

प्रवाहिनी

2009-10



RAO MOHAR SINGH COLLEGE OF EDUCATION
BEHRAMPUR, GURGAON

शिक्षा—अतीत की विरासत

शिक्षा एक सामाजिक आवश्यकता है। शिक्षा के इतिहास में अतीत की उस सीमा तक हम जा सकते हैं, जो बहुत लम्बी नहीं है। हम जानते हैं कि शिक्षा मनुष्य समुदाय की स्वाभाविक विशेषता रही है। उसने सामाजिक विकास के हर युग में समाज को दिशा और स्वरूप देने में सहायता की है।

प्रारम्भ में शिक्षा एक जैविक आवश्यकता के रूप में विकसित हुई है क्योंकि शिक्षा एक महत्त्वपूर्ण एवं सर्वव्यापी विषय है। यह मानव जीवन की विशेष उपलब्धि है। अतीतकाल से मनुष्य जागरूक रहकर अपनी वाक्-शक्ति का व्यक्ति एवं व्यक्ति के मध्य, समुदाय तथा समुदाय के मध्य सन्तति और सन्तति के मध्य अपने व्यावहारिक चेतनानुभव भण्डार का संचार करने के लिए उपयोग किया है।

वातावरण से निरन्तर संघर्ष करते हुए मानव ने जीना सीखा और क्रमशः सामूहिक प्रयासों के लिए अपना एक समाज गठित किया। परिवार की इकाई आरम्भ कर जीवन संबंधी भौतिक कार्यों पर ध्यान केन्द्रित किया क्योंकि बेनी प्रसाद के अनुसार 'परिवार शिक्षा की एक महान् पाठशाला के रूप में सेवा करता है।' (The family services also as a great school of Education).

मानव ने अपने ज्ञान एवं अनुभव की पूँजी की उत्तरोत्तर वृद्धि की तथा अपनी इच्छा तथा आकांक्षा को पहचाना और अपनी मानसिक शक्तियों का विकास किया।

मानव इतिहास की व्यक्तिगत और सामूहिक उल्लेखनीय उपलब्धियों को शिक्षा से अलग नहीं किया जा सकता है। इतिहास के प्रवाह मार्ग को भी शिक्षा ने काफी सच्चाई से अंकित किया है, जिनमें कुछ काल उत्थान के तथा कुछ पतन के एवं कुछ संतुलन, बिखराव के हैं।

आदिम शिक्षा में शिक्षा का स्वरूप जटिल तथा प्रक्रिया सतत थी। इनका उद्देश्य चरित्र, प्रवृत्ति कौशल और नैतिक गुणों का व्यक्ति में निर्माण करना था। सर पाल गुडमैन के शब्दों में 'आदिम और अत्यन्त सभ्य समाज दोनों में अभी तक अधिकांश बच्चों की अधिकांश शिक्षा जीवन की सहज प्रक्रिया द्वारा ही सम्पन्न हुई है न कि शिक्षा देने के लिए विशेष रूप से खोली गई शालाओं द्वारा'। इसी तरह से हमारे जीवन की सम्पूर्ण क्रिया-कलाप शिक्षा पर ही निर्भर है। कहा गया है कि—

‘शिक्षा भिक्षा समाख्याता, किन्तु शिक्षा गरीयसी।

भिक्षया क्षीयते द्रव्यं, शिक्षया वर्धते तराम्।

वेदों के मुखारविन्द एवं शरीर को जोड़ने वाली अंग घ्राण (कंठ) शिक्षा ही है जैसा कि पाणिनीय शिक्षा में कहा है—‘शिक्षा घ्राणं तु वेदस्य’।

अतः शिक्षा वास्तव में भूतकालिक हमारी विरासत है। हमारे जीवन की एक अखण्ड ज्योति शिक्षा ही है। कवि मधुकर ने लिखा है—

जगमग शिक्षा दीप जलायें।

ज्ञान हीनता तम हट जाये,

विमल विवेक उदित हो पाये।।

शिशु के मृदुल मंजु मानस में, ज्ञानामृत बरसायें।

द्वेष कपट पत्ते झड़ जायें, प्रेम मिलन किसलय लहरायें।।

दृढ़ संगठन समीर बसुखद ले, नवल वसन्त बसायें।

यही एक स्वर से हो नारा, चमके भारत भाग्य सितारा।।

सत् शिव सुन्दर मय 'मधुकर' नव राष्ट्र ध्वजा फहरायें।
जगमग शिक्षा दीप जलायें।।

सुजित कुमार झा
प्रवक्ता हिन्दी

साहित्यिक क्लब

सदस्य— डा० मनीषा तनेजा, श्रीमती शालिनी उनियाल (व्याख्यात्री)

ललिता, शाकुल जैन, ममता, सरोज।

उद्देश्य—

1. छात्रों में अपने भाव एवं विचारों को मौखिक रूप से प्रभावशाली ढंग से अभिव्यक्त करने की योग्यता का विकास करना।
2. छात्रों में अपने भाव एवं विचारों को लिखित रूप में प्रभावशाली ढंग से अभिव्यक्त करने की योग्यता का विकास करना।
3. छात्रों को अपनी सभ्यता एवं संस्कृति से परिचित करना।
4. छात्रों की सृजनात्मक शक्तियों का विकास करना।

गतिविधियाँ

साहित्यिक क्लब में साहित्य एवं ज्ञान के विकास संबंधी क्रियाकलाप, रसात्मक अनुभूति एवं सांस्कृतिक विकास संबंधी क्रियाकलाप जैसी गतिविधियों का आयोजन किया गया।

साहित्यिक क्लब हिन्दी एवं संस्कृत भाषाओं के अधिगम हेतु विभिन्न कौशलों में निपुणता प्राप्त करने के लिए स्थापित किया गया है। प्रत्येक माह के विषय के अंतिम कालांश में इसमें गतिविधियों का आयोजन किया जाता है। इस वर्ष आयोजित की गई गतिविधियाँ इस प्रकार हैं—

1. **भाषण**— भाषण कौशल के संवर्धन हेतु 31 अक्टूबर 2008 को "कम्प्यूटर द्वारा शिक्षा एवं शिक्षक" विषय पर भाषण प्रतियोगिता का आयोजन किया गया। इसमें कुल 15 प्रतिभागियों ने हिस्सा लिया। प्रथम स्थान ममता ने, द्वितीय स्थान सरोज ने तथा तृतीय स्थान वतनदीप ने प्राप्त किया।
2. **वाद-विवाद प्रतियोगिता**— छात्रों की आत्माभिव्यक्ति के विकास हेतु 30 जनवरी 2009 को "भारतीय परिप्रेक्ष्य में माध्यमिक स्तर पर यौन शिक्षा की आवश्यकता" विषय पर वाद-विवाद प्रतियोगिता का आयोजन किया गया। इसमें कुल 12 प्रतिभागियों ने हिस्सा लिया। पक्ष में

बोलने वालों में पूजा नागर को तथा विपक्ष में बोलने वालों में राजेश यादव को पुरस्कृत किया गया।

3. निबंध लेखन प्रतियोगिता— छात्रों में लेखन कौशल के विकास हेतु 27 फरवरी 2009 को “महिला अध्ययन केन्द्र की आवश्यकता” विषय पर निबंध लेखन प्रतियोगिता का आयोजन किया गया। इसमें कुल 15 प्रतिभागियों ने भाग लिया। प्रथम स्थान सुनीता नागर ने, द्वितीय स्थान कान्ता ने तथा तृतीय स्थान ललिता ने प्राप्त किया।

4. श्लोक अन्त्याक्षरी— संस्कृत में श्लोक कण्ठस्थीकरण का परीक्षण श्लोक अन्त्याक्षरी द्वारा बेहतर रूप से किया जा सकता है। इस अन्त्याक्षरी का आनन्द उठाने के लिए 31 मार्च 2009 को कुल 8 प्रतिभागियों ने हिस्सा लिया। सभी प्रतिभागियों को दो टीमों में बाँटा गया—कालिदास व बाणभट्ट। ‘कालिदास’ टीम को विजेता घोषित किया गया। इस टीम में प्रतिभागियों के रूप में थे—शाकुल जैन, ईशा, जयामणि त्रिपाठी और अवधेश।

शिक्षक

शिक्षक उस मोमबत्ती के समान है जो स्वयं जलकर दूसरों को प्रकाश देता है। शिक्षक ही प्रत्यक्ष तथा अप्रत्यक्ष रूप से इस समाज का निर्माता है। विद्यार्थी के व्यक्तित्व पर शिक्षक का प्रभाव अमिट रहता है। बड़े-बड़े उद्योगपति, डॉक्टर, इंजीनियर तथा स्वयं शिक्षक को बनाने वाला एक शिक्षक है। शिक्षक ही उन्हें सामाजिक, बौद्धिक तथा शारीरिक शिक्षा देकर समाज का एक जिम्मेदार नागरिक बनाता है। माता-पिता के पश्चात् बालक के सर्वांगीण विकास में शिक्षक का महत्त्वपूर्ण योगदान होता है। योग्य शिक्षक ही योग्य शिष्यों को पहचान कर उन्हें देश और दुनिया का कर्णधार बनाता है। शिक्षक ही सर्वप्रथम बालकों में छिपी प्रतिभा को पहचान कर निखारता है। शिक्षक अपने आचार-व्यवहार से बालकों के मन पर गहरी छाप छोड़ता है, जिसे वह आजीवन नहीं भूल सकते। शिक्षा में गुणात्मक वृद्धि करने में शिक्षक एक महत्त्वपूर्ण कड़ी बन सकता है। अतः शिक्षक और शिक्षार्थी दोनों के सहसम्बन्धों पर उत्तम शिक्षा की नींव खड़ी है।

सुनीता यादव
प्रवक्ता डी. एड. हिन्दी

विद्यार्थिजीवनम्

विद्यार्थिजीवनं मानवजीवनस्य स्वर्णिमकालोऽस्ति। अस्मिन् काले एव मानवस्य निर्माणं भवति। अस्मिन् समये अङ्कितः संस्कारः मनुष्यजीवने स्थायीरूपेण संस्थिताः भवन्ति। ते कदापि विनष्टाः न भवन्ति। वस्तुतः अस्य जीवनस्य सफलता एव मानवजीवनस्य सफलता वर्तते।

अस्माकं शास्त्रेषु मानवजीवनं चतुर्षु आश्रमेषु विभक्तीकृतं विद्यते। तेषु प्रथमः ब्रह्मचर्याश्रमः। अयमेव विद्यार्थिजीवनं छात्रजीवनं वा कथ्यते। अस्य आश्रमस्य महत्त्वं ईदृशं यत् अस्माकं पुरातनग्रन्थाः अनेन आश्रमेण मनुष्यस्य द्वितीयं जीवनं मन्यन्ते। वस्तुतः मानवः यदा जन्म गृह्णन्ति, तस्मिन् काले सः पशुः तुल्यः भवति। तस्य जीवनस्य लक्ष्यं केवलं खादनं पानं, स्वप्नच वर्तते।

किन्तु छात्रजीवने सः संस्कारान् लभते। अस्मिन् समये तस्य चरित्रनिर्माणं भवति। अस्मिन् काले अर्जितेन ज्ञानेनैव सः स्वजीवने साफल्यं भजते। धर्मतत्त्वस्य अवबोधनाय कालोऽयं महत्त्वपूर्णोऽस्ति। अनेन कथितं केनचित् कविना सम्यगेव—

चारित्र्यस्य विनिर्माणं साफल्यं जीवनस्य च।

आश्रमे प्रथमे नूनं कर्तव्यं ब्रह्मचारिणा।।

विद्यार्थिनः एव भाविनः नागरिकाः अस्माकं देशस्य च कर्णधाराः सन्ति। ते खलु समाजस्य राष्ट्रस्य च चहुंमुखी विकासाय सक्षमाः भवन्ति। अस्मिन् काले आश्रमे वा मनुष्यः महापुरुषाणां विचारान् पठितुं, सम्यक् रूपेण च आचरितुम् अवसरं प्राप्नोति।

अस्मिन् एव समये विद्यार्थिनः स्व तपोमयेन जीवनेन कठोरव्रतेन च ज्ञानार्जनं कुर्वन्ति, कठोरव्रतं च आचरन्ति। अनेन तपसा ज्ञानेन च ते स्व भाविजीवने कष्टानि सोढुं समर्थाः भवन्ति। मनुष्यजीवने विद्यायाः ज्ञानस्य तपसः दानादिधर्मस्य च विशिष्टं महत्त्वम् अस्ति। विषयेऽस्मिन् महाकविना भर्तृहरिणा सम्यक् एव उक्तम्—

येषां न विद्या न तपो न दानं,

ज्ञानं न शीलं न गुणो न धर्मः।

ते मर्त्यलोके भुवि भारभूताः,

मनुष्यरूपेण मृगाश्चरन्ति।।

वर्तमानसमये विद्यार्थिषु बहवः दोषाः प्रविष्टाः अभवन्। अनेन ते दिग्भ्रमिताः सजाताः। यतोहि सम्प्रति विद्यार्थिनः स्वहितं विस्मृत्य खलु राजनीतिकक्षेत्रेषु भागं गृह्णन्ति। अनेन तेषां जीवनम् अन्धकारमयं सजातम्। प्राचीनसमये विद्यार्थिनां महती प्रतिष्ठा आसीत्। यतोहि ते सदाचारिणः सत्यवक्तारः शीलवन्तश्च आसन् तस्मिन् समये। ते संयमस्य प्रतिमूर्तयः आसन्। तस्मिन् काले ते खलु स्वगुरुणां सेवां कुर्वन्ति स्म, किन्तु अद्यत्वे एतादृशी स्थितिः न प्रतीयते। अस्माकं शास्त्रेषु विद्यार्थिणां पंचलक्षणानि कथितानि—

काकचेष्टा बकोद्धानं

श्वाननिद्रा तथैव च ।

स्वल्पाहारी, गृहत्यागी

विद्यार्थिनः पंचलक्षणम् ।।

वस्तुतः एतेषां नियमानां सम्यक् रूपेण पालनेनैव कोऽपि बालकः स्व विद्यार्थिजीवने ज्ञानोपार्जने सफलः भवति । चरित्रनिर्माणे च सक्षमः भवति । विद्यार्थिणां मुख्यं लक्ष्यं जीवनस्य पठन-पाठनं, स्वचरित्रनिर्माणं च भवितव्यम् । ये छात्राः स्वास्थ्यस्य, चरित्रस्य रक्षां कुर्वन्ति ते कदापि स्व भाविजीवने पाश्चातापं न कुर्वन्ति ।

छात्रैः सदैव स्वगुरुणां आज्ञा पालनीया । अनेन खलु ते प्रसन्नाः भूत्वा उत्कृष्टं ज्ञानं, स्नेहाशिषं च दास्यन्ति । तेषां जीवनस्य संजाते अस्माकं देशस्य राष्ट्रस्य च बहुमुखी विकासोऽपि भविष्यति । अतएव छात्रैः सदैव अस्य स्वर्णावसरस्य सदुपयोगः कर्तव्यः, समयस्य विनाशः न कर्तव्यः कदापि ।

ये छात्राः अस्मिन् काले आलस्यं कुर्वन्ति, गुरुणां आज्ञां न पालयन्ति, सत्यं न आचरन्ति, परिश्रमेण संयमेन च नियमपूर्वकं-कार्याणि न कुर्वन्ति, ते कदापि स्वजीवने सफलाः न भवन्ति । वस्तुतः कालोऽयं सुखानाम् उपभोगाय न वर्तते । परिश्रमेण विना कदापि कोऽपि विद्यां लब्धुं न शक्नोति । अतएव उच्यते-

सुखार्थिनः कुतो विद्या,

विद्यार्थिनः कुतो सुखम् ।

सुखार्थी वा त्यजेद् विद्यां,

विद्यार्थी वा त्यजेद् सुखम् ।

वस्तुतः विद्यार्थिभिः सदैव नियमपूर्वकम् अल्पं भोजनं करणीयम्, नियमसमये प्रातः काले व्यायामः करणीयः अनेन तस्य शरीरं बलिष्ठं पुष्टं च भविष्यति । जीवने साफल्याय शरीरपुष्टिः आवश्यकी । तैः सदैव आलस्यं परित्यज्य प्रातः काले चतुर्वादने उत्थाय अध्ययनं कर्तव्यम् । सदैव शोभनविचारयुक्तानि पुस्तकानि पठितव्यानि । अनेन तेषां चित्तशुद्धिः भविष्यति । जीवनस्य निर्माणाय मानवस्य चित्तस्य शुद्धेः आवश्यकता अस्ति । यतोहि स्वस्थे चित्ते स्वस्थानां विचाराणां स्थितिः निवासः वा भवति, इति ।

डा० मनीषा तनेजा

यशपाल की कहानियों में नारी संचेतना

यशपाल आधुनिक कथा-लेखक हैं। वस्तु और शिल्प दोनों ही दृष्टियों से उन्होंने आधुनिकता को अपने-आप में आत्मसात् किया है। यशपाल की कहानियों में विश्वविख्यात विचारक मार्क्स और फ्रायड दोनों ही विद्यमान हैं और उनसे भी ऊपर हैं उनकी कहानियाँ। सम्पूर्ण साहित्य में गद्य विद्या की ओर यशपाल का विशेष ध्यान रहा है। कहानी की विकास यात्रा पर नज़र डालें तो इनका स्थान विद्वानों द्वारा वर्गीकृत किए गए प्रेमचन्द संस्थान के अन्तर्गत आता है। यशपाल ने अपनी सृजन-प्रतिभा के बल पर हिन्दी के आधुनिक कथाकारों के बीच अपनी गहरी पहचान बनाई है। उनकी रचनाएं अपनी कथ्यात्मक पैठ के कारण काफी समादृत हुई हैं।

यशपाल ने मानसिकता को लेखन प्रक्रिया में प्रमुख और अनिवार्य तत्त्व के रूप में स्वीकार और ग्रहण किया है। पहले बाह्य जगत् की संवेदना से प्रभावित होना और बाद में मन के भीतर उनके उद्वेलन और विस्फोट यह उनकी सबसे बड़ी विशेषता है। यह उद्वेलन और विस्फोट वास्तव में चिन्तन और अनुभूति के टकराव का विस्फोट है। यशपाल सृजन चेतना के धनी कलाकार हैं। उन्होंने अनेक मौलिक रचनाओं का सृजन किया। उनकी रचनाओं पर उनके व्यक्तित्व की छाप स्पष्ट रूप से दिखाई पड़ती है क्योंकि वे रचनाएं सधी हुई कलाकार की अमूल्य निधि हैं।

यशपाल ने अपने कथा-साहित्य में नारी की भूमिका को सर्वाधिक महत्त्व दिया है। उनकी कहानियों में नारी के बहुरंगी चित्र उपलब्ध होते हैं। नारी किसी की बेटी, किसी की बहन, किसी की प्रेमिका और किसी की माँ होती है। यशपाल ने नारी के इन सभी रूपात्मक चरित्रों को परखने और चित्रित करने का उपेक्षित किया है। इनकी कहानी में व्यक्ति मन की जटिल अनुभूतियों जैसे-कुण्ठा, घुटन, टूटन और ऊब का सफल चित्रण अधिक हुआ है। यशपाल नयी कहानी के लेखकों में एक विशिष्ट हस्ताक्षर हैं। उनकी कहानियों में नारी की वास्तविक दशा स्पष्ट झलकती है जिसमें किसी प्रकार का दुराव अथवा छिपाव दिखाई नहीं देता है। नारी दशा का वर्णन उन्होंने जीवन और जगत् के व्यापक क्षेत्रों को छूते हुए किया। उनकी कहानियों की भाषा अत्यन्त सरल है। समसामयिक तद्भव शब्दों का आकर्षण अत्यन्त लुभावना तथा रोमांचकारी प्रतीत होता है। यशपाल प्रतिभा के धनी कथा-लेखक हैं। उनमें यथार्थ का आग्रह है, मनोविश्लेषण की गहराई है और सबसे बढ़कर जीवन की सापेक्ष दृष्टि तथा नई संवेदनाएं तीव्र रूप से उजागर होती हुई दृष्टि-गोचर होती हैं। किंतु बड़े आश्चर्य का विषय है कि इनके कथा-साहित्य पर आलोचनात्मक पुस्तकें भी नाम मात्र के लिए ही प्रकाशित हुई हैं।

यशपाल मानव-मन के आभ्यन्तर के कहानी-लेखक थे। उनकी कहानियों में घटनाओं का इतिवृत्त न होकर मानव-मन की सूक्ष्माति-सूक्ष्म संवेदनाओं की अभिव्यक्ति हुई है। यशपाल की कहानियाँ न केवल लेखनी चलन से अलग नारी की पहचान प्रस्तुत करती हैं बल्कि आधुनिक भारतीय नारी की पहचान प्रस्तुत करती हैं। यशपाल जी ने नारी के आँचल के दूध और आँखों के पानी को दिखाने में विश्वास नहीं किया। उन्होंने नारी-जीवन को यथार्थ के धरातल पर निरखा परखा और फिर रचा है। साथ ही साथ इस बात का भी विशेष रूप से ध्यान रखा कि कहानी का यथार्थ कहीं उसके कलात्मक संतुलन पर भारी न पड़े। इससे यशपाल जी का कथा-संसार बहुत अपना और आत्मीय हो उठा है।

सहजता उनके साहित्य का प्राण है। उनकी कथाकृतियों की सीधी-सरल भाषा शैली पाठक के मन को पकड़ लेती है और अपने साथ बहा ले चलती है। कहीं कोई बनावट नहीं सब कुछ अनायास है। यशपाल की कहानियाँ में व्यक्ति-चरित्रों की प्रधानता है। वे व्यक्ति मन की गहराई में प्रविष्ट कर उनकी अंतरंगता को अत्यन्त सूक्ष्म ढंग से चित्रित और विश्लेषित करने का प्रयास किया है। यही कारण

है कि उनके चरित्र-विधान में मनोविश्लेषण का रंग गहरा उतरा है। मनोवैज्ञानिक आग्रहशीलता के कारण उनके पात्र सजीव यथार्थ और समाज के ही एक अंग प्रतीत होते हैं। यशपाल ने अपनी कहानियों की कथावस्तु को ध्यान में रखकर ही वातावरण की सृष्टि की है। जिसके कारण उनकी कहानियों में एक प्रकार की स्वाभाविकता और सहजता उद्देश्य तक पहुँच सकी है।

यशपाल के साथ सम्प्रेषणीय भाषा की समस्या नहीं है क्योंकि भाषा संस्कार उन्हें विरासत में मिला है। यशपाल ने अपनी कहानियों में सर्वत्र भाषा का प्रयोग पात्रों की मानसिक संवेदना तथा उनके शैक्षणिक संस्कारों के अनुकूल किया है।

यशपाल की ये कहानियाँ कहानी-कला की अपनी चुनौतियों से जूझती हुई सामाजिक विषय और समाज में नारी के उभरते व्यक्तित्व सम्बन्धों के बदलते स्वरूप और संचेतना तथा उसके संघर्ष को रेखांकित करती है। यशपाल ने पुरुष होते हुए भी नारी के विविध अनुभव-खण्डों को जागरूकता के साथ अपनी कहानियों में उठाया है। उन्होंने जीवन की बड़ी और जटिल दिखने वाली समस्याओं की गहराई में जाकर उनके सूत्रों को समेटते हुए उन्हें सरल और सुग्राह्य अभिव्यक्ति दी है।

प्रवक्ता डी. एड. हिन्दी
सुनीता यादव

Girl Child and the Need to Educate Her

Recently in a movie, I saw there were no girls at all in an entire village. There were just men, youngmen and old men with their no counterpart. The movie depicted what difficulty they were having in carrying out their daily rituals like cooking, washing, dusting, cleaning and sweeping. The village chief thought of marrying his son. He was however really shocked as no one in the other village was ready to give away a daughter to his son because he had nothing to give in return i.e. a daughter in exchange for a daughter for their son. Finally, he paid a very bulky dowry to marry his son. As the other villagers did not have such resources so it was a serious problem for them to get their sons married. I was really impressed with the filmmaker's intention of forewarning the people who still don't regard a girl child as an equal part of their family and society. Girls are actually 50% sharers of the society.

In the progress of society women play a very prominent role. Behind every successful man, there is a woman. If we have a glance into the medieval times, women have surpassed even men. But unfortunately we did not give them proper education as we remained under the British rule. So many evils came into existence and hampered the growth of our society. Many social reformers raised their voices but yielded no return. In

the post-independence period the govt. paid much attention to the education of the girl child and a great awakening came into the society.

If we educate a boy we educate a person,

If we educate a girl we educate a family.

How true is this statement. If the girls are well educated, they can bring a sea change in the nation. Education inculcates knowledge and creates self-confidence, self respect and self independence. They can solve the problem of unemployment, over population and poverty. People must awake to the fact that girls are leading in the fields of sports, science and administration. Women like Kiran Bedi, Sania Mirza, Aishwarya Rai, Shiela Dixit and Sushma Swaraj have excelled in their respective field. We should remember that girls are actually like the mother earth, the breeders. If there were no girls, the entire task of bringing forth the new generation would come to a stand still. Therefore we must respect a girl child and spread education among them to help the nation progress by leaps and bounds.

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Commitment and Conviction

This article explores the widening gaps between commitment and conviction in personal life as well as at the workplace. These Gaps manifest themselves in a disconnection between one's daily duties and one's inner desires. The way around this disconnection is to manage and bring in some amount of balance between one's commitments and one's personal convictions. Not only would it contribute to organization's success but also enrich one's life.

“Individual Commitment to a group effort, that is what makes a team work, a company work, a society work, a civilization work.” Vince Lombardi, American Football Coach.

“You should never abandon the heart of your personal conviction, sometimes, we call it our inner voice; a voice that is speaking to us. There are also times when we call it our conscience. I have followed my inner voice. I followed what I believed to be correct.” Prof. MS Swaminathan. Often, despite it all, one needs to keep a job that one might not fully enjoy because of more reasons than one-it could be the money, convenient office timing, the logistics etc. However, while it is imperative to have a bread-butter job, it is also possible to pursue a labor of love orienting one's personal conviction towards a different goal is a very good way of maintaining

the balance between professional commitments and personal satisfaction. The balance has to be maintained to lead an enriched life and options are a plenty.

Rather than feed the discontent between individual commitment and personal conviction, branch out towards building “Emotional energy” which is described as “.....an aliveness of the mind and spirit that connects you to the vitality and fun of life.” We do indeed have to work hard in the office and we do indeed have family obligation but we do not have to let it emotionally drain us out. The nature of work is going to be fast paced and result oriented and one’s personal convictions may or may not match that of the organization. Family duties will necessarily have to be attended to. Nevertheless, one has to find ways to interact and connect with people in the work place. One has to find a way to contribute to the community and network with people outside the work place. Be it through hobbies or exercise, development of one’s spiritual well-being-one has to be open to people’s experience and deal with dynamics of change and choice.

Just as we develop our own personal convictions, we similarly need to develop our own workable rationale that helps us to maintain the balance between commitments and convictions and ensure a comfort level with the self work and life is all about meeting challenges and when individual commitment can be balanced with personal convictions it is easier to keep the promises we make.

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Culture of Dialogue

If dialogue is the live-language of a drama, it is also an integral part and parcel of democracy and diplomacy. It is a means to bring different cultures together. It is the most working way to engage people with different opinions in discussion, and narrow the areas of differences and distrust. Public dialogue is a powerful instrument for expanding social opportunities. It helps promote mutual understanding and leads to consensus and conciliation on vexed issues that have the potential to bedevil relations. Human relations and bonds of friendship and understanding among nation staffs can only be promoted through the process of dialogue. So for sustaining a healthy democracy the culture of dialogue should be enriched.

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Self-Esteem

Self esteem is a mark of a balanced personality. It distinguishes from other forms of loving one self like egotism. Self esteem is liking yourself, therefore one has to create an atmosphere of pleasantness around him, amongst others and with in himself. This means nurturing pleasant thoughts, pure thoughts and grand thoughts. For that one should always remember.

“Great minds discuss ideas
Average minds discuss events
Small minds discuss people”

But remember there is a difference between super self love (egotism) and plain, honest self love (self esteem). The egoist is generally a cover up for inferiority, self dislike and unhappiness with one self. Self esteem is a mark of a balanced personality. So to recognize yourself ask these questions from your inner soul.

Do you like yourself ?
Do you love yourself ?
Do you respect yourself ?

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We Can Make Things Better

How many of us watch in silence the chaotic traffic on roads while policemen sit on Claus soaking up the sun? How many of us see people spiting in public places? How many of us see people throwing wrappers, polythene bags and other waste on roads? How many of us complain when we see headlines in newspapers about corruption? How many of us shrug our shoulders and say that nothing is ever going to change?

We are citizens of the greatest democracy in the world. We must ask ourselves to answer these questions honestly. Are we people who constantly complain? Or are we people who can bring about change? Are we people who expect wonderful things for our country without having to contribute even one percent to the realization of that wonderful future? Can not a million people change country.

We say that poverty will always haunt us. The government would not be able to eradicate it and neither will we. We may not be able to take a huge step to uproot it but we can surely take

small steps. Feeding a hungry person can make a lot of difference. At the end of the day, we have the satisfaction of having done someone a good turn.

We say that cleanliness is a problem area and people throw their hands up in despair. Several laws have been enacted to ensure cleanliness but roads, parks and other public places are littered. If each one of us is aware of our duties this would not be so.

Indian society is longing for change. The rising rate of crime fights over in real matters should elect more than comments and contempt. Instead of waiting, we could wake up and write to change the way things are.

In the words of Albert Einstein, “The world is not a dangerous place because of those who do harm, but because of those who look at it without doing anything.”

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Stress Management

Teachers today are expected to fulfill so many roles not the least of which is to actually teach. In many places, throughout the country, they are to perform their ‘Duties’ with very little pay. As the academic year nears its end, many teachers find other roles being thrust upon them. Their duties increase while they still have to deal with grading assignments, written tests and of course, teaching class.

Each year, millions of people die of stress related illnesses. Heart disease, strokes, and even some forms of cancer may be caused by stress in certain individuals. If we include the considerable damage done by smoking, overeating, alcohol and drugs – all commonly used to cope with stress – we can see that we are in the midst of a major epidemic with serious, often fatal, consequences.

Many of these deaths could be averted. The number one stressor of today is not overcrowding, gridlock, stressful work conditions or the economy - it is ‘MISINFORMATION’. We have many myths and misconceptions about stress that are widespread in our society. These myths and misconceptions are shared as follows:-

MYTH I: *Stress is inevitable there’s little we can do to prevent or eliminate it.*

FACT: Stress is not an inevitable part of life. Millions of people lead relatively stress-free lives. When exposed to identical situations, some people experience high degrees of stress while others experience little or none.

MYTH II: *Stress is something we can cope with or deal with directly.*

FACT: Stress is not something you, I or anyone else can cope with directly. Contrary to popular belief, stress is not some “thing” that exists or afflicts us like a disease.

MYTH III: *Some degree of stress is good or healthy for us.*

FACT: There is no such thing as “good” or “healthy” stress. Also, there is no truth to the notion that some degree of stress is necessary for us to be happy, successful, or maximally productive in our jobs. The truth is most of this stress could be eliminated without any adverse effects.

MYTH IV: *The best way to deal with stress is to manage it.*

FACT: The most damaging belief we have today is that the best way to deal with our stress is to manage it, while, stress management experts always point out to the solution of the problem that causes stress.

As long as you remain a prisoner of these false beliefs, you will probably find that stress is indeed inevitable. But once you correctly understand what stress is (i.e. a word that stands for specific problems and conflicts in your life) and what causes it to occur, like external events, hidden thought patterns and behavior patterns that become triggered in your body. You will find—as many others have—that you do have the power to end stress as a chronic, recurring problem in your life.

Let’s look at a few of the reasons why end of the academic year causes stress for every teacher:-

- **Too Much Work:-** Not only are teachers figuring out final grades, but they are also cleaning their rooms, gathering lesson plans, and performing numerous other required tasks.
- **Time Pressures and Deadlines:** - Just remembering the deadlines for everything from failure notices to final grades, everything can be a real chore.
- **Apparent Lack of Support:** - Sometimes the administrative staff is less than supportive of the myriad problems faced by the classroom teacher at the end of the year.
- **Unclear Expectations:** - This can occur with new teachers or teachers at a new school, who are not sure what the end of the year procedures are.
- **Responsibility of Student’s Grades:** - Even though as teachers we were known that students earn their grades, it often feels that parents and students failing grades are on the shoulders of teachers.

- **Disruptions:** - You have just sat down at the end of the day to work on those research papers and realize that a meeting has been called. Unfortunately, many responsibilities exist outside of the classroom that requires attention.

So, we can say that stress is a normal part of every teacher's life. But left unmanaged, it can undermine effective teaching and learning. Luckily, there are ways to manage stress. Take a look at the following tips:-

(i) Recognize the signs of stress. Monitor yourself for the following Symptoms:-

- You are not sleeping.
- You feel nervous all the time.
- You forget important things
- You get sick a lot.
- You are always tired.
- You eat a lot or less than usual.
- You no longer enjoy everyday activities.
- You think about leaving the teaching profession.

If stress has taken over, it's time to take action.

(ii) **Identify Your Key Stressors:-** The first step in handling stress is to identify its key sources. These may be behavioral, situational, mental or emotional.

(iii) **Avoid Unnecessary Stress:-** Not all stress can be avoided, and its not healthy to avoid a situation that needs to be addressed. You may be surprised, however by the number of stressors in your life that you can eliminate.

- Learn how to say "no".
- Avoid people who stress you out.
- Take control of your environment.
- Pare down your to-do list.

(iv) **Alter the Situation:-** If you cannot avoid a stressful situation, try to better it.

Figure out what you can do to change things so the problem does not present itself in the future. This involves changing the way you communicate and operate your daily life.

- Express your feelings instead of bolting them up.
- Be willing to compromise.
- Be more assertive.
- Manage your time better.

- Reframe your problems.
- Look at the big picture.
- (v) Accept the things you can't change: - Some stressors are unavoidable, such as, the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with are-
 - Don't try to control the uncontrollable.
 - Look for the upside.
 - Learn to forgive.
- (vi) **Adopt a Healthy Lifestyle:-** Beyond a take charge approach and positive attitude you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relation, you will be in a better place to handle life's stressors when they inevitably come.
 - Exercise regularly
 - Eat a healthy diet
 - Reduce caffeine and sugar
 - Have enough sleep
 - Play with your pet
 - Listen to music
 - Spend time in nature
 - Watch a comedy
 - Keep your sense of humor

Before changing or abandoning any stress reducing practice, discuss your plans with a physician, therapist, or other health care provides. Hopefully, the information contained in my article will cause you to question some of the coping strategies you are presently using. But if you abandon these strategies prematurely, that is before you have mastered ones of equal or greater value, you could cause yourself harm.

Ms. Deepika Tyagi
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B.Ed Deptt.

Success

1. Success is not the key to happiness. Happiness is the key to success.
2. The key to success is to focus our conscious mind on things we desire not things we fear.

3. For success, attitude is equally as important as ability.
4. Success consists of a series of little daily victories.
5. Success is a journey, not a destination.
6. Success consists of going from failure to failure without a loss of enthusiasm.
7. Success is how high you bounce when you hit bottom.
8. To success, we must first believe that we can.
9. Self trust is the first secret of success.
10. Small opportunities are often the beginning of great enterprises.
11. Success is not a matter of desire, but the product of hard work.
12. The distance between insanity and genius is measured only by success.

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Common Disabilities

“It I regarded my life from the point of view of the pessimist, I should be undone, I should seek in vain for the light that does not visit my eyes and the music that does not ring in my ears. I should beg night and day and never be satisfied. I should sit apart in awful solitude, a prey to fear and despair. But since I consider it a duty to myself and to others to be happy, I escape a misery worse than any physical deprivation.”

Hellen Keller

Disability is defined by the Americans with Disabilities Act of 1990 as a physical or mental impairment that substantially limits one or more major life activities. Such impairments may include physical, sensory, and cognitive or intellectual impairments. Mental disorders and various types of chronic disease may also qualify as disabilities.

The hardest thing to overcome is not a physical disability but the mental condition which it induces.

World Disability Day which is organized every year on 3rd December holds immense significance for the disability sector. It is a day to take stock of the achievements of disabled people. It is also a good chance to bring the needs, concerns and rights of persons with disability in to the national lime light.

There are a wide variety of disabilities developmental, physical, mental and acquired. Some of the most commonly encountered disabilities are-

Physical Disabilities

Visual Impairment: visual impairment is vision loss of a person to such a degree as to qualify as a handicap through a significant limitation of visual capability. This type of disability includes blindness, blurred-vision, cataract and color blindness.

Hearing Impairment, Deafness, is a full or partial decrease in the ability to detect or understand sound. It can take the form of hearing loss, maniere's disease (disorder of the inner ear that can affect hearing and balance) or Tinnitus (ringing in the ears).

Mobility Impairment: Cerebral Palsy describes a group of permanent disorders of the development of movement and posture, causing activity limitation.

Multiple Sclerosis: A chronic disease of the brain and spinal cord characterized by weakness, numbness, a loss of muscle coordination and problems with vision, speech and bladder control.

Muscular Dystrophy: Muscular Dystrophy refers to a group of genetics, hereditary muscle diseases that weakens the muscles that move the human body. There are a few more disabilities listed in this category ranging from Arthritis, Paralysis and stroke to Parkinson's disease.

Mental Disabilities:

Alzheimer's Disease: Alzheimer's is the most common form of dementia. In the early stages, the most commonly recognized symptom is memory loss, such as difficulty in remembering recently learned facts.

Bipolar Disorder: Is a condition in which people experience abnormally elevated and abnormally depressed status for a period of time in a way that interferes with functioning.

Depression: It is a mental state characterized by a pessimistic sense and sad feeling of gloom and inadequacy. Depression is a term that can refer to a wide variety of abnormal variation in an individual's mood.

OCD (Obsessive Compulsive Disorder): An anxiety disorder marked by the presence of obsession and compulsions severe enough to interfere with the activities of daily life.

Schizophrenia: A group of mental disorders characterized by abnormal thoughts, moods and actions; sufferers have a distorted sense of reality and a split personality.

Developmental Disabilities: Autism is a disorder of natural development that is characterized by impaired social interaction and communication and by restricted and repetitive behavior.

Asperger Syndrome: People with asperger syndrome show significant difficulties in social interaction, along with restricted and repetitive patterns of behavior and interest.

Dyslexia- It is a learning disorder that manifests itself primarily as a difficulty with reading and spelling.

ADHD- It is primarily characterized by the co-existence of attention problems and hyperactivity. The child may also demonstrate disruptive or aggressive behavior and has difficulty in concentrating.

Down Syndrome: An inherited birth defect that results in mental handicap. Down syndrome is associated with some impairment of mental ability and physical growth as well as facial appearance.

Famous People with disabilities

Stevie Wonder: Is an American singer, composer, multi-instrumentalist and record producer. Blind from infancy, Wonder signed with Motown records as a pre-adolescent at age twelve and continues to perform and record for the label to this day.

Thomas Edison: Was an American inventor who was deaf but has developed many devices including the phonograph and a long lasting light bulb.

Stephen Hawking: Professor Stephen Hawking is a well known example of a person and has lived for more than 40 years with cerebral palsy. The internationally renowned physicist has defied time and doctor's pronouncements that he would not live 2 years beyond his 21 years of age.

John Nash: A Hollywood movie has been made representing Nash, "A beautiful mind" which was later nominated for Oscars. The movie was based on his mathematical genius and his struggle with Schizophrenia.

Agatha Christie: Was the world's best selling book writer of all times only truly surpassed by the Bible and equaled by Shakespeare, her books sold approximately 4 billion copies worldwide. Agatha suffered from dyslexia.

Michael Jackson: He has had over 30 cosmetic surgery operations. Body dysmorphic disorder (BDD) is a negative preoccupation with physical appearance. Individuals with BDD display symptoms similar to those who are diagnosed with OCD (Obsessive Compulsive Disorder).

How can you help?

Creating impact and nurturing compassion is not an easy task but like I say, one man is an army in himself so, if this article has touched you in any way and you want to help the lesser fortunate in our society do not hesitate.

Student groups can perform in each school and colleges and those who wish to volunteer can start community service programmes. Motivate others around you to be apart of this group

and organize field trips and community visits to organizations working for the disabled let us come together and contribute for a noble cause.

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Choosing one's Goal

We need to realize and accept this fact unequivocally that we all are special and have exclusive distinct qualities and traits. We individuals are born with different inclinations and interests.

Therefore, we need to choose a profession that STIMULATES our minds and for which we are PASSIONATE about. Any field that we might venture in, if we lack interest towards it, we can never grow in it. Lack of interest results in lack of creativity, which further, results in lack of efforts.

Looking closely at our interest and passions through new borns, every new born behaves differently. One may be active, other sublime. As the baby grows, some like playing with a car, other with a bat, the third with a gun. This means every child has a different interest and inclination and similarly while choosing and preparing for our profession we need to respect our interest and inclination towards the field.

Therefore, introspect and discover your innate qualities, which compliment your interest and choose the profession that you would like to pursue. Even after introspecting in detail you will find professional conflict/options. Like, should I go for medical or do I opt for Biotechnology. You may find both might naturally interest you.

Research on the optional fields, introspect by writing about them and yourself in details and see which field you find self to be more compatible with.

Money should not be the key in choosing the profession that you want to venture into. Since, there is no profession which does not give money or wealth. Money belongs to people who focus on their profession. Remember not all Lawyers, Architects; Chartered Accountants etc have a good practice.

While choosing the profession one should not get allured, attracted and influenced by friends taking the same profession which they have opted for or trying to imitate an uncle who has excelled and made a lot of money.

Also there has not been a single profession that can bring you success, money, glory without hard work. Don't wait for wealth to come to you but create wealth with your Karmas through your profession.

Lastly if your colleague does better than you, one substantial factor may be that he had chosen a profession that he loved and you imposed the same on yourself unwillingly. It takes COURAGE to follow one's goals.

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Yoga in Depressive State

Do you sometimes find yourself with sad or empty feelings that you numb out with food or alcohol or the internet? Do you sometimes feel separate and afraid? You may be suffering from depression, and you're not alone. Depression affects 121 million people worldwide. And 80% of people who struggle with depression also suffer from anxiety. Depression has become a worldwide epidemic; in the U.S. alone more than 17 million Americans are diagnosed with clinical depression each year.

BUT LETS NOT ALLOW OURSELVES TO BE UPSET BY SMALL THINGS RATHER WE SHOULD DESPITE AND FORGET. ALWAYS REMEMBER LIFE IS TOO SHORT TO BE LITTLE.

Weintraub makes a viable case for incorporating yoga in the treatment of depression. A writer and yoga teacher, she suffered from debilitating chronic depression and spent many years on antidepressant medications. Through yoga, Weintraub was able to gradually go off medication, and she has been free of a recurrence of depression for more than 15 years. Through her own story and the stories of others, she defines and describes various types of depression, anxiety, and other emotional disorders, and offers yoga techniques for their treatment. Beyond anecdotal evidence, Weintraub presents summaries of several scientific studies that show that various yoga techniques have measurable effects on relieving depression for people all over the world **Yoga** is very beneficial to all mankind when practiced in any of its forms or postures or *asanas*. Yoga should be chosen as per your requirement as it reflects your physical, mental as well as spiritual requirements.

Whereas some **types of yoga** are physically strenuous and help you in building up the muscles mass, certain other types of yoga are found to be very stimulating to the mental as well as physical development. Yoga is always more than just losing just a few pounds of calories and sweating out; but also gives clarity and peace to the mind.

Restorative yoga is very rejuvenating and builds up the path towards spirituality and tranquility. *Kundalini* yoga is a form of yoga that involves dynamic, repetitive movements and

breathing control. This is the only form of yoga that specifically targets the glands in the brain, such as the pituitary and pineal glands activating improvement in health and well being.

So to relieve the mental **stress** and the **depression** that has resulted due to our strenuous activities both physically and mentally. Thus to relieve tension and stress meditation, before and after postures, must be practiced. Yoga has also shown to increase positive emotions such as love, kindness and happiness. Various types of *pranayams* along with breathing exercises when practiced with chanting “**Om**” helps to relieve stress and depression.

Yoga, when regularly practiced, it results in a huge difference. From the point of yoga people with *tamasic* or negative or depressive energy lack the life force or *prana*.

Forms of yoga especially in depressive stage

Sun Salutation of *Surya Namaskara* balance is brought about in the *prana* or the life force. Backbends also benefit a lot in depressive or *tamasic* energy.

Savasana, Setu Bandha, Sarvangasanas, Utrasana, Udhrva Dhanurasana, etc are helpful to combat against stress and depression.

Individuals further with *Rajasic* depression also respond to Sun Salutation or *Surya Namaskara* and back bends.

Pranayam postures as *Nadi Sodhana Pranayama, Kaplabhati Pranayam* and *Bharamari Pranayam* and also *Vajrasnas* help in depression.

Deep breathing patterns-inhaling and exhaling.

The trend in modern society is towards comfort and luxurious life. The life style has changed which is also a main cause of illness and depression. Proper diet is also not taken care of. Fresh Fruits, vegetables, honey, nuts, milk and milk-products (*sattavic* diet) are the best which are lessening in our diet the time is here again demanding due care to diet, exercises as to keep the body fit and fine.

SO friends lets fill our minds with thoughts of peace, courage, health and hope, for

**“Our life is what
Our thoughts make it”.**

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Is unrestricted Surfing Responsible for the Current Change in Moral Standards?

Yes.....!!

Whenever, I think, of the Internet the image of a cardboard box with the words, “Fragile! Handle with care” comes to my mind, for I strongly feel that unrestricted surfing has led to a change in our moral standards.

Before I put forth any arguments it is important to understand the term ‘Moral standards’. These are standards based on the principles of right and wrong. They are socially right and acceptable, or otherwise.

There was a time when parents could restrict the movement and actions of their children. But in today’s scenario, with the Internet in every house, restrictions in any form are being challenged. The situation is getting worse with working parents and unmonitored net timings.

Any website on the Internet is a click away. Individuals are free to access almost anything at any time. Spending time on undesirable sites has started affecting their behavior patterns leading to an increase in the crime rate. Crime against women is one such upshot. It is the general perception that these crimes happen due to explicit content in movies but at least there is some form of censorship in place there. But, there is no censor for Internet, let’s take chatting for instance or various social networking sites like orkut, facebook, twitter etc. It is simply leading us towards dishonesty we give false names identities, we create virtual world of lies and deception. In addition, we spend endless hours without any creative or productive output.

The line between what is acceptable and what is not is rapidly diminishing. Too much uncensored information can wrap the sense of right and wrong among impressionable minds.

People say that due to the Internet we gain a lot of knowledge and good exposure. But did not man step on the moon before the Internet? Didn’t scientists like Einstein, Newton and many others make discoveries before the Internet?

No.....!!

The Vedas say, “When a change is inevitable, accept it and then prepare to brace you to face the new situation arising out of that change. Use it to your advantage”.

The Internet is a new medium for disseminating information. It has its own culture, its own way of communication, no national boundaries, and free access to every kind of information known to mankind. Its main function is to educate and to inform. Just imagine-a human being, without moving from his seat, can connect himself to the information highway through the Internet that further connects him to the rest of the world. It offers many opportunities for learning, constructive entertainment and at the same time, personality growth.

Unrestricted surfing is not responsible for the current change in moral standards. In fact, it is the excessive urge for material things that has made man oblivious to the spiritual and moral needs. Here, I would like to pose a question; all of us know that Internet has become popular only a decade ago. Prior to this period, were there no crimes in this world? Were people not indulging in crime? This is just like passing the buck to something, like a poor worker blaming his tools. In fact, other factors are responsible for the change in moral standards. These are - the media-electronics and print; peer pressure; western influence and social changes.

When, Dr. Edward Jenner discovered. Vaccination, two hundred years ago, people ridiculed him saying that it was 'too dangerous', but, he had the courage and belief in his reasoning to go ahead with his experiment and succeeded. If he had surrendered to the general opinion, the world today would have been different. Similarly if a child's parent has instilled the right moral values in their child, those cannot be shaken by any type of distractions. One should learn to go forward and take full advantage of the opportunities that are now open to us. Francis De La Rouchefould has said, "Little minds are too much hurt by little things, great minds perceive them all and are not touched by them."

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Be Positive

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

"WINSTON CHURCHILL"

You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination."

~ Ralph Marston quotes

Thought is creative. All thought, good and bad, is creative and tends to lead to a material thing. That is why we must learn to be more positive. The environment and all the experiences in life are the result of habitual and predominant thoughts.

Negative thoughts can tell us about something that needs attention. So, thoughts leads to discovering what needs to be done and one can think positive or negative to *take care of it*. Many people fail to see a negative occurrence as a learning experience and continue to feel victimized and helpless, ultimately blaming others for what they drew to themselves.

You are not alone. You are not hopeless. You are alive, and you are your own person.

Steps1

Admit that there are problems. You can't change them if you don't admit faults. Accept the facts, if you have been negative or inactive. This will make it easier for you to become positive!
2

Make goals. Goals give you a more positive outlook on life. Those who are bored with life and feel stuck are usually feeling depressed by those areas where there is no goal and so -- no progress. 3

Appreciate your friends! Appreciate the people in your life who have stood by you through thick and thin. Enlist their support to help you become more positive, and in the process you will probably help them too. Friends help each other through the good times and bad. Feel positive about them and feel lucky to have good friends in your life. 4

Realize that it is really all in our mind! What goes on in your mind can really determine your actions and decides whether you're positive or negative. If you always think negative thoughts, you're always going to turn out to be a negative person. It is better to think about positive thoughts. 5

Avoid negative influences. Even if it's a family member or close friend, do not tolerate their bad behavior. Steer clear from it so that it will not rub off on you. 6

Find an optimistic quote or saying and keep it in your wallet or pocket at all times for a quick reference.

Focus your imagination and efforts on becoming that new positive person. It is much easier to effect change if you just put your mind to it and change your thoughts. We can't always control things that happen in your life, but we can, with some effort, control what we think in our minds.

Create your life from within. If you want more success, focus on all the ways that you are already successful. If you want more love, focus on all the people that already care about you and the abundance of love you have to give to others. If you want to create greater health, focus on all the ways that you are healthy, and so on and so forth. 9

Imagine that you're already a positive person and you love your life. The only thing between you and your desire to be happy is one single fact: You are not happy because of how you think. This little known fact keeps many from reaching their goal of happiness. If you keep thinking things like "My life sucks!" than your life will seem like it really is that bad. 10

Smile at strangers. Although this may seem a little weird, it actually makes you feel more positive and happy. You may even brighten that other person's day with just a smile. 11

Listen to positive music. It's a great way to remain positive. 12

Volunteer or help others. Helping others leads to a happier outlook on your own life. You'll feel great at the end and make you feel like a good person. 13

Replace negative thoughts with something positive. Look for the benefit in every situation. There are pros and cons to most situations and you get to choose which you will focus on. If you're thinking something that isn't pleasant, think the opposite. If you do this long enough, it will make a huge difference. Say "I can!" more than "I can't!". 14

Use the Law of Attraction Your activity and thoughts are positive or negative like magnets. As you avoid dealing with a problem, then it continues as is -- or gets worse -- your own negativity may rule the day. But, the more you think positively, then the more proactively you will act and reach goals of ways to overcome and accept your positive options -- and that will bring its reward.

Tips

Progress lies just after your thoughts focus your efforts: making progress is success. Know that this understanding is what inspires you to accomplish what you really desire in life. And if you are positively engaging events within yourself -- in your thoughts -- then there is no goal in which you can not make progress. Your engaged goals are powerful!

Think about what you want (that's a goal), not about what you don't want (that's worry). Goal driven activity requires positive thinking.

Be sure to cultivate positive thinking for the purposeful reasons - to enhance the quality of your life and the lives of others.

Find some things positive to say to yourself and repeat them often. Use statements such as "I am a very positive person."; "I am very capable."; "I can do anything when I put my mind to work on it."; "I can do it."...

Think of the cup as half full and filling up; not half empty!

-
- Print these instructions and keep them with you for reference.
 - Don't give up! Good habits can replace bad ones by continuous perseverance.
 - Hang around positive people and you will become and be like them. Hang around negativity and you'll become negative!

Warnings

Beware of those who do not want to be positive. Look forward toward the positive people and don't blame your past; accept it and forgive it. Don't look back.

- There will always be someone who poo-poops your positive outlook. Don't let that attitude bother you. You simply look beyond these people and let them wallow in their past and unhappiness. They will not change until they are ready.

*Ms. Poonam
Lecturer (Life Sciences)*

Values- An Essential Component to be Inculcated through Education

Any human activity, thought ideas feelings, emotions that could promote self-development of individuals in all its dimensions could be said to constitute a value.

Value component is a way of life that distinguishes one human being from another.

Value is an endless belief that a specific mode of conduct or state of existence is personally or socially preferable to an opposite or converse mode of conduct .Value education means inculcating in the children a sense of humanism, a deep concern for the well-being of others and the nation. The purpose of value education is developing the social, moral, aesthetic and spiritual side of a person, which are often undetermined in formal education. Values are acquired, inherited and inculcated. They reflect an approach towards life. The family, its environment and traditions along with humanitarism play and important role in value development.

From the very first day of school, deliberate, planned and sustained efforts should be made to inculcate basic human values among children in life school is a place where seeds of right values need to be imparted in their impressionable mind so that they evolve emotionally, aesthetically and spiritually into responsible human being. Inculcation of desirable values among teachers is highly essential to make them committed teachers

In present day, many methods like lecture method, silent setting, role playing, religious education, activity method, assembly programs, moral ideology, social science programmes like NCC,NSS ,Teacher behaviors, book reading are used for inculcating values among students.

All teachers, educated parents, and other citizen are expected to contribute their very best to impart education in human values to whosoever comes in their contact.

*Ms. Kavita Kaim
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'Education with Perfection', at Rao Mohar Singh College of Education all the faculty members are striving hard under the supervision of skilled administration, to mould the personality of a teacher trainee into an individual who is physically strong, mentally alert, emotionally stable, aesthetically rich, culturally sound, morally upright, vocationally self sufficient, socially efficient, nationally integrated and internationally understanding i.e. an individual who is perfect in all sense and is capable of carving a niche for him wherever he goes and whatever he does.

Vivekananda, the great Indian Philosopher and a visionary once said, *“Education is the manifestation of divine perfection already existing in man.”* i.e. while educating our students we should not forget the fact that the perfection which we want to awaken in them is already there within their personality, though in a latent form. We need not to concentrate on stuffing the child’s mind with whole lot of information, we are just supposed to awaken the latent and bring it to the surface so that their aura may diminish the darkness of ignorance and evil. We, as teachers, are not supposed to transform them into altogether different individuals, but we are just supposed to let them realize their true self, their true worth and act accordingly.

Rao Mohar Singh College of Education has made umpteenth number of efforts to provide versatile experience to all the students so that they may have whole lot of opportunities to voice their ideas and display their talents. ‘Pravihini’ the college magazine is yet another effort in this direction. The magazine is a constellation of the efforts of young talents being nurtured at Rao Mohar Singh College of Education. We, the members of editorial committee thank Rao Mohar Singh College of Education for their wonderful initiative to provide students with a platform to display their talent and thereby paving their way to success and perfection.

Ms. Himani Agarwal
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ANNUAL REPORT 2008-09

Rao Mohar Singh College of Education was established by Rao Mahavir Singh ji in 1974 in the memory of his late father Rao Mohar Singh Ji 'The Grand Old Man of Ahirwal', to fulfill the needs and aspirations of the people of Southern Haryana. The college also caters for students from neighbouring areas of Delhi. The college is being managed by the Board of Rao Mohar Singh College of Education, Behrampur, Gurgaon.

The current academic session commenced on 1st October 2008 with Havan-Pujan ceremony followed by a 3-day orientation programme.

- In order to inculcate the values of team spirit, healthy competition and dignity of labour the trainees have been assorted into groups namely Gandhi, Aurobindo, Radhakrishnan, Vivekananda, Tagore, Subhash, Azad and Nehru. The trainees here are given ample opportunities to put their talents, confidence, leadership, friendship and tastes of success and defeat to test. Some of such activities need a special mention here.

- Within a week from the commencement of the new session the trainees were required to participate in the Zonal Youth Festival organized by M.D. University, Rohtak from 13th Oct. 2008. Our trainees took part in Group song, Rangoli, Painting, Recitation, Solo song etc. and were highly appreciated by other colleges.
- Inter- tutorial Diwali celebrations on 25th October saw an array of competitions such as Ganesha Painting, Rangoli, Alpana, Kalash and Diya decoration.
- Children's Day on 14th Nov. was celebrated with an Inter-tutorial short skit competition on the theme based upon social change. Trainees also displayed their literary and critical thinking skills in the debate upon the burning topic of "Nari Sashaktikaran– Parivarik Vighatan Ka Karan.
- The college organized the Shraddhanjali Samaroh in memory of Late Rao Mohar Singh Ji on 24th November. On this occasion a Blood Donation Camp in association with Rotary Blood Bank, Gurgaon and a free Health Check-up camp was organized in collaboration with Sai Heart and Trauma Centre, Badshahpur, to honour the departed soul. The trainees also presented short skit to highlight the importance of Education of Women.
- The quality of education depends upon the quality of our teachers. In order to enhance the teaching skills of our trainees an extension lecture by Prof. L.C. Singh, from NCERT on the topic of Micro teaching and a Workshop on Writing of Behavioral Objectives by Prof. Shoaib Abdullah, Senior Professor in Jamia Milia Islamia University, was organized on 26th and 27th November.
- In the second week of November, the trainees practiced Micro-teaching and Simulated teaching where they got a feel of real classroom dynamics. This was followed by Practice teaching in schools, where each trainee is expected to deliver minimum 15 lessons and 2 discussion lessons per subject opted by him/her.
- All work and no play make us dull therefore in the mid of all these activities, the trainees were taken for a trip to the historical monument of Qutub Minar and Said-ul-Ajab, the Garden of Five Senses in Delhi on 5th January 2009.
- On 22nd January a workshop on Candle Making was organized where making wax and gel candles was demonstrated by Dr. Shubham Saxena.
- The trainees made no secret of strong feeling to patriotism and concern for their motherland and brethren, on the occasion of Republic Day, through patriotic songs. The skits against terrorism were applauded and Ms. Rekha and Ms. Sonal of Vivekananda group got special prizes from the Chief Guest.

- On 7th February the trainees went for an educational excursion to Surajkund fair in Faridabad, where they were exposed to the cultural diversity of our nation. The girls also went on a shopping spree.
- The month of February saw a flurry of activities as the college geared up to celebrate the Founder's Day on 22nd Feb. We held the annual athletic meet in the first half of the day followed by cultural extravaganza in the second half which included dances, skit, fancy dress, fashion show etc. Chief Guest Shri Naseem Ahmed, former VC of Aligarh Muslim University, released the first issue of our Annual Magazine 'Pravahini', which shall remain as a proud moment in our memories forever.
- We celebrated Holi the festival of colours in the month of March where the participants showcased their culinary and housekeeping talents. The judges of the competition were overwhelmed by the variety of dishes and their presentation and could not stop themselves from tapping their feet in dancing with the trainees.
- Another feather in our crown was the educational trip to Jaipur on 16th & 17th March for which I have no words to express the joy we felt in living together with our trainees as one of them.
- The series of extension lectures continued with a presentation by Dr. C.L. Soni of RLS College, Sidhrawali on 'Evaluation' and by Dr. Ashok Kalia of M.D.University, Rohtak on 'Pedagogical Analysis'.
- I am happy to inform you all that we also lifted the Overall trophy in the Inter college competition at S.P. College, Rewari which is an annual event where we defeated the best of Education colleges in all categories.
- This session also witnessed the joining of new faculty members namely Ms. Poonam, Ms. Kavita Kaim, Ms. Pinky Saklani, Ms. Ekta Dang, Ms. Shweta Beniwal, Mrs. Deepika Tyagi, Mrs. Vibha Kaushik, Mrs. Rekha Yadav, Mrs. Sheetal Yadav and Mrs. Shalini Uniyal for B.Ed. additional intake and D.Ed.
- I take this opportunity to announce before you that our college has provided scholarships to ten deserving students of B.Ed. & D.Ed. Courses and has exempted them of tuition charges due to their poor economical conditions or family constraints.
- We have also provided free bus facility to students for a period of one and half months and our transport account is being run in deficit.

- Our new purchases include a still digital camera and a handycam for our E T Lab. We also now have a full fledged latest sound system of our own. More than 3500 books journals and encyclopaedia have been added to our library.
- The college management realises the importance of professional development of the faculty. Under this Dr. Manisha Taneja and Ms. Shalini Uniyal presented papers on a seminar on Human Rights and education and two of us went for a 21 day UGC Refresher Course in Education in Jamia Milia University, New Delhi and were awarded **Grade A**.
- Our future plans include giving a new shape to our campus, construction of a new science lab. We are also purchasing latest Pentium 4 Processor Computers for our new Computer Lab. You will be happy to know that our Board of RMS College has proposed to add 3 new courses under the newly constituted Rao's Institute of Management & Technology. RIMT as it shall be known shall offer BBA, MBA, BCA, PGDCA, APGDCA and M.Sc. (Comp. Sc.) affiliated to M.D. University, Rohtak from the forthcoming session i.e. July 2009.
- I would like to conclude my report with the most positive development of the year. I am proud to tell you that Rao Mohar Singh College of Education has been selected for organization of a 30 days In-service Refresher Programme for around 300 TGTs & PGTs of DPS Schools under Mewat Development Agency, Nuh. This is a landmark achievement by our college within 3 years of its revival in 2006.
- The list of such memorable events is inexhaustible and the glory of success voluminous but tied by the constraints of time and space I conclude with an assurance that the staff and management of the college shall continue their zest for achievements in the years to come.

Ms. Rajni Kotnala
Principal
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