



AIE SPECTRUM

SEPTEMBER-DECEMBER 2020



Amity Institute of Education welcomes students amid pandemic

Online session commences with robust technology infrastructure

Amity Institute of Education, held an Orientation Programme from 1st to 5th September for B.ed and M.ed students, prior to the commencement of classes to help it's students get a nuanced understanding into the various facets of University life, which entails both the Academia and community norms, for a holistic development of the students. The programme was designed to include a plethora of activities as well as hands on academic advice. Students were given advice on academic life in the campus and the varied nuances of the syllabi and the varied course selection. Comprehensive understanding about the academic life and the multitudes of opportunities provided to the student were explained. The University provides its students support in nearly all aspects, starting from resources to overall development of one's personality. Students were able to get a feel of the campus, sitting in their respective homes. They were able to exhibit their respective talents and interests through "Time to Shine" event. A plethora of events from different disciplines were held, where students were able to showcase their talents.

HIGHLIGHTS

- 'Time to Shine' provided a platform for students to showcase talent
- Focus on multi-faceted development
- Plethora of opportunities
- Application based learning

Inside the Issue

- Amity Institute of Education welcomes Students Amid Pandemic
- HOI Desk
- National Education Policy 2020
- Practicing SAFE, by Christopher Liang
- World Mental Health Day
- Harmonizing Lives through Bhagwad Gita
- Contemplation Columns

TIME TO SHINE

Creative Expression

- Solo Singing
- Dance
- Acting / Dramatics
- Instrumental

Literary Activities

- Debate
- Quiz
- Essay Writing

Health and Fitness

- Yoga
- Zumba



FROM HOI DESK

"Building the nation and the society through providing total, integrated and trans-cultural quality education and to be the global front runner in value education and nurturing talent in which Modernity Blends with Tradition" – Ashok K Chauhan, Founder, Amity University, UP

It is a matter of great pride for me, to communicate with all of you through the Institute's Newsletter – **AIE Spectrum**. With the vision of Founder Sir and under the guidance of our Chancellor Dr. Atul Chauhan and Vice Chancellor Dr. Balvinder Shukla, we at Amity Institute of Education, Amity University, UP follow the core values of Amity University - Academic Excellence, Integrity & Ethics, Diversity & Mutual Respect, Expand Horizons Of Knowledge, Shared Governance, Social Responsibility, Environmental Responsibility, Service.

We are a teacher training institute that excels in the field of teacher training. The students and faculty members of the institute are always proactive in taking initiatives in technical, cultural and social activities. I hope this newsletter will serve the purpose of reflecting all activities of the institute that are inspirational for others and contribute to the society in one way or other.

Also, I would like to mention here that we have made efforts in reducing the impact of pandemic in many ways. The students of our institute have kept their spirits high and took care of their families along with studying and successfully completing their semesters. As the head of the institute, I feel proud of my students and take this opportunity through the newsletter to congratulate them for showing courage during these difficult times and I believe they will continue to show their perseverance.

-Prof. (Dr.) Alka Muddgal

NATIONAL EDUCATION POLICY 2020

Web lecture series by Amity Institute of Education

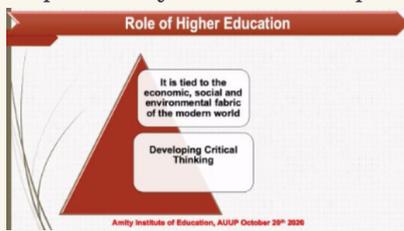
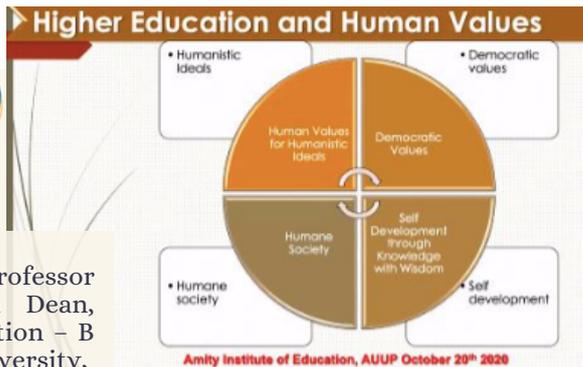
NEP web series commences on 19th Oct 2020 with Dr Gopal Krishna Thakur, Head of Department of Education MGAHV, Wardha, Maharashtra, speaking on the topic 'School Education Curriculum and Pedagogy in School'. He reflected upon how the policy envisages on

developing a **deep sense of respect** towards one's duty, the fundamental **awareness of roles** and responsibility in changing environment. He envisions NEP to inculcate **deep-rooted Indian values** and highlighted various provisions of NEP like shifting from current mode of the School Education (10+2) to the 5+3+3+4, option to take Board Examination multiple times, multiple entry and exit point and the ABC (Academic Bank of Credits).



On 20th Oct, Professor Arbind. K. Jha Dean, School of Education – B R Ambedkar University,

Lucknow, Uttar Pradesh explained how Humanistic ideals, Democratic Values, Self-Development, Humane Society, is the crux of Higher education. Highlighted Foreign universities under NEP 2020, for fostering competition & quality enhancement. He believes Equity and inclusion is the focal point of NEP 2020. NEP would enable creative and innovative ideas, identify systematic issues, create Inclusivity, foster responsibility and mentorship.



On 23rd Oct, Dr. Nisha Singh, Deputy Director, IUC, IGNOU spoke about "Technology Use and Integration". She highlighted the two key chapters of NEP 2020, dedicated to Technology use and Integration and "Online and Digital Education: Ensuring Equitable Use of Technology. She stated Educational software must have content

Intensifying Online Education!

availability in multiple languages, aids for differently abled children and more interactive E-content. She talked about 'initiating', 'testing', 'skilling and deskillling' of stakeholders.

CYBER SECURITY AND PRIVACY

and other recent challenges for women

"Cyber Security, Privacy and Recent Challenges for Women", was graced by Advocate Mr. Yogesh Pandit, Cyber Lawyer and Director Techilaw, a cyber expert in All India Radio's show "Cyber Crime Alert", on 27th Oct 2020, to understand the meaning and the tenets of remaining secure in a digitised society. He shared his enormous experience of dealing with hundreds of cases where females were found to be at more risk of being a victim of cybercrime.

He emphasized on creating awareness by advocating preventive measures that could be opted for while using internet, he shared a few simple ideas on how to create a safer cyberspace, like opting 2-step authentication

of Emails, not saving the passwords or important transaction information on devices etc. He also mentioned about "National Cyber Crime Reporting Portal" an initiative by the Ministry of Home Affairs, Government of India where one can

anonymously report a cybercrime. In the last few minutes of the session Yogesh Sir answered questions raised by participants.



Highlights of the Quarter

- International Guest Lecture- Promoting Resilience & Protecting Women Against Burnout on **26th Oct 2020**
- Guest Lecture - Ayurveda: A way of Life for women on **28th Oct 2020**
- International Guest lecture on "The importance of Being Happy" by Dr. Saamdu Chetri, Bhutan, on **31st Oct 2020**
- Guest Lecture Series on "promoting Academic & Socio-Emotional Learning in Youth, from **21st Nov to 1st Dec 2020**
 - Dr. Rashida H. Kapadia, Educationist,
 - Dr. Shadab Paloji, Associate Prof. St. Xaviers Institute of Education,
 - Dr. Deepti Mankad, Founder 7 Director MINDSPEAK,
 - Dr. Radhika Vakharia Principal Rizvi college of Education, Mumbai &
 - Dr. Sadneep Kumar Assistant Prof. Department of education, Delhi University
- Guest Lecture on Speech Defects and role of teachers (stammering, stuttering, slurring, lisp) by Ms Anisha Sinha, Lecturer Ali Yavar Jung National Institute of Speech and Hearing Disabilities (Divyangjan) NRC on **25th Nov 2020**
- Guest Lecture- World Disability Day on **4th Dec 2020**
- Webinar on-Spirituality as a Path to Well-Being on **10th Dec 2020**

WORLD MENTAL HEALTH DAY



Prof. Bhushan helped students to understand relation between mental health and holistic well-being

On the occasion of World Health Day, Prof Bhushan, inspired aspiring teachers of, Amity Institute of education, Amity University (Noida), to develop a more layered understanding of the relation between Mental Health and the holistic wellbeing of a person. Prof Bhushan is a faculty member of I.I.T (Kanpur) Department of Humanities & Social Sciences.

He pointed out that how teachers are often themselves suffering from this problem. In absence of proper resources and facilities, teachers often tend to either quit their job or are unable to perform to their full potential.



“I have become my own version of an optimist. If I can't make it through one door, I'll go through another door - or I'll make a door. Something terrific will come no matter how dark the present.”

- RABINDRANATH TAGORE

He further explained in further details the factors which often leads to Substance Abuse. He highlighted 'Familial Risk Factors' which entailed conflict in the family, abuse or history of abuse.

Early detection could help the child from further damage both physically and mentally. A teacher by being vigilant and alert can help in detecting a child suffering from issues of Mental Health and provide a check on abuse of substance.

Harmonizing Lives through Bhagwad Gita

Amity Institute of Education organised a Guest lecture series on Bhagwad Gita to develop a sense of harmony in ones respective lives through the teaching of Gita



A guest lecture series was organized by AIE on "Harmonizing lives with the teachings of Bhagwad Gita", on 11th, 14th and 18th of December, 2020. The speaker was Mr. Jeetendra Vishwakarma, a well noted expert on Bhagavad Gita from ISKON.

The **first session** highlighted the need of controlling our senses and the development of consciousness. Excerpts from the Gita, were presented to explain the ten senses which could be classified into two categories - Knowledge sense (touch, sight, taste, hearing and smell) and Action sense (speech, hand, legs, anus, genitals). Then a list of six types of urge namely (speak, mind, anger, tongue, belly, genitals) were elucidated.



He asserted that having control over them could help in the ultimate liberation of humans. Essentially, he stressed on the control of our mind for an effective life, so there is a need for one to take control of their own lives. According to him, though mind controls our senses and thoughts, the processing power of decisions and actions lies with our Intelligence, as it possesses the ability to discriminate between the right and the wrong.

“ We are kept from our goal, not by obstacles but by a clear path to a lesser goal. ”

- BHAGWAD GITA

In the **second session**, he highlighted that for a healthy existence it is crucial to develop harmony in the five aspects of life namely- soul, super soul, time, karma and nature. He felt that with the right conditioning of the body in accordance to the teachings of the Gita, a human can seek and attain liberation and unite with the ultimate power. He elucidated on the factors that affected lives such as commonsense, consciousness, reincarnation, near death experiences and the verses from the Bhagavad Gita. The fear of mortality and the three gates of failure (lust, greed and anger) stops one from realizing the depths of life and the real self, he described as the cause for our inability to realise our self. Later, he discussed, how humans can conquer fear by practicing meditation which strengthens and purifies one from within.

In the **third session**, he recounted the universal law of nature which is 'birth to death', where the law of Karma works with the concept of WIGIWIGI - 'what we give is what we get'. Then he discussed the formula for a stress-free lifestyle.

Towards the conclusion of the webinar, Mr. Vishwakarma discussed about the four-lane road towards stress management and how the karma manages the level of happiness in spiritual, intellectual, mental, and physical life.



PRACTICING 'SAFE' DURING PANDEMIC

International guest lecture by Dr. Christopher Liang

AIE organised an International guest lecture on "Trauma Responsive Schools for Diversity, Equity and Inclusion on 18th September via zoom. Dr. Christophe Liang is Professor and Chair of Department of Education and Human Services, in Lehigh University, College of Education. The lecture aimed at building an understanding of response mechanism towards students' stress and trauma conditions during pandemic, for aspiring

- S** Scan for Self (Self-care)
- A** Assess situation/Risk
- F** Fact giving for safety & stability
- E** Empower & Encourage

students' stress and trauma conditions during pandemic, for aspiring and practicing teachers. Dr. Liang outlined a multi-tiered system of support for trauma-sensitive situations which emphasised upon of schoolwide practice and program for all students, followed up 'Specialised Group Interventions for targeted students, and 'Single Student Interventions for intensive cases. Dr. Liang encouraged teachers to practice 'SAFE' methodology for providing support to students.

Contemplation Columns



A column exclusively created for future teachers, where they have put forth their views on relevant issues.

The Editorial team of Amity Institute of Education invited "Photographic Entries" on the themes "Everyday Moments" and "Random acts of Kindness" for the Newsletter "AIE Sandesh". Students from different courses of the institute had sent their entries.

The photograph captures the essence of kindness and warmth that emanates in the mundane of life. The lenses have aptly captured the theme of kindness and the beauty of the geniality, as the old man tears the packet to feed the patient dog.



"The man feeding the dog and the happiness seen on the face of the dog is what I call a random act of kindness."

- KAVERI SHARMA (Sem-II, B.Ed)



The image epitomizes the beauty and simplicity of the daily moments, which though seems so run-of-the-mill but evokes emotions of empathy and compassion.

"Showcasing the man doing his daily job and with utmost sincerity carrying the reality on his shoulders."

-LOVELEEN DHINGRA (Sem-II, B.Ed)

1. We are moving towards a blended mode of education in future, the understanding of a classroom also changes, so as aspiring teachers how would you imagine your classroom?

"Hybrid mode of teaching includes both traditional face to face classes and online classes. As a teacher, I would definitely have an alternative lesson plan so as to support both the modes. The theory would be covered in online mode whereas the discussion and activities in offline, so as to make every student feel that they are invited in the discussion."

- SONALI CHAKROBARTY (Sem- II, B.Ed)

2. As a Policy, does NEP 2020, bring alteration in the role of a teacher?

"The policy I believe will bring about educational reforms and make the teacher more of a participant and facilitator rather than just merely impart knowledge. It will ensure that the teacher will grow and develop with the pace of the student."

-ANUPAMA P KUMAR (Sem- II, B.Ed)

3. Share your most memorable / favorite moment of the online classroom setup.

My most memorable moment is when we enacted a Nukkadnatak on "beti padhao-beti bachao" topic in creative expression class. We all dressed according to the role, I had written the script and all the students participated in it, I had 18 roles in the play, all enacted very well.

- NEHA CHANDHOKE (Sem- II, B.Ed)



4. We all were school-students once and have asked our share of absurd questions to a teacher.

Share the question with other future teacher along with your hindsight on how would, you as a teacher tackle the same.



Once I was really enjoying an economics lecture by my favourite teacher in 11th standard, I was so relaxed that I happened to ask the teacher "may I please remove my shoes and socks to relax and listen to the theory?". It was surely an absurd question when I think back but seemed like the most relevant at the time. If I were the teacher, I would have allowed the student but definitely told him/her "please don't get too relaxed and dose off "on a lighter note. Yes, the decorum and discipline of the class needs to be maintained but also a little flexibility allows free thinking which is essential for holistic development.

- NEHA CHANDHOKE (Sem- II, B.Ed)

ONLINE CLASSROOM SHENANIGANS

