

Edititon 2022-2023



EVERY STORY MATTERS



**GITARATTAN INSTITUTE
OF ADVANCED STUDIES
& TRAINING**

MUSKAN

The event witnessed a diverse range of activities performed by the students, including singing, dancing, crafting, and poetry. The performances brought immense joy to both students and teachers, creating a vibrant and culturally rich atmosphere within the classroom.



YASHASVI

My name is Yashashvi and I am 18 Years old . I am a Student of Gitarattan institute . . In the past few months I joined Gitarattan institute and i learned lot of teaching skills and also learn how to teach children's and how to handle them . My confidence is increasing day by day .I have participated in dance competition in the Talent Hunt Show

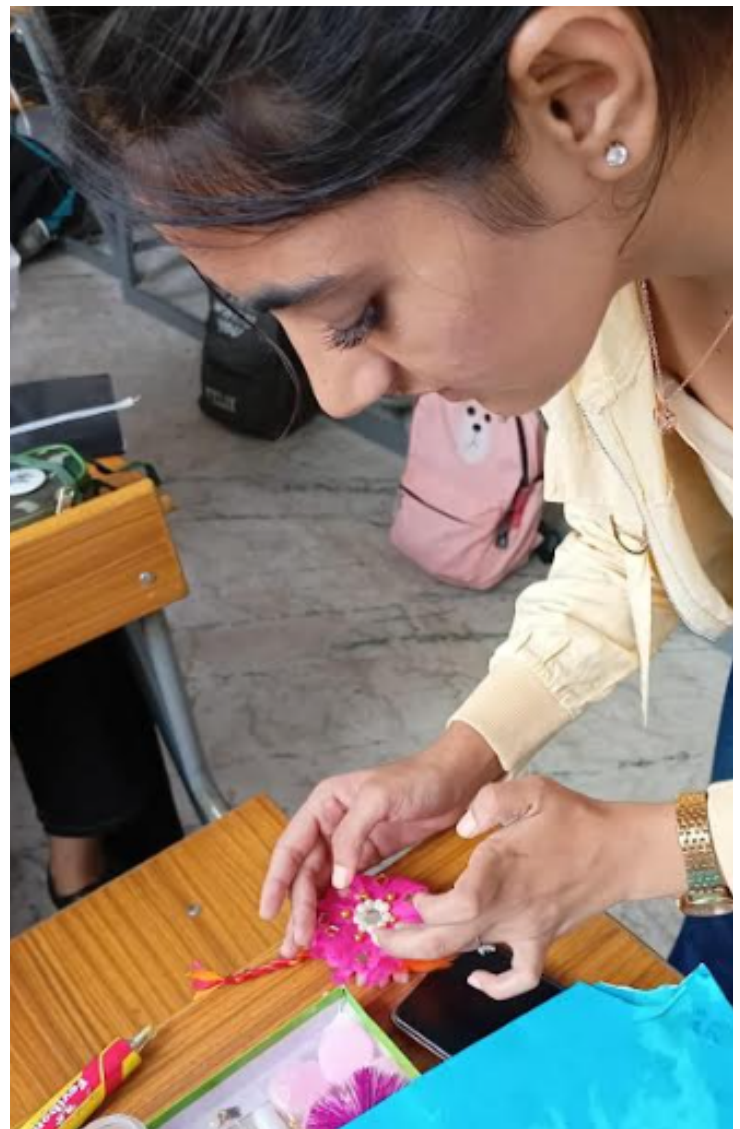


ATHIRA PRATHAP

It was my childhood dream to become a teacher. It was because I was unconsciously inspired by my class teacher. So, I gave the IPU CET and fortunately got into Gitarattan Institute of Advanced Studies and Training in the first round itself. I was really happy to get into such a top college.

It was after joining B. Ed that I realised that teaching is not only what I believed but it has many other aspects. What I knew was only the tip of the iceberg about teaching. It was like the exploration of a new world. I realised that I would have to speak more after opting B.Ed. This is what I have to improve in myself, to express myself in class and I'm being provided this platform to remove my hesitation.

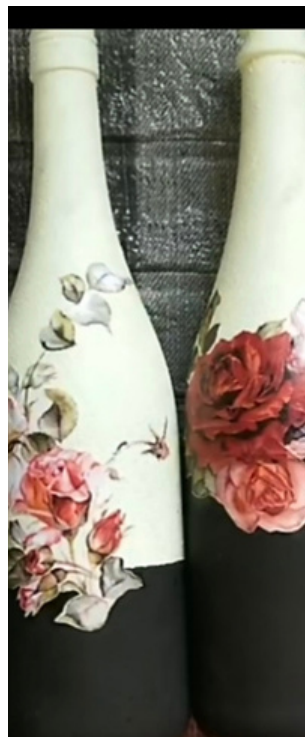
I think by the time I complete this program, I would have gained many skills including confidence and multitasking. In short, I would have become a better version of myself, and I looking forward to new things that this program has to offer.



BHAVYA ARORA

God understood our thirst for
Knowledge, And Our Need To Be Led
By someone wiser;
He needed a heart of compassion,
Of encouragement, and patience;
Someone who would accept
The Challenge Regardless Of The
Opposition;
Someone who could see potential
And believe in the best in others . . .
So he made teachers.

Gitarattan Institute Of Advanced Studies And Training provides extremely phenomenal teacher training and aims at the holistic development of teacher trainees.



KANIKA RAWAT

During my first year in GIAST, I came to know various skills and techniques which helped me as a would-be teacher and as an Individual.

I got a lot of exposure which helped me to boost my confidence and self-esteem. I learnt different art skills as well as life skills.

The teachers here helped me to bring out the better in me and I'm hoping to become a hardworking teacher with the help of the Principal Ma'am, teachers, and peers.



KASHISH GUPTA

My observable behavior is my helping nature towards everyone. My strength is my parents as they have a big hand towards my success and another thing is I don't procrastinate anything which helps me in every aspect. My hobbies include reading, listening to music, singing, painting. Being creative is my hobby. I did my schooling at Kulachi Hansraj Model School with a science stream. My ambition is to become an IAS officer by starting with a nice teacher.



MANJU KUMARI

Hello, my name is Manju Kumari and I am doing B.ed from GIAST. In 2021 I had decided to take admission in B.ed, So I have given the CET exam of GGSIPU for B.ed. I had also tried to take admission for B.ed in DU, BHU, and central university but due to some reasons, I was not able to give CET exam for those.

I was so nervous when I was taking admission in this college whether it was a good decision or not but on orientation day I felt good and I felt that it was a good decision. When classes were started and going on there was so many tasks that we have to do and this things were learned me various thing, there was so many presentation that we have to present and I learnd various thing like how to make PPT, how to work collaborating manners, respect each other point of views etc.

So there are so many things in curriculum which helps us to enhance our self and as I am 1st year student so my learning is going on.



PALLAVI UJJAINWAL

As I pen down as a student of B.Ed in Gitarattan Institute of Advanced Studies and Training. It's overwhelming. It hasn't been sunk in that I will soon become a Teacher. I was not sure what I wanted to pursue as a career. I have never thought of taking teaching as a profession. Not just teaching, I was not sure of anything. I just went with the flow. I took commerce because all of my friends were taking it, after clearing 12th with flying colors. I enrolled myself in BA(Hons) English, then after completing my graduation, I enrolled myself in Masters In English. After MA I was thinking "now what next?" Thankfully, this Covid period gave clarity on what I wanted to do. I, being an introvert am most comfortable with people younger than me. In the pandemic, I taught my cousins and that hit me and I started enjoying teaching that's when I realized I want to pursue teaching I've never been so clear with my thoughts in my life than this. Now when I come to think of it I've always looked upon my teachers there was always a favorite set of teachers in my school as well as in college I've huge respect for the teachers in my life everything I am and will be, is all because of them. The role of the teacher is very important in anyone's life. I also want to make positive changes in someone's life as I know the importance of a good teacher and guide. On this journey of becoming a teacher I'm looking forward to it as it's just the beginning I will conclude this with Robert Frosts' words "I have promises to keep and miles to go before I sleep"



PINKY KUMARI

I, Pinky kumari, B.ed First year, is thrilled to get admission to Gitarattan Institute of Advanced Studies and Training (GIAST) college, I thought it was a course just like any other course but it is a “professional” course, which tries its level best to inculcate in child and helps to improve the skills of students. The faculties are very corporative, they always support us and give full time to complete our task, I feel like spoon-fed, just I felt the same in my school days, each and every possible efforts are fulfilled at the same time even in online mode and it helps me to improve my routine, habit and standard of living, it helps me to think higher and have greater vision ahead, even in online mode, the classes are running so well, as it sounds a classroom environment, complete interaction and discussion takes place, the role of technology increases day by day and it makes me overpowering and helps me to imbibe new information, just I learnt, how to make Google Forms, I really feel elevated and motivated, there is a lot more to do in this journey, apart from studying theories, there is practical involvement as well, which helps me to reflect myself in day to day situation, action and thought process, which has made me to be confident and I become more refined and having control over my thoughts. This course taught me, not only to teach in school but also to be a great person within, with ample of knowledge and skills, so that, I become able to be independent and contribute a bit towards developing nations with flying colors.



POONAM BOYAT

My name is Poonam and I would like to introduce myself through this self-reflection. I am Pursuing D.El.Ed Course in Gittarattan Institute of Advanced Studies and Training. This is my second year in this Institute and I am getting to learn many new things here which is making me a hardworking person.

I am creative and ambitious because I have a lot of ideas about my future. I am interested in all kinds of creative work such as Pencil sketches, poster painting, making items using mixed materials, and much more.

I am very passionate about my work and studies.

In my free time, I enjoy reading, listening to music, engaging myself in the artwork.

I like to help people when they are in any kind of need.

I discover about myself as a learner that although I am passionate about my work still there are things that I need to work upon to become excellent in any kind of work.

Thus, with the end of this self-reflection, I want myself to be more hardworking and Excel in everything.

Thank you.



RASHI

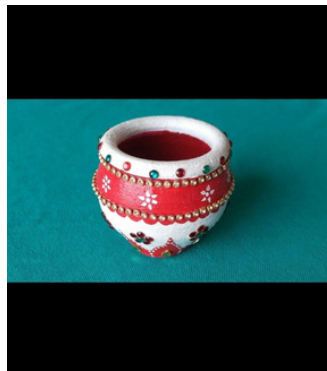
My name is Sakshi. I am pursuing D.El.Ed course from the Gitarattan institute of advanced studies and training. I want to become a teacher. I live in Delhi. I have had a very amazing experience in this college. I got so many opportunities in this college like group activities, dancing in functions, quiz competitions, singing, cooking and art activities and some interesting games in online mode.

My Strengths:-

1. I have a good capability of writing poems, shayaries in Hindi through my own creativity, and I got many opportunities to write poems in this college.
2. I have a very Frank nature with everyone, and I got many opportunities in some group activities to talk with everyone.

My weaknesses:-

1. I am very slowly in the habit of writing work. But now I am trying to improve my habit.
2. I get distraction very quickly in my work



SAKSHI

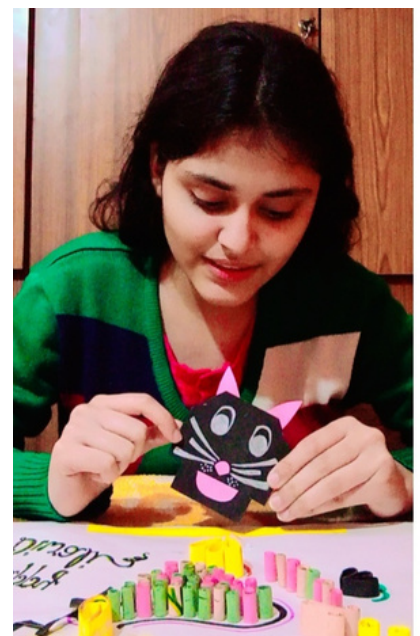
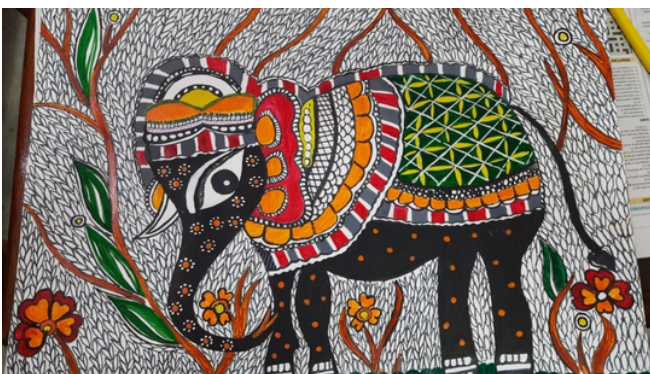
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SHAMBHAVI KUMARI

The pandemic has already hampered the last year of my schooling, but by the time I decided to join GIAST, there was a little hope of an end to the pandemic but unfortunately, it didn't happen till now. I Shambhavi Kumari was born and brought up in Delhi. I have done my schooling from KENDRIYA VIDHYALAYA SANGATHAN, PITAMPURA. And now I am pursuing my teaching course from GIAST. I am a person who speaks less but is a very observant one. Understanding the self means as suggested by the name what the person truly understands about their inner and outer self their weakness, strengths, what they like and what they dislike, etc. Self-reflection is very important to the source of professional development.

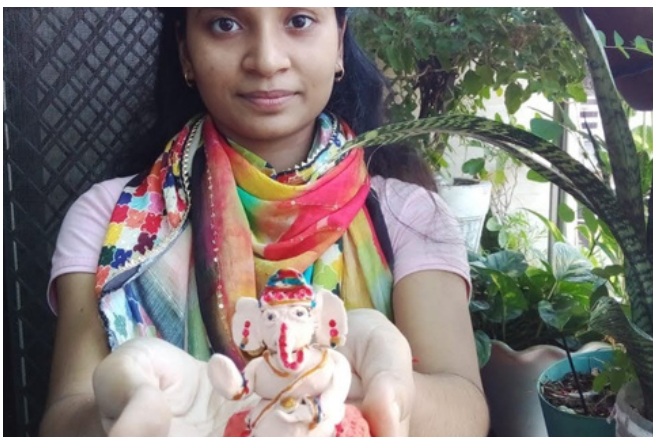
There were so many activities under this course such as debate competition, working in groups through role-play, celebrations, etc. which taught me how we should work in a group, the importance of patience, and how these values play an important role in the profession of a teacher. It brought out my inner skills and creativity. Now, I am well aware of my potential and weakness. Even in the observation of life situation, it thought me no matter what in which situation you are in either good or bad, an individual can always learn from it, take it as an opportunity to get something knowledgeable out of it. It helped me in shaping my personality and turned me into an optimistic person, I have noticed no matter what situation it was, I always try to get something good out of it.

However, the journey has just started but I think I will learn a lot of things in my life through this course. It surely helped me to grow personally as well as professionally.



SHASHTHI SHREE

My self Shashthi Shree and I are 2nd yr student of GITARATTAN INSTITUTE OF ADVANCED STUDIES AND TRAINING. I have learned many things in college even in online mode we were always having various activities every weekend and we enhanced our creativity. Being a pupil teacher it is very important to learn that how we can recreate a concept and then present it before students and this skill of recreation I learned here. It was a great experience and would be amazing if it would be offline soon and it is very heartbreaking also that few months are left and we will leave our Gitarattan family. But we are taking away beautiful moments and memories with us.



SHRUTI

In GIAST my experience was really great, I took part in all the activities related to all the subjects, events, and programs, which were really beneficial for me.

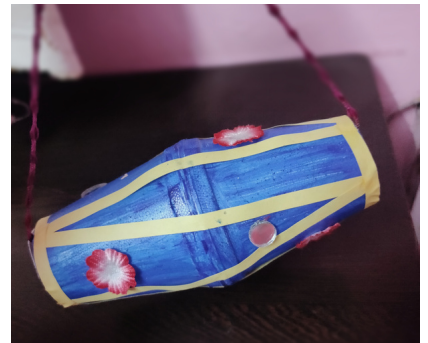
I thank the institute and all the faculty for putting in their best efforts which reflect in us. We learned every day, I grow as a person and learn to interact even on the online platform. We got time to time encouragement, appreciation, motivation from our teachers. We took part in all the activities which always make us a better people.



VANSHIKA GUPTA

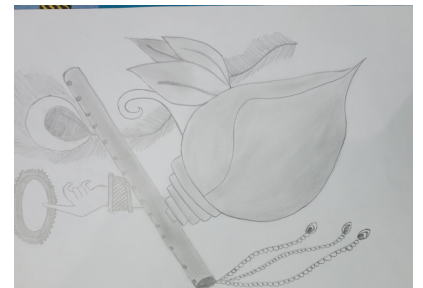
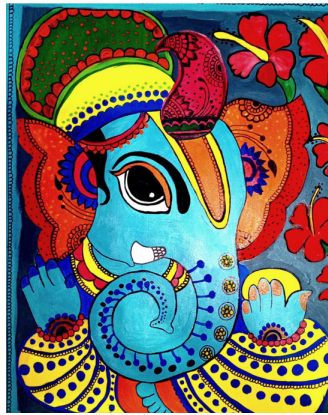
I'm vanshika Gupta, of the second year

During these two years, I learn a lot from our institute. Like, how to teach, and who is a good teacher. Now I see a good teacher in me .these two years were very precious for me.



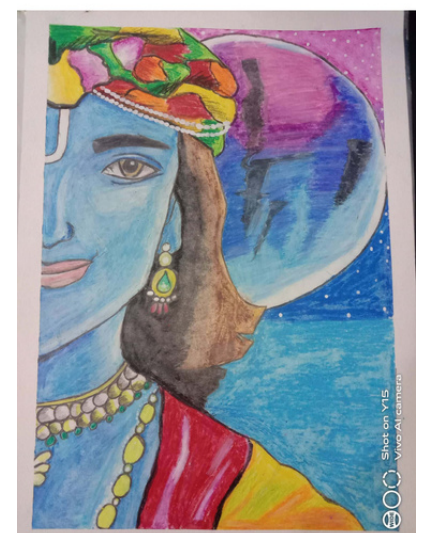
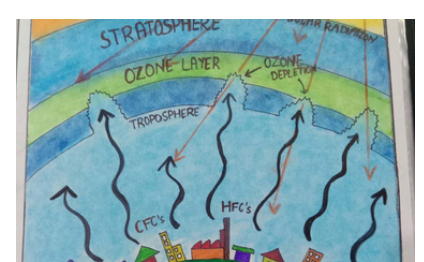
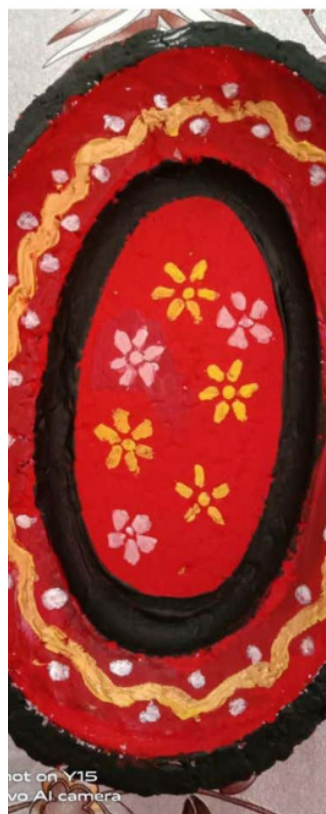
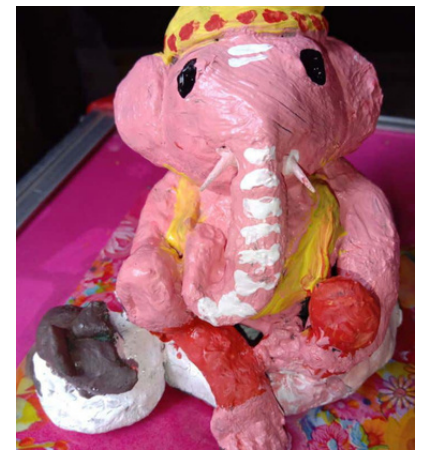
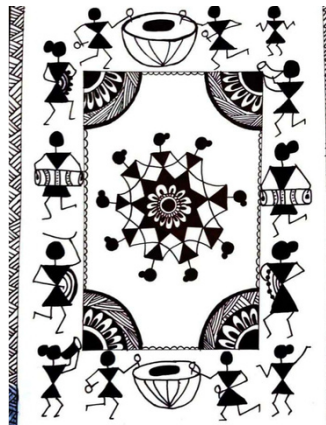
VANSHIKA KHARI

With the help of my respected teachers i have become able to create something that i love to make. My prestigious college provided me several opportunities to show my talent , enhance my skills and to express my views through art work . I like to paint and draw something that comes to my mind . It's like an escape from reality . While painting i use my imagination, i forget all my tension and stress. I have painted so many paintings and art work which i would like to share with my respected teachers and fellow classmates. My creative work include paintings , clay modelling, posters , drawings etc . I'm highly obliged that i have become the part of such a precious and prestigious organization .



VINITA MITTAL

I vinita am highly obliged to all of my teachers who have guided me at each and every step. They always motivated me to create new things and have a new and great experience. I have created so many artworks and it is possible only with the help of the teachers as they are very supportive. My skills in art are enhanced a lot. Now making creative artwork has become a meditation for me. I love to make different types of artworks, paintings, drawings, posters, etc. I am sharing a few of my artwork with all my respected teachers and my fellow mates. I am thankful to all the respected teachers and the institution.



AKANKSHA

My name is AKANKSHA .and I would like to introduce myself through this self reflection. I am Pursuing D.El.Ed Course in Gittarattan Institute of Advanced Studies and Training. This is my second year in this Institute and I am getting to learn many new things here which is making me a hardworking person.

I am creative and ambitious because I have lot of ideas about my future. I am interested in all kinds of creative work such as Pencil sketch, poster painting, making items using mixed materials and much more.

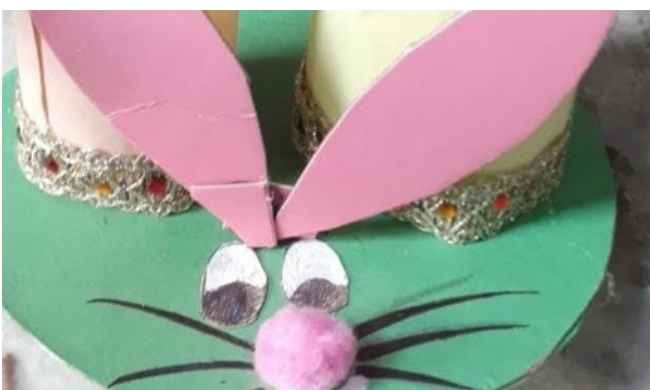
I am very passionate towards my work and studies.

In my free time, I enjoy reading, listening to music, engaging myself in art work.

I like to help people when they are in any kind of need.

I discover about myself as a learner that although I am passionate towards my work but still there are things which I need to work upon to become excellent in any kind of work.

Thus, with the end of this self reflection I want myself to be more hardworking and Excel in everything.



ALISHA SANOHAR

I am Alisha Sanohar, a student of DELED 1st Year and I live in Shakurpur in Delhi. I am doing Deled course now and passing out 12th. My hobby is reading books. In the last few months, I joined Gitarattan institute and learned a lot in the form of teaching training and here I learned a lot of teaching skills and also learned how to teach children's and my confidence is increasing day by day. I learned creative work as well as artwork and this is my self-reflection.



BARKHA SETHI

My name is Barkha Sethi and I would like to introduce myself through this self-reflection. I am Pursuing D.El.Ed Course in Gitarattan Institute of Advanced Studies and Training, Rohini. This is my second year in this Institute and I am getting to learn many new things here which is making me a diligent person.

I am hardworking, creative, and ambitious because I have a lot of ideas about my future. I am interested in all kinds of creative work such as Pencil sketches, poster painting, making items using mixed materials, and much more.

I am very passionate about my work and studies. In my free time, I enjoy reading, listening to music, engaging myself in the artwork. I like to help people. I discover about myself as a learner that although I am passionate about my work still there are things that I need to work upon to become excellent in any kind of work. Thus, with the end of this self reflection I want myself to be more hardworking and Excel in everything.



BHARTI

मैं गीता रतन इंस्टीट्यूट ऑफ एडवांस्ड स्टडीस एंड ट्रेनिंग की डी एल एड प्रथम वर्षकी छात्रा हूं। मेरा इस इंस्टीट्यूट में 1 जुलाई 2021 को दाखिला हुआ था और इस कोरोना महामारी के कारण मैं 1 दिन भी इस इंस्टीट्यूट में नहीं जा पाई कोरोना के कारण लेकिन कोरोना महामारी के दौरान भी इस इंस्टीट्यूट में हमारी पढ़ाई लगातार चालू रही ऑनलाइन गूगल मीट एप पर हमने क्लास ली और सभी अध्यापकों ने हमें बहुत ही लगन श्रद्धा के साथ बड़ी मेहनत से पढ़ाया और हमने भी उनका पूरा साथ दिया हमने अपनी सारी पाठ्यक्रम को ऑनलाइन कक्षा के द्वारा ही पूरा किया सभी अध्यापकों ने हमें बहुत अच्छे से पढ़ाया और हमें समझ भी आया कोरोना महामारी के कारण हम इंस्टीट्यूट तो नहीं जा पाए लेकिन ऑनलाइन अपने घर पर ही हमने बहुत सारी गतिविधियां चार्ट, पेंटिंग बनाई जैसे की मिट्टी से गणेश, पेंटिंग, चित्रकला और सभी त्योहारों को हमने ऑनलाइन समारोह को ऑनलाइन आयोजित किया और उन में भाग भी लिया सभी छात्रों ने बढ़ चढ़कर हर त्योहार में भाग लिया सभी ने अपनी प्रतिभाओं को दिखाया जैसे की डांसिंग, चित्रकला भाषण, वाद-विवाद, कविताएं, कहानी सुना कर। हमारी ऐसीपी 29 दिसंबर 2021 को प्रारंभ हुई थी और हमने ऐसीपी के दौरान बहुत कुछ सीखा हमारी अवलोकनकरता प्रवीण मैम थी इन्होंने हमें समय-समय पर हमारा मनोबल बढ़ा कर हमारे आत्मविश्वास में वृद्धि की इन्होंने हमें कहा कि हम और भी अच्छा कर सकते और हमने प्रवीण मैम को और भी अच्छा करके दिखाया सभी छात्रों ने ऐसीपी के दौरान अपने बेहतर प्रदर्शन किया सबने अपना अच्छा देने की कोशिश कि हमने इस ऐसीपी के दौरान एक दूसरे को अवलोकन किया एक दूसरे से सीखा कि किसने क्या अच्छा किया है उसको हम अपने जीवन में अपना सकते हैं ऑनलाइन भी हमारी ऐसीपी पर बहुत अच्छे से हुई। गीता रतन इंस्टीट्यूट ऑफ एडवांस्ड स्टडीस एंड ट्रेनिंग में दाखिला लेकर मैं बहुत खुश हूं कि मुझे यह इंस्टीट्यूट मिला जिसमें मैं अब पढ़ाई कर रही हूं मुझे यह कॉलेज बहुत अच्छालगा। धन्यवाद



BHUMIKA SURI

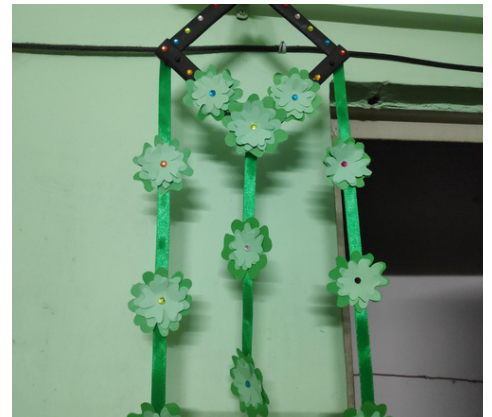
In 2021, I decided to join B.Ed. to pursue my career in the teaching field. I really wanted to be a good teacher and that's why I choose this course. I applied to GGSIPU, cleared my CET, and got selected in GIAST. Due to COVID - 19 pandemic, the whole exams and sessions were postponed and our classes started on the online platform. One of our practice is UNDERSTANDING THE SELF. This is a practical included in our curriculum to make us analyze and reflect on our daily experiences in B.Ed. and our life experiences as a whole. It includes 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 into 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 analyzing them to improve myself. Also, it helped in maintaining a track of how I was at the beginning of this course and the changes that were there by the end of just 2 months. I became a keen observer of my actions and everything around me. It encourages me to question, in a positive way, about what I do or why I did it. Writing daily journals provides 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 her/his experiences then thinking and reflecting upon them is necessary.



HARSHITA

In my beautiful life, I have experienced many ups and downs but when I look back I feel proud to have so many failures in my life, it gave me the opportunity to keep trying things, again and again, to know where I stand and the courage to fight on my own. Most of the time used to hang around here and there doing nothing but the time I chose this platform of being a trainee teacher, it just doesn't tell us to practice teaching but taught us numerous amount of integral activities. Throughout, the teachers who have been supporting me, cause of them have my thoughts clear about what I have to do now, like reading novels, practicing divergent art, love to spend and share thoughts with my friends here.

The best thing that happened to me this year was to choose D.EL.ED, as the teacher who is very open and makes the environment comfortable for me, has been very helpful.



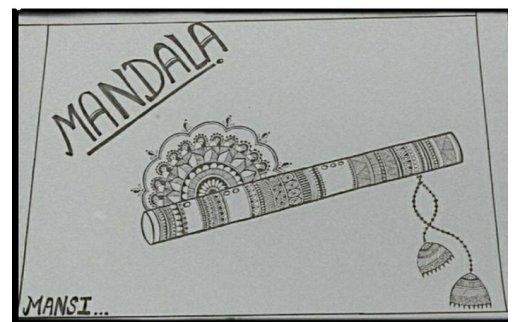
MANSI

Hello everyone, thank you for giving me this opportunity to reflect on myself in front of you.

This is Mansi, daughter of Hayat Singh, recently and is doing D.el.ed. course in Gitarattan institute of advanced studies and training and am also learning ADCA computer course in Accent Classes. I want to become a mathematics teacher that's why I am doing D.el.ed.

My hobbies are:- listening to music and singing, reading novels and books, doing something creative.

My strengths are:- | am confident, always curious about learning new things, punctual, honest, and helpful.



MANSI RAO

I am mansiraoD.El.Ed first-year student at gitarattan institute. My purpose of coming here is that I want to become a teacher in the future. Earlier, I did my studies from 1st to 12th from Government Sarvodaya co-ed Vidyalaya Sector 8 Rohini Delhi -110085 . Right now I am doing D.El.ED course and I am studying it and apart from this, nothing else right now. My aim is that after studying at this institute, I become a very good teacher and do my work very well. Self-reflection is the key to self-awareness. It allows us to look neutrally at our thoughts, feelings, emotions, etc. Through this practice, we are able to look at ourselves with newfound interest and curiosity.

I also have some hobbies in which I like dancing, reading books, painting.

And I am not such a good singer but still, I like to sing songs and also like to listen to songs. But for now, apart from all these things, I have to become a very good teacher and I will try my best to make my hard work successful in the future.



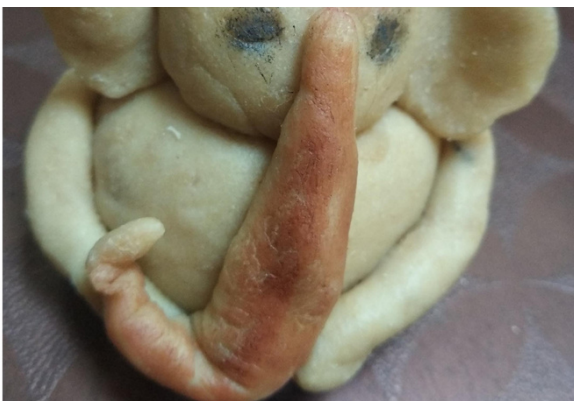
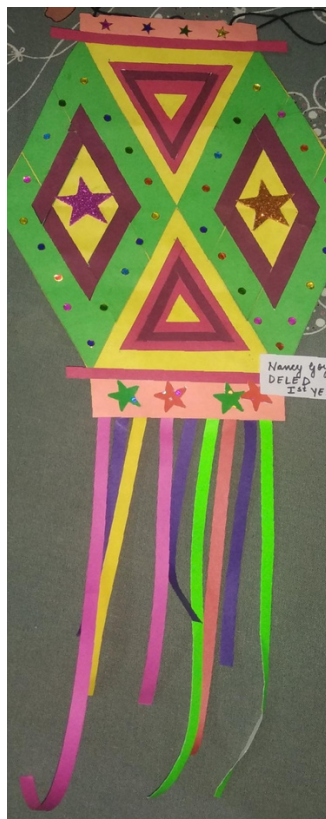
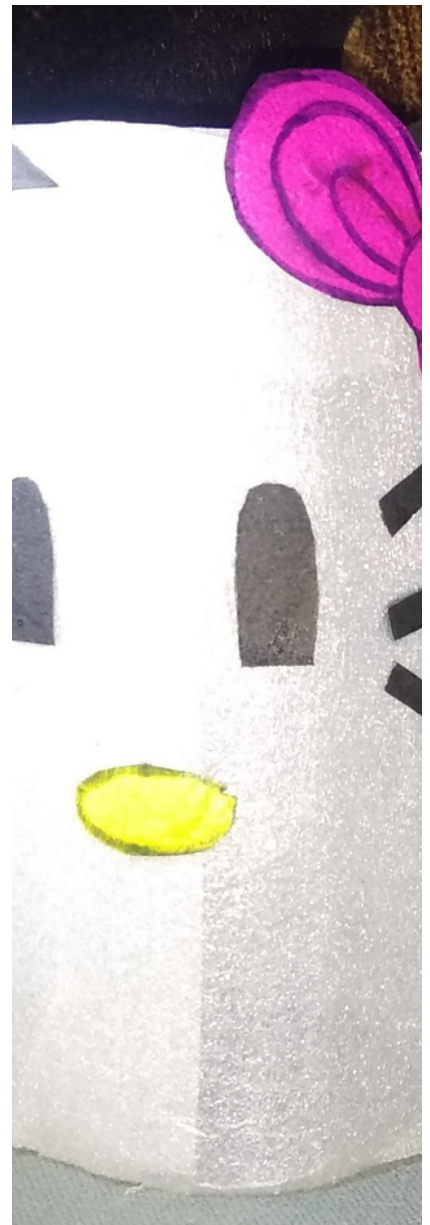
MANSI RAO

I am Megha. I am a d.el.ed 1st year student. I like to do painting. I like to teach small children. Teaching is a profession in which we can reflect upon our lives again from small children to bigger ones.



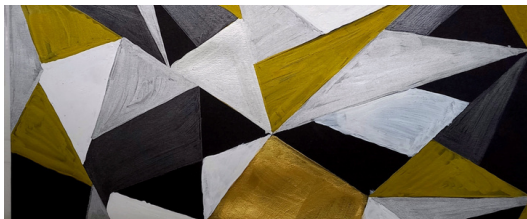
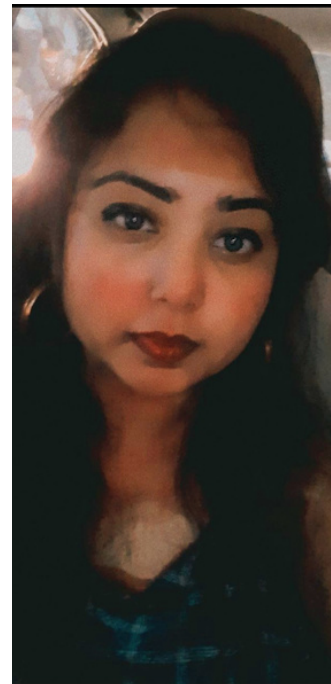
NANCY GOEL

I am Megha. I am a d.el.ed 1st year student. I like to do painting. I like to teach small children. Teaching is a profession in which we can reflect upon our lives again from small children to bigger ones.



MUSKAN KAPOOR

I'm a tiny human in this gigantic universe and my name is Muskan Kapoor. I'm 21 years old and currently pursuing my Bachelors of Education at Gitarattan Institute of Advanced Studies and Training. People describe me as an affectionate, considerate, and kind-hearted individual but I just believe in the philosophy of "Jessi Drishti Vesishrishti". I have a knack for trying new cuisines, capturing man and nature through a lens, and being around the people I love, a.k.a my family and friends. They mean the world to me. Other than that I like to read manga, watch Korean dramas and anime. I am a BTS army and also a POTTERHEAD. I am just grateful for the life the Almighty has blessed me with- food on my plate, a healthy mind and body, and a roof over my head. My philosophy is clear in life, "All your decisions in the past have led you to this point, therefore take charge of the situation."



Initially, I didn't want to become a teacher. I considered this job with no personal growth. Teachers according to me had a fixed schedule, did mundane tasks and the sorts. Another reason was the fact that my mother is herself a teacher, I've seen the struggle first hand. But my perspective altered when I started to observe how she paid attention and was compassionate towards each and every student of hers and how these acts of kindness transformed the lives of many. With the passage of time I came to a realization that what it's like to be a teacher, it's like being a source of light for the people in darkness and ambiguity. Those who couldn't find direction in life found them with the help of teachers like my mother. Every new experience was, at one time or another, the first experience. For good or bad, each instance changed the course that my life has taken. But, the most transformative experience was when I made up my mind and started my Bachelor Of Education journey at GITARATTAN INSTITUTE OF ADVANCED STUDIES AND TRAINING. And I have not looked back since. The initial days felt like straight out of horror movie. There were jump scares and bone chilling moments but in the end it all started to make sense. The Gitarattan Institute of Advanced Studies and Training has given me an opportunity to use my knowledge for the good. They have also sharpened my rough edges so that I don't hamper the progress of the students I might teach in the future.

I believe that the element that makes GIAST stand out from the rest of the institutions is the fact that they give emphasis on self growth and self development. Self-reflection is the habit of deliberately paying attention to your own thoughts, emotions, decisions, and behaviours. As Aristotle put it, "Knowing yourself is the beginning of all wisdom". Anyone in this world can teach you what is written in the books or what they think, but an ideal teacher the one who tells and helps you to discover yourself in midst of chaos. An ideal teachers shows you where to see but doesn't tell you what to watch. And that's exactly the faculty of GIAST is doing to me. The guidance that GIAST is providing is Top Notch and is unmatched in this field. I consider myself blessed in many ways, because GIAST is an institution that is preparing us for today as well as tomorrow. As it's my 1st year and I have a long way to go, I hope that when I graduate from this temple of teaching, I imbibe the good characteristics that I'll gather in these extraordinary 2 years of teacher training at GIAST. I am looking forward to make wonderful and everlasting memories for myself in this institution and I hope that I pass out as a teacher who delivers only the best to her students. As it is an attribute I gained from my teachers in Gitarattan Institute

PRERNA VERMA

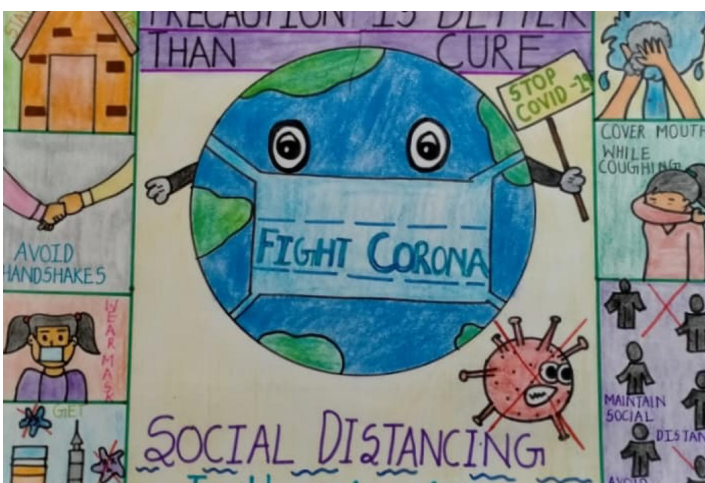
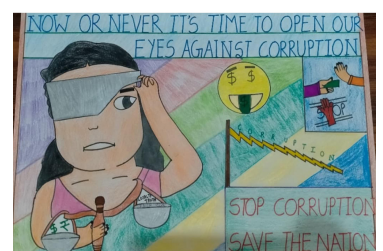
the time of covid-19 was very difficult for us. It's been 2 years since we are sitting inside our homes and taking classes online, though now colleges are set to welcome us back, gladly!! I, from my childhood, had this vision that I want to become a teacher someday. I completed my graduation in English hons and in 2021, I took admission in B.Ed. in Gias, ipu. My classes began in December 2021 in online mode, now not anymore. one of the subjects we've been allotted is Understanding the self, where we are supposed to write a journal, our self-reflection, about the classes we take, what we learnt and what all teaching methods we'll apply when the time for us will arrive to teach the students. Understand the self-practical provided me an opportunity to self-improvise myself. Writing the journals daily are a away that how can I be creative while noting down what all I learnt in the class or my life. Before enrolling into bed, I was a very less confident student, I could never express my feelings about how I felt for certain things, but this practical has provided me with the right platform and infinite opportunitiesto bring out my inner creativity. Now I am well aware of my strengths and weakness.

I will apply it in my teaching learning process like integration method with students everyday to make learning meaningful and better help in develop national value and respect for society.



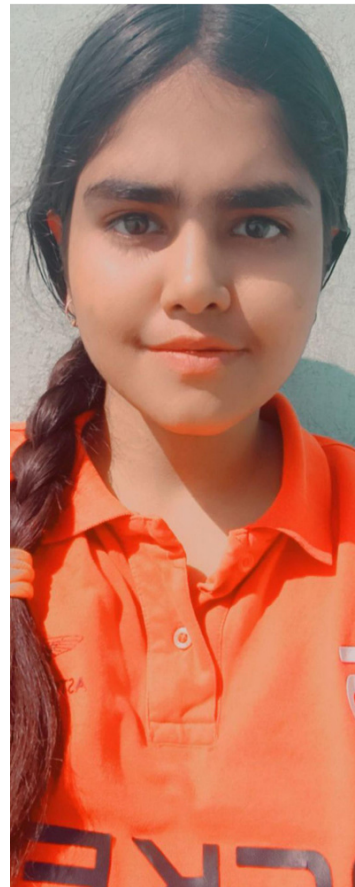
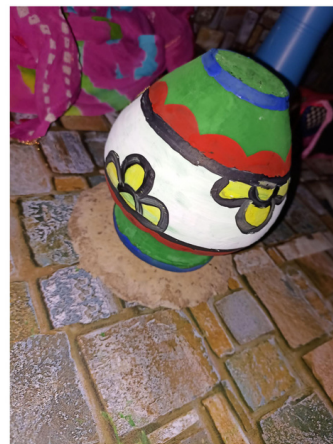
RASHIKA SHARMA

My name is Rashika Sharma and I am a student from 1st year D.el.ed. This course has made me realize my strength as well as weaknesses. It's helping me to develop my inner - potential.



SAKSHI MANN

My self is Sakshimann.I am a normal girl living a ordinary life with my family and a few number of friends.I am a student of D.EL.ED which is a course of diploma in elementary education basically it is a course of Teaching which is the dream of my life my first and only dream of my,being a Teacher.I have no one as my role model or something like inspiration.For me my inspiration is my own life.Mylife isn't much like a fictional character whose life is full of complications and a beautiful happy ending but still my life have a lot of ups and down but these moments are like my teacher of my life which teaches me to be happy that even if it's not happening the way I wanted it to be but still I am not giving up and working hard to achieve what I want and deserve.The happy ending of mine story will not be written by someone else I'll write and made it by my self.



SHIVANGI MITTAL

In 2021 after completing my graduation in B. Com(H) I had to take the next steppingstone to excel in life. The principal objective of education is learning, and the means used to fulfil this aim is teaching. Due to my all-time inclination towards the fascinating world of teaching I decided to go for a Bachelor of Education course from GGSIPU. The Covid-19 Pandemic was still at its peak due to which virtual education was the only permissible way to impart education. The very first start to my classes gave me a broader picture of what a teacher student relation is and how education is a backbone for every person to achieve his/her ambition. With daily classes we were given tasks based for personal growth and practical knowledge such as Journal writing, self-reflective essays etc. These reflective essays highlight the transformative reflection that I have experienced during my studies in my attempts to become a better and more effective teacher. Introspection and reflection on your weaknesses and strengths helps you find a better footing in your current lifestyle. All the knowledge and best practices I learn from this institution will help me prosper in terms of professional development and management skills. The ultimate goal would be to pass on this education for a more secure, prosperous and stable society around me.

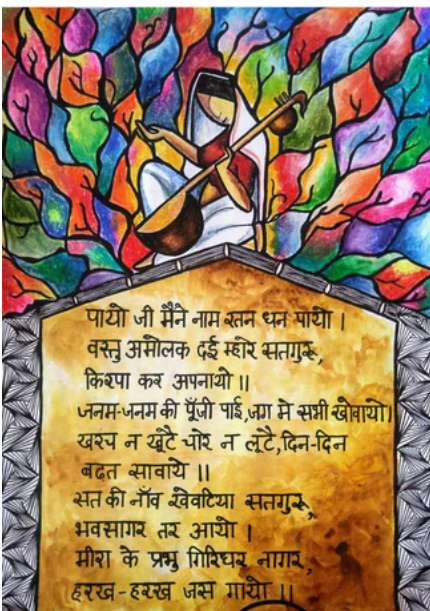


SHRUTI SONI

It's amazing. Life changes very quickly, in a very positive way, if you let it. I am glad that I had prepared well for my b.ed entrance exam, which had lent me an opportunity to pursue my b.ed programme from one of the most prestigious colleges in Delhi, Gitarattan institute of advance studies and training. One of the best things that happened to me and I appreciate it for not everyone is lucky enough to experience college life. College life is truly one of a kind. It exposes us to various profound and significant experiences that we cherish for a lifetime. For some students, college life means enjoying life to the fullest and partying hard. While for others, it's time to get serious about their career and study thoroughly for a brighter future.

When I was in my school, I would always look forward to becoming a teacher, however with big dreams comes various responsibilities which require my positive outlook. My college has exposed me to new experiences and things that I was not familiar with earlier. One such amazing subject I got introduced to was, 'Understanding the Self', the name itself is interesting and it intrigued me when my teacher explained about it. At first I couldn't understand and had many doubts regarding writing a reflective journal, to which my teacher was patient and explained it comprehensively to me. When I started writing my reflective journal I was little bit restricted on usage of vocabulary initially. However, with time I found myself being attached to it as if my journal have become a part of me. I have started to see positive changes in my writing style and my thinking pattern. I begin to observe closely and see things in new light and penning them down calms me, empties my mind where I harbour several thoughts. It has helped me to reflect upon what I had learned through my observation. I have become expressive and started to see a drastic change in my critical thinking. Writing a journal is an art for me where I could paint the depths of psyche through words. A lot of different questions have started to occur to me and I try to analyse them so I could answer them, it facilitates reflecting on the knowledge which I have gained in my lectures. Writing a reflective journal has proven to be beneficial for me as I am able to share it with my teachers and as a literature student it allows me to express my perspective by employing metaphors, idioms in my writing and it brushes up my vocabulary. The most crucial habit which I have developed is penning down my thoughts, for writing down one's thoughts is a powerful way to solidify and manifest them. 'Understanding the Self', has sparked in me the feeling of integrity and companionship, as I got introduced to various group activities which I do with my fellow classmates, opening myself to them and comprehending their point of views. I have started to see a lot of improvement in myself and have developed conviction and determination. And all of this has been made sure by my respective college faculty.

I am grateful to be the part of GIAST family, my teachers and college who have exposed me to a journey of belief and self-realization, comprehending how I as a student-teacher could become a better version of myself. The thing that I'll be most thankful for is the opportunity to better myself with study of various disciplines, forming relationships and experience with the real world. Education is the most important part of college, but it can be very challenging. I feel that I will be very thankful for the way that classes will push me to be a better student and teaches me to manage my time and priorities, reflecting on my thoughts and deed and understanding myself will make me an excellent and a competent teacher.

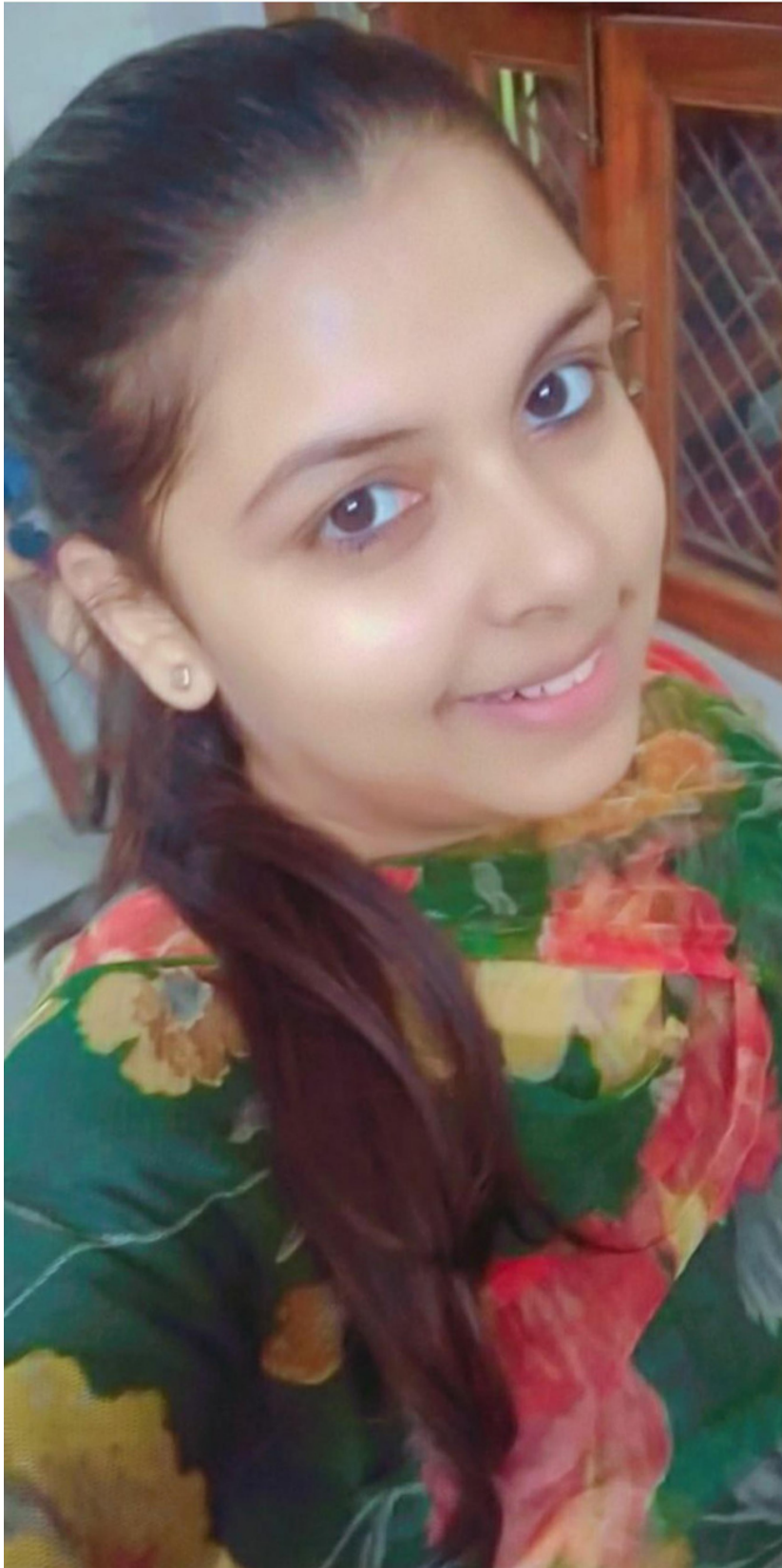


SIMARAN

Am Simran D.El.Ed 1* year students Am doing D.El.Ed because I love teaching and | also love to spend time with kids.

| also love singing and in every function am doing this because really love to sing.

And am also good in craft work.



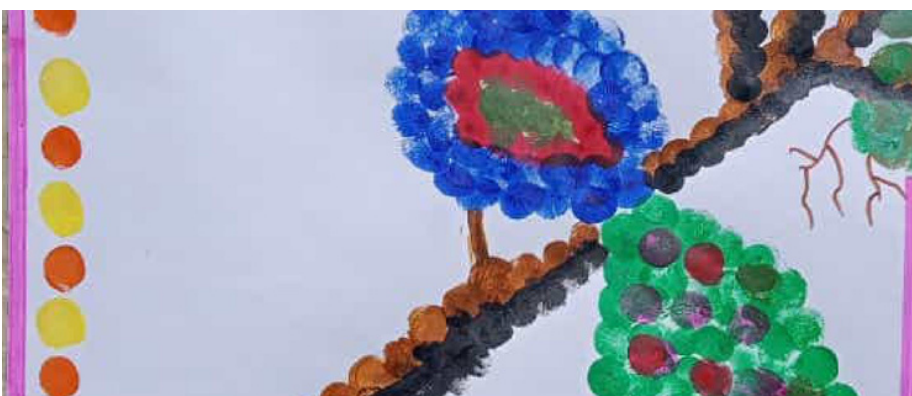
SNEHA MOR

While doing this teaching course. I learned so many new things. I have a talent for writing poems and painting, with I knew here in my institute. In my school time, I was an introvert I never ever participate in any kind of activity. In this teaching course, my teachers encourage me to participate in the activities and I guess they believe in me that I can do that activity and now I can say that I'm very confident about my personality earlier I was not very confident about my personality but now I am so confident because I know that I have the capability and my capability and my abilities were known by me only in this institute. I had gained a lot of new experience here. As I am could be the teacher I had to be all round in every aspect, my teachers help me to gain the skills of a teacher. I hope that I will gain more and more experience here.



VANSHIKA SHARMA

When I completed my school I had different inference about college life. I shaped my perception based on what I heard from movies, teachers and other peers who went to college and return to school to tell their innumerable crazy college story. I was very happy when I got admission in GITARATTAN INSTITUTE OF ADVANCED STUDIES AND TRAINING When my first day of college started, I was very happy and along with it little scared that how will the course be. I loved the first day teachers were introducing themselves very well. And now through college I am getting learn a lot like i have got a chance to transfer myself from introvert to extrovert by taking part in various competitions and I also enhance my skills through taking part in competition. I also got a very good opportunity to show my talent as well as my point. This is the best change that has happened in me. Faculty members of our college is so good. Our principal mam is very protective for us as well as our teachers. I am happy to say that all the teachers here are very good, take care of us very well, understand us very well. I can't believe it but everything is great. At the end I want to thank all the staff of our college (GITARATTAN INSTITUTE OF ADVANCED STUDIES AND TRAINING)



YASHIKA JAIN

With the help of my respected teachers have become able to create something that I love to make. My prestigious college provided me with several opportunities to show my talent, enhance my skills, and express my views through artwork. Choosing deled is the best option in life.

I like to paint and draw something that comes to my mind. It's like an escape from reality. While painting | use my imagination. I have painted so many paintings and creative artwork which would like to share With my respected 'teacher .my creative work includes painting,craft, drawing, etc.



JOHNSY DAHIYA

As I set down to reflect on my time in GITARATTAN INSTITUTE at Rohini, it's roughly two months that I didn't went to college. At the moment, I'm about to complete my first year and I have made a lot of memories here with all the teachers and students. They are so sweet to us that it never felt that it's a college it's always feels like our place, the bond with teachers is so good. Cafeteria and the play ground was the staple of my time. Truth be told, I miss them spending time there with friends enjoying the company of teachers and all, that was really one of the best part of year 2022. On a more relevant point, I'm thankful to them. In combination with my own extensive extracurricular studies of literature -e.g. my annual summer reading and research project with books like The Alchemist, If Tomorrow comes, Tell Me Your Dreams. The teachers not only given me knowledge which I'm using right now but also made me over all better. I'm glad to have support like them , thank you so much



YASHIKA JAIN

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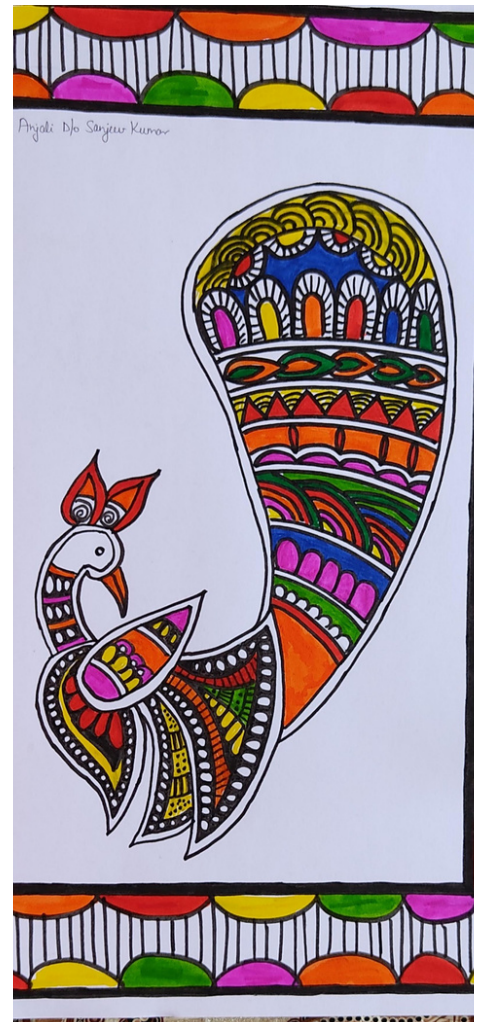
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ANJALI BAZAD

I learned a lot as a student of GIAST. During my first year, I learned various skills and techniques, various paintings, art, board work, and many more things which I used during my school experience programme.

My teachers were very cooperative and they helped me at every step so that I can accomplish my goal. I can proudly say that I am a GIAST student.



ANJALI YADAV

My name is Anjali and I am 18 Years old . I am a Student of D.el.ed First Year in Gitarattan institute . I am doing D.el.ed course and passing out 12th . In the past few months I joined Gitarattan institute and i learned lot of teaching skills and also learn how to teach children's and how to handle them . My confidence is increasing day by day .

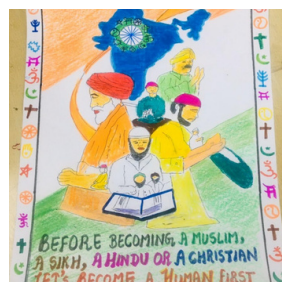


DISHA MINGLANI

I like to start by quoting, 'The more you know yourself, the more patience you have for what you see in others'.

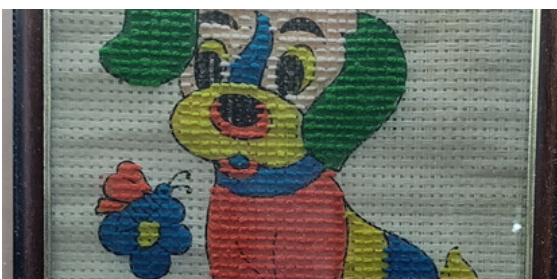
To be aware of one own's strength, capabilities, weaknesses, fears and understanding the emotions that we generally hide from the outer world is an art. This subject Understanding Self in my B.ed has tremendously shaped me into being able to understand myself that I haven't done before. I feel I am more understanding, more patient and has learnt to respect the difference in opinion. Understanding myself is a key to understand the world. Being from a commerce background, I always have been studious and focused on my studies. I can be taken as introvert, shy during my school days. Little transition happened by being associated with NGO. Since my childhood I had a keen interest in various art forms that included painting, dancing and sometimes cooking. On different occasions I have tried my luck into these activities. When I just started writing reflective journals, I was pretty perplexed about what to write but time has played important role in making me learn to understand things with ease. Sharing myself by writing about reflective journals, life experiences and other task that involved precision, dedication and hard work was really helpful. I learnt so many new things, got to know about so many prominent figures which I would never known about if I didn't study US in B.ed.

Being able to recite, enact and write is added to my personality and now I understand the importance of everything in my life and yes, understanding the self- is what keeps us going in life. I am looking graciously to have been found the qualities that were never discovered before.



SANTA APNA YAR

नन्हें थे हम जब, मां प्यार से सुनाती थी। लाल जोड़ी मौजों की रख तकिए नीचे, कहानी एक सुनाती थी। सफेद दाढ़ी में आएगा वो, खूब खिलौने लायेगा वो, पहने होंगे लाल कपड़े, खुद को सांता बताएगा वो। हम बच्चे भी कितने मासूम थे जो कहानी को सच मानते थे। देख खिलौने होते खुश, और सांता सांता चिल्लाते थे। देखते देखते बचपन बीता, सांता भी अब नहीं आते थे। जान जो गए थे अब हम, मां बाप ही खिलौने लाते थे। कहना है अब रब से मुझको, मिलवाओ मेरे सांता से मुझको। कर दो जो मुश्किलें आसान, दे हमको कोई अब ऐसा वरदान। दे जो हमको अब खूब सारा प्यार, वो ही अब अपना सांता है यार।



HIMANSHI BHATT

2020 This time the word we can hear all over the world was corona and all the faces was covered with the mask but I, fortunately, got an opportunity to go to my lovely Institute for the first admission process, Gitarattan Institute an amazing Building beautiful Architecture and the More beautiful thing were the People sitting inside, I met Mrs. Rekha Gahlot ma'am For the first. The most polite person Helped me out in my Admission process Unfortunately we weren't able to take offline physical classes but In the online mode also got to know all the teachers, Mrs. Praveen Dabas ma'am My class teacher. Her voice was so calming She interacted with all the students and it never felt like online sitting at homes all the other teachers were so sweet and Hardworking they were working hard with us to make us learn all the things to make all of us The Best teachers and best version on our selves. From 2020 to 2022 It was a beautiful journey with Gitarattan Institute. I am very glad I got the opportunity to study in such an Amazing Institute and To meet such Amazing Teachers.

I am Very Grateful to My Respected Principal mam Mrs. Sonia Jindal ma'am and all the Respected Teachers For Giving me and all of my Classmates the opportunity to learn in this Institute In Peace and Fun.



SHEFALI ARORA

During my first year in GIAST, I came to know various skills and techniques which helped me as a would-be teacher and as an Individual.

I got a lot of exposure which helped me to boost my confidence and self-esteem. I learned different art skills as well as life skills.

The teachers here helped me to bring out the better in me and I'm hoping to become a hardworking teacher with the help of the Principal Ma'am, teachers and peers.



TRIPTI SHARMA

Myself Tripti Sharma trainee of GIAST D.El.Ed 1st year 'B'. My hobbies are singing , reading , sketching , my only strength are my parents and I truly believe we should love ourselves .I passed my school in the same year and then I got admission here .I have already experienced 4 to 5 months here and my journey is so encouraging . The most surprising thing I learned about myself how far I have come in teaching abilities since after graduating from school I had no experience in teaching beyond volunteer work .At first I was uncomfortable and nervous in speaking in front of small group but I am grateful as well as happy to speak in front of whole classroom . I truly believe that in the upcoming year I will be to able discover myself further

