

EDUVISION 2022

"All students can learn and succeed, but not in the same way and not in the same day"



**GHULAM AHMED COLLEGE
OF EDUCATION**

GHULAM AHMED COLLEGE OF EDUCATION



*Established By
Sultan – Ul – Uloom
Education Society*

EDUVISION 2022

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Eduitorial

Education is not the filling of a pail, but the lighting of a fire.

- William Butler Yeast

On behalf of the Management, and the Editorial Team of our magazine, I welcome you all to the Ghulam Ahmed College of Education, yearly college magazine "Edu-vision". The magazine speaks about the determination, passion, hard work, success, of Ghulam Ahmed College of Education. It gives me immense pleasure to present a glimpse of our college which continuously strives towards strengthening the roots of our student teachers.

The vision behind the magazine is to highlight the strong foundations of education laid in the hearts of novice teachers. And for this express purpose we present the college magazine which gives a bird's eye view towards our endeavours. Our activities are aimed at developing teachers who are, rich in our Indian culture, deep in our spiritual beliefs and competent in global context. This magazine attempts to reflect these various dimensions of growth in our students.

As rightly said by John Maxwell, "A Pessimist complains about the wind, optimist tries to change it and a leader adjusts the sails." And the sails for this magazine were adjusted by our Honorable Director, Cum Advisor, Prof. Vibha Asthana. Without her leadership, expert guidance and philanthropic support this magazine wouldn't have seen the light of the day.

I would like to express my gratitude and heartfelt thanks to the management who have always been supportive and have continuously encouraged us in all our endeavors. My heartfelt gratitude goes to our dear Principal, Dr. Naga Prasanna who is not only a great motivation to all of us but also a person who gave us the belief that we as a team can do wonders. She has been our pillar of support and has greatly motivated us in this endeavour. And the Editorial Team has put in immense efforts in compiling this issue. The credit in completing the work of the magazine goes to the entire editorial team.

By- Mrs. Rafiya Sultana, Assistan Professor, M.A, M.Ed; NET

GHULAM AHMED COLLEGE OF EDUCATION

ANNUAL REPORT - 2021-2022

The academic session of the B.Ed. and M.Ed. courses 2021-23 batch commenced from 30th December, 2021 and 6th January, 2022 respectively. Ghulam Ahmed College of Education, though almost 36 years old, believes in transforming Education and strengthening Society with the changing times. The National Education Policy 2020 (NEP) has laid a compelling, ambitious agenda for education reform in India. The curriculum in the college this year was revamped to accommodate the recommendations of the New Education Policy, 2020.

CURRICULAR ACTIVITIES

Theory Classes and Evaluation- Theory classes were conducted regularly for the students, either off line or online, as per the orders of the State Government. Student teachers are being trained in different teaching competencies, they try out a variety of methods in their practicing schools using innovative techniques such as Constructivism, Active Learning, Concept Attainment Model and Co-teaching with peers as well as school teachers, etc. **Internal examinations** were conducted regularly for the students of B.Ed. and M.Ed. courses.

Use of ICT: Several multimedia presentations were prepared by the students with the help of PowerPoint in different subjects like Mathematics, Physics, Chemistry, English Language, Social Studies and Biological Sciences. The students also prepared digital lesson plans, blogs, brochures and newsletters. The students made digital e-portfolios in which they incorporated excerpts of all the activities taken up by them, in 2 years.

ICT facilities are available in the 2 computer labs of the college and in 4 classrooms, so that the faculty members can take online classes from college effectively as and when required. Computers with latest configuration were purchased for college use.

Community Work - Students lent their services to various underprivileged sections of the society as a part of Community work. The main aim of the programme was to spread awareness and educate people about the safety measures that they can adopt to stay safe during COVID times. Students even demonstrated how to make face masks with waste cloth. The B.Ed. students of the college took up the task of educating illiterate adults in their practice teaching schools.

Library facilities: The College library has a collection of about 10706 books. It subscribes to 10 Magazines, 24 Journals and 8 newspapers. DELNET Facility is available for the use of staff and students. The computer and internet facilities are available to the teachers, students and the library staff. CCTV cameras are installed in the library. The students are encouraged to use the library extensively for reference work in their theory subjects, research work, assignments, etc.

Mentorship: An effective strategy used to train student teachers is by assigning a formal mentor, to work one-on-one with them. The lecturers of the college are entrusted the responsibility of mentorship. They monitor the progress of the students regularly and help in resolving their problems, if any.

Extension lectures/Seminars/Workshops organised:

The following Workshops and extension lectures were organized in the college to enable the students and teachers to keep themselves abreast of the latest developments in the field of education.

1. An International Webinar on the theme, '**Using Multiple Intelligence to make the classroom more interactive and interesting**' was organized with Dr. Shaik Zain Uddin from Tuskegee University, USA as the resource person on 14-1-2022. Students of B.Ed and M.Ed courses participated in the webinar.
2. A Webinar on the theme, '**Online Assessment tools- effective use of Google forms**' was organized with Ms.Saba Khatoon from Maulana Azad National Urdu

University as the resource person on 30-12-2021. Students of B.Ed and M.Ed courses participated in the webinar.

3. An extension lecture on “**How to become a change maker**” was organized for the college students on 10th March, 2021. Ms Bhagyashree from VOICE 4 GIRLS was invited as the resource person.
4. A two-day program on, ‘**Life skills and Career Guidance**’ was organized for college students on 22nd and 23rd June, 2021. Ms. Rajini, placement officer, MJCET was invited as the resource person.
5. A 5-FDP (Faculty Development Program) was organized in the college in June last year, on the theme, ‘**Effective strategies to handle Stress and Mental Health issues of the Students and Teachers caused on account of the pandemic**’. Eminent educationists and speakers were invited to address the faculty.
6. A Talk on ‘**Employability Skills & Personality Development**’ By Mr. Mir Momin Ali Abid, A Freelance Soft Skills Trainer was organized in February, 2022.
7. ‘**A Passport To Your Dream Job**’-A Session By Prof. Shehbaz Ahmed, Director, AAKCBA was organized for the final year college students on 10th February, 2022.
8. A talk by Dr. K. Padmaja from SU College of law was organized on the occasion of the World Environment Day on 21-6-21. Students planted trees in the campus and in their homes, on that day. A rally was taken out to spread awareness of “Say NO to Plastics” for conservation of environment.
9. A Two-day workshop was organized on Mental Health titled “**Pause To Talk**” by experts from the organization, “We the Young Minds” on 09/11/2021 and 10/11/2021.
10. An Online Workshop on “**Value added courses**” was conducted by Ms. Sulagna from Campus Technology, Bengaluru on 21/06/2021.
11. A Demonstration on preparation of phenyl, washing powder etc., by experts was organized on 3-3-2021 for the college students.

Results: The overall performance of the college students was excellent. In the academic year 2019-21, the pass percentage in the **B.Ed.** course was **100%** with 86 distinctions and 12 first divisions in B.Ed. Course. In the MEd course, 2018-20 Batch, the pass percentage was **100%**. The results of the M.Ed. Course for the year 2019-21 are yet to be announced by the Osmania University.

A FEW OTHER HAPPENINGS...

- Two Value added courses were conducted for the college students so far- 'Cyber Crimes related to children' and 'Laws related to protection of Environment'. The duration of both the courses is 3 months.
- A grant of Rs 1.5 lakhs was sanctioned by the Golconda Education Society for a Research project on, 'A study of Occupational Stress and coping styles among teachers in the colleges of Telangana with special reference to the city of Hyderabad'.
- Regular IQAC meetings were conducted in the college.
- A two-month long Vaccine drive against COVID-19 was held in the college premises in June/ July 2021 in collaboration with the GHMC.
- The International Women's Day was celebrated on 8th March, 2021 and 2022.
- A Virtual Alumni Meet was organized on 19th June, 2021 at 6pm. Students from all over the world participated in the meet. The Alumni association of the college was registered.
- World Diabetes Day was celebrated on 15-11-21.
- A demonstration of Yoga was arranged for the college students on the International Yoga Day on 21-6-21, Ms. Habeeba Sk. was the resource person.
- National festivals like the Independence Day and Republic Day were celebrated with reverence, Constitution Day was celebrated on 26-11-21.
- A demonstration of Self-defense techniques was arranged for the college students on 15-11-21 by Ms. Mehtab.
- Academic audit of the college was taken up by Dr. Arjumand, Principal, Shadan College of Education in December, 2021.

- The college was awarded a Certificate by the Mahatma Gandhi National Council of Rural Education Department of Higher Education, Ministry of Education ++Government of India, recognizing it as a Recognized Social Entrepreneurship, Swachhta & Rural Engagement Cell (SES REC) Institution.
- Under the VENDEL (Vocation Education, Nai Talim, Experiential Learning) program, students took up a lot of activities for the benefit of self and the community and submitted e- reports.
- Several literary and cultural competitions were held for the students like skits, drama, Rangoli competition, etc.
- Games and sports were organized for the college students in December, 2021.
- The college students took part in several Inter collegiate competitions organized by Osmania University, etc.
- Feedback was collected from different stake holders and action was taken on their recommendations.
- A picnic to Wonderla Resorts was organized in November, 2021.

Faculty accomplishments:

The faculty members of the college are constantly upgrading their qualifications and, in the process, winning laurels for themselves and the college.

- Several Articles were published and Chapters written in books by the Director and lecturers of the college in educational journals at the State and National level.
- All the faculty members attended various Orientation programs and refresher courses to upgrade their qualifications.
- Dr. Najmunnisa, Assoc. Professor, superannuated from service on 30-6-21 after working for more than 3 decades in the college.

CONCLUSION: Our whole hearted appreciation and thanks to the Chairman, Hon. Secretary, Treasurer and other honorable members of the Board of Governors, Sultan-

ul-Uloom Education Society and college Governing Council, for their constant assistance and support in the smooth functioning of the college.

For all achievements and credits, we are indebted to the Hon. Secretary, **Mr. Zafar Javeed**, for being the guiding force during the entire year and for helping us in dealing with the day-to-day administrative issues and problems during pandemic times.

We also acknowledge with gratitude the counsel and assistance of **Mr. S.A. Wahab**, Chairman, GC, GACE, which has been instrumental in the successful functioning of the college.

Vibha Asthana

Director cum Advisor,
Ghulam Ahmed College of Education

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WOMEN EMPOWERMENT

Gender equality is, first and foremost, a human right. A woman is entitled to live in dignity and freedom. Empowering women is also an indispensable tool for advancing development and reducing poverty. Empowered women contribute to the health and productivity of whole families and communities and improved prospects for the next generation.

Women empowerment is one of the most critical and essential things that everyone should support. It is when women are given the most power and right to make decisions for themselves. Women have been subjected to injustice through decades. They have been treated as non-existent for decades. Along with their rights, women were taught how to be self-independent in all aspects of their lives. They were taught how to create a space for them where they can grow and become the people they want to be.

“Wajood apna bhulakar Kayi kirdaar nibhati hai,
Ehsaan mano aurat ka Jo ghar to jannat banati hai”

Women’s empowerment can be defined as promoting women’s sense of self-worth, their ability to determine their own choices, and their right to influence social change for themselves and others. It is closely aligned with female empowerment – a fundamental human right that’s also key to achieving a more peaceful, prosperous world. Women’s empowerment and promoting women’s rights have emerged as a part of a major global movement and are continuing to break new ground in recent years. Days like International Women’s Empowerment Day are also gaining momentum. But despite a great deal of progress, women and girls continue to face discrimination and violence in every part of the world.

“Feminism isn’t about making women strong.
Women are already strong. It’s about changing the way the world perceives that strength”

Nafeha Firdous
B.Ed IInd Year

Progress is Essential to Unlock the Door of Success.

The achievements and accomplishments we gain as a student have a direct impact on our credibility. This is because students are generally and only expected to perform well in academics and this means scoring good marks and doing assignments on time. But if we want to set ourselves up for success and cut the competition, we must stand out. I feel our biggest academic achievement may not be enough to pull through a tough job interview or get a fully-funded scholarship, but I feel it’s through synchronizing and actualizing our innate potential and fulfilling the targeted goals through the process of Achieving and Enriching.

The entire process of achievements relies on the Goals and System, the best way to achieve what we want in life and in career is by getting better each and every second, by building a systematic approach, relaxing more and worrying less, spending more time with family and friends, and being momentous in actions. Goals are good in setting directions, but systems are best for making a progress, and I mostly feel there’s a

handful problems that silently arises subconsciously in our mind the moment we start to focus on our goals and that's when we spend much time in thinking about the goals but not enough time utilized in designing the systems that can work smoothly for each individual.

To understand better every Olympian wants to win a gold medal and every candidate in an education system wants to get good grades and hold a job, and if to look in deep successful people and unsuccessful ones hold and share the same goals, then the goal is not something that differentiates the winners from losers. It presumably the system that is being implemented in continuous and those small improvements that made them achieve a different outcome.

The purpose of setting goals is to win the game. The purpose of designing a system to continue in playing the game. It is about the cycle of endless refinement and continuous improvements, and ultimately, it's *Our Commitment* to the *process* that will determine our *progress*.

Here the System is nothing but the tiny yet remarkable manners and habits that define a personality. Habits are the tiny blocks of a system, people who have trouble with changing in a habit, the problem relies in the baseline system not in the person. Habits are like the tiny molecules of our lives; each one is fundamental unit which contributes to our overall enhancement. These habits are initial investments, a regular practice or routine which is not small and easy to do, but also a source of incredible confidence; a component of the system of a productivity.

The most effective way to change our habits is to focus not on what we want to achieve, but on who we wish to become, every action is a vote for the type of person we wish to become like.

Nadia Naseer
B.Ed 1st year

Real education is outside the classroom

We often hear people stress the importance of having the right environment. Biologists talk about the effect it has on growth and nourishment of species. Entrepreneurs talk about this when setting up new business models. Social scientists refer to it when they talk about the right kind of upbringing of our children.

Good morning to one and all present here.

When I talk about the right kind of environment for learning and acquiring knowledge what is the first thing that comes to your mind? I can say without an iota of doubt you would think of a classroom and not the outside world.

I, for one, can never agree with the motion that Real Education is Outside the Classroom. I with hundred percent conviction say that it is inside the classroom that real learning takes place. It is inside the classroom, especially in the presence of a teacher that we learn not only the textual material but much of all that we need to live a disciplined life is also learnt within the four walls of a classroom only.

The mere presence of a teacher inside our classroom makes us settled down in our places. This in itself is a part of learning. You all know that among the 50 students present in a class, It's only a few students who make use of the opportunities given to them to take part in the various events. But it is our teacher who identifies the latent talent and helps them in bringing it out, among the rest.

The world outside the classroom, my friends, is vicious. It knows very well how to use you, to exploit you and finally to transfer all the blame on you, making you a bundle of abominable creature. This is all that we learn from the outside world.

It is our classroom that helps us decide upon a career, become determined to get our dreams fulfilled and to be successful in our professional lives. It is the classroom that helps us do well in our personal lives too.

Now I would like to ask my worthy opponents that if a child can learn everything outside a classroom, then why do parents wait in long queues for getting their children admitted to good schools? Instead, they can easily expose their children to the harsh realities of the outside world and thereby make them highly educated. Answer me my

friends that if real education takes place outside the classroom, then the whole of the human population should be highly educated. Is it not?

But why then there are only 785 million literates and the rest illiterates? So, my worthy opponents, I would like to remind you that doctors, engineers, professors, lawyers to name a few have not attained such positions by remaining outside the classrooms.

Tell me, dear audience, if they still believe that real education takes place outside the classroom then why on earth are our worthy opponents sitting here inside the four walls of this auditorium? They should be pacing outside the school trying to gain knowledge- right?

Finally, I would like to conclude my speech saying nobody has acquired a degree or even as much a certificate from outside learning. And that makes it clear that Real Education takes place Inside the Classroom only.

Wafaa
B.Ed First Year

RIDDLES

- 1) There is only one word spelled wrong in the dictionary. What is it?
- 2) I can fill up a room, but take no space. What am I?
- 3) What belongs to you, but other people use more?
- 4) What can you catch, but not throw?
- 5) What is bright orange with a green top and sounds like a parrot?
- 6) What has a face but can't smile?
- 7) What are two things people never eat before breakfast?
- 8) What begins with **T**, finishes with **T**, and has **T** In it?
- 9) What kind of a room has no doors or windows?
- 10) What goes up, but never comes back down?

Answers	
1) <i>W-R-O-N-G.</i>	6) <i>A Clock.</i>
2) <i>Light.</i>	7) <i>Lunch & Dinner.</i>
3) <i>Your Name.</i>	8) <i>A Teapot.</i>
4) <i>A Cold.</i>	9) <i>Mushroom.</i>
5) <i>Carrot.</i>	10) <i>Your Age.</i>

*Syada Amatul Hadi
B.Ed Ist Year*

How to Get Motivated to Study?

****Is it hard for you to get motivated to study? ***

Let's face it...

It's so easy to watch one more video or to scroll through your social media feed one more time. But your exams are approaching. You have a rising sense of panic, but you don't know where to begin. The more you panic, the harder it is to get to work.

If this is the situation, you're in, keep reading.

In this article, I'm going to explain 4 proven strategies that successful students use to motivate themselves to study.

Here are the best ways to motivate yourself to study, so you can be as productive as possible.

1. Discover why you procrastinate

Procrastinating on your school work is a complex problem that can have many different causes.

Here are some of the most common:

- You've convinced yourself that your homework is beyond your abilities.
- Putting off your homework is a way of rebelling against your parents or teachers.

- You've decided the topic is boring.
- You're waiting for the "perfect" time to start.
- The task has become so overwhelming that you don't know where to start.
- Understanding why you procrastinate is a key first step to getting motivated.

Spend some time reflecting on what makes you procrastinate. This will enable you to identify which of the following tips will help you the most.

2. Break the material down into chunks

A major cause of procrastination is that the task ahead seems overwhelming.

That's when you need to "chunk down". Break down each task into small chunks.

Assign yourself a certain number of those chunks each day. Suddenly, you're no longer faced with a scary task, but rather a series of manageable chunks. A chunk might be reading two pages of your textbook, completing five multiple-choice questions, or finding four reference articles on the Internet for your paper.

3. Reward yourself

Every time you complete one or two chunks, reward yourself with a short period of relaxation. It could be five minutes on your favourite smartphone game, a short walk, or playing the guitar. Rewarding yourself with short and enjoyable breaks is a key part of the "chunking down" technique.

4. Create a study routine

We're creatures of habit. Bad study habits are easy to fall into, but you can also develop good study habits to help you keep up with your schoolwork. If it's a challenge for you to get motivated to study, you can put this principle to work for you. Habits are so powerful that once you develop a study routine, you'll find it difficult to go into relaxation mode without studying. Be aware, however, that habits aren't formed overnight.

Research indicates that it typically takes 20 to 30 days to form a habit. So, you'll have to put in some work before this technique pays off.

Khatijatul Kubra
B.Ed first year

नींद चुराने वाले पूछते हैं सोते क्यों नहीं,
इतनी ही फ़िक्र है तो हमारे होते क्यों नहीं..!!

तुझे तो मिल गए होंगे नए साथी लेकिन
मुझे हर मोड़ पर तेरी कमी महसूस होती है

अजब चराग़ हूँ दिन रात जलता रहता हूँ
मैं थक गया हूँ हवा से कहो बुझाए मुझे

आसमाँ इतनी बुलंदी पे जो इतराता है
भूल जाता है ज़मीन से ही नज़र आता है

Zainab Fatima
B.Ed Ist Year

Mental health and Well-being

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Your mental health and wellbeing are just as important as your physical health. Positive mental health and wellbeing enables you to function well, have meaningful social connections, positive self-esteem and be better able to cope with life's ups and downs.

Keeping our mind healthy is an important part of our overall health and wellbeing.

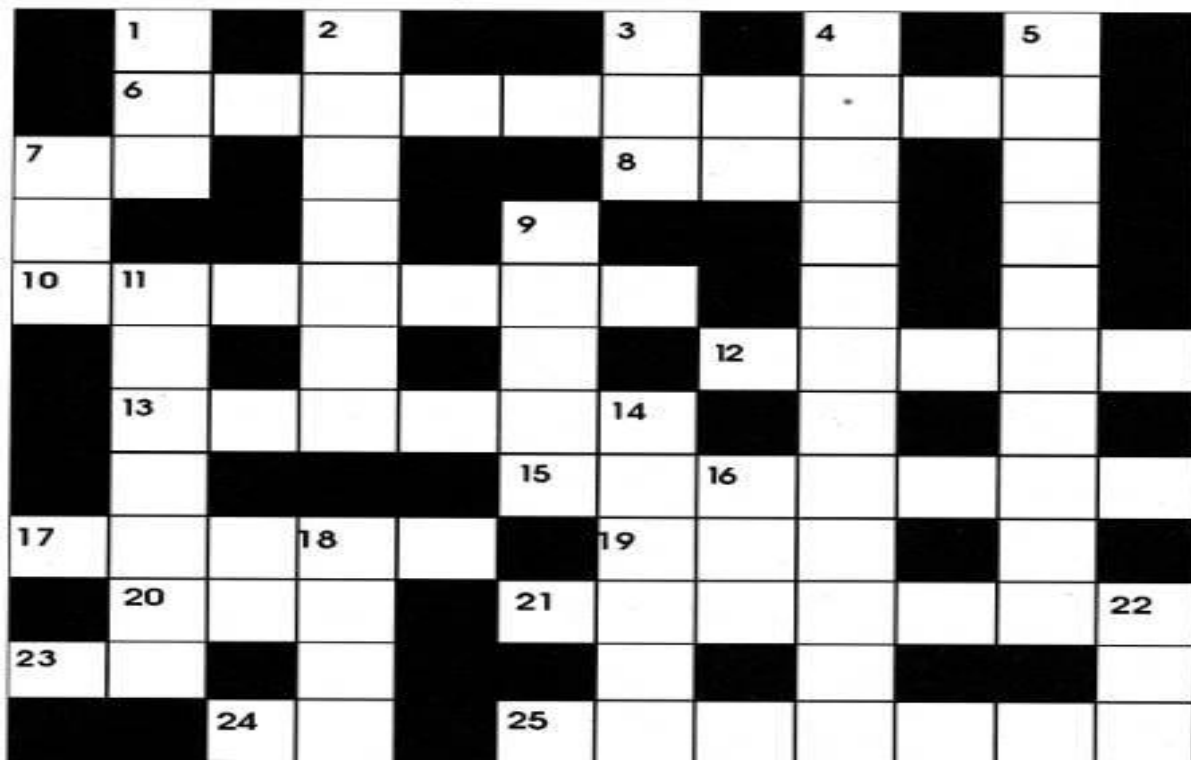
A few tips that can help maintain your mental health and wellbeing:

- spend time with friends, loved ones and people you trust
- talk about or express your feelings regularly
- reduce alcohol consumption

- avoid illicit drug use
- keep active and eat well
- develop new skills and challenge your capabilities
- relax and enjoy your hobbies
- set realistic goals
- take time out
- get enough sleep

*Rubeena Jabeen
M.Ed Ist Year*

Cross Word Puzzle



CLUES ACROSS

6. A book to help you communicate with words in your own language or a foreign language.
8. The part of a page where people usually begin reading.
10. These are used to record still or moving images.
12. You need to _____ a language if you want to communicate in it.
13. Large sheet of paper, often pictorial, used for advertising.
15. What reporters write.
17. _____ - optic cables carry a lot more information than copper ones.
19. Computer information is transmitted at speeds measured in bits _____ second.
20. Cost paid to a consultant for his services.
21. They often write their names on the backs of envelopes
23. Preposition that precedes an author's name.
24. Single small advertisement.
25. Fiction, tales?

CLUES DOWN

1. Small advertisements.
2. Cinemas have them, so do televisions.
3. News that everyone is talking about is _____ news.
4. This machine is still used by professionals to record sounds, but is no longer used in everyday life.
5. Every secretary used to have one.
7. American Broadcasting Corporation.
9. Technology used in professional or office printers.
11. Make a sound louder.
14. Say again.
16. Write with one of these.
18. If you receive a letter, you usually _____ it.
22. Communication sent out by the Titanic after she hit the iceberg.

Answer Key

1. Adds	6. Dictionary
2. Screen	8. Top
3. Hot	10. Cameras
4. Tape recorder	12. Learn
5. Typewriter	13. Poster
7. ABC	15. Report
9. Laser	17. Fibre
11. Amplify	19. Per
14. Repeat	20. Fee
16. Pen	21. Sender
18. Read	23. By
22. SOS	24. AD
	25. Stories

Romana Aman
M.Ed Ist Year

WATER CONSERVATION- ARE WE EVEN DOING ANYTHING

We know how water, an essential resource on which entire human race depends on is becoming scarce. There are lakhs of people in India who are already facing the brunt of irregular water supply or are living without clean drinking water. As a result, citizens are affected with water borne diseases. Even though we have been taught about water conservation since the early years of our lives, yet the contribution from everyone is not as significant as it should be.

Around 71% of the earth's surface is covered by water out of which, 97% is the saline water oceans and seas which is unfit for drinking. The remaining 3% is drinkable water comes from streams, ponds, lakes and rivers. Rapid urbanization, irregular monsoons, expeditious use of ground water, and unchecked sewages has further pushed the country into a dire strait and has made it quite hard to quench the thirst of population.

“The destruction of aquatic ecosystem health, and the increasing water scarcity, is in my opinion the most pressing environmental problems facing human kind”

As a citizen, it's our fundamental responsibility to supplement the efforts of the governments and organizations with our actions. Using a limited amount of water while washing clothes and utensils, brushing teeth, and bathing and farming is the first step in this. Schools and offices should start planting as many trees as possible; NGO's must come up with plausible solutions and spread awareness amongst masses about the importance of the techniques to conserve water. To every problem there is a solution and here it is 'we'. In order to bring out the change, our actions need to be changed.

**“Don't Forget To Save Rain,
Let's Prevent Tomorrows Pain’**

Adeeba Naaz
B.Ed Ist Year

MY VISION OF INDIA IN THE FUTURE

Most of us have a psychological barrier to looking at India's future vision, and those who perceive the future as coming straight out of the present typically have their perspective narrowed as well. I believe that the year 2050 will belong to individuals who strive to recognise diversity as a virtue in and of itself, rather than as a tool for combating new mental monocultures or a necessary compromise for social and ethical concord. In the future, India will be in the centre of the world, with variety valued as a goal in itself. My vision statement is neither a forecast of what will happen nor a wish list of desirable but unreachable goals.

**“A vision is not just a picture of what could be; it is an appeal to our better India,
a call to become something more”**

It's actually a statement of what we believe our country can achieve, given the level of concern that our current youth has about issues like corruption, pollution, and mismanagement of natural resources, among other things. Recognize that the elements

that affect national development have changed in recent years and will continue to change in the future when imagining India in 2050. This is expected to create more opportunities than ever before.

The expanding impact and influence of India in domains such as technology, education, information, and productive skills supports the belief that India will attain and sustain higher economic growth and development in the decades ahead.

Mohd Abdur Razzak
M.Ed Ist Year

ANGER- HOW IT AFFECTS PEOPLE

Anger triggers the body's 'fight or flight' response. Other emotions that trigger this response include fear, excitement and anxiety. The adrenal glands flood the body with stress hormones, such as adrenaline and cortisol. The brain shunts blood away from the gut and towards the muscles, in preparation for physical exertion. Heart rate, blood pressure and respiration increase, the body temperature rises and the skin perspires. The mind is sharpened and focused.

Well-managed anger can be a useful emotion that motivates you to make positive changes. On the other hand, anger is a powerful emotion and if it isn't handled appropriately, it may have destructive results for you and those closest to you. Uncontrolled anger can lead to arguments, physical fights, physical abuse, and assault and self-harm.

"Control your ANGER; for it is just one letter; away from DANGER"

How to express your anger in healthy ways include:

- If you feel out of control, walk away from the situation temporarily, until you cool down.
- Recognise and accept the emotion as normal and part of life.
- Try to pinpoint the exact reasons why you feel angry.

- Talk to someone you trust about how you're when you have had an argument, it is easy to stay angry or upset with the other person. If you don't resolve an argument with a person, you see often, it can be a very uncomfortable experience. Talking to the person about your disagreement may or may not help. If you do approach them, make sure it is in a helpful way. Stay calm and communicate openly and honestly.
- If the person could be violent or abusive, it may be best not to approach them directly. You could talk to them over the phone to see if they are open to finding a solution to the argument, if you feel safe to do so. It might be helpful to ask someone to be there with you, to give you support when you make the call and afterwards.
- Try and tell the person how you feel as a result of their opinion, but avoid trying to tell them how they feel. It is possible to agree to disagree. You may need someone else to help you resolve the disagreement. You could ask a trusted third person to act as a go-between and help you both get another view on the argument.

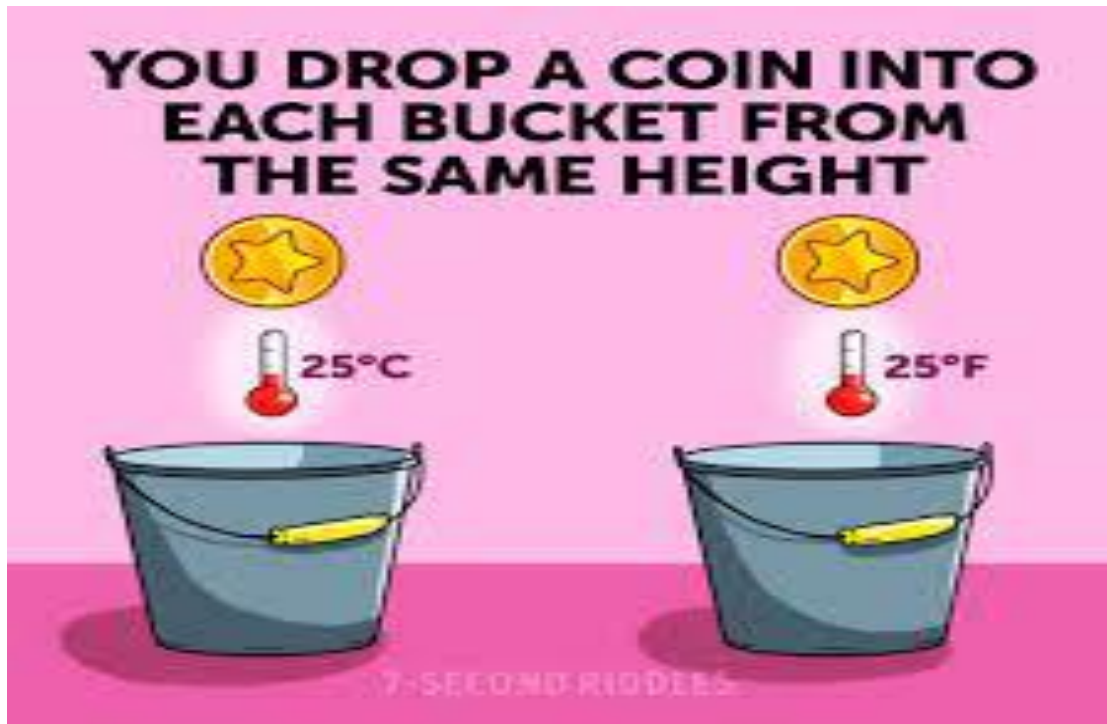
“khoulte hue pani me Jis tarah reflection nahi dekha ja sakta

Waise hi ghusse me bhi kisi ka sach nahi dekha ja sakta”

KEEP CALM AND DONT BE ANGRY

Shaik Sumayya
B.Ed Ist Year

Solve the Puzzle



You have 2 buckets of water, inside the 1st bucket the temperature of the water is 25°C , inside the 2nd bucket the water is 25°F . You drop a coin into each bucket from the same height and they hit water at exactly the same time. Question. Which coin touches the bottom first?

Solution: The first bucket. because when we convert the both values in same units, we will observe that the temperature of first bucket is higher and second bucket is lower alternatively the kinetic energy in first bucket is higher and everything in it would move fast.

*Mohammed Ameenuddin
B.Ed IIInd Year*

GALLERY



