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#### EDITORIAL BOARD

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### From the Principal's Desk

Dear Readers,

Children are the future of the nation and the teachers are the ones who make them ready for tomorrow. Brick by brick and layer by layer, they painstakingly build the nation. So, it is the responsibility of the teacher training institutions to groom teachers to make them competent to meet the needs of the rapidly changing society. The Department of Education, Patna Women's College values its responsibility and offers various opportunities to the teacher trainees to blossom. In the Department, we aim at equipping the prospective teachers with knowledge that results in academic expertise, skills that lead to techno-savvy performance, attitude geared to lifelong learning and, last but not least, professional values that constantly recall commitment and accountability towards the society. Through our bi-annual newsletter 'Disha', we showcase the activities, events and practices that go into the making of a teacher. I hope you will enjoy reading the newsletter and keep supporting us in our endeavour.



*Marie Jessie A.C.*

### Our Vision

In the name of Jesus Christ and following His teachings and example, we, the Sisters of the Apostolic Carmel, founded by Mother Mary Veronica in 1868 in Bayonne, France, offer at Patna Women's College, the service of value-based Higher Education to youth, through the academic pursuit of excellence, community involvement and empowerment of women.



Bishop B.J. Sullivan S.J.  
(1889 – 1970)

### Our Mission Statement

Patna Women's College, the first college for women in Bihar, is committed to the holistic development of women, to make an effective contribution to the creation of a new society.



Mother Veronica  
(1823 – 1906)

### Our Objectives

- to nourish a deep faith in God
- to provide professional training to the teachers in the making, that will make them competent and self-reliant
- to foster their intellectual, emotional, social and moral development
- to promote their decision-making ability and leadership quality

- to develop effective communication skills among them
- to sensitize them on current environmental issues
- to encourage the use of new teaching methodologies in keeping with global trends and demands
- to produce committed teachers who uphold human values and become agents of social change



Saint Teresa of Avila  
(1515 – 1582)

# PHYSICAL HEALTH AWARENESS INTER COLLEGE SPORTS MEET



March Past

*“Winning is not everything but making the effort to win is.”*

This quote by Lombardi was realized in the Inter College Sports Meet on 9<sup>th</sup> February, 2017. The occasion was graced by Shri Anand Kishore,

I.A.S., Chairman, Bihar School Examination Board. Seven colleges participated in the Sports Meet. The meet commenced with a spectacular March-past by the teacher trainees of the Department. The participants participated in various events like athletic jumps, throws, track events and flat races. The trainees performed Yoga and drills like hoopla and pom-pom.



Pom-pom Drill



Sack Race

Individual Championship, while Magdali

Beck, Department of Education, (PWC) won the runner-up trophy. On the basis of the exceptional performance of the trainees, the Department of Education, PWC won the Team Championship while St. Xavier’s College of Education, Patna held the runner-up prize. The Chief Guest and the Principal congratulated the exuberant participants for their phenomenal performance and sportsmanship.



Participants with Team Championship Trophy

## HEALTH TALK

Dr. Shipra Singh, a renowned gynaecologist, Jyoti Punj Hospital, Patna, delivered a health talk on 19<sup>th</sup> April, 2017 on the topic ‘Polycystic Ovarian



Dr. Shipra Singh

S y n d r o m e a n d Adolescent Obesity’, as a part of an initiative of the Jyoti Punj Hospital, in association with the Times of India Group, to create health awareness among the teacher trainees.

Dr. Shipra expressed concern over the effect of the syndrome on adolescents and the prevailing ignorance among the people. She spoke about the myths related to it and prescribed a healthy routine and food habits for its prevention and control. Dr. Shipra answered the queries of the trainees and advised them to take diagnostic and preventive measures at the right time.



# SEMINARS

## EDUCATION FOR PEACE

On **11<sup>th</sup> February, 2017** the trainees participated in the In-house seminar on the theme, 'Education for Peace'. It entailed within its purview, issues such as role of schools, NGOs, government agencies and contribution of eminent personalities in bringing peace. The teacher trainees expressed their views and findings through their research and review papers on different issues

concerning the theme. Their slide presentations were followed by exhaustive discussion. The significant papers presented were, 'Attitude of Students of Private Schools Towards Education for Peace', 'Peace Education: The Need of the Hour', 'Contribution of Mahatma Gandhi to Education for Peace' and so on. The best paper was awarded.



Trainee presenting her paper



Trainee answering the queries of the audience



## EDUCATION AGAINST VIOLENCE

The Satyagrah Movement was Mahatma Gandhi's first struggle, which he undertook on Indian soil. The teacher trainees attended a seminar on 'Education against Violence' on **22<sup>nd</sup> February, 2017** organized by the A.N. Institute of Social Science to celebrate the centenary of the Champaran Satyagrah Movement. Some of them also presented papers on the focal theme, 'Gandhian Philosophy of Peace and Non-violence'.

## CHAMPARAN SHATABDI SAMAROH

The seminar at Gyan Bhawan, Patna, on **10<sup>th</sup> and 11<sup>th</sup> April, 2017** made the trainees aware of Gandhiji's role in the Champaran Satyagrah Movement. The first day had several technical sessions by various eminent scholars and researchers, who shed light on the works and philosophy of Mahatma Gandhi and their relevance in contemporary time. On the second day, resource persons like Tushar Gandhi and Tara Gandhi, grandchildren of Mahatma Gandhi, spoke on issues like economic independence, self-reliance and women empowerment. The trainees actively participated in discussion on the philosophy and teachings of Gandhiji and their impact on modern Indian society.





Syed Mohammad Ziya Hassan

# WORKSHOPS

## FILM AS A VITAL TOOL OF SOCIAL CHANGE

Films have a uniquely powerful ubiquity within human culture. On **21<sup>st</sup> February, 2017** Syed Mohammad Ziya Hassan, a well-known film maker and producer, acquainted the teacher trainees with the role of films in the society. He discussed the different aspects of films in our society, as he spoke on the topic, 'Film as a Vital Tool of Social Change', to come to grips with its ubiquitous influence on society. Md. Hassan emphasized that films are not only the instrument of leisure and entertainment, but also a powerful vehicle of social change and mass education. Films are the mirror of the society and through correct selection and presentation of movies, teachers can shape the lives of students and create an everlasting impression on their minds.



## MIND MATTERS

Our mind is a wonderful creation, it can make us reach the pinnacle of success or doom us to the gulf of depression'. This was the thought expressed by Mr. Rajendra Gandhi, Director, Youth Programme, Art of Living, in the workshop 'Mind Matters' on 17th March, 2017. Mr. Gandhi taught some simple and interesting mental exercises to relax the mind. He explained the necessity of being happy in life and stressed on living life to its fullest with vigour and vitality. Towards the end, he satiated the queries of the trainees related to stress that they face in their day-to-day lives.



Dr. Rajendra Gandhi

## FIELD TRIPS

### REVISITING HISTORY

The first year teacher trainees visited Patna Museum on **6<sup>th</sup> April, 2017**. This trip aimed at reconnecting the trainees to the art, architecture and glorious history of Bihar through the artifacts related to different eras of history present in the galleries of the museum.





Viewing the gallery on Independence struggle of India

## VISIT TO GANDHI SANGRAHALAYA



The teacher trainees visited Gandhi Sangrahalaya on 7<sup>th</sup> April, 2017 to pay tribute to the Father of Our Nation, Mahatma Gandhi and to pay homage to his life and preachings. The trainees were greatly impressed with the literary resources and artifacts depicting the life and principles of Mahatma Gandhi and his role in awakening the people of Bihar during the Independence struggle of India.



Liquor ban

## COMMUNITY SERVICE JOINING HANDS FOR A BETTER CAUSE

The teacher trainees participated in the formation of the massive human chain on 21<sup>st</sup> January, 2017 in support of the liquor ban imposed by the Government of Bihar. The remarkable human chain started at the historic Gandhi Maidan, from where people linked their hands to express their support of alcohol ban in the state. All the teacher trainees stood outside the College gate, their hands clasped with each other, becoming a part of this world's supposedly longest human chain.

# WIDENING THE HORIZON

## VALUE EDUCATION AND THEOLOGY CLASSES

The non Christian teacher trainees attended Value Education Classes, while the Christian trainees had Theology classes on a regular basis. Besides, they also participated in special Prayer Service and Eucharistic Mass from time to time. These opportunities helped them to introspect, connect with the Almighty and to think about their value system and code of conduct. Through these, the prospective teachers were made to ponder on the significance of their existence to carry out their responsibilities more efficiently.

## The Hues of Holi

The word 'Holi' brings with it imagery full of fun, frolic and fervour. The trainees participated in the Holi Dance Competition on **10<sup>th</sup> March, 2017** organized by Patna Women's College. The props, costumes, colours, together with the jubilant performance multiplied the joy of the occasion. The second year teacher trainees bagged the second prize, while the first year trainees got the third prize in the competition. At the end of the competition, the teachers, staff and students of the College joined hands to play Holi and the entire campus could be seen immersed in the colourful cloud of 'gulal'.



Participants of session 2015-17



Participants of session 2016-18

## 4-MONTH INTERNSHIP PROGRAMME

The second year teacher trainees started their Internship Programme of four months duration in different local schools of Patna on **19<sup>th</sup> April, 2017**. In the previous week, they got oriented about the different activities that they had to conduct in the schools. There were workshops on Case Study, Action Research and Test Construction and special classes on Preparation of Cumulative Records and Master Time-table. They got to learn the specificities of the Internship Programme in detail to know how to go about it. The faculty members in charge of different schools settled the queries of the trainees which enhanced their preparedness for the Internship Programme.

## EXAMINATION TIME

The Sent-up Examination of First Year commenced on **20<sup>th</sup> March, 2017** with the goal to familiarize the trainees with the evaluation pattern of the parent university and to test their preparedness for the university examination to be conducted later. They answered all the theory papers in the thirteen-day-long examination.

# वीमेंस कॉलेज को खिताब

अंतर महाविद्यालय खेल कूद प्रतियोगिता



पटना | पटना वीमेंस कॉलेज में गुरुवार को अंतर महाविद्यालय खेल-कूद प्रतियोगिता में टीम चैम्पियनशिप का खिताब पटना वीमेंस कॉलेज व उपविजेता को खिताब सत जेवियर कॉलेज ऑफ एजुकेशन को मिला। एकल चैम्पियनशिप में विट्टल कॉलेज की विभा कुमारी विजेता और पटना वीमेंस कॉलेज की मंगली बेक उपविजेता रही इन आयोजन में सैक रेस, 100 मीटर स्प्रिंट, चामच-नींबू रेस, श्री लेण्ड रेस, ट्रेस वोर सेल्फ और लिट रेस को स्पर्धा का आयोजन हुआ।

उद्घाटन मुख्य अतिथि विहार विद्यालय परीक्षा समिति के चेयरमैन आनंद किशोर ने किया। विजेता खिलाड़ियों को पुरस्कृत किया

और उनकी होमला आफजाई की छात्राओं ने शानदार एरोबिक्स व रिग डांस की प्रस्तुति दी। समारोह को शुभआत छात्राओं के परेड से हुई। परेड का प्रतिनिधित्व बोर्ड प्रीमियर नेहा राजाडिया व सह-प्रीमियर अय्या नदीम ने किया। इसके बाद कॉलेज की प्रचार्य डॉ. सिस्टर मेरी जेसू एली ने शुभकामनाएं दी। अतिथियों का स्वागत पटना वीमेंस कॉलेज के शिक्षा विभाग की विभागाध्यक्ष डॉ. उपामना सिंह व धन्यवाद ज्ञापन वीएड द्वितीय वर्ष की छात्रा पूजा प्रियदर्शिनी ने किया।

# Media RESPONSE

# खेल उत्सव में 8 कॉलेज की छात्राएं हुई शामिल

पटना | हिरुस्तल प्रतियोगिता

पटना वीमेंस कॉलेज में गुरुवार को बोर्ड विभाग की ओर से इंटर कॉलेज खेलकूद प्रतियोगिता हुई। कार्यक्रम का उद्घाटन प्रचार्या मेरी जेसू एली ने किया। मुख्य अतिथि के रूप में कांतिशर आनंद किशोर मौजूद थे। इन्हीं वक्ता कि ऐसे कार्यक्रमों से वीमेंस कॉलेजों के बीच इंटरैक्शन और खेल को भावना का विकास होता है।

कार्यक्रम में सत जेवियस कॉलेज और एजुकेशन, पटना वीमेंस कॉलेज, विट्टल कॉलेज, वाटविट्टु टौपर ट्रेनिंग कॉलेज, तपसु इन्स्टीट्यूट ऑफ इंडियन स्पोर्ट्स, बोडी ऑफिस टौपर ट्रेनिंग कॉलेज व एमएस इन्स्टीट्यूट ऑफ

एजुकेशन शामिल थे। योगासन, विरिचिक एक्सरसाइज और ट्रेम वोर सेल्फ में में छात्राओं ने खूब तालियां जड़ीयां। जूडो की दून पर एरोज्ज्वल कर सबको सुनने पर मनचूर कर दिया।

शुरुआत रेड, ग्रीन, ब्लू, एगो दूग में संटी प्रतिभागी छात्राओं के परेड से हुई। प्रतिनिधित्व वीएड प्रीमियर नेहा और सह प्रीमियर अय्या ने किया। सैक रेस पर श्री लेण्ड रेस, स्मूथ रीड लेमन रेस, 100 मीटर, सैक रेस कराई गई। कार्यक्रम में शिक्षकों ने भी शिरकत कर प्रतियोगिता का मजा लिया। मौके पर विभागाध्यक्ष डॉ. उपामना सिंह महिष कर्द शिक्षकार वर्णन्यत थीं। ये खेतीविजेता। सैक रेस में प्रथम विजेता विभा कुमारी, सत जेवियस कॉलेज

ऑफ एजुकेशन, 100 मीटर स्प्रिंट में प्रथम विजेता विट्टल कॉलेज ऑफ एजुकेशन, श्री लेण्ड रेस में प्रथम विजेता स्वाति विभा पटना वीमेंस कॉलेज, सॉट टूट में प्रथम विजेता गण्डाली बेक पटना वीमेंस कॉलेज, ड्रेस वोर सेल्फ में प्रथम विजेता ह्याम कुमारी पटना वीमेंस कॉलेज रही। यह इंटरविट्टुअल चैम्पियनशिप विट्टल कॉलेज और एजुकेशन, चैम्पियन रेस में गण्डाली बेक, पटना वीमेंस कॉलेज रही। टीम चैम्पियनशिप विभाग पटना वीमेंस कॉलेज और टीम चैम्पियन सत जेवियस कॉलेज ऑफ एजुकेशन रहे।



पटना वीमेंस कॉलेज में गुरुवार को इंटर कॉलेज खेलकूद प्रतियोगिता में कई कॉलेज की छात्राओं ने भाग लिया। • मदनल

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## इंटर कॉलेज स्पोर्ट्स मीट में छात्राओं ने दिखाया टैलेंट



पटना वीमेंस कॉलेज में गुरुवार को इंटर कॉलेज स्पोर्ट्स मीट आयोजित किया गया। इस मौके पर मौजूद मुख्य अतिथि पटना प्रमंडल के आर्ग्यु आनंद किशोर ने वरीय होस्टिंग के बाद कहा कि पटना वीमेंस कॉलेज का शुरू से ही मनोरंजक हिस्सा रहा है। चाहे वह एरोबिक्स हो या एक्टिव कैंसरिक्लर एक्टिविटीज, कॉलेज की छात्राएं हर मामले में अग्रस्त रही हैं। वही, कॉलेज की प्रचार्या डॉ सिस्टर मेरी जेसू एली ने छात्राओं से कहा कि पहली बार इतना ऐसा आयोजन किया है, इस आयोजन में सात कॉलेजों ने हिस्सा लिया।

**THUS THEY SPOKE**

"I'm really happy to hear that 100% of adolescent girls in the country suffer from PCOS. It cannot be cured, but it can be managed to lead a healthy, normal life. The problem is ignorance and lack of awareness at individual levels, which leads to reluctance in sharing about the health related irregularities. Timely and proper intervention can help prevent the subsequent health issues."

— Dr Shaira Singh, gynecologist and consultant, Jeeb-Poo Hospital

"The talk was really fruitful and we are happy that it did a good job in orientating the girls towards health issues. Overall well-being can not be expected without sound physical health, which can only be achieved through awareness and education about health issues."

— Sister Marie Joseph, principal, Patna Women's College

"Initiatives like Health talk are a great social initiative and must be organised more frequently. The initiative has helped many girls understand the ways to manage their health in a better way."

— Apurajita Krishna, model officer, Community College

"I am really happy with the response this initiative has received. The active participation of girls in the talk signifies that it has benefitted them a lot."

— Upasana Singh, head (B.Ed department), Patna Women's College

"Initiatives like these help spread the desired and deserved awareness towards female health."

— Sister Pramila, coordinator, Community College

## HORMONES GONE HAYWIRE

**P**olycystic ovary syndrome is a problem in which a woman's hormones are out of balance. It can cause problems with menstruation and make it difficult to get pregnant. PCOS also may cause unwanted changes in the way one looks, and if not treated in time, can lead to serious health problems such as diabetes and heart disease.

Most women with PCOS grow many small cysts on their ovaries, thus the name polycystic ovary syndrome. The cysts are not harmful but lead to hormone imbalances.

Early diagnosis and treatment can help control the symptoms and prevent long-term problems.



# Department of Education at a Glance



Human Chain for Liquor Ban on 21<sup>st</sup> January, 2017



Inter College Sports Meet on 9<sup>th</sup> February, 2017



Holi  
Dance  
Competition  
on 10<sup>th</sup>  
March,  
2017



Visit to  
Gyan Bhawan  
Champaran  
Shatbdi  
Samaroh  
on 11<sup>th</sup>  
April  
2017



Visit to Gandhi Sangrahalaya on 7<sup>th</sup> April, 2017