

AMITY INSTITUTE OF EDUCATION, NEW DELHI

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PRELIMS OF ANUGOONJ-2018



AMITY MILITARY TRAINING CAMP



LOHRI CELEBRATION



VISIT TO NCERT , NEW DELHI



VISIT TO BOOK FAIR , NEW DELHI

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SELF DEFENCE TRAINING BY DELHI POLICE



BRAINSTROMING SESSIONS

HIGHLIGHTS OF THE QUARTER

- ⇒ Five day long **Faculty Development Programme (FDP)** on the theme “5 Cs’ of Discovering one’s potential as an Educator: Commitment, Competence, Compassion, Coherence for Outcome and Output, and Communication” was organized at the AIE Campus, New Delhi from 18th Dec- 22nd Dec 2017.
- ⇒ B.Ed. Students of 1st year and 2nd year visited **World Book Fair** at Pragati Maidan, New Delhi on 12th January 2018.
- ⇒ The **preliminary round of ‘Anugoonj’ 2018** was organized at the AIE Campus, New Delhi on 24th and 25th January 2018.
- ⇒ **Four Brain Storming Sessions** on different themes related to the process of Teaching and Learning was organized on 01st 02nd, 05th and 06th Feb 2018 at the AIE Campus, New Delhi.
- ⇒ Students of B.Ed. 2nd year attended a talk by **Nobel Laureate Dr. Takaaki Kajita** at Amity University, UP on 30th January 2018.
- ⇒ B.Ed 1st year students attended a week long **Military Training Camp** at Manesar from 11th February to 15th February 2018.
- ⇒ B.Ed. Students of 1st year and 2nd year visited the **NCERT Campus, Delhi** on 23rd February 2018.
- ⇒ **“Matra Bhasha Diwas”** was celebrated in the campus on 26th and 27th February 2018.
- ⇒ On the occasion of Women’s Day, a Lecture on Health and Hygiene and a workshop on Self-Defence was conducted for the students on 8th March 2018.
- ⇒ A **guest lecture on Education Endowment Foundation Toolkit** was held on 15th March 2018. The resource person was from Bishop Grosseteste University., United Kingdom.
- ⇒ A workshop on Yoga was organized on 21st March 2018 for the students of B.Ed first year and second year at Amity University, UP .

HOLI CELEBRATION

At Amity, we have a culture of celebrating each festival with utter excitement and true festive spirit. So continuing with the same, the students of Amity Institute of Education, Saket celebrated the festival of Holi on



1st March 2018 with a lot of joy and enthusiasm.

The following Folk Songs were sung: “*Holiya me ude re gulaal*” by tutorial group 1,

“*Holi khel rhe nandlal*” by tutorial group 2, “*Holi aayi re kankhai*” by tutorial group 3, “*Holi ke din mil jaate hai*”, *Holi khele raghuvira re*” by tutorial group 4 and “*Aaj biraj me holi re rasiya*” by tutorial group 5.

Similarly, we had some dance performances from second year students which were so energetic that the whole audience were dancing along. It was indeed a day to remember.

- Editorial Team

Visit to WORLD BOOK FAIR

The “World Book Fair” was held in New Delhi from 6-14 January 2018, which saw a huge crowd of various ages and the excited book lovers. The students of Amity Institute of Education, Saket



visited the Fair on 12th January’2018 along with the Faculty Members. It was a dreamland for all the booklovers as the Fair put forth stalls of various

Publication Houses. The Fair was full of Books from all genres and languages. Various school and colleges were present as the vibrancy of the fair wasn’t worth missing. Especially the children section drew all the eyeballs. As B.Ed students, it was a very good learning experience for us as we got to learn about the new generation books and also got the opportunity to attend a session on “Saving Ganga and its Tributaries”. We enjoyed a lot and bought books which will always have a special place in our book collections.

.-Aakriti Garg ,B.Ed 1st Year

Report on Yoga Workshop—A WAY OF LIFE

A yoga workshop was organized in Amity University, Noida on 21st March, 2018. B.Ed students of Ist and IInd year of Amity Institute of Education, Saket, New Delhi attended this workshop.

Dr. Ritu Chaku, PhD. yoga and life skills, was the spokesperson of the day. The motive of the workshop was to introduce students to the benefits of Yoga and how it enhances our everyday life, not just physically but also mentally, emotionally and spiritually. The workshop was divided in 3 parts - practical aspect of Yoga, theoretical aspect and breathing exercises i.e. Pranayam.

The first session was the practical part where Dr. Ritu along with the volunteers from the university guided us. She divided the asanas into three parts - standing asanas, sitting asanas and asanas while lying down. Some of the asanas that were performed by the students were tadasana, vriksha asana, us-trasana, shavasana, etc. There are numerous benefits of yoga asanas. These asanas not only impart physical benefit, but also improve the mental and spiritual health of an individual. It manages the strength, flexibility and healing of any kind of body ailments.

The second session was the theoretical session. Our spokesperson enlightened us on what yoga really stands for, while busting some myths. She explained to us that yoga is not a physical exercise but a way of life. Yoga dates back to ancient India as it is mentioned in Rig Veda and even Bhagavad Gita. It is believed that the ultimate goal of yoga is Moksh or Liberation. She also elaborated on various types of yoga such as Hatha Yoga and Raja Yoga. Hatha yoga is a branch of yoga. The word haṭha literally means "force" and thus alludes to a system of physical techniques. Along with this, she also busted some myths such as Yoga belongs to Hinduism, it is a form of physical exercise that can be used to reduce weight and gain six pack abs, or that it can be easily learnt from books or just by watching videos.

The third session included practicing some pranayama This was conducted by the disciples of Dr. Ritu. Pranayama is the formal practice of controlling the breath, which is the source of our prana, or vital life force. This also serves as the link between the consciousness and the mind. Some of the Pranayama practiced by us were Anuloma-Viloma, ujjayi pranayama, kapalbhathi, etc. while the session ended with shavasana.

This workshop illuminated us on the fact that Human beings are made up of three components – body, mind and soul, corresponding these there are three needs –health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony. This can be attained via yoga. Through this art, everyone can experience the divine and enjoy the ecstasy of freedom from pain and ignorance apart from other gracious rewards like longevity and happiness.

- Editorial Team



WOMEN'S DAY CELEBRATION

AIE SAKET celebrated the women's day on 8th march 2018. On this special occasion a guest lecture was organised by Dr Sajeela Maini, who is a psychiatrist at Shri Ganga Ram hospital. She talked about the importance of happiness in our lives and how to be healthy as well.

We also had a special session on self-defence by Delhi Police special team for self-defence. The duration of the workshop was one hour only. The main aim of the workshop was to empower the women with physical skills to protect one. Three officers came from Delhi Police department who were black belt at national level and they demonstrated us various moves and attacking positions. At the end she told everyone about the app launched by Delhi police i.e. Himmat app.

Overall, it was a Women's Day that empowered us both Mentally and Physically !!

- Editorial Team

HUMAN VALUE QUARTER



Amity Institute of Education observed Human Value Quarter to teach humanistic values amongst its students. During this period, the students of B.Ed. (1st year and 2nd year) had to deliver the presentation on a specific state from India on various themes. The idea was to inculcate patriotic value in students and make them appreciate our country's diversity and beauty. The students presented states ranging from Jammu and Kashmir in the north of India to Kerala in South of India. They showcased the splendor and magnificent attributes of each state such as the famous tourist attractions, food, clothes and much more. This activity instilled how culturally diverse our country but at the same time, it remains united as one harmonious nation.

Editorial Team

INTERNATIONAL MOTHER LANGUAGE DAY

On Tuesday 27th February 2018, The Amity Institute of Education hosted the activities that marked the celebration of the **International Mother Tongue day**. It witnessed an enthusiastic participation of students. The teams comprised of five tutorial groups with 2 – 3 participants per group, from B.Ed. 1st and 2nd year. The event started with the participants dressed up in their regional attire representing their respective states in their mother tongue. During the second half of the day, an English/Hindi essay writing competition was held for the students of B.Ed. 1st and 2nd year. The students were asked to write on the topic “**The Importance of Teaching Mother Tongue to the Child**”, “**The Dying Languages of India**” and “**Westernization and Its Effect on Mother Tongue**”.



Editorial Team

AMITY MILITARY TRAINING CAMP 2018



The students of B.Ed First Year, participated in the “Amity Green Horns Military Training Camp” from 11th February’18 to 15th February’18. The five days long training included march past, trekking, adventure activities (Rappelling, Rock Climbing, Zorbing, Parasailing), movies, light and sound observation activities, DJ night, Etc. . All the students were divided into five platoons, three of girls and two of boys. Each student was given a set of army uniform and utensils. These five days tested our determination, perseverance and the devotion towards our country. The students from AIE, Saket, both individually and in platoon have won many awards, namely: Winner- March Past Grand Finale, Winner- Obstacles Racing, Winner- Tug of War, Winner- The Cleanest Tent, Runner up- Cross Country Race and Runner up- Debate. Winning these Titles in competition with students from other prestigious Institutes in itself has made us all very proud .

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- Editorial Team



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