



HSNC University, Mumbai
Bombay Teachers' Training College

Re-accredited 'A' Grade by NAAC



METAMORPHOSIS



Preparing Teachers for Tommorow



Knowledge is that which liberates

MOTTO

To emerge as a center of excellence
in Teacher Education

VISION

MISSION

To Provide experience-based learning for
multifaceted 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 research.

STATEMENT OF PURPOSE

To enable learners to 'Imagine' with all their minds,
'Believe' with all their heart and 'Achieve' with all their might

VALUES

Team Spirit

Eco-consciousness

Multiculturalism

Scientific Temper

Lifelong Learning



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Editorial

So here you have Metamorphosis, the long-awaited magazine of BTTC for the year 2019-2020.

I would like to thank all my editorial team members for helping me pull this through. I express my considerable appreciation to all the authors of the articles in this magazine. These contributions have required a generous amount of time and effort. It is this willingness that has made this magazine possible. Thank you all!

Only a few names appear as the Core Editorial Team, however, I take this opportunity to bring to light the fact that Metamorphosis is a collection and compilation of all the activities that happen throughout the year and all these are covered in great detail by our very own students. Each one of them contributes in their own exclusive way!

This has been a rough academic year. The COVID-19 pandemic led to a complete lockdown and left all of us wondering what would be the best way to keep ourselves safe, leave aside studies, college and exams. As time elapsed, we found ourselves getting back to normalcy, with online classes, assessments and submission of assignments. We learnt new techniques and technologies to help us adapt to the new normal. Knowledge of using online resources for teaching learning process also emerged as a required skill for this year's placement requirements. Our students have professionally managed to acquire those skills effectively through the many webinars that we organized for them in due course, as a result of which many of them have been successfully placed.

This edition of Metamorphosis is only going to be a digital version; hence, we would not be able to feel the texture and smell of paper in our hands. But so is life! We change with times.

I can recount this as a year of achievement and determination to endure the vicissitudes of life. Life comes in phases and together we can manage to achieve more. So, I would advise my students to keep learning! Learning means growing. He who always learns knows how to grow in maturity. When we stop learning, we stop growing our true purpose, and we stop growing in maturity. Learn from failure and success. Learn from comfort and hardships. Learn for change. Don't ever neglect the lessons of life!

Bidding farewell to the Batches of 2018-2020, I wish they accomplish what they have dreamt of. To the current batches, you have a long way to go, you'll surely achieve what you have aimed for. I would reiterate the statement of purpose of BTTC, 'Imagine with all your mind. Believe with all your heart. Achieve with all your might!'

With love and passion in my heart I pray for inspiring affirmations of positivity for all.

Dr Neelu Verma





Reflections of the Student Editor

~Zoshima Mendes (S.Y.B.Ed)

The journey at BTTC has been a momentous roller coaster ride, where every climb took us to exhilarating heights and every dip had us churning in anticipation. Saying it was momentous is an understatement! Barely within a month of our joining, a fire broke out at our campus, reducing years of cherished memories and painstaking labour to mere ashes. An unfortunate setback but it did not deter our resolve.

The interim journey was one that exceeded our expectations. We kick-started our first semester by engaging in community service. With the words of Mother Teresa, “Give your hands to serve, and your hearts to love” in mind, we ventured out to serve in shelters, old age homes, special education schools and slums and became more humane in the process.

The BTTC campus has always been abuzz with activity. Every major festival was celebrated, national occasions were commemorated, cultural kaleidoscopes showcased India’s rich and diverse heritage, extempore elocution competitions and a plethora of events ensured that every student had the opportunity to hone and display their art & craft, dancing, singing, acting and communication skills on stage. Co-ordinating and participating in international conferences, national seminars, intercollegiate festivals and numerous workshops gave us hands-on training in event management and taught us the value of teamwork, good leadership and commitment to excellence. Activities were interspersed with lectures on subjects very significant to education and articulately delivered by our highly qualified professors. Theories and philosophies were explained and re-emphasized. We slept off poring over the learning theories of Bandura and Bruner and woke up with Piaget and Pavlov. Group and individual presentations under the watchful yet encouraging eyes of our professors, had us shedding our inhibitions (sometimes tears) and becoming confident presenters. Internships across various schools provided the training ground we needed and gave us glimpse into what was in store for us. We got a chance to deliver well-prepared lessons, create innovative teaching aids and learn the skill of classroom management.

The thrilling ride came to an abrupt halt when Covid-19 struck India and what we had hoped was a short break turned into lockdown after lockdown. There were no fond farewells between classmates and no opportunity to express our gratitude to our professors. There remains an overwhelming feeling of having missed out on something essential; that final, parting act of saying goodbye, adieu to those who were such an important part of our lives for two years.

And so, this message also serves as a Thank You note, though it barely scratches the surface of all that we wish to convey. Our heartfelt gratitude to I/C principal Dr. Bhagwan Balani whose vision has been taking BTTC to greater heights. Dr. Balani has ensured that technology keeps us connected and that we continue to acquire crucial skills even during these trying times. To our professors who have mentored us, we cannot thank you enough for exhorting us to go beyond our limits. Every challenge



you set before us was a gift that compelled us to delve deep within. It stripped away our trepidations and supplanted it with a confidence in our ability to face whatever comes our way. We acknowledge and appreciate the efforts of our support staff who were always there to help whenever needed and did it unfailingly with a smiling countenance.

For all those who aspire to be great teachers, I say ‘Be the spark that ignites the flames of curiosity, and nurture the blazing fire of creativity that you see in your students. Inspire by example, be critical of the words you speak yet be not critical of your students. Instil in them the joy of learning. for that is what will take them on a journey of self-discovery. Success will be judged not by marks but by creativity, innovation and resiliency; these are aspects that students will need to exhibit in this fast-paced, constantly changing world.’

Now as we transition from being BTTC students to Alumni and enter into this noble profession of teaching, we are driven by a clarity of purpose and the resolve to be role models who encourage students to realize their full potential and become leaders who make a positive impact in this world.

Core Editorial Team



**RUCHI GANDHI-
S.Y.B.ED**



**ZOSHIMA MENDES-
S.Y.B.ED**

Assistant Editors



**HUZEFA ATTAREE-
S.Y.B.ED**



**ZUBIA SHAIKH-
F.Y.B.ED**

Supported by all the students in all the courses at BTTC





From the Principal's Desk
Dr Bhagwan Balani, In-Charge Principal



Bombay Teachers' Training college, being the premier college of education was elevated as a constituent college of HSNC University and was inaugurated by the Honourable Chief Minister of Maharashtra Shri Uddhav Thackeray ji and Honourable Governor of Maharashtra Shri Bhagat Singh Koshiyari ji on 11th June 2020.

BTTC is committed to excellence and ensures comprehensive professional practices. Its programmes are diverse and inclusive, producing engaged student teachers who are involved in leadership roles. This experiential learning proves to be highly reflective and embeds values like Multiculturalism, Scientific Temper, Team Spirit, Eco-conscious and Lifelong Learning in the professional life of our students. BTTC family hones the talents of these young professionals who practise these values and multiply these invaluable lessons through the students community.

To achieve our vision, 'to emerge as a centre of excellence in teacher education', along with academic excellence & technological expertise, we strengthen the co-scholastic components of our educational programmes deeply rooted in society's aspiration and needs. We nurture them with social endeavours and extension activities, integrating campus life with community life. Collaboration is another USP of BTTC, where BTTC faculty and students organize joint collaborative programmes to upgrade the professional skills, attitude & repertoire of students.

The faculty and student teachers along with other stakeholders in society put hard efforts to create a culture of learning by indulging in all kinds of activities for the holistic development of students and promote lifelong learning. Especially after COVID-19 pandemic, the entire BTTC family glued together and continued this journey of learning with the help of digital platforms and invaded the digital space and social media by organizing professional development webinars in collaboration with the Department of Education, University of Mumbai, Thadomal Shahani Engineering College, Nari Gursahani Law College, Volunteers of Isha Foundations and BTTC Alumni Association. The Metamorphosis is a collection & compilation of efforts of faculty, students and all other stakeholders who have cultivated and created an institutional culture of a divine journey, full of contentment, belongingness, living together and cherishing these precious moments & memories together with this sacred thread named BTTC FAMILY.



Dr Niranjan Hiranandani
Provost, HSNC University



Ideas create transition. It was just an idea, that Cluster University would be formed and the colleges started work and it was a dream come true! BTTC has seen the transition from an affiliated college of University of Mumbai to a Constituent College of the HSNC University Mumbai. Every exit is an entrance to somewhere else. This seamless transition has been a delightful experience.

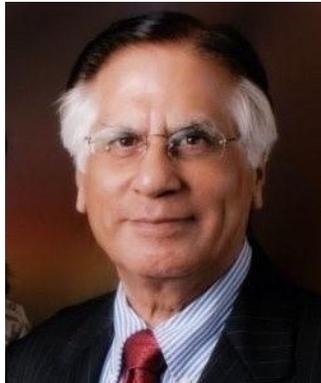
These are times when the educational institutions have been working overtime. I have witnessed BTTC team organize a number of Webinar Series of great relevance on pertinent themes. Managing life through yoga and wellness, qualitative and quantitative research for the academicians, creating digital content, harnessing social media options, need of nutrition and mindfulness, all these webinar sessions have been extremely enriching for the thousands of viewers who have attended them. I congratulate the entire team of BTTC for being leaders and reaching out to the community.

I appreciate the student community, who have gone the way and are showing the way. These are unprecedented times and learning from the digital natives is a blessing. Being a teacher preparation college, it is the accountability of BTTC to ensure teacher trainees are experts in technology so that as teachers they are able to incorporate their knowledge into practice once they get employment in schools and colleges.

This edition of Metamorphosis, the e-version, is remarkable and can gain more readership than ever. Hearty congratulations to the team of Metamorphosis, it is indeed an achievement. My wishes are always for the faculty and students of BTTC!



**Shri Kishu Mansukhani
President, HSNC Board**



“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.” Barack Obama has very aptly said so and HSNC University has rightly done so.

Be the change you wish to see and indeed, BTTC is bringing about the change that we wish to see in the educational community.

These are uncertain times, when the spread of the COVID 19 pandemic has devastated the world. But like the spark of light in the dark night, the educational fraternity has kept hope going! When the world has come to a standstill, BTTC promises to keep things rolling and this e-magazine is a testimony to that.

The amazing work that the students do during the year is beautifully put together for all the stakeholders. Not only does this instil a sense of pride among the student community that their work is recognized, but it helps maintain a wonderful relationship of the individual with the alma mater.

Teacher preparation has been and will always be a field where the humblest and the noblest people come together. I have found BTTC to be one such place. I wish the entire student and teacher community at BTTC to keep up with their passion and enthusiasm of contributing to the national development.

Congratulations for being the best in teacher education. My wishes for you to continue being the best. This issue of Metamorphosis, that has been collated distantly, is a testimony to the zest and dedication of Team BTTC!

My compliments and best wishes to all!



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20th July 2020

Dear Students and Staff members,

Learning is accentuated by synergy and collaboration and with a positive attitude towards life. The voices and avenues provided to students at BTTC, where they are able to express their knowledge and dream big and achieve bigger, makes BTTC stand out. I have witnessed the holistic education provided at BTTC, encompassing cognitive, physical, social, emotional and spiritual growth of the budding teachers. Such rigorous training enables our students to shine brighter.

My Congratulations to BTTC for having become a constituent college of the HSNC University! This has been possible because of the high standard of education imparted at BTTC and the efforts of staff and students over the years.

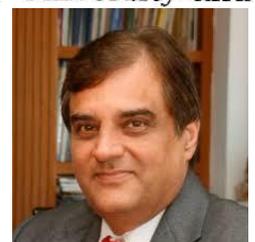
Being part of a new University also augurs well for the future. This will give BTTC the opportunity to be innovative while still retaining a strong foundation.

I wish the Principal, Faculty and Students of BTTC all success. Always remember what Albert Einstein said, "Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand." The teacher trainees at BTTC have time and again shown that it is perseverance and creativity that can take one to the pinnacle of success. It is time again to experience the same through the lens of the new University and the new normal of virtual learning.

Wishing you good luck and happiness in all your endeavours!

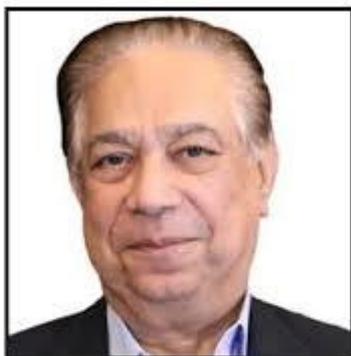
Anil Harish

ANIL HARISH





Mr Lal L. Chellaram
Trustee, HSNC Board



I am pleased to write this message for the BTTC annual college magazine 'Metamorphosis' for the year 2020.

It is heartening that the magazine has rapidly grown since its inception in 2008 and last year published an impressive souvenir on the 50 years of B.T.T.C.

B.T.T.C. is a constituent college in the HSNC University Mumbai and continues to grow and flourish. This achievement is due to its dedicated staff and students. The progress is multifaceted and B.T.T.C.'s collaboration at international and national levels is a contributor to its success. The college has fused newer technologies such as digital with traditional teaching methods to achieve the best teaching outcomes.

I commend you students for choosing the career to be future educators. The work you will be doing as a teacher is eminently valuable. Almost everyone can name a teacher who stands out in their memory because they were particularly engaging, encouraging or inspiring. A great teacher shapes the character and calibre of students. You as future teachers will be empowered to sculpt and influence student achievement.

I hope you develop into exemplary teachers who are able to make inroads in improving student learning and academic achievement.

I wish you the very best and sincerely hope that you go on to live professionally rewarding lives. Knowledge and training are in constant metamorphosis and growth. The annual magazine is a useful platform which could record the various activities of the college during the past year and reflect on the challenges ahead.

I compliment the staff, students and editorial board of 'Metamorphosis' magazine for publishing an informative magazine. I wish B.T.T.C success in all its endeavours.



**Mrs Maya Shahani
Trustee, HSNC Board**



The vision of Bombay Teachers' Training College under the guidance of its In-charge Principal Dr Balani is based on hard work, open communication, a strong emphasis on team work and a high level of responsibility.

The college magazine 'Metamorphosis' reflects the achievements and innovations of the college. I have had the pleasure of participating in many activities of the campus which have been memorable learning experiences for me and the faculty and students. The college maintains a fine balance between curricular and extracurricular activities which has helped it in achieving spectacular success in campus placements and the superlative leadership qualities of its students.

Franklin D. Roosevelt had said, "We cannot always build the future for our youth, but we can build our youth for the future." It is our teachers who play a major role in moulding the youth. This is the reason why our Bombay Teachers' Training College plays a very important role in shaping our future destiny.

I wish the BTTC team all the best in achieving greater laurels as the college gears itself towards becoming an important constituent of the HSNC University.



Mr Dinesh Panjwani
Secretary, HSNC Board



As BTTC stands at the threshold of its new milestone, - as it emerges as part of the HSNC University, Mumbai, in the academic year 2020-2021, the publication of this year's annual College Magazine, takes on a special significance. I congratulate the team of "Metamorphosis", headed by Principal Dr B R Balani, ably assisted by the staff and students of this premier teacher training institute of Mumbai.

Abraham Lincoln once said, "If I had eight hours to chop down a tree, I'd spend six hours in sharpening my axe". The training and building of skills which he is talking about has been evident in the massive preparations that have gone into the rise of BTTC into such an eminent pedagogical centre and making it a front-runner in the establishment of the HSNC University. The current dispensation at the College has the unique privilege of laying down solid foundations as the College transforms and renews itself and takes on its new identity.

The College Magazine has great archival value because it records for posterity the living history of its times: the broad outline of the growth of any institution can be seen in its annual reports, its IQAC submissions, its NAAC SSR and other official documents. But the College Magazine presents in its colourful pages what I have referred to as the "living" history, because it presents the creative impulses of the faculty and the students, along with the reportage. "Metamorphosis" I am sure will have a number of vignettes which will be cherished for their human and creative aspects as well.

Gandhiji believed that education, like "a seed sown in good soil returns a luxuriant crop" yields returns which are immeasurable and long-lasting. As an educational institute which trains you for the teaching profession which has as its medium "the human mind and spirit", to quote John Steinbeck, - BTTC has been honing the skills of teachers who have been leaving an impact on minds from the pre-primary to the University levels and has been at the fore-front of creating leaders in academics and pedagogy at all levels.

The publication of "Metamorphosis" I am certain is a moment of great fulfillment for all of you and I am proud to be able to share this moment with you.



**Dr Hemlata Bagla
Principal, KC College**



Metamorphosis has been an articulate and influential voice of our educational culture. It has been an eloquent platform for the institution's versatility of expressions. The regular publication of this college magazine has always enlightened us all.

I am joyous to learn that this year too, BTTC is coming up with another volume of Metamorphosis.

The significance of BTTC is enormous in the cultivation and dissemination of knowledge. Through its credibility to impart education among the teaching fraternity, BTTC has marked valuable achievements. In the process the spectrum of dynamic activities organized throughout enhance the gains of the institution.

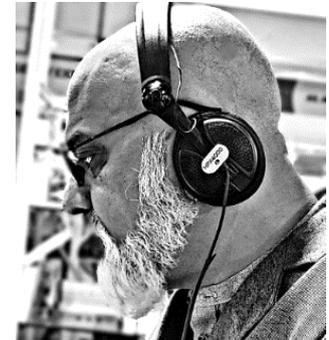
I am sure that like every year, this year too, the publication of Metamorphosis 2020 shall engage with new intellectual and academic perspectives. Indeed, such developments are beneficial for the establishment of the upcoming HSNC University.

I wish the entire BTTC family a huge success with Metamorphosis 2020 and hope that they achieve great milestones in the immediate future.



Roshan Mansukhani

My name is Roshan I Mansukhani and have been in music for 35 years. We all love music which stands truth by itself but there is always the flip side of a coin. Will tell you more about it but I need you to know that I shut my 18 years' experience in event management with just one conviction. To give back to the society.



And that was it; the flip side of the coin. The very music we listen to can be used as a therapy too. Now how is that? There was a phase in my life where I too was very low and depressed. I was lucky that I recognized it, and pulled up my socks. Experimented on music which took me days and months, but I did bounce back with a breakthrough. I structured various music, related it to my own life style and witnessed the change in my perception towards things otherwise I wouldn't get a clarity on.

We live in a society surrounded with stigmas, taboos and judgements. We have got used to suppressing our desires and passions just to satisfy our folks. This was the pattern which had real grave effects on many which led to acute depression but was never spoken about with the fear **WHAT WILL THE WORLD SAY!** We all have families and when any illness hits, we rush proudly to a doctor. But when mentally uneasy we suppress/hide/shy away from speaking to a counsellor and taking help. Isn't it sad? Our teens, our families have got in the rat race to compete with each other and the urge to be visible and popular.

With structured music as my equipment, I related to lifestyles and counselled many going through rough patches like Stress, Depression, Anxiety issues, Addictions. It was then I approached colleges and was very glad BTTC was one of the very first college to recognize the need to conduct my workshop on Music as a therapy a couple of years ago. The thought behind conducting the workshop was clear, "The academic pressure and the challenges faced by our to-be teachers is very high and we need to do something more which shall help them strike a balance between the personal and professional life in the future". Being a part of BTTC on one of the in-house events where students with our vibrant cultures in attires prepared cuisines was the icing on the cake.

After a few more workshops, we also have proposed BTTC to be a part in teaching Music therapy to students and faculty. Idea is to have this soft skill which shall not only benefit self but can be extended to be a helping hand to the society as a carrier. Having won awards by Government bodies on various platforms has its own pride, but being a part of BTTC in the near future is something else which I am proud of.

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JÖNKÖPING UNIVERSITY

*School of Education and
Communication*

The CCD, Communication, Culture and Diversity research environment at the School of Education and Communication, Jönköping University, Sweden, of which we are the leaders, have been collaborating with BTTC only since 2018. In this short time span, we have already secured international collaboration funds from the Swedish Council for Higher Education (LP project) that enables exchange of faculty between BTTC and our group to work three weeks in one another's institutions. We have also successfully planned and carried out an international conference LeaDMe2020 (www.ju.se/ccd/leadme2020) in Mumbai, India 13-15/2 2020. One staff member from BTTC has also been participating in the CCD Academic Writing and Publishing Workshop Series 2019-2020. We have secured funds to offer a second adapted round of this workshop series in 2020 for faculty of BTTC and KC College and our other partner institutions in Mumbai, India.

These activities, since 2019, have highlighted the need to bridge the gap between our institutional cultures and also create a more equity basis where resources from both partners are made available for our future collaborations. For instance, now that BTTC is going to come under the new HSNC University framework, it is important that it recognizes the importance of allocating resources for such collaborations in order to chart its future development with the intent of shining in the higher institutional landscape of Western India, if not the entire country. We believe that with a sense of commitment and purpose this is doable (despite the challenges that exist in a nation-state like India). Based on our experiences of collaborations with institutions of higher education in Aligarh and Mumbai in India since 2010, we would like to offer the following three points of particular relevance for this enterprise:

1. **Globalization:** issues regarding internationalization need to be considered as a mindset that are attended to both “at home” in India through the leadership of BTTC and the HSNC board. Internationalization is a way of thinking and constitutes an approach that is supported through a mindset where collaboration is key and where engagement with digital platforms is a norm.
2. **Professionalism:** issues here include the importance of transparency in working routines, keeping promises made between collaborating institutions, meeting deadlines, delegation of responsibilities, adequate infrastructure support, managing tasks and events like conferences and publishing in accordance with international standards, etc.



- 3. Research standards:** issues regarding research standards of both staff as well as doctoral students are highly important in terms of research output, research thinking, research “trickling down” to all levels of education at a university. This constitutes a fundamental dimension of creating tomorrow's researchers, tomorrow's thinkers and tomorrow’s leaders. Research standards are key for shaping the quality of all levels of educational courses – offline on campus as well as online, at bachelors, masters, doctoral and post-doctoral levels.

We look forward to continuing our work with BTTC in capacity building activities including collaborating in joint research activities keeping the above in mind. We wish the leadership, the staff and the students of BTTC our very best as you proceed towards becoming an independent college within the HSNC University.

Sangeeta Bagga-Gupta

PhD, M.SC, M.Ed
Professor in Education
Scientific leader CCD
School of Education and Communication
Jönköping University
Sweden

Ylva Lindberg

PhD
Professor in Language and Literature
Senior leader CCD
School of Education and Communication
Jönköping University
Sweden





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, a constituent college of HSNC University Mumbai.

BTTC offers teacher preparation programs for various levels ranging from Early Childhood Education Program, Diploma in Elementary Education to the Bachelor of Education programs. It will also offer the Master of Arts (Education) program from 2020-21 onwards. It is also a centre for Doctor of Philosophy (Education) of the University of Mumbai and HSNC University.

With a humble beginning in 1969 by the founder, Principal Dr NR Parasnisi, 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 (B.Ed.) 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 was affiliated to the University of Mumbai and followed the curriculum prescribed by University of Mumbai. As per the latest change from this academic year, BTTC is a constituent college of the HSNC University Mumbai and from this year onwards, the B.Ed. would be under the same university.

Diploma in Elementary Education

Diploma in Elementary Education (DEIEd) 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 DEIEd course is 10+2, i.e. 12th grade.

Early Childhood Education Programme

Early Childhood Education Programme (ECEP) 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
- Innovative Strategies of Teaching

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 HSNC 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 HSNC 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 HSNC 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 Kishu Mansukhani and secretary Principal Dinesh Panjwani.

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 B.Ed. and ECEP to undertake certificate course in Yoga under the guidance of Dr (Mrs) Manisha Tyagi.

The sessions are beneficial for the students as they learn various *asanas* and *pranayama*. The

postures that are taught include standing, sitting, lying down on the back and lying down on the stomach and deep breathing, alternate breathing and *bhramari pranayama* are practiced to keep the body healthy and mind relaxed. The college also celebrates International Yoga Day each year. At the end of the sessions, a Yoga exam is conducted and certificates are issued to the students who successfully complete the course.

Indeed, the course helps the students to practice and spread awareness about Yoga. *In the words of BKS Iyengar, 'The body is your temple. Keep it pure and clean for the soul to reside in.'*

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 are taught to use some important models through a course in Models of Teaching. They are first acquainted with the principles of each model and then asked to prepare lessons using the models. Some of the models that are taught are the Concept Attainment Model, Jurisprudential Inquiry Model, Linear and Branched Programming, Synectics and Inquiry Training Model. Students successfully demonstrate the use of these 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 conducts a course on Innovative Strategies of Teaching to equip the prospective teachers with tools that help create such an environment.

The course covers Role Play, the 7 E’s of Constructivism, Cooperative Learning Strategies, Educational Games and Teaching through Multiple Intelligences.

All these are incorporated by the students during their internship in various schools. The course has earned so much praise and is very popular among prospective teachers.

Learning Language Digitally

The ‘Learning Language Digitally’ is a blended learning course which offers 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 begin with an introduction to the pronunciation of the different words which are very technical and have different intonation and phonetics. The sessions are very interesting which seem simple initially but as the difficulty level increases, the class is supported by the teacher In-Charge Dr (Mrs) Neelu Verma who guides 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 and 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 is a head start for many learners and offers them an exposure to various communication skills in language. It is a blended learning experience for them and ultimately helps in brushing up their vocabulary. There is an insight generated that helps them in self-reflection and analysis of where they stand in the crowd. Overall, it provides 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 teaches the B.Ed., ECEP and DEIED students the use and importance of the Interactive White Board. The students get hands-on experience to use the white board for documents, pictures, videos, maps, graphs, science experiments and even animated GIFs.

The students are asked to pick a topic pertaining to their school subjects and demonstrate the same using the white board. Each student explores 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 helps 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 are introduced to the basics of craft activities. This innovative and interesting course is facilitated by Dr (Mrs) Mandeep Kochar.

The students learn many craft activities which they cherish and effectively use in their teaching. A few of them are:

1. Making 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. Trendy Quilling Art to make artifacts, envelopes, gifts, frames, jewelry etc
5. Painting diyas and pots for Diwali celebration adding to the festive feel
6. Learning the art of Tie and Dye
7. Candle making

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



BEST PRACTICES

Cultural Kaleidoscope– S.Y.B.Ed.

Festival of Lights

On 24th October 2019, Bombay Teachers' Training College celebrated the event of Cultural Kaleidoscope which was beautifully organized and managed by Dr. Manisha Tyagi ma'am and Dr. Rajeev Jha sir. The class of S.Y.B.Ed was divided into four states i.e. Sindh, Bihar, Uttar Pradesh and Madhya Pradesh. It gave students an opportunity to learn more about our culture. It was wonderful to see the various dance forms, listen to various folk songs & also the lovely stalls depicting the culture of the respective states. It taught each and every one that irrespective of your religion and caste, there are so many differences and so many similarities in every ritual, every language and every dance form throughout our country. Our differences make us unique but our similarities unite us & make us one.



MADHYA PRADESH

The clothes for the performance involved wearing dhoti and kurta with a bundi. On the head we wore the turban. This was common for both dances. The props include use of a big bamboo stick for Baredi Nrutya and a small bamboo stick for dance of the Gond Tribe. Items on display were Traditional Pagadi, Lak's Churi, Oxidized Jewellery, Chanderi silk saree etc. lathi photo.

SINDHI COMMUNITY

The team members created a scenario of a sindhi wedding that included the Kachi misri, saath suhagin and other rituals too. Not to forget all throughout the act there were fun facts given by the members of the group which spoke about Sindhi's eating habits, business-style, culture, etc.

UTTAR PRADESH

For the stall, the outline of the state of Uttar Pradesh was made and photographs of famous personalities from different fields were put up. The team recited beautiful shayaris and two members from the team were ready to make beautiful designs on the hands of interested girls/women.

BIHAR

The team members created a scenario organized in the pattern of a quiz competition like Kaun Banega Crorepati. They recited a poem which connected to the famous festival that is Chhath Pooja. They learned the folk dance of Bihar which is performed by men and women together to express their love for their motherland. It is also a form of prayer to please the nature god. The event ended with a dance performance by F.Y.B.Ed students on the occasion of Diwali. The team included 8 members who dance on the songs dedicated to Diwali which is celebration of light, joy and happiness. The team members used a diya as a prop and danced gracefully and ended the event.



The overall experience of Cultural Kaleidoscope was enlightening and it gave all the students an opportunity to bring forth the rich culture of our country. It not only helped in giving information, but gave an insight about the inherent nature of people, the food habits etc. This program helped the students to know each other well and build a strong relation with mutual understanding and respect.

Sr. No.	STATE	NAME OF THE PARTICIPANTS- SY
1.	MADHYA PRADESH	Michelle Dias, Abhilasha Khetan, Theresa Rodrigues, Vidhi Shah, Karishma Singh, Priyal Solanki
2.	SINDHI COMMUNITY	Komal Bhatia, Fatema Chitalwala, Suman Dhanani, Ruchi Gandhi, Priyanka Hassani, Divya Jain, Twinkle Khawani, Jharna Kotwani, Hitika Mirg, Amrita Punjabi, Madiya Sherawala, Sonia Sonigara, Bhoomika Surana & Girija Wadhwa
3.	UTTAR PRADESH	Mantasha Ansari, Nida Ansari, Huzefa, Bhagirathi Arvind, Aditi Ghodekar, Zoshima Mendes, Dhruvan Merchant, Swathi Nair, Sumaiya Qureshi, Arin Syed, Sneha Shah, Mehvish Sheikh
4.	BIHAR	Asarieth Chippy Jyothi, Angel Chettiar, Karishma Gupta, Pooja Gupta, Ashvini Lotankar, Nitika Mali, Lipi Saha, Jeel Shah, Maitri Shah, Shivani Singh, Gayatri Tiwari

Sr. No.	STATE	NAME OF THE PARTICIPANTS-FY
1.	ARUNACHAL PRADESH	Preeti Rathour, Maithili Raikar, Sakshi Shirgaonka, Hiral Panchal, Arnaaz Shroff and Melvina D'souza.



2.	ASSAM	Sharmeen Ansari, Arshiya Maple, Uzma Maple, Mubarak Radhanpurwala, Harshada Randive, Heli Sadhani, Dhara Shah.
3.	MEGHALAYA	Sayali Chandivade, Jahnvi Doshi, Yashvi Gada, Anjali Makwana and Aditi Shastri.
4.	MANIPUR	Monika Dixit, Jacintha Coutinho, Aafiya Shaikh, Dianne Gonsalves, Beautikumari Shri Ramdevprasad and Shikha Singh.
5.	MIZORAM	Urmi Chheda, Pooja Gala, Arbaaz Shaikh, Bushra Shaikh, Salsabeel Shaikh, and Nikita Soni.
6.	NAGALAND	Bhavika Gyanchandani, Ritika Makhija, Juwairiah Ansari, Zubia Shaikh, Jyoti Jha, Shraddha Jha, Anju Konai and Asawari Sarang.
7.	TRIPURA	Delisa Fernandes, Pooja Kanojia, Pooja Mantri and Minal Sipani.
8.	SIKKIM	Sneh Gehi, Priyanka Hasija, Samreen Khan, Sakshi Mehta, Fatema Rangwala and Surabhi Yadav.

Cultural Kaleidoscope - F.Y.B.Ed. **Congratulations and Celebrations**

A culture is an umbrella term which encompasses the social behaviour and norms found in human societies as well as the knowledge, arts, laws, customs, capabilities and habits of individuals in these groups. Bombay Teachers' Training College focuses on inculcating the different values and traditions of different states in each and every individual. Our teacher incharges, Dr. Rajeev Jha and Dr. Manisha Tyagi oriented the FY.B.Ed class regarding Cultural Kaleidoscope and asked the students to form a group of 8 members in each team. The theme decided for Cultural Kaleidoscope was "A December to remember" which was going to be held on 24th December 2019. The teacher in-charges made a point that the student teachers are sensitized to all cultures prevailing in India as the goal was to express uniqueness and diverse culture of the respective state. In order to ensure that the future teachers deal with their students in a nurturing manner, the F.Y. B.Ed. was supposed to represent North-east India. The states chosen were Assam, Nagaland, Arunachal Pradesh, Manipur, Mizoram, Meghalaya, Sikkim, and Tripura. To execute this task, a lot of research was carried out to listen to folk songs, state anthem, folk dance, endemic flora and fauna, cuisine and artifacts and special features of the state. Each team was given one month for the preparation and they had to present their state's folk song and dance, famous cuisine, exhibition which would include jewelry, symbols, handmade items etc. Every team learnt about the culture of their respective state.



SIKKIM

In the exhibition, all the members got different things found in Sikkim such as shawl, cap, handicrafts, purses, jewellery, etc. The team drew the Sikkim map and eight lucky signs of Buddhism and put it up. They also had made a photo booth along with a lot of props. It helped them to work in a group, hear out each other's opinions, overcome the differences and put up a worthwhile show.



ARUNACHAL PRADESH

The team danced on two songs namely, "Bajata Bajato" and "Rikam Pada". For the exhibition, they printed pictures of state bird, flower, tree, emblem etc. and made frames for the same. The team also showcased artifacts, shawls, orchids, authentic earrings for display. They sang the state anthem of Arunachal Pradesh – "Arunachal Humara". They learnt about values, customs and traditions of different cultures existing in our country. They learnt about the issues concerning the respective states.



ASSAM

Bihu and Satriya were the two Dance forms from the rich cultures of Assam that was performed by the team members. Phulkobir bor, Teteli Tengar Shorbot and Til Pitha was presented in cuisine. The items displayed in exhibition included Assam bridal saree, Assamese tea and Bamboo handicrafts. Most of the team members were neither good dancers nor good singers. They practiced and developed their skills and came out of their comfort zone to give their best



MEGHALAYA

The team focused mainly on Khasi tribe and sang the song 'Huru Huru Jhoro Na'. The members of the team prepared the headgairs, a creative name plate for their stall, and made the antlers as well as the dead deer to show a hunting scene in their skit. They presented Pukhleim and pineapple juice which is famous in Meghalaya for their cuisine. Since their costume wasn't available at rental stores, they tried to arrange the costumes from their homes and replicate the traditional costumes as much as possible.





MANIPUR

The team presented the dance Lai Haroabo which is a fusion of two songs - Nungolle and Ureinung. They also sang the state song – Sana leibak Manipur and offered Mangal ootii, Manipuri meiti, chakho kheer in the cuisine to the guests that arrived at the event. The Urban Haat included items like handmade Manipuri doll, shawls, bag, jewellery, basket and symbols. The team had different insights about the concept of depicting a particular state. It enabled them to be polite, kind and respect each other, their differences, viewpoints and experiences of life.



MIZORAM

They helped each other throughout the CCRT preparations. They performed a skit on the drought situation in Mizoram. Food items like ice tea, Loat pitha, Paneer sawchair and Rice dish of Mizoram was presented in cuisine. They performed on two dance forms namely, Cheraw and Chheih Lam. For the exhibition, handmade mat, purse, basket and wooden artificial tree was displayed by the team. It was a beautiful experience for the team to gather information about the state.



NAGALAND

The team selected the song which was authentic and could define the state of Nagaland accurately. The song was of Chakhesang tribe and the food presented was Bhoot Jolokia and Napmaang. The team prepared the props that included shield, headgear and spear for each team member. For the exhibition, they displayed neckwear and other jewellery items, tribal shield, map of Nagaland, and pictures of famous personalities. The team worked and learned with a big fat smile with each other



TRIPURA

The dance was put up by all the group members rejoicing the harvest season of the Tripuris. The food stall included items like Bangwi, a special type of cake prepared only by the people of Tripura. This was accompanied with orange juice as a beverage which is widely savoured in Tripura. The essence of Cultural Kaleidoscope continued within them with bittersweet memories, as they realized the significance of values like pride of cultural diversity, tolerance, cooperation, punctuality and many more.



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 students. Movies and TED talks are the best way to bring to class issues and ideas that need to be discussed in the classroom and reflected on by the teachers and students. They are also a great way to start problem based and inquiry based learning sessions.



Concepts like transgender community, biased treatment of women and women empowerment are very well covered through popular culture. There are movies that highlight 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 such movies help students reflect on the issue and contribute in their own way and work towards finding their solutions.

Science Corner 2019-2020

Science gathers knowledge faster than the society gathers wisdom. Science corner is one of the best practices of Bombay Teachers' Training College, initiated and inaugurated in 2016 by our very own senior most Science Pedagogy Associate Professor, Dr. Rajeev. I. Jha.

This initiative was taken by him so that the Science students remain well versed with basic concepts and also spread awareness regarding every day Science among non-science pedagogy students as well. Another reason behind beginning the Science Corner was that when Science student teachers go for internship and practice teaching into a school, they need to arrange Science Corner Activities for school students of Upper Primary and Secondary stages. This experiential learning serves as a practice session, giving an edge and develops immense confidence in the student teachers.





Science Corner at BTTC is open to all non-science student teachers who have interest in daily life phenomena and have an affinity for understanding the Science underlying them. The institute appreciates the performances of student teachers at the Annual Function by giving an award of “Late Gaurav Neeraj Jha Trophy” for “Contribution to Creative Science” in recognition of the outstanding work done by him/her during the academic year. This trophy is in sweet remembrance of Dr. Rajeev I. Jha’s late nephew, Late Gaurav Neeraj Jha, in whose fond memory he initiated this innovative practice. Each year students strive hard to achieve this title and compete for it.

This year the Science Corner took place at BTTC on 28th February, 2020, when Miss Jahnavi Doshi and Miss Arnaaz Shroff conducted an orientation to Science Corner for the class of FYBEd under the guidance of Dr. Rajeev I. Jha. This day is also observed as the National Science Day in India to mark the discovery of Raman Effect by Indian Physicist Sir C.V. Raman.

Thereafter, the Science Corner took place on three more days – 2nd, 3rd and 5th March, 2020, wherein 13 students of Science Pedagogy – 1 and 2, performed interesting experiments. Each student performed or demonstrated a minimum of 3 experiments and a maximum of 5 experiments. They also had to complete their demonstrations within the stipulated pre-determined time duration. These experiments were unique and eye-catching and students correlated the scientific principles to daily life applications.

Our principal Dr. Bhagwan Balani and other faculty members were also invited to observe and provide their valuable feedback to young student teachers. Dr. Raju Talreja tested the student teachers by asking them questions related to the principles and their implications. Dr. Neelu Verma and Dr. Priya Pillai also guided students by giving their valuable feedback on how one can improve their presentation skills and also appreciated the efforts of the students. Dr. Balani watched experiments with great zeal and provided a valuable feedback to students. Apart from the teachers, non-science students also gave their impressions on the acts and it was really great to see them in awe when students related basic experiments to everyday phenomenon. A collection of feedback from both the faculty members and the non-science students helped the performers to rectify their mistakes and prepared them for the upcoming challenges. Throughout the entire process of Science Corner, Dr. Rajeev I. Jha, acted as a catalyst, as a ray of light and hope for all the performers. He supported us and gave us ideas to improve our skills and motivated all of us to give our best.



with each passing day, one could see the enthusiasm and zeal among the students and also the eagerness of the non-science students to learn newer concepts. Science seemed like magic to them and with each passing experiment they gained insights about the principles behind that particular magic. Student performers used a method of PEOR which stands for Predict,

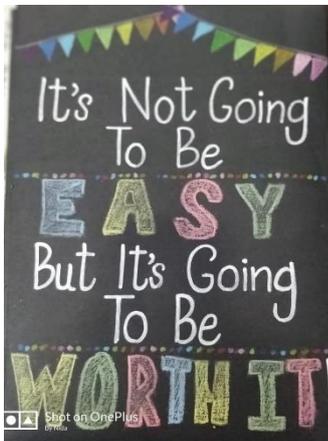


Explain, Observe and React/Respond. The student performers first asked the fellow student teachers to predict what would happen and then would ask them to observe the same. After observation they were probed for questions and their reactions were noted by the performers. This sort of method kept the class completely engaged and prevented them from distractions of any sort. This further facilitated the development of scientific temper, a NEP Core Value, among the student teachers. It created a fertile ground for a quest for knowledge among the non-science pedagogy students of the class.

Below are the names of students along with the experiments performed in 2019-2020:

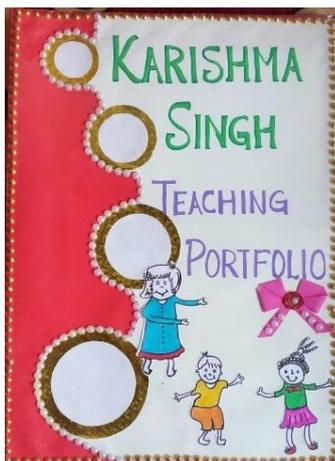
Roll No.	Name of Students	Name of Experiments
01	Beautikumari Modi	1. Pressure fountain 2. Lifting ice cube 3. Atmospheric pressure
02	Anju Konai	1. Metallic Odour 2. Homopolar motor 3. Electromagnetic train
03	Juwairiah Ansari	1. Blasting Balloon 2. Balloon Attraction 3. Flame Out
04	Sharmeen Ansari	1. Candle Seesaw 2. Smoke Waterfall 3. Thermocol Slime
09	Jahnvi Doshi	1. Walking Water 2. Immersed Flame out 3. Blow the balloon 4. Glitter germ
10	Melvina D'souza	1. Automatic water dispenser 2. Modern cannon toy 3. Kaleidoscope
12	Yashvi Gada	1. Colors with cabbage 2. Floating pong ball 3. Fountain in the bottle
20	Shraddha Jha	1. Soap powered model boat 2. Irregular pendulum 3. Spiral spinner 4. Magic bank
21	Pooja Kanojia	1. Dancing corn 2. Travelling water 3. Bubble inside bubble
25	Arshiya Maple	1. Scattering of light 2. See vibrations 3. Matchbox microphone
26	Uzma Maple	1. Shooting pepper 2. Centrifugal force 3. Air pressure on water
33	Preeti Rathour	1. Cloud formation in a jar 2. Live blood model 3. Ruler gets wider
45	Arnaaz Shroff	1. Floating orange 2. Invisible ink 3. Jumping fire

Student Portfolio

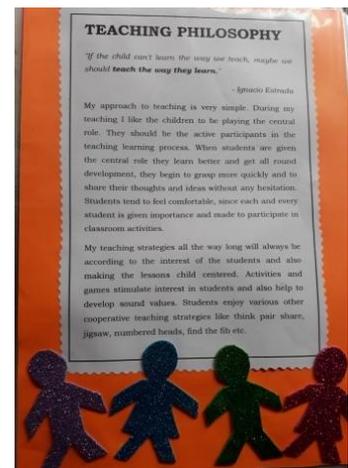


their hard work and tells a particular story about them.

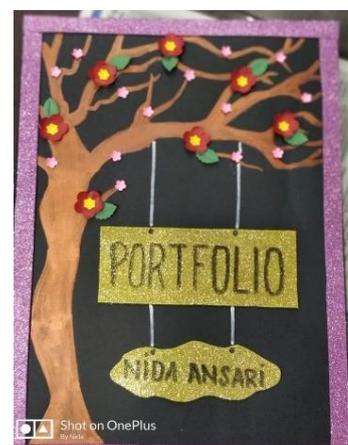
Bombay Teachers' Training College at its core promotes learning through reflection. The review and reflection on learning outcomes prove to be of great value in order to decide the new goals of learning. In order to achieve this objective the institution has designed and developed a format for individual 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 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



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 or achievements. It gives students a platform to show their talents and allows 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, 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 endeavour. It is a year-long celebration of achievements where students step outside with their head held high!



BTTC Week

This is an annual feature and a Best Practice of BTTC for over 40 years. It was rechristened 'Faagun' during the golden Jubilee year, 2019. Faagun is a week-long cultural festival that sees a number of intra-collegiate and inter-collegiate competitions. The campus is abuzz with activity during this entire week. A month before, when the preparations begin, the students take charge and contribute immensely to the organization of each of the days. Extempore, music, dance, rangoli, flower arrangement, cookery, stand-up comedy are few of the competitions held during the week-long celebration. It was initiated in an era when there was limited networking between various academic institutions.

Faagun - Day 1

Yoga Education- Giving Teachers an Edge- A Panel Discussion

BTTC Week typically begins with a Panel Discussion on a theme relating to a contemporary issue where the experts from various fields are invited to present papers and engage in discussion. This year BTTC organized a seminar cum workshop titled 'Yoga Education- Giving Teachers an Edge' in collaboration with Kaivalyadham. The chief guests were Dr. Ganesh N. Rao, Mr. Bernard Britto, Dr. Praseeda Menon and Mrs. Naina Daryanani from Kaivalyadham.



The occasion was graced by Mr. Kishu Mansukhani, president of the HSNC Board and Mrs. Maya Shahani, trustee of the HSNC Board. The guests were welcomed with a Lezim dance performed by F.Y.B.Ed students, followed by a prayer dance and lighting of lamp. The guests were introduced and felicitated by our I/C principal Dr. Bhagwan Balani.

Dr. Ganesh Rao, is highly acclaimed in the field of yoga in India and has conducted more than 20,000 sessions all over the world. He started the session by emphasizing the importance of yoga in our lives and on the development of the domains of the brain. The other speakers from Kaivalyadham threw light upon the advantages of practising yoga daily on our body, mind and soul. Later, Mrs. Naina Daryanani and Mrs. Mayuri Vohra along with other volunteers conducted a yoga workshop.

They demonstrated different yoga positions which students can practice within the classroom along with the teachers. The audience followed the sequence and performed the different yoga postures. After the workshop, there was a question and answer session during which aspects such as yoga improving hormonal imbalances, role of yoga in eliminating drinking & smoking addiction and introducing yoga education in schools, were addressed.

Jiye Munjhi Sindh Inter-collegiate Sindhi Dance Competition

The intercollegiate Sindhi dance competition Jiye Munjhi Sindh, was held in the second half of the day. The event started with Behrana sahib, a decorated bronze thaal on which the idol of Jhulelal is placed along with a Kunri (an earthen vessel) full of water and is covered with a red cloth. The judges, guests and faculty were an active part of the short procession which culminated with the distribution of prasad.



Ms. Jaishree Thawani, Mr. Roni Ahuja, Ms. Bhavna Rajpal and Mr. Ajit Manyal, the judges for this competition, were introduced and felicitated. The rules of the competition were read out along with the criteria on which marks were to be awarded. Eight teams from various colleges across Mumbai danced to the tune of popular Sindhi songs. The arduous hours of practice could be seen in every lithe individual action and synchronized group movement. The performances were mesmerizing and left the audience spellbound.

This was immediately followed by a skit on 'artificial intelligence' performed solely in Sindhi language by a group of proficient actors. The actors portrayed their emotions so beautifully that even those who did not have a grasp of the language were able to follow the interesting storyline.



The judges gave their impressions on the various group performances which were marked on criteria like musicality, style, dance moves, creativity, originality and execution. Jai Hind College secured the first place, H.R. College the second and Seva Sadan College the third place. The prize distribution ceremony was followed by the vote of thanks. The event concluded with Pallav, a prayer invoking God's blessings and Sindhi Dhuni.

Faagun Day 2

Inter- School Poetry and Poster Competition – Primary Section

Painting is silent poetry and poetry is eloquent painting.

A very apt quote justifying the ideas of BTTC fest, FAAGUN 2020. During the latter half of the 2nd day of the fest, the college organized an inter-school poetry and poster competition for elementary students.

Our Principal Dr. Bhagwan Balani felicitated and welcomed the Honorable Judges Ms. Mridula Chandra, Mrs. Archana Deshpande and Dr. Yogesh Anvekar. He also spoke a few lines to motivate the participants and shared the importance of simplicity in poetry.



Under the efficient guidance of Dr. Meenakshi Lath and Dr. Neelu Verma, the poetry competition commenced at full force. The competition rules were read out. There were 11 teams with 2 participants each from various schools. The contestants were all smiles and full of exuberance, yet anxious and restless until it was their turn to recite on stage. Every recitation was heart touching and left us with a message or something to ponder upon. As the Poetry Recitation competition progressed, simultaneously, the Drawing Competition was held in the library on the 8th floor. It was refreshing to watch Creative minds and tender hands in action on the theme “Super Heroes to Save the Planet.” Teachers at BTTC – Dr. Lubna Mansuri and Dr. Raju Talreja were supervising and motivating the young artists along with the judges Mr. Sohan Kumar Choudhary and Ms. Megha Mayank.

The participants and their teachers expressed gratitude for the opportunity provided to hone and portray their talents while learning from others. It was delightful to watch these young adults perform and win the day. As one of the judges rightly said at the end, “Every participant who gave their best is a winner today.”





Faagun - Day 3

‘HUM -TUM’ – Duet Dance Competition

There are shortcuts to happiness and dancing is one of them. BTTC believes in spreading happiness one way or another, and what better way than dance!

On the third day of the BTTC Fest Faagun, the college organized an inter- collegiate duet dance competition – Hum Tum. The morning resonated with spirited rhythm and foot tapping music, creating an electrifying ambience. The competition was judged by Mr Surya Suthar and Ms Anjali Modani, two highly respected people who have contributed greatly to the field of dance. The inaugural function commenced with the lighting of the lamp by the judges and other dignitaries.

Pairs from the 10 participating colleges, arrayed in colourful costumes, twirled around setting the stage on fire with their thrilling performance. Some even made use of interesting props like hats, colours, and sticks. There were diverse performances on a wide spectrum of songs and different forms of dance like folk, hip-hop, Bollywood, freestyle etc. One of the performances conveyed a social message on women empowerment which won the hearts of all onlookers. The choreography, rhythm, synchronization and presentation of the participating teams were outstanding and this was evident from the appreciative applause of the audience and the effusive words of praise from the judges.

The winner trophy of the inter- collegiate duet dance competition was bagged by none other than Huzefa Attaree and Arnaz Shroff, the duo from Bombay Teachers’ Training College. The first runner up and second runner up position was awarded to All India Khilafat College of Education and, Royal College of Education and Research for Women respectively.

The event concluded with the judges encouraging participants to enhance their talents, enter more such competitions and simply have the time of their lives on stage.





The Most Promising Teacher Intercollegiate Personality Contest

“Beauty attracts the eye but personality captures the heart”.

The power-packed ‘Hum Tum’ duo dance performances held in the first half of the day, set the pace for the much anticipated intercollegiate personality contest, aptly named ‘The Most Promising Teacher’. Excitement levels went up several notches as the audience settled down to watch the personality contest and cheer for the participants.

This competition extends a platform to bona fide first year students of B.Ed. colleges to showcase their talents, presence of mind and confidence on stage. The competition had three rounds, the first being a creative self-introduction session where participants had to make a selection from a prescribed list containing words and names of celebrities. They had to choose one that they felt most closely represented their personality traits. The second was the Question and Answer round, in which both the judges and the participants were asked to randomly pick a coloured tennis ball from a bag. The judge who chose a ball that corresponded with the colour picked by the participant, got to pose a question. The participants promptly rose to the occasion by giving answers that were intellectual and relevant. The final round was the catwalk, where participants walked the ramp with grace and poise to some entertaining upbeat tunes.

The experienced and versatile panel of judges included Dr Shefali Pandiya, Ms Guddi Advani, and Ms Simran Ahuja (Miss India 2013). They assessed each individual on different parameters like creativity, presence of mind, communication skills, grace, and intellect to name a few. The competition had strong contenders making it tough for the judges to decide on the winners. This year, Ms. Natasha from Pushpanjali College, aced all the given parameters with her charming personality and intriguing responses and was unanimously crowned with the title ‘The Most Promising Teacher’. Ms. Josica and Ms. Sarah Asda won the 1st and 2nd runner up respectively. The rotating trophy was awarded to Pushpanjali College represented by Ms. Natasha and Ms. Josica.



Faagun - Day 4
Puppet Show Competition
We are All Puppets Here...

Puppetry is an ancient traditional art form which is still active in almost every culture. Used in different contexts for spiritual and cultural training, it is also considered an inventive educational tool. Puppetry takes many forms, but they all share the process of animating inanimate objects to tell a story. The fourth day of Faagun, 06th February 2020, heralded the much-awaited intra-class Puppet show competition for the students of ECEP. A few days before the competition, a puppetry workshop was conducted by Ms. Rinti Sengupta during which training was given to ECEP students on voice modulation, creation and manipulation of puppets etc. Puppetry is an important methodology for ECEP students who mainly teach children at the primary level. These younger children with their vivid imagination, react especially well to this method of teaching.



The programme commenced with the lighting of lamp by I/C Principal Dr. Bhagwan Balani and the dignitaries. This was followed by a prayer dance performed by students from F.Y.B.Ed. The competition was judged by a professional puppeteer, Ms. Rinti Sengupta, also known as Hands'ntories. The second judge was Ms. Pratima Patki, a professor at M.K. Sanghvi College. After the introduction of the judges, the rules of the competition were read out. The comperes for the event, Zoshima Mendes and Sumaiya Qureshi, scripted and hosted the event in a very unique manner. They used sock puppets, humorous dialogues and amusing voices to entertain the audience throughout the event.

The show saw some extraordinary performances by the very talented students of ECEP. There were 4 teams who participated, each with around 8-10 members and each performance was centred around a theme. The themes were 'Healthy foods bless us and Junk foods mess us', 'We love we share, we love we care', 'Showtime' and 'Warriors of Dholakpur'. Group D who depicted the characters from Chhota Bheem enthralled the audience and judges with their performance. They were awarded the 1st prize and Group C was awarded the 2nd prize.



After the performances, the judges addressed the audience, shared their impressions and Ms. Sengupta provided feedback on areas for improvement. Dr. Bhagwan Balani addressed the audience and expressed his appreciation of the efforts taken by the ECEP students. The vote of thanks was proposed by Dr. Mandeep Kochar.



Faagun – Day 5
Sports Day
All it Takes is All You Got

“Sports inculcate something in you that no institution, family or friendship can. A quality that eventually emanates from you, something called Sportsmanship.”

Sport has the power to provide a universal framework for learning values. It can act as a springboard for social transformation, a gateway to rounded development and can boost self-esteem and confidence. Bombay Teacher’ Training College is actively engaged in the promotion of all core values triggered by sport such as equality, inclusion, perseverance, respect, and fairness.

Sports day, the concluding event of Faagun (BTTC week) was celebrated on 07th February 2020, with great enthusiasm and a keen spirit of sportsmanship. The students assisted with the preparation of the two race tracks and the shot-put circle. Students were encouraged to participate in all events like 100m and 200m Sprints, Relay, Shot put, Lemon and spoon, Potato and, Three-legged race. These engaging events helped students to channelize their abundant energy into something constructive. The overwhelming response resulted in qualifying heats being held for most events. The shortlisted winners from each of the heats, then participated in the finals.

The faculty members were actively involved in the overall preparation. They identified the winners of every race, fostered healthy competition and were the motivating spirit spurring students to persevere. The light refreshments provided by the college were a welcome treat for all. The winners in the first, second and third position were awarded certificates to the sound of applause and rousing cheers from the onlookers. The concluding event was the Box Cricket League which was open to all classes. The S.Y.B.Ed team with their batting and bowling skills were the exuberant winners of this league.

Sports requires discipline, assertiveness, the ability to work as a team and a willingness to compete without fear of failure. The students exhibited all these traits as they energetically engaged in the events held on Sports Day.





Morning Musings - A Refreshing Way to Start Each Day

'When words of wisdom are spoken in the sun, they have the power to change lives in myriad golden ways.'

'Musing' means describing something that is reflective or thoughtful. It means throwing more light on prevailing topics. Bombay Teachers' Training College has a practice of conducting musings every morning after the college prayer is recited. Being a leading college in the arena of teacher training, the topics discussed relate to the field of education and are selected with the aim of encouraging contemplation and deliberation.

A variety of topics are covered, ranging from the role of parents in education to politicization of textbooks. Students shared their views on important topics like traditional classrooms, mental health of students, corporal punishment, etc. The topics are chosen after extensive research and are backed by ample evidence. Before presenting the topic to the class, the student gathers evidence from case studies and research papers and thoroughly cross-checks all facts. There is a healthy discussion after the speaker presents the topic. Questions are asked, discussions are held and feedback is given. The entire class participates by giving their views.

Mornings musings are conducted to boost self-confidence, to create awareness, gain an understanding and enhance knowledge about a wide array of issues. Musings not only imparts knowledge about prevailing issues but also spark some curiosity for finding solutions.

The ability to speak in front of people without quaking or stuttering is an indispensable attribute of a teacher. Morning musing is one of the many ways to help build this confidence in students.

A small positive thought in the morning can change the whole day and many positive thoughts together can change an entire life.



Yoga: The External and Internal Purifier

Yoga is the artwork of awareness on the canvas of body, mind, and soul. It brings together physical and mental disciplines with the purpose of achieving harmony of body, mind and soul.

Isha Foundation is dedicated to raising human consciousness, and fosters global harmony through individual transformation. At the core of the Foundation's activities is a customized system of yoga called Isha Yoga. This form of yoga distills powerful, ancient yogic methods for a modern person, creating peak physical, mental, and emotional wellbeing. Here, yoga is taught in its full depth and dimension, and communicated on an experiential level.

On Saturday, 20th July 2020, volunteers from Isha Foundation came to BTTC to conduct a workshop on Yoga for the students of S. Y. B. Ed. Yoga mats covered the floor making it easier to perform asanas. The class was filled with positive energy and peaceful vibes. Meditation was followed by a set of exercises demonstrated through videos. The volunteers explained the importance of each exercise and the best time to perform them. Some of the exercises were difficult to perform but with the assistance of the volunteers it became easier. The exercises commenced with a full body warm up session encompassing hands, neck, legs and back. At the end, the students were led into a calming meditation session guided by the voice of Sadhguru. It invoked a feeling of escaping from reality to meet the higher self and of being in harmony with the Universe. After the session the volunteers distributed pamphlets inviting students for future yoga workshops conducted throughout Mumbai.

The session provided useful tips on how to attain physical, mental and spiritual well-being. These tips help to deepen life experiences and provide the impetus to reach one's potential. At BTTC, it is ensured that values are inculcated not just through curricular, but also through co-curricular activities.





Kargil Vijay Diwas

On 26th July, 2019, students of B.Ed & D.El.Ed of B.T.T.C celebrated the 20th Anniversary of 'Kargil Vijay Diwas' through a special screening of the Bollywood film 'URI: The Surgical Strike' at Regal Cinema, Colaba. To promote nationalism, the state government had organized special screenings of this film at over 500 theatres across the state. This day is celebrated annually in honour of the brave soldiers of the Indian Army who sacrificed their lives to keep India safe.

Uri is all about national pride, power and patriotism. The film is based on the 2016 Indian Army's surgical strikes on terror launch pads, across the Line of Control. These strikes followed post an attack on an army base in Jammu and Kashmir's Uri, during which 17 soldiers were killed.

As a student the lessons and the qualities which we learnt through the movie include Team work at multiple levels, Planning and execution, Motivation, Communication, Emotional Quotient and its power, Coordination and the Role of technology in achieving goals.

We enjoyed Vicky Kaushal's brilliant performance, Aditya Dhar's superb direction, Mitesh Mirchandani's stylish cinematography with its wonderful background score and sound design. Most importantly was the war cry, 'How's the josh? High, sir!' which caught on in a big way.

This tagline worked wonders for the film but it isn't merely a tagline for film lovers anymore. Even the top political brass has taken to it. When India won the match with New Zealand, BCCI officially asked "How's the josh? High, sir!!!" That is the impact this movie has had on viewers.





Independence Day Celebrations Independent Since 1947

H(S)NC BOARD'S
BOMBAY TEACHERS' TRAINING COLLEGE, COLABA
Organizes
73rd Independence Day Celebration
On Thursday, 15th August 2019 – 9:00am to 10:00am
9th Floor Lecture Hall, Bombay Teachers' Training College, Colaba

Team

Participants:
Vidhi, Priyal, Aditi, Swathi, Jharna, Komal, Aakash, Angel, Dhruvan, Divya, Karishma, Shivani, Bhagirathi, Arin, Theresa, Raani, Zoshima, Twinkle, Karishma S, Michelle, Maitri, Sneha (S.Y.B.Ed)
Sahima, Jennifer, Inshira, Taiyba, Ankita, Shraddha (M.D.Ed.Ed)
Jhanvi, Jheel. (E.C.E.P)

Decor Team: Fatema, Bhoomika, Gayatri, Ashwini (S.Y.B.Ed)

Comparing team: Madiya Shrewala & Nida Ansari (S.Y.B.Ed)

Preparation of Invitation card: Ruchi Gandhi (S.Y.B.Ed)

Photography: Ruchi Gandhi (S.Y.B.Ed)

Programme In-Charges:
Dr. Manishka Tyagi
Dr. M. A. Ansari

Student In-Charges:
S.Y.B.Ed Council: Bhagirathi, Harika, Jharna, Samruya, Suran
D.X.I.Ed. Bhanu, Bheki, Khya
E.C.E.P.

Dr. Bhagwan Balani
IC PRINCIPAL

Bombay Teacher’s Training College organized and celebrated the 73rd Independence Day on 15th August 2019. The college is highly known for its prestigious uniformity and celebrations. Marching with the intense tones, and maintaining the sanctity before the unfurling of the Tri-color, which as the tradition follows was honored by the In-charge Principal Dr. Bhagwan Balani followed the National Anthem, which was sung by every heart honoring the Motherland.

An auspicious and traditional and tri -color day got added with numerous other colors those with the sacrifices of our Great Heroes, The Struggle of Indian Independence and the struggles faced due to the social hindrance present today. The two comperes for the day and the performers from all the courses added a taste of *Cultural Diversity* and *Unity*.



Leaving nothing on the beach, but footprints...
International Coastal Cleanup Day

Every year massive tonnes of waste wind up in the oceans, and is in turn washed up on beaches across the globe. A large percentage of this waste is composed of plastic material that takes between 20-500 years to decompose and is hazardous to marine life. To help protect and conserve the ocean, the International Coastal Cleanup day is conducted in the third week of September, every year, in various parts of the world under the aegis of United Nations Environment Programme (UNEP) and South Asia Co-operative Environment Programme (SACEP) in the South Asian Region.



The Indian Coast Guard who has been coordinating this activity in India since 2006, organized a Coastal Cleanup drive on International Coastal Cleanup Day (21 September 2019) at the Girgaon Chowpatty beach, Mumbai. A voluntary mass cleanliness drive was carried out by ICGS under the theme 'Swachh Bharath Abhiyan'. Essar Ports and Essar Shipping actively supported the Indian Coast Guard in this endeavour. Armed with caps, gloves and trash bags over 1000 volunteers from different schools, colleges, NGO's and the corporate sector participated wholeheartedly in cleaning up the areas in and around Girgaon Chowpatty beach.



Amongst the many volunteers were the students of Bombay Teacher's Training College who wholeheartedly and with determination bagged scraps of litter and dragged heavy water logged wooden structures across the shore to the pickup points. BTTC believes that education is not restricted to four walls and this cleanliness drive allowed us to translate classroom teaching to practical application aimed at addressing various societal issues. The clean-up drive was a huge success with the beach being restored to its full glory.

As rightly said by Bill Clinton, we know that when we protect our oceans, we're protecting our future. So, let's be part of the solution and not part of the pollution.



Speak Up, Speak Out

HSNC Board Intercollegiate Elocution Competition

The 6th intercollegiate elocution competition organized by HSNC board was held on 28th September 2019 at Nari Gursahani Law College, Ulhasnagar. The guest of honour was Dr. Rashmi Oza, Professor, Department of Law, University of Mumbai.

The topic for the competition was "**Gender Neutral Parenting - Need of the Hour**". There were 11 participants who fluently provided their views on the topic. Awards were given to the two best speakers. The 1st prize for best speaker was awarded to Mr. Shashwat Sharma from HR College and the 2nd prize was awarded to Mrs. Bhagirathi Arvind from Bombay Teachers' Training College.



Acing the Art of Elocution

Intercollegiate Elocution Competition at K.R. Cama Oriental Institute

An inter-college elocution competition was held on 28th September 2019 at Modi Hall of K.R Cama Oriental Institute. The topics were thoughtfully selected and very relevant in this day and age. The topic assigned were 'Facts and fictions in the Saga of Jallianwala Bagh massacre', 'The ban on beef and its problem for farmers' and 'Analysis of the Perks of Being an Indian politician'

Ms. Madiya Sherwala from S.Y.B.Ed represented Bombay Teachers' Training College and chose to express her views on the topic 'Analysis of the Perks of Being an Indian politician'. Her speech was thought provoking and succinctly articulated. All the participants performed exceptionally well. The event culminated with words of encouragement by one of the judges Nawaz Mody, the Joint Honorary Secretary. The 1st prize was awarded to R.N. Podar College. The competition provided a glimpse of the varying perceptions held by different speakers and gave them an open platform to confidently put forward their views on these contemporary topics. It was an insightful experience for all participants.





International Teachers' Day Celebration To Our Guiding Lights

Bombay Teachers' Training College celebrated 25th World Teachers' Day on 4th October 2019. There was a lot of excitement across the campus. The celebration began at 10:30 am with the lighting of the lamp by the Principal Dr. Bhagwan Balani. The program kicked off with a dance and an introductory speech by the students. It was followed by a marvelous act put by the E.C.E.P. students called Evolution of Indian Education System.

Various games were conducted for the teachers and prizes were distributed to the winners. This was followed by a Fashion show cum parody put up by F.Y.B.Ed. Students.

Then followed a skit "A Twist in a Tale" which was performed by the S.Y.B.Ed. students and a small play by the students of class F.Y.D.El.Ed on Thoughts of children during class, which was quite enthralling.

Its was followed by a standup comedy by the students of S.Y.B.Ed as Prafful and Hansa, which truly elated the crowd. Then the students of class F.Y.D.El.Ed performed a dance on the Teachers' importance. This was followed by the Bollywood Teachers Act, where the teachers had to guess the movie.

The student representatives felicitated all the teachers on behalf of students of all the classes at BTTC. Dr. Bhagwan Balani, addressing the entire college, lauded the staff and students for their exemplary contribution to the phenomenal event. We dispersed on a note that such events, which provide a platform for students to showcase their talent, should be organized again.





National Seminar
‘Sindhayat and Ideology of Sri Guru Nanak Dev Ji:
Leading to A Virtuous World’
(In Collaboration with GHG Khalsa College of Education)

When the day begins in the house of God, love and spirituality, the day ends with enlightenment. Such was the auspicious day of 18th October 2019. Bombay Teachers' Training College in association with Sri Guru Singh Sabha and in collaboration with Khalsa College of Education and GHG Khalsa College of Education, organized a National Seminar on ‘Sindhayat and ideology of Sri Guru Nanak Dev Ji: Leading to A Virtuous World’. The event was destined for greatness, having been blessed by the ideas

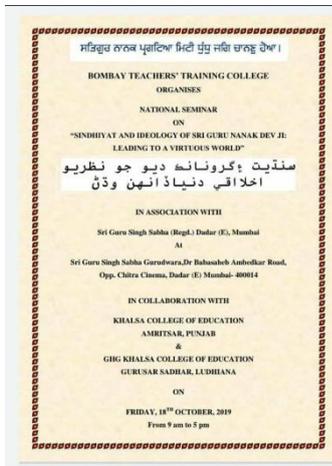


behind it and the tenacious efforts of all those involved. Apart from the call for celebration of 550 years of Guru Nanak Devji, another monumental event occurred parallel to this; the coming together of and harmonizing of multiple religions before the Guru Granth Sahib, displaying the true identity of India; Unity in Diversity.



Dr Mandeep Kochar of Bombay Teachers' Training College kick-started the event by welcoming one and all. This was followed by prayers and distribution of Prasad. The guests of the Gurudwara were privy to the surreal music by Ragi Jatha of Sri Guru Singh Sabha Gurudwara, Dadar. There were goosebumps felt as the Kirtan reverberated through the hall. Dr Seema Chopra, a representative of Brahmakumaris, took to the podium next. She quoted multiple religions, their meaning and the influence that education wields across the

world. As future educators, her words struck a deep chord and made us ponder about the strength of the noblest profession - teaching. Following her prized words was Arambh Ki Ardaas by Sri Anand Mirchandani, a man who embodies the teachings of Sri Guru Nanak Ji. He went on to share inspiring words with the audience. Swami Prabhu Dr Sura Das, president, ISKCON, Kharghar, the next dignitary to talk to the guests shared words that were insightful, full of wisdom and transcended barriers. He spoke of all religions, the meaning of God, Goddess and their relation to mankind.



After the speeches by the dignitaries, the book was released and felicitation of guests took place. This held a special place in the hearts of one and all as it was the first book to be released by Bombay Teachers' Training College in the presence of the Guru Granth Sahib, within the walls of the Gurudwara. A memorable moment to say the least.

Dr Rajwant Singh, Director, Founder and President of EcoSikh spoke to the guests. His views on Climate Change transported us to the United

Nations speech of Greta Thunberg. Dr Hema Bagla, Principal of K.C. College, shared stories from her



childhood and the presence of prayers and meditations in her life. She talked about diversity, comparing mankind to pots and the beauty in the variations of the work of God, the one Potter. Her message to the future teachers was plain and simple - "You must be very careful of your actions because you are role models to all your students. You may not know now, but when you meet students after years, in different cities, countries and parts of the world, they will remember something you did even when you do not remember doing that very thing." As always, she was the epitome of contemporary wisdom.



The next speaker was Mr. Bhajan Singh, Representative of Singh Sabha Gurudwara and Dashmesh Darbar. He reiterated that superficial behaviour was baseless and the true spirit and identity of an individual could be developed only after studying the syllabus, where syllabus meant being aware of and imbibing the true meaning of religion, rather than the superficial one.

Next up was Mr. Narendra Singh Ji who spoke of Sikh Initiatives. He defined the word 'student' and proved how a student is a disciple and is not constrained by factors such as age. In his words, " Student seekhta hai, aur sikhata hai." The ever radiant and graceful Dr. Maya Shahani, Trustee of HSNC Board

addressed the guests next. Her speeches, always anecdotal, were much welcomed. She spoke of the divisive ways of the world at present and shared the true meaning behind "Ik-Onkar Sat Naam" and the progressive work of the Thadomal Shahani Centre for Management. College students performed their melodic songs courtesy "Anhad Naad" School of Music. The programme came to an end with Kirtan and Aarti composed by Sri Guru Nanak Dev Ji and performed by Bhai Gurbaksh Singh Ji.



Upon the completion, the guests made their way to the langar hall and thanked the almighty and the Gurudwara for the sumptuous feast.

The management, faculty and students of Bombay Teachers' Training College along with dignitaries and speakers made their way to the seminar hall of the Gurudwara for paper presentations. The theme of the National Seminar resonated in each paper presented. Dr Manu Chadha of GHG Khalsa College of Education, Ludhiana, presented the first paper on Ethics of Guru Nanak Dev Ji. The content was profound and paid homage to the words spoken by the dignitaries earlier in the day. Nishi Kumar of St. Xavier's Institute of Education presented next on Guru Nanak as a Crusader of Humanity and Awareness about Guru Nanak in her institute. Dr Pargat Singh of GHG Khalsa College of Education, Ludhiana, presented his paper on Environmental Crisis: Relevance of Guru Nanak's teachings. He spoke at length about the issues at hand, and how, with the correct intervention it could be avoided. Dr Manjeet Sahmbey of H.J. College of Education presented her paper on Relevance of the Seer Guru Nanak Devji in modern times. Along with critiquing the addiction to social media, the paper dealt with the on goings of modern times with versatility. Dr Jasleen Kaur of GHG Khalsa College of Education, Ludhiana, presented the last paper of the day on the topic Guru Nanak: World Teacher. After hearing about the enlightened work of Guru Nanakji, calling him a world teacher is befitting, to say the least. The papers were presented with passion and respect keeping in mind the theme of the National seminar and the aura of the venue.

After the presentation of papers, the guests shared a few words and were felicitated by Dr Bhagwan Balani, I/C Principal of Bombay Teachers' Training College. He shared some insightful words with the guests, all of whom respect his kindness and zest for life. Everyone then made their way to the hall for Anand Sahib, Ardaas and Samapti.



Upon exiting the Gurudwara, the resilience and tenacity of Sikhism engulfed us as volunteers of EcoSikh presented a sapling to every guest with the hope that each planted sapling will one day provide clean air and shade to 10000 of our posterity. That is the progressive nature of Sikhism.

"Even Kings and emperors with heaps of wealth and vast dominion cannot compare with an ant filled with the love of God" - Sri Guru Nanak Dev Ji.



National Workshop

‘Effective Life Skills: Empowering Teachers for Success’

Life skills have been defined as “the psychosocial abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life” (WHO). Life skills are essentially those abilities that help promote mental well-being and competence in students as they face the realities of life. Developing life skills helps adolescents translate knowledge, attitudes and values into healthy behaviour.

In today’s world, teachers need to be equipped with effective tools and resources to nurture the growth of social and emotional intelligence necessary for students to succeed. With its unwavering focus on providing teachers with these resources, Bombay Teachers’ Training College (BTTC) in collaboration with G.H.G. Khalsa College of Education, Ludhiana hosted a National Workshop on 19th October 2019 on the theme *‘Effective Life skills: Empowering Teachers for Success’*.

G.H.G. Khalsa college of Education located in Gurusar Sadhar, Ludiana, offers qualitative teacher education to meet the ever impinging demands of 'knowledge society', to contribute towards 'knowledge economy', preparing teachers who are 'reflective' and 'affective' practitioners equipped with IT tools, fit to economically survive in the globalised & competitive 'educational world' at the local, regional, national and international levels.

This interactive day-long workshop was designed to equip teachers with strategies for managing their own well-being and the tools to bring 21st century skills into the classroom. During this high energy workshop, five expert speakers covered numerous techniques which were aimed at helping young learners make informed decisions, solve problems, think creatively and critically, communicate effectively, build healthy relationships, empathise with others, cope with challenges and manage their lives in a healthy and productive manner.



acquiring a hobby, avoiding isolation, discussing issues with family or friends and self-affirmation in front of the mirror.

She concluded with a quote by James Baldwin “Not everything that is faced can be changed but nothing can be changed until it is faced.”

Dr. Pargat Singh Garcha, Assistant Professor at G.H.G. Khalsa College of Education introduced another essential life skill - Critical Thinking. According to Margret Mead “We need to teach children how to think rather than what to think.” Children today are absorbed with their phones and don’t get enough time to reflect. He said that as educators, our task is to provide education but in this digital age, teachers, parents and students are drowning in information, while starving for wisdom. Knowledge however, can translate into wisdom which in turn translates into success.

Dr. Garcha highlighted that knowledge is often spoon-fed in teacher dominated classrooms and as a result, students lack thinking skills. Schools need to move away from ‘What and Why’, and this would only be possible through the use of ‘How’. It involves employing higher order thinking skills of analysing, evaluating and reasoning. It can make a positive difference, both personally and professionally and has the power to not only change lives but also to make the world a more rational and reasonable place. Dr. Garcha explained that critical thinking skills can be improved by asking critical questions starting with the ‘5 Ws’ that any good investigator asks: Who, What, Where, When & Why and finally, considering the implications. He shed light on the many barriers to developing critical thinking such as egocentrism, socio-centrism, unwarranted assumptions, wishful thinking and relativism.

He ended with a quote by Gabriela Mistral, “We are guilty of many errors and many faults but our worst crime is abandoning the children, neglecting the foundation of life. Many of the things we need can wait but the children cannot. Right now is the time his bones are being made, his blood is being made and his senses are being developed. To him we cannot answer tomorrow, his name is today.”

Dr. (Mrs.) Jasleen Kaur, Assistant Professor at G.H.G. Khalsa College of Education, focused on the life skill ‘Empathy’ which is the ability to know and feel what another is feeling and the ability to respond with sensitivity to their suffering. Empathy is also associated with ‘Altruism’ - the desire to help another person even if it involves a cost to the helper and, to ‘Prosocial Behaviour’ – any act



performed with the goal of benefiting another person.

She explained that empathy can be categorised into affective empathy, which is the ability to understand another person’s emotions and respond accordingly. Cognitive empathy is being able to understand another person’s mental state and what they might be thinking in response to a situation and finally, somatic empathy which involves having a sort of physical reaction in



response to what someone else experiences. People often lack empathy because they fall victim to cognitive biases; they tend to dehumanise victims and blame the victims. It is thus imperative to foster empathy in children through simple methods like encouraging empathy through stories, supporting empathy education in school, helping children find their ‘inner hero’ and developing moral identity. Dr. Kaur shared strategies on inculcating empathy in students and the foremost one is to model empathy. It is imperative to stress the importance of exhibiting empathy for people beyond immediate friends, including those who are different and those who are too often, invisible. Students should be given specific guidelines for unacceptable language and behaviors and slurs or hurtful language should be banned even when said ironically or in jest.

Dr. Jasleen Kaur was recently awarded the 1st runner up in the 2019 Mrs. Punjaban competition. She captivated the audience with an amazing dance performance to the song Punjabi Mutiyaran. Faculty members and students from the audience soon joined her on stage and the entire auditorium was zinging with energy.

Dr. BK Seema Chopra radiating serenity, spoke about the power of Spirituality. She explained that teachers are not merely instructors; they are the embodiment of values and spirituality who inspire students to improve their consciousness. Teachers improve their consciousness when they identify with self instead of body, understand the value system and act accordingly to live a value-and-spirituality based life.

She described the soul as a point of light that resides in the centre of the forehead between the eyebrows and the process of connection or union of the soul with God. Dr. Chopra beautifully elucidated the techniques of meditation and the importance of maintaining a relationship with God in our day-to-day life. To bring body, mind and soul in sync, it is essential to make time for meditation. Moreover, she said that when students meditate after a study session, knowledge is retained more effectively.

She led the audience into an immersive meditation session which focused on breathing and associated sensations. The brief yet exceptionally refreshing session and her inspiring words were instrumental in helping the audience recognise the importance of incorporating meditation in their daily routine.

This National workshop was designed to equip teachers with strategies for managing their own well-being and the tools to bring 21st century skills into the classroom. It provided participants with knowledge and strategies that can be incorporated in their teaching practices so that the children of today get an education which contributes to their well-being, adds a new dimension to their personality and empowers them to meet the many challenges of life.



Visit to Sadhu Vaswani Mission Centre

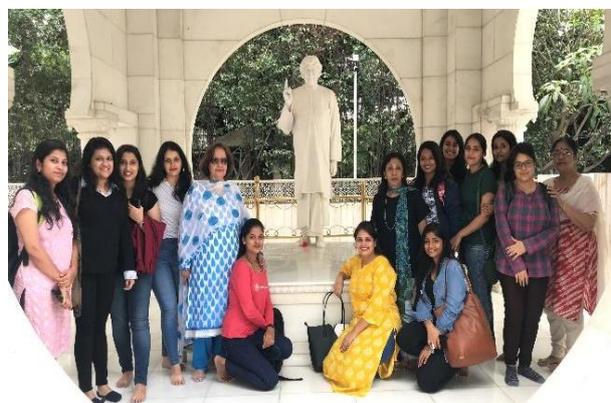
“True love is sacrifice. It is in giving, not in getting, in losing, not in gaining, in realizing, not in possessing, that we love” – Dada J. P. Vaswani

Sadhu Vaswani Mission believes that life must have a spiritual orientation and that ‘the others are not apart from us; we are all part of One Whole’. To allow students to experience this beautiful philosophy, Bombay Teachers’ Training college arranged a visit to Sadhu Vaswani Mission Centre, Pune on 6th November 2019. The early morning bus journey brought back fond memories of childhood picnic days and just like back then, we played games and snacked on edibles provided by the volunteers. The bus echoed with the divine words “Dada Shyam”, often spoken in greeting or when starting a new journey.

Sadhu Vaswani Mission Centre is a lush green sprawling expanse replete with a meditative air. As a practice, every person visiting, first does Sadhu Vaswani’s samadhi ‘darshan’ before moving onto any further activity. We sought his blessings and then proceeded to the museum located on the first floor. Called the Darshan Museum, it recreates Sadhu Vaswani’s biography with state-of-the-art technology. The rooms are creatively structured, with a good balance of props, paintings, high-definition visuals and light effects; a beautiful blend of art and technology. His life story unfolds from one room to the next, beginning from childhood, covering his decision to lead the life of a fakir after his mother’s demise, and moving finally to his old age. It innovatively shows how different situations transformed his thoughts. It mentions his meeting with Rabindranath Tagore and his support of Gandhiji’s non-cooperation movement. The biographical journey eventually leads visitors to the ‘kutiya’ where he spent his final days. An oil lamp has been kept burning there ever since. A couple of illustrations from Sadhu Vaswani’s life are depicted using 3D holographic images which left us awestruck. The best part was the ‘interactive’ session at the end, where Sadhu Vaswani answers some pertinent questions from the ‘audience’, a realistic audio coming from different sides of the seating area.

After lunch we met a wonderful lady, who told us about the opening of a school where they teach village children from economically backward classes for free. They do not compromise on teaching material and have the best teachers who provide good education, as well as, teach good life lessons to these students. It was very inspiring to listen to her experiences with these students.

We were thankful to the college for giving us the opportunity to experience the spirituality and serenity of the Sadhu Vaswani Mission Centre.





Workshop on IB – PYP

Learning to Prep Young Minds

Saturday, 9th November 2019, Bombay Teachers' Training College organized a seminar on International Baccalaureate-Primary Years Programme. Mr. Sarosh Baria who is an alumnus of BTTC has been graciously conducting this session every year with the soon to be teachers. Students at BTTC were excited to get some live insights and exposure of teaching learning process in an International Baccalaureate School.



Sarosh sir started his seminar with a brief introduction about what Primary Year Program (PYP) is all about and what it takes to teach students in an IB curriculum setting. The entire session was based on activities, interaction and group involvement where everyone had their own individual take-aways. He started the seminar by letting us research the meaning and differences between the terms 'Climate and Weather'. The discussion kept on getting more immersive and more interesting as it progressed. Later, we were asked to interview people from different age groups during the next half an hour and find out how much they knew about climate change in the past few decades. It was really an illuminating experience.



The trans disciplinary themes around which PYP revolves, such as- Who we are, Where we are in place and time, How we express ourselves, How the world works, How we organize ourselves and Sharing the planet... were discussed and understood. We also the understood the importance of striving for inquirers, knowledgeable, thinkers, communicators, principles, open-minded, caring, risk-takers, balanced and reflective in IB teaching and learning.

For teaching of interdependence of plants, animals, nature, environment on each other, just like a typical IB setting, Sir made us play a game 'Life Cycle' where few volunteers were called up on stage, their hands were tied together with one rope and then were told to move in whichever direction they wished. The audience saw that movement of one factor affected other factors too. Sir also shared various inspiring stories including that of a boy whose thoughts provoked him to donate money and how he organized a grand birthday party to make the boy's dream come true.

Several teaching aids were also shown like a piece of meteor, tooth of a shark, diamonds, sun glasses, an insect inside ruby and various DVDs of inspirational movies like Auschwitz, The imitation. We were also informed that students in PYP demonstrate appreciation, commitment, confidence, cooperation, creativity, curiosity, empathy, enthusiasm, independence, integrity, respect and tolerance. Various skills such as critical thinking, research, communication, social skills and self-management skills are inculcated in PYP. The session concluded with



Girija Wadhwa (S.Y.B.Ed.) thanking Sarosh sir on behalf of the students for his words of encouragement to bring out the best in the future teachers. The I/C Principal Dr. Bhagwan Balani and faculty members of BTTC Dr. Meenakshi Lath, Dr. Manisha Tyagi, Dr. Mandeep Kochar, and Dr. Rajeev Jha presented a memento and felicitated Mr. Baria.

The young teachers were thankful to their I/C Principal Dr. Bhagwan Balani for organizing such an exhilarating seminar and Sarosh Sir for sharing his experience and knowledge of IB- PYP over the years in different ways and methodologies of teaching.





National Education Day Seminar

Challenges and Opportunities: Implementing the National Education Policy 2019

“Education imparted by heart can bring revolution in the society” – Maulana Abul Kalam Azad

National Education Day is an annual observance in India to commemorate the birth anniversary of Maulana Abul Kalam Azad, the first education minister of independent India. To celebrate National Education day (11th November 2019), Bombay Teachers’ Training College in collaboration with National Council for Promotion of Sindhi Language (NCP SL) organised a seminar on the theme ‘Challenges and Opportunities: Implementing the National Education Policy 2019’.

A single lamp can light hundreds more just as one person of knowledge can impart it to many more; this illuminating expression heralded the lighting of lamp. The panel of speakers for this seminar were introduced and felicitated by I/C principal Dr. Bhagwan Balani. He presented the theme for the seminar and specified that mastery of pedagogy and multi-disciplinary approach is the need of the hour. He proudly announced that following the approval by RUSA (Rashtriya Uchchar Shiksha Abhiyan) on 30th October 2019, Bombay Teachers’ Training College is now part of a cluster university called the HSNC (Hyderabad Sindh National Collegiate) University, Mumbai. On this high note he declared the seminar open for key note speakers.

The first speaker of the day, Dr. Shefali R. Pandya, Head of department of Education, University of Mumbai, focused on Research and Funding and expounded on the research aspect of the National Education Policy (NEP) 2019. She mentioned that the three aims of research were creation of new knowledge, problem solving and prediction. Research is essential for growing, sustaining and uplifting the nation’s economy and hence it is important to build research capacities in universities and colleges.

The next expert speaker was Dr. Naresh Chandra, Director of B.K. Birla College of Arts, Science and Commerce. He emphasized the holistic nature of education; how human capital must be created and the need to transform learning environments by making them more reflective of the world that children are expected to succeed in.

Dr. Ashok Wadia, Principal of Jai Hind College who is also associated with Maharashtra Dyslexia Association, skilfully made a point that all students are not the same and each of us has our own unique abilities.

The final and most anticipated speaker for the day was Dr. Rajan Welukar, former Vice Chancellor, University of Mumbai. According to him, fundamentals, specializations and realization are the three key aspects upon which the curriculum is based. He talked about the differences between Champion (government) universities and Commercial (private) universities and touched upon RRI [Responsible Research and Innovation], the importance of conducting research but being responsible enough and not eliminating the resources for the future generation. He encouraged everyone present

to read the NEP, to write a letter and “Be the change you want to see. If you won’t do, it then who will?”. He raised the most valid question of the hour if not now...then when?

Before concluding the seminar with a vote of thanks, there was a question and answer session, where yet again, the audience was exhorted to read the National Education Policy 2019.

Education not only gives us information and knowledge but also creates awareness and sensitizes us to several significant issues. Attending seminars like these amplify our ability to make well-informed choices.





National Conference on Sindhi Pedagogy in the Digital Age

Jai Jhulelal 🙏

The conference on Sindhi Pedagogy in the Digital Age was held on 15th and 16th November, 2019 at Bombay Teachers' Training College in collaboration with National Council for Promotion of Sindhi Language.

'Sindhi asanji boli, mithri asanji boli.' This conference aimed at promoting Sindhi language and Sindhi culture. So we have joined our hands and taken this oath to save and spread our culture. The conference commenced by a small prayer of Gayatri Mantra to illuminate our intellectual mind and invoke the positive spirit present within ourselves.

After much applause, Dr Bhagwan Balani felicitated NCPSL members Mr. Ajit Manyal, Mr. Dinesh Tahiliani and Mr. Radhakrishnan Bhagya. **He also welcomed** Mr Nanik Rupani, Trustee, Priyadarshini Academy, **Dr Ashok Wadia, Principal**, Jai Hind College and Ms Sapna **Bhavnani, media celebrity**. **Sir** shared his thoughts about the technological advances being used to get Sindhi language a well -known platform to showcase their talent.

Our Chief Guest, Mr. Pratap Pinjani, Director of National Council of Promotion of Sindhi Language spoke about how Sindhi culture is one of the most ancient civilizations (around 5000 years old) of our country and how the culture was originally formed in Karachi, Pakistan (then Hindustan) and post-independence our ancestors had to migrate to India.

Mrs. Maya Shahani, Trustee, HSNC Board, spoke about how few Sindhis have made a mark in education by opening few of the best colleges in the city. She enlightened us about how they reformed the National College in Bombay, that was left behind in Karachi. Around 50,000 students per year per institute pass as graduates from our Sindhi Institutions since the last 17 years.

Workshop on film making was conducted by Mr Suheel Gajwani on Day one afternoon session. The resource person gave practical tips on how to shoot videos on campus. Later students were divided into groups and given a free hand to create videos which were to be presented on Day two.

The second day of the conference began with Ms. Bhavna Rajpal's enthusiastic hosting. The very first performance was a Sindhi rap and it was the perfect thing to get the audience feel the energy of the show. His live performance was the best way to begin the National conference. Mr Deepak Watvani graced us with his presence and showed us the trailer of his movie 'Welcome Lakshmi' which is a famous Sindhi movie. He is a proud creator of seven Sindhi movies and it was a delight to hear him talk about Sindhi movies and how they're gaining recognition worldwide. Bhavna Rajpal, who herself is a proud Sindhi, conducts film festivals in London and the students also got to see one of her famous interviews with BBC.



There was a beautiful performance was by one of the youngest Sindhi singers, Drishka Advani. She has sung Sindhi songs internationally and her videos are viral. She sung in Sindhi, Hindi and English and her voice had everyone singing with her.

The audience saw a short clip of the serial Tenali Rama as one of the actors from the show spoke to the audience about the Sindhi language and even said a few of his famous dialogues. Ms Sapna Bhavnani came under the limelight and the auditorium was ringing with claps. She is the woman behind the famous documentary 'Sindhustan' that has received recognition and applause. She was full of pride for Sindhis and spoke so much about the struggle faced by Sindhis and how she is trying to keep our language and culture intact.

Bhavesh Kotail, another young Sindhi rapper had the audience cheering for him. Shobha Lalchandani, the editor of Hindvasi- oldest Sindhi newspaper, graced us with her speech and motivated the youth to be proud of their roots. Raveena Bajaj and Deepika Lalsinghani told us about their venture 'Untold Tales' which organizes poetry, storytelling, comedy and music events. They hold monthly Let's Talk sessions in the city which gives people a platform to express their feelings.

The afternoon session of the second day of the conference began with the presentations of the film making seminar headed by Mr. Susheel Gajwani. The seminar ended up being a competition because of the enthusiasm of all the students. A total of four groups presented their short films. These groups comprised of the students of various courses of the college and also a few from the other colleges such as MMK and National College. The various groups had varied topics. The topics included: Blind date, Girls are better than boys, Old v/s new, Lata Mangeshkar and Report on potholes. Each of the topics was very different, some were educational while the others were entertaining. It was very nice to see how Mr. Susheel Gajwani covered various genres. The audience too applauded all the performances and enjoyed every act!

We had the Teachers who were attending the conference from other colleges judge the film making competition. The Blind date group was declared as the winners and Old v/s new group was the runner up. Each and every team was applauded for their efforts as they didn't just shoot the videos but they also took out time to edit the videos in such a short span. It was truly incredible to see all the hard work of these young students' aka budding film makers.

The various other dignitaries who were a part of the afternoon session were felicitated by the Principal and the Director of NCPSL. Also, a student of S.Y.B.Ed. - Aditi who won an Inter- Collegiate Essay Competition was also felicitated during the Conference.

The main highlight of this session were the paper presentations. The paper presenters were very well versed with their topics, some even had videos and power point presentations to elaborate their papers. Ms Bhavna Rajpal then gave an overview of the whole conference. She thanked all the dignitaries for their valuable time also a formal vote of thanks followed.



We had Mr. Saral Roshan; a famous Sindhi singer who sang some lovely Sindhi songs. The audience, teachers and all the other attendees danced their heart out. He sang some all-time favourites which everybody enjoyed.

Lastly “palau” which is a tradition of Sindhis, which means thanking the lord for his gracious Blessings, was recited by Mr. Saral Roshan. The conference ended on a very high note.

It was a wonderful conference and truly a very insightful one!





Multiply the Message
Workshop on Sustainable Environment
In the Lap of Nature

A workshop themed ‘Multiply the Message’, an initiative by Trailblazers and DOW Chemical International, was organized on 16th January, 2020 by Bombay Teachers’ Training College for the students of S.Y.B.Ed. This workshop focused on integrating environment with education in a normal classroom setting. The honorary guests for the day were Mr. K.S. Shetty, CGM - HR at HPCL, Mr. Ranjan Biswas the founder of Trailblazers, Mr. Sachin Singh and Dr. Bhagwan Balani, I/C principal of Bombay Teachers’ Training College.

The session commenced with the National Anthem followed by a video titled ‘Multiply the Message’. The video accentuated the role that a teacher can play in spreading and multiplying the message of conservation of the environment. Mr. K.S. Shetty gave a motivating and enlightening speech on the importance of life-work balance, rather than work-life balance, and the initiatives taken by HPCL to promote mindfulness in its employees. He spoke about current environmental issues and how sustainability can help in managing these issues. Mother Nature and our planet will be in safe hands only if people understand the difference between need and greed and utilize resources accordingly.



Mr. Sachin Singh used the Enquiry based teaching methodology to direct a very interactive session on the causes and effects of climate change on the environment. With the help of an experiment, he demonstrated how carbon dioxide contributes to global warming. The next interesting session, conducted by Ms. Nayantara, focused on adaptation in animals. She started off by asking everyone to draw two penguins, to colour one with crayons and then sprinkle water on both the drawings. The water rolled off the penguin that was coloured with a crayon. She used this activity to show that



penguins are equipped with waterproof feathers. Everyone was then asked to unleash their creativity and use their imagination to create an animal that could survive in the desert and then provide a scientific rationale for each of these features. It was fascinating to see the creatures that the participants came up with.

Communicating with students is a fundamental skill for a teacher and the importance of this skill was discussed in the next session. A teacher should know how to communicate with students and keep them engaged and focused. A lot of learning can take place in the open spaces in nature and hence, outdoors can be a good space to conduct lessons. However, learning methods used should always be ethical and should also inculcate problem solving attitudes in the students.

Post lunch, there was an innovative activity awaiting us. Newspaper articles were distributed and participants had to make meaningful sentences from random words featured in the articles. The intermediate words had to be blackened out. The correlation between different animals in the ecosystem was explained using a rope and 10 volunteers who represented the various components of the ecosystem. This is a very effective and concrete way to show how every component is inter-related.



Overall, this workshop proved to be very effective and enlightening for us future teachers.





Digital Literacy for Women – A Mission

Workshop @ K C Law College



Less than half the women in India have access to the online world. Through digital literacy programmes, women in digitally isolated communities can gain the skills to get online and source information which can bring the world's opportunities to them. These women can in turn train their communities and help others get online.

A workshop on 'Digital Literacy for Women' was conducted by Ms. Rupali Kapse at KC Law College, Churchgate on 16th January 2020. This was an initiative taken by Maharashtra Rajya Mahila Aayog (Maharashtra State Commission for Women - MSCW). The workshop started with a discussion on the advantages and disadvantages of technology, how it has simplified our lives yet conversely, has had harmful effects on people's personalities, relationships and the workplace. The session threw light on several applications which can help women to achieve digital literacy. Some of these were:

Aaple Sarkar- A one-stop platform for citizens to get information on services available, seek grievance redressal, apply for certificates like income, age, nationality certificates, etc. Citizens can access services through a mobile app 'RTS Maharashtra' or 'Aaple Sarkar' Web Portal. Tejaswini- This app works to improve the status of women in society. It has sections containing information on laws for the protection of women, medical aid and rehabilitation of acid attack survivors, facility to register complaints online, PUSH (People United against Sexual Harassment) etc.

UMANG (Unified Mobile App for New-Age Governance) - a Digital India initiative where multiple government services such as DigiLocker, Passport Seva, Bharat Gas, EPFO etc. are accessible. All these apps are targeted at the idea of paperless governance.

Transaction Apps like BHIM (Bharat Interface for Money), a UPI enabled initiative, facilitates safe and instant digital payments and GeM (Government e-Marketplace) acts as a platform to connect buyers and sellers. Safety apps which women can use whenever they feel their safety is at threat. One such mobile app is 112 India, which in an emergency situation, sends alerts with the user's details and location. It also generates a call to '112', the state emergency control room and to the emergency contacts listed. The workshop also demonstrated the ease of using connectivity apps like UTS, IRCTC and Google Apps like Google Translate, Google Fit, Google Docs etc. The session included information on some government measures implemented for the safety of women. It also emphasised the benefits of being tech-savvy and digital literate. The aim now is to spread awareness of these apps so that every person benefits from these services.



Hojamalo *Jai Hind College Sindhi Circle Festival*

Students of Bombay Teachers' Training College, namely, Komal Bhatia, Twinkle Khanwani, Suman Dhanani and Girija Wadhwa from S.Y.B.Ed. alongside their juniors, Arshiya Maple, Uzma Maple, Sneh Gehi, Bhavika Gyachandani and Ritika Makhija from F.Y. B.Ed. participated with great enthusiasm in *Jai Hind College Sindhi Circle Festival, Hojamalo* held on 23rd and 24th January 2020.



'Hojamalo', a Sindhi-language folk song and associated dance in Pakistan province of Sindh. A true depiction of Sindhi culture was portrayed by all the participants of various HSNC Board colleges and Jai Hind's Hojamalo Committee.

On 23rd January, a skit was presented by the alumni of *Jai Hind College* and other students. It focused on the hardships during the partition of India and how Sindh made the Sindhis parentless and left them with barren hearts towards their Homeland. The play was depicted from the famous legend of *Dariya Sagar*.

'*In Search of Dariya Sagar*' is a play that brings together public events and private lives, political history and personal memory, in a manner that resonates both the real and the magical. Set firmly in the present, it is tied to the past with threads that are alternately made of steel and gossamer. The play draws its narrative sustenance from the portrait of a small displaced community and challenges the stereotypes in which it is cast. It seeks its dramatic arc from dreams, ghosts and restless spirits.

On 24th January 2020, Sindhi and non-Sindhi students of B.Ed. danced to the beats of popular Sindhi songs like '*Hiko Sona Ju Rupayo*', '*Jhulelal*', '*Jiye Sindh Jiye*' and many more. BTTC Students performed a skit highlighting social issues like bullying and ragging. The skit revolved around a college going girl who is from a lower socio-economic section and is bullied daily. Unheard cries and poverty lead the girl to attempt suicide. Eventually the girl finds the courage to reveal the name of the bullies who then face legal retribution. Hojamalo was an extremely successful event where participation of non-Sindhi students was appreciated. It helped promote Sindhi language in the most effective and positive manner.





Community Service

“The best way to find yourself is to lose yourself in the service of others.” --- Mahatma Gandhi

The students of Bombay Teachers' Training College got this opportunity as part of the Community Service work. It is an integral part of the B.Ed. curriculum. The S.Y.B.Ed. students went for community work from 14th December 2019 to 19th December 2019 to different NGOs.

Students formed their own groups of 3 to 6 students each. Each group approached different NGOs and other community service centres with an objective of at least providing 30 hours of service.

Few students went to Umed Handicap Centre where they helped in packaging surgical shoes, made 350 paper butterflies for the upcoming Christmas decorations. They also conducted yoga and some games for the students, did some gardening, decorated the place for birthday celebrations, served food.

Some students offered their service at Canshala, Parel where they taught children who are undergoing treatment for cancer. Also included were siblings of children suffering from cancer. Our student teachers taught these children Maths, Science, Social Studies and English. The enthusiasm that the children bring is very infectious. It is heartening to know that these children at least do not need to miss their learning, while battling this dreadful disease. Since Christmas was round the corner, some decorations were also done. A few charts were made to make learning easy for the children.

One group went to Om Creations Trust. The girls made a beautiful mosaic table top with over a thousand pieces of tile, made some garlands, polished and dusted plates, teapot holders and diyas. They also refurbished a bench there with their own beautiful design!

Another group offered their services to the ADAPT (Spastic Society) in Colaba. They were allotted different work ranging from taking care of little children, assisting the teacher, to painting glass windows for the Christmas party.

Another group of animal lovers went to The Feline Foundation.

A group went to Red Boys Foundation. They made teaching aids which would be useful for the teachers. They involved students with some table tricks using Vedic Maths and then taught Grammar. They taught students how to make butterflies with paper. They also conducted a session on Cyberbullying.

Another group of young enthusiasts offered their service at Shanti Nivas Old Age Home in Malad. The girls took over kitchen activities – serving breakfast and lunch, cleaning utensils, making rotis and cutting vegetables. They cleaned the rest rooms and verandahs too. They spent quality time with people by singing, dancing and speaking with them. They helped in packing hair clips.

One group went to All Saints Home in Mazgaon. The girls got an opportunity to take the senior citizens for a Marathi movie premier, “Senior Citizens” in Dadar. A few others took over kitchen duties. They had gardening duty, served food and also played games and sang carols.

A group of 4 girls went to Blind School for Women, Andheri where they conducted General Knowledge Quiz for the students and played some fun games. They mentioned that the women are very talented!

Another group of girls got an opportunity to volunteer in a medical camp organized by the NGO that they were associated with. They organized a Maths exhibition too and conducted an awareness session for Class X students.

The students got an opportunity to work on a wide range of activities. There was immense learning and loads of satisfaction. The happiness that they gathered at the end of it was unmatched! It reminds me of the quote:

“Without community service we would not have a strong quality of life.”

One learns to become a responsible citizen.





71st Republic Day Celebration

Our Patriotic Hearts Beat Saffron, White and Green...

“You must be the change you wish to see in the world”–M.K.Gandhi

The essence of Republic day is reflected in the emotions coursing through our veins and the devotion embedded in our hearts for our motherland India. To keep the flames of patriotism burning bright, Bombay Teachers’ Training College celebrated India’s 71st Republic Day on Sunday, 26th January 2020 on the terrace of the college building.

It was a delight to the eyes to see everyone in their tricolour attire, rejoicing with the spirit of true patriotism. The programme commenced at 8.30 a.m. with the march-past led by Dr. Manisha Tyagi. With reverence, respect and a sense of pride for our country, the flag was hoisted by I/C Principal Dr. Bhagwan Balani and everyone proudly raised their voices to sing the National Anthem.

The welcome note and significance of Republic Day was given by Akash from S.Y.B.Ed. Vibes of unity and a feeling of pride radiated, as the students and teachers sung patriotic songs like Ae watan, Hum honge kamiyab, Suno gaur se duniya walo, etc. Towards the culmination of the programme, a vote of thanks was proposed by Jacintha Coutinho from F.Y.B.Ed. Dr. Bhagwan Balani gave a keynote address to the students, affirming the words of Mahatma Gandhi *“You must be the change you wish to see in the world.”* He added that we, as teachers, are called to make a difference through our attitude, resilience and receptiveness in accepting people from all walks of life.

“A man is but a product of his thoughts; what he thinks, he becomes” said Mahatma Gandhi and this is what we learn at BTTC - to possess the right attitude and develop positive thoughts so that we, as future teachers, exude joy and enliven the spirit of all those who transit through the circle of our lives. This session strengthened the respect we have for our country and renewed the feeling of patriotism which we cherish in our hearts.





Here for the Drama: The UDAAN Festival

Every year between January and February, the Department of Lifelong Learning and Extension (DLLE) organizes the Annual Extension Work Festival titled 'UDAAN-the flight of Extension'. The event is held in a decentralized way in Mumbai, Thane, Raigad, Ratnagiri and Sindhudurg, districts which are under the jurisdiction of University of Mumbai. As part of the Street Play and Poster Competitions, students from colleges who have opted for Extension Work, come together and perform Street Plays and exhibit Posters on activities undertaken by them across seven Extension Work Projects viz Annapoorna Yojna (APY), Career Project (CP), Industry Orientation Project (IOP), Information & Communication Technology Project (ICT), National Institute of Open Schooling (NIOS) (for school Drop outs), Population Education Club (PEC) (with focus on creating HIV / AIDS awareness) and Survey of Women's Status (SWS).



The Udaan 2019 festival was held at K. J. Somaiya College of Arts and Commerce, Mumbai. BTTC, along with 20 other B.Ed and non B.Ed colleges participated in this festival. Street plays were performed and posters were created on topics chosen by each college. Students who were there to support their

college were intrigued to learn about the numerous issues that prevail in our society. These included amongst many others, issues faced by women in society and government policies formulated to protect and empower women.

Under the guidance of Dr. Manisha Tyagi, the theme for the Street play was decided, the script was written and dialogues were perfected over several rehearsals. Our Street play aimed at spreading awareness on issues like Right to Equality, educational schemes launched by the government and India's Unity in Diversity. The participating students gave a splendid performance on stage, one that was appreciated by the audience and the judges alike. We also had a chance to meet the delegates and hear them talk about the mission and vision of this festival. We departed from there as more awakened citizens of India.





International Conference- LeaDMe 2020 Learning, Digitalization and Media

LeaDMe, Learning, Digitalization, and Media International conference, from 13-15 February 2020 was held in Mumbai, India. The conference was jointly organized by the Bombay Teachers' Training College, Department of Mass Media, KC College, and CCD, Communication, Culture, and Diversity Network based Research Group, School of Education and Communication, Jönköping University, Sweden.



This International Media Summit- a three-day event had Learning, Digitalization and Media (cited as LeaDMe) as the key issues related to Globalization, Digitization, Glocal Village, Virtual Learning and more importantly the Customized Media for Education and Entertainment.

Learning, Digitalization and Media International Conference was conceptualized as a strategic initiative for a theoretical research-oriented conference meeting that was conducted on the 13th -14th Feb 2020 and a cross-sectorial platform on 15th Feb 2020. Around 40 eminent researchers and academicians from across the world presented their research in this interdisciplinary conference. The conference also brought together enthusiastic youth and student committees as it provided an excellent ground of learning, sharing and growing. Communication, Culture, and Diversity (CCD) has played an important role in the formation of this academic initiative.

The chief guest for the inauguration ceremony of LeaDMe was Mr. Alessandro Giuliani, Managing Director, MISB Bocconi, and Mr. Sachin Kalbag, Executive Editor, Hindustan Times was the Chief Guest for the valedictory ceremony. The keynote address of the conference was delivered by Dr Coomi Vevaina, Education Futurist, Creative Writer & Founder Director, Centre for Connection Education and Management.

An amalgamation of cross-faculty from media, communication and education schools covered the comprehensive aspects and gave a new horizon for everyone to explore. Digitalization-Media-Learning together emerged as revolutionary forces that opened new vistas and fresh fields of study.

There were rich deliberations with the delegates from different countries and the professionals who joined in from different parts of India. Ms. Manjula Srinivas, Head, Department of Mass Media and convener of the conference and Dr Neelu Verma, co-convener both had a good camaraderie and



smoothly managed the proceedings of the conference. Dr Raju Talreja and Dr Priya Pillai were a constant support.

This was not just a conference, it was a convergence of thinkers, academicians and industry professionals from different parts of the world, talking on the amalgamation of three independent topics- Learning, Digitalization and Media that were so easily brought together.



KISHINCHAND CHELLARAM COLLEGE
DEPARTMENT OF MASS MEDIA
and
BOMBAY TEACHERS' TRAINING COLLEGE
and



JÖNKÖPING UNIVERSITY

CCD RESEARCH GROUP
(COMMUNICATION, CULTURE AND DIVERSITY)

Present



MEDIA SUMMIT
VII INTERNATIONAL
CONFERENCE

LeaDMe

LEARNING, DIGITALIZATION AND MEDIA

February 13-15, 2020.





Teacher Exchange Programme- Linnaeus Palme A Collaboration between Jönköping University, Sweden and BTTC

BTTC and the Department of Mass Media in KC College collaborated with the Jönköping University in Sweden and organized a teacher exchange programme under the Linnaeus Palme Project. Two teachers stayed with us in Mumbai for three weeks. This was a cultural and academic exchange where we arranged visits, seminars, discussions and meetings with students and faculty in different institutions.



Dr. Anette Svensson and Dr. Renira Rampazzo Gambarato stayed in India for three weeks. The period of stay was from 17th February, 2020 till 6th March, 2020.

They visited the Department of Education, University of Mumbai, H R College, Army Public School, SNDT University, UPG College of Arts, Science and Commerce, along with K C College and BTTC. They were exposed to the life and culture of these institutions and also to a variety of courses and curricula. Their interactions with students are what they said they valued more.

Anette Svensson holds a PhD in English literature and is Associate Professor in the Teaching and Learning of Literature at School of Education and Communication, Jönköping University, Sweden. In her own words, “During these three weeks, I have had the opportunity to meet with, and share my research results with, students at various levels including undergraduate, postgraduate, and master levels, in various programmes within education and media and communication. Since my research focuses on qualitative studies, I hope that the students found them relevant! I have also had a chance to meet and talk to the staff and management at several universities and colleges in the Mumbai area. These meetings have given me information on what the situation is in terms of teaching and research in Mumbai. I have held colloquium and gave feedback to the thesis topics of the master students at KC College. In addition, I had the opportunity to visit a school and that was very interesting. All these experiences combined have given me an increased understanding for the academic situation and context in Mumbai.”

Dr. Renira Rampazzo Gambarato, PhD, is an Associate Professor in Media and Communication Studies at School of Education and Communication, Jönköping University, Sweden. She wrote back, “These three weeks in Mumbai were an enriching learning process for me as I could know more about the culture, the spirit, and the affability of India. Academically, I was able to have a better

understanding about the everyday reality of several higher education institutions, the challenges and the opportunities that are part of the dynamic educational environment in Mumbai. The activities in which I was involved encompassed networking, visits, lectures, discussions, and advisory sessions with master's students. In this context, I was able to share my research results in transmedia studies and my experience in teaching and researching internationally.”

Dr. Neelu Verma was directly involved with them for arranging these sessions and was constantly in touch for their everyday needs. They loved to go out for the local sight-seeing and shopping. Overall, their visit as a part of the teacher exchange programme proved fruitful for both the stakeholders.





Mathematical State of Mind *Workshop on Pedagogy of Mathematics*

Pure mathematics is, in its own way, the poetry of logical ideas.

~ Albert Einstein

Knowledge is invaluable and cannot be measured, as truly mentioned by our guest lecturer Dr. Rahael Jalan. She is the executive director and a PhD in Mathematics and also has published books 'Math...yes we can' on learning mathematics in seven volumes. She truly came to us with the intention of helping us get over the fear of the subject Mathematics. She started the workshop with expressing her gratitude towards the class of S.Y.B.Ed.

Knowledge is gained and expanded by sharing it with others and Dr. Rahael Jalan was here to share and expand her knowledge through the workshop conducted on successful strategies for learning and teaching mathematics on 26th February, 2020. In the beginning of the presentation she introduced her childhood history. Today she is the successful founder of math program 'Eagles of Tomorrow' which initiated in Canada and has expanded to Africa and India.



Mathematics is a language, just as English starts with a,b,c.. Math starts with 1,2,3... One of the simple yet effective strategies she uses in her class is making it clear to the students that they are responsible for their actions and it is them who need to show their interest and motivate her to want to teach and share her knowledge with them. Just like other subjects, even mathematics can be very well correlated to life, an interesting example shared by the Dr. Rahael Jalan was, if Adam was in class he would be called as the student of the class, whereas at home he would have a different role as a son or brother therefore that is his place value and his name is Adam and he is one person which is his absolute value. Similarly, in Mathematics, 6 before 0 (60) has a place value in tens but the



absolute value remains 6. Many such examples were explained and are also available in her books.

A truly inspiring thought shared by Dr. Rahael Jalan was to always be grateful in life. One is pretty because others carry the burden of being not so pretty. She not only shared her strategies of teaching and learning mathematics but also taught life values. The best lessons are taught by connecting it with life values.

In her own words, 'Knowledge is power and one must empower themselves with it in order to succeed in life.'



Stress Management Workshop Let it Go!

Stress and depression have become a part of our daily vocabulary. Anxiety is on the rise and with many succumbing to it, stress management has truly become the need of the hour.

Stress management is no longer a luxury but a necessity for a happy and healthy life. With this in mind, a stress management workshop was organised in the auditorium at Bombay Teachers' Training college on 27th February 2020. Dr. Jaya Jayaram was the key speaker at this workshop. She shared invaluable information on the effect of stress in our life and provided informative tips on managing stress.



Dr. Jayarama started with a small prayer, which by its mere recitation, relieves stress. She mentioned that stress in small doses makes the brain glow. However, accumulated or chronic stress is not good for health. She imparted knowledge about various hormones like cortisol which is the stress hormone and endorphins which are natural pain relievers.

She mentioned that diet impacts stress levels and thus it is essential to include healthy foods which are rich in B12, vitamins and minerals. Lime water without sugar or salt acts as a strong antioxidant and the consumption of curd rice once a day, can increase the vitamin B12 content in the body. Eating paneer, cashew nuts, and bananas boost the brain as they are rich in DHA, a fatty acid essential for brain development. Processed foods are the main villains responsible for reducing pancreatic enzymes. These enzymes are natural chemicals that help break down fats, proteins, and carbohydrates. Eating green leafy vegetables, potassium rich food like bananas, sunflower seeds, pumpkin seeds and walnuts aid in reducing stress. Antibiotics should be avoided as they kill the friendly gut bacteria. Avoiding products like coffee, chocolates and refined sugar was strongly advised as products like sugar induce a temporary feel-good factor but have lasting harmful effects on the body. She also advised against using plastic containers to heat, pack or carry food.

Conventional wisdom holds that a workout of low to moderate intensity makes a person feel energized and healthy. Dr. Jayaram suggested physical activity such as long walks as this produces endorphins and improves the ability to sleep, which in turn reduces stress. Meditation, acupressure especially near the neck and back area, massage therapy aid in relieving stress. Dr. Jayaram ended this informative session by recommending a handy technique of breathing in and breathing out for five counts, to release stress.

We cannot control the wind, but we can adjust the sails. Stress cannot be avoided, but we can control our reaction to it.



HSNCB's Performing Arts Festival All the World's a Stage

The HSNC Board's performing arts event was held on the evening of 6th March 2020 at the K.C. College auditorium. The event began with the lighting of lamp followed by a brief introduction of the HSNC Board and the announcement of Mr. Niranjn Hiranandani's birthday.

The elite panel of judges for the event included Mr. N. Hiranandani, Ms. Indu Shahani and Ms. Sunita Gvalani. The programme was hosted by two students of K.C. College who welcomed the judges and the 15 colleges participating in the dance competition.

The anticipation was palpable as everyone eagerly awaited the start of the show. After a brief introduction, the hosts welcomed on stage the team from Bombay Teachers' Training College. 21 students from F.Y.B.Ed and S.Y.B.Ed put up a spirited and graceful performance of a Sindhi folklore titled 'Sindhiyat ji Surhan'.



The second performance by K.C. Law College featured a solo performance with an Indo-Western theme. This was followed by dance performances from various colleges including Principal K.M. Kundnani College of Pharmacy, Smt. CHM College, R.D and S.H National College and SWA Science College, HNGH Mansukhani Institute of Management, Thadomal Shahani Engineering College, GJ Adwani Law College, HR College of Commerce and Economics, Watumull Institute, Shrimati MMK College, MVSL School, Nari Gurushahani Law College, Dr. LH Hiranandani College of Pharmacy and K.C. College. There was also a scintillating dance performance by the teachers of K.C. College.



After the performances, the judges and trustees delivered speeches and awarded prizes to the winning teams. MVSL School were the winners, K.C. college and H.R. College, the 1st runner up and Thadomal Shahani Engineering College, the 2nd runner up. The programme concluded with the celebration of Mr. Hiranandani's birthday.

Visit to ADAPT, Bandra
Working to Create an Inclusive, Disability Friendly Nation

Make them a Part and not Apart

ADAPT, formerly The Spastics Society of India, was founded by Dr. Mithu Alur in 1972. Being established over three decades ago, it started from a special school with only three children and has grown to become one of the foremost non-profit organizations in the country. It provides services to more than 3000 children and 10,000 families.

We visited the ADAPT centre at Bandra on 9th March 2020 and were welcomed in the auditorium by Mrs. Rekha Vijaykar, Senior Director at ADAPT. She discussed various aspects of teaching and shared a lot of her personal experiences with us, very enthusiastically. She gave us tips that would help to teach different subjects with a unique outlook and she also covered essential concerns of the real teaching world, respect for individuals, general behaviour of students and teachers etc. Mrs. Vijaykar mentioned that replacing the term disabled with differently abled is also incorrect as it is very difficult to make a society inclusive if we do not appreciate the uniqueness within each child. We need to acknowledge and accept the differences and not label children. The use of a neuro-lingo policy, which involves using all five senses, is the need of the hour. It is essential to arouse all five senses to make teaching effective as without this, no concept will be clear. The focus should be on sympathetic and empathetic attitude of teachers.



The role of Performing Arts as well as Project Method in teaching was thoroughly elaborated. Change is the only constant and therefore the teaching learning environment should not be monotonous. Children are inquisitive and restless and the best thing would be to utilise this energy. Use of nature and the surroundings to learn has always been effective as this promotes the concept of Activities of Daily Living (ADL). A teacher should be one with the child because they also learn simultaneously.



After this we were shown around the school. The infrastructure and amenities were adapted to meet the needs of the children. The washrooms had lower seats and were fairly spacious. The space between classrooms was wide enough keeping in mind students on wheel chairs. Similarly, instead of stairs there were gently inclined ramps, making it convenient for wheelchairs and students to move around. The second floor had a library and a lecture hall and the third floor had around 29 hostel rooms, along with a dining room, a canteen and lounges.

Every class from Group 2 through Group 10 had only one division and the number of students per class ranged from six to nine students. Severity in disability, distance of traveling and inability to cope were some of the reasons for the difference in numbers across classes. There were multiple teaching aids prepared by teachers for daily use, as well as, reading corners and games that could be played when students were not in the mood to study. There were Functional Ability Charts and Behaviour modification charts in every class and each desk had a communication board. With Individualized Education Programmes, specialized physical aids, assistance in the classroom, innovative teaching aids and the unconditional care of teachers and parents, every child is encouraged to reach his or her full potential. ADAPT has the regular S.S.C. and National Institute of Open Schooling (NIOS) syllabi. Along with this, the Centres also offer an entire spectrum of extra-curricular activities ranging from sports, art, drama, music to yoga. Exhibitions, annual days, inter-school activities and field trips help the children develop self-esteem and confidence.

The walls are decorated with encouraging messages and students' activities and achievements are proudly displayed. Few that caught our attention were 'We are exclusively inclusive', 'Student of the Month' as well as SSC and NIOS achievers.

Understanding that the first 5 years are critical in the cognitive, social and emotional development of a child, the school is supported by a team of specialized professionals, including special educationists, physiotherapists, speech therapists, psychologists and social workers, along with well-known and respected medical professionals. There are occupational



therapists who work with students to improve gross and fine motor skills. There is a separate classroom for vocational training like making paper bags, threading of beads, painting (thumb, sponge), etc. The classes are divided on the basis of age, where the junior class has students in the age group of 9 to 12 years and the senior class has students aged between 12 to 18 years. Currently there are 17 students who are provided with basic academic and vocational training.

The visit to ADAPT was both informative, inspiring and emotionally taxing. The most important lesson learnt is to treat everyone with respect and make a difference, in whatever way you can.

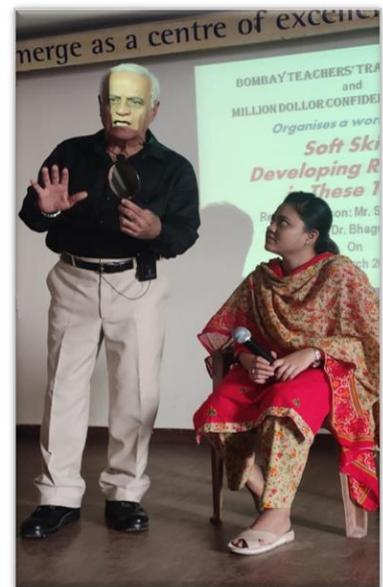


Soft Skills: Developing Resilience in These Times ***An Initiative of Million Dollar Confidence Foundation***

“When you start seeing your worth, you’ll find it harder to stay around people who don’t.”

On 12th and 13th March 2020, Bombay Teachers’ Training College in collaboration with Million Dollar Confidence Foundation conducted a workshop on ‘Soft Skills: Developing Resilience in These Times’.

Our respected I/C Principal Dr. Bhagwan Balani and faculty members put in tremendous amount of efforts to organize this interactive workshop which was conducted by Mr. Shusheel Gajwani, a very talented and experienced film maker. With his brilliant method of delivering content, he successfully developed a different aura of confidence in the audience.



On the first day, Mr. Gajwani enlightened us on the concept of resilience and its relevance in today’s time, not only as teachers, but also as human beings. This session was more of an interactive session rather than a lecture. Mr. Gajwani made us perform various activities to bring out our inner character. His belief is that there are two characters to a person, one that is internal or latent, and the other that is portrayed externally or the seen attitude. He helped us to bridge this gap by sharing information on the various principles on developing one’s attitude. His approach to this subject was unique. He narrated short motivational stories and asked us to co-relate some examples to real life situations. One of the activities was similar to public speaking, wherein students had to say positive things about themselves for three minutes at a stretch, in front of many people. The main hurdle faced here was that it was difficult to praise ourselves for three long minutes. It seemed really difficult because no one could speak continuously for three minutes, on what they loved about themselves. This brought home the realisation that we often do not admire or think very highly of ourselves.

The next activity was a group activity where the entire class was divided into 15 groups of five students each. Each group was given a topic that represented an aspect of soft skills in a philosophical way. This was a challenging task because we only had half an hour to prepare a skit that would clearly depict those skills. Every group came up with a unique idea to present their philosophical statements. Those viewing the skits were asked to judge each group on the basis of how they expressed themselves and on their communication skills. The day ended on a good note.





The following day's session began with stories related to emotional intelligence. These stories were so captivating that it got everyone excited and eager to predict the end of each narrated story. Each participant was compelled to think emotionally throughout the exercise.

The activity conducted on Day 1 was repeated and many more students were motivated to speak about themselves. Students were provided feedback on the manner in which they spoke and what the audience liked about their speech.

In the latter half, we were asked to perform the skits once again for our teachers. Ms. Sapna Chabbria and Ms. Vineeta gave us feedback on our acting skills, the way in which we interpreted the philosophical statements given to us and how these were competently translated into skits. They finally shared their valuable

thoughts on the scope for improving and refining our skills.

Ms. Vineeta, an alumna of our college, threw light on the importance of bridging the gap between our inner and outer self. She emphasised the need for a teacher to be an actor and gave a million-dollar tip on 'how to always be you in the system'. There was an exchange of appreciation and insights by Mr. Shusheel Gajwani, our Principal and Vice Principal, on this two-day workshop. The happy faces departing from the workshop glowed with inner light and a spirit desirous of being a great teacher.





A Well Deserved Break **S.Y.B.Ed. Class Picnic**

After a whole week of planning, S.Y.B.Ed. successfully finalised the place to be explored offering an outdoor swimming pool, an Indian restaurant and above all outdoor activities - Durshet Forest Lodge, located in Khopoli.

Excitement was in the air and it wasn't surprising that most of the class had slept little, the night before. Their preparations had already begun, thinking about what all to carry from shades, swimsuits, track pants, makeup kits, *tabla*, bats, cards to speakers and there they were next morning, waiting for the bus to start a much-awaited journey that would be remembered and cherished for a lifetime. On 12th March 2020, student teachers of S.Y.B.Ed. boarded the designated tour bus from Kala Ghoda Bus Stop.



The three hours bus ride was all about singing, dancing, playing *tabla* and mimicking famous personalities. The day at Durshet Forest Lodge started with sizzling breakfast - tea, sandwiches, *idlis* and *wadas* and fruits, after which all of them headed towards the dormitories. The accommodations were well suited to the entire group - air conditioned and with multiple bathrooms, great hygiene both in and out.

The greenery around was both refreshing and picturesque. Tons of pictures were being clicked and moments were fast becoming memories. Later, these soon to be teachers played team building sports



such as, *Untangle the loop without breaking* and *Pass the ball without dropping*. Little rest post a hearty lunch and everyone was in their trekking shoes and caps, all set for a strenuous walk along a trail in the forest close by. Being teachers, most of them were used to being on their feet but this was different. Sweating, panting and singing all the while, they reached the end of the trail. It was an incredible feeling. On their way back, there was a Burma bridge, a bridge made of ropes. Balancing upon the ropes and treading past this bridge, appeared to be a true challenge which these hedonist BTTCites bravely faced and overcame. The rope bridge wasn't enough to satiate their adventurous spirits so they decided to try zip lining as well. Hearts thumping and blood pumping, it gave them such an adrenaline rush. But with a little moral support, all of them managed to zip line across the river.



After a comfortable breather or relaxing awhile, the ladies started to dress up for the much-awaited DJ Night. Each one of them looked beautiful. They danced for hours until their feet were hurting and stomachs were starving. Everyone hogged on sizzling Chinese dishes served for dinner to their heart's content. The hosts were delighted to know that their guests had liked the food.

Camp fire and ghost stories are a must on any trip and that's what the BTTC student-teachers enjoyed most. They relaxed or chilled and bonded over coffee and scary sagas. The buzz began with each of them sharing a personal experience of being a part of BTTC and soon transformed to a night of spooky ghost stories. It was a night, well spent.



Waking up in the morning was not easy, but they did drag themselves out of beds and enjoyed another scrumptious breakfast together. None of them could resist sometime in the pool so costumes, sunscreen and all the paraphernalia were out of bags. All geared up, they dived in... Water was splashed and games were played. Pool time was the charm of the day. After thoroughly enjoying in the pool, the student teachers were tired and hungry just in time for a delicious lunch

again! Talks and tales continued and they once again boarded the bus which would this time bring them back home.

At the end, everyone on the picnic was grateful to I/C Principal Sir for accepting the picnic proposal and providing his consent for the same. It was not just a trip; it was a great vacation packed in two days.





Campus Placements **When institutions came calling**

Campus placements often mean that students do not have to go from pillar to post on a job hunt. At the invitation of a college, several organisations visit the college campus to offer students the opportunity to get placed during the course their academic pursuits.

Campus recruitment offers advantages to all stakeholders. It gives final year students exposure to the recruitment process and prepares them for the stiff competition that they are likely to face in the job market. They also have the opportunity to get a job with a reputed organisation, even before completing their academic course. For employers, recruiting on-campus offers access to the youngest generation of talent, who with their thriving blend of knowledge and technology are likely to have a significant impact in the workplace. Educational institutions arrange campus drives to encourage successful placements for their students. This, in turn, improves their ranking in terms of number of students successfully placed in jobs.



This year between January and mid-March, BTTC invited several leading educational institutions to conduct on-campus job interviews. With its exceptional reputation for being a centre of excellence in teachers' training, many of these institutions accepted the invitation with alacrity. These included among others, schools like Dubai Scholars School, Bombay Scottish School, Villa Theresa High School, St. Mary's High School, Fazlani L'Academie Globale, Golden Spiral School, Orchids International, Greenlawns High School, Tickle Right Education, Activity Infant School, Brightstart Fellowship International School, Seva Sadan Society, Shishuvan School, Poddar International school, Tridha, Universal School, Credence EduTech, Kalpavruksha School, Asema Charitable Trust and Aquinas International School.

To equip us with the necessary skills, BTTC provided training in areas like writing a good resume and communicating to build positive recruiter perceptions. Interview simulations were conducted to prepare us for answering questions like, tell me about yourself, why are you applying at this school, where do you see yourself in the next 5 years and most importantly, why should we hire you. A valuable tip that was shared was that interviewers ask questions based on what you mention in your very first answer and of course, your resume. Hence it is vital to prepare a good resume and formulate a first answer that will subtly influence the interview in your favour. These training sessions and tips

helped to calm the butterflies in our stomach and gave us the courage to successfully navigate past tricky interview questions.

The list of schools coming for campus placement was always displayed in advance and we were reminded to peruse through the schools' website to familiarise ourselves with their mission and vision. We knew that it was vital to be well-prepared for these campus placement interviews and so ensured that we brushed up on content knowledge in our respective pedagogies and created resumes that highlighted all our skills, internships, projects, academic and extra-curricular activities.

During the course of the placement interviews, many schools conducted content oriented written tests and subsequently, interviewed candidates who qualified. Bearing in mind that the main objective of a personal interview is to gauge communication skills, listening ability, etiquette, leadership qualities, professionalism and content knowledge, we made every effort to put our best foot forward.



The schools shortlisted students who fulfilled the criteria of the school and qualified in the content test and interview. Each school presented a list of potential candidates to the I/C principal Dr. Bhagwan Balani and professor in-charge Dr. Lubna Mansuri. We were later contacted directly by the school and assigned a topic for the demo lesson to be delivered on a designated date at the respective school. Demo lessons are usually the final assessment round in the recruitment process. They showcase the

candidate's ability to engage pupils in the teaching-learning process, manage a classroom and deliver content with clarity.

Placement was a gradual learning process. Not everyone was shortlisted on the first day or with the first company. This however did not deter us as we were motivated by our professors to persevere, believe in ourselves and give every interview our best shot.



Internship Reflections

Benjamin Franklin said, “Tell me and I forget. Teach me and I may remember. Involve me and I learn.” What better way to learn than to practice! Practice teaching is an important aspect of the B.Ed. curriculum which gives every student teacher the opportunity to learn on the job. After all, theoretical knowledge combined with practical experience is the best way to master something. Student teachers were sent to different schools along with certain tasks to be completed. This year we extended the Internship internationally, Ms Ruchi Gandhi went to The European School, Georgia to complete her internship for 15 days.



Below we bring you experiences of a few student teachers:

From making Lesson Plans and getting them approved to know that you cannot just depend on your Lesson Plans as students are always flooded with curious questions to ask, to taking a number of proxies with a smile on our face. From the hoard to reach school on time to finish the lecture on time. My journey with Kendriya Vidyalaya 2 had been an impactful one with so many intakes and outgoing. Learning, learning and learning was all that happened during my internship period, courtesy BTTC.

Aakash Chauhan (S.Y.B.Ed.: 19-20)

Leadership is not a position a title, it is action and example. I had the time of my life during my third semester internship at Sir. J.J Girls School. From interacting with the Principal, teachers, my school internship in-charges, co-ordinator and my group mates, it was a rollercoaster ride but an exhilarating one. I learnt how to deal with immediate situations, think on my feet and say yes to everything with a smile and smartly manage it all with the never give up attitude. Not only did I acquire the confidence to stand alone but also the courage to make tough decisions, and compassion to listen to the needs of others. I learnt that one becomes a true leader by the equality of her intent. The highlight of my internship was being the lead organizer of the Nature's day event where in I wrote and directed a play based on aliens. Alas! I evolved.

Aditi Ghodekar S.Y.B.Ed.: (S.Y.B.Ed.:19-20)

Practice Teaching was a great experience, received practical exposure. Got an opportunity to use different teaching methods, made different teaching aids. Could put to use all that we'd learnt and more. Co-teaching with school teachers gave an insight of how an experienced teacher handles a class. We had a good blend of both pedagogies including laboratory experience, Unit test paper preparation and analysis. School teachers were very helpful and supportive.

Bhagirathi Arvind (S.Y.B.Ed.:19-20)



My practice teaching has helped me gain confidence in my potential. Through my own observations and teacher's feedback I've learnt a lot. It was truly a remarkable time and I believe we've all come out of it as better Student teachers.

Fatema Chitalwala (S.Y.B.Ed.:19-20)

Our practice teaching in-charges made sure that we were thoroughly prepared for our internship. Our professors were firmly supportive and they mentored us right from maintaining a professional attitude in a school environment to guiding us on improving our teaching skills.

There were so many challenges and so much that I learnt. I was pushed far beyond my comfort zone and had my fair share of low and high points. I not only learnt something new every day but also got to study the students' attitude on a psychological level. On reflection, I see that this has helped me to grow immensely as a teacher. It was an exceptionally practical and worthwhile learning experience. I feel that I can now walk into any classroom and confidently face the students.

Girija Wadhwa (S.Y.B.Ed.:19-20)

I was passionate about teaching but lacked confidence to face a crowd. When I entered school on the first day of my internship, I was pretty nervous and anxious seeing the students and I just felt like backing out from my lesson as I thought managing students would not be my cup of tea. But BTTC gave us rigorous training for teaching during internship. With the help of every feedback given by the faculty gave me more confidence to deliver my lesson. I am thankful to BTTC for helping me become a confident teacher today.

Jharna Kotwani (S.Y.B.Ed.:19-20)

It has been a life changing experience, where I saw teaching from a different perspective. It made me well equipped with varied teaching strategies and methodologies required to cater to types of learners. I found that practice teaching was the perfect time to think outside the box and try different things. If it didn't work, it didn't work. At least, I got an opportunity to try them in a safe environment. Being confident and believing in yourself is of utmost important. Above all I learnt that, teaching becomes easy if you enter the classroom with a smiling face.

Madiya Sherewala S.Y.B.Ed.: (19-20)

My practice teaching experience was like a roller coaster ride, there was a little struggle and the end results made me a better version of what I am today. From working for hours on making engaging lesson plans to getting an "OK" on the plan, practice teaching was an experience that I will cherish all my life. Because of the exposure that I got of different school and college I got to see how things actually workout in school. It was a learning experience for all of us and we learnt something from the students too, they taught us that learning has no end, it can go on and on.

Sonia Sonigara (S.Y.B.Ed.:19-20)

Practice teaching is an experience which gives us practical insights about teaching. Personally it was the best experience where I learned a lot and saw a tremendous growth in myself- moving from an introvert to an slightly extrovert person is what I will call this journey.

Twinkle Khanwani (S.Y.B.Ed.:19-20)

Internship or as we say Practice Teaching, is just the tip of the iceberg, giving you a glimpse into what is in store for you. Things like the hours of standing in front of a classroom full of expectant students and the challenge of living up to their expectations. Time invested in creating attention-grabbing presentations, charts and models which add something different and new to the teaching-learning process. Then there is the parched throat caused by numerous patient vocal attempts to stimulate students' interest, teach constructively and simultaneously manage a classroom of diverse learners. But finally, when all your efforts coalesce, you see that flash of understanding in their eyes, the dawning of knowledge and the radiant smile that accompanies any eureka moment when they understand the concept and apply it in the correct context; it makes all your hard work seem so very worthwhile. There is a blend of unmatched joy and deep satisfaction in knowing that you have touched the mind and heart of a child.

My interaction with the school teachers, staff, students and my classmates reinforced the belief that we grow holistically only when we create nurturing relationships. And last but most importantly I learnt that, as I teach, so also do I learn, and in doing so, evolve into a better version of myself.

Zoshima Mendes (S.Y.B.Ed 19-20)





Diploma in Elementary Education (D.El.Ed.)- Enriching Experiences

Kaivalyadham, Marine Drive

A week long Common Yoga Protocol Training course designed especially for the trainee teachers encompassing the knowledge of various Asanas and theory of Yoga.

Asanas taught during the course were Tadasana, Vriksasana, Pada Hastasana, Ardha Chakrasana, Trikonasana, Bhadrasana, Ardha Ushtrasana, Bhujangasana, Salabhasana, Sasankasana, Vakrasana, Bhadrasana, Utrasana, Makarasana, Setubandhasana, Pawanmuktasana, savasana, Kapalabhati, Anuloma Viloma, and Brahmani Pranayama.

Theory of Yoga discussed included History of Yoga and various schools of Yoga, Ashtang Yoga, Panch Kosha, Nadi, Chakra and Stress management, to name the few. Distinction between Yoga Asana and Physical exercise discussion in detail and evidences of benefits of yoga were shared. The course completed with practical examination and viva on Yoga asanas and theory of yoga.



Sanskar India Foundation (SIF)

The volunteers from SIF conducted a workshop before the Ganesh festival in September 2019 on making eco-friendly Ganesh idols. A small block of Shadu Clay/ Mati was given to each student and step by step demonstration for making the idol was done during the workshop. Students followed the steps, used their own creativity to adorn the idols with eco-friendly materials like turmeric for yellow



colour and dried rose petals powder for pink and red. Shadu clay is a natural clay and needs no binding. Along with steps, the environmental benefits of using Shadu clay were discussed.

SIF volunteers and D.El.Ed. students carried out Beach Cleaning Project at Girgaum Chowpatty after the Ganesh festival.



Marvellous Backdrops

At BTTC originality, designing and creativity is always supported and encouraged. Students thrive in this set up which is seen in their high Aesthetic Quotient. D.El.Ed. students develop splendid backdrops and other stage décor for most of the college events.



Sadhu Vaswani Mission, Pune - Educational Visit

Our deepest gratitude to Mrs. Poonam Malani from Sadhu Vaswani Mission, Colaba -Mumbai for organizing a trip to Sadhu Vaswani Mission, Pune. We got an opportunity to talk with Didi Krishna Kumari. DARSHAN – A museum wherein you are taken on a journey into the saint and scholar Sadhu Vaswani's life and activities. Spending sometime at Dada's Samadhi brought the feeling of calm and peace within.



Shaheed Hemu Kalani Diwas

BTTC in collaboration with National Council for the Promotion of Sindhi Language conducted Essay Writing and Poster making Competition in the last week of January. The topic for Essay Competition was Martyrs of India's Freedom Struggle and for Poster completion the topic was Martyr's life and struggle for India's freedom.



Swacch Bharat Abhiyaan

The Indian Coast Guard conducted International Coastal Cleanup Day – 2019 (ICC-2019) in all Coastal States/ Union Territories on 21 Sep 2019. D.El.Ed. students joined with the Indian Coast Guard Maharashtra for cleaning the Girgaum Chowpatty beach.



Centre for Cultural Resources and Training Programme: D.El.Ed. enthusiastically participated and did research on the culture of states assigned to them.

D.El.Ed. Internship Programme is rigorous and is appreciated by all stake holders. Student teachers got the opportunity to intern in many schools affiliated to different boards, like, Holy Name High School, Colaba, St. Joseph's High School, R. C. Church, Navy Children School, Colaba, MSPT, VBM and SMPS, Grant Road, St. Ignatius High School, Mahalaxmi, St. Joseph's High School, Agripada, Seva Sadan Society's English Medium School, Gamdevi, Fort Convent, Colaba.





Early Childhood Education Programme ***Making Headlines and Meeting Deadlines***

The Early Childhood Education Diploma Program prepares students to become qualified Early Childhood Educators who contribute to the well-being of children, families and their community. The program delivered by Bombay Teachers' Training College integrates theoretical material as well as practicum experience to give the students the skills and knowledge to work with new-borns and children till eight years of age.

Various special features of this program are:

- ❖ Good infrastructure with latest technology.
- ❖ Limited seats ensuring that trainees get individual attention.
- ❖ Support, personal guidance & immediate feedback from our expert faculty members.
- ❖ Intensive practical training.
- ❖ Workshops on varied topics like curriculum planning, rhymes, phonetics, projects, etc.

Curriculum for Early Childhood Care and Education Course

- ❖ Theory.
- ❖ Practical.
- ❖ Seminar cum Workshops.
- ❖ Events and Extra Curriculars.
- ❖ Campus Recruitment.

Theory

The theoretical part only contributes 25% of the entire grading system but still is an integral part of this course. Latest trends in teaching as well as what led to the emergence of Early Childhood Education are known to us through these means. Even though its theory but our teaching staff makes it really easy and interesting to understand through various interactive sessions and classroom activities.



Practical Training / Internship

All ECCE trainees get an opportunity to complete one-month intensive practical training / internship in a pre-school. This provides us with valuable practical experience of observing the teaching

techniques of trained and experienced ECCE teachers. We also get an opportunity to work with pre-schoolers in a live classroom. This also enhances our knowledge of preschool management and set-up.

Seminar cum workshops

There were various workshops conducted for students on topics like curriculum planning, rhymes, phonetics, puppetry, etc. to acquaint and equip us to face the challenges in the field of pre-school teaching. This practical approach makes us as teachers aware about the new techniques to teach any new concept.



1. Puppetry and voice modulation workshop:



Puppetry as a teaching tool provides teachers with one of the most inexpensive aids in the classroom. The concerned person showed us various ways in which different emotions using puppets can be expressed. We were also taught how to make basic puppets like that of an animal and various characters with different body types. Also using puppets isn't enough. The use of a unique vocal texture to represent a particular character was also

elaborated well and explained through the voice modulation workshop.

2. Storytelling and Phonetics workshop:

Any pre-primary classroom isn't complete without storytelling or phonetics. Inquiry based teaching techniques were emphasised so that answers are generated by the learners themselves. Stories create magic and a sense of wonder at the world. Stories teach us about life, about ourselves and about others. *Storytelling* is a unique way for kids to develop an understanding, respect and appreciation for other cultures. *Phonetics* will help us to pronounce a particular word correctly. It allows teachers to examine the differences between the sounds of various letters and explain this difference to learners. It also enables learners to better understand and speak the language they are learning.



3. **Seminar Cum Workshop on Indoor Games:** After the introduction of play way method in early childhood classrooms the use of indoor games for teaching various concepts is quite essential. Games helps in fostering creativity, team spirit, sportsmanship and leadership skills. Children learn to cooperate with their team mates and function in harmony with others. Games develop overall personality of a child. It even allows a child to be independent and self-reliant. The workshop helped us with various indoor games which could be played within the classroom for e.g. the game of Chutes and Ladders for teaching addition or the game Simon Says to teach the concept of In and Out. The creativity of our expert faculty member was reflected when this particular technique was elaborated using an indoor game designed by her.
4. **Pidilite Workshop:** This particular workshop enabled us to use different handy materials in order to foster the creativity amongst young learners. This consisted of approximately 20 sessions. Art is not only fun and entertaining, but also educational. Skills children develop when participating in art activities include Fine motor skills, Cognitive development, Math skills, Language skills etc. In addition, free expression is also good for overall health and well-being.



Apart from the above various other workshops are also conducted namely, Fun with Science, Poetry Recitation, Origami, Introduction to Hindi, Music and Movement, Introduction to Numbers and basic concept of Mathematics, Administration of aid, Health Education, etc.

Events

Events provide a setting to become involved and to interact with other students, thus leading to increased learning and enhanced development. Specifically, a student's peer group is the most important source of influence on a student's academic and personal development.



Cultural Kaleidoscope is an event which helped each of us to come together in spite of our various backgrounds and showcase our talents exhibiting the numerous cultures and traditions of a particular state. Accepting and adapting the culture of another state and learning the folk dance and dialect inspite of having no clue of it was another great achievement.

Faagun 2020 was an event of a kind. We were encouraged to put our best foot forward and various competitions were held which enabled us to do so. Activities like nutritious diet, puppet show, yoga, creativity stall etc. were a part of this mega event. A panel of expert professionals were invited for the purpose of judging various competitions. We were really glad as the outcome was learning was fruitful and the level of enjoyment was immeasurable.



Apart from these we at Bombay Teachers' Training College also celebrate other events like Teacher's Day, Independence Day, Sport Day, Republic Day, with great enthusiasm.

Campus Recruitment

Recruiting the right people carries supreme importance for the success of any organisation, and BTTC is the sole ground for securing such individuals. The college prepares student-teachers to be competent to teach both locally and globally. We are always provided with the professional development and support that we need to succeed. Our faculty members are always there to support the student teachers and help us excel in their new environments.

E: Education

C: Care

E: Entertainment

P: Play

Many milestones have been achieved and many still have to be reached. BTTC makes a sincere attempt to showcase our progress in terms of achievements and activities during the year. As we recount our success with pride and happiness, we wish to dedicate all our achievements to the committed effort of a committed team called Bombay Teachers' Training College.



Webinar Series 1.0
Learnings During Lockdown
2nd May to 8th May, 2020

The world had come to a standstill. The COVID-19 virus had caused a complete lockdown. The schools and colleges were shut. All educational institutions were stalled. But what was still glowing was the spark of inquiry and the desire to learn.

BTTC decided to reach out to the masses by organizing a series of webinars on extremely relevant themes that would help people find some solace in the challenging times. Apart from the academic topics, there were many that were targeted on improving life skills. The first webinar series was organized from 2nd May, 2020 to 8th May, 2020.

The first webinar in the series was on the topic ‘Learning Management System’ and was moderated by Dr Raju Talreja. The resource person for the day was Dr Mandhar Bhanushe, Assistant Professor, IDOL, University of Mumbai. He started his presentation with what is LMS. Taking it further he elucidated the full form MOODLE and explained the basic features of the LMS. A detailed demonstration of the features of Moodle was conducted by him. He showed how to create courses, enrol students, assign work, share learning resources and gave many practical tips for content creation through the LMS. He also elaborated how Moodle can also be used for video conferencing.

On 2nd May, 2020 another session was organized in the afternoon. Dr. Sarika Sawant, Assistant Professor from Department of Library Sciences, SNDT University was the resource person. She took session on ‘reference management system- Mendeley’. She demonstrated the free open source resource and explained in detail how to organise articles in Mendeley. She explained how to generate citation as per the preferred citation Manual and also elaborated on the limitations of the software in comparison with Zotero and Endnote. The session was moderated by Dr Priya Pillai.

On 3rd May 2020, the webinar was on the topic ‘Learn Organically - Communication Skills’. The session was moderated by Dr Lubna J Mansuri. Ms Simran Vig, the founder of a leading pageant training and personality development academy in India called ABSOLU ELLE was the resource person. She spoke on communication skills and its relationship with personality of an individual and specifically teachers. The highlights of the webinar was on improving fluency which included enhancing vocabulary and how reading is imperative for it, avoiding fillers, superstar communication skills, clarity in thoughts, speed and volume in communication, Enunciation, alert body and a breather. She also discussed the dress code for different occasions and pointed out that teachers should be conscious of their dressing and body language while teaching. She shared her experiences and also remembered her teachers. Ms Simran Vig suggested that watching English news channels like BBC and CNN will help in improving the communication skills. Later on participants were given a chance to interact with the expert through a question and answer session.



On 4th May, 2020, the webinar was on the theme ‘Mindful Eating during COVID-19 Pandemic’. Dr Nupur Krishnan, a renowned Clinical Nutritionist, was the resource person. The session was moderated by Dr Neelu Verma. Dr Nupur insisted on the balance of all the vitamins in the body. She explained how food and sleep affects our mental health. Maintaining body immunity during lockdown time was her priority. She advised everyone to avoid self-medication. Eating at the right time, in right quantities and the right combination of nutrition is important to keep healthy. Dry fruits, right selection of oil, including fats in the diet and balancing hormones through food are extremely important measures for good health. Food is important for good mental health and should be consumed in the most effective manner. She practically guided on what to avoid during the lockdown time. The session was a complete hit as she also sorted out the queries of those who were a part of the webinar.

On 5th May 2020, the webinar was titled ‘Mindfulness during Uncertain Times’. The resource person for the same was Dr Subbalakshmi Kumar, who applies her knowledge of mindfulness to teaching, conducting workshops, coaching, writing, healthy eating and relationships. She elaborated on how it was essential for everybody to make peace with oneself and compose one's body in order to be mindful and healthy. She mentioned that it is important to be with people and listen to them during these uncertain times. Meditation and giving attention to the pain that one has is also the key to a happy life. She explained that it is important to calm the mind through meditation. She involved everyone attending the webinar in a practical demonstration of guided meditation. This was extremely relaxing and refreshing. After the session, she invited everyone to be a part of Mindfulness Meditation Programme that she conducted for free for 5 days. The session was extremely delightful and infused a feeling of peace in everyone. The session was moderated by Dr Neelu Verma.

On 6th May, 2020, Mr Roshan Mansukhani conducted a webinar on ‘How to handle stress during the lockdown period’. Mr Roshan Mansukhani is a music therapist and Tedx speaker. In 2017 he was awarded Indian Achievers award. In 2019 he was the Man of excellence Speaker at IIT Powai Techfest. Roshan is a Counselor at TSEC. He has one mantra always... ‘LIFE IS BEAUTIFUL, ITS WE WHO COMPLICATE IT’. Mr Roshan played several audio and music clips during the session and explained how music could be used as therapy. He also spoke about depression and how to handle stress during the lockdown period. The session was highly interactive and Mr Roshan responded to several questions from the audience. Dr Bhagwan Balani also addressed the audience and spoke about the importance of dealing with stress in a positive manner. The session was moderated by Dr Meenakshi Lath.

On 7th May, 2020 at 2 p.m., Dr Kumar Chhugani and Dr. Purna Chhugani, medical representatives from Colaba, conducted the session about general precautions to be taken by the parents & teachers during lockdown and post COVID lockdown. This session was moderated by Dr Mandeep Kochar.

Dr Purna Chhugani conducted her session for the Teachers explaining the concept of COVID-19 in detail. She elaborated the nature of Corona virus and the precautions one needs to take during this



pandemic. She was in particular explaining the strategies to the teachers how they should handle the children in the upcoming phase and what the new normal will be post lockdown period. The strategies like running the schools and colleges on alternative day for individuals, double shift for the institutions, sanitization of classrooms, no school bags and no sharing of personal stationery among students was much appreciated by the viewers.

Dr Kumar Chhugani deliberated his talk on taking special care of eyes as during this lockdown period each one of us shall be overusing technology and electronic devices for online teaching & learning. He made many concepts clear by articulating that eyes can never be locked down and there are some myths about taking care of our eyes which he clarified among the viewers.

‘Yoga for Health and Healing during Challenging Times’ was conducted by Mr Ravi Dixit and Ms Anvita Dixit from with Kaivalyadhama, Mumbai on 8th May, 2020. The session commenced with Dr Manisha Tyagi welcoming all the participants and with a brief introduction of the resource persons. Mr Ravi Dixit emphasized on the importance of Yoga. Yoga is considered to be a low-impact activity that can provide the same benefits as any well-designed exercise program, increasing general health and stamina, reducing stress, and improving those conditions brought about by sedentary lifestyles. Yoga has been studied and recommended to promote relaxation, reduce stress. Ms. Anvita Dixit highlighted the eight aspects of yoga and explained all of them with relevant examples. She also provided ‘Dinacharya’ to be followed during Covid-19 times. Mr. Ravi ji and Ms. Anvita also responded to the queries of the participants after completion of the yoga session and clarified their doubts.

The entire series was professionally organized with Board of Industry Academia Partnerships as technical partners. All the sessions were much appreciated by all who attended.

National Webinar Series 2.0

Knowledge Generation in Education during Covid-19 Pandemic

12th May 2020 to 16th May 2020

Quantitative Research

A National Webinar Series on “Knowledge Generation in Education during Covid-19 Pandemic” was organised by Bombay Teachers’ Training College in collaboration with Department of Education, University of Mumbai from Tuesday, 12th May 2020 to 16th May 2020.

Insights into the social cognitive view of learning gave everyone one important idea of learning, namely, metacognition. To operationalise this term; we can say that it is through a process of reflection on our learnings, we become aware of the knowledge that we have assimilated and then plan what to do next. A reflection on all that we have assimilated would lead to the stage of the regulated application.



At the heart of what we teach in any discipline, the methodology of understanding the world is the core. This methodology is nothing but Research, which will help us make movements in our understanding of the world and will contribute to new knowledge. We believe that understanding social science research methods not only helps us understand the world but also helps us to make informed decisions about daily life as well as sharpens the powers of critical thinking and evaluation and helps us become more intelligent gatherers of information as well as responsible producers of knowledge and information.

With a strong belief in the above-mentioned role of social science research, the Webinar was organised in these critical times of lockdown due to the COVID 19 Pandemic.

Therefore, the sessions were organised around THREE major themes:



1. The scientific foundations of research, the process of research, and two key considerations in designing a study a) Measurement (Tool construction) b) sampling and c) Review of related research
2. Three approaches to social science research: Descriptive (Survey, co relational research and causal-comparative), Experimental and Evaluation research
3. Interpretation of research data (inferential data analysis) and writing of research reports (Academic writing) with a critical perspective to quantitative research.

The perspectives of ethical considerations and examples to contextualise knowledge to facilitate learning was woven into every session.

These areas were engaged with over 5 days, eight sessions with eight resource persons from different research perspectives and coming from different Universities and Institutes of higher education and around 3500 participants across India.

The inaugural session was graced by the eminent and distinguished persons:

1. Dr Niranjan Hiranandani, Provost HSNC University
2. Dr Rajan Welukar, Former Vice-Chancellor, University of Mumbai, Chief Guest
3. Mrs Maya Shahani, Trustee HSNC Board, Guest of honour
4. Prof. Peter Cunningham from South Africa, Guest of honour
5. Dr Hemlata Bagla Principal KC College, Guest of Honour

The inauguration began by seeking the blessings of the Almighty and pledging ourselves to seek the TRUTH and Universal harmony.



The distinguished guests were then welcomed and introduced by the heads of the collaborating institutions; Dr S.R. Pandya, professor and head, Department of Education, University of Mumbai, Dr Bhagwan Balani, Principal, BTTC, and Dr Mandeep Kochar, VP, BTTC.

Dr Niranjan Hiranandani, Provost, HSNC University, Mumbai appreciated the initiative of organisers and firmly expressed that the new HSNC University, Mumbai will partner with the most successful and established the University of Mumbai towards the aim of achieving improved education for the NEW INDIA. Dr Hiranandani then inaugurated the new HSNC university logo.

Mrs Maya Shahani, Trustee, HSNC Board was appreciative of the collaboration and highlighted the need for strong technical skills as teachers and need for strong IT infrastructure in Institutes of Higher Education in the globalised world.

She then drew our attention to widening disparities between the rural areas in this regard and the need for enhancing employability skills in education. Among the various necessary life skills she then emphasised the need for cultural quotient to be developed in students.

Dr Rajan Welukar, former Vice-Chancellor, University of Mumbai focused on the changes that the educational institutions need to bring to ensure that the objectives of the education are met. He emphasized the need for being RESILIENT as individuals and as an educational institution. Some of the areas in education that need our reflection and deliberation were then brought out. The issues and challenges ranged from positioning Higher Education Institutions as a knowledge-generating Institution to curriculum design and curriculum enactment. The need to focus on life skills in education was reiterated.



Professor Dr Peter Cunningham, Nelson Mandela University, South Africa shared insights on the quality of research. He then emphasized that the outcomes of research should not limit itself to the individual alone but benefit governments in designing the plans, policies and programmes for administration.

The first technical session of the webinar on Introduction to Educational Research was conducted by Dr Ashwini Karwande, Assistant Professor, Department of Education, UOM. It was in this session that the scientific foundations of research, the different paradigms to look at research and how does an individual go about conceptualising a research problem and formulating a title for the research were discussed.



The second session of Day 1 of Webinar Series was on Critical View of Quantitative Research.: by Prof. Amruth Kumar, Central University of Kerala. Dr Amruth Kumar engaged with various critical



views about research. These issues were related to three important areas. The concept of Objectivity, the concept of knowledge, linkage of knowledge with the socio-political and cultural realities of society and the measurability of knowledge through research. He then went on to discuss how knowledge and power are interrelated and how negotiations are at play in certain kinds of knowledge and methodologies that are used in research.



The next session of the second day was on Development of Tools in Research by Prof. Dr S.R. Pandya. She began the session by addressing the question on What is an instrument in research. She then explained the three major steps in developing tools. Step 1, on conceptualisation and designing an instrument which includes validity measures. Step 2, establishing reliability and Step 3, developing norms for standardization, All forms of validity, reliability measures and standardisation procedures were explained with suitable illustrations.

Session 4 was on Review of Literature by Dr Rajeev I. Jha, Associate Professor, Bombay Teachers' Training College. Dr Jha gave a comprehensive overview of the purpose of the literature review. He also gave some tips for a novice researcher to manage the literature review. The session also gave knowledge about the several sources for literature review - such as various Indian databases. He shared several examples of formats of literature review as well.



Day 3, session 5 was on Descriptive Research. The resource person was Dr Sybil Thomas, Associate Professor, Department of Education, University of Mumbai. The session began by drawing a relationship between values assumptions in research and the choice of paradigms and methodologies used. She then went on to position descriptive research in the quantitative paradigm. Survey research, correlational research and the causal comparative research was then dealt with. Suitable illustrations were used to appreciate and critically view the utility of these methodologies.



Session 6 was on Sampling Techniques by Dr Shireeshpal Singh, Associate Professor, Mahatma Gandhi Antarrashtriya Hindi Vishwa Vidyalaya (A Central University), Wardha. The session began by clarifying the basic concepts of the universe, population, sampling frame, sample, and sampling.



He illustrated the five types of Probability Sampling Techniques used in educational research. The types of probability and non-probability sampling techniques were then discussed with the help of relevant examples. The session concluded with the precautions to be followed for reducing sampling error.

Day 4, session 7 was on Experimental Research by Dr VP Joshith, Nagaland University. The session started with a discussion on the basics of experimental research. The resource person explained how experimental research is the only type of research that can test hypotheses to establish cause-effect relations. He also discussed common problems faced in using experimental studies in education. He brought about the difference between manipulation and control. The various experimental designs such as true experimental, pre-experimental and quasi-experimental were then discussed. With the help of suitable examples, the concept of internal and external validity of experimental designs was elaborated.



Session 8 was on Evaluation Research by Dr Sybil Thomas, Associate Professor, Department of Education, UOM. The session began by arriving at a shared understanding of Evaluation and Evaluation research. The purposes and challenges of using evaluation research in education were then dealt with. The different

types of evaluation research methods depending on stages of policy formation and program development was then explained. The session ended by positioning Evaluation research in the space of education studies.

Day 5, session 9 was on Inferential Analysis by Dr B. Balani. The session began by conceptualising the term of inferential analysis. The relation between descriptive analysis and inferential analysis was then brought out with the help of suitable illustrations. Statistical procedures of t-test, ANOVA and linear regressions were explained. The interpretations of the outcomes of analysis and use of online calculators were also highlighted.



In conclusion, the knowledge that we have gained these FIVE days of engagement to make a difference in our personal, interpersonal and community engagements would lead us to remember that “Learning is NOT about what knowledge we have acquired but the process of ‘becoming’ practitioners.”



National Webinar Series 3.0

Knowledge generation in Education during COVID-19 Pandemic

1st June, 2020 to 6th June, 2020

Qualitative Research

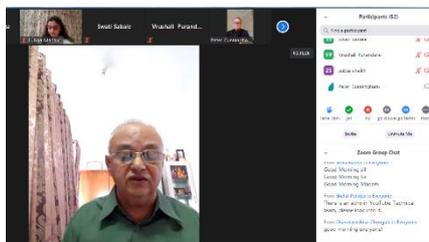
Day 1

Inauguration of the webinar series

Date: 01/06/2020

Time: 10.00 AM to 12.00 Noon

On June 1st, 2020, the webinar series on Qualitative Research was inaugurated. The Inaugural session commenced with Dr. Bhagwan Balani, Principal of BTTC who welcomed all the Chief guests, guest of Honour, Principals and Vice Principals of various colleges and the viewers. He was clear about his idea of promoting research culture and research activities at BTTC and Department of Education, University of Mumbai. Dr. Sybil Thomas mentioned four notions of qualitative inquiry i.e. distinctiveness, process, closeness and improved understanding. She briefly informed about the topics that would be covered in this webinar series. She also introduced Dr. N. Hiranandani, Provost of HSNC University. Dr. Hiranandani congratulated DOE, University of Mumbai and BTTC for initiating the second series of webinars. He emphasized on importance of qualitative research, aspirations and combining research with reality.



Dr. Lubna Mansuri introduced chief guest and keynote speaker Prof. R.G. Kothari, Former Vice Chancellor of Veer Narmad South Gujarat University. Dr. Kothari shared his views on the field of Qualitative research as a new field of Education in India. He aptly stated that qualitative research requires an inductive approach. It is theoretical, contextual, holistic and based on

participant observation. He said that role of a researcher is important because he needs to critically reflect on pattern and descriptions. He suggested a handful 'must read' books pertaining to qualitative research.

Dr. Mandeep Kochar thanked, introduced and appreciated Mr. Kishu Mansukhani for his advice and motivation. Dr. Ansari introduced Mr. Anil Harish and welcomed him to the webinar. Mr. Anil Harish was glad to be a part of BTTC and put forth an idea that Qualitative and Quantitative research can be amalgamated to get a hybrid. Dr. Ansari also introduced Mrs. Maya Shahani who asked to reflect on how we can use technology for home schooling and how to deal with change during COVID-19 pandemic.

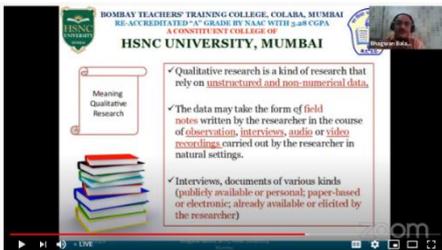




Dr. Rajeev Jha introduced Dr. Peter Cunningham who suggested that an emerging researcher in India should ask a question, What is truth? He also said that it will be a challenge for research student to understand the current social problems with respect to qualitative research.



Dr. Manisha Tyagi introduced Dr. Hemlata Bagla. Dr. Bagla was overwhelmed to see the camaraderie of all the teachers and professors with regard to this webinar. She emphasized the importance of sharing of knowledge, technology and practices. She said that this webinar will help the participants in being future educationists.



Dr. Raju Talreja introduced Prof. Shefali Pandya. She thanked the participants for showing faith in the webinar series. She said that this webinar series will help research guides and researchers to undertake the Qualitative research.

The inaugural session ended with Dr. Lubna Mansuri thanking all the guests, Principals, Vice Principals, Professors and participants for sparing their time for this webinar and motivating with their presence.

Session 1: Introduction to Qualitative Research

Resource Person: Dr. Bhagwan Balani

Date: 01/06/2020

Time: 12.00 Noon to 01.30 PM

The technical session one began with introduction of Dr. Bhagwan Balani the first resource person of this webinar series. He was introduced by Dr. Lubna Mansuri. Dr. Balani commenced his talk by stating that he understood the limitations of quantitative research and thus focused more on qualitative research. He beautifully explained the meaning, characteristics, goals, research designs, difference between qualitative and quantitative research, sampling, validation, challenges and merits for undertaking qualitative research and how to interpret it. He emphasized that quantitative method is a more rigid style of eliciting and categorizing response to the questions since it uses a highly structured method of questionnaires, surveys and structured observation; whereas the Qualitative approach seeks to explore phenomena which is more flexible, iterative style of eliciting and categorizing responses to questions. He further added that Qualitative Research uses semi-structured methods such as in-depth interviews, focus groups and participant observation.





Dr. Balani mindfully explained explained the Nature of Qualitative Research which is concerned with the opinions, experiences and feelings of individuals producing subjective data. In addition, he informed that the Data Analysis in Qualitative Research is done with field notes, video recordings, audio recordings, images and text documents. He also shed light on explained on various Strategies of Qualitative Research. He explained the characteristics of Qualitative research methods, whereby Qualitative Researchers typically gather multiple forms of data, such as interviews, observations, and documents, rather than rely on a single data. He said that we need to take up the research projects about COVID effects on people and this is not possible by just collecting numbers; but in order to understand the holistic picture and understand the ground reality we need to undertake qualitative research.

The question-answer session was conducted by Dr. Lubna and Dr. Balani very gracefully responded to most of the queries of the participants. Dr. Lubna then thanked the technical team and the coordinating team along with the participants for making this session a memorable one.

Session 2: Preparing a Qualitative Research proposal

Resource Person: Dr. Ashwini Karwande

Date: 01/06/2020

Time: 04:00 PM to 05:30 PM

The technical session 2 began with Dr. Manisha Tyagi who welcomed the participants and introduced Dr. Ashwini Karwande, Assistant Professor, Department of Education, University of Mumbai.

Dr. Ashwini dealt with Qualitative research: its meaning, usefulness and characteristics and writing a research proposal: its process, framework and elements. She gave a brief introduction to the topic by giving a brief idea about qualitative research. She stated that qualitative research process starts from general research questions, selecting relevant subjects and sites, collecting data, interpreting data which in turn gives conceptual and theoretical framework, writing finding and conclusions. She



gave a detailed explanation about the preparation of research proposal which is written in future tense but review of literature is written in past tense. She also explained in detail the introduction, statement of purpose, Research questions in Qualitative study, aims and objectives which may not be completely fixed, review of literature, purpose of study, research design and methods, data collection methods, sampling techniques, sample size, ethical considerations, scope and limitation of study and lastly she explained the significance of these studies.



Dr. Manisha Tyagi, Dr. Neelu Verma and Dr. Raju Talreja asked a few questions which were picked from YouTube chat and they were aptly answered by Dr. Karwande, Prof. Pandya and Dr. Sybil Thomas. Dr. Tyagi thanked Dr. Karwande for



making us feel confident to undertake research related to Quantitative research. She also proposed a vote of thanks and the session was wrapped with the national anthem.

Day 2

Session 3: Grounded Theory Design

Resource Person: Dr. Gopal Krishna Thakur

Date: 02/06/2020

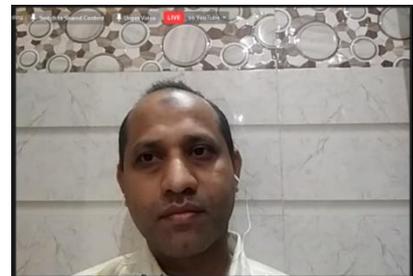
Time: 11:00 AM to 12:30 PM

Dr. M. A. Ansari started session three after the highlights of the previous sessions. The resource person was Dr. G.K. Thakur, Head, Department of Education, Mahatma Gandhi Antarrashtriya Hindi Vishwavidhyalaya, Wardha.



Dr. Thakur commenced his talk by stating that the ‘Grounded Theory Design’ is a recent phenomenon in qualitative research approach. He first described grounded theory and explained in detail the philosophical underpinnings, basic tenets, key characteristics which include process approach, categories, coding, constant comparative analysis, negative case analysis, theoretical sensitivity, theoretical sampling, theoretical saturation, memo writing and theory generation.

He stressed that sometimes words do not suffice meaning and a researcher’s job is to know the meaning in the words. He highlighted when the grounded theory should be used, the methods, data collection, data analysis, general steps and evaluation of grounded theory research. Lastly, he explained ethical issues regarding grounded theory research. He concluded by saying that as a researcher you should conceptualise, have to be precise in coding and concepts and finally validate the research.



The question answer session was moderated by Dr. Ansari which Dr. Thakur answered promptly in detail.

Session 4: Phenomenological Research

Resource Person: Dr. Shireeshpal Singh

Date: 02/06/2020

Time: 04:00 PM to 05:30 PM

The resource person for session 4 of Webinar series was educationist and researcher Dr. Shireeshpal Singh, Associate Professor, Mahatma Gandhi Antarrashtriya Hindi Vishwavidhyalaya (Central University) Wardha. The session was moderated by Dr. Lubna Mansuri. She invited him to give his insights on the topic “Phenomenological Research”. Dr. Singh was elated to be a part of this webinar series.



Dr. Singh started his talk by explaining, what ‘phenomenology’ is. He explained in detail the foundations of phenomenology that include the philosophies like transcendental, existential and hermeneutic. He said that it is important to have a dialogue with the fellow researcher about to avoid biases. He gave a detailed explanation on the key concepts of transcendental phenomenology like intentionality, Noema and noesis, epoche/bracketing, phenomenological reduction, imaginative variation and essence in the description. He also touched upon existential and Hermeneutic phenomena.



He further elucidated the research design, some examples of research designs, sampling techniques in phenomenology. He focused on the collection of data in the form of interviews. He informed that piloting or practising is important prior to conducting the interviews and recording instruments are necessary to transcribe the data. Similarly, empathy and embodied self-awareness, embodied intersubjectivity is equally important. Similarly written accounts in the form of autobiographies or written descriptions and experiences can be used. Documents, observations and internet blogs can be sources of information. In general, Dr. Singh discussed about the phenomenology which is based on lived experiences of the participants. He concluded the session by stating that it is important to document the experiences for the purpose of educational research.



Day 3

Session 5: Content Analysis in Qualitative Research

Resource Person: Prof. Megha Uplane

Date: 03/06/2020

Time: 11:00 AM to 12:30 PM

Our journey progressed as the 3rd day of the Webinar-3 series, commenced with all vigour and enthusiasm by our Respected Dr. Raju Talreja Ma’am who moderated the 5th Session on 3rd June 2020, through her inspiring words, “*One song can change a moment, one idea can change a world, one step can start a journey, but a PRAYER can change the impossible.*” The Webinar began with a Prayer Hymn of our College, thereafter with the Anthem of the University of Mumbai.

Dr. Raju Talreja shared the highlights of the second day of the Webinar and thereafter introduced an eminent personality and the Speaker of the day Dr. Megha M. Uplane, Professor and Head, Department of Education and Extension, Savitribai Phule Pune University, Pune, who had done her double PhD in Physics and Education and is the recipient as the Best Teacher Educator Award, an exuberant personality, person of deep insights and writer.





Dr. Megha Uplane began with her insights saying, “Research plays a vital role in society. Research is a means whereby discoveries are made, theories are developed, ideas are accepted or rejected, predictions done and various other aspects take effect.” She then fervently led us to the various aspects of Qualitative Content Analysis on Describing the Thick Description of the Content of Action, Intension of the Actor and the Process in which Action is Embedded. The Classifying which consists of Breaking up of data, Regularities, Variations, Singularities, Classification in the light of objectives and to Create conceptual framework. She later continued exemplifying that Connecting establishes Logical Connections between Categories by identifying associations between different variables, Patterns within data and Clear picture of main characteristics. She later continued briefing us on the Key Terms while studying Content Analysis is Condensation, Code, Category, Theme, Text which include written texts, Oral texts, Iconic texts and Audio-visual texts, Hypertexts which related to the internet.



The Usefulness of Qualitative Content Analysis is to discover concepts, patterns and themes, find our relationships among concepts, uncover unknown qualities about data and know answers of specific research questions. The Advantages and the Limitations of Content Analysis were briefly put across us by Dr. Megha. Later, she conscientized us by giving Tips that we need to understand our pre-understandings, use and trust our own intuition during the analysis process, discuss and reflect together with other researchers who have analyzed to new perspectives and understand that it is going to take time, even if we are experienced. Dr. Megha stressed on the Skills that are required for a Content Analysis Researcher is to be Tolerant for ambiguity, Sensitive, Detect personal biases and to be a Good communicator. She Concluded with 5 Cs of Content Analysis of Content, Categories, Code, Count and Conclude. Later, Dr. Megha shared the Research Sample Report of one of her guided students, which was very enriching.

Session 6: Mixed Methods Research

Resource Person: Dr. Rajeev I. Jha

Date: 03/06/2020

Time: 04:00 PM to 05:30 PM

The session started with Mrs. Sapna Chhabria welcoming all the participants for the webinar. She introduced the resource person Dr. Rajeev I. Jha, Associate Professor, Bombay Teachers’ Training College, Colaba.

He started his talk by saying that the mixed methods include the qualitative and quantitative research which gives a complete understanding of the problem. He explained the meaning and characteristics of mixed methods research. He further explained the types of research designs in mixed methods research. He explained four basic and two advanced





designs those are: convergent design, explanatory sequential, exploratory sequential, embedded, transformative and multiphase design. Each design type was further explained with regard to its meaning, characteristics, examples, data collection, issues, data analysis, interpretation and validity of the design. Dr. Jha also touched upon the seven steps of mixed methods study.

The queries from participants were answered and Mrs. Chhabria appreciated Dr. Jha's efforts by reading the positive comments which she noted on the YouTube chat. The session ended with the National Anthem.

Day 4

Session 7: Case Study Research

Resource Person: **Dr. Mandeep Kaur Kochar**

Date: **4th June 2020**

Time: **11:00 AM to 12:30 PM**

Dr. Meenakshi Lath began with vivid highlights of previous sessions. She then continued delightfully introducing the magnanimous personality, the Resource person of the day – Dr. Mandeep Kaur Kochar, Associate Professor and Vice-Principal of Bombay Teachers' Training College.

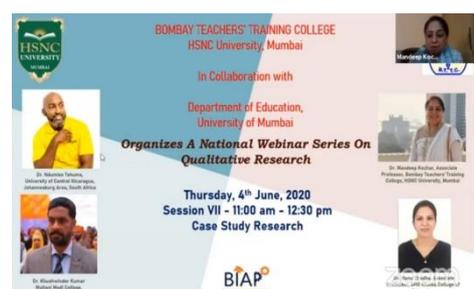
Dr. Mandeep Kochar at the outset of her talk welcomed her passionate co-presenters for the Session - Dr. Ndumiso Tshuma from the University of Central Nicaragua, Johannesburg, South Africa, Dr. Kushwinder Kumar from Patiala University and Dr. Manu Chadda from Ludhiana.

Dr. Mandeep shared an overview of the Survey collected on "Case Study Research, Webinar Series 2, BTTC, Colaba, Mumbai". She discussed the responses on all the questions and presented her insights that a Case Study is a research strategy and an empirical inquiry that investigates a phenomenon within its real-life context. It a comprehensive intensive study of a single unit, a class, a community, corporation or a corporate division, that stresses factors contributing to its success or failure.

Dr. Mandeep, in the words of G. Thomas, specified a Definition that Case studies are analyses of persons, events, decisions, periods, projects, policies, institutions or other systems that are studied holistically by one or more methods. She later briefed upon Who can conduct a Case Study, the Differences between Case Study and Action Research, Differences between Case Study and Case History.



Dr. Mandeep continued with Categories of Case Studies such as Individual case study, Organization level case study, Functional level case study i.e. process, marketing, finance, production, IT, etc, Success story and Cases of failures, Community studies, Studies of events, roles and relationships, Subject related case studies – psychological Behaviour, Mental disorders, etc. She brightened our views on the Purpose of Case Study, the Key





Components of an Effective Case Study i.e. the Problem case, Solutions options and the Results. Later she simplified the 7 Steps of Problem Analysis as Case Study.

Dr. Mandeep Kochar conscientized us on the life and struggle of 'Transgender' community, by taking us into their world through a Case Study on the Transgender. She then briefed us on the Learning Outcome of a Case Study being done on the 'Demise of the Mumbai's Irani Cafés' and how their business could not sustain as their own community struggled to preserve it as the Foreign bistro companies had taken over Indian businesses.



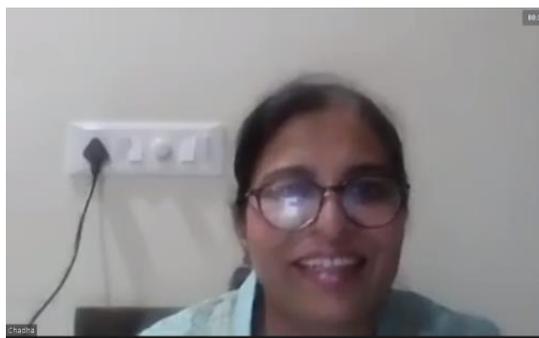
Dr. Mandeep Kochar introduced Dr. Ndumiso Tshuma from the University of Central Nicaragua, Johannesburg, South Africa, a Public Health Specialist who enlightened us on various Case studies with regard to Health aspects on HIV+ patients, the Theoretical Framework, Rationale, a Need for the Study, Objectives, Hypothesis, Ethical considerations and the Structural model and various factors being discussed on this aspect.

Dr. Mandeep introduced Dr. Khushvinder Kumar, principal, Multani Mal Modi College, Patiala who shared his Case Study Research on the Impact of Remedial Strategy on Mathematical Error Patterns on an Individual Case Study on a 16 year old boy who belonging to a lower middle class family, his Academic record before and after the Research and a drastic improvement in Mathematics after keen intervention, guidance and follow up.

Later Dr. Mandeep introduced us to Dr. Manu Chada, Associate Professor, GHG Khalsa College of Education, Gurusar Sadhar, Ludhiana, Punjab, who shared her broader case analysis through her Case Study on the Effect of NLP on Classroom Anxiety and Academic Self Concept among Institutionalized orphan students from two Orphanages.



Dr. Meenakshi Lath proposed a Vote of Thanks and thanked Dr. Mandeep Kochar for the session. The session was a



unique one with resource persons from different places joining in together for knowledge sharing. With their inputs, the session was enriched and this aspect of the webinar was appreciated a lot. Case Studies from different researchers were discussed together on one platform, thereby, benefitting the participants a great deal.



Session 8: Developing Unstructured Tools for Qualitative Research

Resource Person: Prof. Anjali Bajpai

Date: 04/06/2020

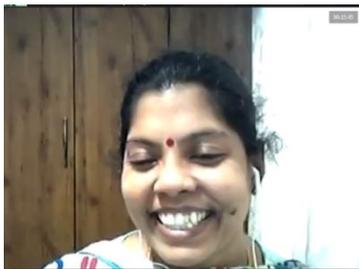
Time: 04:00 PM to 05:30 PM

The fourth day evening session was moderated by Dr. Priya Pillai. She introduced Prof. Anjali Bajpai, Department of Education, Banaras Hindu University.

Prof. Anjali Bajpai started her talk by giving ample examples where unstructured interviews can be held. Then she continued by giving the comparison between structured tool and unstructured tool and further added on the difference between questionnaire, open ended questionnaire and open ended interview.



She touched upon the three types of open ended questions. She stated that open ended questions are extremely popular and give



you more value added insights. She further explained what an unstructured interview is, types of unstructured interview i.e. the informal conversational interview, interview guide approach, standardized open ended interview, she also added the tools used in an unstructured interview and technical aspects of it.

Dr. Pillai appreciated Prof. Bajpai's informative session with some positive comments received on YouTube live chat also, questions were chosen to ask Prof. Bajpai. Prof. Anjali Bajpai happily answered all the questions. Dr. Pillai summarised Prof. Bajpai's talk and gave a formal vote of thanks.

Day 5

Session 9: Qualitative Data Analysis

Resource Person: Dr. Sybil Thomas

Date: 5th June 2020

Time: 11.00 AM to 12.30 PM

The resource person for this session was Dr. Sybil Thomas, Professor, Department of Education, University of Mumbai, an Alumni of BTTC, former Principal of St. Xavier's B.Ed College, a Phd Guide and an grace filled personality. The session was moderated by Dr. Neelu Verma. She shared



lucidly the highlights of the 4th day of the Webinar and continued stating that Data is voluminous and it needs a very patient handling.

Dr. Sybil Thomas commenced with the Aim and Objectives of the Session. She described that the Purpose of Qualitative Inquiry is to generate understanding and that the Data Collection process is not an end in itself. The culminating



activities of Qualitative data are Analysis, Interpretation and Presentation of findings. She later simplified aspects of Critical Research Positivist Research, and Interpretative Research. She stressed that Analysis occurs throughout the Research process rather than being a separate activity carried out after data collection. Quoting in the words of Michael Quinn, *“Qualitative analysis transforms data into findings. No formula exists for that transformation. Guidance, yes, but no recipe, direction can and will be offered, but the final destination remains unique for each inquirer, known only when - and if - arrived at.”*

Dr. Sybil Thomas kept the participants active and collaborative through her thought-provoking questions and receiving answers from the participants as to what is our concept of Coding. She later explained on the Attributes of a Code, Codes to Categories and the Types of Codes. Dr. Sybil elucidated few examples and progressed on explaining on the Example Abha (2012) the Context, Casual conditions, Phenomena, Strategies, Intervening conditions and Consequences. She continued sharing insights on Visual Representation of the Theory, the Knowledge Chain Reaction Model. She further elaborated on Analytical Induction, Constant Comparison and Triangulation.

Dr. Sybil emphasized on the 12 Roles of a Researcher, and indicated that the Key of a Qualitative Researcher is to be clear of the presumptions that influence our outlook on life and our Research. Dr. Sybil Thomas concluded by quoting Wolcott from the book ‘Transforming Qualitative Data’ that these could be the Guiding Principles for our life *”talk a little, listen a lot, begin writing early, let readers see for themselves, report fully, be candid, seek feedback, try to achieve balance, write accurately.”*

Dr. Neelu Verma Ma’am moderated the question-answer session, and all the questions were very beautifully answered by Dr. Sybil. Dr. Neelu concluded the 9th Session by proposing a Vote of Thanks for an excellent session conducted by Dr. Sybil Thomas and expressed her gratitude to our respected Principal Dr. Bhagwan Balani, the BTTC Staff, BIAP Team and the Student Volunteers.



Session 10: Ethnography in Education

Resource Person: Prof. Asheesh Shrivastava

Date: 05/06/2020

Time: 04:00 PM to 05:30 PM

The fifth day evening session was moderated by Dr. Rajeev Jha. He mentioned about the eco-consciousness in BTTC and spoke about the environment as it was world environment day. He then introduced Prof. Asheesh Shrivastava, Dean, Mahatma Gandhi Central University, Bihar; and welcomed him to give his insights on the topic.



He started his talk by explaining who an ethnographer is. He further cited about the works and research articles to read to get a better understanding of ethnography. He briefly explained about the qualitative research and the need to be updated with recent developments in the field of study. He told the ten critical elements of ethnography. He further elucidated on the characteristics of ethnography followed by purpose of ethnographic research, what are the cultural patterns and perspectives of the group in its natural setting. He emphasized that Observation and Interview are important to collect genuine data. He also explained about emic and etic perspectives used in anthropology/ ethnography. He gave some examples fall under ethnographic research. He briefed about types of ethnography and forms of data collection in ethnography.



Dr. Rajeev Jha appreciated Prof. Shrivastava by good comments picked up from YouTube live chat. A few questions were answered by the speaker with great enthusiasm. Dr. Jha proposed the formal vote of thanks wherein he thanked Prof. Shrivastava, Prof. Pandya, Dr. Balani and the BTTC staff and DOE, University of Mumbai, the BIAP team, student volunteers and also the participants. The session concluded with the National Anthem.

Day 6

Session 11: Computer Applications in Qualitative Research

Resource Person: Dr. Vaibhav Jadhav

Date: 6th June 2020

Time: 11.00 a.m. to 12.30 pm

The final day of the Webinar series commenced by a welcome address by Dr. Neelu Verma. She shared the highlights of the 5th day of the Webinar and introduced the resource person of the day - Dr. Vaibhav Jadhav, Ph.D (Teacher Education), School of Education, Savitribai Phule Pune University, and an author of almost 10 books.

Dr. Vaibhav explained on the Philosophical Base on Idealism and Realism whereby the Researchers combine their direct experience with their existing understandings, through complex reasoning, to make sense of the world they explore. He continued guiding us on Why Qualitative Software is necessary and which Packages are available. Dr. Vaibhav made us aware of the Software MAXQDA, elaborating on the existing texts of all kinds, paperwork,





audio recordings, video recordings, surveys, data from online survey tools, spreadsheets, data from social media, photographs, pictures, bibliographic data, web pages, MAXApp projects, pre-structured data, texts and tables entered directly in MAXQDA, audio and video recordings transcribed in MAXQDA.

Dr. Vaibhav later emphasized on the Basic Functions of Qualitative Data Analysis, 4 Main Window View of Document System, Code System, Document Browser and Retrieved Segments. He too explained meaningfully how the Retrieved Bar needs to be prepared in the Excel and how at one stretch we get all the documents without having to search for it. He then simplified as to how we need to prepare the Retrieved Bar and what are the various processes in it.

Dr. Neelu Verma thanked Dr. Vaibhav Jadhav for explaining on the moderated on the Question-Answer session wherein few of the participants expressed their doubts. She then continued thanking Dr. Vaibhav Jadhav for his well-explanatory session which was very knowledgeable and beneficial.

Session 12: Writing Qualitative Research Report

Resource Person: Prof. Shefali Pandya

Date: 06/06/2020

Time: 04:00 PM to 06:40 PM

The last session i.e. Session 12 of the National Webinar Series organised by Bombay Teachers' Training College in Collaboration with Department of Education, University of Mumbai commenced with Dr. Balani, Principal of BTTC who welcomed all the participants to the Webinar. He introduced the resource person, Prof. Shefali Pandya, Head, Department of Education, University of Mumbai and welcomed her to give her insights and share her immense knowledge on the topic.



Prof. Pandya started the presentation by stating that the report written for qualitative as well as quantitative research is almost the same but there are differences as qualitative research is subjective and inductive as verbal data is involved here. She explained 16 components of writing a qualitative report those are: introduction, statement of the problem, literature review, purpose of the study, research objectives, hypothesis, theoretical and conceptual framework of the study, methodology, subjects/ participants and setting, sampling techniques in qualitative research, data collection methods, data analysis, data interpretation, conclusions and discussions, contribution of the study and research ethics. She explained each component with ample examples and clear presentation.

She gave a detailed explanation for types of sampling like purposive sampling, convenience sampling, quota sampling, snowball sampling, extreme/ deviant case sampling, theoretical sampling, maximum variation sampling, critical sampling, key informant sampling.



Dr. Balani appreciated Prof. Pandya for an exhaustive, impressive talk and conveyed her all the praises on YouTube Live chat. Prof. Pandya was asked a few questions to which she answered confidently.

Valedictory function

The chief guest for valedictory function was Prof. Gautam Gawali, Director, Amity Institute of Behavioural and Allied Sciences, Amity University, Mumbai. Dr. Balani introduced Prof. Gawali to the participants. Dr. Jha read the proceedings of National webinar series. Dr. Ashvini Karwande, from Department of Education, University of Mumbai summarised all participants feedbacks on the National Webinar series. She thanked the participants for being there and promised with more webinars to come in the future.



Dr. Gawali gave the valedictory speech. He started by thanking the convenors and acknowledged his colleges. He said that the transformation has taken to virtual classroom due to lock down. The kind of adaptability shown to online teaching, as well as this webinar with technical topics were appreciated including the convenors for organising webinar. Because such activities have therapeutic effect. He emphasized that the knowledge generating will definitely solve the issues and quest faced by the educators and young research scholars. He thanked for inviting him for this webinar. Dr. Balani thanked him for his words of wisdom and take the quality of the research next level.



Dr. Neelu Verma introduced the second chief guest Dr. Amiya Bhoumik, Founder and President, Lincoln University College, Malaysia. Dr. Balani showed interest in joint ventures with Lincoln University, Malaysia. Dr. Bhoumik said that we have a huge responsibility of conducting research not just because we want to gain wealth but to create the impact on the society. Only then would the entire process of research become very meaningful. The

research is not a burden or just a career it becomes part of our life. In current academic fraternity, the thinking is that we need to have research to get a job then our research process becomes a burden. The moment it becomes a habit, it will have an impact on the society or else it would lead to wastage of resources. He finally wanted the academic community to ponder on the fact that that we are here for a few days, since we are on a transit, before the flight takes off, our research findings will be our good deeds to create an impact on society, our younger generation, they will be able to appreciate your research. He thanked everyone for inviting him to this platform.

Dr. Balani requested Prof. Pandya to talk about her comments on the National Webinar series. She mentioned that it was a warm and smooth experience without conflict and arguments and a pleasant

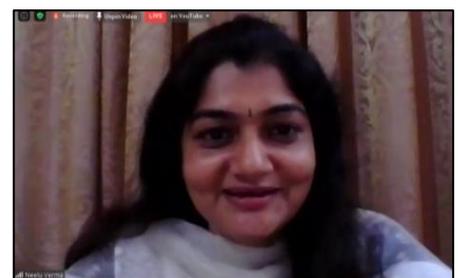
experience. She suggested that research paper reading could be the next endeavour at the national level. This would help develop a research culture. She thanked BTTC and DOE, Mumbai University, participants, students, BIAP technical team, Prof. Kothari for gracing the occasion and helping in success of the seminar and looked forward for future collaboration with them.



Dr. Neelu Verma gave a formal vote of thanks. She thanked the chief guest, other guests of honour and resource persons helping to uplift the educational fraternity. She thanked principals and participants, student volunteers and BIAP technical team. She thanked Dr. Balani and Prof. Pandya for being the backbone of this webinar and thanked all the Teams for devoting their time and their constant support, by invoking the blessings of the Almighty upon all.

Many student volunteers from F.Y.B.Ed and S.Y.B.Ed. of BTTC and University of Mumbai helped immensely for the success of the National Webinar Series. Salsabeel Shaikh, Ritika Makhija, Bhavika Gyanchandani, Jahnvi Doshi, Dhara Shah, Monika Dixit, Melvina D'souza, Jacintha Coutinho, Mubarak Radhanpurwala, Heli Sadhani and Nikita Soni from F.Y.B.Ed constantly supported the faculty. Aakash Chauhan and Huzefa Attaree were the student volunteers from S.Y.B.Ed. Jyoti Bhatia, student volunteer from Department of Education, University of Mumbai was also a part of the organizing committee.

The technical team from BIAP (Board of Industry- Academia Partnerships) did an awesome job by coordinating with the student volunteers and the organizing committee. Viraj Singal, Jatin Nadkar, Poorvi Shukla and Ahmad Gibran Khan represented BIAP. Their commitment to the smooth working of the webinar series was highly appreciated.





National Webinar Series 4.0
Conducted by Isha Foundation Volunteers
Sadhguru's Offerings During Challenging Times
International Day of Yoga

Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being." In the unprecedented times of crisis due to COVID-19 pandemic, these sessions are surely going to help us rejuvenate ourselves.



The inaugural session began at 10.00 am. The Chief Guest for the day was Ms. Suchitra Pareekh, an author, a Life Coach, educationist for 40 years and a Samkhya Yoga Expert who has experienced Yoga for 33 years. She helps everyone with yoga at the Yoga Institute, Santacruz. Currently engaged in Yoga consultancy and counselling, she also contributes to public programmes. She has also done many research projects related to Yoga. Yoga is a passion for her. Our Guest of Honour was Mr. Ranjan Biswas, founder and managing director, Trailblazers, The Outdoor School. He emphasizes on the importance of Physical activity that helps in increasing flexibility, muscle strength and body tone. He suggests it improves respiration, energy and vitality. All these benefits are also experienced during Yoga. He has special interest in Environment Education and Ecotourism. Both the guests spoke to the audience and highlighted that it was extremely important to be involved in some activity and Yoga was the perfect choice.

Day 1
Yoga for Holistic Health

The Session on yoga for holistic health started on 21st June, 2020 at 11 am and with the melody of Yog Padhi, Dr. Neelu Verma conducted the session very gracefully mentioning that Yoga is an old discipline from India. It is both spiritual and physical.



Ms Shweta Gupta, a very passionate Volunteer of Isha Foundation taught us the breathing techniques, exercise and meditation. This session included simple yet powerful tools to manifest health and vitality in one's body and life. It helped to improve health and happiness.



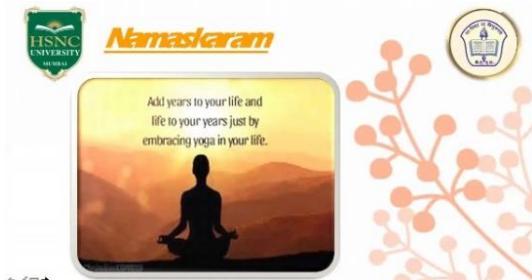


Different yoga postures like Yog namaskar, Simha kriya were taught and the session finally ended by 12.30 pm with Pranayama and meditation.

Day 2

Yoga for Success

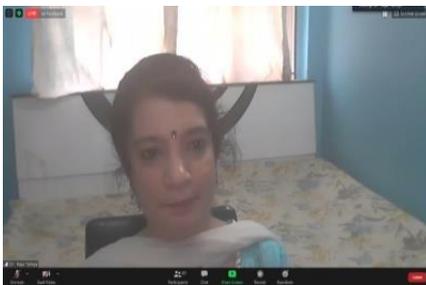
The second session of the series was organized on 23rd June, 2020 at 11 am. The second session was on Yoga for Success. “If you want to be successful, all you need to do is enhance your perception and intelligence. The rest will fall into place” – Sadhguru.



Dr Raju Talreja welcomed all the participants to the webinar. She then introduced the resource person Mr Sailesh Venkatesan and gave exposition about the session. **Mr Sailesh Venkatesan emphasized on the importance of Yoga.** Yoga has been studied and recommended to promote relaxation, reduce stress. Yoga is considered to be a low-impact activity that can provide the same benefits as "any well-designed exercise program, increasing general

health and stamina, reducing stress, and improving those conditions brought about by sedentary lifestyles".

Different forms of Yoga such Yoga Namaskar, Chit Shakti Yoga was taught which was followed by guided meditation. **Chit Shakti** Yoga is about touching the dimension of your mind that is pure



intelligence – unsullied by memory, unsullied by identification. It is beyond ahankara, beyond buddhi, beyond judgment, beyond divisions – simply there, just like the intelligence of existence that makes everything happen as explained by Mr Sailesh



Venkatesan. There were other Isha volunteers present on the Zoom Platform who also responded to the queries of the participants after completion of every yoga exercises and clarified their doubts.

At the end of the session Mr Venkatesan also gave some tips to boost our immunity with things that are easily available such as turmeric, amla, neem leave, etc.

Day 3

Yoga for Peace

The third session of the series on Yoga for Peace was organized on 28th June, 2020 at 11 am. The session was hosted by Dr Manisha Tyagi who introduced the speaker Mr Abhishek Arora. The session began by a prayer for Peace and Harmony. She mentioned that Yoga is not a religion but a Science in itself. It is a feeling of self-satisfaction and harmony.



The speaker Mr Abhishek spoke about the simple practices that will take place to enhance health as well as inner peace during Covid-19 pandemic. He also suggested to do these practices with a very light stomach and also keeping the spine very comfortably. There were various videos that were displayed by the speaker where there were various demonstrations done and then we had to practice each of them by watching the video. The very first practice was called Nadi Shuddhi which means cleansing the Nadis. This practice should be done for around 4 minutes because it helps in psychological wellbeing too. Sadhguru in the video mentioned that once you realize that each and everything is accumulated over time (gradually) only then one will move from madness to meditation.

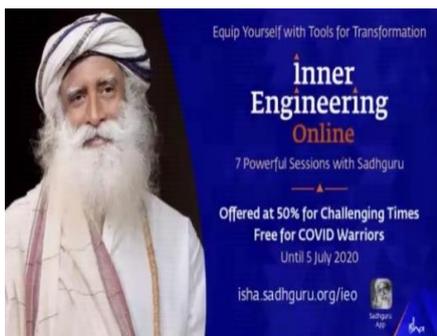


The next practice was called Isha Kriya which is a powerful spiritual process for everyday practice which is supposed to be done for 12 to 18 minutes. The demonstration was done in the video displayed. It was mentioned again and again that one needs to be at least peaceful and all these practices will help to enhance peace in one's life. Creating a chemistry of peacefulness is your responsibility.

There was a Question and Answer session which concluded with a thank you note by Dr Manisha Tyagi.

Day 4

Introduction to Inner Engineering



The last session in the webinar series was Introduction to Inner Engineering on the 30th June, 2020. While the prior sessions dealt with Yoga for Health, Success and Peace, this session on Introduction to Inner Engineering summarized the need for yoga and mindfulness in life.

The fourth session was moderated by Dr. Manisha Tyagi. The session commenced with the playing of some melodious sounds by Isha, followed with a small prayer. The session was conducted

by Ms. Snehal Kadam, who is a full-time volunteer with Isha Foundation.

Inner Engineering is about creating the right kind of inner situation, where being peaceful and joyful is natural within oneself. Sadhguru's message for the need of Inner Engineering in today's world was shown with the help of a video, after which Ms. Snehal Kadam spoke about certain aspects covered in the video. Stress is not a part of our lives, it is just that we





are not aware how to manage our body, emotions and so it is necessary to bring about inner peace and ecstasy.

While exploring about inner engineering, the speaker gave the participants an insight into how we have done enough engineering to the outside world, but we have forgotten about our inner selves in the process. Even though today we are the most comfortable generation as compared to the past, yet we are not the happiest generation.

The speaker explained the topic with the help of various examples which helped the participants to relate to the topic better. She also carried a small experiment of breathing by involving the participants. Here, she explained how a simple activity of turning our palm can lead to a change in our breathing pattern. Thus, the way life energy functions within us is altered with our basic day-to-day activities and so it is important to be aware of ourselves, our emotions.

Ms. Snehal Kadam concluded by briefly speaking about the Inner Engineering programme offered by the Isha Foundation. A question and answer session was conducted for participants which was followed by the vote of thanks. A small video with melodious music was played in the end for soothing effect.

Webinar series 5.0

Session: 1

The emotionally effective teacher: Developing emotional intelligence in a classroom

Resource Person: Ms. Gitika Kishanchandani

Date: 02/07/2020

Time: 11:00 AM to 01:00PM

The session commenced with a welcome note by Dr. Lubna Mansuri who welcomed all the participants, lecturers and Ms. Gitika Kishanchandani for the webinar. Dr. Mansuri acquainted the participants with the topic of 'Emotional Intelligence'. Miss Arnaaz Shroff, a student of BTTC introduced the guest speaker for the day. Ms. Kishanchandani started by telling the situations wherein Emotional Intelligence will be needed by teachers at work. She said that there are 3 skills to be considered when it comes to defining the Emotional intelligence or Emotional quotient. Those are ability to identify your emotions and that of the other people, ability to harness and apply them and the ability to regulate the emotions.



She further went on to say that a person with high IQ may get the job but it is the EQ that will make you stay. A few kind words, a small good deed, a warm hug will go a long way. Ma'am also suggested a few books to read like: Seven habits of highly effective people by Stephen Covey, Working with Emotional Intelligence by Daniel Goleman, Emotional



Intelligence by Daniel Goleman, Executive EQ by Robert Cooper and Ayman Sawaf. She spoke about the key aspects like Positive feedback, emotional bank account deposits and withdrawals, emotional intelligence blueprint, iceberg metaphor in case of EI, Emotional Quotient and the curriculum, life skills, classroom environment. She gave incredible strategies to build EI in class. She even touched upon Spiritual Quotient. She made the students interact by giving some case studies and asking their opinions on it.

The session was very interactive and the students enjoyed it thoroughly and actively participated in answering all the questions and gave their valuable inputs and comments for the session. Students also posed stimulating question which she answered with great enthusiasm. Dr. Mansuri summarised the session and Miss Zubia Shaikh proposed the formal vote of thanks.

Session 2

Questioning Strategies to Develop Critical Thinking Skills

Resource Person: Usha Vasudevan

Date: 03/07/2020

Time: 11:00AM to 1:00PM

The webinar was commenced by Dr. Meenakshi Lath followed by the college prayer. Salsabeel Shaikh, Social Secretary of BTTC introduced the resource person of this webinar Ms. Usha Vasudevan, a master trainer, mentor and curriculum expert.

She gave a detailed explanation about how to generate critical thinking along with questioning skills. She played a video from a movie that grabbed the attention of the participants. She also dealt with 6 C's of Education that are communication, character, creativity, critical thinking, citizenship and collaboration. She explained that we need questions to create connections between the known and unknown and also to increase active student engagement.



She also explained that we need questions to stimulate independent learning and to assess achievement of learning objectives. She explained the characteristics of a good question like, thought provoking, unambiguous, relevant, comprehensive and should use common vocabulary, etc.



The principles of questioning, types of questions, levels of questioning were also explained by her. She also gave a detailed explanation about different questioning techniques such as IRF/IRE, funnelling, A-B-C, A-P-P-L-E, P-P-P-B, hinge. She explained the questions to be asked for encouraging Questioning skill. Lastly she focused on the mistakes to avoid while asking the questions.

Dr. Meenakshi Lath then asked few questions to the resource person which were picked from the Zoom chat box and they were aptly answered by Usha Vasudevan. Dr. Meenakshi thanked the



resource person for conducting such an amazing webinar. Lastly, Sharmeen Ansari proposed the vote of thanks and the session was wrapped.

Session-3

The Mind Essentials During Covid 19 Pandemic

Resource Person: Ms. Aviva Damania

Date- 04/07/2020

Time- 11:00 am – 1:00 pm

The resource person for the third day was Ms. Aviva Damania. The host for the session was Dr. M. A. Ansari. The session began with an auspicious start. The college prayer was played. Dhara Shah introduced the resource person.

Ms. Aviva began the session by asking the participants the meaning of mental health. She then moved further by explaining the meaning of mental health and the characteristics of good as well as bad mental health. She gave five warning signs that we must be aware of and identify in self as well as others. She emphasized on the fact that self-diagnosis is not correct and that one should always visit a psychologist in case they feel that they are suffering from any disorder. She patiently taught the difference between terms and helped us gain knowledge.



She made us understand that no one was immune to poor mental health and that it can affect anybody. She also created awareness about the different treatment options available. She cleared the air around taking medications for these disorders. She helped the students gain information about a topic that is so stigmatized in our nation. She also helped us understand the value of therapy. She normalized talking about therapy and asked us to seek help when we needed it. She also stressed on the importance of positive self-talk and how it is directly related to one's self worth.



Ms Aviva focused on the importance of self-care and how important it is to develop a routine and follow it as well. She also gave us a lot of tips to deal with anxiety. She asked us for our queries and gave her advice. She addressed each and every question and this made the session more personal. The words she said made us reflect on what we had been doing wrong. Everyone had something or the other to take from the session. She conducted the session very effectively and the slides on her presentation were very simple.

towards the end of the session, Heli Sadhani proposed the formal vote of thanks. It was a beautiful session and everyone had something or the other to take home from it.



Webinar Series 6.0
Digital Content Creation for Social Media
Day 1
Inaugural Ceremony

Date: 6th July 2020

Time: 10.30 a.m. to 1.30 pm

The Webinar Series organized by the Bombay Teachers' Training College in collaboration with Thadomal Shahani Engineering College on "Digital Content Creation for Social Media" commenced with an Inaugural address by Ms. Sapna Chhabria as she welcomed all the participants for this Webinar. The Webinar began by invoking the blessings of the Almighty through the Prayer Song of our College "Om Sarve bhavantu sukhinaha..." Ms. Sapna later delightfully continued, giving a glimpse on the previous Webinars held during the lockdown by BTTC such as "Qualitative and Quantitative Research, Music therapy, Yoga and Meditation with an excellent technical support.



Dr. Bhagwan Balani gracefully gave a keynote welcome address as he expressed his sincere gratitude for the co-operation rendered by Dr. G. T. Thampi in making his dreams a reality. Dr. Balani welcomed the dignitaries



and expressed his gratitude to Dr. Niranjan Hiranandani, Mr. Kishu Mansukhani, Mr. Anil Harish, Mrs. Maya Shahani and Dr. Hemlata Bagla for their constant support and encouragement and their eminent presence. He continued by welcoming the 2500 registered participants for this Webinar, and thanked the staff and student support team of BTTC whose contribution is indeed remarkable.



Dr. Gopakumaran T. Thampi, Principal – Thadomal Shahani Engineering College responded vividly appreciating Dr. Bhagwan Balani for his deep insights and dynamism in enhancing the students to learn in creating Digital Content through this enriching platform of teaching-learning process. He added saying, "Everything depends on the learners' motivation to learn, as it will be a transformational webinar series for all who want to develop skills and want to come to pace with the young generation of today."

Dr. Meenakshi Lath formally welcomed all the dignitaries and briefed about our renowned personalities - Dr. Niranjan Hiranandani, Mr. Kishu Mansukhani, Mr. Anil Harish, Mrs. Maya Shahani and Dr. Hemlata Bagla describing their status quo in the society and their valuable journey along with BTTC which is truly a hallmark to HSNC Board.





Dr. Niranjana Hiranandani, Provost – Hyderabad (Sind) National Collegiate University, Mumbai, being the Chief Guest of this Webinar series, gave a keynote address by emphasizing, “We are progressing dynamically towards a paradigm shift and make a radical change and make post COVID a new world of Digital Content. We are at our wits as almost 90% of our communication is on Social Media.” He congratulated the BTTC and TSEC team for this wonderful venture in recreating the young minds with hands-on experience on Social Media.



Mr. Kishu Mansukhani, President and Trustee – Hyderabad (Sind) National Collegiate Board, indicated that “Content is King, and thereby we as teachers and students need to be well-versed with this perpetual change of digital technology, by acquiring and applying it through this digital platform.”



Mr. Anil Harish, Former President and Trustee - Hyderabad (Sind) National Collegiate Board cited the negating statement by Thomas Watson, “I can only conceive there is a world market for about five computers.” Mr. Harish fascinated the participants through his encouraging statement, “Digitization is incredible and the subjects are a great learning experience, with its ethicality and yet we need to do it in an ethical way for the good of the whole society.”

Mrs. Maya Shahani, Trustee – Hyderabad (Sind) National Collegiate Board, enlightened us with her humorous beginning by saying, “Earlier children were born with a silver spoon in their mouths and now, children are born with a mobile in their hands and are so intuitive about social media. Therefore, we need to create an attractive content and deliver it through search engine marketing whereby, the people could gear towards us through our effective presentations.”



Dr. Hemlata Bagla, Principal – Kishinchand Chellaram College complimented BTTC and TSEC through her thought provoking words, saying, “This Webinar would comprise on how to create new ideas to turn into community relevant content. What would differentiate us from the rest of the world is our effective presentation of the ‘Content and Creation’ in a competitive and challenging world.”



Dr. Raju Talreja formally proposed the vote of thanks by thanking every Teacher as yesterday we celebrated “Guru Purnima day”, as every teacher creates a ‘Heart-print’ in each one’s lives. She quoted in the words of Gilbert Chesterton, *“I would maintain that thanks are the highest form of*



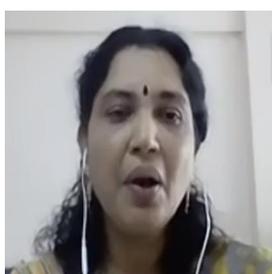


thought, and that gratitude is happiness doubled by wonder”, thus thanking the eminent speakers of the day - Dr. Niranjana Hiranandani, Mr. Kishu Mansukhani, Mr. Anil Harish, Mrs. Maya Shahani and Dr. Hemlata Bagla for being a constant pillar of support and being a part of the BTTC family. She too expressed her gratitude to our respected principal – Dr. Bhagwan Balani and Dr. G. T. Thampi – Principal of TSEC, for spearheading the planning and keeping our spirits aglow for this Webinar Series. She too thanked the participants, faculty members and students of BTTC and TSEC for their collaboration and enormous contribution to make this Webinar a success, and the BIAP Team for their technical support throughout the Webinar Series.

Session 1: Explore Photoshop and Illustrator

Resource Person: Dr. ManiRoja Edinburg and Mr. Girish Chawla

Ms. Sapna Chhabria moderated the 1st Technical Session for the day. Ms. Ritika Makhija, Asst. General Secretary of FYB.Ed. introduced the Resource persons for the first Technical Session, by quoting in the words of *George Westermann* “*When digital transformation is done right, it’s like a caterpillar turning into a butterfly, but when done wrong, all you have is a really fast caterpillar.*” She added, that technology over technique produces emotionless design as she introduced the vibrant speakers of the day - Dr. Mani Roja Edinburg – Professor, Dean Student Affairs, TSEC, and Mr. Girish Chawla – Graphic Designer, TSEC-MCL, who would embark us through this virtual journey and enlighten us with their vast sea of knowledge.



Dr. ManiRoja Edinburg enlightened us on the Content Creation using Digital Media, Need for Content Creation, how to manage the Content, Types of Digital Content, The 6 Steps of Content Creation, i.e. Determine the purpose of the content, Create useful and quality content, Promote content on Social Media, Utilize photos and multimedia, Implement on SEO program and to Track and analyze content. She too conscientized us on various Metrics to track on Social media.

Mr. Girish Chawla gave us an Online demonstration on Adobe Photoshop and Illustrator and briefed us on Graphic Designing, Role of Graphic Design in Social Media, Tools such as Software and Web apps which are used, difference between Raster and Vector, PPI and DPI, RGB and CMYK, Software pricing, Discount for Students and Teachers, System requirements for Adobe Software. Mr. Girish very professionally taught us in detail on how to use various tools in Photoshop, paint, draw, modify and give creative effects on Adobe Photoshop.





Ms. Sapna Chhabria Ma'am thanked the participants for their esteemed presence. Ms. Pooja Gala proposed a Vote of thanks through her benevolent words, as she congratulated for an excellent session conducted by Dr. Mani Roja Edinburg and Mr. Girish Chawla for their inspiring and creative teaching techniques on Photoshop.

Day 2

Session 2: Be a Master in Creating Flyer and Banner

Resource Person: Dr. ManiRoja Edinburgh and TSEC- MCL Team

Date: 07/07/2020

Time: 11.00 AM to 01.00 PM

The second day of Webinar Series commenced with an address by Dr. Lubna Mansuri as she welcomed principals of both the colleges, all the delegates and participants for this Webinar. Sharmeen Ansari, continued by giving a glimpse of the inaugural session and technical session held on Day 1 of this webinar series.



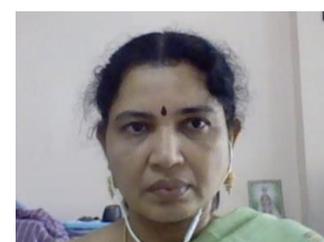
Dr. Lubna Mansuri then gracefully commenced the session on



'Introduction to Flyer and Banner Creation' by highlighting the theme of the session through her thought provoking words by saying, " we need technology in every classroom and in every student and teacher's hand because it is the pen and paper of our time and the lens through which we see most of our world". Bhavika Gyanchandani introduced the vibrant speaker and resource person of the day- Dr. Mani Roja Edinburgh – Professor, Dean Student Affairs, TSEC, and Student Team members – TSEC-MCL, who would embark us through this virtual journey and enlighten us with their vast sea of knowledge.



Dr. ManiRoja Edinburgh enlightened us on the Creation of Flyers and Banners, Introduction to Flyers, Steps involved in designing a flyer, Application areas of Flyers,



Tips for designing an effective Flyer, Introduction to banners, size of banners and the contents to be included while designing a banner such as Branding and logo, message, call to action (CTA), fonts etc. She then asked the student team members of TSEC- MCL - to take the session forward.

Mr. Harsh Lohana gave us an online demonstration on creation of Banner using Photoshop and flyer using Illustrator. He very professionally taught us in detail on how to use various tools in Photoshop and illustrator like working





on layers, creating shapes, creation of guidelines, import and export options, modify and give creative effects on Adobe Photoshop and Adobe Illustrator.

Ms. Pallavi Vaswani gave an online demonstration and briefed about creating and publishing content on social media platforms. She gave the introduction of social media marketing (SMM), types and examples of SMM, explained steps involved in implementing a social media strategy, benefits of social media in teaching and learning and finally tips for



handling accounts such as twitter handle of TSEC and Instagram and Facebook of BTTC.



The question-answer session was conducted and TSEC-MCL team very gracefully responded to most of the queries of the participants.

Dr. Lubna thanked the resource persons and participants for their esteemed presence and for making this session a memorable one. Ms. Dianne Gonsalves proposed a Vote of thanks, and congratulated for an excellent session

Day- 3

Session 3: Create Your Own Blogs

Resource Person: Prof. Monica Tolani

Date: 8th July 2020

Time: 11:00AM – 1:00PM

The session began by giving an overview and highlights of the previous sessions. He introduced the Resource person Ms. Monica Tolani, Assistant Prof. of TSEC and also briefed about her educational qualifications.



Ma'am began the session by introducing Wix for Beginners. She explained about website building, which is an online platform that helps to create your website, without coding. It is free and customizable. She also explained the term WYSIWYG (wiz-ee-wig) i.e What You See Is What You Get. It is an application that is used to create a website either online or offline. WIX also gives

tons of readymade templates to use as your choice. It comes with ADI (Artificial Design Intelligence). She also mentioned the advantages and disadvantages of creating a website using Wix and Wordpress.



We also had TSEC-MCL student volunteers, Mr. Girish Chawla, Graphic Designer and Ms. Meet Merchant, Editor who gave us the



hands-on experience on how to create a website on Wix platform. Ms. Meet started her tutorial from signing up on the Wix platform and making a full-fledged blog using Wix. She covered the areas in the virtual assistant of WIX, edit and design content on your site as well as publish it on the internet.

Participants had queries regarding Wix which was gracefully answered by our resource person and student volunteers. Mr. Naresh sir thanked the resource person and the volunteers for taking time out from their busy schedule and in gracing this event.



The Formal Vote of Thanks was given by BTTC student Jahnvi Doshi. The Day three session concluded with National Anthem.

Day 4

Session 4: Learn to Design Magazine

Resource Person: Asst. Prof. Monica Tolani and Mr. Girish Chawla

Date: 09/07/2020

Timing: 11 AM to 1 PM

The day four was moderated by Dr. M. A. Ansari. He gave the highlights of previous three sessions. Ms. Harshada Randive, a student of BTTC introduced Ms. Monica Tolani, Asst. Professor at Thadomal Shahani Engineering College and briefed about her professional achievements.

Ms. Tolani Ma'am spoke on the topic 'Insight on Magazine Design and Infographics'. She gave an introduction to the magazine, types of magazines, tips for designing an effective magazine, introduction to infographics and why infographics are important, how to organise information with infographic and types of info graphics. The session was further continued with the topic on magazine creation and info graphics was further explained by Mr. Girish Chawla.



Girish Chawla from TSEC explained in detail about InDesign, software of Adobe family. He compared Corel Draw and InDesign. He explained user interface, adding pictures, text, shapes, images, text wrap, adding page numbers to the document, adding colours, how to create a table etc. Question and answer session was moderated by Dr. Ansari to which Mr. Girish answered to them enthusiastically. Ms. Urmi Chedda, a student of BTTC proposed the formal vote of thanks.

Day 5

Session 5: Instagram 101

Resource Person: Ms. Bhavna Rajpal

Date: 10th July 2020

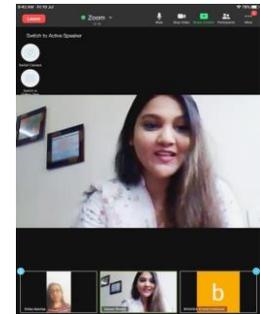
Time: 11.00 a.m. to 1.00 pm



Dr. Priya Pillai moderated the fifth day of the webinar and welcomed the resource person of the day – Ms. Bhavna Rajpal. She lucidly shared the highlights of the fourth day of the Webinar – “Magazine Design and Infographics” and gave a gist on Instagram and how it is an effective aspect of the Social Media in this tech savvy world.



Ms. Salsabeel Shaikh an exuberant Student and Social Secretary of BTTC, introduced an eminent Sindhi girl – the resource person of the day, Ms. Bhavna Rajpal,

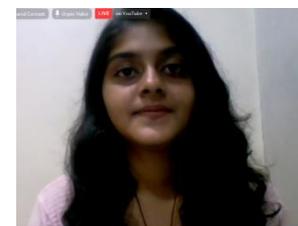


CEIAS-EMESS, Paris, Director of Sindhi Film Festival, London and Paris. She appreciated her for being an ardent researcher about Sindhi, her sheer hard work and dedication, and for having organized the first Sindhi Film Festival in London.

Ms. Bhavna Rajpal commenced by saying “Instagram is a visual media, dealing with photos and videos and thus we learn to see good, with good lighting and good graphics.” She enlightened us on the basics of Instagram, the essentials of lighting for images, how to place the camera, the various angles for taking photos, the background for images, editing images, how to click and post images on Instagram, which could be attractive to the audience.



Ms. Bhavna encouraged us on how to maintain Content Calendar and plan our programs well advance, thus we may decide as to what and to post relevant program updates on Instagram. She elucidated on being consistent



a in how in

posting appropriate images, information, good diction without grammatical errors. She explained on how do hashtags work and following right personnel on Instagram. With a few examples, she shared on how she has climbed the ladder of success through Social Media especially through her posts and videos.

Our excellent students of Social Media - Ms. Ritika Makhija and Ms. Salsabeel Shaikh shared their experience on working on Social Media platform for BTTC, on how they have done a lot of research and explored to post the best of content. They expressed that they make the content material very interesting and interactive with good capturing captions, thus the accomplishments and achievements of BTTC become inspiring for all who read it.



Ms. Bhavna answered proficiently all the queries asked by the participants, thus creating bridges of knowledge and eliminating barriers of doubts.



Our sweet charming student of BTTC – Ms. Nikita Soni, delightfully proposed a Vote of Thanks to our resource person Ms. Bhavna Rajpal for enriching us and guiding us to be efficient in Social Media, thus reaching out to millions.

Day 6

Session 6: YouTube 101

Resource Person: Ms. Bhavna Rajpal

Date: 11th July 2020

Time: 11.00 AM to 1.00 PM

Dr. Raju Talreja moderated the sixth day of the Webinar series and welcomed the resource person of the day – Ms. Bhavna Rajpal. She lucidly shared the highlights of the fifth day of the Webinar – “Instagram 101”.

Ms. Juwairiah Ansari introduced an eminent Sindhi girl – the resource person of the day, Ms. Bhavna Rajpal, CEIAS-EMESS, Paris, Director of Sindhi Film Festival, London and Paris. She appreciated her for being an ardent researcher about Sindhi, her sheer hard work and dedication, and for having organized the first Sindhi Film Festival in London. Ms. Bhavna Rajpal gave us the basics of how to start a YouTube channel and make it a great success. She started with talking about the technical details like lighting, sound, hardware, uploading methods to all the soft skills required like confidence of the speaker, clarity of thought, and aesthetics of the channel page.



We also had Mr. Navin Rajpal, who spoke about different genres of videos uploaded on YouTube. Mr. Navin Rajpal has two successful YouTube channels. He personally enjoys the genre of technology. He also recommended a few good quality YouTube channels and discussed how these channels have their own unique content. Later, Ms Bhavna Rajpal continued with showing demonstration of how to shoot a good quality video and avoid many technical mishaps. The session was a beautifully conducted interactive session. Ms

Bhavna answered all the queries from the audience and conducted the entire session with great ease and flair.



At the end of the session the vote of thanks was proposed by Ms. Melvina D'Souza, a student council member of BTTC. She proposed a graceful Vote of Thanks to our resource person Ms. Bhavna Rajpal for enriching us and guiding us to create quality content on YouTube and to widen our reach across the globe using our YouTube channel. She expressed her gratitude to our respected Principal Dr. Bhagwan Balani, the Staff of BTTC and TSEC, BIAP Team and the Student Council and the student Volunteers who helped to make this session a success.



Valedictory Function

The Valedictory Function of the six-day long webinar series on digital content creation for social media, moderated by Dr. Meenakshi Lath and Dr. Raju Talreja, commenced with Dr. Bhagwan Balani's address to participants and organising team of the webinar series. He began the proceedings by welcoming the chief guest and the guest of honour for gracing the function with their presence and introduced them to the audience. He thanked the Principal of TSEC, faculty members of BTTC who are the backbone of the college, the student volunteers and the participants for their kind support and cooperation throughout this week long webinar series.



Dr. Balani addressed the audience and mentioned that Social media is one such domain which need to be invaded and explored by the teacher- educators to reach out maximum people in this time of COVID 19 pandemic. Dr. Meenakshi lath and Dr. Raju Talreja continued the function by aptly giving glimpses of the technical sessions conducted throughout the six days of this webinar series by graciously acknowledging the presence of over 2600 registered participants across the country for the same.

Dr. S. S. Mantha, former Chairman AICTE and chancellor KLE University, the chief guest for the day, complimented principals of both colleges for organizing this week long webinar series. He emphasized the importance of content creation in online education by quoting " content creation is heart of online education which we must acknowledge". He delivered a Scholastic, well-crafted and epistemologically consistent speech for all the student Teacher participants.



We were also graced by the presence of Prof. Dr Amiya Bhaumik, president and founder of Lincoln University, Malaysia. He shared his positive views on the impact and need for knowledge about social media.

Dr G.T. Thampi, principal of TSEC, congratulated and encouraged all the faculty members, volunteers of BTTC for energizing the whole teaching learning process and radically modifying the teachers training content through combined efforts. He also appreciated the participants for their enthusiastic involvement in all the sessions of the series.



Dr. Meenakshi thanked the chief guest, principals, resource persons and participants for their esteemed presence and for making this Webinar series a memorable one. Our beloved student of BTTC – Ms. Dianne Gonsalves proposed a vote of thanks.

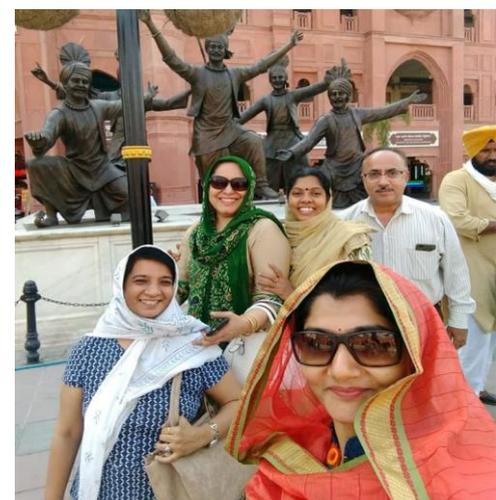


FACULTY CORNER

My Dream Come True Visit to Golden Temple & Most Popular Universities Of Punjab Along With The Principal And My Dear Colleagues of BTTC

Dr Mandeep Kaur Kochar

Generally, during the summer break we all visit our native hometown, hill stations of different states or go out for international holiday with our families, but the last summer vacation of 2019 we all had a wonderful experience, when Principal Dr. Bhagwan Balani decided to visit “*The Holy Golden Temple, Siri Darbaar Sahib*” at Amritsar. I was the fortunate one to organize the six days itinerary as being born and brought up in Punjab, my favourite holiday is from Chandigarh to Amritsar. Fortunately, many of the colleagues responded back very



positively as, it was a grand idea by the Principal but five could make it finally sparing time out from the families in summer break for a week-long visit.

We clubbed the visit with the professional tour to the universities of Punjab that we had planned earlier. We started our journey from Mumbai on 5th May & landed at Amritsar at around 1:00 pm & had our stay at Internationally Popular NRI Complex “Saragarri Niwas”. Once we had checked in at about 2:30 pm we moved out to visit Siri Golden Temple and met the administrative authorities for a formal meeting at 5:00 pm. Dr Balani was honored with a Pious “Sirropae” by the Chairman of the functional committee. The visit to “*Jallian Walla Bagh*” was heartening and reassuring the strength of brave freedom fighters and disposed temperament of people who preferred to die rather than living a life of slavery under the British Rule.



The Shopping around the complex added all the more thrill to the visit in specific *The Punjabi Jutti* & ‘*Phullkari*’ and the dinner at “Bharrawaan Da Dhaaba” added all the spice.

At night the “Deep Malla at Darbaar Sahib” was a mesmerizing moment. The Night stay at “Sarragarri Niwas” and listening to musical sound of Kirtan till late night and very early morning was



unbelievable spiritual experience of stay at Amritsar.



On the 6th May we began our professional and educational journey towards Guru Nanak Dev University, Department of Education to be there at 9:00 am. The Dean & HOD Dr. Amit Kauts was courteous enough to make us meet The Honorable Vice Chancellor of GNDU Dr. Sandhu. The absolute humble and down to earth nature of Hon'ble Vice Chancellor and very welcoming atmosphere of GNDU made us feel very comfortable and encouraging. From there at 11:30 am we moved to Khalsa College of Education for an “Academic Session Meet with the Students” which ended with lots of

fun and frolic and Cultural Exchange till 2:00 pm. We had an extended Faculty Interaction and also visited the college Museum. The amazing heritage building of Khalsa College built during the time of Maharaja Ranjit Singh occupied and astonished us. From there we made our most awaited departure for India-Pakistan Atari Border at 4:30 pm to attend the Ceremonial Event before sunset. Travelling



in seven-seater Safari was adding up to the excitements and childlike goosebumps were making us ready for the next ventures. The patriotic feeling one gets on the Indo-Pak borders cannot be expressed in words, one needs to experience and feel blessed for the liberated and sumptuous life we enjoy in India.



Early morning on 7th May we made our way to visit “Durgiana Mandir” at 8:00 am. Attending the Prayers and recitation of Aarti at Temple was unforgettable experience for many of us. We made departure from Amritsar at 10:30 and set for our way to the Museum “Jange Azadi Yaadgarri”. The halt at most popular brand of Punjab “Haveli” was exciting and fulfilling. From there we continued our journey to the next professional endeavor to visit Internationally famous “Lovely Professional University” at Jallundhar. The Chairman, Dean of School of Education Dr. Vinod Kumar Chechi and the Communication Heads were courteous enough to take us around to visit most of the departments of university and understand their functioning. It was great to interact with international students & to move around to see the huge and modern infrastructure of LPU.



Our next destination was GHG Khalsa college of Education where we had our night stay at Gurusar Sudhar. The then Principal Dr.Sarabjit Kaur made our stay very comfortable & pleasant with her considerate & gentle nature. On the 8th of May we visited “*Mehtiana Sahib*” and “*Maharaja Dilip Singh Memorial*” at 8:30 am, & after that we were all set to meet the faculty of GHG Gurusar Sudhar for formal Interactions. We were glad to see various other members of popular colleges around who had visited the college to interact with the team of scholars from Mumbai. The Registrar Dr. Harjinder Singh Brar initiated the formal memorandum of understanding (MOU) between the two Colleges and Dr. Balani gladly supported & implemented the plan. Dr.Pargat Singh Garcha made all the essential official arrangements with his team and exchange of agreement was formally executed. This was one of the topmost achievements of this visit and effective response from the faculty to this MOU later turned out to be overwhelming outcome of institutional activities of faculty exchange.



We continued our journey to enjoy the most popular Panjab Agriculture University of Ludhiana, where communication in charge Mr. Anil Sharma arranged our visit to the Digital Library and Book Bank. The cultural heritage Museum of PAU and some shopping in the evening with my colleagues at the same places where I had been during my school and college life almost 30 years ago, was reviving me back to my youthful days. Having my professional friends from Mumbai with me at my parental house, just for one-time dinner, actually was beyond my dreams and imagination. Thank you Dr. Balani, Dr. Neelu, Dr. Raju and Dr. Priya for your delightful company and treasured memories. Probably at the back of my mind, I was planning such a visit since many years, but the year 2019 turned out to be lucky for me to be cherished for always.



We had our night Stay at PAU Campus Ludhiana. Towards the end of our educational visit, on the 9th of May we were invited by my alma mater the first Smart School in Punjab at PAU Campus. Mr. Jagmeet Singh Madan the alumnus & Secretary of PAU School Alumni



9th of May we were invited by my alma mater the first Smart School in Punjab at PAU Campus. Mr. Jagmeet Singh Madan the alumnus & Secretary of PAU School Alumni





Association made all the convenient arrangements for us where we could see smart classrooms and self-managed community kitchen by the students and teachers. We landed at Amritsar and departed Punjab from the land of Chandigarh. Till we sat in the flight for its departure for Mumbai at 3:00 pm, the cozy company of friends and the new ways of exploring to learning were at its height. Every moment of this visit was embedded in the sweet memories of personal and professional life. *Hope we continue with such professional endeavours at BTTC....Amen ...!!*

Biodiversity: Role of Conservation and Culture

Dr Rajeev I. Jha

India is rich in its biodiversity. In fact, India constitutes only about 2.4 % of the world's land area, however, in spite of this, India supports 8% of the world's biodiversity! This is largely because of the unique geographical location and physical features of the country. It is guarded in the North to North-East by the Himalayan Mountain range. This range blocks the rain-bearing clouds and due to which India has a unique season, termed as the Monsoon, which is different from rains that is received by a lot of countries. The other countries receive rains which are scattered all throughout the year. However, in India there is a fixed rainy season enabling India to have a higher productivity in terms of agriculture. Since ancient times, the monsoon has made the land of Indian subcontinent fertile for agricultural produce and is largely responsible for sustaining a huge human population.

This geographical advantage that India has, is also one of the reasons for such a great biodiversity. The Himalayas are an important part. Nevertheless, the role played by Western Ghats, Eastern Ghats, the Vindhya mountains, the Aravali range and the Satpura range are equally important in supporting the biodiversity that India has.

India has about more than 1300 species of birds, 1500 species of butterflies, more than 400 species of mammals and about 300 species of snakes which are largely non-venomous snakes. Only five terrestrial snakes are said to be fatal to human beings. Several marine species of snakes can be fatal but these normally do not come in contact with human beings and they are by nature very timid. These marine snakes would have to be forced to bite. These generally just get away from human beings.

India also supports 15 species of cats. This is a very important statistic because cats occupy the topmost position of the food chain. In the energy pyramid, these have significant roles to play. India has a high diversity of cats: the largest cat on earth which is a tiger is found in India as well as the smallest cat on earth which is the Rusty Spotted Cat is also found in India. The terrestrial range in which a tiger is found, we find different ecosystems in which there is a presence of a variety of food, in different sizes. Hence, the study and conservation of cats assumes importance beyond the scientific realm. It is no wonder then why The Project Tiger - the conservation of the biggest cat - is emphasized and publicised.



Tiger conservation is not just about the tigers. It is about all species and habitats that are found in the territorial range of the tiger and share their habitats with the tiger. Although tigers are not found everywhere in India, they are found in most Indian States. More than 18 Indian States have tigers. There are some Indian States where the tigers are not found but then there are other smaller cat species. Lion is found in Gujarat, Gir Forest. These animals again become extremely important because if a carnivore is conserved, all other life forms that are found in that ecosystem are being conserved as a consequence. So it is not a bias when Tiger Conservation is highlighted. It is because by trying to use a single species such as a Tiger, which has a large range, the efforts to protect it in turns results in protecting everything that lives within that range. If we can save the tigers, we conserve the last landscapes and we can save the catchment areas for rivers and big lakes.

Animal biodiversity is impossible without plant biodiversity. India has about 25,000 species of flowering plants. India is rich in plant biodiversity. Out of the 13 countries where tigers are found today, India supports about 75% of all wild tigers found on the earth. The remaining 12 countries which include China, Thailand, Malaysia, Indonesia, Bangladesh, Nepal, and Russia, put together, hold only 25% of the world tiger population.

So it is important for people to understand that India is at the top of biodiversity and conservation efforts, in spite of all the problems that a developing country and economy like India faces. There is a growing impediment of deforestation, degradation and fragmentation that is happening in the conservation efforts. Yet India is able to continue its conservation efforts with a fair degree of success.

The most crucial reason for this amazing phenomenon is the Indian culture. It is unique. We respect all life forms, worship plants and animals like crocodiles, peacocks, elephants, snakes, and even rats. One of the main reasons why our people are so accommodating is the unique culture. There is social acceptance for wildlife. People don't look at wilderness as something outside of them, external, separate. Hence, in India, even though there is poverty yet there is a support and respect for wildlife and its conservation.

Hence, in the Bombay Teachers' Training College, we cherish the value of Eco-consciousness as well as Multiculturalism, along with Scientific Temper. As a consequence, the college provides Environmental Education as a special field of study to prospective student teachers of B. Ed. and M. A. (Education). Cultural Kaleidoscope, a best practice, integrates the multidimensional perspectives amongst the students for developing a deep learning approach.

Helping Teenagers to cope up with Grief

Dr. M. A. Ansari

Every year teenagers experience the death of someone who are near and dear to them whom they love. They are in need of someone like adults, parents, teachers, counselors or friends can help teens during this time and take proper care. If we are open, honest and loving, experiencing the loss of



someone than one can understand the teenager's feelings and can make them mentally prepared to learn about both the joy and pain that comes from caring deeply for others.

Grieving students need someone to become an instant counsellor. They do need you to be there for them by letting them talk about their fears, concerns and feelings. They need to feel safe and not judged by peers or supervisors.

Some of the best coping strategies include

1. Have a plan - If possible, help the grieving students identify what they fear most about returning to school after the death of a friend or loved one.
2. Talk openly and frankly about the death - This is a sign of respect for the students' integrity and is essential for a teacher's credibility. However, don't force students to talk about the death if they don't want to. Ask grieving students what would work best for them.
3. Stick to a normal school day routine - It is usually better for students to go to school, because there is a comforting sense of routine.
4. Help children irrespective of their age and make them understand about loss and death - Give the child information at the level that he/she can understand.
5. Teenagers will need long-lasting support - The more losses the child or adolescent suffers, the more difficult it will be to recover.
6. Teachers need to be culturally sensitive - Provide information about cultural sensitivity to grief reactions to school staff.
7. Accept the changes in the grieving adolescent - Children may be distracted, tired, impatient and forgetful or have difficulty concentrating in the classroom setting.
8. Provide a healing environment at school - Education can transform a neutral environment into a healing one for your teen.
9. Acceptance of Grief - Encourage your teen to express what the grief response is for him/her.
10. Teachers need to have a dialogue with the parent - Talk with a parent or other caregiver before the adolescent returns to school to find out how he/she is reacting at home and as a result, what to convey to classmates about how to respond to the adolescent.

Life and 2020

Dr Lubna J Mansuri

It is normal to feel sad, stressed or overwhelmed during a crisis. The world is trying to cope up with the physical, emotional and mental health due to the novel coronavirus and the lockdowns announced in different phases has affected all sections of the society. For majority of the people this pandemic has changed their way of living, it has made them more aware about the scarcity of water, sanitation hygiene, waste management and cleanliness whereas others are concerned about the hindrance in education of students studying in schools, colleges and universities. The world has come to a standstill and economy has been affected drastically.



The pandemic has transformed lives and taught many lessons to learn and share. If one reflects on the daily routine it has become monotonous and boring due to no movement outside homes and absence of physical work for most of the individuals. The regular, repeated pattern of daily routine is being followed without any change this has made individuals restless and agitated which causes depression, mental trauma, and loneliness. On the other hand, the positive impact is that relationships are strengthened by connecting with old friends and relatives virtually, introspection is done by individuals that have made them responsible citizens, and lastly it proved a blessing as many were able to pursue their hobbies.

The concept of 'work from home' which was never heard and used in India has become the new normal now. Teachers, parents, children, students, institutions, schools and organizations have become more aware about the advanced technology. Online courses, Webinars, FDP's are offered and conducted to get adapted with the new ways of teaching, learning and assessments. Students are learning to get adjusted to the new education system.

There are many who have lost their loved ones and many who have escaped from the deadly virus. 2020 it has taught us that life can still go on with simple living. Who would have thought that a bat can turn the world upside down?

The A-B-C of Mental Health

Dr Neelu Verma

Mental health is just as important as physical health. We have understood that by now. And the best part is there are things we can all do to promote our mental wellbeing and create a stronger and more resilient community. In this article I talk about the A-B-C of keeping mentally healthy.

Keeping active, alert and engaged with the world around us (Act), having a feeling of belonging and a sense of identity (Belong), and doing things that give meaning and purpose to life (Commit) - all contribute to our overall wellbeing. There are many activities that will help you get involved in Act, Belong, and Commit that will contribute to keeping you mentally healthy and help you enjoy life more.

Doing something to keep our mental health intact, especially during uncertain times like this COVID-19 pandemic, is extremely important. And it's as easy as A-B-C.

In order to keep physically, mentally, socially and spiritually **active**, take a walk, speak politely to people around you, read a book, do a crossword, dance, play cards or stop for a chat. Other ways you can keep physically active may be by doing some gardening, kicking a footy, going for a swim or cleaning the house. You can keep socially active by talking with salespeople while shopping, saying hello to your neighbours and maintaining contact with family, friends and workmates. You can keep mentally active by reading a book, working on your car, doing a crossword puzzle, going to the



movies or visiting a museum. You can be spiritually active by attending religious services, engaging in meditation or prayer, experiencing the wonders of nature or practicing yoga. This will be like telling yourself to “Do Something!”

For having a sense that you **belong**, join a book club, take a cooking class, be more involved in groups you are already a member of or go along to attend and participate in community events. You can belong to all sorts of groups such as a sports team, a car club, a book club, a group of friends in your street, your local community or an online community. Feelings of belonging are particularly important in schools and workplaces. Remind yourself to “Do Something with Someone!”

In order to have a life where you **commit** yourself for a cause, take up a social activity in your neighbourhood, be a volunteer, help a neighbour, learn something new, set yourself a challenge, join some self-help groups or NGOs or help out at the school or meals on wheels. You get satisfaction that you initiated to “Do Something Meaningful!”

The A-B-C of mental wellness will not only help you build your Act, Belong and Commit levels to protect and strengthen your mental health and wellbeing, but will also help you cope better with problems and stress. You will also feel better about yourself, your life, and other people. And, “you’ll simply feel happier too”.

My affirmation to keep my mental health intact is, “I’m going to get more active and take some time out for myself.”

What’s yours?

(Reference: www.actbelongcommit.org.au)

Education during Crisis Time

Dr Raju Talreja

The pandemic outbreak has highlighted the serious concerns to global education systems. The sudden emergence of Corona virus also brought about a total transformation in education. The education sector sprung up to the changing times in a couple of days. The pandemic has shattered the notion of what is normal. This disruption of the normal education of face to face interactions, has given rise to many questions which were left unanswered in the so-called normal state of education.

I read somewhere in an article that, “A school is not paradise. But school is a place where paradise can be created”. It continued in the same vein with the thought, “The classroom with all its limitations, remains a location of great possibility”. Education will have a new purpose deviating from the normal of information and knowledge transmission.



Much has been written about the transition from ‘Physical’ to ‘Digital’. The pros as well as the cons of digital education has been brought to the forefront. An article written by Ms Soumya Aggrawal, mentions, “Google Trends Report released in April 2020, there has been an exponential growth in searches on the e-learning segment. An 85 per cent growth was registered in Google searches on the phrase "learn online", 148 per cent growth on "teach online", 79 per cent increase in searches for "at-home learning" and a whopping 300 per cent increase in searches for "classes online".

The new normal Education

Teachers who were used to making lesson plans on paper and pencil are now making lesson plans digitally. The curriculum was covered by arranging online classes on various digital platforms of google classroom, MOODLE LMS, Canvas, Edmodo and many more which were not explored by the teachers. But the teachers rose to the challenge and have used it successfully for teaching learning process to be enriching and interactive. Life skills of the teachers emerged as a true success story. They exhibited the life skills of resilience, collaboration, new ways of digital communication, empathy, adaptability and emotional intelligence to mention a few. New digital pedagogies are implemented by the teachers to achieve the instructional objectives and instil love towards learning in this crisis. Blended learning, personalized learning, will be the order of the day. Chatbox has enabled close contacts with students.

Technology has proved to be a lifesaver in these difficult times. Interconnectedness among the stakeholders has sustained due to close nexus which surged between education and technology. Technology was harnessed fully for content creation and delivery which the students also have adapted as their second nature. Students being the digital natives already has technology under their skin. It is only that the pandemic has given them to utilise this for learning. A lighter school bag will be the new routine of the students. Online assignments, homework, books, notebooks etc. will be the new normal. ‘Fear of Missing Out’ (FOMO) will be thrown out of the window. The students will no longer fear of missing out on important classes. Even if they do, the online videos will be available to them for their reference.

A study pointed out, “The Organization for Economic Cooperation and Development (OECD) compared educational systems of developed countries and administered the international PISA, a test that involves 15-year-olds across 31 nations, some years ago. OECD found that students who used computers had both lower reading and math scores. The Reboot Foundation released a similar study in June 2019. They too found a negative connection between each nation’s performance on the PISA and their students’ use of technology in school. The more they used computer screens in schools, the lower the nation’s rank in educational achievement.

Well, with most learning headed to go digital, shedding of some of these biases may actually define the new normal.”



AI, AR, Reskilling and upskilling are the order of the day. New skills are learnt by the teachers and students to meet the new normal education.

To conclude, even when we are face to face Teaching will go Tech. The future of education will be 'content' and not the 'tech-container'.

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Web of Technology: A Silent Motivation/Addiction/Isolation

Mr Naresh Menghrajani

From the times immemorial man has made progress in the field of Science and Technology. Today, technology plays an important role in the life of the people especially in towns and cities. Due to the current lockdown conditions the time spend on digital media has increased significantly. If such situations continue then the time spend may further increase.

In such turbulent times of social distancing there has been a surge in the use of digital media especially in the field of education. Educational institutes (whether school, colleges and higher education institutes, etc.) have started conducting lectures via digital media platforms. This has certainly been done in order to keep the life moving and seeing to it that younger generation may not feel that we should give up our fight against tough times. We need to motivate them and make them realise that tougher times will always be there. We need to learn to overcome them by using alternative ways and come out of it as a winner rather than giving up and being a loser.

The surge in the use of digital media specifically smartphones, computers, television etc. have ripped us off with our time which we used to spend with our near and dear ones. Today everyone has to spend some hours with the phone or computer as it seems to have become a necessity for each one of us. Today use of whatsapp, Instagram, Facebook etc. have made people obsessed with the technological devices and services. The writer wishes to share a few experiences:

A lady in order to catch a moving bus jumped onto it. The next moment she felt her phone dropped out of the bus from her hand. She jumped out of moving bus in order not to lose the phone and fell down and hurt her head (luckily not seriously). But in spite of searching everywhere, she could not find her phone. She called her office with some one's phone for help. The help reached within minutes, arranged first aid and suggested to take her home. She insisted to lodge police complaint regarding her phone and was then taken home. Her husband was informed midway. When



he reached home, he inquired from his wife. After listening to her he (hesitated) went out of the room and got back with something in the hand. The wife asked, “Where did you find the phone?” Her Husband replied, “In your purse; you had switched it off.”

A young male in late twenties entered a train compartment. He suddenly said “My phone, my phone. I dropped it, has someone see?”. The train started moving and no one replied in positive. He requested passengers to allow him to call on his phone. One person did lend the phone to him. He dialled his mobile no. and someone on the other end answered. In a few seconds he disconnected the phone and returned it to the lender and said sorry, sorry, and sorry, to all passengers. The lender unsatisfied asked what happened! The man replied (shying) that it was his wife, and she recognized him from his voice. The man realised that he has forgot his phone at home.

One day I was sitting in my doctor’s clinic waiting for my turn. As my turn came there came an emergency case where by a young twenty-year-old had injured his leg, was bleeding and was in lot of pain. The doctor requested me to wait and I obliged. The young boy had a smartphone with him. When doctor was cleaning his wound, he was feeling lot of pain and suddenly his phone had a message. He reached his phone to see the same. The doctor requested him to be still and leave the phone as he was injured and was feeling pain. Again after few seconds his phone has a message he again took and started seeing it all the while writhing in lot of pain. When the doctor told him to be still so that he can dress his wound and he would feel less pain, the patient told him that mobile had nothing to do with it and continued checking messages on WhatsApp. The doctor stared at me as if he wanted to ask ‘was using mobile was more important than one’s health?’

The above instances identify that we are addicted to our mobile phones so much that our mind cannot think of letting it go even sometimes at the cost of our health.

Too much use of smartphones, computer, etc. has isolated us from the real world. Today smartphone is used more for the purpose of entertainment or passing time rather than for some useful purpose. Today people prefer to use smartphone rather than to interact with other people.

In urban areas where we have more of nuclear families, one would find many families wherein father is sitting with his laptop, mom is sitting with her desktop, children are sitting with their individual phones. All are sitting in one room but there is hardly any interaction between them.

How would you use technology (smartphone, computer, television etc.) in your life?

1. I would give it a first preference in my life. My life would be worthless without it.
2. I would immerse myself in it as if it was everything to me.
3. I would use it to learn different skills needed according to the situation and to help me in connecting with more people in real life than in virtual world.
4. I shall never use the same whatever may come.

Whichever option you select it shall give you insights into your own life which is waiting for you in the near future.



Bigdata Application in Library and Information Science

Dr. Priya Pillai, Librarian

Libraries are warehouses of large volume of data which is available in printed as well as digital form. These collections can be searched through the metadata searches but the results are very limited. The Bigdata and cloud computing can be used effectively to generate valuable results. Libraries are no longer just consumers of data but also suppliers and, to a greater extent, producers of data. Libraries are not only customers of information but also producers of information. New advancements, for example, machine learning and Artificial intelligences (AI) depend as intensely on great quality information as the same way the customer also depends on heavily on trustworthy information. In order to comprehend what is bigdata one needs to realize what is Data.

Data: According to Webopedia “Data is distinct pieces of information, usually formatted in a special way”. Data can be qualitative and quantitative. It can be discrete or continuous. Data can be either numerical or descriptive.

Definition of Bigdata: Big data is a field that treats ways to analyze, systematically extract information from, or otherwise deal with data sets that are too large or complex to be dealt with by traditional data-processing application software. (Wikipedia)

“Big Data are high volume, high velocity, and/or high variety information assets that require new forms of processing to enable enhanced decision making, insight discovery and process optimization” (Gartner 2012).

The three common characteristics of big data include high-volume, velocity and/or variety information (Press , 2013)

The three V’s of Bigdata:

Volume: The information is generated exponentially. In case of Libraries, the search logs, the online searches, twitter, face book comments all are big data. These data are unstructured or semi structured. The webpages, mobile app of libraries also creates lots of data. Data in large volumes such as tera and peta bytes is very difficult to process by traditional processing system.

Velocity: The speed in which data is created is another characteristic of bigdata. Some internet enabled smart products act on real time. Internet of things, sensors in various physical things can communicate and generate huge data within a small fraction of time.

Variety: It’s another important aspect of Bigdata. Data is generated in different formats, audio, video, text etc. Traditional data types were structured and fit neatly in a relational database. With the rise of big data, data comes in new unstructured or semi structured data types.



The value and veracity of Bigdata: In last few years two more V's are emerged as characteristics of Bigdata i.e. Value and Veracity. The data which will be trustworthy for the analysis and the output should generate some value to the institution. It is thereby essential to better understand the value and impact for students using Library resources. Data veracity is the degree to which data is accurate, precise and trusted. Most of the data generated are not trustworthy or precise. Lot of data editing and cleaning is required before the analysis. Data veracity is the one area that still has the potential for improvement and poses the biggest challenge when it comes to big data.

History of Bigdata: The concept of "Big data" was first coined by Laney in 2001 in his research note. Laney described the characteristics of big data as which cannot be processed by traditional data management tools.

More and more social networking sites are used by libraries, the data generated daily through these sites were increased in Libraries. Big data Analysis tool were generated in 2005. Hadoop was one of the technologies which helped the growth of Bigdata analysis. The Hadoop and the most recently evolved Spark were essential for the storage of large volume of data and its analysis. Internet of things also added more data. The application of sensors in physical things such as library shelves or wearables of library members has generated huge data. Internet of things enabled smart ACs/ LCDs/ automatic check-in machines all helped the growth of Bigdata.

Bigdata sources in Libraries: Data in Libraries are generated by

1. Data from Self-checkout system
2. Data generated by Library LMS (transactions/Overdue data etc)
3. Usage Pattern data/user preferences/activity logs
4. User behaviour data (Statistics of user regarding the usage of digital databases/ repositories/ E-journals etc)
5. Data from YouTube channels, social networking sites, web portals usually in the form of comments, messages, audios and videos. Value of these data may be shot lived.
6. Sensor driven data. Usage of internet of things, smart ACs environment monitoring systems, library wearable creates lot of data.

Application of Bigdata in Libraries

- Better Decision Making: Today libraries have YouTube channels, social media presence, event pages, feedback pages, online interaction on real time. The data generated can be analysed and better decision can be taken for collection development, introducing new services and modifying existing services based on the data analysis.
- Demand Analysis: Users preferences, search strategies can be analysed for understanding the need of the users.

- GIS Mapping : Bigdata can be used for GIS mapping of Library customers . Doing this public library will come to know the majority of customers address and where they come from. Various services can be started based on user studies.
- User Preferences: When a customer searches for a book of particular topic Amazon also give suggestions “The customer brought this book previously also looked these options or brought along with ...” These results are due to artificial intelligence or machine learning. The library also can utilises such type of results using bigdata analysis. The members who are looking for documents for a particular project can be linked to other documents which may not be directly an asset to library but it can suggest those documents to its customers. For example, if a person looking for a cooking recipe book , the system can send a message to him about the future events of the library regarding a workshop on related topics.

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You have a clean slate every day you wake up. You have a chance every single morning to make that change and be the person you want to be. You just have to decide to do it. Decide today's the day. Say it: this is going to be my day.



Alumni Speak

Ms Nishi Kumar

B.Ed. Batch: 2005-06

Current Institution: St. Xavier's Institute of Education

I joined the B.Ed. course for one year in the year 2005-2006. I took English and geography pedagogy. Today whatever I am, I owe it to my alma mater. The teachers taught everything so well that whatever they taught is vivid in my memory. I am very fortunate that I got an opportunity to work as a lecturer in BTTC for a year. It helped me to clear State Eligibility Test (SET). I have worked as a teacher in many states of India. For last 10 years, I am working for St. Xavier's Institute of Education, thanks to BTTC for shaping my career.

Prof. (Mrs) Pratima R. Patki (Talpade), M. Com, B.Ed., ECCE, Pranic Healer

B.Ed. Batch: 2003-2004

Current Institution: M. K. Sanghvi College of Commerce & Economics, Vile Parle

My journey with BTTC started from the day I enrolled for the B.Ed. course in the year 2003-2004. As we progressed with the course, we came to know how lucky we were to have lovely teachers who shaped our future and made us the sparkling diamonds what we are today. I remember each and every teacher at BTTC and till date have continued to be in their touch. I am very happy that I am associated with BTTC College as it helped me gain deep knowledge in teaching process which helped me shape my career.

We were the luckiest batch where we got the opportunity to learn about ECCE course along with the B.Ed. that year. Life at BTTC was simply superb, great and the most beautiful memories that I have till date. With years passing by, my bond with BTTC grew stronger when I got opportunity to conduct art & craft workshops for them and also organized an orientation programme on Pranic Healing and Twin heart meditation.

Indeed, BTTC has helped me to shape up my career in a much brighter way. Hats off to all the efforts of the teachers at BTTC. Thank you so much BTTC. Divine gratitude for all my teachers. I wish loads of luck and best wishes for all the future endeavours of BTTC and would love to contribute in whichever way I can. Loads of love to all my sweet teachers.

Ms. Misba Kader Golandaz

D.Ed. Batch: 2011- 13

Current Institution: Muhammadiyah English School.



Being a part of BTTC has helped me become the teacher that I am today. A teacher is not just a profession but also a responsibility. A responsibility to shape the minds of people from a very young age, impart values and life skills along with knowledge. BTTC has helped me and shaped me in becoming a successful teacher and I owe them for everything that I am today.

BTTC as an institution designed me to become the right source of knowledge, values and various other important skills for my students. Their dedication, approach and teaching environment has helped me immensely to build a strong foundation for myself and to try and impart the same in the minds of my students and help them become better human beings in all aspects of life. It made me a confident individual and helped me understand that knowledge is wealth. This institution focuses on the overall development of an individual and not just making them academically strong. The advantage of this is, no matter what profession you choose, it will help you reach your goals because this institution bundles hard work with a well organised value system.

It has been an honour to be a part of this institution and I am sure everyone who has been a part of BTTC will agree to this. I only wish I can continue the legacy of this institution in my own ways and try and deliver the best possible results and contribute in making not just successful careers but also successful and responsible citizens of this country. I thank my mentors in BTTC.

Mr. Shaikh Mohammed Zubair

B.Ed Batch: 2009-10

Current Institution: St. Joseph's High School, Agripada, Mumbai

Since childhood, it was my dream to become a teacher, I grew up looking at my teachers in school. After returning home from school and college I used to imitate my teachers in front of the mirror of my mom's cupboard and its door became my Board. I always used to write with a yellow chalk but never knew why this particular colour was always used. After completing my I.C.S.E. in 1999, I started giving tuitions, which in turn enhanced my interest in teaching. My dream took shape in 2009 when I stepped for the first time in BTTC. I still remember the day, where the elevator was very crowded with students.

BTTC is a place where my dream came true. Finally, I got my answer to the question of using yellow chalks and many other things that I had seen in my young days. This college not only taught me the various methodologies in teaching but also made me very confident to step on the stage and face the audience. Frankly speaking, BTTC gave me an opportunity to show my inborn talent of dance on its dais. This is a place where I polished my technical skills and became an extrovert. The teachers had really enhanced my communication skills and had also developed immense confidence in me as a teacher of English and Social Sciences.

It's been past 11 years in St. Joseph's and the love and respect that I am getting today from my students and their parents is all because of BTTC. Had I not joined this great institution, I wouldn't have learnt



the art of teaching and what I am today wouldn't have been possible. I completely owe it to my Alma mater.

Just want to conclude by saying a very big 'Thank you' to all my teachers at BTTC for making me what I am today and I proudly say that I am a part and product of BTTC.

Ms Shweta Akhani

B.Ed. Batch: 2009-10

Current Institution: SNTD University

BTTC the name itself fills me up with fond memories of micro teaching methods, teaching aids and lesson plans. Today when I am told by my students that my teaching style is unique and effective, it reminds me of how my mentors at BTTC helped me to shape and mould my teaching skills.

Going through ups and downs, highs and lows along these years, I am always reminded that I have a second home to go back to where I am assured to receive lots of love, blessings and correct guidance. Even today BTTC continues with the same ethos, lighting the path for hundreds of budding teachers.

Also, faculty up gradation programs at all levels is the USP of BTTC which makes it the best institution in the field of education. I would like to thank the entire BTTC family and HSNC board to have given me this opportunity to be a part of this lovely, progressive and helpful family.

Ms. Nilofer Sarang

B.Ed. Batch: 2016-18

Current Institution: BMS Dept., Wilson College

It has been rightly said, good things take time to happen.

This is how my journey of BTTC started, when I had to wait for a year because I decided to get the degree only from BTTC. I am fortunate enough that my dream came true. The teachers always guided and inspired me in moulding my personality. BTTC is the place where I learnt to transform my passion into a profession. All good things are worth waiting for!

Ms Suman Iyer

B.Ed. Batch: 2005-06

2nd rank in BTTC / 1st rank in SCI/ MATHS group

Current Institution: HOD Of Science--BK Birla Public School



BTTC is not only a name but a pride to our profession. Today whatever I have owed to my institution is a gift that I got from BTTC. It not only exposes us to a platform but also prepares us to sustain that and move ahead. The staff and management are so good and down to earth that we feel ourselves blessed to be its alumna. I was given all opportunities to showcase my talent in BTTC. Today I proudly tell my students I am an alumna of BTTC, it's that college culture which I have inherited, I am passing to them. Thank you so much in shaping me what I am today.

Ms Manjiri Rane (Mrs. Manasi Chavan)

B. Ed. Batch: 2003-04

Current Institution: HOD of Mathematics, St. Joseph's High School, Wadala, Mumbai

To be a Teacher was always my dream, but BTTC has helped me to be one of the best teachers. It was just 10 months' time which changed me from being just a Graduate to a Professional Degree Holder. But more than a degree, BTTC has given me the ability to look forward, something that used to scare me. In fact, the unknown has always been a real fear for me. I like having a plan and knowing what the future holds, but you taught me that sometimes the best surprises in life are...well, surprises. So, thank you for giving me the courage to be bold and take those opportunities when they arose. Thank you for not letting me hold myself back for the fear of failure. Thank you for the memories you have given me and the ones I will make because of you.

Million thanks to my mentors who had instilled the values of love and serving the most important people of the society – children – our future generation.

Mr Jayesh Bahirwani

B.Ed. Batch: 2002 - 03

Current Institution: Visiting Math faculty at MAS; Ex HOD - Math at Lilavatibai Podar Sr. Sec. School (ICSE)

BTTC gives an equal opportunity to all who enrol and it provides a good platform to perform. Unbiased staff makes this place to reckon with. It trains you for life and education. Holistic development of any student is assured. B.Ed course when done from BTTC makes you stand out while applying to schools. Now, it is time to give back by conducting few workshops for BTTC so as to enable the current batches to learn from our experiences.

Ms Urmila Chakraborty

D.E.C.E. Batch: 2011-12 (General Secretary)

Current Institution: Team Leader in B.D. Somani International School.



As a child, I was no different than other young children who stood in front of mirrors and enacted the roles of their teachers. I followed my dreams after nine years of working in corporate sectors. I still remember the day when I took the crowded elevator filled with fellow classmates to reach the 7th floor hall. BTTC helped me to turn my dream into reality, helped me to develop various skills such as organization, social, and technical skills. It also enhanced my communication skills and developed an immense confidence within me as a teacher - This comes out in the recognition that the parents and colleagues has given me in past 8 years in B. D. Somani International School, and the love that the children have showered on me. The credit, almost entirely and unambiguously, goes to my teachers at BTTC. I sincerely thank my mentors in BTTC.

Ms Sneha Negandhi

D.E.C.E Batch: 2002-03 & B.Ed. Batch: 2008-09

Freelancer: Business Management and Mathematics Teacher

My time with BTTC went by like a dream. A lot of learning, a lot of life experiences, a lot of hands-on training and of course, the time as Joint Secretary in D.E.C.E. Having attended two programmes, D.E.C.E. and B.Ed. I can surely say that BTTC makes you come back to it when you want to enhance your teaching skills. The confidence that gets built in you through the programme and peer learning, makes you stand out when you are out there in educational institutes as a professional. Beyond this, the hand holding that you get from the teachers and the staff alike, makes you feel welcome in the institute. It is heartening to see the institute adapting and upgrading immensely with the changing times!

Ms Kajal Manglani

B.Ed. Batch: 2004-05

Current Institution: International School Singapore/Faculty IB DP Chemistry, MYP Science, Vocational Service-Learning Coordinator, Singapore

It's been more than a decade since I was a student of BTTC but the memories of teachers and activities are still fresh in my mind. During my first week of joining, I felt so touched by the warmth of our dear Dr. M. Lulla Madam who was an embodiment of kindness, something so important to be a teacher and a good human being. In addition to our teaching lessons in school, there were so many events that provided opportunities for expressing ourselves. I was amazed when I got to know about and participated in the inter-college Sindhi songs and dance competition in K.C. College which I had never ever imagined about and feel so proud about it now! Another best memory is the trip to a school in Uran which made me think about the fact that we should always think of giving back to the community and during all these years, I have been contributing to the service-learning programs in schools which is at the heart of IB education. All the lessons from the classes of 'Evaluation' and 'Educational Psychology' have been my routine practices as an IB Chemistry and Science educator



for the past 15 years. BTTC is a great platform that not only helps us seek formal teaching qualifications but provides insights to our life as a teacher and gives you courage and strength to move ahead with confidence. I will be grateful to all my teachers of BTTC for their immense support, uncounted hours of dedication towards us and the warmth they provided every day to enlighten our paths! It's all that I will cherish forever.

Ms Azmin Mistry Vania

B.Ed. Batch: 2010-11

Current Institution: Teacher and Performing Arts Team Leader

BTTC will be one of my most memorable journeys as a learner. More than classroom discussions, I enjoyed my time as General Secretary organising and participating in all the cocurricular events. I will never forget the support I received from the faculty when I had got burnt and was hospitalized for over a month. Every single teacher here cares and motivates even the ones who lack the ability to dare! From competing to compering, simulations to research projects, from being a student to being invited to conduct sessions, it will always be my special place! Thank you BTTC for contributing and enriching my learning journey!

Ms Vinita Abhichandani

B.Ed. Batch: 2010-11

Current Institution: Curriculum Development Manager with Lead School

I was an educator from the time I knew what my role was, but BTTC gave me the scaffolding to grow professionally as one. From textbook analysis and content knowledge to event management and a public speaker, this one year at BTTC was about putting in place the many scattered skills. Work and study at BTTC including research, community service, micro teaching sessions and real classroom experiences enhanced my perspective of looking at a learner's growth not only through textbook learning but as a part of the society as a whole.

Added to this, my association with BTTC and its faculty-staff is a never-ending bond. From my teachers to the office staff, lift man and new students help me be a persistent learner. Coming back to them never felt new or strange, instead it's always been refreshing and warm and warmer through the years.

This personal-professional rendezvous with BTTC is precious.



Ms Karishma Talreja

B.Ed. Batch: 2013-14

Current Institution: Research Scholar, University of Mumbai

‘Where opportunities are created, not discovered.’ Bombay Teachers’ Training College has played a vital role in my journey from a student to a professional. The college provides a breadth of extracurricular activities and academic experiences that help to bring out the best in students. It prepares the students, both intellectually and socially, for future career opportunities. The college seeks to sensitize the trainee teachers towards the difficulties faced by the underprivileged sections of society and hence, encourages community service. This was a truly beautiful experience and brought me an immense sense of peace and gratitude for being able to engage with the community and, in some small way, being able to give back to society. It has also fostered within me the urge to continue this in a larger way in the future.

One of the biggest takeaways was the incredibly strong bond that the faculty fosters with their students. When you come here, you become a part of the BTTC family. The doors of the college are always open for its alumni. This institution always offers a welcoming, nurturing space to all its students and I feel truly privileged to be one among many who has experienced this.

My experiences at BTTC gave me the confidence to move away from the security of the shore and swim into the deep waters of the outside world. It is indeed a space where opportunities are made, not merely found.



HSNC University, Mumbai

www.hsncu.edu.in



Bombay Teachers' Training College

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