



**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 9310042100, 7827616100, 011-32542100, 011-32003207  
Website: www.stlawrence.in Email: helpdesk@stlawrence.in

## **Title: Group Juggle - Workshop Report on Improving Communication Skills**

### **Introduction:**

The "Group Juggle" workshop focused on enhancing communication skills through a dynamic and interactive activity aimed at fostering teamwork and effective communication within groups.

### **Objective:**

The primary objective was to improve participants' verbal and non-verbal communication, teamwork, and adaptability through a hands-on group juggling exercise.

### **Activity: Group Juggle**

#### **1. Instruction and Demonstration:**

Participants were introduced to the juggling activity, emphasizing the importance of clear communication, coordination, and trust within the group.

#### **2. Practice Rounds:**

The group engaged in practice rounds of juggling with scarves or soft objects, gradually increasing the complexity. This allowed participants to become familiar with the mechanics of juggling and encouraged open communication within the team.

#### **3. Communication Challenges:**

Additional challenges were introduced, such as changing juggling patterns, blindfolding team members, or altering the sequence unexpectedly. These challenges required effective communication and adaptability.

#### **4. Debriefing Sessions:**

Between rounds, facilitated debriefing sessions provided an opportunity for participants to reflect on their communication strategies, identify strengths, and discuss areas for improvement.

#### **5. Team Reflection:**

Teams discussed their experiences, sharing insights into the importance of clear instructions, trust-building, and adaptability. The facilitator guided discussions on effective communication techniques.

### **Feedback and Reflection:**

Participants highlighted the effectiveness of the hands-on activity in improving communication skills. They expressed a newfound appreciation for the role of clear communication, trust, and adaptability in achieving common goals within a group setting.

### **Conclusion:**

The "Group Juggle" workshop successfully utilized a dynamic and engaging activity to enhance participants' communication skills. The interactive nature of the exercise allowed attendees to experience firsthand the impact of effective communication on group dynamics, reinforcing the importance of clear and open communication in achieving shared objectives.



# St. Lawrence College of Higher Education

CORDIALLY INVITES YOU TO

## National Webinar

**ON**

**“Reimagining Teacher Education  
In The Light Of NEP,2020”**

*Date: 28<sup>th</sup> December, 2022 (Wednesday)*

*Time: 11:00 A.M to 12:00 Noon*

*Link for Registration will be provided*

**FREE OF COST**

(E-CERTIFICATES WILL BE GIVEN TO ALL THE PARTICIPANTS)

**Organized by:**

**St. Lawrence College of Higher Education**

**( Recognized by NCTE, Affiliated to G.G.S.I.P.U)Geeta Colony,**

**Delhi-110031, Ph-7827616100**

**E-mail: [slcg@stlawrence.in](mailto:slcg@stlawrence.in)**

# St. Lawrence College Of Higher Education (GGSIPU) is organising a National Webinar

On

## “Reimagining Teacher Education In The Light Of NEP, 2020”

28/12/22

### Concept Note

Moment come , though rarely in history , when one age draws to a close and another dawns , when we stand poised between a collapsing past and uncertain future, when established landmarks disappear and the new ones are yet to arrive. Poised at the turn of the Third millennium, the world today is facing both quantitative and qualitative changes –quantitative in terms of economic growth and technological changes and qualitative in terms of a new paradigm of a new society governed by altogether different values and ethos. Two political legacies of 1980s and 1990s seem to have influenced the economic development of early 21<sup>st</sup> century –globalization and retreat of the welfare state, having tremendous impact on education in general & higher education in particular. In such a backdrop NEP, 2020 serves as a catalyst in the wave of transformation from highly elitist to massification of higher education as today there are not only multiple providers but also multiple stakeholders.

The National Education Policy (NEP) -2020 is the first education policy in India of the 21<sup>st</sup> century which strongly advocates the revision and revamping of all aspects of the educational structure. It rightly visualizes an education system that ensures equitable access to the highest quality education for all learners. The NEP – 2020 has been frank enough in accepting the fact that today the status of teacher is at the lowest ebb. It gives paramount importance to the teacher and the conditions of the present day teacher within which they teach. To be more precise, the policy acknowledges the centrality of issues which are related to teacher like their recruitment service, environment, deployment, professional development, career management, job progressions and their expected professional standards. It firmly believes that these issues have to be addressed ensuring wholehearted cooperation of teacher who alone can bring in the desired changes. With this in view the policy has introduced the much needed urgent reforms at every front in teacher’s life in order to ameliorate the dismal situation by raising the status of teachers including their dignity, respect and autonomy, their empowerment recruitment and accountability. Also, we need to resolve the public and private dichotomy in Education. Niti and Niyojan should go together.

Today our system badly requires a new generation of committed and digital age teacher who are democratic and innovative in approach, professional in practice, human in interpersonal relationship. Thus, in this webinar an effort is made to reveal the wide gap between what we are at present and what we wish to be by implementing NEP, 2020 with reference to Teacher Education. It is like standing on the ground and looking at the sky.

### **Programme**

#### **Keynote Speakers:**

#### **Prof. R.P Pathak : Indian Knowledge System in the light of NEP 2020**

*Ex Head and Dean,*

*Shri Lal Bahadur Shastri National Sanskrit University, Katwaria Sarai ,Delhi.*

*Time : 11 :00 am - 11:30 am*

#### **Prof. Raghavendra Prapanna: Pedagogical Envision of NEP 2020 in the prevailing education culture.**

*Professor, Maharishi Valmiki College of Education (University of Delhi)*

*Time : 11:30am - 12:00 noon*

#### **Principal**

**Prof . (Dr.) Vijayshri Bhati**

**(Convener)**

#### **Organising coordinators -**

Ms. Renu Rohilla ( 7701943066)

Dr. Amita Juliet Toppo (9910299620)

Ms. Kanika (9999720662)

Ms. Divya Bhat (8588019034)

Ms. Jyoti Nain (9654972867)







**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 9310042100, 7827616100, 011-32542100, 011-32003207  
Website: [www.stlawrence.in](http://www.stlawrence.in) Email: [helpdesk@stlawrence.in](mailto:helpdesk@stlawrence.in)

## Report on Mock Interview Activity

### Interview activity

The mock interview activity was held on 12 Feb 2023 in our college premise to provide experience how to face the interview to the students of B.Ed. The objective of this activity was to prepare the students to face interview to their best in the future. There were three rounds. In first round a multiple choice question paper was given to them. The questions in this paper were related to general knowledge, Child psychology and languages. They were asked to tick right answers.



After checking the papers successful candidates were selected. The second round was Group discussion. After this round good candidates were selected who participated actively in group discussion. Third and last round was Interview. Different types of questions were asked in the interview as follows:

Interview questions:

**Q1. Introduce yourself.**

**Q2. What is the meaning of your name?**

**Q3. What is your father's name and profession and mother's name and her profession?**

**Q4. Who is your most ideal person who inspires you the most?**

**Q5. What are your strengths and weaknesses?**

**Q6. What are your hobbies? How does it benefit our system?**

**Q7. If you'll not get success this time what will you do?**

**Q8. Where do you see yourself in 5 years?**

**Q9. Why do you want to become a Teacher?**

**Q9. If you'll get a better job will you leave us?**

**Q10. Which quality one should possess to be a successful teacher?**

All the students learnt a lot from this activity. They learnt how to face an interview in a better way. They came to know about the problems, they faced in interview like low confidence, nervousness, less subject knowledge etc. All students were happy since this activity was very beneficial.



**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 9310042100, 7827616100, 011-32542100, 011-32003207  
Website: www.stlawrence.in Email: helpdesk@stlawrence.in

## **Report on National Webinar on “A Roadmap for Holistic Implementation of NEP 2020:A Sustainable Approach”**

**Date and Time:** 7/11/2023, 10.45 AM- 1.45 PM

**Organizer:** St. Lawrence College of High Education

**Webinar Topic:** A Roadmap for Holistic Implementation of NEP 2020:A Sustainable Approach

### **Objectives of the National Webinar:**

1. Defining and reflecting upon the expectations in the changing roles of the teachers in accordance with holistic implementation of NEP 2020.
2. Addressing the professional development by clarifying the different pathways, thereby linking NEP 2020 and sustainable development.

### **Types of Audiences participated:**

1. Teacher educators,2. Researchers/ scholars,3. Students,4 Academicians. HODs and Principals

### **About the Event:**

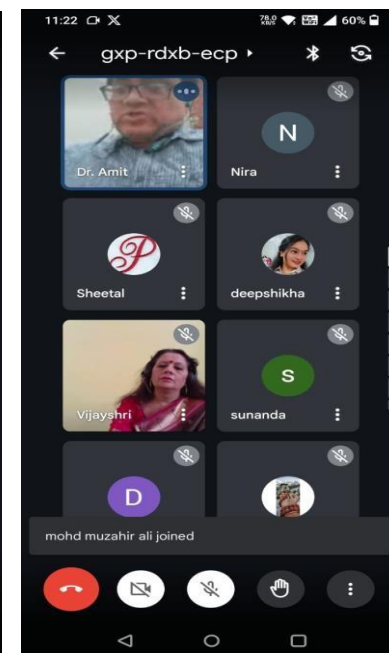
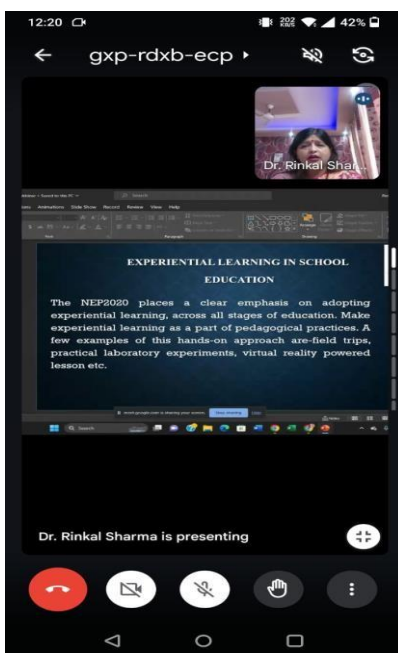
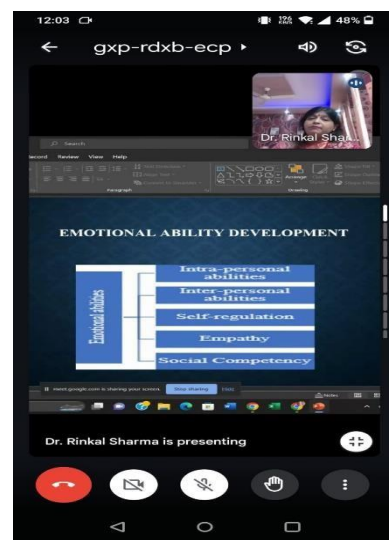
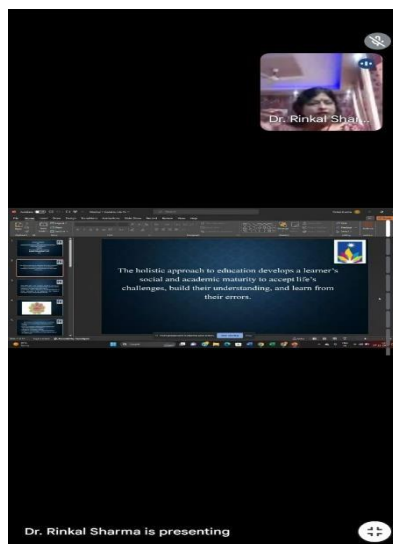
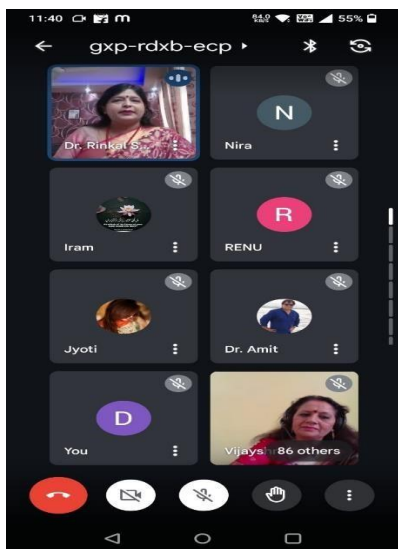
The webinar was started with the opening speech of Prof. (Dr.) Vijayshri Bhati, Principal, St. Lawrence College of Higher Education. Dr. Bhati gave the welcome speech and introduced the audience to the webinar’s purpose. She also gave a brief overview on NEP 2020 and its significance in transforming the education landscape.

Ms. Jyoti Nain, Assistant Professor, St. Lawrence College of Higher Education introduced the audience with the honourable speakers of the day Dr. Amit Ahuja, Associate Professor, USE GGSIPU and Dr. Rinkal Sharma, Associate Professor, School of Education Sharda University.

The first speaker of the webinar was Dr. Amit Ahuja. He shared his perspective and experiences with real world examples on implementation status of NEP 2020.He showed the audience the picture of how much it can be applicable in ground level.

The second speaker was Dr. Rinkal Sharma. She threw light on the holistic approach to education which develops a learner's social and academic maturity to accept life's challenges, build their understanding and learn from their errors. She focused on the key features of holistic education in NEP 2020. She gave many real-life examples to let the audience know that how intellectual, physical, emotional abilities can be developed. She showed the audience the path to how to plan strategically for holistic education in higher education institutions. She shared many examples of experiential learning in school education.

At the end of the webinar, Ms. Jyoti Nain, Assistant Professor, St. Lawrence College of High Education gave a brief of the total webinar and Prof. (Dr.) Vijayshri Bhati, Principal, St. Lawrence College of Higher Education gave the vote of thanks to all the speakers, organizers and audiences. It was an informative and enlightening webinar indeed.





## **Report on "Workshop on Mindfulness"**

On 17/11/2023 morning, a session on Yoga, Mindfulness and Pranayama was conducted for the B.Ed. Semester I (Session 2023-25) students. The main objective of this session was to cultivate present-moment awareness, allowing participants to focus their attention on the current experience without judgment. Through these practices, individuals aim to reduce stress, enhance emotional regulation, and improve overall well-being by fostering a heightened sense of clarity and self-awareness. Ultimately, the goal is to develop a skill set that can be applied to daily life, promoting resilience and a more mindful approach to various situations.

Some activities which were conducted during this session were-

- **Meditation:** Meditation is a contemplative practice that involves training the mind to achieve a state of focused attention, mindfulness, or heightened awareness. It is practiced to promote mental clarity, relaxation, and heightened self-awareness. It offers a structured approach to training the mind, cultivating a sense of inner peace and improving overall well-being.
- **Chanting OM for 3 times:** Chanting 'om' causes vibrations in body and it's these vibrations that enhance your state of calm and wellbeing and relax your nervous system.
- **Anuloma Pranayama:** It is one of several Pranayama or breath exercises used in the practice of Hatha yoga. Anu roughly translates as with and Loma means hair implying "with the grain" or "natural". It improves patience, focus, and control. relief from stress and anxiety. It improves respiratory, and cardiovascular health.
- **Kapalbhati:** It is an important shatkarma, a purification in hatha yoga. The word kapalbhati is made up of two Sanskrit words: kapāla meaning "skull", and bhāti meaning "shining, illuminating".Kapalbhati has a stimulating, cleansing and heating effect on the body. It increases the heart beats, and helps improve blood circulation and the oxygen levels. It increases lung strength and function clearing the nasal passages of any congestion.
- **Tadasana:** It also known as Mountain Pose, is a foundational yoga pose that involves standing with feet together, arms at the sides, and weight evenly distributed on both feet. The posture is characterized by an upright and grounded stance, with the spine



elongated and the shoulders relaxed. Tadasana is often used as a starting position for many standing yoga poses and is considered a fundamental pose for improving posture, balance, and body awareness.

- **Vrikshasana:** It is a yoga pose known as Tree Pose. In Vrikshasana, the practitioner stands on one leg while placing the sole of the opposite foot on the inner thigh or calf of the standing leg (avoiding the knee) and balancing with arms raised overhead or in a prayer position at the chest. This pose helps improve balance, concentration, and strengthens the legs. If you meant a different term, please provide more context or the correct spelling for clarification.
- **Shavasana:** It also known as Corpse Pose, is a yoga asana (posture) that involves lying down on the back in a relaxed and reclined position. In Shavasana, the arms and legs are extended, and the eyes are usually closed. The focus is on deep, conscious breathing and releasing tension from the body, allowing for a state of complete relaxation. Shavasana is typically performed at the end of a yoga session to promote physical and mental rejuvenation.









## **Report on NCERT TRIP-2023**

**Introduction:-**An Educational trip was organized on 1<sup>st</sup> May 2023 to NCERT Delhi for the First and Second year students of our college. This trip is an important part of our syllabus as being pupil teachers every student must know about role and functions of NCERT. It was necessary for the fulfillment of the B.Ed. Curriculum. The students were enthusiastically involved in the whole trip. The trip was organized in CIET (Central Institute of Educational Technology), an important constituent unit of NCERT.

**Historical Background:-** CIET is an one of the most important division of NCERT where Research and Development related to Indian education system takes place. It came into existence in the year 1984 with the merger of CET and Department of Teaching Aids (DTA) the major aim of CIET is to provide and promote utilization of educational technologies through cyber media, satellites films,T.V, radio either separately or in combinations. The unit undertakes activities to widen educational activities opportunities promote equity and improve quality of educational processes at school level.

**Programme:-**The timings of the trip was 10.00 a.m to 4.00 p.m. It was divided into two sessions: Morning (10.00 a.m to 12.00 and Evening session (2.00 p.m to 4.00 p.m). They were called to CIET campus of NCERT .All the students gathered at one place as scheduled in the NCERT premises where attendance was taken. Thereafter, according to the schedule half of the students went in conference hall no.229 and the other half into conference hall no.207. There Ms Tanisha welcomed them. The first session was with Dr. Abhay kumar in Room no.229 and with Dr.Tanisha in Room no. 207 .The second session was arranged in small groups of students in shifts in the Recording studio ,in Vidya Samiksha Kendra ,Experiential Learning Laboratory and Audio- room.

In the first session, A lecture was given by Dr. Abhay kumar on the historical development of information technology, Its importance for us and its role in our lives. It was a great lecture to be remembered for a long time. A Thanks giving speech was delivered by our students. There was a short break and then welcome drink and snacks were given to every student.

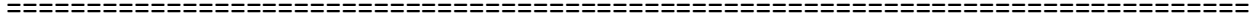
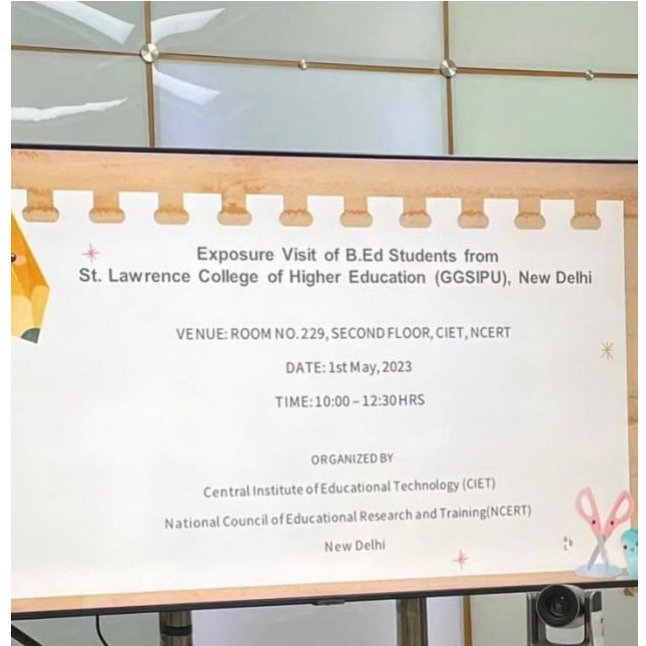
The second session was in the experiential lab of CIET. There the students got their lifelong experiences by the use of highest technological advancements in the area of teaching and learning. The presenter showed us some new devices like VR box for virtual reality, augmented reality, virtual laboratory for school students etc and its functioning, uses and effect. This session

was like blessings for our students, As they had never seen anything like virtual and augmented reality. There the students also saw scanned image of text book in 3-dimensional form with the help of smart pen. He also showed 3-dimensional clippings of various monuments of India, where anyone can visit them virtually. It was a memorable lecture for our whole life.

In the third session of the trip, we went in the recording studio where documentaries and movies animated movies are made. From here itself live and recorded lectures, animated movies etc are transmitted through national t.v channel we also visited audio room where all the books are recorded for disabled specially blind students. .

**Summary:-**After that , we had a group photograph. Students enjoyed a lot. They gained memories, which they will cherish for their whole life. The session got over at 2.00 p.m.









**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

### **YAKULT WORKSHOP**

The Yakult company held a workshop in our college on 4th November, 2022 on the benefits of probiotics for gut health. The workshop was led by a nutritionist. She explained how probiotics help to maintain a healthy balance of gut bacteria, and how this can improve overall health. They also discussed the different types of probiotics and their benefits. Attendees were given a free sample of Yakult probiotic drink.







**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

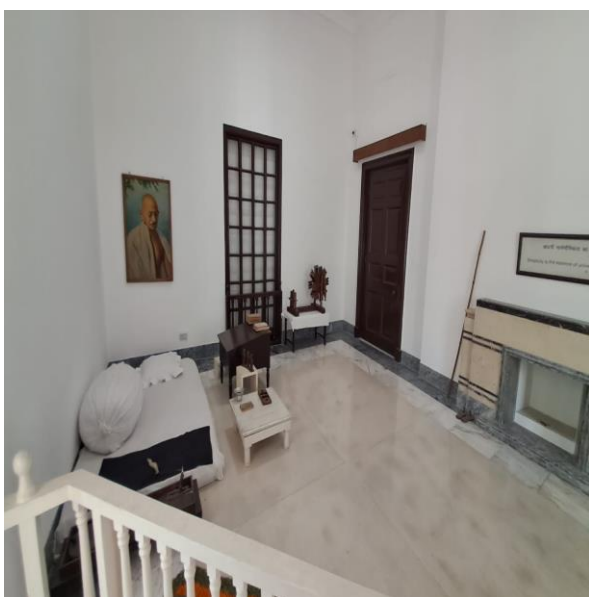
## **Report on Educational Trip to Gandhi Smriti Museum & National Museum**

### **• Visit to Gandhi Smriti Museum :**

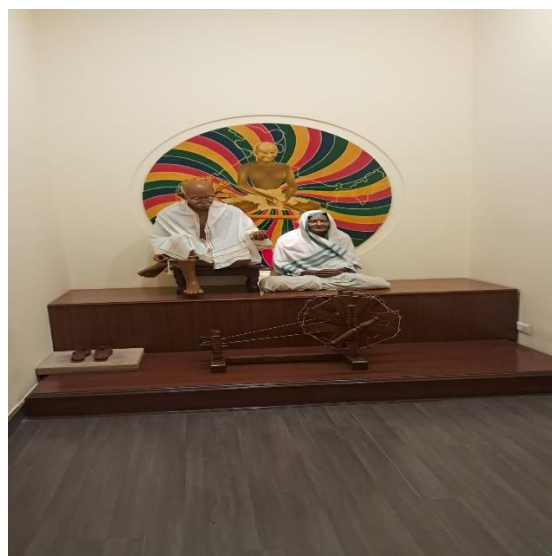
To celebrate Gandhi Jayanti week, St. Lawrence College of Higher Education arranged an educational trip to Gandhi Smriti Museum on 4th October, 2023 (Wednesday) for B.Ed. Semester I students. The purpose of this visit was to gain a deeper understanding of the life, principles, and legacy of Mahatma Gandhi, one of India's most influential leaders in the struggle for independence and a proponent of non-violence and civil disobedience.

The trip started at 10.30 AM. The faculty members accompanied the students to the museum. The visit was a gratifying experience for all. The museum houses a remarkable collection of artifacts, photographs, documents, and personal belongings of Mahatma Gandhi. Students explored Gandhiji's room, which has been preserved as it was on the day of his assassination. Students got insights into Gandhi's life, philosophy, and his role in India's struggle for independence.

Students gained a lot of knowledge from audio-visual presentations and documentaries that provided a comprehensive understanding of Mahatma Gandhi's life and principles. A glimpse of the Great Mahatma's life positively inspired pupil teachers. This memorable visit to the Gandhi Smriti and Museum was an enriching and sensational experience.









- **Visit to National Museum :**

After completing the visit to Gandhi Smriti Museum, all the students and faculty members went to explore National Museum by walking at around 1.20 PM on the very same day. The purpose of this visit was to enrich the student's cultural understanding, providing hands-on exposure to historical artifacts and art. To encourage critical thinking and foster an appreciation for heritage preservation, enhancing their overall education.

The students gained a lot of knowledge by seeing one of the largest and most comprehensive museums in the country, showcasing an extensive collection of art, artifacts, and historical objects from various periods of Indian history and beyond. The trip ended at about 3.30 PM. The trip was really enriching and interesting for the pupil teachers. They were very happy to be the part of such an amazing educational tour.









An ISO:9001:2008  
**St. Lawrence College of Higher Education**  
Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 011-22056100, 22046100, 32003207,7827616100 Fax: 011-22018888  
Website: www.stlawrence.in Email: slog@stlawrence.in

## Rajasthan Diwas and Odisha Day

SLCHE celebrated Rajasthan Diwas and Odisha Day on 5<sup>th</sup> April 2023 as the official day of the former is 30<sup>th</sup> March and the latter's day falls on 1<sup>st</sup> April. The students of Ist and the IInd years were clad in the colourful traditional attire of either of the States. The celebration was conducted in the second half which began with the community lunch where the students brought traditional eateries of both the states and shared amongst themselves. This community lunch not only gave a taste of traditional cuisines which included food items such as '*dal bati choorma, khichadi, kadhi chawal*' and other delicacies but also gave a sense of community sharing among the students. After the community lunch cultural function was organized by the students which got initiated by Principal Ma'am Prof. Vijayshri Bhati's sharing of words on the essence of Rajasthan Diwas and Odisha Day. Acknowledging the significance of these days, the students performed various cultural activities which included Rajasthani dance which was the most popular performances by the students individually as well as in groups, solo and group Odiya dance, group Rajasthani and Odiya songs. At the end all the students occupied the floor dancing on the traditional songs. It was not just the afore stated performances but there were folk art competitions such as *mehandi* competition, painting competition as well which added true colour to the occasion. The day was celebrated with much enthusiasm and vigor by the students. A glimpse of the occasion can be taken from the shared pictures.























An ISO:9001:2008  
**St. Lawrence College of Higher Education**  
Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 011-22056100, 22046100, 32003207, 7827616100 Fax: 011-22018888  
Website: www.stlawrence.in Email: slcg@stlawrence.in

## Gujarat Day and Maharashtra Day

SLCHE celebrated 1 Gujarat Day and Maharashtra Day on 6<sup>th</sup> May 2023 as the official day of the former is 1<sup>st</sup> May... The students of the Ist and the IInd years were clad in the colourful traditional attire of either of the States. The celebration was conducted in the second half which began with the community lunch where the students brought traditional eateries of both the states and shared amongst themselves. This community lunch not only gave a taste of traditional cuisines which included food items such as ‘*Dhokla, Khakhra, Fafda, jalebi, Poha, Moudak, Vada and Daveli*’ and other delicacies but also gave a sense of community sharing among the students. After the community lunch cultural function was organized by the students which got initiated by Principal Ma’am Prof. Vijayshri Bhati’s sharing of words on the essence of Gujarat Day and Maharashtra Day. Acknowledging the significance of these days, the students performed various cultural activities which included Gujarati folk dance- *Garba, dandiya* and Maharashtra folk dance *lavni* which was the most popular performances by the students individually as well as in groups, solo and group Rajasthani Dance, group Marathi and Gujarati songs. At the end all the students occupied the floor dancing on the traditional songs. It was not just the afore stated performances but there were folk art competitions such as painting competition as well which added true colour to the occasion. The day was celebrated with much enthusiasm and vigor by the students. A glimpse of the occasion can be taken from the shared pictures.





**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

**SLCHE CELEBRATES  
CULTURAL BONANZA  
Gujarat  
and  
Maharashtra Day**

**Date: 4 May 2023  
Time: 1.40-2.30 Pm  
Venue: Multipurpose  
Hall**







**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 9310042100, 7827616100, 011-32542100, 011-32003207  
Website: www.stlawrence.in Email: helpdesk@stlawrence.in

## **Report on National Webinar on “A Roadmap for Holistic Implementation of NEP 2020:A Sustainable Approach”**

**Date and Time:** 7/11/2023, 10.45 AM- 1.45 PM

**Organizer:** St. Lawrence College of High Education

**Webinar Topic:** A Roadmap for Holistic Implementation of NEP 2020:A Sustainable Approach

### **Objectives of the National Webinar:**

1. Defining and reflecting upon the expectations in the changing roles of the teachers in accordance with holistic implementation of NEP 2020.
2. Addressing the professional development by clarifying the different pathways, thereby linking NEP 2020 and sustainable development.

### **Types of Audiences participated:**

1. Teacher educators,2. Researchers/ scholars,3. Students,4 Academicians. HODs and Principals

### **About the Event:**

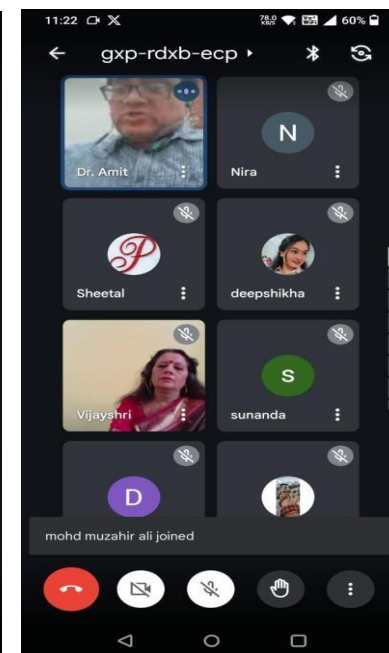
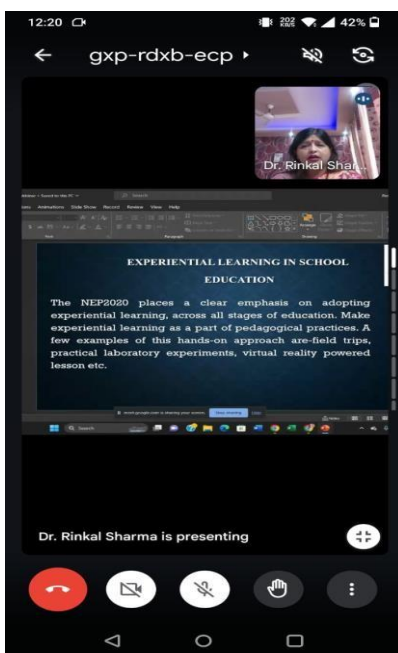
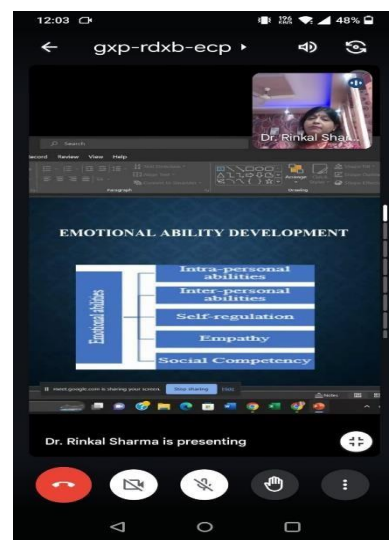
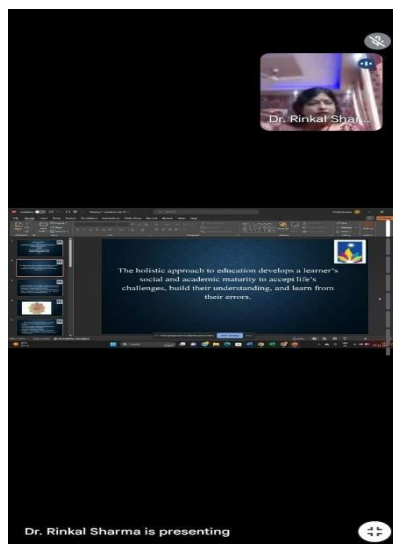
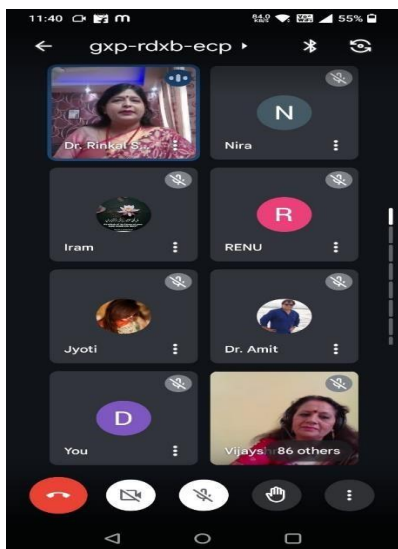
The webinar was started with the opening speech of Prof. (Dr.) Vijayshri Bhati, Principal, St. Lawrence College of Higher Education. Dr. Bhati gave the welcome speech and introduced the audience to the webinar’s purpose. She also gave a brief overview on NEP 2020 and its significance in transforming the education landscape.

Ms. Jyoti Nain, Assistant Professor, St. Lawrence College of Higher Education introduced the audience with the honourable speakers of the day Dr. Amit Ahuja, Associate Professor, USE GGSIPU and Dr. Rinkal Sharma, Associate Professor, School of Education Sharda University.

The first speaker of the webinar was Dr. Amit Ahuja. He shared his perspective and experiences with real world examples on implementation status of NEP 2020.He showed the audience the picture of how much it can be applicable in ground level.

The second speaker was Dr. Rinkal Sharma. She threw light on the holistic approach to education which develops a learner's social and academic maturity to accept life's challenges, build their understanding and learn from their errors. She focused on the key features of holistic education in NEP 2020. She gave many real-life examples to let the audience know that how intellectual, physical, emotional abilities can be developed. She showed the audience the path to how to plan strategically for holistic education in higher education institutions. She shared many examples of experiential learning in school education.

At the end of the webinar, Ms. Jyoti Nain, Assistant Professor, St. Lawrence College of High Education gave a brief of the total webinar and Prof. (Dr.) Vijayshri Bhati, Principal, St. Lawrence College of Higher Education gave the vote of thanks to all the speakers, organizers and audiences. It was an informative and enlightening webinar indeed.





An ISO:9001:2008  
**St. Lawrence College of Higher Education**  
Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 011-22056100, 22046100, 32003207,7827616100 Fax: 011-22018888  
Website: www.stlawrence.in Email: slcg@stlawrence.in

## **REPORT OF TALENT HUNT COMPETITION**

A Talent Hunt Competition was organised at St Lawrence College of Higher Education, New Delhi on 7th October 2022 in the college's multi-purpose hall. As a part of 'Co-curricular Activities', the objective of the competition was to encourage students of B Ed's first year to come forward and show their hidden talents and to identify students with special talents.

The competition encompassed talents of diverse kinds, which included singing, group dance, solo dance, stand-up comedies, painting, poem recitation, story recitation, monologue/dialogue recitation and a lot more.

The enthusiasm of the students was apparent, as all of them participated in one event or the other. The event was graced by the honorable presence of respective faculties. The students were encouraged and their hidden talents got recognition and appreciation.

The event came to an end with the words of appreciation by the Principal ma'am who applauded the students' efforts for making the event a success.

The talent hunt was a great success. The college was able to identify several talented students who will be able to contribute to the college in the future. The college is very pleased with the results of the talent hunt and is looking forward to continuing to identify and develop the talents of its students.









**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

### **REPORT ON EXTEMPORE COMPETITION:**

The extempore interclass competition was held in our college on 10th November 2022. The event was organized by SLCHE to improve public speaking skills as It forces you to think on your feet and come up with ideas quickly. It also helps to become more comfortable with speaking in front of an audience. The competition was open to all the students of the college. There were a total of 58 participants in the competition. In the competition, each participant was given a topic on the spot and they had to speak on the topic for 1 minute. The topics were based on general knowledge and fiction. The participants were judged on their content, delivery, and confidence.









An ISO:9001:2008  
**St. Lawrence College of Higher Education**  
Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 011-22056100, 22046100, 32003207, 7827616100 Fax: 011-22018888  
Website: www.stlawrence.in Email: slcg@stlawrence.in

## Report on Seminar on NCF for Foundational stage 2022



The first national curriculum frame work for foundational stage 2022, under the aegis of Institution for educational and developmental studies (IEDS) was organized on 12 Nov'22.

The guest speaker Dr. Sarkar highlighted the need to evoke a curriculum that nurtures the individuality of every child while also making them tolerant, empathetic citizens of tomorrow who abide by the ethos of Indian culture, spirituality, and diversity.

The Keynote speaker for the event was Professor Anurag Behar, a Member of the Steering Committee, NCF. The event was also presided over by the Director of South Campus, Professor Prakash Singh who emphasized the need for being self-sufficient following the vision of 'Atmanirbhar Bharat'. He highlighted the key characteristics of the Framework which is scientific and research-based and socially and culturally rooted. He also highlighted the use of the simplistic language of the NCF to make it accessible and understandable to the community.

Emphasis was also laid on the NCF Foundational stage 2022 and how it is effective, implementable, and signified 'Care' at the heart of the student-teacher relationship in early childhood.

Professor Singh also spoke about the successful implementation of the Four Year integrated programme for higher education by the University of Delhi.

The first session of 'Pedagogy, Approaches and Learning Outcomes' was conducted by Professor Ranjana Arora, NCERT, Shri Govind Mahant, VBSS, and Professor Dhananjay Singh, JNU. The second session on 'Contextualizing Content and Assessment' was conducted by Professor K Ramachandran Member of the Steering Committee, NCF, Professor V Sudhakar, EFLU, and Professor Suniti Sanwal, NCERT as speakers.

An open house discussion was also conducted after each session to ensure interaction and free discussions. The valedictory address was given by Professor D.K. Saklani.

The organizers of the seminar Professor Pankaj Arora, Head, Department of Education (CIE), and Professor Pradeep K. Joshi, Chairperson, IEDS, stated that the seminar was successful and 'transformative' on the road to implementing National Curriculum Framework Foundational Stage 2022.





An ISO:9001:2008  
**St. Lawrence College of Higher Education**  
Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 011-22056100, 22046100, 32003207, 7827616100 Fax: 011-22018888  
Website: [www.stlawrence.in](http://www.stlawrence.in) Email: [slcg@stlawrence.in](mailto:slcg@stlawrence.in)

## REPORT

### Yoga: Awakening of Mind

In the hustling schedule and stress, yoga is a great way to rejuvenate, relax and awaken both our body and mind. With this aim in mind St. Lawrence College of Higher Education organised a yoga worksop on 14th October 2022, Friday.

It is well said that “I bend so that I don’t break”. The pupil teachers participated with great enthusiasm and energy. The session started with warm up exercises and chanting ‘Om’ and meditating. It was followed by a series of asanas like Tadasana, Padmasanas, Bhujangasana and ending with Shavasana. Stretching exercises and Surya Namaskar were also done. Light music was playing in the background which created a calm atmosphere around.



Faculty members motivated the pupil teachers to make yoga an integral part of their lives. The session concluded with some relaxing free dance moves for 10 minutes. The session was very relaxing, enjoying and reviving.



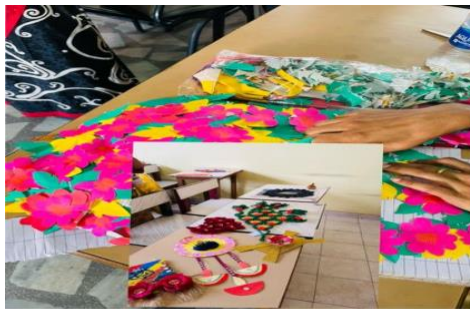




**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

### Report on Art and Craft Workshop

A workshop was organized by SLCHE College to commemorate Diwali celebrations with the twin aim of nurturing the creativity of the pupil teachers as well as their academic benefit. The workshop was conducted on 14th October, 2022, in the multipurpose hall. The two-hour workshop was a successful event as everyone participated wholeheartedly. Students were asked to decorate Diyas and make wall hangings solely from waste material. As part of the workshop the students were exposed to the idea of exploring their creative potential, which would aid them in assisting their future students. Creative activities are an inclusive part of the present-day curriculum followed in schools. Hence, it has become imperative to groom and promote creativity in teacher-training classrooms. The invigorating workshop ended as pupil teachers showcased their crafts in the classroom- which made the entire experience an enriching one









## **Report on "Workshop on Mindfulness"**

On 17/11/2023 morning, a session on Yoga, Mindfulness and Pranayama was conducted for the B.Ed. Semester I (Session 2023-25) students. The main objective of this session was to cultivate present-moment awareness, allowing participants to focus their attention on the current experience without judgment. Through these practices, individuals aim to reduce stress, enhance emotional regulation, and improve overall well-being by fostering a heightened sense of clarity and self-awareness. Ultimately, the goal is to develop a skill set that can be applied to daily life, promoting resilience and a more mindful approach to various situations.

Some activities which were conducted during this session were-

- **Meditation:** Meditation is a contemplative practice that involves training the mind to achieve a state of focused attention, mindfulness, or heightened awareness. It is practiced to promote mental clarity, relaxation, and heightened self-awareness. It offers a structured approach to training the mind, cultivating a sense of inner peace and improving overall well-being.
- **Chanting OM for 3 times:** Chanting 'om' causes vibrations in body and it's these vibrations that enhance your state of calm and wellbeing and relax your nervous system.
- **Anuloma Pranayama:** It is one of several Pranayama or breath exercises used in the practice of Hatha yoga. Anu roughly translates as with and Loma means hair implying "with the grain" or "natural". It improves patience, focus, and control. relief from stress and anxiety. It improves respiratory, and cardiovascular health.
- **Kapalbhati:** It is an important shatkarma, a purification in hatha yoga. The word kapalabhati is made up of two Sanskrit words: kapāla meaning "skull", and bhāti meaning "shining, illuminating".Kapalbhati has a stimulating, cleansing and heating effect on the body. It increases the heart beats, and helps improve blood circulation and the oxygen levels. It increases lung strength and function clearing the nasal passages of any congestion.
- **Tadasana:** It also known as Mountain Pose, is a foundational yoga pose that involves standing with feet together, arms at the sides, and weight evenly distributed on both feet. The posture is characterized by an upright and grounded stance, with the spine

elongated and the shoulders relaxed. Tadasana is often used as a starting position for many standing yoga poses and is considered a fundamental pose for improving posture, balance, and body awareness.

- **Vrikshasana:** It is a yoga pose known as Tree Pose. In Vrikshasana, the practitioner stands on one leg while placing the sole of the opposite foot on the inner thigh or calf of the standing leg (avoiding the knee) and balancing with arms raised overhead or in a prayer position at the chest. This pose helps improve balance, concentration, and strengthens the legs. If you meant a different term, please provide more context or the correct spelling for clarification.
- **Shavasana:** It also known as Corpse Pose, is a yoga asana (posture) that involves lying down on the back in a relaxed and reclined position. In Shavasana, the arms and legs are extended, and the eyes are usually closed. The focus is on deep, conscious breathing and releasing tension from the body, allowing for a state of complete relaxation. Shavasana is typically performed at the end of a yoga session to promote physical and mental rejuvenation.









**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

## PLANTATION DRIVE

Trees represent life, growth, peace and nature. They produce oxygen, clean soil, prevent drought, control flood-related disasters, prevent soil erosion, improve physiological, mental and spiritual health, and also reduce carbon footprints.

A "Tree Plantation Drive" was organized in St. Lawrence College of Higher Education on Earth Day celebrated on 21<sup>st</sup> April 2023 under the supervision of Dr. Vijayshri Bhati supported the tree sapling plantation drive and an awareness campaign to save our Environment. The students were motivated and advised to take care of the saplings planted by them in the open ground and within the premises of the college.

The following activities have been undertaken so far to promote this campaign:

- All students were informed about the "Plantation- Drive" to motivate them to plant saplings of trees.
- An Awareness campaign was also organized in the area around the school, which aimed to make people aware of their Environment and understand its importance in our life.

The objective of this tree plantation was to create awareness about "Plant Trees –Go Green". Tree plantation aims to save the environment, afforestation and make the surroundings clean and green through a major Tree Plantation Activity.









**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

## **Navratri Celebration: Garba Dance**

The Navratri celebration at St. Lawrence College of Higher Education on 21st October 2023 was a vibrant and culturally rich event. The main highlight of the celebration was the Garba dance, which was enthusiastically performed by B.Ed. students. The entire event showcased the students' spirit of festivity and their dedication to preserving and promoting Indian traditions. The event saw enthusiastic participation from B.Ed. students, who donned traditional Lehanga attire. Their commitment and energy were evident in their graceful and rhythmic Garba dance performances.

Garba dance is a traditional folk dance that originates from the state of Gujarat in India. It is typically performed during the Navratri festival, a nine-night Hindu festival that honors the goddess Durga. Garba is characterized by energetic, circular dance movements performed in concentric circles or formations. The students displayed remarkable coordination and skill in their dance routines. The vibrant music and colorful traditional costumes added to the overall festive atmosphere. The audience was enthralled by the energetic and synchronized movements of the participants.

The audience, consisting of fellow students, faculty members, and guests, actively engaged in the celebration. They joined in the Garba dance, creating a lively and joyful atmosphere. The event fostered a sense of unity and community spirit among the participants and attendees.

The Navratri celebration at St. Lawrence College of Higher Education was a delightful and memorable event. The Garba dance performances by B.Ed. students were the highlight, showcasing their dedication to cultural traditions. This event not only celebrated the rich heritage of Navratri but also promoted unity and a sense of togetherness among the college community. It was a resounding success in preserving and promoting cultural traditions.









**National Service Scheme Report on  
“Constitution Day (National Law Day)”**

**Samvidhan Divas Celebrations**

Constitution Day (National Law Day), also known as Samvidhan Divas, is celebrated in India on 26th November every year to commemorate the adoption of the Constitution of India. The Constituent Assembly of India adopted the Constitution of India on 26th November 1949, and it came into effect on 26th January 1950. 26th November was chosen to spread the importance of the constitution and to spread thoughts and ideas of Dr. Ambedkar. NSS Unit of SLCHE has conducted various activities to celebrate and to increase awareness among students about the constitution. The National Service Scheme unit of SLCHE (St. Lawrence College of Higher Education) celebrates the **Constitution Day (National Law Day)**, on 26<sup>th</sup> November, 2022 to commemorate the adoption of the Constitution of India. This event was organized by volunteer of NSS unit of SLCHE. This event will not only motivate towards “Guiding Principles of our Constitution” but also provide the opportunity to learn about the significance of the Constitution to our present-day youth.

The following activities were conducted:

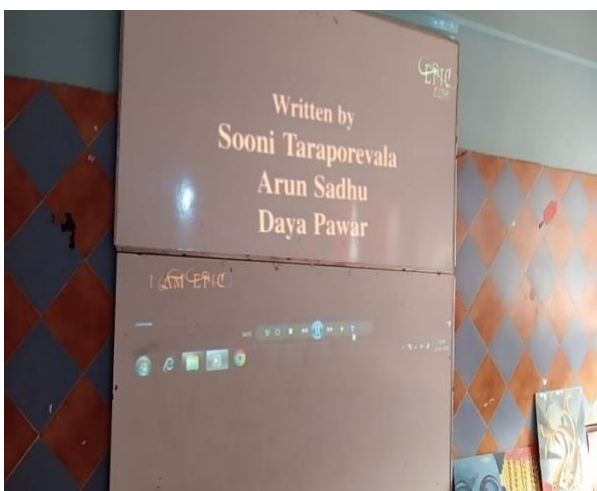
- Movie Screening- Life of B.R Ambedkar
- Quiz on the topic “Indian Constitution”
- Administering pledge- online and offline





## Movie Screening- Life of B.R Ambedkar

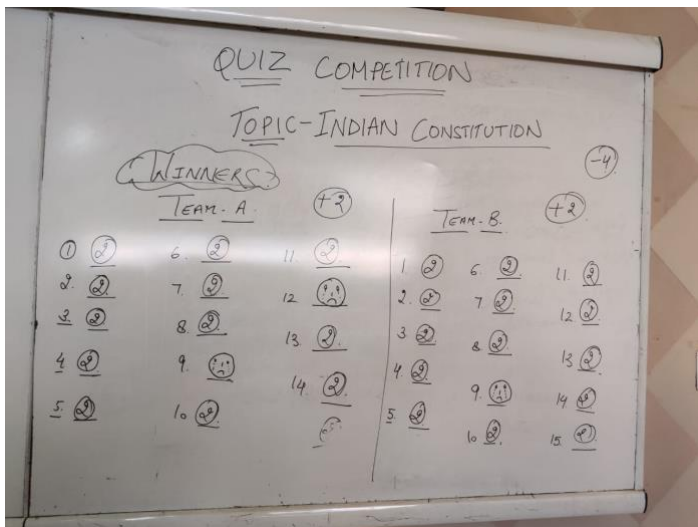
A movie screening of was held in the Multi-purpose Hall room from 1.20 pm onwards. A gathering of 55 NSS volunteers and all faculties participants were observed. The movie's central theme resonated with the life of B.R Ambedkar, This film depicts the life and times of a great social reformer, Dr. Babasaheb Ambedkar. It documents his journey as a student in New York to the battles he fought for his community. It was helpful in making the students aware of their constitutional rights and duties. The film tells the story of B. R. Ambedkar, known mainly for his contributions in the emancipation of the downtrodden and oppressed castes, and as a result, the oppressed classes in India and shaping the Constitution of India, as the chairman of the Drafting Committee of the Indian Constituent Assembly. Students actively attended the whole screening. The movie screening concluded by taking a pledge, and vowing to uphold the dignity of our constitution by becoming an aware citizen.



## Quiz on theme “Indian Constitution Day”

The quiz was conducted like a game; totally there were 30 questions related to Indian Constitution, preamble, fundamental duties, important people related to constitution and articles. 35 students from 1st year of NSS divided in two teams respectively: Team A and Team B actively participated in the quiz.

Both the teams were good and performed intelligently. Team A was declared as winner team.



## READ THE PREAMBLE

□ Inside the college campus

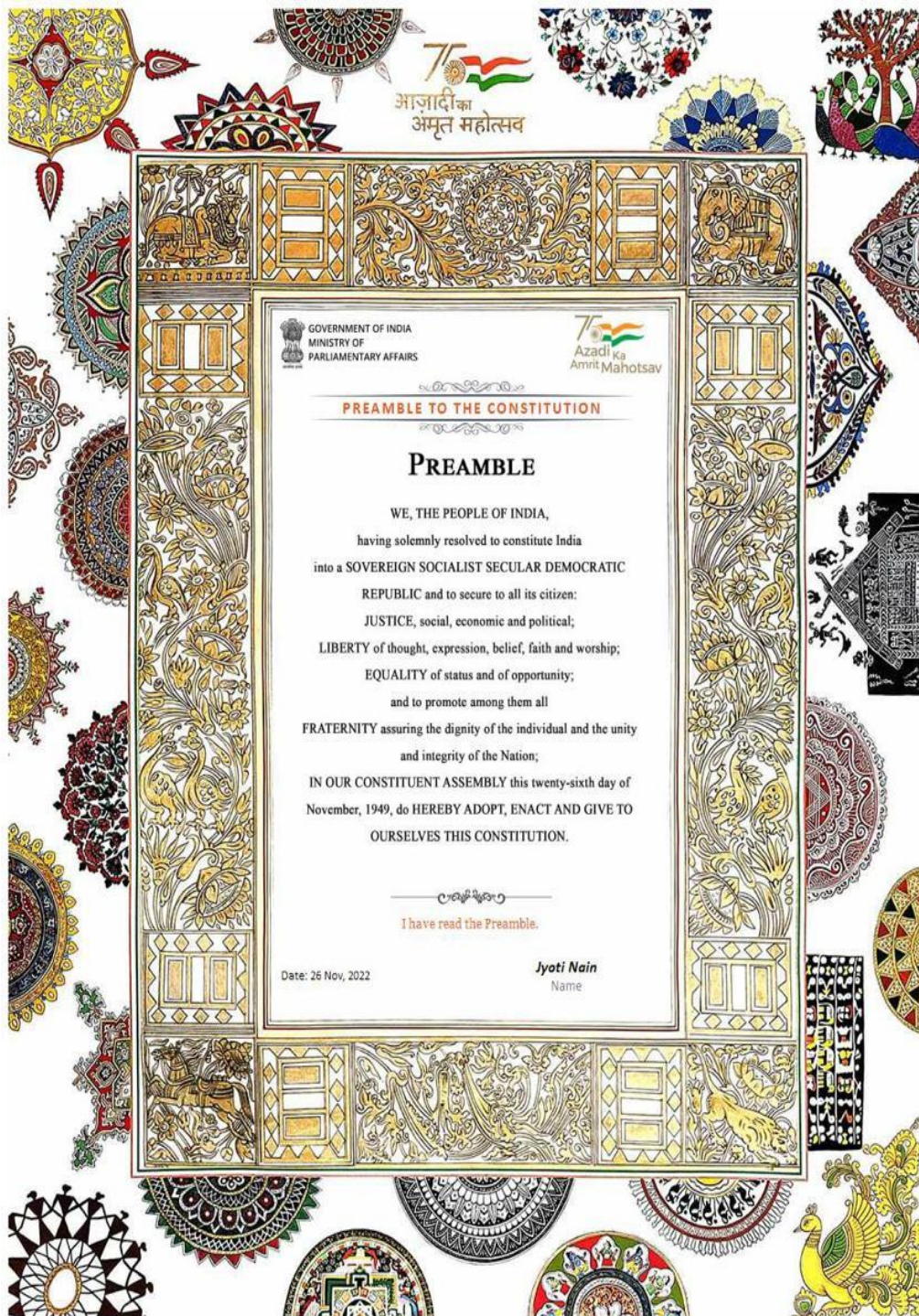
The event started with reading the preamble that embarked the spirit of nationalism among the fellow students. More than 30 students participated in this event. The preamble was read in both languages: in English and Hindi





□ Online mode

The NSS unit of SLC organise an online event of reading the preamble with the help of Google meet , more than 40 volunteers of NSS participate in this online event and students also received the certificate for the same through e-mail from the link <https://www.mygov.in/campaigns/constitution-day/>





MINISTRY OF  
**SOCIAL JUSTICE  
AND EMPOWERMENT**



## PREAMBLE TO CONSTITUTION



**WE, THE PEOPLE OF INDIA,**  
having solemnly resolved to constitute India  
into a **SOVEREIGN SOCIALIST SECULAR DEMOCRATIC  
REPUBLIC** and to secure to all its citizens:  
**JUSTICE**, social, economic and political;  
**LIBERTY** of thought, expression, belief, faith and worship;  
**EQUALITY** of status and of opportunity;  
and to promote among them all  
**FRATERNITY** assuring the dignity of the individual and  
the unity and integrity of the Nation;  
IN OUR CONSTITUENT ASSEMBLY this 26th day of  
November, 1949, do **HEREBY ADOPT, ENACT AND GIVE**  
**TO OURSELVES THIS CONSTITUTION.**



I have read the Preamble and will abide by it.

7932854822



November, 26 2022

Jyoti Nain

Signature





An ISO:9001:2008

## St. Lawrence College of Higher Education

Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 011-22056100, 22046100, 32003207, 7827616100 Fax: 011-22018888  
Website: www.stlawrence.in Email: slcg@stlawrence.in

### REPORT OF ORIENTATION DAY

The first day of college is always special as it is the day when we meet new people and start a new phase of our lives. It is also the day when we get to know the college rules and regulations. The college authorities had conducted an orientation day for the new students to make them aware of the college rules and regulations.

The event started with a Havan in which we all chant Gyatari Mantra 108 times and distributed Prashad at last. Then the principal mam had started a speech followed by a presentation on the college's history and mission. After that one by one each student gave their Introduction and also shared their views about the teaching profession.

The orientation day at B.ed College was very informative. The faculty staff explained about B.ed. programme courses and what to expect. They also answered any questions that student had.









An ISO:9001:2008  
**St. Lawrence College of Higher Education**  
Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 011-22056100, 22046100, 32003207,7827616100 Fax: 011-22018888  
Website: www.stlawrence.in Email: slcg@stlawrence.in

### **Report of activities to promote unity and celebrating “National Unity Day”**

India is a secular country with diversified cultures and the significances in their own kind. It was aptly said by the Iron man of India Shri Vallabh Bhai Patel “Manpower without Unity is not a strength unless it is harmonized and united properly, then it becomes a spiritual power”. Good relationship among the people of the nation is a binding force that brings peace and development and also enable us to unify against various threats of enemies.

As an endeavor to solidify the bond of oneness and unification, the country celebrated the Birth Anniversary of Sardar Vallabhai Patel on 31st October as Rashtriya Ekta Diwas (National Unity Day) **St. Lawrence College of Higher Education** following the mandate organized various activities in the college premises in order to extend their heartfelt appreciation about the life and the involvement of the great leader, Sardar Patel, in the veritable contribution during the freedom struggle and to lay a foundation of a unified country fused with oneness. The idea was to infuse in the young future generation with values integrated with the knowledge and adoration about the country’s rich heritage. Sardar Patel played a major role in the integration of India (Ek Bharat) from over 560 princely states. To acknowledge his efforts in uniting the nation, India celebrates National Unity Day on his birth anniversary. Sardar Vallababhai Patel, an icon for National Unity was fondly remembered. His vision for the Nation was articulated by the teachers taking a pledge striving towards “Ektha”. He played a crucial role in the unification of India

A throng of activities were organized to support the cause of promoting unity and celebrating “National Unity Day” in the college premises. The following events were conducted with an active participation of NSS volunteers:

1. Pledge on Rashtriya Ekta
2. Unity Run by NSS Volunteers
3. Most creative Slogan contest on the Unity Theme
4. Essay Writing on “Unity In Diversity”
5. Plog Run

St. Lawrence College of Higher Education  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

**MAKE A PLEDGE**  
Pledge on  
**Rashtriya Ekta Diwas**  
to foster and reinforce our perseverance to  
strengthen the unity, integrity and security  
of our nation on the  
Birth Anniversary of  
**Sardar Vallabhbhai Patel**

**UNITY PLEDGE**  
MODE- ONLINE THROUGH  
GOOGLE MEET  
DATE- 30 OCTOBER, 2022  
DAY- SUNDAY  
TIME- 10:00AM-10:30AM

**UNITY IN DIVERSITY**



St. Lawrence College of Higher Education  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

**ESSAY**  
WRITING COMPETITION  
TOPIC:  
**UNITY IN DIVERSITY**  
OCTOBER, 28

We are  
**Different**  
and we are  
**So Proud**




TIME- 1:30-3:00 PM  
VENUE-MULTIPURPOSE HALL

St. Lawrence College of Higher Education  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

**POSTER MAKING  
AND SLOGAN  
WRITING  
COMPETITION**  
Express your feelings through  
your Creativity of Art

Topic- Unity In Diversity

**29 OCTOBER, 2022**  
09:00 am -11:00 am  
Venue-  
Multipurpose Hall



St. Lawrence College of Higher Education  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

**Let's Clean The City**  
Monday, October 31, 2022

Do something  
drastic - cut the  
plastic!

**SAY NO  
PLASTIC  
BAG**

**LESS  
PLASTIC FOR  
MORE LIFE**



## Pledge Ceremony

The throng of activities started with a pledge or oath taking ceremony that embarked the spirit of unity among the fellow students. The following pledge had been taken by the students:

“I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of Nation and also strive hard to spread this message among my fellow countrymen. I take this Pledge in Spirit of unification of my country which was made possible by the vision and actions of late Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my Country”





### **Report of activities of ‘Rashtriya Ekta Saptah’**

To hold a nation-wide campaign on the birth anniversary of Sardar Vallabh Bhai Patel we have conducted various programmes and events. As a part of the celebration, students have conducted various activities. They began the event on 31<sup>st</sup> October 2022, with a unity run was under taken around the premises of college with the nara “Anekta mai ekta hind ki vishashta”. Around 60 students volunteers and NSS student representatives along with few teachers participated in the event. Finally a pledge on Rashtriya Ekta was taken.

#### **Run For Unity**

In the “run for unity” many students enthusiastically participated in a short rally marathon around the premise of the college to evoke the spirit of integrity among the colleagues and fellow mates. All along their possession they carried a spirited message for cohesive and unified India. Their loud chant for ‘We Are One’ and Vande Mataram together boosted the morale of everyone who came across in their way giving a perfect tribute to the Iron man on his anniversary. The programme was culminated by thoughtful and inspirational messages about national security and communal harmony to maintain cohesive peace and unity among the citizens of our country. This will be a great help in building our vast and diverse nation into a great nation that have the capability to become a superpower.





## Plog Run

The students went for an hour plogging in the college grounds with the concept of fitness and cleanliness, that is, while running they have to pick the trash to compel a bigger change in the environment. About 60 students participated actively in the run including NSS and non-NSS members of the college. They were also joined by the college community including teachers. While jogging the students collected plastic and other waste lying around the campus and disposed them off in the designated dust bins. The campaign proved to be a successful one in the way it brought people together in the noble cause of fitness and cleanliness for a healthy lifestyle.



## Slogan Writing, Bulletin Board Decoration and Poster Making

Along with this various competitions were held for students which included Slogan writing and Essay writing on 'Unity In Diversity'. The Student's actively participated in the competitions. Slogans were very well written signifying the importance of Unity. Essays were also very well written about the life and contributions of Sardar Vallabhbhai Patel for uniting India.

The best entries for slogan and essay writing were chosen for giving prizes.











### **Painting and Slogan competition on theme of 'Swachh Bharat' and 'Aatmanirbhar Bharat'.**

On October 6, 2023, St. Lawrence College of Higher Education organized a Painting and Slogan competition with the dual theme of 'Swachh Bharat' and 'Aatmanirbhar Bharat'. The event aimed to foster creativity and promote awareness of clean and self-reliant India. The event witnessed active participation from students who showcased their creative prowess and their dedication to the two national initiatives.

Students enthusiastically participated, showcasing their artistic and linguistic skills. The college campus was transformed into a canvas adorned with colorful artworks and vibrant expressions as students painted thought-provoking artworks, depicting the significance of cleanliness and self-reliance in India's development. The slogans echoed the aspirations of a self-sustained nation.

Principal Ma'am and other faculty members evaluated the entries based on originality, relevance, and artistic expression. Winners were awarded for their exceptional creations that illustrated the importance of cleanliness and self-reliance in our nation's progress.

The competition not only encouraged talent but also instilled a sense of responsibility towards a cleaner, self-sustained India. It also aimed to raise awareness about the crucial missions of 'Swachh Bharat' and 'Aatmanirbhar Bharat.'

This event at St. Lawrence College of Higher Education was a testament to the commitment towards these national ideals and also highlighted the role of youth in shaping the nation's future..













**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

## **Cooking without fire competition**

The "Cooking Without Fire" competition held on October 13, 2023, at St. Lawrence College of Higher Education showcased the culinary talents of the B.Ed. students. This event provided an opportunity for participants to exhibit their creativity and cooking skills without the use of traditional stovetop or oven cooking methods.

A diverse range of dishes was prepared by the enthusiastic B.Ed. students. The dishes included: Fruit Salad, Fruit Custard, Beetroot Salad, Sandwiches, Green Tea Mocktails, Chocolate Mousse, Chaat Papdi, Gol Gappe any many more savoury dishes.

The event was a remarkable display of innovation, as the students prepared these delectable dishes without the use of fire. Fruit salad and fruit custard showcased the students' talent for combining flavors and textures. The beetroot salad was not only visually appealing but also a nutritious option.

The variety of sandwiches offered by the participants, along with the green tea mocktails, highlighted their skills in food presentation and beverage crafting. Chocolate mousse, with its velvety texture and rich flavor, was a crowd favorite. The inclusion of street food delights like chaat papdi and gol gappe added a unique and authentic touch to the competition. The students' ability to recreate these traditional dishes without fire was commendable.

The judging panel, consisting of faculty members, evaluated the dishes based on taste, presentation, creativity, and adherence to the "without fire" cooking method. After a thorough assessment, the winners were announced. Each participant demonstrated a high level of culinary talent, making the decision a challenging one.

The "Cooking Without Fire" competition at St. Lawrence College of Higher Education was a resounding success, with B.Ed. students showcasing their culinary



skills and creativity. The event not only provided a platform for students to display their talents but also promoted healthy and innovative cooking methods.









**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

## **Art and Craft Pidilite Workshop**

On October 18, 2023, a remarkable Art and Craft workshop was organized at St. Lawrence College of Higher Education, offering B.Ed. students a unique opportunity to explore their creativity. The workshop was conducted by the highly skilled resource person, Shikha, and her team. The main focus of the workshop was the creation of Decoupage bottles and Lipon art bottles using Pidilite products.

The workshop began with an insightful presentation by Shikha and her team, introducing the participants to the fascinating world of decoupage and Lipon art. They shared their knowledge about various Pidilite products, techniques, and design ideas. This initial session provided a strong foundation for the hands-on activities that followed. After the informative session, participants were divided into groups, and they eagerly embarked on creating their art pieces. The participants utilized Pidilite products to craft exquisite Decoupage bottles, which involved the delicate art of layering and decorating surfaces with decorative paper. The Lipon art bottles, another highlight of the workshop, allowed participants to experiment with colors, textures, and designs, showcasing their innovative skills.

The B.Ed. students exhibited an extraordinary level of creativity and artistic talent throughout the workshop. Each bottle created was a unique masterpiece, demonstrating the effectiveness of the techniques learned during the session. The vibrant colors and intricate designs on the bottles were truly captivating. The workshop not only enriched the participants' knowledge of art and craft but also fostered a sense of teamwork and collaboration. The B.Ed. students shared their ideas, provided feedback to each other, and collectively contributed to the success of the workshop.

The Art and Craft Pidilite workshop at St. Lawrence College of Higher Education was a resounding success. Thanks to the expertise of Shikha and her team, the B.Ed. students gained valuable insights into the world of art, and their creations were a



testament to their newfound skills. The workshop was a remarkable blend of creativity, learning, and camaraderie. The event was a significant step in promoting art and craft in education, and it left a lasting impact on all the participants. The college hopes to continue hosting such workshops to encourage students to explore their creative potential and inspire a lifelong love for art and craft.









**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

## **NSS: Nukkad Natak (Gender stereotypes)**

The National Service Scheme (NSS) unit of St. Lawrence College of Higher Education organized a thought-provoking Nukkad Natak on the theme of "Gender Stereotypes" on October 27, 2023. The event aimed to raise awareness about the harmful impact of gender stereotypes in society and promote gender equality. Several thought-provoking performances took place, each addressing various aspects of gender stereotypes. The students effectively used street theater to depict real-life scenarios and challenges faced by individuals due to preconceived notions about gender roles.

The B.Ed. students put on a stellar performance, effectively depicting various scenarios where gender stereotypes were perpetuated and their consequences. Through their acts, they demonstrated the need to break free from these stereotypes and promote equality and inclusivity. The performances explored multiple themes related to gender stereotypes, including:

1. **Gender Equality:** Highlighting the importance of treating everyone with respect and equality regardless of their gender.
2. **Breaking Stereotypes:** Challenging traditional gender roles and showcasing instances where individuals defied stereotypes to achieve their goals.
3. **Social Stigmas:** Addressing issues like body image, workplace discrimination, and the stigma surrounding men expressing vulnerability.
4. **Empowerment:** Encouraging women to break free from societal limitations and empowering men to be allies in the fight against gender bias.

The Nukkad Natak on Gender Stereotypes managed to engage the audience and provoke thought on the issue at hand. By addressing the topic of gender stereotypes, it contributed to the ongoing dialogue about gender equality and empowerment. This



event served as a reminder of the importance of challenging stereotypes and promoting gender equality in our society. It encouraged students to be agents of change and advocates for a more inclusive and equitable world.







## **Orientation Program B.Ed. (Session 23-25) at St. Lawrence College of Higher Education**

Date: September 19, 2023

St. Lawrence College of Higher Education celebrated the Orientation Program for the B.Ed. (Bachelor of Education) course on September 19, 2023, coinciding with the auspicious occasion of Ganesh Chaturthi. This unique event combined the traditional aspects of the festival with educational objectives.

The event was meticulously organized to provide a comprehensive introduction to the course and the college's facilities.

The day began with a special Ganesh Chaturthi havan (fire ritual) that invoked blessings for the new batch of students. Faculty members and students participated in this sacred ceremony, fostering a sense of unity and spirituality within the college community.

Following the havan, prasad (blessed food) was distributed to all participants, symbolizing the sharing of knowledge and goodwill. It created an atmosphere of harmony and cultural enrichment among the students

The orientation day commenced with an enlightening ceremony led by the principal Ma'am (Dr. Prof. Vijayshri Bhati). In a symbolic gesture, the principal ma'am lit a lamp, signifying the start of a new academic journey. This tradition not only illuminated the physical space but also ignited the enthusiasm and aspirations of the attendees, making it a memorable start to the orientation day. She emphasised the institution's commitment to quality education. Then Faculty members introduced themselves and outlined the course structure, emphasizing the importance of pedagogy and practical training.

During the Orientation Program, faculty members also provided insights into the B.Ed. course structure and expectations. This innovative approach merged tradition with education, creating a memorable and spiritually enriching start to the academic journey for the students.

Incorporating Ganesh Chaturthi traditions into the Orientation Program at St. Lawrence College demonstrated the institution's commitment to holistic education and cultural diversity. It left a lasting impression on the students and staff, symbolizing the harmonious blend of tradition and modern education.







**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi

## **Talent Hunt Competition**

The Talent Hunt Competition at St. Lawrence College of Higher Education held on September 29, 2023, was a vibrant showcase of our students' exceptional skills and talents. This much-anticipated event served as a platform for our diverse student body to shine and demonstrate their creativity. The heart of this event was undoubtedly our talented student participants, who enthusiastically took part, demonstrating their prowess in a wide range of artistic and intellectual activities. Our esteemed panel of judges consisted of dedicated faculty members who brought their expertise and impartiality to the judging process. They assessed each performance with meticulous attention, ensuring fairness and transparency.

The competition featured four diverse categories:

**Singing:** The melodious voices of our students filled the auditorium, captivating the audience with a wide range of musical genres, from classical to contemporary.

**Poetry:** The power of words came to life as students recited heartfelt poems that ranged from personal narratives to socially relevant themes.

**Dance:** The stage was set ablaze with captivating dance performances, ranging from classical to hip-hop, showcasing the students' versatility and passion for dance.

**Quiz:** The intellectual prowess of our students shone brightly during the quiz round, where they tackled challenging questions on the theme of Gandhi Jayanti.

Standout performances in each category included a soulful rendition of a classic song in the singing category, a thought-provoking poem addressing social issues, a mesmerizing contemporary dance, and a closely contested quiz with a nail-biting finish. The multi purpose hall was filled with an electric atmosphere, with a supportive and enthusiastic audience. Cheers, applause, and words of

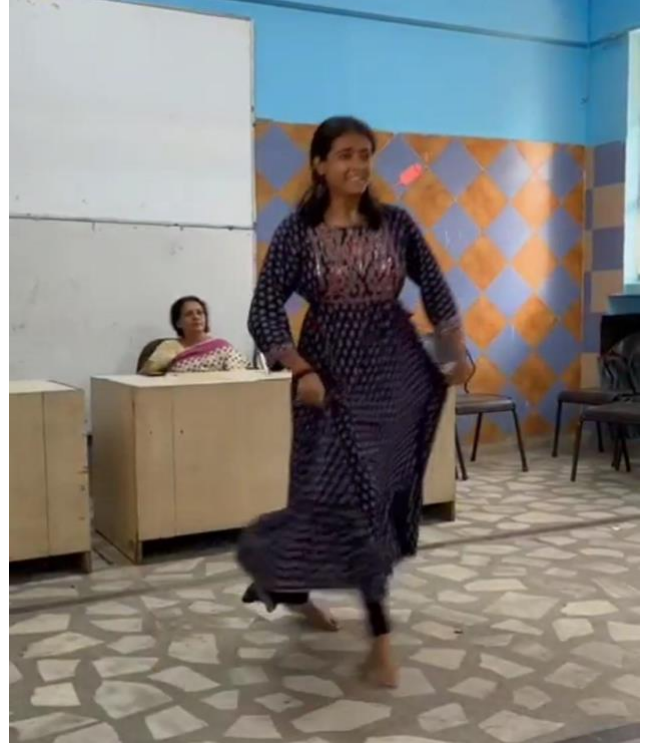


encouragement echoed throughout the event, making it an unforgettable experience for both participants and spectators.

The Talent Hunt Competition was a resounding success, celebrating the talents and passions of our students. It reinforced the college's commitment to nurturing creativity and providing a platform for self-expression.

The Talent Hunt Competition not only showcased the incredible talents within our college but also fostered a sense of community and unity among our students. We eagerly anticipate the next edition, which promises to be even more spectacular.







An ISO:9001:2008

## St. Lawrence College of Higher Education

Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 011-22056100, 22046100, 32003207, 7827616100 Fax: 011-22018888  
Website: www.stlawrence.in Email: slcg@stlawrence.in

### Report on Educational Trip to Gandhi Smriti Museum

On Friday, September 30, 2022, St. Lawrence College of Higher Education organized an educational trip to the Gandhi Smriti Museum for students of B Ed's first year. The objective was to enlighten the students with the life and the incredible works of Mahatma Gandhi. Gandhi Museum presented an opportunity to witness the rich compilation of original relics, letters and all belongings of the Father of the nation. Each picture narrated an interesting tale. A documentary on the life of Mahatma Gandhi was shown to the students.

The faculty staff accompanied the students to the museum. They shared many insightful stories and facts about Gandhiji's life and the freedom struggle of India.

The visit was a gratifying experience for all. All were moved to see the place where Gandhiji was assassinated. All learnt about Gandhiji's principles of truth, non-violence, harmony, morality, unity and satyagraha. A glimpse of the Great Mahatma's life positively inspired pupil teachers. This memorable visit to the Gandhi Smriti and Museum was an enriching and sensational experience.









An ISO:9001:2008  
**St. Lawrence College of Higher Education**  
Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 011-22056100, 22046100, 32003207, 7827616100 Fax: 011-22018888  
Website: [www.stlawrence.in](http://www.stlawrence.in) Email: [slcg@stlawrence.in](mailto:slcg@stlawrence.in)

## **SEMINAR** **Glimpses of different childhood in India**

### **Objectives:-**

- Understanding stories of Indian children with different backgrounds.
- How children behave growing up in vastly differing circumstances.
- Discussing about problems and challenges by children from different backgrounds and history.
- Learning how to deal with differential students in a classroom and ways to help them.
- Explanation of multi-dimensional views by different individuals and further reflection upon them.

## REPORT

The St. Lawrence College of higher education organized a seminar titled “Glimpses of different childhood in India”. The seminar was on 17 November 2023. It was managed by MRS. MIRA NARANG ma’am, who demonstrates the different types of childhood in India. The seminar was conducted to reflect upon their lifestyle, behaviour, ethics and habits. Problems that various children face and the role of parents and teachers had also be emphasized upon. In order to sharpen the pupil-teachers towards the children, the purpose of the seminar was to provide pupil-teachers with an understanding of the problems faced by children from various backgrounds as they sit under one roof and learn together. She told us about different childhood in India as following:





## **SOCIO-ECONOMICALLY HIGH CLASS CHILDREN**

The upper class in modern societies is the social class composed of the wealthiest members of society, who also wield the greatest Political power According to this view, the upper class is generally contained within the wealthiest 1-2% of the population, and is distinguished by immense wealth in the form of estates) which is passed on from generation to generation. Out of the American population one percent of the wealthiest population is responsible for thirty-four percent of the cumulative national wealth.



## **SOCIO-ECONOMICALLY MIDDLE CLASS CHILDREN**

The middle class is a class of people in the middle of a social hierarchy, In weberian socio-economic terms, the middle class is the broad group of people in contemporary society who fall socio- economically between the working class and upper class. The common measures of what constitutes middle class vary significantly among cultures.



## **SOCIO-ECONOMICALLY LOWER CLASS CHILDREN**

Social deprivation is the reduction or prevention of culturally normal interaction between an individual and the rest of society. This social deprivation is included in a broad network of correlated factors that contribute to social exclusion, these factors include mental illness, poverty, poor education and low socio economic status.



## **CHILDREN WITH LEARNING DISABILITIES**

Learning disabilities are neurologically-based processing problems. These processing problems can interfere with learning basic skills such as: reading, writing and/or math. They can also interfere with higher level skills such as organization, time planning abstract reasoning, long or short term memory and attention. It is important to realize that learning disabilities can affect an individual's life beyond academics and can impact relationships with family, friends and in the workplace.



## **DIFFERENTLY ABLED CHILDREN**

A physical disability is a limitation on a person's physical functioning, mobility, dexterity or stamina Other physical disabilities include impairments which limit other facets of daily living, such as respiratory disorders, blindness, epilepsy and sleep disorders.



## **ORPHANS**

An orphan is a child whose parents are dead or have abandoned them permanently in common usage, only a child who has lost both parents is called an orphan. When referring to animals, only the mother's condition is usually relevant. If she has gone, the offspring is an orphan, regardless of the father's condition Adults can also be referred to as orphan, or adult orphans. However, survivors who reached adulthood before their parents died are normally not called orphans, it is a term generally reserved for children whose parents have died while they are too young to supports themselves.





## **DELINQUENT CHILD**

Delinquency, crimes committed by minors, which are dealt with by the juvenile courts and justice system: criminal behavior, crimes dealt with by the criminal justice system: status offenses, offenses that are only classified as such because one is a minor, such as truancy, also dealt with by the juvenile court.



## **CHILD LABOUR**

Child labour refers to the employment of children in any work that deprives children of their childhood, interferes with their ability to attend regular school, and that is mentally, physically, socially or morally dangerous and harmful. This practice is considered exploitative by many international organizations.



## **SURVIVOR OF CHILD ABUSE**

Child abuse is the physical sexual or emotional maltreatment or neglect of a child or children.[In the United States, the centers for disease control and prevention (CDC), and the Department for Children and Families (DCF), define child maltreatment as any act or series of acts of commission or omission by a parent or other caregiver that results in harm, potential for harm or threat of harm to a child abuse can occur in a child's home, or in the organizations, schools or communities the child interacts with There are four major categories of child abuse neglect physical abuse psychological or emotional abuse and sexual abuse.



## **CHILDREN HAVING SINGLE PARENT**

The face of single parenting has changed in recent decades. It's no longer synonymous with "broken" homes or "illegitimate" children— probably at least in part because single parenting is more common now, and parents are more likely to be on their own because they choose to be. Today in the U.S., around 30 percent of all families with children are headed by a single parent (versus nearly 20 percent in 1980)



## **CONCLUSION**

We learned many things from her presentation as she gave us her best performance so that we could understand the topic in a better way. We got to know many new things from her presentation, and we also got to comprehend the difficulties facing children as we learned about the social factors that contribute to juvenile crime on every level, including the society as a whole, social institutions, social groups, and interpersonal relationships. Being able to learn about the rules by which we can protect children from child labor and aware of the problems faced by children of single parents. She going through with her topic very deeply and explain each and every point related to the topic.

“Let the hands of innocents reach out for stars and moon with education they'd become like us so very soon”

To conclude, I will only say that everyone should do everything possible to support every multipurpose child. We should guide, motivate and support children and help them in solving their problem.





**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 9310042100, 7827616100, 011-32542100, 011-32003207  
Website: www.stlawrence.in Email: helpdesk@stlawrence.in

## **Title: Unveiling You - Workshop Report on Personality Development**

### **Introduction:**

The "Unveiling You: A Journey through Personality" workshop aimed to guide participants on a self-discovery journey, exploring various facets of personality development for personal and professional growth.

### **Objective:**

The primary objective was to facilitate self-awareness, self-acceptance, and the development of key personality traits that contribute to individual success and well-being.

### **Sessions:**

#### **1. Personality Assessments:**

Participants engaged in various personality assessments, such as MBTI, DISC, or strengths-based assessments, providing a foundation for understanding their unique personality traits.

#### **2. Self-Reflection and Goal Setting:**

Facilitated self-reflection sessions encouraged participants to explore their values, strengths, and areas for development. Goal-setting exercises helped create a roadmap for personal growth.

#### **3. Embracing Diversity:**

The workshop emphasized the importance of recognizing and appreciating diverse personalities, fostering a more inclusive and understanding community.

#### **4. Communication Styles:**

Interactive sessions delved into different communication styles, helping participants adapt their communication approach based on personality differences in various contexts.

#### **5. Conflict Resolution and Emotional Intelligence:**

Practical tools for managing conflicts and enhancing emotional intelligence were explored, empowering participants to navigate interpersonal challenges more effectively.

#### **6. Leadership and Team Dynamics:**

The workshop addressed leadership qualities and the impact of personality on team dynamics, providing insights into leveraging individual strengths for collective success.

#### **7. Mindfulness and Stress Management:**

Techniques for mindfulness and stress management were introduced to support participants in maintaining a balanced and resilient personality.

### **Feedback and Reflection:**

Participants expressed gratitude for the holistic approach to personality development, highlighting the value of self-discovery and the practical tools provided for personal and professional enhancement.

**Conclusion:**

The "Unveiling You: A Journey through Personality" workshop successfully guided participants through a comprehensive exploration of their personalities. By combining assessments, self-reflection, and practical tools, attendees gained valuable insights to support their ongoing journey of personal development and growth.



**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 9310042100, 7827616100, 011-32542100, 011-32003207  
Website: www.stlawrence.in Email: helpdesk@stlawrence.in

## **Theme "Cultivating Connections: Workshop Report on Personality Development"**

### **Introduction:**

The personality development workshop on the theme "Cultivating Connections: Trust Edition" aimed to enhance participants' interpersonal skills and foster trust in professional and personal relationships.

### **Objective:**

The primary objective was to provide attendees with practical tools and insights to build trust and strengthen connections in various aspects of life.

### **Sessions:**

#### 1. Icebreaker Activities:

Engaging icebreakers were conducted to create a comfortable environment and encourage interaction among participants.

#### 2. Understanding Trust:

The workshop delved into the psychological aspects of trust, emphasizing the importance of authenticity, reliability, and empathy in building trustful connections.

#### 3. Communication Skills:

Participants learned effective communication strategies, including active listening, non-verbal cues, and assertiveness, to enhance their ability to connect with others.

#### 4. Building Self-Trust:

Self-reflection activities and discussions focused on developing self-trust, empowering participants to project confidence and credibility in their interactions.

#### 5. Team Building Exercises:

Collaborative activities emphasized the significance of trust within teams, promoting cooperation and shared goals.

#### 6. Conflict Resolution:

Practical tools for resolving conflicts were shared, emphasizing the role of trust in addressing disagreements constructively.

#### 7. Networking Strategies:

The workshop explored techniques for networking with authenticity, helping participants expand their professional circles while maintaining genuine connections.

#### Feedback and Reflection:



Participants expressed satisfaction with the interactive nature of the workshop and found the practical tips on trust-building applicable to various aspects of their lives. Many noted increased confidence in their ability to connect with others.

**Conclusion:**

The "Cultivating Connections: Trust Edition" personality development workshop successfully equipped participants with valuable skills to build and maintain trust in their personal and professional relationships. The focus on practical exercises and real-life scenarios ensured that the lessons learned were immediately applicable.



**St. Lawrence College of Higher Education**  
(AN ISO: 9001:2008 certified "A" Rated B.Ed. College for Girls Only)  
App. by N.C.T.E., Dir. of Hr. Education & Affiliated to GGSIP University, Delhi  
Geeta Colony Facility Centre, Delhi-110 031  
Ph: 9310042100, 7827616100, 011-32542100, 011-32003207  
Website: www.stlawrence.in Email: helpdesk@stlawrence.in

## **Title: Empathy in Action - Workshop Report on Personality Development**

### Introduction:

The "Empathy in Action" personality development workshop aimed to cultivate empathy as a foundational skill for personal and professional growth.

### Objective:

The primary objective was to enable participants to understand, practice, and integrate empathy into their daily interactions, fostering a more compassionate and understanding environment.

### Sessions:

#### 1. Introduction to Empathy:

The workshop began with a comprehensive overview of empathy, distinguishing between cognitive and emotional empathy, and emphasizing its role in building meaningful connections.

#### 2. Empathetic Listening Skills:

Practical exercises and role-playing scenarios focused on honing empathetic listening skills, helping participants to better understand others' perspectives without judgment.

#### 3. Empathy in Communication:

The importance of empathetic communication was explored, with a focus on verbal and non-verbal cues that convey understanding and support.

#### 4. Empathy and Emotional Intelligence:

Participants learned to recognize and manage emotions effectively, enhancing their emotional intelligence and deepening their capacity for empathetic responses.

#### 5. Cultural Empathy:

The workshop addressed the significance of cultural empathy, promoting an awareness and understanding of diverse perspectives to foster inclusivity.

## 6. Empathy in Leadership:

Leadership skills were discussed through the lens of empathy, emphasizing its role in building trust, resolving conflicts, and creating a positive work culture.

## 7. Empathy in Action - Practical Scenarios:

Real-life scenarios were presented for group discussions, allowing participants to apply empathetic principles to common challenges in personal and professional settings.

## Feedback and Reflection:

Participants praised the workshop for its practical approach and the opportunity to apply empathetic principles in various scenarios. Many expressed a heightened awareness of the impact of empathy on relationships and a commitment to integrating empathetic practices into their daily lives.

## Conclusion:

The "Empathy in Action" workshop successfully empowered participants with the knowledge and skills to practice empathy actively. The focus on practical application ensured that attendees left with tangible tools to enhance their personal and professional relationships through empathetic interactions.