

Motto of The Institution

॥ सा विद्या या विमुक्तये ॥

Our Vision

To emerge as a centre of excellence in Teacher Education

Our Mission

To provide experience-based learning for holistic development

To contribute to national development through teacher education

To foster innovative and responsible integration of technology in education

To instill the spirit of inquiry through educational research

Statement of Purpose

**To enable learners to
'imagine' with all their minds,
'believe' with all their hearts, and
'achieve' with all their might.**

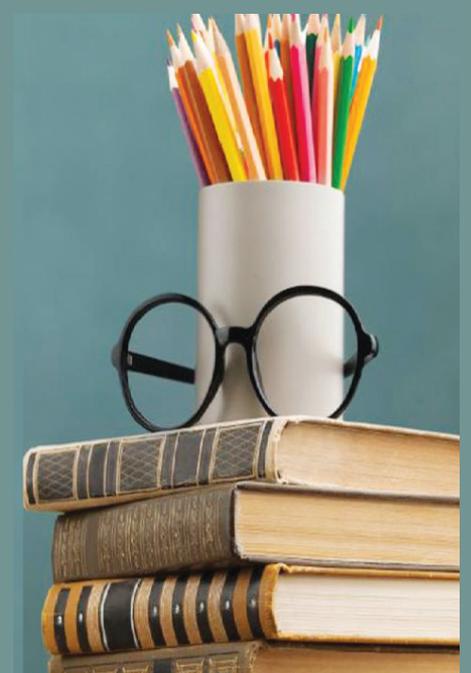
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Lifelong Learning Scientific Temper Team Spirit

Multiculturalism Eco-Consciousness

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FROM THE EDITORIAL TEAM



It is with immense pleasure that we present to you the annual college magazine that reflects, in a way, the very spirit of this institution. Each year, our team of editors, designers and photographers, in addition to generating creative content from the students, work extensively to report on events in and around college. The final publication reflects and encompasses the diversity inherent to the academic and extra-curricular spaces at BTTC! Metamorphosis is not just a collection of milestones we've achieved or experiences we've undergone, it is the voice of the thriving lot of students that come in and venture out fearless every year. Its primary focus has been covering events and notable programmes within the college, as well as writing articles on varied themes.

Like every year, 2017-18, has also been an exciting journey filled with challenges that each of us has gladly overcome. As you flip through the college magazine, you will get an insight into the realm of BTTC, its bustle and hustle to continue its quest to harvest leaders and change makers of tomorrow.

We would like to express our immense gratitude to Dr. (Mrs.) Mintu Sinha for her relentless support and encouragement to the faculty and students. The team also bids a warm good bye to the outgoing batches of student teachers for the successful completion of their course. We wish each one of you the best in all your endeavors and are certain that you will do remarkably well wherever you go.

To our readers, enjoy the tenth edition of 'Metamorphosis'!

Faculty Editors

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Photo Credits
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CREATING A BETTER WORKFORCE!

- Dr (Mrs) Mintu Sinha



I take immense pleasure in presenting to you the tenth edition of our college magazine aptly named Metamorphosis. This once in a year magazine contains a compendium of much acclaimed college activities, contributions and articles by our faculty and students which spring from their learning and experiences. I do hope that you will find your time well spent in browsing through the pages of the magazine. I'm sure the alumni in particular will certainly feel nostalgic as well as proud of their college.

We, at BTTC, derive tremendous satisfaction in articulating and imparting the best and latest in shaping smart student teachers who contribute to the society's core through impressionable minds. BTTC steadfastly practices the basic tenets in high quality and all round development – a blend of curricular and extra-

curricular activities. Our faculty has striven to keep up the paradigm that has been conceived by the leaders of the institution. Understandably, our standing in the teacher education arena has been cynosure of all eyes and envy of competitors. As we come close to celebrate our golden jubilee next year, the college having been established in the year 1969, we believe that we have tried to live up to the dream of the founding fathers who rightly thought that quality of teacher education is crucial in nation building.

The evolution of BTTC to its current position has been a roller coaster journey. With the mushrooming of B.Ed. colleges across India, it became a greater challenge to keep the college at a high pedestal. The accreditation of the college by NAAC required meticulous planning and perseverance; needless to say, we excelled in all areas and

achieved 'A' grade for three consecutive cycles! This was possible only after moving beyond our comfort zones and going an extra mile for accomplishing the desired goals. The benchmark was always raised even before it could be attained. Quality with professionalism in all our actions has thus become a habit.

This is not to say that our endeavor has been a smooth ride. On the contrary, we have faced many challenges due to changes in the course schedule and the overall duration of the B Ed and DEEd courses which were implemented without adequate consultation with all stake holders. Probably the changes could have been brought about with more preparation and planning having regard to its impact on the future of teacher education. Consequently, it has become difficult to sustain the interest of the students in the class room. We

have tried to maintain the quality of our programmes by organizing many college activities meant to enhance their skills and that has been our hallmark. We will, however, continue in our mission with the same zeal and commitment and as a duty towards the larger interest of the society.

As I wish all our outgoing students good luck on embarking upon their professional journey, I must acknowledge that our small and committed team in BTTC of teaching and non teaching staff have contributed immensely in achieving the objectives and creating a wonderful environment of learning and team work. This magazine is the fruit of combined efforts of all of them and happily, I would like to offer you the latest edition of annual magazine 'Metamorphosis'.

Happy reading!

"The ultimate test of a man is not where he stands in moments of comfort and moments of convenience, but where he stands in moments of challenge and moments of controversy."

- Martin Luther King Jr.

"Life is a series of punches. It presents a lot of challenges. It presents a lot of hardship, but the people that are able to take those punches and able to move forward are the ones that really do have a lot of success and have a lot of joy in their life and have a lot of stories to tell, too."

- Josh Turner



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NATIONAL COLLEGIATE BOARD

HYDERABAD (SIND) NATIONAL COLLEGIATE BOARD

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From the President of HSNC Board

Another issue of Metamorphosis means another successful year!

Congratulations to Dr Mintu Sinha for leading the institution and taking it to greater heights and congratulations to all the staff and students ! Being the only teacher training institution, it is a 'jewel in the crown' of the H(S)NC board and so close to our hearts since it's the students of this college who are going to be future teachers and lead by example.

Over the years Bombay Teachers' Training College has constantly redefined itself according to the changing times. One of the major contributions of BTTC has been the organization of contemporary and informative programmes with very apt resource persons. This was proved again during the BTTC Week with a Seminar on 'Culture of Wellness: A Priority'.

The College emphasizes both academic and co-curricular activities which result in a holistic education for the future teachers. The idea of merging the scholastic with the co-scholastic is wonderfully woven together and I commend Team BTTC for doing that successfully. The add-on courses, competitions and guest lectures, which are very thoughtfully conceptualized for students effectively supplement the curriculum .

The College has created an enabling environment for growth for the students. The faculty and students are engaged in extension work and research that helps them keep abreast with the current trends in education. The faculty distinguishes themselves with their commitment and initiative.

I am confident that BTTC will continue to scale new frontiers in its quest for excellence. I wish the faculty, staff and students all the very best for all their endeavours.

ANIL HARISH

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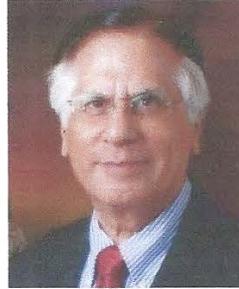
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HYDERABAD (SIND) NATIONAL COLLEGIATE BOARD

Trustee & Past President
Mr. Kishu H. Mansukhani
B.S.-M.E.



MESSAGE

It is with immense pleasure and pride I pen down this message for 'Metamorphosis', annual magazine of Bombay Teachers Training College, an iconic institute of Hyderabad (Sind) National Collegiate Board.

This prestigious institute is completing its 49 years of dedicated contribution to training of Teachers and will be entering its **Golden Jubilee Year**.

BTTC has a long history of professional mentors starting from the first Principal Dr. N.R. Parasnis, Dr. B.P. Lulla, Dr. Kamlesh Bhatia, Dr. (Mrs.) Maya Lulla and Dr. (Mrs.) Mintu Sinha. We appreciate valuable contribution of these stalwarts who have upheld the quality of teachers training education programmes.

On this occasion, I congratulate BTTC team for serving the society for all these years by preparing teachers at all levels. I believe that present team of professionals, Dr. (Mrs.) Mintu Sinha as Director and Dr. Bhagwan Balani as In-charge Principal along with BTTC faculty will continue to elevate the quality of teacher education programmes.

In a rapidly changing, dynamic environment, teacher education programmes are also undergoing a radical change at national level. I am confident that our BTTC team is in loop with this transformational era of change and will emerge as a lead institution and set new standards of quality indicators for teachers education in India.

BTTC has unwavering support of HSNC Board to promote the quality of Teachers training programmes and all other endeavours to prepare humane and professional practitioners.

I wish BTTC all the glory in the **Golden Jubilee Year** and beyond.

Kishu H. Mansukhani



HYDERABAD (SIND) NATIONAL COLLEGIATE BOARD

Message for “Metamorphosis”



It's been a decade since Metamorphosis was started. Thousands of students have been gaining from the pages of experiences in the life of both students and faculty, more so when it's been put together by them.

Having eminent speakers at various events at the college is a great motivation to the students. Views and opinions expressed by them mould their thoughts, streamlining it to a productive output in society. After all, teachers have always played the most important role after parents in moulding the child at all stages in life.

Besides, the regulars are indeed wonderful to see that BTTC have had events on Wellness, Meditation and Holistic living. Cultural activities come with their own share of bringing about individual wellness.

International guest lectures and educationists bring with them the world flavor that opens windows of opportunities amongst students.

My best wishes to the staff, students and faculty for a very promising year ahead. We hope to see activities gathering momentum and having set a great benchmark, it will only get better from here.

NIRANJANA HIRANANDANI



RISHI DAYARAM AND SETH HASSARAM NATIONAL COLLEGE AND SETH WASSIAMULL ASSOMULL SCIENCE COLLEGE



DINESH PANJWANI, SECRETARY, H(S)NC BOARD, PRINCIPAL, RD NATIONAL COLLEGE

I extend my warm greetings and congratulations to the Principal, Dr Mintu Sinha, the staff and students of the College on the occasion of the Annual Day that is to be celebrated at the end of the academic year, 2018, and at which the College magazine **Metamorphosis** will be launched. A College Magazine acts as a Brand Ambassador for an institution and forms an important document for future generations, to be a chronicle of the legacy which they have inherited.

As the only Teacher Training Institute of the H(S)NC Board, BTTC enjoys a unique place in pedagogy since it is responsible for preparing teachers for the challenging and ever-increasing educational demands of India – a responsibility, which it has met with distinction since its establishment in 1969. It forays into placement, Faculty Development programmes, cultural events and Yoga initiatives have also been laudable since the focus has been on health and well being of the mind as well as the body.

Change is the reflection of the dynamism of a system and when we talk of metamorphosis we speak not just of

change, but of evolution, too. The College Magazine, I believe is a true measure of the commitment of BTTC to the twin ideals of evolution and progress.

As has been said in the Saam Veda: “A person, who is constantly engaged in action and works hard until he has achieved his goal undergoes lots of metamorphosis and positive change which helps in his self improvement.”

Dinesh Panjwani
Secretary (HSNC Board)

THADOMAL SHAHANI CENTRE FOR MANAGEMENT



MAYA SHAHANI, CHAIRPERSON, SHAHANI GROUP, TRUSTEE, H(S)NC BOARD

Being a competent and well-performing teacher is one of the most important resources in any educational institution. Therefore it is critical for teachers to have regular professional development programs to keep them up-to-date with new research on how children learn. There is a need today to shift from traditional-based teaching that is largely based on theoretical educational processes to a research based teaching.

Technology is changing the way classrooms operate, and students learn at an incredible rate. As emphasis on digital classrooms grows, the way in which tools are implemented can greatly impact the value provided to the classroom. Technology can provide students with individualized learning platforms as well as instant feedback and assessment. It also allows teachers to easily identify and address particular student needs.

However, for technology to achieve its maximum potential, it must be harnessed and implemented properly. This requires that the teacher as a facilitator, possesses the knowledge

and skills to understand how and when various tools best support their curricula. Unfortunately, many teachers aren't provided with the proper training before being handed new tools. We should encourage teachers to skillfully utilize social media and other online tools to enhance their professional growth as well as to improve their ability to integrate tools and resources into their classrooms.

Connected teachers have at least a baseline digital literacy comprehension. But a number of teachers are not as immersed or up-to-speed on online platforms and computer literacy. These teachers should not be left to fend for themselves when it comes to developing digital skills.

I am happy to note that Bombay Teachers' Training College is integrating technology successfully with other programs like holistic health, intercultural and creative crafts workshops as well as effective campus recruitments which are equally important. I wish our great institute all success in its growth story.

ABOUT BTTC

College Profile

Bombay Teachers' Training College, a premier college of education, is located in South Mumbai. The college was established in April 1969 as a grant-in aid, linguistic (Sindhi) minority institution by the Hyderabad (Sind) National Collegiate Board. It is an English medium, co-educational institute, affiliated to the University of Mumbai.

The founder, Principal Dr NR Parasnis, initiated the work of college in the KC College building at Churchgate in April 1969. BTTC offers teacher preparation programs for various levels ranging from Diploma in Early Childhood Education, Diploma in Elementary Education to the Bachelor of Education programs. It is a centre for the Master of Arts (Education) program of the Institute of Distance and Open Learning, University of Mumbai. It is also a centre for Doctor of Philosophy (Education) of the University of Mumbai.

With a humble beginning in 1969, BTTC has become a resource centre in education due to its prominent achievements in teacher preparation, in-service training, research, extension services, co-curricular activities and add-on courses. The alumni of the college are well-placed in esteemed educational institutions both locally as well as globally.

Bachelor of Education

Bachelor of Education (BEd) is a two-year, full-time teacher education program which prepares teachers for

the secondary and higher secondary school level. Admission procedure is centralized and is conducted by the Directorate of Higher Education, Government of Maharashtra. The college is an aided minority institution and 50% of the seats are reserved for Sindhi minority candidates. The college is affiliated to the University of Mumbai and follows the curriculum prescribed by University of Mumbai.

Diploma in Elementary Education

Diploma in Elementary Education (DEEd) is a two-year professional program of teacher education. It aims to prepare teachers for the elementary stage of education, i.e. classes I to VIII.

The course is recognized by the National Council of Teacher Education (NCTE) and conducted by the Maharashtra State Council of Educational Research and Training (MSCERT). The minimum qualification of entry to DEEd course is 10+2, i.e. 12th grade.

Teacher preparation for Early Childhood Education

Teacher preparation for Early Childhood Education (ECE) is a one-year, full-time certificate program, which provides the fundamental knowledge and skills needed to work effectively with young children. Shaping young minds is a challenging responsibility, and requires a blend of expertise, passion and commitment. Academic courses are combined with field placements, which enable students to gain an understanding of children's physical, emotional and cognitive needs.

Add-on courses

The college offers a wide-range of courses to its student-teachers which are over and above the prescribed curriculum. These add-on courses are need-based and add an extra edge to teacher preparation. Some of the courses are:

- Yoga
- Aerobics
- iSmart & Image Management for Teachers
- Creative Crafts
- Integrating Technology in Education
- Learning Language Digitally
- Models of Teaching
- Pathways to Global Teaching (Proposed for Pre-service and In-service teachers)

Management

The Hyderabad (Sind) National Collegiate Board was founded in 1949 by Barrister Hotchand G Advani and Principal K M Kundnani. Both these eminent personalities played a

pioneering role in the field of higher education in Mumbai. Beginning with conventional degree courses, the H(S)NC Board continued to set up institutions of specialized learning. Today, the Board manages a chain of professional, vocational and job oriented courses in various disciplines, and is the largest educational corpus in Mumbai.

The H(S)NC Board has a tradition of academic excellence that runs right through an interdisciplinary curriculum: Arts, Science, Commerce, Education, Law, Pharmacy, Engineering, Computers, Management and Polytechnics.

The H(S)NC Board manages 27 educational institutions including secondary and higher secondary schools, polytechnics, degree and post-graduate colleges with over 2,500 teaching faculties and over 50,000 students. The Board is managed by a dedicated team of professionals led by the President, Mr Anil Harish.



BEYOND THE CURRICULUM

The skills of a teacher cannot be restricted to merely lecturing and imparting knowledge in pedagogy. A teacher is required to be an artist, an organizer, and a planner along with being a facilitator. Thus, learning and acquiring new skills from time to time enables student-teachers to be effective teachers.

At BTTC, students are not only trained to be effective pedagogy teachers but also a number of add-on courses are coupled with the University curriculum so that they become multifaceted in all dimensions of teaching.

Yoga

A teacher's job is not an easy one. There is a need to wear multiple hats and perform various functions. Yoga acts as a medicine for stress. So BTTC provides an opportunity to the students of BEd and ECE to undertake certificate course in Yoga under the guidance of Dr (Mrs) Manisha Tyagi.

The 10 sessions were beneficial for the students as they learned various asanas and pranayama. The 25 postures included standing, sitting, lying down on the back and lying down on the stomach and deep breathing, alternate breathing and bhramari pranayama were practiced



to keep their body healthy and mind relaxed. The college also celebrated International Yoga Day at Marine Drive on 21st June, 2017. At the end of the 10 sessions Yoga exam was conducted and certificates were issued to the students who successfully completed the course.

Indeed, the course helped the students to practice and spread awareness about Yoga.

The body is your temple. Keep it pure and clean for the soul to reside in.

– BKS Iyengar

Models of Teaching

Teaching is both an art and science. A positive learning environment is created by efforts and not by chance. A psychological approach to creating such an environment is model of teaching. Models of teaching deal with the ways in which learning environments and instructional experiences can be constructed, sequenced and delivered.

Students at BTTC were taught to use some important models through a course in Models of Teaching. They were first acquainted with the principles of each model and then asked to prepare lessons using the models.

Some of the models taught were the Concept Attainment Model, Jurisprudential Inquiry Model, Linear and Branched Programming, Syntetics and Inquiry Training Model. Students successfully demonstrated the use of the models in their practice-teaching lessons, thus proving the worth of the course.

Innovative Strategies of Teaching

The teacher is no more 'the sage on the stage'. The students are now viewed as active constructors of their knowledge. The classroom is a place filled with experiences that engage, challenge and motivate learners. BTTC conducted a course on Innovative Strategies of Teaching to equip the prospective teachers with tools that help create such an environment.

The course covered Role Play, the 7 E's of Constructivism, Cooperative Learning Strategies, Educational Games and Multiple Intelligences.

All these were incorporated by the students during their internship in various schools. In the first two years itself the course has earned so much praise, the course surely has a long way to go.

Learning Language Digitally

The 'Learning Language Digitally' was a blended learning course which offered student-teachers a great opportunity to brush up their language skills. The software known as 'Wordsworth' has been installed in the computer lab which had progressive sections to help students enhance their professional competencies. The sessions began with an introduction to the pronunciation of the different words which were very technical and had different intonation and phonetics. The sessions were very interesting which seemed simple initially but as the difficulty level increased, the class was supported by the teacher In-Charge Dr (Mrs) Neelu Verma who guided them with the steps to deal with the complex problems.

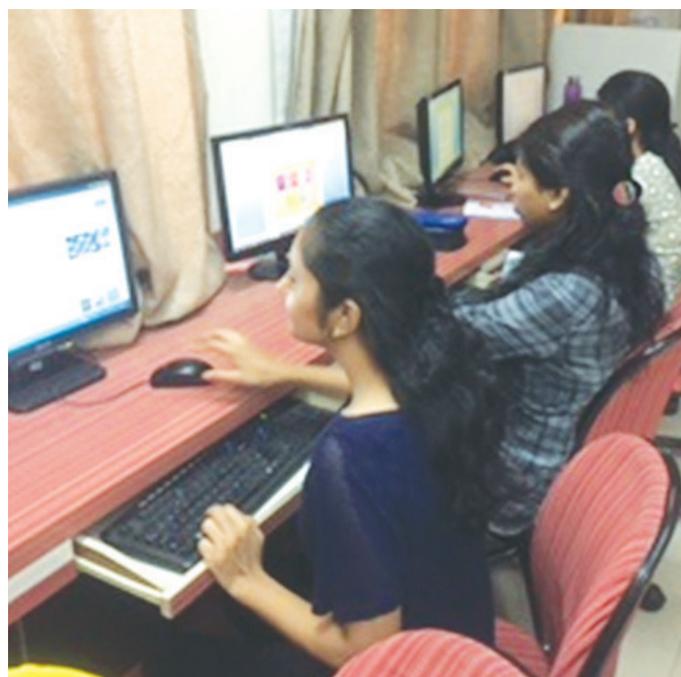
The WordsWorth Learning program contains video tutorials each enhanced with computer graphics, interactive

reading and spelling exercises, a phonemic approach involving speech sounds, a complete step-by-step solution, unique rules for teaching the mechanics of reading and spelling, strategies to enhance vocabulary repertoire and understanding, an intuitive approach with no special training or technical knowledge required. It can be used for remediating reading and spelling problems in an effective manner.

It was a head start for many learners and offered them an exposure to various communication skills in language. It was a blended learning experience for them and ultimately helped in brushing up their vocabulary. There was an insight generated that helped them in self-reflection and analysis of where they stand in the crowd. Overall it was a great experience that provided great help and guidance during the entire course.

Integrating Technology in Education

As we move towards Education 3.0 the 'knows' and 'hows' of effectively being able to understand and use technology is imperative.



Keeping this in mind, the Integrated Teaching in Education course conducted by Mr Ranjeet Kalaskar taught the BEd students the use and importance of the Interactive White Board. The students got hands-on experience to use the white board for documents, pictures, videos, maps, graphs, science experiments and even animated GIFs.

The students had been asked to pick a topic pertaining to their school subjects and demonstrate the same using the white board. Each student explored the various options available to make the topic interesting.

The use of white board can make a lesson innovative, sustain the students' attention and also help them retain the learnt content better. Besides, it is also a very helpful asset for the teacher. It complements the teacher's teaching abilities.

If 'technology is the wave of future' BTTC students are 'Future ready Teachers.'

Creative Crafts

Ideally, craft is associated with primary school teachers. However, owing to

the dynamic nature of the present era's schooling system, it is essential that even future secondary and higher secondary school teachers be trained in crafts. So the BEd students were introduced to the basics of craft activities. This innovative and interesting course was facilitated by Dr (Mrs) Mandeep Kochar.

The students learnt the following craft activities which they will cherish and effectively use in their teaching:

1. To make a Paper Bag by using newspapers or any fancy paper
2. Preparing pop-up greeting cards useful for various celebrations
3. Fancy Paper Envelopes useful for many occasions
4. Very trendy Quilling Art to make artifacts, envelopes, gifts, frames, jewelry etc
5. Painting diyas and pots for Diwali celebration adding to the festive feel

The creative crafts sessions brought great enthusiasm to the students. It not only gave them a relief from studies but also enabled them to exhibit their creative talents. The uniqueness brought out with every activity motivated everyone to enhance their art and craft skills.



OUR FACULTY



Dr. (Mrs.) Meenakshi Lath
Associate Professor



Dr. Mintu Sinha
Director



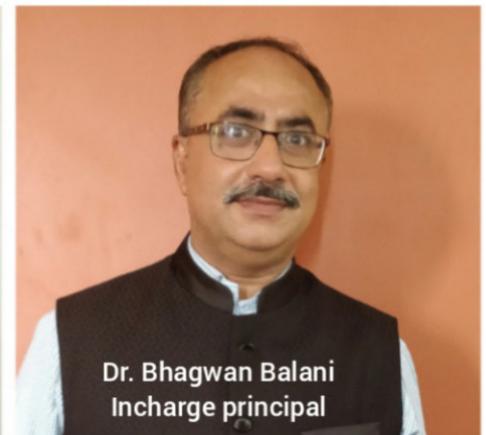
Dr. Rajeev Jha
Assistant Professor



Dr. (Mrs.) Mandeep Kochar
Associate Professor



Dr. Ansari Mohammad Azam
Assistant Professor



Dr. Bhagwan Balani
Incharge principal



Dr. (Mrs.) Manisha Tyagi
Assistant Professor



Dr. (Ms.) Lubna Mansuri
Assistant Professor



Dr. (Mrs.) Neelu Verma
Assistant Professor



Mrs. Raju Talreja
Assistant Professor



Dr. Priya Pillai
Librarian



Mr. Naresh Menghrajani
Lecturer



Ms. Sapna Chhabria
Lecturer

OUR ADMINISTRATIVE STAFF



Ms. Deepika Das



Mr. A. B. Joshi



Mr. Vishal Gur

OUR SUPPORT STAFF



Mr. Vishal Gur



Mr. R. Samuthirapandi



Mr. Jaynath Yadav



Mr. Rupesh More



Mr. Virendra Valmiki

OUR ACHIEVERS

Bombay Teachers' Training College believes in overall achievement of an individual. We try to bring out the best of every student teacher in every sphere.

Here is the list of students who made us proud:

- **Farheen Shaikh and Taiba Jummal**

- ❖ 1st Prize in BTTC Week 'Hum Tum' – Inter-collegiate Duet Dance Competition

- **Harshita, Nishtha, Shivani, Naina, Shagun and Shweta**

- ❖ 3rd Prize in BTTC Week 'Acho ta Nachun' – Inter-collegiate Sindhi Lada Group Dance Competition\

- **Angela George**

- ❖ 1st Runner-up in BTTC Week Inter-collegiate 'Personality Contest for Teachers'

- **Fatema Contractor**

- ❖ Best Speaker at the 14th National Youth Parliament Competition organized by the Ministry of Parliament Affairs
- ❖ Best Speaker at the 4th H(S)NC Board Elocution Competition organized by Nari Gursahani Law College on the topic 'Genetically Modified Crops: Boon or Bane'

- **Yashika Pancholi**

- ❖ 1st Runner-up in Inter-collegiate Personality Contest at Rahul College of Education, Bhayander
- ❖ 2nd Prize in Inter-collegiate Story Telling Competition held in Thakur College

- **Jyotsna Tahilramani**

- ❖ 1st Prize in Inter-collegiate Personality Contest at Rahul College of Education, Bhayander





- **Sanjana Borkar**
 - ❖ 2nd Prize in UDAAN Poster Making Competition
- **Nidhi Tomar**
 - ❖ 1st Prize in KR Cama Elocution Competition
- **Angela George, Crystal Arrol, Harshita Advani, Kritika Alwani, Prescilla Shetty, Kelly Gracias, Vidhi Patel, Carol Rumao, Shalu Tripathi and Sapphire Fernandes**
 - ❖ 3rd Prize in Intercollegiate Fashion Show Competition at St. Xavier's Institute of Education



Coping with the demands of everyday life would be exceedingly trying if one could arrive at solutions to problems only by actually performing possible options and suffering the consequences.

- Albert Bandura

BEST PRACTICES

BTTC Week Celebrations Intra-class Competitions

The BTTC Week unfolded varied creative talents of the students.

Cooking Competition

Our food is a representation of our culture, the land that we come from and also a reflection of who we are as individuals. The joy one receives from preparing food and presenting it to others is beyond bounds. This joy was reflected on the faces of the students on the 6th of February, 2018, the day of the Cookery Competition.

The participants assembled on the 9th floor lecture hall. The purpose of the competition was to evaluate the skills and knowledge possessed by the students in various aspects of culinary arts like creation of the menu, presentation and suitable combination among other aspects. The criteria for evaluation were based on a number of aspects like creativity and originality, texture and presentation, taste and ease of preparation, nutritional content and overall impact. The entire room was filled with the aroma of authentic home

cooked food and the chatter of excited faces. The tables were laden with mouth-watering sweet and savoury dishes like paneer tikkas, custard, ragada pattice, phirni, pineapple pickle, dhokla, gajar ka halwa, malai koftas to say the least.

The participants accompanied with faculty member Dr Manisha Tyagi clicked pictures with the table adorned with dishes waiting to be savored by the judges.

Flower Arrangement



Flower arrangement competition was held on 7th February, 2018. The college in itself is the abode of vertical gardens which adorn every floor. Supplementing this natural aura was the intra-class





flower arrangement competition that spanned across the BEd, ECE & DEEd classes. the teams created arrangements which were absolutely innovative and beautiful. A teddy constituting flowers, and a quaint peacock with a vivid feathered tail of flowers were the main attractions created by the students at this event.

Rangoli

An intra-class Rangoli-making Competition was conducted in the premises on 8th February, 2018 in which students of various classes participated.

The principal of the college highlighted

the importance of the colours in one's life. The students listened very patiently and pledged that they will try to add colours in the life of others as they fill different colours in their own Rangolis. The students participated in this competition with great enthusiasm.

In this one hour long competition, the students tried to prove their talent in the best possible way. They made different Rangolis depicting beautiful pictures of Lord Ganesh, Kalash, Kumbh, Peacock etc.

The judges had to face a tough time to decide the winners.



Day 1 – 6th Feb, 2018

PANEL DISCUSSION

On the 6th of February 2018 commenced the most awaited BTTC Week Celebrations with a Panel Discussion which has become the introductory conclave of every year's fest to understand, perceive and spread awareness amongst the student-teachers about diverse areas of concern. Under the guidance of the teacher In-Charges Dr (Mrs) Meenakshi Lath and Dr (Ms) Lubna Mansuri, this year's theme was " Culture of Wellness: A Priority".

A nation's culture resides in the heart and soul of its people. To carry forward the sacred Indian culture, the day began with lighting of the lamp and a prayer dance.

We were honored to have as Chief Guest, Honorable Shri Sanjay Bhatia, the chairman of Mumbai Port Trust, share his insights on the magical world of 'meditation'. Being a pioneer in Heartfulness meditation, he emphasized on meditation which enables a person's inner self to observe and achieve the super consciousness of mind. A five minute meditation in the auditorium did bring positivity and

changed the aura completely.

Former president of H(S)NCB Mr Kishu Mansukhani, a person who has really lived his life from rags to riches, changed the perception of the student-teachers with his motto " To give and never go away from our roots". His words reminded that humanity should exist in our hearts forever to live a happy, healthy and satisfied life.

The panelists were one of a kind, each having vivacious personalities.

1. Mr Mickey Mehta - Holistic Guru at Holistic Health and Care Centre
2. Ms Madhuri Ruia – Well-known nutrition expert with a gym to promote wellness
3. Dr Veechi Shahi - Wellness coach and member of the American Hypnosis
4. Dr Aparna Govil Bhaskar - Bariatric and Laparoscopic GI Surgeon

The panel discussion began with the inputs of Mr Mickey Mehta. He spoke on the need to be innocent at heart and lose ego to achieve wellness. Dr Veechi Shahi gave more priority to emotional and mental wellness, since human



relationships are very important. She emphasized that to love and think about oneself should be the primary objective of an individual.

Dr Madhuri Ruia shared her Five Mantras for a happy life – nutritious diet, regular exercise, accepting challenges, embracing new opportunities and loving self. Dr Aparna Bhaskar through her experience shared the alarming statistics of child obesity. She encouraged the student-teachers to pay heed to their students' health and teach them to respect their body and the way they treat their mind.

Truly the panel discussion was an eye opener for everyone. Teachers not only have to take care of their body as it is the only place one has to live in but also sensitize the students on the correct choices to achieve physical, mental and emotional wellness.

*Gautama Buddha was once asked,
"What have you gained from
meditation?"*

*He replied, "Nothing!" However;
Buddha Said, "Let me tell you what I
lost:
Anger, Anxiety, Depression, Insecurity,
Fear of old age and death."*

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."

- Steve Jobs

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

- Harriet Tubman

SINDHI LADA DANCE COMPETITION (ACHO TA NACHUN)

The second half of the first day of BTTC Week Celebrations started in the afternoon with an Inter-Collegiate Sindhi Lada Dance Competition. Ten teams from ten colleges took part in the competition. The tagline of the Sindhi Lada dance competition was 'Acho Ta Nachun' which means 'come and let's dance'. This competition was a new addition to the BTTC Week Celebrations and was organized in collaboration with K.C. Law College.

The judges were Mr Deepak Watwani, theatre artist, Mrs Anila Sunder, famous Kathak dancer and Ms Mani Mulla, dramatics teacher. Dr (Mrs) Sunita Khariwal, Principal of KC Law college was a special invitee.

Dr Bhagwan Balani took the Bhairana on his head and along with Mrs Raju Talreja began the competition, as the

Sindhis believe that the Bhairana is a good sign of starting any occasion. Both the in-charges ensured that the competition began in an interesting manner, i.e., with a nokjhok and was carried forward with a small skit on the history of Sindhis, and their fields of work. While watching the performances the students came across many Sindhi rituals, specially their marriage rituals. As Sindhis are few in India, their religion and beliefs are not very known. The performances were so energetic that the audience swayed to the rhythm of folk music. The results were as follows.

- 1st prize - KC College
- 2nd prize - RK Talreja College
- 3rd prize – BTTC
- HR College was given a special prize.



DAY 2 - 7th FEB, 2018

INTER-SCHOOL COMPETITIONS – SECONDARY & PRIMARY SECTION (Poetry, Poster and Drawing)

The second day of BTTC week was more of an exciting day to begin as there was inter-school Poetry Recitation Competition and inter-school Drawing and Poster Competitions - for the secondary section in the first half of the day and primary section in the other half. The Poetry competition was conducted by Dr Ansari Mohammad Azam, Dr (Mrs) Neelu Verma and Mrs Raju Talreja. The poster and drawing competitions were conducted by Dr (Ms) Lubna Mansuri and Dr (Mrs) Priya Pillai.

The judges for the inter-school Poetry Recitation Competition for secondary section were Ms Hemini Lakdawala, Ms Tanuja Malick, and Dr Shalini Sinha. The judges for the inter-school Poetry Recitation Competition for Primary section were Dr Tej Bahadur Singh, Dr Vidya Premkumar and Mrs Tasneem Murtaza Ragoonwala. The Poster and Drawing competitions were judged by Ms Neha and Ms Nisha.

Many schools participated in the inter-school Poetry Recitation Competition. This competition was conducted in

both English and Hindi languages and each school had two participants, one for each language. All the students were very sporty and actively participated in the competition and recited the poems in a creative manner. Some poems were humorous, some were intense and others touched upon the social issues prevailing in our society. After all the performances were over, the judges addressed the audience. They encouraged the participants to participate more and to do their best. They were advised to maintain the voice modulation and eye contact with the audience. In the inter-school Poster Competition, students showcased their talent for drawing and conveyed beautiful messages through their posters. Prizes were distributed to the winners. The rotating trophy for Secondary School Poetry Recitation Competition was bagged by Young Ladies High School. The trophy for Primary School Poetry Recitation Competition was bagged by Queen Mary's School. The Drawing Competition trophy was won by Navy Children School and the Poster making trophy was taken home by students of Bright Start Fellowship International School.



DAY 3 - 8th FEB, 2018

'HUM-TUM' – DUET DANCE COMPETITION

Dance is the hidden language of the soul of the body. The Day 3 of BTTC Week, which was on 8th February, 2018, wanted everyone to learn this hidden language of the body and to sway with the music. It began with the 'Hum-Tum' Duet Dance competition. The event was judged by Mr Shivrath Srivastav – a director and well known choreographer who has worked with many upcoming heroes like Tiger Shroff and Ms Jeel Vasavda who is a trained Kathak dancer and folk fitness trainer. The event was conducted by Dr (Mrs) Manisha Tyagi and Dr Rajiv Jha

A total of 13 BEd colleges from all over Mumbai participated in the competition. Each team comprised of two aspiring teachers. Most performances were based on Bollywood songs which had a touch of folklore and fusion of classical dances.

The vital observations and words of advice shared by the judges included the focus on the synchronization of team members, hand movements, expressions, utilization of stage and use of props.

A number of fillers were incorporated to keep the audience engaged. These included dance performances from the students of various classes of BTTC. Also there were dance performances by the esteemed judges.

The winning performances were:

- 1st prize – Bombay Teachers' Training College
- 2nd prize – Gandhi Shikshan College of Education
- 3rd prize – KJ Somaiya College



PERSONALITY CONTEST FOR TEACHERS

During the second half of the day, the Personality Contest for student-teachers was conducted. This competition extended a platform to bona fide regular students of BEd colleges to showcase their talents, their presence of mind and confidence on stage. A total of 36 contestants participated from different colleges, each of the 18 teams comprising of 2 aspiring teachers. The event was conducted by Dr (Mrs) Mandeep Kochar, Dr Bhagwan Balani and Ms Sapna Chhabria.

The contest consisted of 3 rounds - In Round 1, the participants were required to pick a card which had an image of either a famous celebrity or a tool to use in everyday life and while giving their introduction they had to aptly relate their personality with the image

they had picked. The time limit given to each participant for their introduction was of 1 minute.

Round 2 consisted of a Q and A session where the panel of estimated judges asked the participants various questions and gave them hypothetical situations to test how they would handle those situations.

An experienced and versatile panel of judges ranked the participants on different parameters. The panel comprised of Income Tax Commissioner Mr Virendra Ojha, Music Therapist, Mr Roshan Mansukhani, Director, NCS, Commander Preeti Tomar and actor, producer & entertainer, Mr Arfi Lamba.



DAY 4 - 9th FEB, 2018

INTRA-CLASS PUPPET SHOW COMPETITION

The morning of 9th February, 2018 in the auditorium was magical with lights, camera, music, and undoubtedly the use of wonderful puppets by the student teachers of ECE. The college was privileged to have Ms Usha Bharadwaj and Ms Naina Daryanani to judge the competition with their expertise and experience in innovative teaching skills. Dr Rajeev I Jha, Mrs Raju Talreja and Dr. Neelu Verma conducted the competition.

The entire ECE class enthusiastically participated in the competition. All the teams made innovative and attractive puppets on themes ranging from saving the environment to moral values like honesty.

The judges were awestruck to see such beautiful puppet shows. Each student's effort was appreciated with a participating certificate. Following were the winners of the competition.

1st prize – The Animal Kingdom: Why Baby Bear has a stumpy tale

2nd prize – Fifi- The Caterpillar

3rd prize was shared by two groups- Sharing is Caring and The Funny Bunny

The competition encouraged craftsmanship and artfulness amongst the students and motivated them to use puppets in their teaching to get and sustain their students' attention. The competition was a success with the audience laughing to Hansa-Praful jokes.



INTER-CLASS GROUP DANCE COMPETITION - INDIAN MYTHOLOGY

Dance has been an important part of ceremony, rituals, celebrations and entertainment. The last day of BTTC week i.e. 9th Feb, 2018 was devoted to dance as a way to express praise and adoration to Indian Mythology. With the aim of showing mythological stories, an inter-class Dance Competition was organized by the college for students in its campus. The theme of the competition was Indian Mythology.

The Competition started with a welcome speech followed by introduction of the judges and reading of the rules of the competition. The participants danced with great zeal and enthusiasm. The vivacious dancers set the floor on fire with their energetic performances. The fun-filled extravaganza offered mythology dance forms like Mahishasur mardhini and birth of Lord Ganesha.

The faculty in-charges for the dance competition were Dr (Mrs) Manisha Tyagi and Dr. Rajiv Jha. The panel of judges included Mr Jitesh Sinha, a dance instructor and Mr Abhishek Palghane, an engineer by profession and a former contestant of Dance India Dance.

The spectators were a witness to the enthusiasm and energy of the participating young student-teachers as they enthralled everyone with their performances.

It was a fun-filled evening and the audience thoroughly enjoyed the dances and could not help but dance and swing to the famous songs. After the wonderful performances of the participants the esteemed guests were also requested to show a few of their dance moves on stage.

The enthusiastic audience cheered

through the performances of Jitesh Sinha and Abhishek Palgharhe. If talent could be stored in locked cupboards then theirs would need an entire museum. The judges complimented the efforts put in by all the participants. They also shared their pleasing experience of being a part of the college festival and gave their valuable suggestions and praises to the participants.

The auditorium echoed with the claps of the audience for the winners and the event concluded by extending gratitude to the judges for sparing their valuable time for the college and the students. Participation certificates were distributed followed by the announcement of winners. The event was closed by glorifying the greatness of India, by singing the National Anthem.

The BTTC Week Celebrations was thoroughly enjoyed by all. It was indeed a team effort with learning for all. The teacher in-charges were supported by student volunteers and through each programme, right from planning to its execution, it was a hands on learning for them in organizing events.



CULTURAL KALEIDOSCOPE

India is one of the most ethnically diverse nations of the world with thousands of distinct and unique cultures of all religions and communities present. These diverse cultures of the 29 states of India was well presented by the FYBED students of the Bombay Teachers' Training College during their Cultural Kaleidoscope celebration on 15th January, 2018.

This event was presided by the principal Dr (Mrs) Mintu Sinha. It began with lighting of the lamp which is a ritual the college solemnly follows in every event. The students were divided into two groups based on their native areas as the South-West and the North-East. These students under the guidance of respective teachers rendered a wonderful performance

by depicting various cultures such as dance forms, music, architecture, language, food, famous personality etc of each Indian state. The students used the CCRT educational kit provided by the Centre for Cultural Resources and Training, Delhi which consists of slides, recorded illustrations and written texts on regional variations of architecture, sculpture, painting, contemporary art, handicraft, music, dance, theatre, puppetry and the environment. The students even displayed a wide variety of Indian Cuisines which was later served to the principal and the teachers as samples of respective cultures. The programme focused on cross cultural education of all. The program ended with a vote of thanks and the National Anthem.

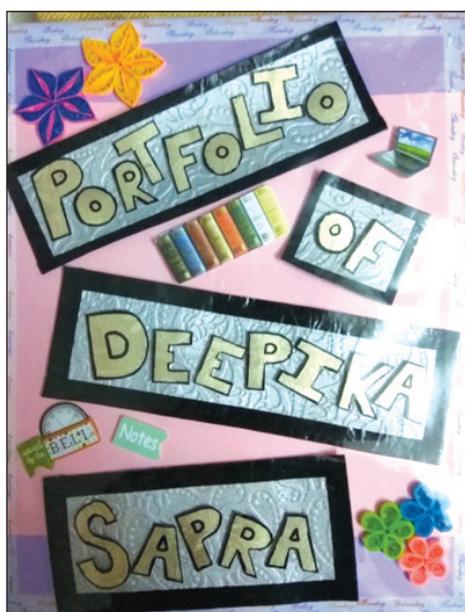
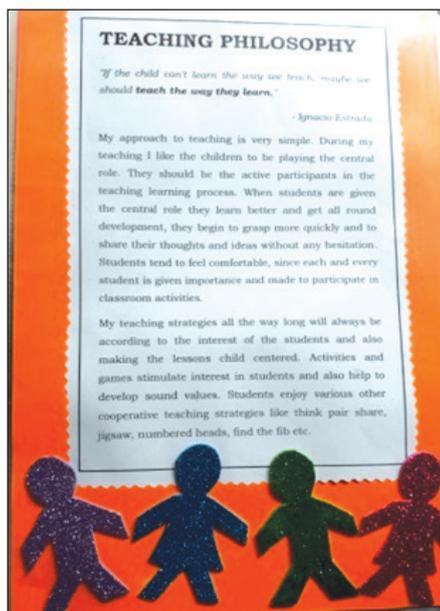


STUDENT PORTFOLIO

Bombay Teachers' Training College at its core promotes learning through reflection. The review and reflection on learning outcomes prove to be of great value in order to decide the new goals of learning. In order to achieve this objective the institution has designed and developed a format for individual portfolio of student-teachers. This Best Practice was initiated in the year 2010-11. The portfolios of the individual student-teachers developed by the institution derive from the visual and performing arts tradition

or achievements. It gives students a platform to show their talents and allow for diverse means of demonstrating competency. Students are guided by the faculty to maintain a portfolio so that it provides evidence of the student's knowledge, skills, abilities and growth.

By preparing and maintaining a portfolio student-teachers learnt new experiences, methods and proficiency as they see the other students collate their work. They developed skills like time management, systematic work,



in which student-teachers showcase their accomplishments and personally favored works. Students from all the programmes have their own portfolios. The college organizes Campus recruitment for students where students' portfolio represents their hard work and tells a particular story about them.

A portfolio is a purposeful collection of selective significant samples of a student's work accompanied by clear criteria for performance, which is an evidence of the student's effort, progress

organizational skills, creativity, and introspection skills. It also helped them to present themselves in a concise and holistic manner. The student portfolio helped student-teachers to consciously learn and explore their strengths and weaknesses, threats and opportunities that come their way.

Creating, maintaining, and assessing student portfolio in an extensive BED course is definitely a time-consuming endeavor. It is a yearlong celebration of achievements where students step outside with their head held high!

LENS SERIES

The Lens Series was introduced in 2007-08, with the intention of drawing lessons from popular culture while making learning a joyful experience for the student-teacher. Film is a leveller- children can relate to it irrespective of their family background or learning abilities. Films can be a gateway to exploring complex ideas and to view the dynamic world from a variety of perspective. Young children are visually literate and the curriculum needs to reflect this.

The Lens series is a series of educational movies that are shown to BEd students. The first session of the series for SYBEd was conducted by Dr Ansari Mohammad Azam.

The first movie of the series was Aarakshan. The movie stars Amitabh Bachchan, Deepika Padukone, Saif Ali Khan and Prateik Babbar in leading roles. The movie talked about the quota system for representation of the backward classes. Throughout the movie, the class was hooked to

the screen.

Other movies included TED talks by Sparsh Shah, a child suffering from cerebral palsy, by Nic Voge on Self Worth to name a few. A movie named Kabhi Pass Kabhi Fail was also screened. The movie was about a child who is taken on a rollercoaster ride because of his mathematical genius. After the screenings, everybody was asked to write their reflections. Dr (Ms) Lubna Mansuri also took sessions on lens series for the SYBEd class where Bol was screened. The movie threw light on the problems faced by people belonging to the transgender community, biased treatment of women and women empowerment. She also screened the movie on Dr. Babasaheb Ambedkar, which was a biopic of his life and very inspirational. The movie highlighted how the dalits were treated in the pre-Independence era and how Dr. Ambedkar fought for their rights. Even though things have changed with time, dalits are still looked down upon, and the movie helped students reflect on the issue.



SCIENCE CORNER

Science corner is where experiments are performed by a student or a pair where they put across unknown facts in a simple manner. The objective of science corner was to make science concepts easy to understand for students from other disciplines and explain how science is connected to our daily life. Under the able guidance of Dr Rajeev I Jha and based on the examples set by SYBED students, the FYBED students set out to prove their determination in teaching science.

The first science corner of FYBED was held on 6th March, 2018 by Bhavna Krishnamurthy. She had done

could be understood by all. Certain slides about unknown facts of lungs were also shown which were quite interesting. Later on she performed an experiment on the effect of smoking on lungs. She burned a piece of paper and kept it inside a glass jar and covered it with a yellow sponge. The burnt paper slowly released fumes and ash which got stuck in the pores of the sponge. The same thing happens to our lungs when we smoke. This experiment was quite interesting as it actually showed the real effects of smoke on the lungs and how it breaks the bubble of those who smoke. The science corner performed



through research which was reflected through her experiments and explanation. The topic taken up was Respiratory System. She had made a working model of the same to explain the different parts of the respiratory system. The model was made using a bottle and some balloons. In fact, she made the topic very simple so that it

by her taught students a lot about the respiratory system which is otherwise difficult to understand for students belonging to different disciplines. A feedback was given to her and this marked the very beginning of a successful science corner awaited by all the students.

FOCUS GROUPS: THE CLUBS

BTTC practices co-curricular activities extensively above and beyond academics. It is the formation of focus groups of different pedagogy. The activities conducted by these groups help the student-teachers to recognize their potentialities and enhances their personality. BTTC strongly believes in learning by doing. To fulfill this purpose, activities are taken up to develop physical efficiency. The student-teachers get an opportunity to plan and do activities organized by these four clubs. The following are the clubs related to the subject that they cater to.

The Science-Math Club:

Patron: Dr Mohammad Azam Ansari
Advisor: Dr Rajeev I Jha & Dr Bhagwan Balani

- Chairperson - Jyoti Bhatia
- Secretary - Sarita Kumari
- Joint Secretary - Shrutika Pednekar
- Treasurer - Komal Bhojwani
- Liaison Officer - Yashika Pancholi

For the academic year 2017-2018 the club organized morning musings, quizzes to brush-up the student-teachers' logical and calculation skills. This initiative was taken up and executed ardently. Activities like Swachh Bharat and Science Corner were a huge success for the students.

The Social Science Club:

Patron: Mrs Raju Talreja
Advisor: Dr (Mrs) Mandeep Kochar & Dr (Ms) Lubna Mansuri

- Chairperson – Savita Devi
- Secretary - Priya Shah
- Joint Secretary - Melissa Gomes
- Treasurer - Akshita Panchal
- Liaison Officer - Pooja Shah

The club organized celebrations like Teachers' Day, Independence Day, and Republic Day.

The Literary Club:

Patron: Dr (Mrs) Neelu Verma

Advisor: Dr (Mrs) Manisha Tyagi

- Chairperson – Khushbu Mangal
- Secretary – Afshan Peerzada
- Joint Secretary – Khadeeja Bhanpurwala
- Treasurer – Alifya Pardawala
- Liaison Officer – Alifya Kudrati

Literary club conducts activities like morning musings and writing quotations on the black board every morning throughout the year. The HM Nagrani English and the Narayandas Hindi extempore competition was conducted by the literary club. The club organizes reflective writing on educational movies like Bol, MS Dhoni: An Untold Story, Sound of Music and many more for students. In the library, a wall was decorated with quotes, meanings, new words and charts throughout the year.

The Eco Club:

Patron: Dr Rajeev I Jha

Advisor: Dr Bhagwan Balani & Dr (Mrs) Priya Pillai

- Chairperson – Shrutika Pednekar
- Secretary – Ankita Ghadi
- Joint Secretary – Farheen Shaikh
- Treasurer – Eram Shaikh
- Liaison Officer - Rashmi Singh

“WE CARE” is the motto of this club which is reflected through various activities. The college beautification was looked after by the club where Herb garden and Wall garden were maintained.

A JOURNEY OF SELF DISCOVERY

PSYCHOLOGY LABORATORY ACTIVITIES



In the past few months, the F. Y. B. Ed (2017-19) batch has had the opportunity to explore deep scientific concepts and experiments that made them pause and wonder. For instance, does IQ alone predict success and progress? Or is there more, that we are overlooking? These pertinent questions were sought to be explored.

Moving from the purpose of discovery and analysis, every student, as a subject, underwent a process of deep introspection after every experiment. This deep reflection helped each one gain a far-reaching understanding of one's thought processes, leading to conscious efforts directed towards self-improvement.

The experiments in the first half of the course year included the self-concept rating scale, amongst others, that focused on examining self-constructed beliefs one held about oneself and how we understand others.

It laid strong emphasis on developing social and emotional skills to understand how emotions impact students' learning and well-being; and reiterated these skills as imperative not only for personal well-being but to improve student learning.

The other tests that were administered

in the first half included, the Teacher Self-confidence scale, Harill Self Esteem Inventory, Emotional Intelligence and the Self-Efficacy test, each one highlighting the importance of self-examination.

More recently in the second half of the year, experiments supplementing theoretical learning were undertaken, participating in understanding firsthand the concepts of division of attention, transfer of learning, perception, suggestion and group judgment.

Additionally as aspiring teachers, the F.Y.B.Ed students had the opportunity to research intensively, various perspectives of learning and thinking styles and administered psychological tests to their peers under the guidance of Dr. Rajiv Jha

These tests included (Multiple Intelligence, Problem Solving, Critical Thinking, Creative Thinking, Group Dynamics, Metacognition, and Kolb's Learning Styles)

Every experiment helped understand concepts but more importantly comprehend its application. For most of the class this proved to be a real opportunity to study and assess a psychological experiment on a group of subjects to come to an inference. The entire process was exhilarating and enlightening.

The tests and experiments undertaken had a clear vision, a definite plan, giving each one of the subjects tremendous feeling of confidence and personal power.

EXTENSION WORK

Every institution sets its vision in order to take its glory to great heights. Bombay Teachers' Training College too strives to create the culture of excellence for the pre-service teachers to set their mark wherever they go as professionals. This requires the teachers to be motivated to learn through their professional and personal journey.

In this programme a platform was provided where they can explore other avenues. The institution has undertaken Extension Work Program with the Department of Lifelong Learning & Extension (DLLE) by University of Mumbai. 46 students from the FYBED and 47 from SYBED were enrolled under the guidance of the Extension Work Teacher (EWT) In-Charge Dr (Mrs) Manisha Tyagi.

Projects and activities conducted were 'Status of Women in Society' (SWS) and 'Population Education Club' (PEC). The activities were as follows:

- Training of the students in each semester for selected activities under each project

- College level activities like debate, poster-making, exhibition, cleanliness drives, rallies for peace and singing of University Songs were done with great enthusiasm.
- Community level activities like street play, survey of women, delivering lessons on Population Education in schools to bring awareness amongst the school/college students
- 20 Students participated in Udaan Festival of DLLE in the poster-making competition and street play on the theme 'Bharat ka Aadhar-Aadhar Card'.
- Extension work provided scope for students to communicate with other college's students and teachers and they were sensitized towards their role and duties as part of the society and community. Apart from these benefits, the students scored 10 additional marks which are added to their final university examination scores.

"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe."

- Gail Devers

CAMPUS PLACEMENT

Checking on appearance, getting the portfolio organized, developing the CV and finally calming the nerves, such was the state of the students on the 17th of January 2018. Campus recruitment is a day that students of every institution look forward to. It is the day that students put in all efforts to put their best foot forward and get one step closer to their future.

Esteemed and reputed institutions were invited to conduct campus interviews for the students of the BEd, DEEd and ECE courses. Each floor of the college building was assigned to different schools across different boards like the SSC, ICSE, CBSE, and IGCSE. The schools displayed the parameters they were looking for and the positions they had to offer. This year Shishuvan School, Aditya Birla World Academy, Poddar HRD, Tridha International, DY Patil School, Alexandra School, JBCN etc. were some of the schools that

conducted campus interviews. Nirmala Niketan College and Mahesh Tutorials also conducted the interviews.

Throughout the day the students filled out forms, case studies, questionnaires and even took written content tests for some schools. It was a day filled with loads of enthusiasm and nervousness alike. By the end of the day, the students' faces were tiresome yet wore a sense of accomplishment.

The schools shortlisted candidates as per their requirement and conveyed it to the students and the faculty in-charge. The shortlisted candidates were then called by the respective schools for a series of interviews or for a demo lesson. BTTC has had successful placements every year with a high placement percentage. This is a sufficient indicator of the standard of teacher education that the institution imparts.



MORNING MUSING

At Bombay Teachers' Training College, the day begins with the College Prayer followed by morning musings. Musing means a period of reflection or thought. Musings help in the cognitive development of an individual who performs the musing as well as that of the people listening. It helps to develop a feeling of affiliation and unity. It is a platform to share their views on the topic, and their life experiences relating to practical issues with other students.

Throughout the year the students selected and identified topics either related to education or other than education which includes social issues like unemployment, violence against women and children and so on. It helped the student-teachers to reflect upon the topics thoughtfully and arrive at conclusions.

The students mused upon the topic of judgment where a video was shown to the class and the students were asked who according to them looked like a

terrorist initially, and the students judged a person as being a terrorist on the basis of his attire alone. But later the students found that he was not a terrorist and a person who was well dressed and looked like a gentleman was actually the terrorist. The conclusion through this musing was that one should never judge a person just by his outer appearance or the caste or religion he/she belongs to and never generalize activities or behavior of an individual based on his/her caste, creed or religion.

The students shared their personal experiences of being harassed in school by seniors and on complaining to the teachers, the teacher called their parents and even took such students to the principal but these students continued to harass their juniors. Some students shared their experience that they were sexually harassed by their relatives and persons whom they trusted and this has affected those students mentally and emotionally. Cyber bullying was also one of the topics which were mused upon. In all the above topics it was concluded that the victim of bullying should complain and not just suffer silently and the people who witness such acts should also bring them to the notice of the authorities.

The other topics discussed in the morning musing were: Respect for teachers, Technology Vs Books, Speaking in English language Vs Speaking in Regional Languages, Technology Vs Parents and Teachers. Morning musings offer a meaningful start for the day for the students and teachers at BTTC.



Events of 2017-18

ANNUAL DAY 2016-17

The Bombay Teachers' Training College celebrated its 48th Annual Day in the year 2016-17 in the college auditorium. This event was presided by the principal Dr (Mrs) Mintu Sinha, chief guest Mr Abhijeet Bhattacharya and board president Mr Anil Harish. It began with a stunning prayer dance and was followed by the lighting of lamp which is a ritual that the college solemnly follows in every event. On this day, students were felicitated

with a certificate and a trophy for their attendance, conduct, academic excellence, excellence in sports and all round development.

The evening was made memorable with cultural performances conceptualized and choreographed by Dr (Mrs) Manisha Tyagi. Stunning performances were delivered by the BEd, DEEd and ECE classes. Soon after the performances, the principal along with the guests and the board



members unveiled the annual magazine 'Metamorphosis' for the year 2016-17. There was a special dance performance where students danced to the songs sung by the chief guest. The program ended with a vote of thanks and the National Anthem.

INTERNATIONAL YOGA DAY

*'May the long time sun shine upon you,
All the love surround you,
And the pure light within you....
Guide your way on.'*

Namaste!

Brimming with excitement and energy, students of BTTC came together to mark the third International Day of Yoga on June 21, 2017 at Marine Drive. The principal Dr (Mrs) Mintu Sinha and members of the teaching faculty Dr (Mrs) Mandeep Kaur Kochar, Dr (Mrs) Manisha Tyagi and Dr (Mrs) Neelu Verma came to encourage the students and emphasize the significance of Yoga. The yoga session was hosted by Dr (Mrs) Manisha Tyagi. The session

started at 6:30 am. Everyone together did breathing exercises and a few asanas. The session lasted till 8 am. It was a meaningful experience. Students had fun doing yoga at Marine Drive which not only had a pleasant atmosphere but also a splendid view.

The students realized the benefits of yoga. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in the body and mind. Yoga asanas, pranayama and meditation are effective techniques to release stress and become physically and mentally fit.

Besides on the International Yoga Day, BTTC student-teachers practiced yoga regularly. Being one of the many add on courses, students were trained in Yoga by the end of their journey at BTTC. "Exercises are like prose, whereas yoga is the poetry of movements. Once you understand the grammar of yoga; you can write your own poetry of movements".



EID CELEBRATIONS

To mark the end of the Holy month of Ramadan, the Bombay Teachers' Training College held its Eid-ul-Fitr celebrations on 28th June 2017. At the end of Ramadan, Muslims throughout the world observe a joyous one day feast or celebration of the Festival of Fast-Breaking called Eid-ul-Fitr.

On the day of Eid, Muslims gather early in the morning in outdoor locations or mosques to perform the Eid prayer. This consists of a sermon followed by a short congregational

The students of BTTC got the wonderful opportunity to celebrate this holy festival in college, thanks to the principal Dr (Mrs) Mintu Sinha. The celebration began with the Eid message delivered by Fatema Contractor and Taiba Jummal, stressing on the importance of forgiving each other's shortcomings. It was followed by a short skit by SYBED students depicting the celebration of the community. Later Nilofer Sarang, Khadeeja Bhanpurwala and Afshan Peerzada conveyed the importance of



prayer. After the Eid prayer, a few may go to the cemeteries to pray for their lost loved ones. This festival brings people together, visits to family and friends, cheerful wishes to all, exchange of gifts, etc. Muslims celebrate Eid-ul-Fitr by giving thanks to Almighty Allah for his blessings. People prefer to dress themselves in new clothes and indulge in traditional sweets. Children receive a token of love in the form of some cash called "Eidi". It is also a day of forgiveness.

Ramadan and explained why the festival of Eid-ul-Fitr is celebrated.

The event was attended by the principal, staff members and all students. The spirit of Eid celebrations filled everyone's hearts and faces with happiness. Everyone indulged in a treat "Sheer Khurma" (a sweet made with milk, vermicelli, dried dates and dry fruits). The day was enjoyed by all and the students look forward to the next Ramadan, In shaa Allah.

TRAILBLAZERS- 'MULTIPLY THE MESSAGE'

An educational trip was organized for the students of FYBEd at Karnala on 29th July, 2017 by Trailblazers in collaboration with DOW India. The aim of this project was to 'Multiply the Message' by organizing educational programs for the students in order to sensitize and create awareness regarding the protection of environment through different interesting activities by involving the students. There were different sessions organized for the students that helped them to be aware about the protection of environment and motivated them to make their students aware about it, as they are potential teachers.

The morning session was conducted to introduce the audience to a project, which was based on recycling of plastic. It was an effort made to gather all the unwanted plastic lying all over in the environment and recycle it in the recycling machine that was installed in a small village in Pune, by the team involved in that project. In the next session they were exposed to different types of bird species existing in Asia. They also made them aware of the effects of pollution and other harmful factors on the existence of those species. It was a beautiful presentation given by the Trailblazer team which helped the student to know more about the different bird species around us.



In the post-lunch session, different activities were conducted to keep the students active and made them interact with each other. They were divided into groups and made to perform a short drama on environmental issues. It was an amazing session as everyone tried to present the environmental issue in a different way with a message for the audience. The organizers also conducted creative and interesting games which could be conducted by the teachers in the normal classroom so that all the students are involved.

In the 'Food Chain' game, students were assigned roles of different components of the environment that are dependent on each other in some or the other way in order to maintain balance in the environment. The next interactive session was conducted by Mr Ranjan Biswas, the founder of Trailblazers, on effective teaching methods that they can adopt to teach in the class and enhance the students' knowledge about the environment.

That educational visit was a great learning experience for everyone. The hospitality offered to the students by the organizers was worth appreciating. That visit had surely benefited them in many ways by making them aware about the surrounding environment and also by acquainting them to different teaching methods that can be used in the classroom to make their teaching impactful.

The trip was successful due to the efforts taken by principal Dr (Mrs) Mintu Sinha, and specially Dr Bhagwan Balani for coordinating with the Trailblazer team and organizing such an interesting educational visit.

SANKALP SE SIDDHI - PLEDGE FOR A 'NEW INDIA'

On the 9th of August 2017, Shri Narendra Modi stated in his address that in 1942 the clarion call was 'Kareng Ya Mareng' - today it should be 'Kareng Aur Kar Ke Rahenge.' These 5 years are about #SankalpSeSiddhi. From 2017 to 2022, when India turns 75, we need to create the same spirit that existed from 1942 to 1947. This spirit this time is not to end colonialism, but to fight against increasing corruption, poverty, lack of education, and malnutrition, which are big challenges that India needs to tackle.

On the 14th of August, a pledge for a 'New India' was taken in the lecture hall on the 9th floor. The session was conducted by Dr Rajeev I Jha. The students of SYBED, DLED and ECE were in attendance. The program began with an introduction about the 'Quit India Movement'. Dr Jha read out the poignant speech given by our Prime Minister Shri Narendra, 'Mann Ki Baat'. The reflection on the pledge was given by Dr (Mrs) Meenakshi Lath, Dr (Mrs) Mandeep Kochar, Rajashree Kuttisankaran from SYBED and Rasika

Randad from ECE. The session was concluded with the national anthem. The pledge taken by all in the session present was as follows:

New India Pledge (Sankalp Se Siddhi) 2017-2022

- Let us together pledge for a new India
- In 1942 our freedom fighters took a pledge of 'Quit India' and in 1947 India achieved Independence
- Let us together pledge that by 2022 we build a new India
- Let us together pledge towards a cleaner India
- Let us together pledge towards a poverty free India
- Let us together pledge towards a corruption free India
- Let us together pledge towards a terrorism free India
- Let us together pledge towards a communalism free India
- Let us together pledge towards a casteism free India
- Together let us strive wholeheartedly to accomplish this pledge for a 'New India.'



INDEPENDENCE DAY CELEBRATIONS

15th August is the day when major government buildings are illuminated with strings of lights and the tricolor flutters from homes and other buildings.

With the spirit to pay homage to our freedom fighters and those who fought for India's freedom, BTTC celebrated Independence Day on 14th August, 2017 with great patriotism and respect. The celebration began with the flag hoisting ceremony held on the college terrace by the Principal Dr (Mrs) Mintu Sinha in the presence of the members of the staff, and the students. In unison the national anthem was sung to express joy and pride of our freedom.

The celebration continued in the lecture hall with an array of patriotic performances from all the classes. SYBED student Fatema Contractor narrated Pt Jawaharlal Nehru's speech 'Tryst of Destiny' which he had delivered on the eve of India's Independence. Yashika Pancholi paid

a tribute to all the Unsung Heroes of the Revolutionary Movement through her mono-acting. DEEd students sang patriotic songs and Huzefa Attari played the National Anthem on a flute.

Indeed it was a day of love, respect and gratitude towards our country. The celebration encouraged the students to make India a better place, wherein freedom, peace and unity in diversity is experienced like nowhere else. Indeed,



*'Saare Jahan se Achcha Hindustan
Humara!'
Hum bul bule hai eske
Yeh gulsita hamara*



PIDILITE CREATIVE SPLASH WORKSHOP

“Art is not what you see, but what you make others see.”

Bombay Teachers’ Training College had organized a Pidilite Creative Splash workshop on the 19th of August 2017. The workshop was led by a senior artist Mrs Aparna Seth and trainer at Pidilite. Creative Splash workshop gave a platform to engage in and learn something new and creative. Pidilite is a company that offers a range of products under the brand name Fevicryl making art accessible, fun and interesting for art enthusiasts. Its purpose was to teach students to advance the growth of their art; to allow them to evolve further to their own style.



This workshop brought out the artist in them. The first half of the day was devoted to canvas painting with the help of rollers and the latter half was devoted to doodling. The art teacher gave the students detailed instructions to begin and guided them at every step with her inputs and simple tricks to become better. She told them to come up with unique designs, patterns and ideas. They all began to use their imagination to the fullest to come up with ideas. Many students came up with beautiful themes and artworks. One of the artworks that received appreciation was created by

Misha Sarang from BEd who drew a beautiful snapshot of a forest on the canvas. Another notable piece was created by Sanjana Borkar from BEd who drew Lord Ganesha which was appreciated by the principal and the faculty alike. It was beautiful to see students reconnect with the artists hidden in them. This was followed by a series of workshops further with different art materials and the students, under the guidance of the instructor, created various articles!



TEACHERS' DAY CELEBRATIONS

In the memory of Dr Sarvepalli Radhakrishnan who has wholeheartedly contributed towards the noble cause of education, BTTC saw a grand celebration on Teachers' Day which was celebrated on 4th September, 2017 in the lecture hall. This celebration is extremely special and important for BTTC because the college itself educates, motivates and prepares prospective teachers.

The celebration began with a grand welcome of all the teachers and was followed by a prayer dance by Tanvi Mehta from DEEd who bowed down towards her gurus portraying the amount of respect a student has for her teachers. As the event progressed a number of students showcased their talents and every performance was a delight to watch and brought a smile on the teachers' faces. Some DEEd students rocked the dance floor for the first time. To see new talent in

BTTC was really enchanting.

The best moment of the celebration was when SYBED students got dressed as replicas of the principal and teachers. The teachers were gifted a small token of love, which was a box with messages of love, gratitude, respect and awe penned down by the students.

The day was power packed and full of energy which was further enhanced by the appreciation the students got from the principal at the end of the celebration. The student-teachers were hopeful to be promising teachers so their students too would celebrate the day with enthusiasm, making it special for them.

2 teach is
+ 2 touch lives

4ever



THE SWACHH BHARAT ABHIYAAN CLEAN-UP DRIVE

The Swachh Bharat Abhiyaan, a scheme of the government, holds great significance for the city of Mumbai, especially at its shores. The city is known for its famous shore and sea facing houses. Mumbai isn't fortunate enough to have clean water bodies. Hence, an initiative was taken up by the Indian Navy on 16th September, 2017 indulging in a national coastal cleanup drive for all coastal states and union territories.

The students of BTTC were among the proud participants of the drive, held at 'Girgaon Beach' among other locations in Mumbai. The drive began at 7 am with the distribution of gloves and black garbage collection bags for all to get to work. Due to the recent festival of Navaratri, the idol immersions that took place dirtied the coasts all the more. The coast guards dealt with lots of flowers and plastic debris. It was the duty of all volunteers to work at discarding all the dirt and waste strewn across the beach. The efforts of the volunteers resulted in a clean sea shore of the beach after approximately three hours of cleaning.

According to records released by the official coast guard website,

Maharashtra witnessed the highest participation of almost 6,320 volunteers along with Indian coast guard personnel. The volunteers belonged to various government and non-government agencies like NCC, NSS, various schools and colleges. The records later officiated that the debris cleaned from the entire campaign was 81,335 kg of marine litter, thus leaving our coast a little cleaner and bringing the idea of sustainability of marine life a little closer to reality.

The drive ended with a heartfelt vote of gratitude extended by the navy officers. The navy then distributed refreshments as a reward for the hard work of the volunteers. The students got a close experience of the government initiative of Swachh Bharat Abhiyaan as well as being a part of a social and much needed community initiative. It was a fulfilling day where the students' hard work didn't just reap benefits for them but for the society as a whole. All of the volunteers by the end of the drive seemed much more committed to the government clean up initiative and were excited to be a part of many more such campaigns.



NAVRATRI CELEBRATION

Inculcating a sense of culture and unity is the essence of any Indian festival and *Navaratri* in India is a portrait of colour, action, music and togetherness. So with an aim to convey the same, *Navaratri* was celebrated in the college on 28th September, 2017.

The ECE lecture hall resembled the essence of Gujarat, with all the students, teachers and the principal Dr (Mrs) Mintu Sinha all dressed up in traditional attire. The celebration started in the afternoon with the auspicious lighting of the lamp by the Principal and teachers. The celebration was carried forward by Misha Sarang of SYBED with a small speech on the importance of *Navaratri* festival. Through her speech the students learnt that the word "*Navaratri*" is a conjunction of two words "*nava*" (meaning "nine") and "*ratri*" (meaning "night"). Spread over 9 nights and 10 days, it is one of the most sacred festivals in Hinduism where they worship Goddess Durga or Shakti, who represents the energy of the universe, in her 9 beautiful forms with great reverence.

After knowing the importance of the holy festival the students performed

Garba. As the *Garba* beats started, the positivity and energy exuberating out of the colourful costumes combined with the enthusiasm of dancing to the *dandia* folk songs. The students' joy knew no bounds and for some it was definitely an experience of a lifetime as they had never danced to *Garba* songs before. The icing on the cake was when the teachers joined in the festivities and danced with the students. This made the entire day extremely memorable.

The *Navaratri* celebration was indeed a great event. That evening all went back thrilled to revel in the festive season at home too.



BID ADIEU!

“A thriving new beginning can be and should be a time for amazing engagement, growth, connections, contributions and increased possibilities.”

- Lee M Brower

With smiles on their faces and a grateful heart they said a ‘goodbye’ to their trusted employee and member of the BTTC family so that he would be greeted to a new ‘Hello’ in life. He gave outstanding service to the institution and performed to his best capacity. Mr Brijanand employed for almost 35 years with the Bombay Teachers’ Training College as a class IV employee was always seen working and doing his chores in the library. A farewell was held on 29th September, 2018 for him during the Navaratri

Celebration which coincided with his last day of service. He was presented with a shawl and a box of sweets by the principal Dr (Mrs) Mintu Sinha, who expressed her gratitude to him for his diligent and loyal service of more than three decades. He thanked her for the same and narrated his journey in this college. With a teary eye, he bid all the students a good bye with a message for all of them to learn. The students will remember him for giving the quickest photocopies, his toothy grin and words of wisdom.

The students were fond of him and wished him the best for his retired life. They conveyed to him- “For years you’ve worked and slaved all day, now it’s time to relax and play. So put your feet up and take a break!” Mr Brijanand seemed to look forward to this.



SWACHH BHARAT ABHIYAAN RALLY

It is always said -
“Clean Mumbai, Green Mumbai”.

To make this quote a reality, there was a Swachh Bharat Abhiyaan Rally which was initiated by RD National College on 2nd October, 2017.

The rally started from National College, Bandra and ended at Juhu Beach in Santacruz. The reporting time was at 8 am to register oneself for the same. There were light energy snacks provided along with water before the start of the rally to keep everyone energized during the rally.

Various Junior and BEd College students were a part of this rally and so was BTTC. From BTTC, SYBED students and two professors Dr (Mrs) Manisha Tyagi and Mrs Raju Talreja had attended the rally. The rally began at 8.30am and around 10.30 am, ended at Juhu beach.

The basic aim of this rally was to make people aware that the city should be kept clean to have a healthy & safe life. Though by the end of rally, all were all really exhausted, it was worth it. The feeling of unity and togetherness was felt.



REDUCE, REUSE AND RECYCLE WORKSHOP

To promote its value of environmental awareness, BTTC organized a seminar on reduce, reuse and recycle. This workshop was organized by Dr (Ms) Lubna Mansuri on 13th October, 2017. It was conducted by Ms Mariam Motiwala, an alumna of BTTC. She came to enlighten us about the pencils made under the brand Woodwise which specialized in making eco-friendly pencils.

The session began by showing the students a video clip on how our environment is grappling with the effects of global warming, environmental degradation. 82, 000 trees are cut down across the world to produce 14 billion wooden pencils leading to deforestation. If these pencils are made up of newspapers it could save so many trees. It was a wakeup call for all the students to take efforts to do their bit towards mother

earth. She brought pencils – never seen before. It is ideal for gifting and using every day. These pencils are made of seeds - tomato, mustard, coriander, chilli and fenugreek. The other variants of pencils available were made from newspapers and velvet-coated pencils of different colors. These pencils came with startling benefits – they were unbreakable, made of graphite ensuring smooth handwriting, and non-toxic as compared to other pencils that are used extensively by students and teachers alike.

In the end they kept pencils on display for purchase. The students all queued up to not only get a glimpse of the pencils but also to make them their own. It was an enlightening session where they learnt how every drop makes an ocean and creates a ripple of change and sustainable development.



LITERACY AWARENESS PROGRAM

Apart from participating in various learning activities, BTTC also gives the students an opportunity to give back to the society. The Literacy Awareness Program is one such component of the BEd curriculum.

A teacher's responsibility goes beyond the four walls of her classroom. It includes not only teaching school subjects, but imparting moral values and promoting education, and doing all this effectively. The aim of the Literacy Awareness Program is to spread awareness about the importance of education, and to bring new teaching methodologies to the fore.

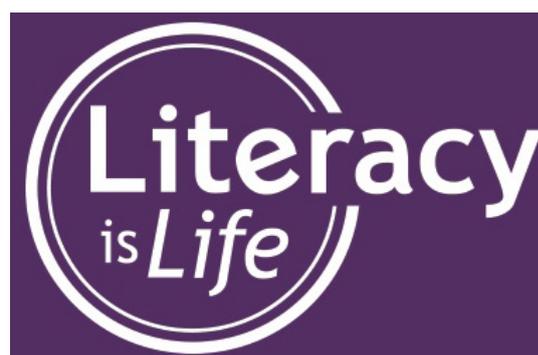
In the month of November, under the guidance of Dr Bhagwan Balani, the SYBED class was divided into groups, each of which collaborated with a school or an NGO to work for the cause. The institutions benefited by the program include Shelter Don Bosco,

Ashadan Missionary Trust, Sankalp, Asha Kiran Charitable Trust, Bharatiya Muslim Mahila Andolan, Rotaract Club of Churchgate, Salaam Baalak and Noor Educational Trust.

The groups visited the institution for three days and conducted various activities like reading, games, story-telling, movie screenings, seminars, and arts and crafts.

It was indeed enlightening and a learning experience for every student.

'To teach is to learn twice'



RU-BA-RU SESSION

It was a Friday morning, the streets of Colaba glistened with excitement and hope; it seemed like a tall brown building of a whole ten floors, was eagerly waiting to welcome fifty new and bright beings.

On entering the orientation venue, the thrill and joy could be felt in the air; all new faces, not one known. All fifty of us sat there, everything around us all new and strange, yet one thing connected us all; the fact, that there would be fifty of us walking out this place as great leaders.

How was it going to be like the first day, was a thought that kept running in our minds. It was then that our professors guided us through the day “the most meaningful way to know you all, will be to have you on stage standing tall”. Our professors Dr Rajeev Jha and Dr (Mrs) Neelu Verma asked us to introduce ourselves, but not in the traditional way, rather we were asked to connect with each other’s souls

and share. Termed as ‘Ru-ba-ru’, each student was given time to understand the other in context of backgrounds, talents and aspirations that inspired each one to be a teacher.

To do so, we were paired according to our roll numbers, with one introducing the other. The one thing that we had to keep in mind was to ensure we do our best to put our creativity to the test. Each pair came on stage in turn, and introduced their partners with great enthusiasm. After everyone was done, Dr Rajeev Jha and Dr Neelu Verma expressed how much they enjoyed seeing us put in our efforts and gave us feedback on our introductions, the areas we could do better in.

After this stimulating activity, we better understood ourselves and our new friends. We were immensely grateful to our professors who conducted this session so that we could gain insights about each others.



COMMUNITY SERVICE

“We make a living by what we get, but we make a life by what we give.”

Community service is an integral part of the first Semester in the BEd curriculum. The academic year 2017-18 held its community service week from 1st to the 7th December, 2017 in NGOs and schools across Mumbai and the Suburbs.

Students divided themselves into groups of either 3 or 6 and spread across the city to cover 30 hours in a span of 7 days with the aim of bringing about a small but hopeful change in various communities by their contributions.



Some students visiting Andheri, at an NGO named Salam Balak, dealt with young children some of whom were orphans, victims of trafficking and children from the slum areas. Another group visited The Arna Foundation at Thane. The foundation works with children of sex workers. One group of students visited Sanskar India Foundation working on spreading more social and conservation awareness. Some also visited The Salvation Army Foundation at Clare Road. They cater to children of sex workers. The other NGOs included an Old Age Home in Mazgaon, The Shelter Don Bosco at Wadala, an organization open to boys in need of shelter and aid, Muncherjee Nowrojee Banajee Industrial Home for the Blind Association, and Aashadhan at Byculla that works for the orphaned children. Engaging in community service provides students with the opportunity to become active members of their community and has a lasting, positive impact on society at large. Community service or volunteerism enables students to acquire life skills and knowledge, as well as provide service to those who need it most.

CHRISTMAS, A CLAUS FOR CELEBRATION

Christmas is one of the most popular festivals worldwide. It is celebrated on 25th December every year, but the celebrations start well in advance. It is celebrated in the honor of Lord Jesus Christ as he was born on this day to mother Mary. Jesus lived an exemplary life and taught everyone to follow the path of goodness; he taught people to believe in the almighty and perform good deeds. The life led by Jesus is an example that must be followed by everyone for attaining salvation and for living in harmony on this earth.

At BTTC on 22nd December, Christmas was celebrated in the auditorium. It was a day of joy, happiness, love, laughter and good memories. The day of celebration began with a Christmas play, skillfully and beautifully performed by the SYDEIEd followed by a number of dances either in the form of duet dances or group performances. The theme of all the dance performances ranged from

Desi Tadhkas to Hollywood Hip-Hop. The students even performed a tribute dance to Shah Rukh Khan. Along with all the hip-shaking, leg-breaking and grooving dance performances, the students from all the 5 courses sang melodious songs and carols that were a soothing bliss to the ears and lent a calming sense to our bodies.

This event could not have been successful without the motivation of the principal Dr (Mrs) Mintu Sinha and the cultural in-charge Dr (Mrs) Manisha Tyagi who encouraged the students to take part and give their best.

*“Life has a way of testing a person’s will,
either by having nothing happen at all
or by having
everything happen at once.”*

- Paulo Coelho



ANNUAL SPORTS DAY

The annual sports day function of the college was held on 23rd December, 2017 at 8 am at Sabina Chandrasekhar ground near the college building. On that day, the atmosphere of the college took a sporty look. Great interest was observed among the students and the teachers. All of them came in large numbers to enjoy the day. The event saw the three courses participating together – BEd, DEEd and ECE. Before the event began, the names of the competitions and participants were called out. The students were lined up. There were several events such as sack

race, lemon and spoon race, 100 meter race, 400 meter race, potato race, relay race, shot put and tug of war.

Then the names of the winners were announced. The winners were awarded certificates by the principal, Dr (Mrs) Mintu Sinha. Refreshments were also provided to all the participants. After the sports, the principal inspired the students with a short speech. The sports program ended at 2 pm which was followed by a break for the Christmas vacations.



SPEAKING OUR MIND

Nagrani Extempore Elocution Competition

Every year BTTC organizes the Shri H M Nagrani English Extempore and the Shri Narayandas Hindi Extempore Competition for the students of the BEd course. This year, the competitions were organized on 10th January, 2018. The judges for the competition were Mrs Sujatha and Mrs. Shahina Kara.

There were thirteen teams for the English extempore, each team comprising of two members. The participants were asked to draw chits 5 minutes before their performance. Participants were required to speak for 2 minutes on their topic. The performance of the participants was judged on the criteria such as diction, organization of matter and delivery. The topics identified for the extempore were very interesting and varied. For example When the Clock Strikes 6,

My Aha Moment and WhatsApp – A Source of Too Much Information etc.

The winners of the competition were -

- 1st Prize - Yashika Pancholi and Jyotsna Tahilramani (SYBEd)
- 2nd Prize – Angela George and Indrani Sakorkar (FYBEd)
- 3rd Prize – Fatema Contractor and Khadeeja Bhanpurwala (SYBEd)

Best Speakers – Fatema Contractor (SYBEd) and Jyotsna Tahilramani (SYBEd)

The judges then gave their impressions about the performances. They also gave some tips and suggestions to be kept in mind for such competitions. The event was concluded with a vote of thanks proposed by one of the students.



PICNIC - A BREAK FROM ROUTINE

Relax, unwind and rejuvenate was a perfect dream scheme after a busy routine and a course like BEd demands the magic of change. It made the students' dreams come true when the college decided to go for a picnic to the Panoramic resort in Panvel on Thursday, 11th of January 2018. Soon the picnic day dawned and the BEd, DEED and ECE classes were excited to begin this action packed day full of fun and frolic. The students with great zest and hope assembled on the college premises and then boarded their respective buses to begin the day that they were waiting for. The students sang and danced throughout the journey.

Around 9:30 am, they reached the scenic Yusuf Meherally Centre (10 minutes walking distance from the resort) where they were served a tasty

and nutritious breakfast. Immediately after entering the resort, they were treated with a chocolate cake, which was brought by Dr Bhagwan Balani to bring in the birthdays of three students. The beautiful Panoramic resort near the Karnala Bird Sanctuary cradled various exciting water rides, pools and an aqua disco for them to sing and dance to their heart's content. The time went by in a blink and the clock struck 2. Still the surprises were not over as a mouth watering lunch awaited them. They were later joined by the principal Dr (Mrs) Mintu Sinha with whom they captured and spent some beautiful moments. Around 4:30 pm they left the venue with an evening munch, lots of positivity and a mind full of memories. Thus, the trip was a great success and the students had various stories to narrate.



GUEST LECTURE ON INCLUSIVE EDUCATION

“If a child can’t learn the way we teach, maybe we should teach the way they learn.”

– Ignacio Estrada

Teachers play a very important role in the lives of children. Inclusive education is a massive challenge for the teachers but it is the need of the hour. For this reason, BTTC organized a seminar on Inclusive Education conducted by Dr Mary Keefe, Assistant Professor at La Trobe University, Australia.

The seminar was held on 19th January, 2018 in the seminar hall. Professor Keefe spoke about how inclusive education is beneficial for the special students to learn in a normal environment and interact with normal students. She also spoke about the barriers/problems faced by special students in a normal environment. To make the special students participate and give them the special accessibilities is a very important role for the teachers and the school authorities.

Dr Keefe enlightened the students about funding gaps, wherein the teacher lacks information about the

kind of disability due to which he/she cannot cope up with the children according to their needs. This creates a lot of problem for the child to grow in a rightful manner. She emphasized on the need for interaction between the teacher and the child’s parents, peers, or counselors to understand the child.

After the talk there was an interactive session. The students were asked for their views on inclusive education and various strategies to deal with special students. The students responded well and the interactive session was a success. The students also got an insight about the Australian education system and outlook towards education of special students. They compared that with the Indian scenario and realized that India still has a long way to go.

‘Every child is a different kind of flower and altogether makes this world a beautiful garden.’



SARASWATI PUJA

A joyous and colourful festival, Basant Panchami is celebrated with great enthusiasm by Hindus across India. Also spelt as Vasant Panchami, it is observed on the fifth day of the spring season. The word 'Vasant' means spring and 'Panchami' means 'fifth day'. According to the Hindu calendar, Basant Panchami falls in the month of Magha, which is the fifth day of Shukla Paksha. It is the bright day which falls every year around late January or early February.

This significant day marks the beginning of spring season. Especially dedicated to Goddess Saraswati, Basant Panchami is celebrated with great enthusiasm in northern, western and central parts of India.

Bombay Teachers' Training College celebrated Basant Panchami on 22nd of January 2018. To celebrate the auspicious day the college held Sarawasti Puja in the lecture hall on 9th floor. The puja was done by the principal Dr (Mrs) Mintu Sinha under the guidance of a Pandit. The main ingredients required (or Puja

samagri) for the prayer and rituals had been arrange beforehand.

All classes including ECE, DEEd and BEd were part of the puja along with the faculty members. The puja started at an auspicious time with all the important ingredients required for puja and also idol of Saraswati. All the members present for the puja were wearing yellow dresses as per the occasion.

Goddess Saraswati is said to be known as the Goddess of knowledge, and hence the occasion was especially looked forward to by the students. It is said that during the puja the ingredients that are put in the fire are one's fears and worries and by doing swaha all the negativity from one's life is burned in that fire. The puja went on up to 2 hours with all the vidhividhan kept in mind and all students and staff members were present till the end.

The lecture hall, including the chalkboard, had been decorated to suit the occasion. Prasad was served to everyone and after that all the members prayed for peace, harmony and security.



REPUBLIC DAY CELEBRATIONS

Republic Day is celebrated all over India, as the Constitution was adopted by the Indian Constituent Assembly on 26th November, 1949. It came into effect on 26th January, 1950 with a democratic government system, completing the country's transition towards becoming an independent republic.

It was a big day for all and in order to celebrate it, all the students went to the terrace of the college building, where the flag hoisting was organized by faculty In-Charge Dr (Mrs) Manisha Tyagi. All the classes - DEEd, BEd, and ECE - participated in the celebration.

The terrace was decorated very nicely with balloons. The students practiced the parade before starting the actual program which started at 9 am. All the faculty members, support staff and the principal Dr (Mrs) Mintu Sinha were on the terrace with all the classes. Some of the patriotic songs were also sung like:

Saare Jahan Se Acha, Aey Mere Watan Ke Logon etc.

Then the principal hoisted the flag as the rest saluted it. After the flag hoisting, the students were served jalebis by the college staff in order to celebrate the day.



MUSIC THERAPY AND POWER OF THE MIND WORKSHOP

Music is an outburst of emotions and the students felt that in the presence of the music therapist Mr Roshan Mansukhani. Along with him came Ms Raewyn Weller, who is an international hero. The workshop was an initiative of Shahani group. It was held on 1st February 2018 in the auditorium of the college. It was witnessed by Mrs Maya Shahani, H(S) NC board member, faculty and students of BEd, ECE, DEEd.

‘Your health is the best wealth’ was rightly said by Ms Raewyn Weller. She said, “Every action has an intention”. The words that one says continuously to oneself and the images one creates in one’s mind will create their life and reality. The session focused on that we become what we think about most of the time. She explained that the conscious mind is the thinking mind; it is where awareness lies while the subconscious mind is an emotional mind, which is a mind-blowing storehouse of memories and experiences. Nothing can irritate anyone without their consent. The mind accepts things that are familiar and refuses what is unfamiliar. This was the input and knowledge shared by Ms Weller.

This workshop was further taken over by Mr Rohan Mansukhani, who said that music makes people feel lively and energetic. Where energy flows, our thoughts grow! He stated that 90% of pain and disease is emotional baggage from the past and thus, one must take a day as it comes and live in the present rather than diverting their thoughts in the past or future. The mind goes where one allows it to, so one must have control over their thoughts. Music has the power to heal. Anything that is one’s passion must not become one’s obsession. According to him, music solves all the problems. There is nothing called stress, it is one’s perception!!

The students witnessed the power of mind and music through this session. They were grateful to be a part of this wonderful workshop and they were thankful to their principal Dr (Mrs) Mintu Sinha, who gave them the opportunity to be a part of this workshop. They were also grateful to Dr (Mrs) Meenakshi Lath and Dr (Ms) Lubna Mansuri for organizing the workshop.



UDAAN – THE FLIGHT OF EXTENSION

“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

- Barack Obama

Students of Bombay Teachers’ Training College strongly believe in bringing a change in the society and therefore took the initiative to participate in the Udaan Festival - The Flight of Extension on 2nd February, 2017 conducted by DLLE under the guidance of Extension Work Teacher (EWT) Dr (Mrs) Manisha Tyagi.

UDAAN festival was a great exposure to all the student participants and a wonderful platform to showcase their talents. The play focused on contemporary issues which was enacted in the form of a street play as well as in the poster making competition. The theme of the street play was “Bharat ka Aadhar - Aadhar Card” for the competition, which was appreciated by the audience and judges.

Bharat ka aadhar - aadhar card

The preparation of the play took a lot of time and efforts since we wanted to portray many aspects of the issues that are prevailing in the country. Also we wanted to show why it is so important to link your aadhar card with all the accounts and documents. What are the benefits of linking of aadhar card and how the nation will develop. The spreading of awareness about such issues that are still happening in the rural areas and to deal with them is very much important. The initiative taken up by the government of the aadhar card and providing us with good facilities needs to be appreciated. So therefore, keeping in mind above all this, the topic was chosen and the street play was performed, which was very much appreciated and liked by the audience and judges.



SWEDISH DELEGATION



On the 14th of February 2018, Bombay Teachers' Training College hosted panelists from the Jönköping University, Sweden.

The event began at 11:30 am, and each of the panelists was welcomed by students and faculty members, waiting keenly for the session to begin. The session was given a wholehearted welcome by Nidhi Tomar and Ninoshka D'Silva, student – teachers of the BEd program. The event began on a sweet note; Ylva, one of the panelists opened a box of Swedish delights and shared it with everyone present.

The discussion was initiated by Johan Bäcklund who has a background as a language teacher (English and Swedish), teaching age group of 13 to 19 years old. He took the audience through a comprehensive run of the Swedish school system from 1870s. Although a wide range of pertinent topics were spoken on, for instance the mainstreaming of inclusive education, special education and standardization of education for all, the presentation focused on Johan's core area of work i.e. Tech in education.

The main focus on Johan's presentation revolved around the optimum use of

ICT, Media and Information Literacy as a core component in a student's learning experience. He stressed on how technologically-enabled learning helped children to master language, math and other subjects beyond class hours. The audience put forth questions regarding the possible backlash of using too much technology and how the learners were losing out on the skills to read, write and learn in the traditional way. The questions of the audience were addressed, echoing that technology use was accompanied with creative writing time.

The next invitee to take the stage was Mr Lars Almén, a PhD student at Jönköping University, School of Education and Communication, and member of the CCD research group. He shared his research in the area of digitalization of education, with a special focus on the digitalization initiative. The initiative focuses on digital competence and programming as part of the whole Swedish school system. Mr Lars also covered the Teacher education system in Sweden and elaborated on the comprehensive training student-teachers undergo before being a part of a formal school set-up. The session ended with Ms Sangeeta Bagga Gupta, a writer and professor. She has written many books on the themes of Teaching, ICT, Culture, parenting and alternative voices and also shared her views on the above mentioned issues. It was an insightful session that brought about a lot of curiosity amongst aspiring teachers about the tools used beyond borders to facilitate learning. Ylva conveyed a heartwarming vote of thanks to Dr (Mrs) Mintu Sinha by presenting a token of appreciation.

STUDENTS' COUNCIL – ACHIEVING EXCELLENCE THROUGH REPRESENTATION

The University of Mumbai has made the provision of a student body namely, the Students' Council to ensure that coordination between the staff and the students is carried out efficiently.

The Students' Council for the academic year 2017-2019 was formed on the 22nd of February 2018 in the presence of the Principal, Dr (Mrs) Mintu Sinha, the teachers and all the students of the FYBED batch of 2017-2019. It was organized by the respective teacher In-Charges – Dr Rajeev Jha and Dr (Mrs) Manisha Tyagi. The selected members of the student body which will function as a link between the faculty and the trainee teachers are as follows:

- The General Secretary – Shagun Sakhrani
- The Joint Secretary – Ninoshka D'silva
- The Cultural Secretary – Vishwa Patrawala
- The Social Secretary - Manali Shah
- The Discipline Secretary – Priyanka Shah

The announcement of the selected members was made by the Principal who then conducted the oath-taking ceremony. The oath is a public declaration and a promise by the members to carry out their duties with utmost sincerity and dedication.

Once appointed duly, the members then expressed their goals and plans to carry out this responsibility as council members. A democratic approach was reflected in all their views as they promised to be fair, ensure the smooth functioning of all college activities, and cater to the combined welfare of the faculty and students. While the council functions as a representative body, it needs the support and understanding of all the students and staff just like any system of democracy. BTTC has always catered to excellence in overall growth and the formation of the council is one such endeavor which supplements this basic motto.



HOLI CELEBRATIONS

Holi is the festival of colours. It is celebrated every year in the month of Falgun (March) by the people of Hindu religion. It is celebrated with great joy and enthusiasm as it brings a feeling of love and closeness among people. Songs (or Falgun geet) with musical instruments like Dholak, Kirtal, etc are sung and a day before the Holi, *Holika Dahan* takes place.

The Holi Celebrations at Bombay Teachers' Training College were held on 1st March, 2018 which began with a couplet by Shagun Sakhrani that expressed the beauty of the festival of Holi. The introduction of Holi was given by Ninoshka D'Silva who took us on a historical voyage about the festival. She even stated some fascinating



details about how colors have the magical power of diluting religious and cultural barriers and people come together to celebrate it with pomp and joy. The importance of Holi was further



narrated by Vishwa Patrawala. There are various legends to explain the meaning of this word, most prominent of all is the legend associated with demon king Hiranyakashyapu.

This celebration was taken up a notch by the Holi tadka where Yazad Hataria sang a song depicting the mood of Holi and the group dance by FYBED made sure everyone swayed with them to the Holi songs. An innovative memoir was made by leaving colorful hand prints on a chart paper. Sweets like Jalebi and holi drink Thandai was enjoyed by the students.



INTERNATIONAL WOMEN'S DAY

International Women's Day is a worldwide event that celebrates women's achievements. This wondrous day was celebrated in Bombay Teachers' Training College with utmost enthusiasm on 8th March, 2018 with a seminar cum workshop organized by Dr (Ms) Lubna Mansuri in association with the Women Development Cell. It was held in the Mohini Hiro Punwani Auditorium, on the theme 'Women Empowerment'. The event was organized in association with Pink Paisa, a company that empowers women to be their fabulous selves and lead better lives.

Naina Mehta Shah and Dr Veechi Shah, the founder of Pink Paisa - an organization that works for the empowerment of women, graced the event with their presence and conducted a workshop for enlightening the audience about the power that a woman embodies. To begin with the session, Dr Veechi spoke about the feminine side that all people have. She showed some

statistics regarding women to bring out some facts of how women are still not out there to live their lives in the truest sense. She then made the audience meditate and relax their minds, with a beautiful track being played to soothe their minds.

Dr Veechi then made the audience do an activity where they had to answer certain questions about their likes and dislikes, more like introspecting and then the points were discussed with the audience. Certain vital points were made and intense discussions continued. She then introduced 'Pink Paisa' to the audience and gave them the benefit of free membership. Both the founders expressed their thoughts and the need for something like Pink Paisa in our society.

The session was then followed by a question answer round and a feedback session. It truly gave the students a food for thought about the true position of women today.



FINANCIAL LITERACY SEMINAR

The students of the BEd course had the wonderful opportunity to get valuable advice from Mr Nityanand Singh, Financial Consultant, Disha Trust. His experience and wisdom could be sensed by his presentation.

He started the session by asking the students about the kinds of savings they are aware of. The presentation highlighted the concepts of risk, return and time and told how they unconsciously apply them to every small economic decision but never realize it. He further explained about how the markets can make or break one's capital. The importance of knowing the companies and their performance before investing in the markets was put forth. The students were also made aware of the various avenues of investment like mutual funds, banks, gold, foreign exchange, gold, real estate to name a few. The process of

earning interest and its benefits were discussed. Keeping in mind today's technology Mr Singh discussed the relevance and frauds of e-Banking and ATM machines. The scope of frauds in the working of an ATM surely made each one of the students vigilant. They were also made aware of the unethical practices that had led to scams in the past.

This session on financial literacy was very helpful as it taught the students to see both sides of a coin before making any financial decision. The wonders of a well-thought investment convinced all to start saving smartly. They were greatly inspired with the knowledge and relevance of the words spoken by Mr Nityanand Singh. The students were very happy with such a valuable session and looked forward to more such experiences.



BTTC Highlights

FUNDAMENTALS OF RESEARCH - AN FDP AT BTTC!

It was a day illuminated with pale light of the warm winter sun. The government had ensured safety of all at Mumbai as a precautionary measure against the impact of Cyclone Ockhi by declaring a holiday for schools. But BTTC had planned and organized a faculty development program on Fundamentals of Research on the 5th and 6th of December 2017. Dr Behruz N. Sethna, who had flown down from the US that same morning, enthusiastically waited for the participants from all around Mumbai.

The 2-day workshop had 11 in-house participants from BTTC and 6 from other colleges.

Dr Sethna engaged the morning

session telling us all about the basics of planning for quantitative research. The types of scales and construction of hypothesis was what he dealt with in detail. With such ease and full of illustrations, he made the concept of scales so clear in everyone's mind that one can actually never forget.

The afternoon session gave hands-on experience on the software used for analysis of quantitative data. He explained the use of MS Excel and the faculty members applied regression tests to the available data. He further explained how to write the interpretation of the same.

Dr Sugra Chunawala read an Ethnography study and clarified each aspect of qualitative research through



inductive way. This was a different way of learning about research and everyone enjoyed the fruitful session. Thought provoking discussions took place on the research paper distributed to all the participants.

Dr Premlatha enlightened the participants about different methods of qualitative research, however, she elaborated on Case Study and Narrative study more than other types of research. Dr Melita Vaz shared her own experiences with qualitative studies and her stay in USA. The presentation included a demo of two softwares used for analyzing qualitative data. She explained the working of AtlatI and MaxQDA softwares and also provided data for coding and categorizing. Overall, the two-day program was an enriching experience for everyone.

Career Counseling

Career development is more than just deciding on a major and what job you want to get when you graduate. It really is a lifelong process, meaning that throughout your life you will change, situations will change, and you will continually have to make career and life decisions. When the students entered BEd they felt that they have done enough to reach their destination. They felt competent professionally, did not find a need to pursue anything else for at least 2 years. But as and when they proceeded in the course, their professors made them realize that there were ample of courses and entrance exams which will help them succeed in their life. Faculty members helped them make decisions they need to make, and gave them knowledge and skills to make future career choices. They were helped to identify their own strengths, competencies and were

guided towards the paths they need to walk on post BEd. Their guidance had always been a blessing in disguise. It kept the students motivated and encouraged them to aim for something bigger and grow by gaining a lot of experience. The constant guidance and assistance provided by the faculty for 2 years helped them come across various courses and entrance exams like MEd, CTET, MPhil. This made their journey enriching and worthwhile.

Mentoring and Personal Guidance by Teachers

Mentoring is most often defined as a professional relationship in which an experienced person (mentor) guides someone (mentee) in developing specific skills and knowledge that will enhance the less-experienced person's professional and personal growth. The same process was carried out in Bombay Teachers' Training College. Every teacher had 10 mentees under him/her who constantly gave motivation and guidance to the mentee. The mentor met his/her mentees on a regular basis to gain an insight about the issues and challenges that they were facing both in college and outside. BTTC has an open door policy and any mentee can seek help from the mentor anytime for advice. Communication was on a one-to-one basis, which made the students express their concerns and grievances freely and openly. This relationship that was forged among teachers and students led to increased trust, productivity, competence and stronger ties.

Mock Interviews

A mock interview, also known as a practice interview, is a simulation of an actual job interview. It provides

the students with an opportunity to practice for an interview and receive feedback. Mock interviews were held for all the students to acquaint them with the interview process. Before the mock interview a seminar cum workshop was conducted by Dr Lubna J Mansuri. The seminar focused on the important aspects of an effective interview. The workshop talked about the art of answering questions, body language to be maintained, attire to present oneself in and the posture that would be appropriate at an interview. The professors played the role of interviewers. Every day a lecture was devoted to portfolio making, mock interview preparations and groups were assigned to each faculty to prepare the students for an actual interview. Questions asked in the mock interview were related to content matter, classroom management and soft skills. The workshop and mock interview sessions made the students feel confident, strong and geared them to face an actual interview.

Practice Teaching Experiences

Practice teaching is an important component of becoming a teacher. The purpose of this is to provide the students with an opportunity to apply their pedagogical knowledge and skills in practice under the supervision of an experienced teacher. One of the highlights at BTTC is practice teaching. The students got an opportunity to teach in different schools across different boards which helped them to gain confidence and experience. Some of their experiences have been listed below.

“The exposure that various student teachers received was totally incredible

and made me think from broader perspectives about teaching, handling students, content knowledge, etc. The most important thing that I learnt during practice teaching was team work and coordination.”

- **Anjali Kalwani (SYBED)**

“My practice teaching experience has been the best, inspiring and in a way informational and it has also taught me how to learn from my mistakes.”

- **Bhavna Krishnamurthy (FYBED)**

“It’s been an overwhelming experience where I learnt about teaching through innovative strategies, dealing with students hailing from different backgrounds, catering to their diverse needs and instilled in me the urge to learn each day.”

- **Vidhi Chheda (FYBED)**

“As a freshman in the field of education, I learnt to manage the class, new ways to maintain discipline, learnt from my mistakes and most importantly to think and act on my feet.”

- **Crystal Arroll (FYBED)**

“I learnt that creating a curiosity within the students about a topic helps in keeping them connected to the topic through an activity. I am looking forward to be able to touch as many lives as possible.”

- **Shivani Nagpal (FYBED)**

Hence, practice teaching is of paramount importance in the vocational training of student teachers. It is this immersion into the real world of school that prepares the student in making the transition from trainee to a professional.

'KNOWLEDGE SEEKERS' OF D.EL.ED.

The two year DEEd programme prepares teachers for the elementary school. The academic year 2017-18 began with joining thousands of people doing yoga along Marine Drive's picturesque promenade for an event - Yoga by the Bay on June 21, 2017.

A workshop conducted on July 10, 2017 by Dr (Mrs) Neelu Verma and Mrs Raju Talreja on Indoor Games, oriented students on game-based learning and assessment strategies which can be applied in the classroom followed by a workshop on Multiple Intelligences theory by Dr (Mrs) Mandeep Kochhar



on July 12, 2017. Through simulations, illustrations and interactions, the theory and the Multiple Intelligences approach to teaching was well received by the students. Adding to these was the guest lecture in storytelling on July 26, 2017 with the objective of developing an understanding among student-teachers about the importance of storytelling and to familiarize them with techniques of telling a story.

An annual educational visit to Nehru science centre covered watching a spectacular Science Odyssey film - National Parks Adventure, understanding concepts with visualization tool Science on a Sphere,

Experiments and Galleries. Mr Naresh Menghrajani explained some concepts of Science with the aid of concept models.

The students participated in Independence Day Celebrations with patriotic zeal and fervor. They joined the Indian Coast Guard, as a part of the Centre's Swachh Bharat Abhiyaan, in the beach clean- up drive at Girgaum Chowpatty on September 16, 2017.

The students of DEEd were privileged to attend the Bhartiya Bhashayi Samavardhan on September 26, 2017



at Sundarbai hall.

A lively and joyful afternoon of Garba and Dandiya was organized by the college on September 28, 2017. The ambience, vibrant music, traditional attires and colorful sticks made the event truly memorable.



Vertical garden and indoor plants maintenance and replenishment project was successfully carried out by FYDEEd and SYDEEd on separate days.

Art is the best way to express one's feelings and emotions. One such effort was taken by Pidilite - a brand that produces tools and essentials required for artist to create masterpieces.

The SYDEEd students were privileged to be a part of the series of workshops organized by Pidilite - wherein they learned some good tactics and techniques as to how to make best out of waste. Each and every individual turned out to be an artist. Never knew a dull and old piece of cloth can be transformed into something glamorous and out of the box. They also learned the art of gifting personalized handmade articles to their loved ones like a special lamp with LED Lights in it, Diwali lanterns, exclusively designed and colored shirts, Kurtis etc. They truly enjoyed the sessions and were completely engrossed into it.

Most articles made during the workshop were used to adorn the stage and hall on the occasion of Diwali celebrations on October 14, 2017. A huge appreciation by the Principal Dr (Mrs) Mintu Sinha, to teachers and students gave them an impetus to undertake a project of Stage and Hall decoration for the Christmas celebrations in 2017. Under the



guidance of Ms Sapna Chhabria, they were once again successful in proper planning, designing and efficiently using the available resources to create a perfect ambience for the event. They got hands-on experience in various nuances of event management.



DEEd students gave outstanding performances at all college events. They also carried out a Road Safety Rally in collaboration with Sanskar India Foundation on January 13, 2018 covering the busy Churchgate and Flora Fountain area, where they shouted meaningful slogans and displayed banners with clear messages on Road Safety, which was impactful.

FYDEIED undertook the responsibility of stage decoration and created materials which could be rearranged to create a customized decor for the different events of the BTTC week. The Rangoli and Flower Arrangement Inter-Class Competitions got good participation, delightful variety of rangolis all throughout the college and a beautiful assortment of flowers which together enhanced the festive look of the premises. The students

also participated in the Nupur Dance Competition. The highlight was the Luncheon, a display of culinary skills, hosted by DEIED students under the guidance of Mr Naresh Menghrajani on the second day of BTTC week. Students were complimented for their efforts in organizing and displaying. The over all in-charge for the various Intra – class competitions was Dr (Mrs) Manisha Tyagi who constantly guided and motivated the students.



VISTAS FROM THE ECE COURSE

The ECE class 2017-18 of the prestigious Bombay Teachers' Training College in Mumbai, has had an eventful and amazing journey, pursuing the Teachers' Training Course in Early Childhood Education under the successful and dynamic leadership of the Principal Dr (Mrs) Mintu Sinha.

What a year it has been!! Enlightening, eventful, and fun-filled - truly an action-packed year with an equally enriching curriculum encompassing projects, seminars and workshops.

Ru-Ba-Ru

At the very onset of the course, a "Ru-ba-ru" session was conducted by Dr Rajeev Jha and Dr (Ms) Lubna Mansuri, synonymous to an "ice breaker", intended to "warm up" the students by helping them get to know each other, with focus on sharing personal information such as name, family and hobbies in a 10 minute timeframe. Each student was then expected to come up and disclose the information she gathered about the other student. At the end of the session, the teachers gave the students valuable feedback in terms of their strengths and shortcomings in their individual presentations.

Practice Teaching and Internship

The College has a tie-up with some esteemed schools in South Mumbai

to enable ECE students complete their Practice Teaching and Internship Program at these schools.

The coordinators Dr Rajeev I Jha and Mrs Raju Talreja took painstaking efforts to take the students through the core elements of an effective practice teaching and internship session. The sessions were intermittently spread out over the period August 2017 to January 2018. The experience was enriching, allowing them to put everything they learnt about education into action. They got to test the waters under the supervision of an experienced school teacher, enabling learning outcomes such as prepare for the unexpected while teaching, dare to disturb the Universe, develop appropriate workplace attitudes, to name a few. This equipped the students to get into the real world of the teaching profession.

Teachers' Day Celebration

The series of events and festivities commenced with the celebration of Teachers' Day on 5th September, 2017 in appreciation for the immense contribution of teachers in students' life. The day's events began with a welcome speech, followed by song and dance performances by the ever energetic students of ECE and concluded with a token of homemade chocolates for the College Faculty. The teacher-in charge for this event was Dr (Mrs) Manisha Tyagi.

SSC Board	CBSE Board	ICSE Board	IB Board	Pre-School
Holy Name High School	Army Public School	Green Lawns School	NSS Hill Spring Intl School	Cribs 2 Crayons
Sanskar Balmandir School	Navy Children School	New Activity School	BD Somani Intl School	Serra Intl

Students' Council Formation:

The Students' Council at the Bombay Teachers' Training College is a representative body which is committed to uphold the values and traditions of this great institution and to take it to even greater heights. The below 5 students were formally inducted in the Students' Council on 14th September, 2017 in the presence of the Principal Dr (Mrs) Mintu Sinha and Students' Council In-Charge Dr Rajeev Jha and Mrs Raju Talreja. The Students' Council took the Oath of Office and solemnly pledged to abide by the rules and regulations that govern the Institution and be true to the core values that it stands for. General Secretary- Aban Engineer, Joint Secretary- Reshma Kamath, Cultural Secretary- Arpita Chakraborty, Discipline Secretary- Diana Mehta and Social Secretary - Priti Shah.

Beach Cleaning Drive

As part of the college's conscious efforts to meaningfully contribute to the society, the students of ECE participated in a beach cleaning drive, collaborated by BTTC with Indian Coastguard. All students assembled



on the morning of 16th September, 2017 at Girgaum Chowpatty to do their bit to clean up the beach and pledge their support to "Swachchh Bharat Abhiyaan". This drive created an awareness of how one can lend a hand to save the environment and marine life.

Dussehra

The festivities continued with the advent of Dussehra, the victory of good over evil!! One cannot envision Dussehra without splendid marigold flowers. The college doors were enhanced with torans made up of marigold blossoms. A performance of Garba Raas, students grooving to the beats of Hindi songs and portrayal of the epic Ramayana added vibrancy to the festive celebration.

Diwali

The festival of lights "Diwali" followed in quick succession and the fervor and festive spirit extended in all its glory. The celebration of Diwali came alive when the whole college wore a festive look with pots, diyas and lanterns adorning the reception and corridors of the college. Classical songs and Diya dances by ECE students dressed in traditional attire showcased the





spirit of the festival season. A vibrant Fashion show, showcasing the culture of India's length and breadth, added to the colour and zest, with students strutting down the ramp draped in their colorful best, much to the delight of the Principal and the Faculty.

Add-On Course on Information Technology

This is the day and age of technology. No matter where you look, you can feel the effects of technology. The same holds good for the world of education as well. The ECE class was fortunate to have been offered the Add-On Course in Information Technology by BTTC, ably conducted by Mr Ranjeet Kalaskar. This course enabled students to hone their technological skills for effective application in the world of education. The Add-On Course encompassed - MS Office applications, web designing, software modules and programs to upskill the students in line with the needs of the real world.

Pidilite Workshop

The "Artist-in-Me" Workshop conducted by Mrs Aparna Seth of Pidilite, was in collaboration with Bombay Teachers' Training College, for the benefit of ECE students. This art and craft workshop, held intermittently for 9 sessions and over



a period of 6 months. The workshop gave students hands-on experience. The practical work included Tie and Dye, Doodle Art, Canvas painting, Applique work, Bottle Art, Stencil Art, Kundan work and Neon Art, all of which stimulated the students' artistic and creative skills to a great extent. By the end of it all, were trained to replicate these learning's in their future role as teachers. A truly worthwhile and enriching workshop!!

Workshop by KA Edu Associates

KA Edu Associates, a Mumbai-based Educational Management Services Company conducted a series of workshops for the ECE students on Effective Communication Skills, Nurturing Little Einsteins, Classroom Design and Behaviour Management, Multiple Intelligences, Read Alouds and Theatre Arts. The Principal Dr (Mrs) Mintu Sinha who strictly lives by the philosophy of "no compromise" with the quality of teachers' training, was instrumental in collaborating with KA Edu Associates to offer this insightful course to ECE students.



The workshop was organized from 4th to 9th December, 2017 that gave an insight into the various teaching techniques and strategies that the student- teachers should be mindful of in future. Each session of the workshop was engaging and focused on equipping teachers with the necessary skills to cater to the individual learning needs of children and how learning can be reinforced. The workshop added value to the course.

Yoga and Aerobics

The Yoga and Aerobics certificate courses were offered to ECE students



to enhance their learning on physical fitness. Yoga and Aerobics have become a part of one's daily life; its importance cannot be undermined as health and fitness have become an important aspect for achieving success in life. Dr (Mrs) Manisha Tyagi conducted the Yoga and Aerobics certificate courses of 10 sessions each, which was informative and fun at the same time. It had a positive impact on the students in terms of cultivating self-awareness and self-discipline.

Christmas

It was Christmas time, time to give and forgive!! The entire ECE class was gung-ho and presented an



impressive array of programme on 22nd December, 2017 to celebrate the festival with fun and gaiety. The minute one set foot in the college auditorium, one could feel the vibrancy with Christmas lanterns, Santa caps and Christmas trees adorning the dais. The daylong event included Christmas carols from the college choir, Nativity play depicting the birth of Jesus Christ and Goan folk dance performed by the energetic and exuberant ECE students. A grand entry by Santa added to the excitement and lifted the audience's spirits to another level. All in all, the festive day was celebrated with great fanfare and zeal.

Sports Day

Bright, clear and sunny skies ushered in the highly anticipated event of BTTC – Annual Sports Day. All students dressed in their sports attire assembled on 23rd December, 2017 at the Wellington grounds, to test and display their physical prowess. Morning to afternoon, hour after hour saw all the students actively participate in events like 200 meters sprint, relays, sack race and shot put, with full sportsmanship spirit. The events concluded with the most energetic and cheered tug of war with both teams vying to win. The winners took home certificates with enthusiastic applause from all and the rest took home nostalgic memories of an eventful day.

Puppetry and Phonetics Workshop

To help students learn what it takes to design, build and perform with puppets, a puppetry workshop was organized by the College on 6th January, 2018 and conducted by Ms Venetia Mehboobani. It enabled the students to learn the art of planning, creating and manipulating their own puppets. In this very interactive workshop, students learnt the technique of making various kinds of puppets such as box puppets, finger puppets, sock-puppets, stick puppets, etc. A wonderful learning opportunity to students to create something fun and imaginative and enhance their learning curve!!

Through individual and group activities, Ms Venetia touched upon phonetics which helped understand how phonetics can contribute to learning of English. The phonetic

workshop was designed to assist them in their future role as teachers in terms of teaching English pronunciation and improving reading ability of children.

Picnic

Finally arrived the day eagerly awaited by all....It was Picnic time!! All work and no play makes Jack a dull boy!!



On 11th January cool morning, 63 students and students of other courses along with the entire faculty headed with zeal and vigour to the Panoramic Resort, Panvel.

The drive to the resort was in itself so fun-filled with students and faculty members letting their hair down and dancing away to glory, as if there was no tomorrow. The aqua disc, the pool side, and the thrilling water slides gave an adrenaline rush to all. It was truly an exhilarating experience leaving all asking for more!

Workshop on Interview Skills and Mock Interviews

To provide students with an opportunity to be well prepared for the upcoming Campus Placement interviews and receive feedback, the

college held a mock interview session on 23rd January, 2018 for students. It proved to be advantageous for the students as it helped them learn to develop interview strategies, improve self-presentation, gain confidence and reduce stress before the actual job interview. It not only helped them perfect their technique but also provided them valuable feedback on their performance, in terms of strengths and limitations in self-presentation and communication. A workshop was conducted by Dr Lubna J Mansuri to give us inputs on the art of interview and tips to be successful for interviews.

Campus Placement

Now that the students are nearing the completion of the Teachers' Training Course, it was time for students to think of the big, big world out there beyond the college walls, preparing for their first job. The college made this task easy for by organizing Campus Placement on 24th January, 2018 with some of the esteemed schools in Mumbai participating in the placement process. It was a day anxiously awaited by all students, as it's a turning point in their lives and a stepping stone in their career. Students turned out in their formal best and patiently waited for their turn for a face-to-face interview with the schools, putting their best foot forward to ensure that they have a placement in hand, ahead of their descent into the big world of employment and careers.

Community Centre Visit

As part of the initiatives of the College to provide an all-round learning curve to its students and create awareness in

them of their responsibility towards society, the ECE students completed a two day Community Centre visit on 29th and 30th January, 2018 in an ECE Institution NGO, Balwadi / Aanganwadi, Special schools for ECE, or Voluntary Organizations.

They offered their services to assist the children and the support staff of the Institution, in whatever manner they deemed fit. This visit was to inculcate in the students a sense of empathy and sensitivity towards physically and mentally disabled children. Realization dawned on them that they indeed are very gifted but most of them do not know the value of their lives. The below printed notice at Ashadaan which had a profound impact on the students is worth mentioning.

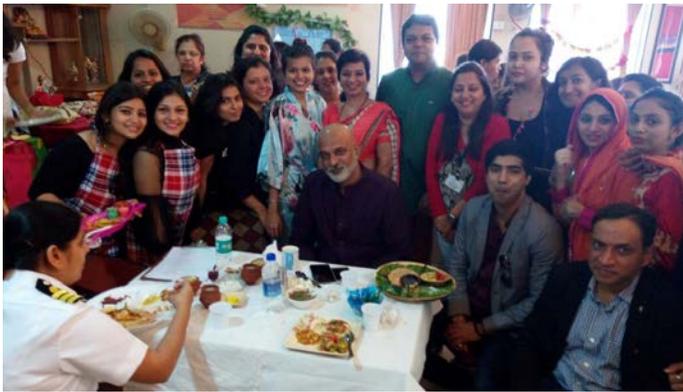
“Dear visitors and friends, we cherish you spending your time with us. Do not show us pity, we are happy. If you come as a visitor, you will leave as a friend”.

Nutritious Diet Competition

It is said “the way to a man's heart is through his stomach”. To this one can add “the way to a child's good health is through nutritious diet”.

So what better way to manifest the





overall presentation were perfect to the T. Nutritious tips and guidelines in place for the competition were strictly adhered to by students. Students also shared the recipe of the food items along with the display.

The event was a grand success and the ambience and aura gave it the feel of some kind of a Food Festival!!



Puppet Show Competition

Great thoughts converted to practice will become great accomplishments. The ECE students through their creativity put up a mesmerizing puppet show during the Intra-Class Puppet Show Competition on 9th February 2018. The thought behind the concept was to give the students an opportunity to experiment and learn about puppet design, puppetry technique and how to stage a puppet show. Each group showcased a short story with appropriate use of presentation and various kinds of puppets like sock puppets, stick puppets, box puppets and shadow puppets. A didactic experience as every group sent across an inspirational message to the audience through the show!! The competition was judged by eminent and erudite personalities.



above thought than to have an Intra-Class Nutritious Diet Competition On 8th February, 2018, each group put its culinary skills to test and displayed an exemplary show with an underlying cuisine theme, ranging from Indian to Mexican to Chinese to Italian. The range of diversity showcased, the garnishing and the

Inter-Class Dance Competition

It was time for the students to display their dancing skills and an Inter-Class Dance Competition with the theme 'Mythological Dance' held on 9th February 2018, was the right platform to do so. The vivacious



students of ECE, DEEd and Bed attired in their traditional finery, danced to the rhythm and tempo of mythological dance numbers with grace, and set the floor on fire with their energetic performances. The audience bore witness to the enthusiasm and energy of the young students as they enthralled everyone with their performances. In the closely contested competition, the ECE group claimed 1st position much to the joy and excitement of all.

International Women's Day

On 8th March, 2018 which is celebrated as 'International Women's Day', the college arranged for a Seminar-cum-Workshop with the Founder of Pink Paisa, Mrs Naina Shah, a jewellery designer and the

Co-Founder of Pink Paisa & Wellness Coach, Ms Veechi Shahi, who were invited by Dr (Ms) Lubna J Mansuri.

Pink Paisa is about Women, Wealth & Wellness for them. After a brief introductory talk on and about Pink Paisa by Mrs Naina Mehta, Ms Veechi Shahi took over. She spoke about the qualities of a woman like adaptability, flexibility, multitasking, loyalty, and compassion which when added to a corporate world is a super success formula. But the reality is that there is an imbalance in the energy of the business universe due to gender diversity. She spoke about the mission to bring about a change in this scenario through Pink Paisa. It was quite an eye opening & an interactive session which had our male professors enthusiastically participating & giving their view points.

So hasn't it been an amazing year? And all this wouldn't have been feasible, but for the initiatives taken by our respected Principal Dr (Mrs) Mintu Sinha and our dear Co-ordinators Dr Rajeev Jha and Mrs Raju Talreja who have made our journey at BTTC truly memorable, to be cherished for life.

"Things End but Memories Last Forever"

FACULTY ARTICLES

I LOVE GEOMETRY

- Dr. Meenakshi Lath

I can't honestly claim that I love mathematics, sometimes I almost hate it - but geometry? That is another thing entirely - it fascinates me completely. Johannes Kepler, the great mathematician-astronomer, famously said "Geometry has two great treasures: one is the Theorem of Pythagoras; the other, the division of a line into extreme and mean ratio. The first we may compare to a measure of gold; the second we may name a precious jewel." Oh! And may we not forget the lesser jewels. Why do I love geometry? Let me see if I can explain.

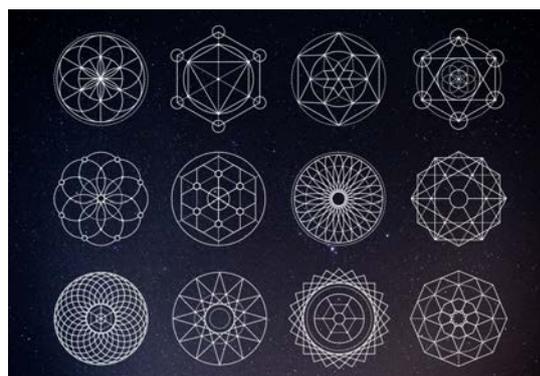
For starters, with this ancient Greek thinker Pythagoras of Samos, we can speak of philosophy and mathematics in the same breath. And there is something absolutely breath-taking about that famous statue of Pythagoras on the pier at the harbour on the island of Samos. He stands tall as one of the sides of a right angled triangle, as in his legendary theorem. From a teacher's POV, this is one mathematics lesson I loved to teach - and as a teacher educator, I never tire of observing. It is said that when Pythagoras was asked why human beings exist, he replied, "to observe the heavens." Since the beginning of time, man has surely observed nature and the heavens - but to cite that is the reason for existence? Profound!

Talking about 'observing the heavens' reminds me of the patterns we see in nature - and the 'golden ratio', Phi. Two quantities are said in the 'divine proportion' if their ratio is the same as the ratio of their sum to the larger of the

two quantities. The concept is intimately connected with the Fibonacci series of numbers. The sequence is a series of integers where a number is found by adding up the two numbers before it. Starting with 0 and 1, the sequence goes 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, 233, 377 and so forth. I first came across the concept when I read the book 'Da Vinci Code' by Dan Brown several years ago. Since then it has captivated my imagination like nothing else. The golden ratio appears in many patterns in nature, including the humble egg, the spiral arrangement of leaves, pinecones, galaxies and more. Many artists and architects have proportioned their works to approximate the golden ratio, either consciously or unknowingly. The divine proportion is associated with natural beauty, aesthetics and much of creative work undertaken by humans.

Then there is sacred geometry - which I am going to read more about tonight.

Can you just imagine a conversation between the greats? "God ever geometrizes," proclaimed Plato. "There is geometry in the humming of the strings," replied Pythagoras "Mighty is geometry; joined with art, resistless", concluded Euripides. As for me, I am speechless.



Impression Management

-Dr. Rajeev I. Jha

“You never get a second chance to make a first impression.”

Andrew Grant

The self-concept is the mental image one has of oneself. Developing self-concept leads to improve your self-image and self-esteem which encourages positive and realistic attitude towards yourself and the world around you. It thus can help you to give self-presentation better.

Impression is what stays in somebody's mind. It's a lasting effect, a feeling, an opinion or a mental image of somebody or something. The way a person speaks and behaves makes a particular impression on others. It is thus making a good impression on others and managing by way of maintaining good deeds and actions must be regarded as one of the most important approaches to life.

Person perception is unlike object perception in that it is an interaction. One way in which this is so is that the person being perceived actively tries to present a particular image to the world; to use Goffman's term, they practice 'impression management'. It is as if in a social context we put on a performance, as if on a stage. Since we might have a number of different roles in different social situations (e.g. worker, spouse, parent, teacher, 'one of the lads'), we strive to manage ourselves (e.g. dressing differently, using different vocabulary, behaving differently) so as to give an impression that is appropriate in each context.

One consequence of failing to manage the impression we make is

'embarrassment'; we feel that we have lost the esteem of others by a deficiency in our presented self. In many types of social situation, we experience empathetic embarrassment when we witness another person failing to present the expected self, or make the expected impression, particularly when that person is a friend or someone else we identify with. When we are interacting in such situations, we may collude with the other to assist in his or her impression management. We do this by failing to notice their errors, or by providing acceptable reasons for some action which would otherwise cause the other to 'lose face'. For example, when we are bored with somebody's conversation, we will provide a plausible reason for leaving them ('my glass is empty', or 'my wife will wonder where I am'), rather than telling them the real reason.

We create impressions through what Goffman calls sign vehicles which includes both our language as well as our body language. We create impressions by our expressions. And there are two different kinds of expressions:

1. The expressions we give, primarily the things we say, and the intentional poses, facial expressions (smiles, surprise, etc.) and other controlled body language we emit;
2. The expressions we give off, which are the elements of our expressiveness over which we have less control; the inconsistencies

between what we say and what we actually do, the body language which “gives us away” in some situations.

Here are some guidelines for how to manage the impression you make on others in an authentic way:

1. Know Thyself. (Self-awareness) Sociologist Erving Goffman proposed a “dramaturgical theory” that stated that we are actually just a conglomeration of the different roles that we play. It is very important, however, to have a sense of self -- Who are you? What do you value? What do you stand for? – To avoid becoming just a “social chameleon” who simply tries to fit in and go along with the crowd.

2. Be Thoughtful and Prudent. We must be effective listeners, trying to understand others’ points of view. We need to think about the consequences of our statements and our actions. Self-disclosure is an important part of forming a good relationship with others, but we need to be careful to not disclose too much information too fast, and always consider how the other person is reacting to what we tell them.

3. Master Your Emotions. Nothing creates a negative impression faster than an inappropriate emotional outburst. Emotions are important in connecting with others, but we need to regulate and moderate our emotions and our emotional displays. Negative affect – anger, irritation, disgust – should always be displayed carefully and strategically. For leaders, it is critically important to show emotional restraint, but to

subtly let others know when you are pleased or displeased.

4. Observe Rules of Etiquette. There are a range of social rules, or “norms” that tell us how we should behave in various social situations. To maintain a positive impression, it is critical to follow these social norms and demonstrate that we have manners and know how to behave in different situations. Being polite is always a good impression management strategy.

5. Have Courage and Conviction. There are times when you need to be socially bold and courageous. Take the initiative to start up a conversation with a stranger, to ask a good question, or to aid someone in distress. In addition, it is important to stand up for principles that you believe in, particularly in positions of leadership. Most people will respect you for being true to your convictions.

6. Be Positive. There is a wealth of research that supports the importance of positive affect in making good impressions. A smile and positive energy is always better than a negative tone. Leaders who are optimistic and display positive affect are rated as more effective by their followers.

Effective and authentic impression management is not easy. Like all social skills, it is something that needs to be developed and practiced continually.

“A thousand words will not leave so deep an impression as one deed.”

Henrik Ibsen

HOW DO PRAYERS MAKE YOU ACHIEVE WHATEVER YOU ASPIRE FOR?

- Dr Mandeep Kaur Kochar

A prayer is a direct communication with cosmos energy either verbally, mentally or written down. It's the wishful thinking with our own selves for the fulfillment of our desires. Each one of us in life on daily basis aim for higher achievements, better life style, improved resources of earning money, developing healthy family relationships, optimum output at workplace and a good synchronization between our personal, social and professional life. The question arises 'Why do some of our prayers work in our favour and others don't?' We need to understand and accept Cosmo energy also follows a core and scientific principle of human development i.e. equality, justice and freedom. So our prayers essentially are consciously framed statements which when spoken, thought of, or written with a pictorial visualization, should have emotional connection with our subconscious mind which is directed by Divinity. When one is emotionally connected to desire for any material things, relationships, achievements, professional success, one must use the power of affirmations to see how quickly need is manifested. What do 'positive affirmations' or prayers have in common?

They're stated in the present tense. A prayer is more effective when stated in the present tense with positive affirmation. For example, 'I now have a wonderful job.' Avoid affirming something in the future tense, e.g. 'I am going to have a wonderful job' or the results will always be waiting to happen.

They express a positive statement. Prayers need to be stated in the most positive terms possible. Avoid negative statements. Affirm what you do want, rather than what you don't want. For example: 'I am no longer sick.' This is a negative statement. Instead, affirm: 'I am now perfectly healthy in body, mind and spirit.'

They're short and specific. Short affirmations are easy to say and repeat and have a far greater impact at the subconscious level than those which are long and wordy. Keeping them specific and to the point adds power to your prayers.

They're not harmful to anyone else. Choose the affirmations that feel appropriate to you and those who are directly and indirectly involved for that. The mechanics that makes affirmations powerful are:

- **Repetition:** The importance of repetition cannot be overemphasized. It imprints the affirmation into your subconscious mind.
- **Emotions :** Get involved, be passionate, use your emotions. Think carefully about the meaning of the words as you repeat them rather than just writing, typing or saying them. That's because although the power of thought is amazingly strong, it becomes stronger when you put feelings into it.
- **Persistence :** Practicing positive affirmations with persistence achieves results much sooner than practicing them periodically.
- **Belief :** grows with your forthcoming success. You need to feel with every fiber of your being that what you desire has already happened. Without this feeling, your affirmation is immobilized.
- **Impress Yourself :** Personalize your affirmations. They must resonate with you, feel right for you. Affirmations that are meaningless, fail to reach deep enough to touch the limitless powers of the subconscious mind. Persistence, determination, your belief, emotional chord all are equally supreme.

The stronger your connection with your affirmation, the deeper is the impression it makes on your mind and sooner will be your experience of positive results of your prayers.

Amen!

CAREER SELECTION: A PLAN

-Dr. M. A. Ansari

Career is a form of self-expression, the expression of one's feelings thoughts, as a journey. It is not surprising that people think of careers in terms of progression and journey but they tend to say what kind of journey as - a train journey, a hard road, a roller coaster side, an expedition, flying, stuck etc. Thus people think of their careers as having movement as getting them from place to place.

Selection of a suitable career needs painstaking care, thought and proper planning, keeping in mind one's goals and a clear idea of the expectations from that career. Before deciding on the choice of a career, one should have a clear notion of his or interest, aptitude, ambition, scope and qualifications. Ask yourself whether you really like it or whether you are going to like it or whether you would lose your interest in it after some time. Your aptitude for the career is equally important. So also is your ambition. Without ambition, one cannot climb the ladder of success and attain anything in life. To find out the scope in a particular area of interest is of great importance. One needs to see whether it is a new field. If it is a new field, ask whether it is growing. If it is growing it means one can grow. Then one needs to consider his or her qualifications for the career chosen

because each career requires an amount of theoretical knowledge and skill which are gained through education and training.

Things to keep in mind while choosing a Career

- Personal Vision
- Professional and Interpersonal Skills
- Information Handling Skills

Career Plan

- Develop a career plan.
- Assess skills and interests.
- Research occupations
- Compare skills and interests with the occupations selected.
- Choose career goal
- Select a suitable institution that offers degree or training program that best meets career goal and financial needs
- Find out about financial support in obtaining career goal
- Learn about job hunting tips
- Prepare your resume and practice job interviewing techniques
- Collect additional information on career planning

You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages.

- Michelle Obama

LEVERAGING YOUNG LEARNERS

-Dr Bhagwan Balani

In the wind of dynamic changes sweeping across the globe

The changing profile and needs of digital young natives

Don't you think are going to pose challenges?

How shall our teachers bud and blossom!!!

The restless, informed and disciples of google doctor

Instagram they explore; youtube is their mentor

Twitter is their uncle and whatsapp is their friend

How to nurture them? How to navigate them?

How to facilitate them?

Act like a juggler to balance their diverse learning needs

Counsel mysterious parents and their queries

Set the goals for young ones; Draw the maps; Design strategies

Understand the psyche of young ones; Help them to meet target

Enter in the den of their world; Hit with magic stick, Open their mind,

Awake; make them aware till they achieve their goals

It is a Herculean task; How to prepare them to think rationally?

How to leverage their dreams?

It is time to reflect !!

MIND HACK FOR TEACHERS

-Dr (Mrs) Manisha Tyagi

- **When you are feeling overwhelmed or overconfident:**

We might think we know it all, but the truth is... we don't. Oftentimes, we think we are totally prepared, that we have worked hard and are ready for anything. In reality what happens is that we often don't get the results we expect. Giving ourselves too much credit is a habit psychologists have dubbed, "the overconfidence effect."

One of the problems at the core of the overconfidence effect has to do with the distinction between recognition v/s knowing.

Recognition is the idea that if I explain something to you, you will understand my explanation of it, but you will give yourself credit for knowing those things only because you recognize them. But knowledge is a deeper level of understanding than recognition.

What to do?

- Study more than you think you need to. When you feel prepared, add another hour of review.
- Learn in a way that requires you to actively know the material. Make quizzes for yourself, answering study guide questions without looking back in the book, imagine how you would teach the information to someone else.

- **Stay hungry, stay foolish. Approach every situation with a growth mindset. Essentially the way one thinks about learning can actually improve learning outcomes. Smartness is not static; it is malleable. Just believing the fact can actually help you study more effectively and help you hack into the power you have in your mind to improve.**

What to do?

In a growth mindset, the teachers

understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone's the same, but they believe everyone can get smarter if they work at it.

- **Reflection is not only for the mirror, but also for oneself.**

We care more about things that are of concern to us. Hence, connecting the study material to our life will enhance learning and will lead to effective use of time and effort.

This is why people learn a language in a foreign country so quickly because of language immersion. It becomes a mode of personal survival. When you need the language to get breakfast, suddenly, it matters to you.

What to do?

- Whether you're reading a history book or a novel, the more you can relate to what you're reading or find a connection between your life and what you're studying, the easier it will be for you to remember.
- When you read a novel, try to find the character that you relate to most. Try to understand their point of view and think about how that resonates in your own life.
- Whatever you can do to make your learning personal or to find connections between what you're learning, who you are and what you care about is going to make your learning long lasting.

"The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can."

Neil Gaiman

DAUGHTERS ARE PRECIOUS

-Dr. Lubna J Mansuri

It's a baby girl!!! The good news of having a new born in the family, especially daughters, is an inexpressible feeling. The baby girl then shapes into a woman with many titles attached to her, like, sister, mother and wife. The home lights up with daughters due to the nature granted by the creator of being caring, grace, beauty and radiance. However, the rigid rituals, customs and tags given by the society have made the life of women difficult and tough.

“Angels are often disguised as daughters”. A daughter is the most cherished gift that nature has granted to parents. She encompasses all the strengths, ability, intelligence, which is required to help us ferry across any storm that life and the world may bring forth. There is a general buzz of women empowerment which is circulating all around the world. In the Hindu mythology, back then, all the goddesses went through turmoil and turbulences but ultimately they emerged successfully.

A daughter is the biggest asset for the father, the mother and the society. A daughter can perform various tasks and is the most multifaceted human on this planet. No other being can be a mother, a daughter, a sister, a wife and aunt etc. All of them carry out all the duties with pride and joy. Only a woman can make sure all these duties are fulfilled.



Most of the people in our society consider a daughter to be ‘Parayaa Dhan’. Families crave for a son who will take the empire ahead. The truth is that the daughters are much more superior in nursing their parents and their children, instilling values and considered to be a home maker.

Today in all walks of life, a woman holds the highest position in the society. Without a daughter, the whole family is incomplete because she is the one who can fill the void of caring, oneness, affection and bearing. Daughters are irreplaceable. They are a blessing in the life for parents.

A daughter is a miracle that never ceases to be amazing.

“A son is a son, till he gets himself a wife but a daughter is a daughter all her life.”

“A daughter is a reflection of God's love.”

RECIPE FOR A PERFECT TEACHER

-Mrs. Raju Talreja

'Teacher', the name itself brings a sense of completeness and youth surrounded by young fresh minds. Today in the 21st century, there is no single recipe for a perfect teacher. But yes, each one of us can try to blend these ingredients to strive to be a teacher who is respected by her/his students. Here's the recipe for becoming an affectionate teacher:

Ingredients:

Lead by being an

Exemplar of values

Add a dash of activity to boring lectures

Develop the innate abilities of the students

Encourages students to reach their pinnacle of potentialities and is

Responsive & responsible for own and students' actions

Scholar with in-depth content knowledge & communication

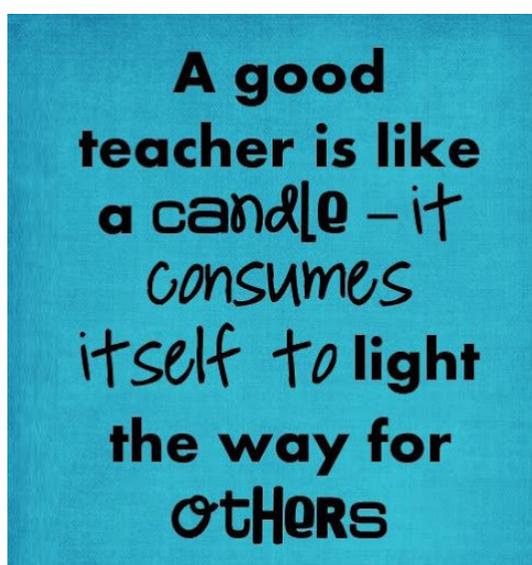
Humble only to the righteousness

Inspiring and helping students to

Pursue their dreams.

Method: Blend the above ingredients in a proportion you wish to. Mix these in the mixer of classroom with the help of your students. These are the basic ingredients but you can mix in more positive ingredients of your choice.

Do try out and enjoyyyyyyyyyyyyyyyyyyy!!



'THE EASY – PILL'- A COLLECTION

- Mr Naresh Menghrajani

Today we live in a global society, where most of them believe in thinking at global level. It is felt that education can help in making a global citizen. Today life has become fast due to use of technology. It has entered in almost every field including our homes. We wish to do fast, think fast, decide fast, reason fast, etc. What is actually happening in this process? Let us start with education as it seems to be the tool which would bring about a change in due course of time.

A teacher is presenting a topic in the class with the help of PPT.

Tr: Write down the points.

St: Sir, why don't you send us the presentation by email?

Tr: Why?

Stu: Why to work hard, when we can get it easily.

Tr: Uh??

A TEACHER HAS TAUGHT A TOPIC IN THE CLASS. TEACHER ASKS THE STUDENT TO REFER A PARTICULAR AUTHOR'S BOOK FOR MAKING NOTES.

St: Sir, it would be easy if you could give the page no. of the topic.

Tr: After little hesitation; obliges.

St: goes to the library, gets the book, opens the pages, clicks the pictures with the help of cell phone and returns them.

Librarian: You did not read the matter before clicking the pictures.

St: I will read it at home. (In the heart: before exam)

Librarian: Uh??

Another classmate who was seeing this says 'Yaar, group mein WhatsApp kar dena, easy ho jayega.'

An overweight patient visits a doctor and asks

Patient: What should I do to reduce weight?

Dr: What do you want to do?

Patient: Should I exercise daily?

Dr: Will you be able to do?

Patient: (hesitates) No.

Dr: Then

Patient: Should I control intake of fatty food?

Dr: Can you do that?

Patient: (smiles) it would be difficult.

Dr: So, what will you do?

Patient: Is there an easy way?

Dr: What are you expecting?

Patient: Could you give a Pill?
Dr: Uh?

A tourist visits a religious site. He finds a monk and asks

Tourist: (pointing to a structure) What's that?
Monk: A temple
Tourist: What do people find there?
Monk: Peace
Tourist: How to go over there?
Monk: Climb those 500 stairs.
Tourist: (exclaiming) 500 stairs! Is there an easy way to find that peace?
Monk: Yes
Tourist: Please tell me
Monk: Go to sleep (& walks away)
Tourist: Uh??

**After writing the above article, the writer asked somebody to read the article.
After somebody had read the article, the writer asked**

Writer: Did you understand the article?
Somebody: No
Writer: Why don't you read it again?
Somebody: (upset) if you tell me directly it would be easy.
Writer: It means, you want the pill!
Somebody: What pill?
Writer: The title
Somebody: ???

A point to be noted here is that the writer has no intention to hurt or disrespect any one's feelings, sentiments, thoughts, views, ideas, opinions, etc. The writer only wishes to focus on the aspect to be highlighted by the collection. It emphasizes on development of certain value to be a good citizen.

If you have still not got the answer than do the following:

Take a pen and paper. Write W,O,R,K,H,A,R,D without using commas

Replace the last four letters with the first four and vice versa.

PREVENTIVE EDUCATION TO DEAL WITH INTERNET ADDICTION

-Dr Priya Pillai

In India, internet addiction is not a social concern just like in South Korea. While it may seem like everyone surfs the web these days, there is fine line between casually checking your social media pages and having a full blown internet addiction. If you fear that you may lose interest in other aspects of your life because you prefer to be on the internet, you may be on your way to internet addiction. Luckily, there are ways to avoid living your life in front of the computer. The effects and consequences of Internet addiction might seem less showy and dramatic than, for example, the effects of substance abuse or bullying. Internet addiction is a much more silent problem, and as such, it might be more easily ignored or even not recognized as a problem.

Preventive education on Internet addiction is quite important for students to recognize the risk of Internet addiction and to practice the correct use of the Internet from the beginning. The teachers need to conduct frequent surveys, interviews and also to observe teen while using computers. It is also important that the school should restrict use of social media while students are in the campus. It is social norms of many Indian schools that they don't allow mobiles and other digital gadgets in the classroom. But it is also learnt that the students are taking mobiles to schools in silent mode in Tiffin boxes. Even if the teachers frequently check the school bags, the smarter young generation finds ways and means to take the mobile inside the class.

In a study conducted with college

students in China, it was also determined that most internet-addicted students had a lack of family interest (Huang et al. 2009). Children who are unable to receive necessary support from their families and experience problems with them try to express themselves in the virtual world as a result the students are not open to their parents are prone to fall prey to cybercrime activities.

Like preventive medicine, we need preventive education in schools and colleges. The awareness workshop regarding symptoms and signs of internet addiction, gambling, online games, how to set time to be online, cyber security, pros and cons of social media need to be discussed in detail. In addition, Preventive Education holds back the rapid increase of the number of Internet addicts and reduces diverse types of damage caused by Internet addiction.

While very little is known about the rate of incidence of internet dependence among adolescents in India, a study conducted in Mumbai in 2009, by the department of psychiatry, Topiwala National Medical College and by L. Nair Hospital, Mumbai, with a sample comprising 987 adolescents across various faculties, had revealed that 74.5 per cent were found to be "moderate users", 0.7 per cent were found to be addicts and the remaining 24.8 per cent were "possible addicts". Those registering excessive use of internet also had a higher incidence of anxiety and depression.

STUDENTS' CORNER

Who am I?

I am The MASTER of my own body, mind and heart. With that being said, I reign over my emotions. It's me who has the power to channelize my thoughts in the right direction, be it gloomy or cheerful.

I am TENACIOUS and can persuade myself to get into something that is best for me.

I am TRANQUIL which allows me to stay sanguine in the face of adversity.

I am An EXPERIENCE as I learn from my and other's mistakes.

And last but not the least, I am a devotee and I seek the Almighty's blessings to make me Better than I'm today and Never The Optimal.

Harshita Advani- FYBED

In search of peace

Life has all become a race,
One can't walk it with slow pace,
Happiness is put for lease,
All one wants is just PEACE.

Shame would lie in your eyes,
For not respecting all the women's cries,
Walk with her to stop the tease,
Because all she wants is PEACE.

Wealth is considered to go in vain,
Goes away giving lots of pain,
Only money can't make you at ease,
Because all we crave is PEACE.

Put ego, anger and hatred at rest,
By love make your relations the best,
Let the air of care around you breeze,
Then every human will be at PEACE.

Never let yourself die in negative ways,
God always gives bright and positive rays, Let Humanity
in our hearts always FREEZE
That will be the end for your search of PEACE.

- Foram Mehta - FYBED

Dance my life

I think I'm falling in love,
And it's happening all over again.
The feeling of being occupied,
Has conquered me all over again.
I'm singing, I'm dancing, I'm happy,
It's my dance I'm in love with.
My dance keeps me occupied
It's framing dreams for me
It promises to be with me ever
It is consistently reminding,
Live each moment.
My dance forces me to think,
Think of my happiness,
Think of my problems,
Think of my solutions,
Think of my happy endings.
I think I'm falling in love,
And it's happening all over again.

Tanvi Mehta- SYDEEd

Besties

Our journey started swept through books
In class was our exchange of first looks
It was hell crazy times in practical
Made our whole journey fantastical

The two buildings failed to separate
As the students lounge had open gate
Teased each other with silly crush
Time swept by with such a rush

Touchwood we never had any strife
Time came to start a new phase of life
We started journey on our new routes,
Life wrote for us tones of different musical flutes.

Started to work for our fresh dreams,
It wasn't all rosy as it seems.
Choices were decided to carve a raw path,
Life challenges drenched us in difficult math.
U (USA) and I (India) are close by on the keyboard,
Was glad to make sure you were onboard.
Separated over by vast distance,
Technology helped us with our co-existence.
Met variety of people at each bend,

That didn't mean our friendships end.
As aged wine our friendship blossoms,
Having you by my side was really awesome.

Let's keep our worries aside,
And enrich an experience with you beside.
Yet again a phase waits to embark,
A beautiful journey for us to mark.

- Jyoti Bhatia - SYBEEd

Just be

Be the ship that sails in the wild wind
Be serene and mysterious like an ocean
Be the first flower of spring
Be the light that shines at dawn
Be the clouds that roam in the sky
Be the star in the darkest night
Be that book which people read more than once
Be the poetry, the danger, the sin
And escape the ordinary.

Tina Rawal- SYBEEd

Life is a beautiful thing

Life is a beautiful thing
There's so much to see and play
Flowers, raindrops, dance and sing
I'm in my grandpas arms everyone make way!
Growing up, there is school and exams
Daddy shouts and mummy scares
Doesn't matter, run to grandpas arms
The most about me only he cares
Here and there I make mistakes
But life is so much fun
There are family friends and cakes
And grandpa my favorite one!
Like a flowing river, life went on
With laughter, giggles and no care in the world
What fun it is to love laugh and bond
And the best of all love my grandpa threefold
Just like the eagle swoops down on a prey
Life attacked in a similar way
Out of the blue came that day
Sudden death took grandpa away
Sunshine, darkness, diamonds and coals
Mother father uncle and friend

Everything and everyone looked like dark holes
What just happened? How did it all end?
She truly understood the meaning of life
Living like a baby is no more the way
With god she had her biggest strife
But she made sure this was her last sad day
Life is like this, let's learn a lesson
Pick yourself up, brush yourself down
You've got to get out of this depression
He would have liked to see you smiling, with a crown
But the scar has yet not completely healed
Since that day she learnt to refrain
Refrain from attachment, too scared to feel
But she made sure she would not feel even the pain
Thus she laughs, thus she jokes
Every way to distract from the fire burning inside
Till date, at the mention of him she chokes
But she has found a very good way to hide
Life taught her how to live and love
And also how to laugh and hide
And most of all, that there's someone above
Who takes care of one and all, deep and wide.

-Yahika Pancholi- SYBEEd

Daydream

Gazing forever at the stars we stay,
Awaiting greatness and glory to come our way.
Unaware that the very moments which at waste we lay,
Can help us prevent our doom and dismay.

-Sapphire Fernandes, FYBEEd

Life's Bounty

Life is a beautiful dream,
It's painted with flowers that glow and gleam.
But life's bounty, be it flower, shrub, thorn or spike are to
be treated
much alike,
For beauty that lies in the eyes of the beholder shall be the
one to make all strike.

-Sapphire Fernandes, FYBEEd

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