes within myself.

It felt like sharing my life and thoughts with someone. It was like a meditation for me.

I also shared my significant life experiences and when I started to jot everything down it made me realize how far I have come. It made me realize that I am progressing in my life.





SHIVANI BATRA

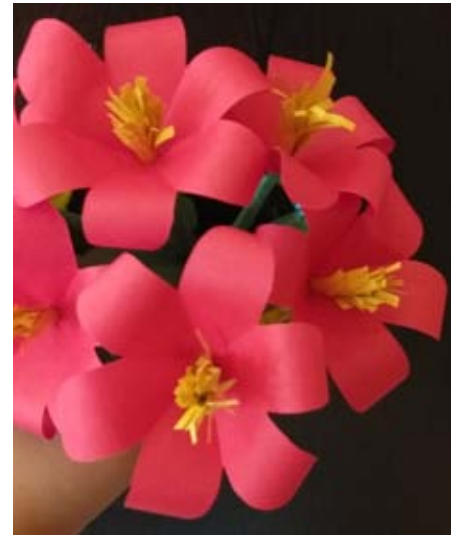
A teacher is the future moulder of our society. But as small as this sentence look, her duties are as great as one can think. Before starting this B.Ed journey, I assumed my responsibilities in future to be just delivering the subject knowledge but it is much more than that which I realised during this journey. Reflecting on myself now, patience, the biggest key is what got developed in me. Acceptance to different people, working along with them, managing different people in a group task helped me to understand myself more. My strengths & weaknesses and all the new friends I made during all these activities are great to know about. Every activity though looked very minimal but held a special message for us such as the puppet show helped me to understand how art can be inculcated to deliver the message in a meaningful way and taught me the importance of a group task where how to show our best we utilise our individual talents, rise along with all to show our best.

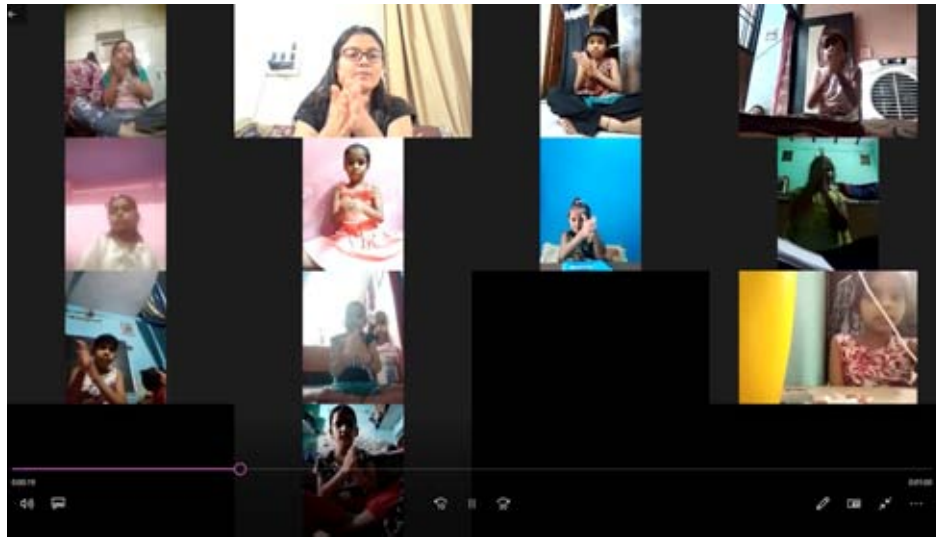




SMRITI BAJAJ

Understanding the self is a practical included in our curriculum to make us analyse and reflect on our daily experiences in B.Ed. and our life experiences as whole. It included maintaining daily journals, reflecting on our educational journey, significant life experiences etc. Self-reflection is a very important source of professional development and improvement for teachers and others. Reflection has helped me a lot in gaining insights about my strengths and the areas I need to work upon. It has helped me to develop a habit of looking deeper into my actions and experiences, and critically analyse them to improve myself. Also, it helped in maintaining a track of how I was in the beginning of this course and the changes that were there by the end of just first semester. I became a keen observer of my actions and everything around me. It encouraged me to question, in a positive way, about what I do or why I did it. Writing daily journals provided me an opportunity to express myself freely and improve in some areas. So, I feel that reflection is an important thing that should be practiced by everyone because only experiencing things is not enough. If one really wishes to learn something from his experiences then thinking and reflecting upon them is necessary





NANDITA GUPTA

It is hard for me to describe myself to you in simple words. I can tell you that I am an energetic and compassionate person, but what does that tell you? I would rather show you who I am by telling you what my hopes and dreams are, what the driving force in my life is, and this will lead you to understand who I really am, as a person. Only when you get to know these things about me is when you really start to understand what type of person I really am, not just the fact that I am a blond twenty-two-year-old that wants to be a teacher. Starting the first year of college I was average frightened teenager; however, unlike most I knew what I wanted to be: a teacher. Then something amazing happened, I was asked why I wanted to teach. I didn't know what to say, so. I looked back at my life. I tried to find when I made the decision to be a teacher and what my reasoning was. I found the obvious reasons: I love children, I want to help, and I love learning; but I had to ask myself if these things enough to make me the kind of teacher that changes live. When I close my eyes, I picture myself in a school located in an urban setting, teaching a classroom of diverse yet alike students. These students are in the six grade, meaning that they are impressionable yet vulnerable to their environment whether this means at home, at school, or in their greater community. Some of these students don't speak English as their first language, and some come from low-income households that can limit their educational experiences outside of the classroom. And yet, no matter what differences these students bring to the table, their uniqueness flows throughout the classroom in such a positive energy that embraces, respects, and promotes learning. This is the goal I am working towards; the goal of inspiring our youth to become selfadvocates for their learning I remember when I was in school, I adored my teachers, they were the world to me. I always felt special and successful because of the love, support and knowledge that my teachers gave to me. I love to give back to children what I was so lucky to receive from my teachers as a child.

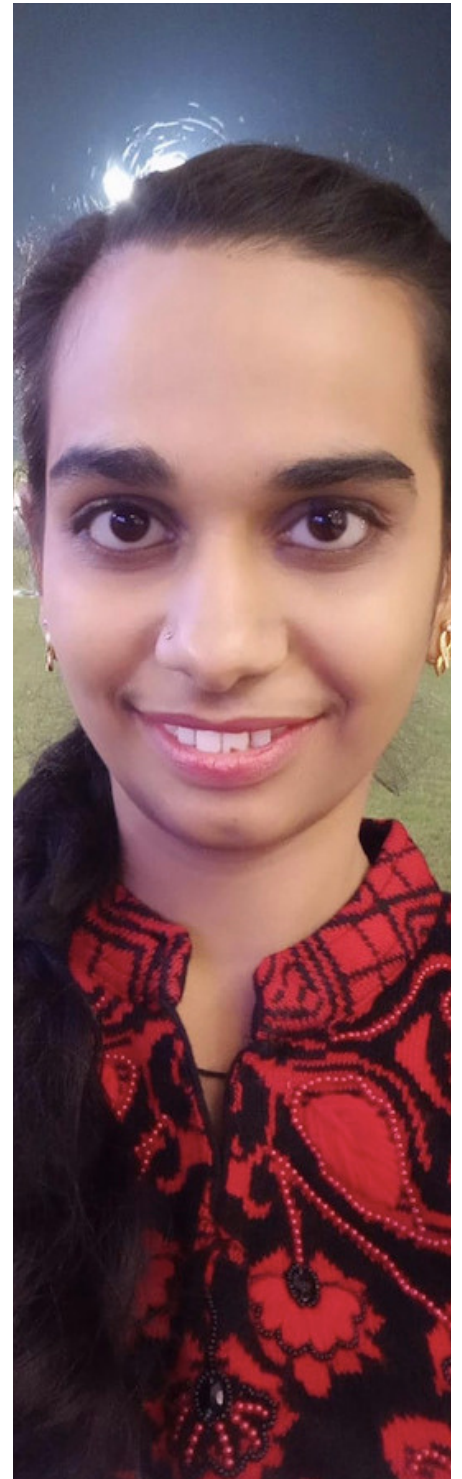




RAJNI CHAUHAN

In the month of December I was taken an admission in B. Ed course in 'GITARATTTAN INSTITUTE OF ADVANCE STUDIES AND TRAINING' college. I really want to be a good teacher and that's why I'll admit in this course, but I have not any kind of idea how can I do it. I am so nervous and always think that how can I teach. But when first class I have taken lots of confusion was remove from my mind and slowly I was comfortable in this college. Everything was new and my experience was also a new because I will attend my class on online mode because of pandemic, but what we can do we have to celebrate Christmas, new year, lohri and lots of activities. I was learned to make animated video, I can participate in Republic day and present my animated video. I was doing state exhibition and I was present a state MAHARASHTRA, and got third position. Well state exhibition was a group task. But I can do lots of activities individually also., I can do Ganesh vandana on state exhibition. But all these activities, tests, practical's all these things was on online mode. In February 2021 college was open for some days and I was go and meet to principal ma'am and my teachers face to face. That was great experience. But in April again lockdown in Delhi. I can do lots of things in this course. These activities and everything last I was do in my 8th class, after this I was do in this course. Lots of changes were come in my personality like I was so confident now, always think positive. How can I adjust in any situation I was learned in this course. My way of talk was change, now I can do lots of work without any trouble. I can reflect my mistakes. Lots of skills was enhance. I can do multiple things like art work, presentation, etc. I can do lots of practicals. I can reflect my self, my mistakes and many things. One practical was PSE (preliminary school engagement) in this practical I was learned lots of things. In this practical I was interact with school teachers and see how they teach, how they handle students but they were also join their classes on online mode. Because of pandemic lots of problems will come but, I was also learned how to solve it.

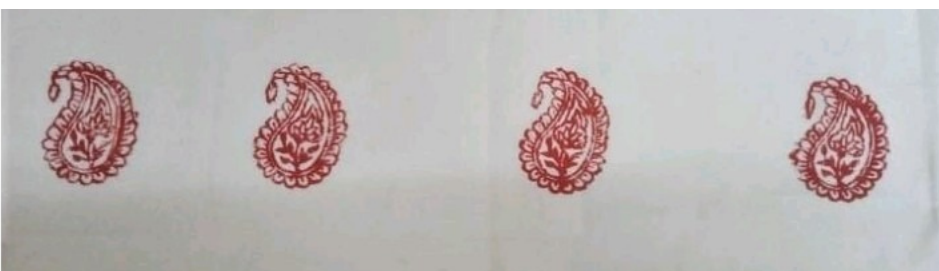
Now I was no more nervous in any kind of situation. In online mode I can do my work very well. Now I am not worry from the problems, but now I always thought how to solve it. In fact before admission I was not more aware with technology like computers and phones, etc. But now I can use these technology very well. Lots of new work I can do and learned. When I was write daily journals and realise my strength and weakness, I can feel stress free and relaxed. I can also learned team work and adjust in team.

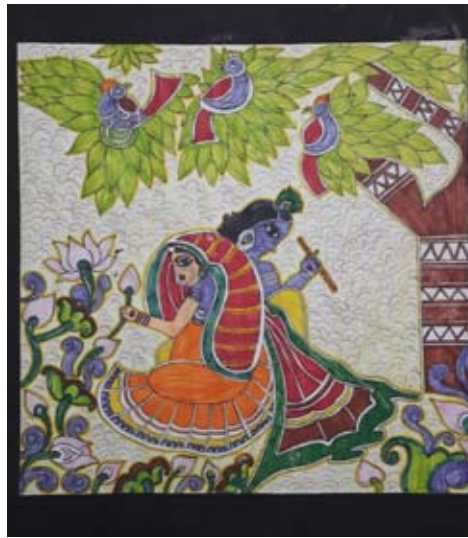




PRIYA BAKSHI

so, our subject which was “understanding the self” in 1st semester got to teach me a lot and transformed me to some new extent which was that it taught me how to reflect upon myself and how to express myself freely and confidently through the daily, weekly and monthly journals in which I wrote about my daily experiences in my classes and what new things and important things I got to learn from my teachers in the form of diary entry. With that I got to express myself and my feelings and emotions and got an opportunity to reflect upon myself. In that particular subject I also wrote about a significant life experience of mine in which I wrote about how due to my over confidence in studies and with my easy to go nature I failed to take admission in my favourite subject in my bachelors education that is- “ENGLISH” and by writing that I also realised that if at that point of time I would have studied a little more and with full concentration then things would have been different today. I also got to realise my mistakes and now I try not to do that again and be more attentive and careful in my studies. So In this way this subject taught me a very important lesson of life and one more important thing that I got to know through this subject was that the 10 different groups of our course including our group showcased the life and worlds of 10 different types of childhood of the children. In that we showed everyone that what functions does a delinquent child perform in their life and what type of childhood do they have and how we can help them to overcome the problems of their lives. with that I got to get a glimpse of their lives and what challenges do they face in them and how they and their family live in a particular society. Not only that I also get to know about some other types of childhood in India and about their lives and how we can help them in overcoming those problems. So in these ways this subject taught me to how to reflect upon myself and showed me the reality of different types of children in present day society.





PRANSHI GUPTA

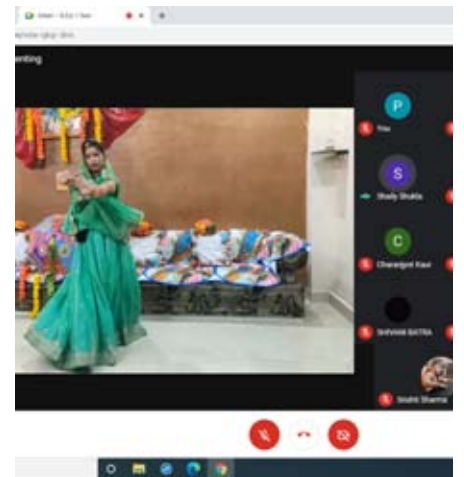
Education is the process of facilitating learning or the acquisition of knowledge, skills, values, morals, beliefs and habits. I Pranshi Gupta was born and raised in Delhi. I belong to the middle-class family. I got my first education or preschool education from my parents who told me different stories & poem and I got to know about the alphabets and counting. My parents used to play bhajan and poems in the morning to inculcate moral values.

Further My School Education began. My first school was Kids Garden School in Budh Vihar where I completed Nursery Class. After that I admitted in Bharat Shakti Public School of Budh Vihar where I studied from L.K.G to 6th class and completed kindergarten and Primary Education. After that I admitted in Abhinav Public School in Rohini Sector-3 where I studied from 7th to 12th class and completed middle class and senior secondary school education.

I was very good student and a rank holder in my school. I became the Head Girl of my School. I always participated in all the activities like Rangoli making, flameless cooking, group singing, dancing, face mask competition, math quiz competition, drawing competition, math Olympiad, Bookmark making, Brochure making, Science Exhibition, etc. For that I won so many trophies and certificates. I was selected in Taekwondo Competition at Chhatrasal stadium (Delhi) and in Painting Competition at Talkatora Stadium (Delhi). I joined the campaign of "Run For Rio". I always remained in good books of my all Teachers.

Further I want to do B.com (H) from Delhi University and got admission in Shyama Prasad Mukherji College For Women (University Of Delhi) where I came to learn so many things. I Joined the National Social Service. I attended many workshops and seminars.

After Graduation, I want to make career in education field and got admission in Gitarattan Institute Of Advanced Studies And Training. Now I'm expecting to change in my personality. I want to become a good Teacher. I can always improve my knowledge, my teaching, my learning and my thinking, as like I enjoyed and learned from my past life till now.



NISHA BALA

Understanding the self

Understanding the self, as we can assess from the heading “understanding the self” where we have developed a skill to understand self. A person’s self – competent is their understanding of who we are And what makes us unique. This can include the social self the competent self and the inner, or psychological, self.

Meanwhile, a person self-understanding is about knowing what motivates his or her actions. Self understanding is important because we have a better of ourselves; we are able to experience ourselves as unique and separate individuals. Before doing this subject, I had never paid attention to my journey, what I have done so far and how I am here today in B.ED. After writing educational autobiography I have seen many things that motivated me to pursue B.ED. I have seen many changes that I have never observe like how I thinks and what are the weaknesses of me and what things I do to improve that weaknesses. Daily journals that we have written in the first semester were helped me a lot to see my overall



OVERALL EXPERIENCE

Overall I have seen many changes in myself like my communication skill, selection of words, thinking before reacting to any situation as I learnt to reflect on my own thinking my own perception. As I m going to be a pupil – teacher I should be like that because for students teacher is their first role model and that’s why we have measure our perceptive and thinking towards anything that will be good for them. .





TANYA DAWAR

This practical (B.Ed. 155) rendered Introspection, Self Realization, Self Disclosure and the need to Reflect and Brought about Self Awareness which gets latent in this noisy world. It instilled Life Skills for handling daily different situations and I got to know about my strengths, hidden talents, capabilities, feelings and brought about internal motivation which helped me in decision making. I got insights to study and work on my weaknesses and realized what kind of person I am and what all I can do.



The practical involved Journal Writing on daily, weekly and monthly basis which helped in improving problem solving ability and writing skills, enhanced memory and did personal growth. Then, it involved writing about any Significant Life Experience, where I reflected and commented on the path taken to reach my current place in life and recounted Change of School in Grade 8 as an important life experience that had special meaning. It was challenging to adapt to the new environment and was a turning point in my life but the experience instilled confidence and boosted me to move ahead. Change made me more adaptable and flexible and a much stronger and mature person.

Task of Observation of Life situation that evoked Question was about an old uncle crossing the road, in accordance with the traffic rules, who was unable to do so due to his low pace and traffic signal changed. Nobody s

topped for the old man. I stopped my car to let uncle cross. It was sad to see such values people held. I felt that people need to imbibe sense of humanity and need to be generous enough because: 'Rash driving can kill a life but balanced driving can save many lives'.

Writing Educational Autobiography helped me in summarizing and reflecting upon the experiences and events that have happened in my life up to the present time. It involved a story of my experiences, both inside and outside of school that had an influence on my education, growth, and interests. It provided me an opportunity to see patterns and the special events that shaped my life over the time. Task of writing about aspirations and expectations from B.Ed. course made me learn to respect every individual's viewpoint and to look at the bigger picture in every situation. I learnt to manage time wisely and dealing with demanding situations with patience; imbibed nature of accepting everything graciously. My belief got reinforced that B.Ed. training course would equip me with the required skills to teach students to make them aware and contribute my bit in the best way possible for the country. Further, I made a Digital Story which helped in depicting my significant life in a creative and interesting way.





SRISHTI BHATIA

The understanding and self practical as part of first semester, which included all the activities of journal writing, various writing tasks such as educational autobiography, significant life experience etc. Moreover, also attended a mindfulness workshop and did a bunch of group activities from celebration of iconic cultural figure to puppet show. It had a varied experience. Throughout the course I learnt a lot of things which in turn helped me to enhance my personality and emerge as a more confident and sensitive human being. While performing all the activities I explored myself and learnt life skills. I took part in all the activities enthusiastically. I acted (while putting up a play on Saadat Hasan Manto), did script writing for plays and skits, danced (state exhibition Ujjat) and the list is endless. The subject I feel has a very crucial place in the Bachelor of Education as it aims to develop all the qualities a pupil teacher should entail. It provided me the opportunity to recall and reflect on my educational journey and become conscious of factors that have shaped my aspirations and expectations. Moreover, reminding me everyday as to why I am here and here I have to reach which in turn motivated me throughout the journey. It has also inspired me on my observation skills, the capacity to reflect which is again a very important attribute of a teacher and journal writings are inseparable part of this subject. TO IMPROVE IS TO CHANGE, TO BE PERFECT IS TO CHANGE OF OFTEN WINSTON CHURCHILL Henceforth, I have changed for better and I believe will enhance my personality and skills with time which is need of an hour. To instill 21st century skills in students, the teacher first should have the same. HERE ARE FEW MOMENTS OF MY EXPERIENCE UNDERSTANDING THE SELF





VISHI AGGARWAL

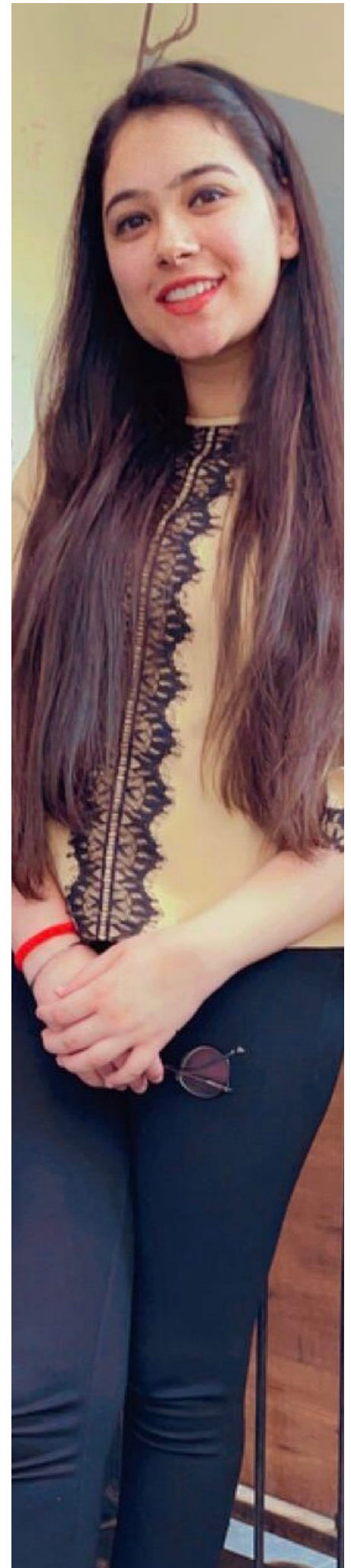
It may not feel as though we have much time or space in a day for thinking thoughts that are just our own. We are surrounded by distractions and focused on being productive and consuming all that the world pushes towards us, we often forget to look within and thus forget that the most rewarding form of success may show itself to mental and spiritual growth. Understanding the self practical provided an opportunity to me to begin a process of self-transformation. It brought out my inner creativity and skills. Daily journal writings was a way to make spaces, to be alone with oneself among the noise of a busy world and to learn. When I entered into B.ED course I was not confident enough, I could not express my thoughts openly. I have a fear of public speaking, my skills and creativity was somewhere faded away due to absence of right platform. I lost my own self while performing well for academics. But this practical has provided me with the right platform and ample opportunity to show case my inner talent and creativity. It has boosted my confidence and brought me up to the level where I can, now openly express my thoughts. Now I am well aware of my potential and weakness. This practical provides us with a variety of tasks like journal writing, observation of nature and people around us, sharing and assimilating experiences in the form of finding answer to what that experience meant to us, viewing and analyzing the film - super 30, celebration of iconic figures, glimpse of different childhood in India etc. Some of them are group tasks while others are individual tasks. Group tasks helped me to develop the capacity for perspective-taking and appreciating different point of views. It develops the skills of cooperation, spirit of team work, healthy competition, interaction, decision making skills within me. While individual tasks help in holistic development and integrated understanding of my own self and personality. It helped me to recall and synthesize my experiences and learning over a period of time. Overall this practical has contributed a lot to my personal growth and personality development as a teacher - trainee. Whatever I have learned from this practical I will apply it in my teaching-learning process like integrating academic context with students' everyday experiences to make learning meaningful and better, to connect textbooks with outside world, to develop reflective attitude among students, enabling them to manage and improve themselves, find their own way and let their skills germinate, to make them develop national value and respect for society and many more. Some of my photos while performing activities for understanding the self practical:





SAMRIDHI KATARIA

Reflection on Understanding the Self We were introduced to the subject "Understanding the Self" in the first semester of our course , Bachelors in Education. This was by far my most favourite subject as it helped me learn so much about myself. I learnt how to introspect and find meaning even in the mundane things. After writing and reflecting on situations in my life I not only learnt a lot about myself but I also changed as a human being and found a better version of myself. Before joining the course I was really impatient and anxious but this course has taught me patience throughout. This subject helped me to look at things from a completely different perspective and understand myself in a deeper form. I became more and more patient by the end of the semester and found meaning even in the tiniest detail. This course helped me become my best version and change my attitude in order to move ahead in life.





PREETI RAWAT

यह पहली बार था जब मैंने इस तरह का विषय पाया। सबसे पहला प्रश्न इसके बारे में जानकर यही था कि, ऐसा कोई भी विषय होता है? “स्वयं को जानना” धीरे धीरे पास मिलते गए हम उन पर अपना प्रतिबिंबन



प्रतिबिंबन का कार्य शुरुआत में यह एक भार की तरह प्रतीत होता था कि यह कार्य भी पूरा करना है। परंतु कुछ समय बाद यह आदत बन गई और स्वयं ही डायरी पर चलता प्रश्न उठा कि इस तरह डायरी में लिखने की क्या आवश्यकता है इसका क्या लाभ है परंतु कार्य केवल प्रतिवेदन लिखने का नहीं है अपितु उस पर चिंतन करना भी आवश्यक है चिंतन के फल स्वरूप में या जान सकती हूं कि क्या मैंने प्रतिबिंब अंकेश के फल स्वरूप अपनी कार्य प्रतिक्रिया में कोई परिवर्तन किया उसे और अधिक सुधारने का कार्य किया इस दिशा में मुझे कौन कौन से कदम उठाने की आवश्यकता है हम केवल जीवन जीते चले जाते हैं जो कार्य मुझे मिलता रहा जीवन भर में बस उसे करती गई परंतु उन पर विचार भी किया जा सकता तब सब किया जा सकता है तथा उन पर चिंतन के फल स्वरूप में अपनी दक्षता में वृद्धि भी कर सकती हूं इसका ज्ञान इस विषय के माध्यम से हुआ। इसके फलस्वरूप अब मैं सक्षम अब मैं समय-समय पर प्रतिवर्तन (REFLECTION) लिखती हूं तथा करती हूं। पहले मैं केवल कार्य पूरा करती थी, परंतु अब उसे दक्षता के साथ पूरा करने का प्रयास करती हूं या केवल विषय नहीं है अपितु जीवन भर चलने वाली प्रक्रिया है जिसे एक दिशा देने का कार्य यह विषय करता है। यह विषय अन्य किन किन कोर्स विषयों में है इसका मुझे अनुमान नहीं है परंतु इसकी आवश्यकता को देखते हुए मैं समझती हूं कि शहर कॉलेज कोर्स में कम से कम एक बार तो दिया ही जाना चाहिए।

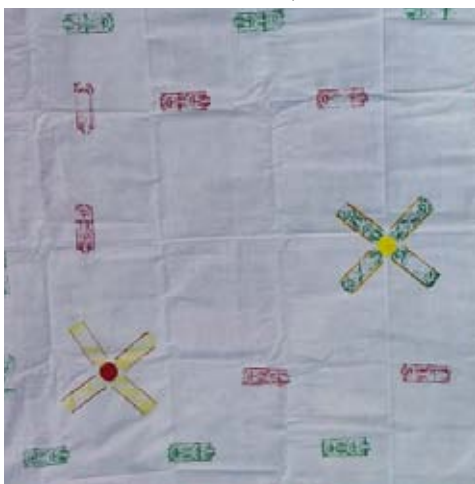




POOJA KUMARI

In this practical, we had to read five texts and seen three audiovisual and then reflect upon them. after reading and seeing these text and audio visual and then reflect upon that. after reading and seeing these text and audio visual respectively we learn many things like first text is “the silenced dialogue” and in this text I learn

the as educator, we have to learn to open to all ideas and methods not just the ones that are widely used and culturally accepted and also there should be a balance between process oriented and skill oriented approach in the classroom in order to provide successful educational opportunities and the second text is “how students learn by M.Suzanne and john D.bransford” from this text, stuck with me were the three principal of learning that are crucial for teacher to know background knowledge organization of factual information and metacognition.and the third text is “in a different voice by carol Gilligan” this text helped me to know that there are two model i.e male and female both are different from each other female are also capable in every field women have a different moral understanding than man and they have a moral emotional more external mode of understanding thus they trying to the life a different voice set of priorities in the ordering for human experiences which this theory teaches us to never discriminate between male and female give them equal opportunities. And the fourth text is “childhood, work and schooling by D.vasanta” overall this text gives an insight to the childhood level which is often ignored. even though in an area where all the facilities are provided, there seems to be a lack of determination on the part of children since they are so much focused about sharing their family’s responsibility that their education tends to suffer hence in such a case apart from the concerned authorities both parents and teachers carry the responsibility of providing education. And last is three audio visual which is related to had-anhad(religious), new education for new india, where knowledge is free(problem of lower caste in education).





DIMPLE

Understanding the self is the concept of self and self-identity or who are we. The first step to success is to gain a solid understanding of who are you as an individual and to know what factors are important to you. We all have our own unique pattern of abilities. Interests and personality traits self-understanding pin point what your likes, dislikes, strengths and other traits are an inspired personal growth by helping you define your identity one's self and also called as self-construction, self-identity, is a collection of beliefs about oneself that includes elements such as academic performances, gender roles and sexuality and social-identity.



This course made me understand myself deeply, in this course a lots of activities were given to us like, writing of reflective journals. On the very start of the semester we were supposed to write it on daily basis. We were asked to write reflection on what we learned what we saw what made us stick whole a day in class. Which methods, strategies we were like, the way teachers taught or their sense of talk inspired us most. After sometimes we were asked to write reflective journal on the weekly basis, later own it moves to monthly. It was the most amazing activity given to us. I was so shy and introvert to show my feelings and open up like other students. It made me fight with those issues and made me help reflect on what I thought. Writing of what you think what you have learn is the amazing experience for me, it helps me improving my English writing skills, refining my thoughts, helps me built up vocabulary and so on. Reflective journal writing made improved so much.

The next task given to us was significant life experience. " vo kehte hain na kuch pal, lambhe apki zindagi me aise aate hain jo apke turning point bann jaate hain, vo apki zindagi me ek gehri chhap chhod jaate hain, aapko kuch aisa sikha jaate hain jo kabhi na bhulne wale kisse bann jaate hain"

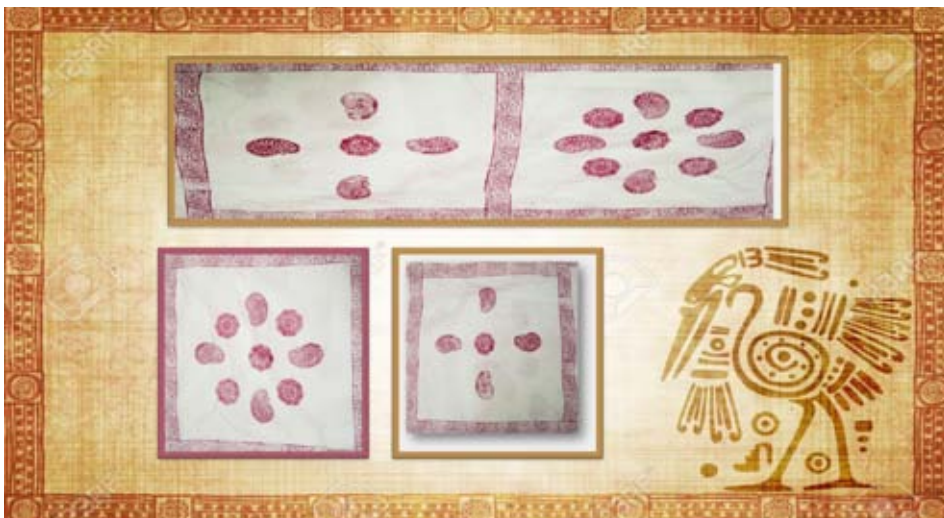
But with the passage of time we forgot those special moments, activity made me recollect all the memories from the time which made my whole life change after which. While I was writing that experience I re-vive it again, and this made me so overjoyed. The next task was observation of life situations that evoke questions and answers in your mind. This activity made me think and mesmerized the situation which left deep impact on me and my family members. It made me think that we live in a society in which millions of things happens around us. Some inspire us, some make us laugh, some give us an experience, why those things happened why not someone take any step forward to resolve it. This task creates inner debate in me which is only question and answer by me, and which really help me find out questions that evoke in my mind. Lots many tasks were given to us which made us inspire any many ways.

This course made me help positively in improving myself deeply. It made me develop my personality, communication skills, soft skills, locus of control, stress management and loads of techniques of relaxation with yoga and meditation. It helps me to become extrovert and made me learn so many teaching methods to make environment of the class creative and happy when I become a Teacher someday, And it also help me to boost my confidence too.



SRISHTI SHARMA

In 2019 I decided to join B.Ed. to pursue my career in teaching field. So, I applied in GGSIPU and one of my friends suggested the college name. Unfortunately, COVID 19 pandemic hit so hard that the whole world just shut down. In our country lockdown of 6 months has been imposed and the whole exams and sessions were postponed. After 6 months I cleared my CET got selection in GIAST. In December the admission process started. Because of pandemic our classes started on online platform. All the classes and practices were in virtual mode. When I joined, I thought? that after January everything will go back to normal but it didn't happen.



Later they assign our subjects to us. One of the practical's was Understanding the self-practical provided an opportunity to me to begin a process of self-transformation. It brought out my inner creativity and skills. Daily journal writings were a way to analyse myself, to be alone with me among the noise of a busy world and to learn. When I entered into B. ED course I was not confident enough, I could not express me thoughts openly I have a fear of public speaking, my skills and creativity was somewhere faded away due to absence of right platform. I lost me own self while performing well for academics. But this practical has provided me with the right platform and ample opportunities to show case my inner talent and creativity. It has boosted my confidence and brought me up to the level where I can, now openly express me thoughts. Now I am well aware of my potential and weakness. This practical provides us with a variety of tasks like journal writing,

observation of nature and people around us, sharing and assimilating experiences in the form of finding answer to what that experience meant to us, viewing and analysing the film - super 30 , celebration of iconic figures, glimpse of different childhood in India etc.

With individual task we did some group tasks. Group tasks helped me to develop the capacity for perspective-taking and appreciating different point of views. It develops the skills of cooperation, spirit of team work, healthy competition, interaction, decision making skills within me. While individual tasks help in holistic development and integrated understanding of my own self and personality. It helped me to recall and synthesize my experiences and learning over a period of time. Overall this practical has contributed a lot to my personal growth and personality development as a teacher - trainee. Whatever I have learned from this practical I will apply it in me teaching-learning process like integrating academic context with students' everyday experiences to make learning meaningful and better, to connect textbooks with outside world, to develop reflective attitude among students, enabling them to manage and improve their selves, find their own way. To make them develop national value and respect for society and many more





V AISHWARIA

This practical has helped me realize, and understand myself better as this practical has made me understand my inner potentials more aptly, and made me realize importance of understanding the self this practical has helped me develop the capacity to facilitate personal growth and social skills this understanding the self-practical has developed Selfawareness amongst me because of which I have a clear picture of myself and have a better understanding about my capabilities with the help of working on the tasks of these practical's , where in the educational autobiography has helped me to recall my educational journey and how transforming it has been, made me realize my career



goals and how it has been helpful in shaping and choosing this teaching career, it has also enabled me become aware of factors that have shaped and developed the aspirations and expectations of becoming a teacher, reflection has helped me know my weakness and strengths, by writing reflections on daily basis under this practical's has helped me know how I should work on my weak areas and how I need to open up, be proactive in class. This has definitely helped me in overcoming the fear and obstacles which I have faced earlier. I have been transformed from being passive to practice listener there has definitely been a drastic change in me which I could experience from this course and made me more confident and active personality. I was known and recall my experience throughout this practical and I was able to discover myself as a completely a unique and separate individual. Overall, this practical task has made me know how I was before and how I am now, where I need to

reflect upon in future to make a strong personality, this practical has made me know what my transformational journey has been and helped me to build on areas of strength as well as identify areas where I would like to make improvements. This practical about self-understanding has made me get to know about my three important aspects of self, which are Self-concept-where I got the picture of myself also, I got to know the feeling which I have about myself and the way I would like to be where I would say I realized the concept of ideal self. With help of these practical also I got to learn a lot as a trainee teacher where the mindfulness activity has also made me realize the importance of this in classroom where I would definitely suggest teachers should do it in their classes because mindfulness releases all the bad thoughts and negativity. It also I feel would help me be more focused. This has definitely built in me the perception that If teachers practice it in their classes, I think the effects would be really positive and helpful. This journey so far has been very much exciting for me where I could realize that my journey as a student has been completely different and now have more responsibilities and I feel I need to groom my personality more for becoming an efficient teacher where one day I hope I will become as confident as my thoughts are now! I have become more passionate towards this career as admiring the teacher is easy, but now working in progress of becoming one is totally different so I need to be confident and motivated and dedicated towards my passion of becoming a successful teacher in future!



CHELSI JINDAL

Gitarattan Institute of Advanced studies and training where I have took admission just for the sake of completing a degree on the wish of family. But few weeks after the admission we have introduced to a new subject in our curriculum i.e. Understanding self. In the beginning i took this subject for granted but later on I realised that there is something beyond theory in it. It's not only a practical subject but it involves my life experiences, its all about making you a better person. While writing daily journals and doing writing tasks I realised I have explored a new me I started thinking consciously about my daily actions while noting them down unconsciously I started improving. Earlier, i didn't even realise where I had spent my whole day but at the end of the semester I realised that I had paid attention even to the minor details of my schedule and have explored a new me. Overall, this subject develop my consciousness about my actions, about my time consumption and utilisation.





ASMITA SHARMA

In my Understanding the self-practical I did various activities. After performing these activities I noticed tremendous changes in myself. We had to write a significant life experience that is any experience that happened in our lives that we consider vital and which have brought changes in our lives. This activity made me look into vital experiences that I have had in my life until now. This activity further opened the door for me to look into my life experiences. Before this activity I never looked and analyse my life experiences and never knew which experience is the most significant out of the lot. Apart from this we also had an activity where we were required to reflect life experiences that evoke question and responses. This activity also helped me look into my life experiences that made me question and also gave me answers. We were also required to write an educational autobiography. After this activity I felt that my inclination towards teaching is because of my family. My family had been in teaching profession for a long time now. Starting from my grandfather who was PGT Hindi and Sanskrit in one of the premium institute of Delhi. So I felt that writing my educational autobiography made me realized that teaching in me is innate.

Cosmopoetica

January 28, 2021

Main roz jaagti hu , lekin mere khwaabon ka boj lekar ,
mera takiya sota hai
Kabhi kabhi boj zayada ho , to mera takiya mere saath
rota hai

Aree uski yaad main naa jaane maine kitne aansu
bahaaye hain , rote rote naa jaane kitne takiye bhigaaye
hai
Ab to umeed hi karna chod dia hai uss se pyaar ki,

My Poetic Side

January 28, 2021

Ek arse se nahi dekha aiyana maine , shayad yahi wajah
nahi pehchana khudko maine

Kabse maang raha hai dil nahi dia khudko waqt maine ,
Na jane kyun khud ko na sambhala maine

Doosron ke adhoorepan ko bharti rahi , shayad yahi
masla tha jo apne andar naa jhanka maine

Unki kya khata jo beech safar main chodh jaate hai , ye
umeed bhara rishta , ye mohabbat se labalab dil mere





KIRTI GARG

Weaving involves crossing two threads and so for understanding our life. Just as weaving touches each one and passes by; in the same way, our daily thoughts weave through our values, touching each one on the way. So, it is very important to understand yourself. The instrument available to awaken 'Self' is the mind. Knowing the 'Self' is a real test for our learnings and journey involved in exploring real self is tough but important. The Practical "UNDERSTANDING THE SELF" is designed to help the teachers to understand students and the nature of identity a child carries including factors that influence his daily life and help them in shaping their personal identity. It helped me in understanding of who I am and made me aware of my strengths, weaknesses, likes and dislikes, observe and be aware of my moods, reactions, and responses to what is happening around me. A workshop was conducted in Online Mode on Yoga which helped me perform better, feel calmer and less depressed because it was our first time when we were taking classes in online mode. It gave the pupilteachers an opportunity to explore glimpses of different childhoods in India and to showcase gender stereotypes being prevailing in our society. My group members performed on "GIRL EDUCATION" on "INTERNATIONAL WOMEN'S DAY" i.e., on 8 March. It was a great opportunity to present a role-play on such a topic on that day. Hence, I can say that this Practical is a key element in B.ED. course with a very interesting virtuous cycle for understanding self. Being clearer about where we are strong helps boost confidence because it helps us focus more energy on doing what we're good at, which increases our overall sense of confidence.





ANURADHA

when there was my first day in B.ED Course, I just thought it is a course that teaches you how to teach children only. But now after this journey, I realise it is much more, I can now think from a student's perspective, I learned child psychology which made me a better communicator with the students. I can now know what a child is feeling, the concept of individual differences. I can now enable and help a child in growing itself.

I now know, being a teacher is not just about teaching some concepts to a child, it is much more responsibility like "raising the child". With this course at GIAST, I now feel I am equipped to be a teacher. The importance of calmness & Politeness, to be a multi-tasker. It has made me realize that it's is much more a leadership job where you influence the child to a better person, help them to know what is right, what is wrong, A profession that requires a lot of patience and creativity.

You need to come up with new ideas every time if you want to influence the child or make him understand what you are trying to convey. Give them a safe space to experiment so that they can expand their horizons.

At GIAST I learn ICT tools, I learned about art, I learn about multiple approaches that can be implemented during teaching, I learned about how to observe a child and read its body language. During this Pandemic situation I feel lucky to be associated with GIAST as it has taught me to use the current technology, that I can use to teach children, and make teaching a more valuable experience in my student's life.

