



ABOUT US

The ICFAI Education School (IEdS) is a constituent of "The ICFAI University", Dehradun, established in 2006 to promote quality education, research, training and consultation in teaching and training. The ICFAI Education School produces well-trained, dedicated and competent teachers. The B.Ed programme of IEdS is approved by the National Council for Teacher Education.



NEWSLETTER

May 2022 - July 2022



VISION

To train and prepare excellent and efficient teachers who can draw out the best in a child's development in all aspects - mind, body and spirit. IEdS endeavours to prepare quality pupil teachers who can mould the lives of prospective citizens of the country in bringing about their holistic development by arousing curiosity, developing their minds and helping in their character formation along with awakening the light of knowledge in them.

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IEDS ADMISSIONS 2022



INTEGRATION OF YOGA EDUCATION AT ALL LEVELS OF THE TEACHER EDUCATION CURRICULUM



EVENT DETAILS



Dr. Ram Karan Singh
Post Doctorate, NIRE, Japan
PhD, BITS Pilani, India

Vice Chancellor & Senior Professor
The ICFAI University, Dehradun

"Yoga is an ancient physical, mental and spiritual practice that originated in India. Recognizing its worldwide relevance. on 11th December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. International days are occasions to educate the public on issues of concern and to celebrate and reinforce achievements of humanity. To mark the International Day of Yoga 2022, NCTE has conducted a series of events which includes lecture series. and various literary competitions like every previous year.

In view to the above, NCTE proposes to organize a day long National Conference on Yoga in collaboration with Gurukul Kangri University, Haridwar on 15th July 2022 Dehradun (extended campus) on the theme: "Significance of Yoga Education for the Development of Teachers and Teacher Education". Along with this NCTE is also looking into the possibility of having Yoga education as a separate discipline from physical education.



Compact Agriculture: The Urban Trend in Farming

By Akanksha Chowfin, B.Ed Batch 2021-23

“If you can eat today, thank a farmer” – Anonymous.

Through this article, I urge the people who are in a throng of rapid urbanization to originate with the idea of compact agriculture whether it is in your terrace, backyard, balcony, or any other modest space in your home.

Why should you invest your time in growing fruits and vegetables in a pot? Other than the obvious, studies suggest that daily contact with nature has a long lasting and deep impact on health, including on depression and anxiety symptoms, diabetes, obesity, circulatory and heart disease, and longevity.

Second, the world is battling serious issues such as world hunger. An estimated 931 million tons of food were wasted globally in 2019, enough to circle the Earth seven times, according to a UN report which said that household food waste in India is about 68.7 million tons a year. We show our encouragement by posting #Isupportfarmers on social media but waste food, silently. This tragedy can be realized once we have known the enormous trouble, pain, and financial debts a farmer takes to grow food.

The concept behind compact agriculture is to efficiently produce agricultural products of optimal quality and quantity in little surface area. Some recent examples who are worth mentioning in urban farming are Mr. Nandlal Master from Varanasi who harvested 100 kilo vegetables using his 1000 square-foot terrace or around 200 pots and Ms. Anu Ganapathy from Bengaluru who has harvested 80+ vegetables, fruits, herbs, and medicinal plants from her 2000 square-foot terrace garden.

I too have adopted compact agriculture in my home. The harvest yields enough for my family and to be shared with my friends and neighbors. I have sown, grown and harvested fruits, vegetables, and medicinal plants such as custard apple, mango, lemon, okra, potato, bell pepper, tomato, cauliflower, tori, karela, lemon grass, chilies, coriander, mint and many more. My recent addition will be an avocado plant which I have grown from a seed using the right technique. During this process, I connected on a spiritual level with nature which cannot be put into words and of course, the organic vegetables took lesser cooking time and had a delectable taste. Plus, the joy of watching a seed turn into a plant and then finally bearing of the fruits. World Food Day will be celebrated on 16th October 2022. The theme for World Food Day 2022 is 'Safer food, better health'. This theme underlines the fact that safer food is the key to better human health. So, we can start by creating our own garden patch of organic fruits and vegetables. You will be happy to know what little soil, water and care can help you grow in a pot.



Graphic Design

BY AANCHAL SHALYAJ SHARMA,
B.ED BATCH 2021-23



When we hear about Graphics or Graphic Design, the first thought that comes to our mind is that 'it is related to technology'. Well, yes, it is a technical term, but to use the graphic design we don't need to know much about it. We see graphic designs every day in our life and are unable to recognize them due to a lack of knowledge. Today, I will share with you what graphic design is.

Graphic design is visual art that tells us something without words. It is the pictorial representation of any type of symbol, company logos, etc. When you drive a car or buy a mobile phone, you see the logo and identify the company name instantly. The symbol of 'turn right' and 'turn left' are sufficient to guide you on the road. Experts can develop these images by using various software, just like we use the Inshot app on our mobile.



In education, graphic design plays an important role. Just for a minute, think about how books would look without images. I think they are boring. Our mind interprets the information just by seeing pictures. Just looking at the pictures on the cover page of a science book, tells me "I am your science book."

It is an interesting fact that most of us use the graphic design on our mobile phones to edit images, but we are not aware of it. Editing an image, merging two or more pictures and creating a new design are the names of graphic design.

*"Design is
intelligence made
visible." -- Alina
Wheeler*





Everyone use Mathematics in our day to day lives, and most of the time, we do not even realize it. Just an example, when I say I am twice the age of yours and you're three years older than my daughter. If my daughter was born in 2003, guess my age. And look at you, you've quickly guessed the approximate age of mine and hence you are really good in math talk routine.

So just chill and love Math because it is a huge and an important part of our daily routine and we all excel the subject.....*Math is everywhere around us.*

WHY MATHOPHOBIA?

Written by Shanu Sharma, B.Ed Batch 2021-23

We all come across some or the other kinds of mania, as well as phobia. Even I have Mathmania (love for mathematics) and ophidiophobia (fear of snakes). Have you ever heard about mathophobia? The term 'Mathophobia' has been coined to describe the feeling of fear, stress and anxiety about one's ability to do math. Do you know anyone who is scared of math? Have you ever wondered what is the reason behind that?

Well, the most common reason is the peer pressure due to which an individual always has self-doubt and low performance. The reasons for mathophobia can be different for each individual. I must tell you something interesting that we all are good in maths if we are dealing with our daily tasks ranging from simple to complex, flawlessly while cooking, drawing, stitching, workout, travelling, playing, dancing, instrument playing, driving, home decorating, schooling, banking & finances and also right now when you are reading this article.



$$X = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

THE MOMENT A CHILD IS BORN, A MOTHER IS ALSO BORN...



EXPERIENCING MOTHERHOOD FOR THE FIRST TIME...

BY DIVYA MUKHERJEE, B.ED
BATCH 2021-23

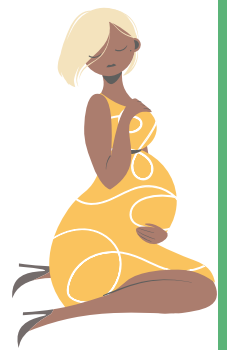
Trust me, it is easy to become pregnant. Your body changes more with the first pregnancy. Science proves that becoming a mother for the first time is generally more intense both physically and emotionally. Everything is a memory in itself.

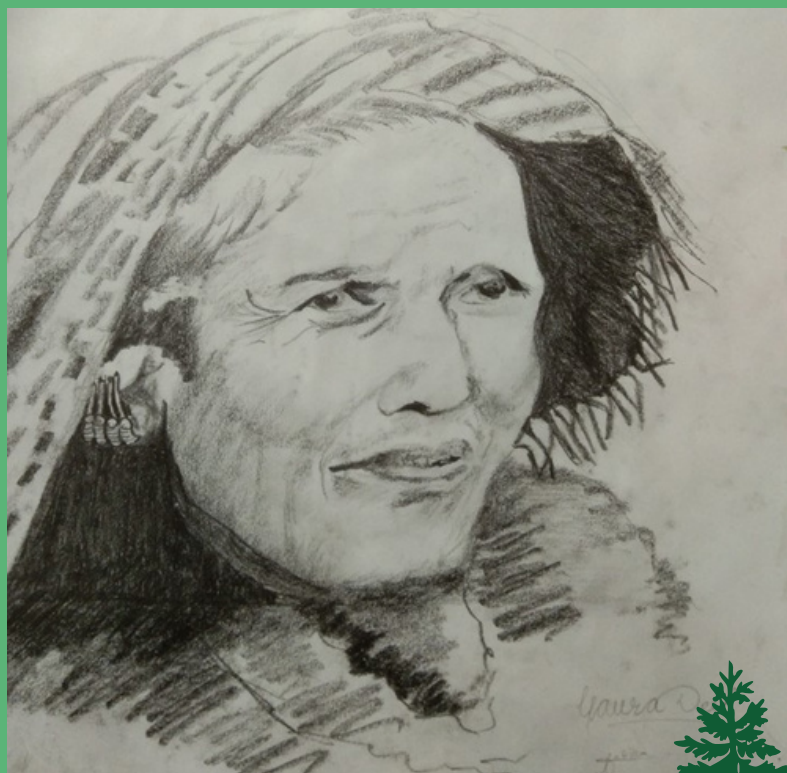
But Motherhood is not a joke especially when you are experiencing it for the first time. Like every new Mom, I was also in a state of happiness, fear and anxiety. For being a first-time mommy many questions arise in my mind like how to hold the baby, or if I am hurting the baby, from the first bath to changing clothes and diapers. I know it seems weird but I am a human being too. It is a huge change in my life especially when I am doing the B.Ed course. Even I need time to understand that I am not a perfect mom. I am learning too.



I am fortunate enough to have my mum, dad and husband by my side. I got an amazing teacher's support also. They helped me wherever they could, but becoming a mum takes you to a different level. All the sleepiness and witching nights in which you have to sacrifice all your sleep and feed your baby every 2 hours. I am not a night person and waking up for my baby at night was a big challenge. Breastfeeding for the first time and the intense pain in the sore nipples. But as said you have a maternal instinct and slight crying works as an alarm at night. I feel no shame in admitting that I even cried with my baby even most of the time I fell asleep with my baby on my lap. My mum used to wake me up. When the first time my baby became sick I ran to the doctor and I cleared most of my doubts. He also gave me certain vitamin drops to ease sudden pain from colic, which I have to give my son daily. The only communication mode of a newborn is crying and I got to learn the different patterns of crying like feeding, attention, colic pain and gas. The first few months were full of anxiety and fear.

In these few months, I learnt that patience is the real key to sharing a good bond with my newborn and the fun part about being a mother is that it turns you into a superwoman.





An Ode to Gaura Devi

WRITTEN AND SKETCH BY ANTIKA KIESTWAL,
B.ED BATCH 2021-23

The fall of the emerald guardian, ran the earth asunder.
Greed and apathy of mankind so treacherous and vile.
What shame befalls the world that so easily surrender'
d. To the commerce of destruction, the forests in turmoil.
Rise o' rise the daughter of green, thine mother harkens to thy.
Man, beast and foliage, their suffering decried.
Find a path to end the strife, lest the nature die.
A world without trees, is a world gods denied.
Thine ancient wisdom, unbridled by conventions,
the Modern world, had long forgot.
The devil of the development and all his machinations,
Couldn't stop thine humble grace, back the balance brought.



MENTAL HEALTH – A MAJOR CONCERN TODAY

Submitted by: Ms. Ayojeeta Mandal

IEDS 2021-23 Batch

Mental health is important at every stage of life, from childhood and adolescence through adulthood. Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with mental illness. Likewise, a person diagnosed with mental illness might not experience periods of physical, mental, and social well-being.

Mentally healthy children function well at home, in school, and in their communities, and have a greater chance of leading a happy and successful life. On the contrary, poor mental health during childhood can severely impact the way children learn, behave or handle their emotions.

There has been an increasing acknowledgement of how mental health plays an important role in achieving global developmental goals, as illustrated in Sustainable Development Goals on mental health. Depression is one of the leading causes of disability. Suicide is the fourth leading cause of death among 15-29 year-olds.

Every year, more than 7, 00,000 people die by suicide, i.e. one person every 40 seconds. Effective and evidence-based interventions can be implemented at the population, sub-population and individual levels to prevent suicidal thoughts and suicide attempts. There are indications that for each adult who dies by suicide, there may have been more than 20 others attempting suicide.

Suicide is a global phenomenon; in fact, 77% of suicides occurred in low- and middle-income countries in 2019. Suicide accounted for 1.3% of all deaths worldwide, making it the 17th leading cause of death in 2019.

In 2019, WHO launched the WHO Special Initiative for Mental Health (2019-2023): Universal Health Coverage for Mental Health to ensure access to quality and affordable care for mental health conditions in 12 priority countries for 100 million more people.

The COVID-19 outbreak introduced additional stressors that further impinged the mental health status of the general population, making them vulnerable to psychological disorders. Studies have revealed that high distress and anxiety due to COVID-19 resulted in poor psychological well-being, an increase in suicidal tendencies, and exasperated pre-existing mental health conditions to name a few. It has also severely affected family relationships and social dynamics, increased cases of domestic violence, and abuse of alcohol.

The Mental Health Atlas, released every three years, is a compilation of data provided by countries around the world on mental health policies, legislation, financing, human resources, availability and utilization of services and data collection systems.

The Mental Health Atlas 2020 includes information and data on the progress made towards achieving mental health targets for 2020 set by the global health community and included in WHO's Comprehensive Mental Health Action Plan. It includes data on newly-added indicators on service coverage, mental health integration into primary health care, preparedness for the provision of mental health and psychosocial support in emergencies and research on mental health. It also includes new targets for 2030.



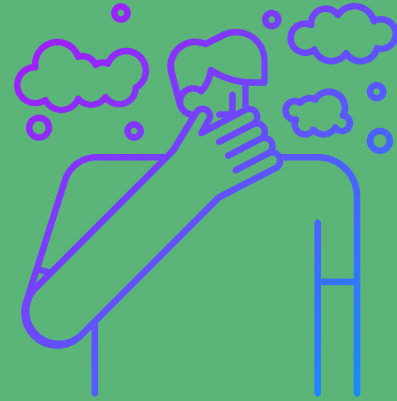
AIR POLLUTION AWARENESS PROGRAM

POSTER-MAKING COMPETITION (GRADE-6)

SUBMITTED BY: MS. SHWETA CHHETRI
IEDS 2021-23 BATCH

Air pollution refers to the release of pollutants into the air — pollutants which are detrimental to human health and the planet as a whole. According to the World Health Organization (WHO), each year air pollution is responsible for nearly seven million deaths around the globe. Nine out of ten human beings currently breathe air that exceeds the WHO's guideline limits for pollutants, with those living in low and middle-income countries suffering the most.

The poster-making activity served as an enjoyable medium to impart some serious lessons in form of a hands-on activity. The activity highlighted the concerns emerging due to the pollution and made students more sensitive toward their environment.



SHEF

Sikh Higher Educational Federation



Ms. Saloni Narula, the Head Educator at the NGO, keeps up the charitable work by imparting education with the help of the institution. The institution is run by the Sikhs- Dr. J.S Nanra, Mr. Ashok Singh, Mr. Sethi and head Granthi of the gurudwara Mr Rohtash Singh. The institution runs to provide financial assistance to the financially unstable students, the institution pays the fees of the students and plays an important part in building the best out of their lives.



Submitted by: Ms. Saloni Narula
IEDS 2021-23 Batch



Who says old school cannot go to school?

By Shanu Sharma, IEdS Batch 2021-23



It was a new day of the new year when we all were asked and informed to come down to Dehradun for on-campus offline exams of our second semester. It was followed by showers of stressed and anxious messages on our unofficial WhatsApp group of B.Ed. students. Everyone had their own fight to come. Finally after trying all the means, we failed to convince our faculty members and the dreaded month of June demanded our presence on campus. Ultimately, we all got together in our Education school on 13th June on the account of our first exam which was Viva-voce of PSE-II and Drama & Art in education. We were utterly excited to see each other face-to-face almost after ten months of interacting virtually. We talked so much in our unofficial group, shared so many problems mutually, worked and coordinated with each other for countless events. In other words, we knew each other well virtually and distantly.



Our Coordinator ma'am made convenient arrangements in a PG hostel to stay for one week for all those who were coming from various geographical locations out of Doon. And here our story begins with the characters – Shraddha, Hrishita, Antika, Ayojeeta, Reshma, Sridevi, Ambli, Deepam, Aanchal, Mahima, Annie, Kanchan, Preeti, Manasee and me. Preeti, Manasee and I were the senior-most members of the gang and roommates for those mere seven days. Our room was open for all, 24/7. I called it 'Janta ka darbar' where every problem would be solved from personal to academic areas.

Here began the fun from studying together to eating together to exploring the college together. Late-night studies, evening chai parties, anytime gossips, hopping into each other's rooms, canteen gup-shup, unlimited laughter....that rejuvenating time cannot be expressed in words which made us reminiscence our early days. We made the last day of the exam memorable when we went for an outing to Mussoorie road café and a mall for shopping. We were so unbothered by the heavy rain that Sanjay, Vimal and Lakshay were pulling up on their bikes to catch up with our adventures. The credit for a large portion of our recreation goes to our Doon friends and our batch mates Monica & Vibha. I must add that Monica was the one who took all the pains to drop me at the railway station to help me catch my train at 11:30 pm. I thank Preeti and Manasee for being the best room companions. I express my deepest gratitude to our Dean ma'am and our department for gathering us and letting us create and cherish these unforgettable memories forever.



माँ

By Dhruvika Sharma, B.Ed Batch 2021-23

ईश्वर को पड़ा बनाना
अपना प्रतिरूप सुहाना
करने को निर्माण
अनूठा, गजब नमूना
एक देग चढ़ाई
जादुई छड़ी घुमाई
मिलाया थोड़ा गुस्सा
थोड़ी सी तुनक मिलाई
सबर के बाँध को जोड़ा
हिम्मत फिर ऐसी डाली
गला दे धातुई रोड़ा
झोलियाँ भर भर कर दीं
दुआओं, सदकों वाली
बनाया जिसको उसने
परम शक्ति का खजाना
नवाता जिसके सन्मुख
शीश है सारा ज़माना
ऐसी उस परम शक्ति को
माता है जग ने माना..

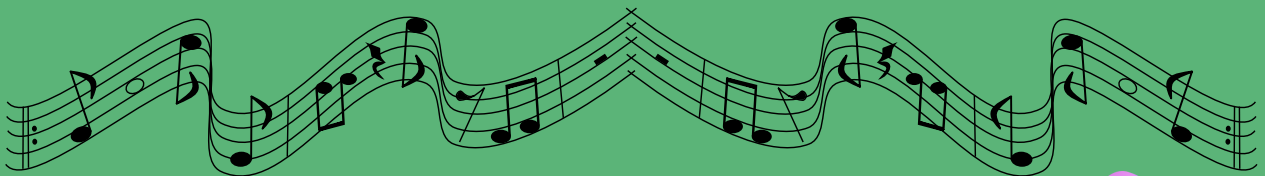


Music Therapy

Music therapy is a therapeutic approach that uses the naturally mood-lifting properties of music to help people improve their mental health by reducing stress, improving mood and self-expression.

How music is used as a therapy:

- 1) Create music- composition of music, writing lyrics or make up music together.
- 2) Sing music- Use your voice to share a piece of music... Sing a song.
- 3) Listen to music- Enjoy the sound and lyrics...Listen to your favourite music.
- 4) Move to music- It can be as simple as tapping your toes together or as complicated as a coordinated dance. Extensive use of body movements.
- 5) Discuss lyrics- Read or listen to the lyrics of a song and discuss about their meaning.
- 6) Play an instrument- Use an instrument like a piano, guitar, drums, etc. to share music.



Music Therapy is helpful for children with -

- Behavior disorders.
- Trauma.
- Autism Spectrum disorder.
- Mood and anxiety disorders.
- Attention deficit hyperactivity disorder (ADHD).
- Substance abuse disorders.



Music Therapy in classrooms-

Music help teachers to create the right atmosphere in the classroom, supporting and motivating students to work hard, sparking their interest in learning tasks and helping them to focus. Music can wake up a sleepy classroom.

Music therapy activities which can be done in classrooms include-

- Writing and singing songs.
- Improvising on songs and music pieces.
- Playing a musical instrument.
- Using musical devices and technology.
- Listening to music
- Exchanging information through music.



Thus we can conclude that, music affects us in many ways, however it primarily affects the brain, through which the rest of your body can be affected. This ancient art is also the most powerful forms of healing for many different sicknesses.

Music is truly amazing!

Submitted by: Ms. Manasee Uniyal

IEDS 2021-23 Batch



The 8 Signs That You are Too Nice and Why it's Impacting Your Wellbeing

- *Being "nice" is a part of your identity, and you fear you must constantly be this way or you will be labelled as "fake"*
- *You often "forgive" easily and allow people to remain in your life with repeated harmful patterns.*
- *When you think someone is upset with you, you begin to people-please, compliment, and try harder for their approval.*
- *You have a history of being "nice" to avoid harm, and this has become a survival skill.*
- *You tell people "It's OK" and comfort them after they hurt you, even though it really isn't OK.*
- *You fear being labelled as "selfish", "toxic", or "not empathetic" for having reactions that are "not nice".*
- *You feel overly responsible for others' feelings, and will go to any length to not cause pain even if that means not standing up for yourself.*
- *You will drop what you are doing to help another person, even if it means sacrificing something important to you.*

Submitted by:
Ms. Geetanjali Bisht
IEDS 2021-23 Batch



LIVE THE MOMENT!!



*enjoy
every
moment.*

This was the sky one evening sometime back in 2020 when we were all homebound due to the unexpected guest that arrived, COVID!! The sky was painted by the best artist, the colours could never have blended more beautifully. The colours slowly started fading away and it soon got dark. I told my little niece who was standing beside me, that I was sad the beautiful sky was gone to which she replied, "But soon it's going to be morning and it's going to be even brighter!" She actually made sense. THAT'S LIFE!! We must all have gone through a beautiful phase in our life, just that we don't realize it 'until it's gone... But YES, we will have a brighter side soon, God willingly!

Being in Dubai, I remember I was quite depressed about the uncertainty of the situation back then when I would be able to fly back and meet my parents back home when I would be able to step out of my home without having to wash my hands or sanitize a million times when I would be able to meet or hang out with my friends again, getting back to the job on a normal basis and much more. YES, it was hard! But I always tried to pacify myself thinking that I was lucky indeed. I had a roof over my head, a little family and friends just a call away, food to eat and I was healthy enough. I realized I did belong to the privileged! I started cherishing all the blessings and beautiful moments I ever had, I started living the moment. I started feeling happy again!!

And yes, slowly things started getting better, if not normal. We were able to get back to our jobs, meet our family and friends, and do grocery shopping just like old times... I travelled to Dehradun after almost 2.5 years, and it was amazing to be able to board an aircraft again, witness some greenery again, spend some good time with friends, laugh and eat together! Soon, I'm going to travel back home again to meet my parents, so Yes, every bad time is followed by good times. Just be patient, LIVE THE MOMENT and wait for better and happy times ahead!!



**Submitted by: Rashma Abdul Razack
IEDS 2021-23 Batch**



by Dr. प्रवीण द्विवेदी
IEDS 2021-23 Batch

रोटी पूरी मिले, तो उसको आधी खाते देखा है
अपनी भूख को हर बार उसको मारते देखा है।
परिवार को छतरी मिले, उसको चिलचिलाती धूप में
जाते देखा है।

क्या दिन, क्या रात, क्या शनि, क्या इतवार,
उसको हर रोज़ काम पर जाते देखा है।
थोड़ी सी हरारत क्या हुई, पूरी रात, सिरहाने पर
ठंडी पट्टी करते देखा है।

याद है मुझको वो दिन, जब पहली बार साईकिल
चलाई थी,
कहीं गिर न जाऊँ, उसको पीछे भागते देखा है।
मैं नया पहन सकूँ, अपने कपड़े रफू कराते देखा है।
मरम्मत करी चप्पल, पुरानी जुराबों में देखा है,
पाँच साल पुरानी कमीज़ को नया बताते देखा है।
हर होली नए रंग, हर त्योहार पर नई उमंग लाते
देखा है

मेरी हर खुशी के लिए उसको दिन रात एक करते
देखा है।

मंदिर, मस्जिद, गिरजा,
चार धाम की यात्रा में, लोग ढूँढते रहे देवता, हे
पिता!

मैंने तो तुझमें ईश्वर देखा है। मैंने तो तुझमें ईश्वर
देखा है...



हिमालय से विशाल तेरा दिल, सागर से
गहरी तेरी सोच,
मैंने तो तुझमें, अपने आप को देखा है।

मेरी जिंदगी से सिर्फ एक ही गुहार,
गलती से भी कोई गलती न कर जाऊँ,
तेरी आँखों में कभी आँसू न देख पाऊँ, हे
पिता!

न मंदिर, न मस्जिद,
मैंने तो सिर्फ तुझमें ईश्वर देखा है। मैंने तो
सिर्फ तुझमें ईश्वर देखा है।"

"हे पिता! तुझको सादर प्रणाम! सादर
चरण स्पर्श! दीजो अपना
स्नेह, आशीर्वाद, हर वक़्त, हर वर्ष"

“
दिल की
कलम से -
पिता
”



My journey with YOPD (Young Onset Parkinson's Disease)

BY GYANESHWARAN, IEDS BATCH 2021-23

I've been a Physics Master at The Doon School since July 2015. Being a passionate physics teacher, I immediately connected with like-minded students in every class who were passionate about learning physics. It was a pleasure as long as I was doing what I love – teaching and learning physics. No amount of time was enough for me to finish doing all that I wanted in my pursuit of excellence in teaching and learning physics. There was always so much to learn and so much to achieve, and so little time!

Excelling only in the Academic role itself is a 24x7 activity nowadays, since the demands have increased manifold with multiple curricula and the necessity to implement modern teaching pedagogies which need the teachers to a lot of planning outside the classroom so that the students can do a lot of work inside the classroom.

An Art of Living teacher once said – “Stress is the gap between your desired reality and your perceived or actual reality.” So, when I went to some classes with the desire to quickly finish the syllabus as planned and the actual reality was that the students were not in a mood to learn that day for various reasons (most of them valid – like they were physically and mentally tired and sleep-deprived, while some others were just being plain naughty – they just wanted to have fun and waste time.), I used to get stressed.

Within 2 years, one by one, my symptoms started appearing and adding on. My first symptom was a stiff left shoulder, like a frozen shoulder which did not allow me to rotate my arm beyond a small range, and was extremely painful if I tried. I could literally feel the shoulder joint grating if I tried to rotate my left arm, as if the lubrication in the joint had dried up. Over the next 3 years, I overcame it by forcibly increasing the range of motion of my arm each day, in spite of the pain and doing 1 hour of yoga almost every day. Then my REM Sleep Disorder started. Whenever I was tired or stressed, I used to get action dreams where I was fighting with someone and would really punch or kick or scream while dreaming. So, I got kicked out of the bedroom and started sleeping in my study, and still do. During one of the midterms, after a tiring trek over Tiger Falls, I was sharing the tent with Mr. Hemanth one night. That night I was fighting with two pretty but deadly ladies in black suits and dark glasses (just like in the Matrix movie!) in my dream, and my hands were literally doing the martial arts moves as I was executing them in my dream. Suddenly I felt an iron grip take hold of both my wrists, a torch-light shined on my hands, and I heard Hemanth's voice – “Gyan! Look what I have caught!” He thought some wild animal had entered our tent and that he had caught it in the dark with one hand!

REM Sleep Disorder reached its peak when I was under deep stress while teaching the 12 ISC batch. Their syllabus is HUGE, but the board exam tests only a few topics and repeats only a few important questions. Now, the students wanted me to teach 'smart' from exam point of view, but I wanted to teach every concept according to the syllabus for the love of physics. So, there was a clash of interest between me and a majority of students in that class. This manifested as a dream one night, where I stepped out of my house to find a sniper aiming at me from the top of a multi-story building! I instinctively dived back inside my house in

As I felt the warm blood gushing from my nose and filling my mouth and found myself lying face down on the floor instead of on my bed, I slowly realized I had once again acted out my dream. I called out to my wife weakly for help – “Seetha! Mooku odinjidichu!!” It meant in Tamil, “Seetha, nose broke!” But because my nose and mouth were filled with blood, what I spoke came out as a gurgle and my wife heard it from the bedroom as “Eeta uukku odinjidichu!”, which means in Tamil “Eeta, pencil-lead broke!” Naturally she was puzzled, but like a good concerned wife she crawled out of her bed to check on me and was horrified to see my bloody face. I walked to the wellness centre at 2 am and the kind nurse couldn't recognize me nor understand my speech. So, she gave me a piece of paper and asked me to write what had happened. After reading it, she recognized me and fixed my nose and even Dr. Lanka came at that odd hour and after examining my nose, declared that nothing was broken and that I can go back to sleep.

Other symptoms gradually crept in without my noticing them. I had started drooling and my saliva would spill out of my mouth if I bent down. My body posture had become stooped, and my gait had changed. I was walking with shuffling feet, with my hands hanging loosely. My movements had become slower, especially the left side. In fact, one of my earliest symptoms is difficulty or inability to smile. Smiling requires a lot of facial muscles, and in Parkinson's disease, the production of dopamine (which is a very important neuro-transmitter for the muscles of the body to work) is hit severely. A part of the brain called the Substantia Nigra produces dopamine in the body and by the time all these symptoms appeared and we realize that it could be Parkinson's, already around 80% damage is done. Parkinson's Disease (PD) is a progressive neurodegenerative disease which means it doesn't have a cure (according to Western Medicine) and will only get worse with time. Usually, it starts at 60 years of age, but in my case, it hit me at 41 years, and so I have what is called YOPD (Young Onset Parkinson's Disease). Anyway, for many years, people (students and colleagues alike) used to look at the constant frown on my face (this symptom of PD is called Facial Masking) and conclude that I'm a very serious person – all work and no play. I used to wonder whether I should cut my cheeks into a permanent smile like the Batman's Joker, since it was so hard to smile.

Then the psychological symptoms of PD started manifesting. I was depressed without knowing it. I had chronic anxiety for no reason (other than that some neural circuits were getting messed up in my brain which was also causing my REM Sleep Disorder). Like Batman's Joker, I was laughing uncontrollably when I was actually upset. My daughter got confused when one day she came crying to me after injuring her finger, and I got upset but started laughing uncontrollably! If I was upset with my wife, as she expected me to after making some complaint, I would



I was still clueless about why all this was happening to me. Then tremors started in my left-hand fingers and soon followed in my right-hand fingers. I started having difficulty pronouncing some multi-syllable words like 'independent variable'. My tongue would just get stuck and not flex enough to pronounce the words. My voice had become weak many years back and I had adapted to that by using a speaker tied around my waist. I had no clue that weakening of voice was also caused by PD. Then I started choking while drinking fluids and had swallowing difficulties. My eating speed reduced drastically and I could hardly eat enough in the allotted meal times. I started losing weight.

I finally decided to see a doctor when I found that I could no longer write, while writing the B.Ed exam. My fingers seemed stuck and the letters appeared shrunk like dots.

My initial diagnosis was that I could have YOPD (according to Neuro Dr 1) or Essential Tremors (according to Neuro Dr 2). After taking 7 medicines for YOPD prescribed by Neuro Dr 3, just the day before the school reopened in July 2021, I had severe side-effects including hysterical crying for no reason and suicidal thoughts. At that time, ending my life seemed like the most logical and sensible thing to do. I thought this body is sick and useless. So let me start afresh with a new body. Luckily, I remembered reading that 'suicidal thoughts' is a side-effect of one of the 7 medicines I had taken.

I was alone in Dehradun at that time, and so I whatsapp-messaged my brother in Delhi that I was having suicidal thoughts most probably as a side-effect from my medicines.

I somehow managed to suppress my crying and took the first class on that first day after summer break in 2021. During that class, my speech got slurred multiple times and I felt very embarrassed. After the class, I couldn't take it anymore and just started bawling. Just then, my colleague Johnson came to my house and informed me to pack up. He said my wife (she was in Chennai at that time, and my brother had informed her about my message) had booked the flight tickets for Chennai and I should first meet the doctors in Chennai and get well. I quickly informed the school management that due to a medical emergency I will have to leave for Chennai immediately.

I resumed work nearly 7 months later, when school resumed after the winter break. During this whole time, The Doon School gave me fully paid medical leave and gave me unconditional support. When I reached Chennai, my family decided to try alternative medicine since I had such adverse reaction to English medicine. So, I went to a reputed Siddha doctor 1. He said he suspects me of having something, but first needs a confirmation from a reputed neurologist and asked me to meet neuro Dr 4. He gave a referral slip in which he had written in ultra-small handwriting - "ALS/MS???"

Being literally Gyani, I immediately knew that the Siddha Dr 1 suspects me of having either Amyotrophic Lateral Sclerosis (this is what Stephen Hawking had) or Multiple Sclerosis - both deadly and incurable neurodegenerative diseases and much worse than PD. I did the google search and realized that indeed my symptoms were matching with ALS/MS but then, the symptoms of the top 6 terminal incurable neuro diseases are virtually identical! With each passing day, my symptoms were getting significantly worse. The left side of my body was now distinctly emaciated compared to the right side. My left-side movements had become significantly slower. My tongue and lower jaw developed constant tremors. My speech and response to questions and even the blinking of my eyes had become

The neuro Dr 4 said he doesn't know what I have - PD/ALS/MS?? He prescribed a test to rule out Wilson's Disease and it got ruled out. Then he asked me to come after 3 months because by then my disease would have progressed sufficiently enough for easy identification! Without a diagnosis from neuro Dr 4, Siddha Dr 1 refused to treat me saying he can't give medicine without knowing the problem.

Next, my resourceful wife found Siddha Dr 2 who looked like a mystic type, with bloodshot eyes. He said I have over-exhausted the vitality of my body beyond its limits through a combination of poor diet, lack of sleep, stress and over-exhaustion. He said he can cure me in 3 months and gave me a small ball of medicine to slowly chew and eat. Within 5 minutes, I could feel fresh life-energy flowing through my body, as if my dead battery was coming back to life! I felt euphoric and couldn't believe it! My family too noticed the immediate improvement and we happily bought 2 months' supply of medicines. Over the next 10 days, my health improved by a lesser and lesser amount each day, until it stopped improving any further after 10 days. I was now back to 80% normal across all symptoms.

At this time, one of my students, A came to know about my ill-health and his mother being a Dr in Ludhiana's top hospital, invited me to visit her hospital with all my test reports since her hospital has a top neurology department.

So I went, and neuro Dr 5 examined me with his assistant and four other students. He asked me to take off my shirt and pant and examined me inch by inch very closely and exclaimed "There! Did you see that? Fasciculations! Even in his tongue."

Finally, neuro Dr 5 declared to me that I have ALS and there is only one medicine for it - Riluzol which will extend my life by 3 months if I start taking it immediately. He said he wanted to confirm his clinical diagnosis by a nerve conduction and EMG test. They started poking metal needles in different parts of my body and passed current and noted the readings. I felt like a resistance box in the hands of my students in my physics lab while they were performing the Ohm's law experiment. Finally, after poking needles in my hands, feet, thighs, chest, when I thought the worst was over, they asked me to pull out my tongue! They poked a needle and passed current through my tongue too!

Looking at the test results, the neuro Dr 5 said the results were inconclusive, but that may be because I'm in the early stage of ALS. If I repeat the test after 3 months, I can get a confirmed diagnosis. So, he started me off on Riluzol immediately.

I didn't know how to react at this point. I felt nothing actually. My wife took the news very stoically and never showed any weakness. Anyway, I was at 80% now and over the next 3 months, I continued with Siddha Dr 2's medicines and I gradually deteriorated to 60%. During this time, I did 2 yoga workshops and Sudarshan Kriya course from The Art of Living, and was doing yoga, pranayama, meditation for almost 4-5 hours daily and could feel significant improvement in my symptoms.



I lost the ability to sleep and so instead of thinking and worrying about it, decided to just sit in meditation till I fell asleep and slowly I started getting sleep after 2 hours of meditation.

After 3 months when I went back to Ludhiana to repeat the nerve conduction and EMG test, neuro Dr 6 declared that I definitely do not have ALS. Some of my symptoms were much better now, compared to 3 months back, like strength had returned to my hands and feet and the tongue tremors were reduced. On the other hand, I had started losing balance and would trip and fall very easily. Neuro Dr 5 and 6 now examined me together and asked me to do various movements with my hands and feet. When Neuro Dr 5 asked me to lift my left hand, it followed its own zigzag path upwards and he immediately exclaimed – "See? Alien Hand Syndrome". Neuro Dr 6 said I have PSP (Progressive Supranuclear Palsy, yet another neurodegenerative disease with a very bleak outlook) because my eyes are not able to track his fingers.

Finally, after mutual discussion, Neuro Drs 5 & 6 concluded that I have CBGD (Cortico Basal Ganglionic Degeneration) which gave me 6 to 8 years more. They prescribed Syndopa medicine and said that if I continue to feel better after starting Syndopa, even after 2 weeks then it is good news and I might then just have YOPD, but if I stopped responding to Syndopa after 2 weeks, then I might have CBGD. They asked me to meet Neuro Dr 7 in Chennai after taking Syndopa for 2 weeks.

Fortunately, within 2 days of starting Syndopa, I felt like I had got my life back. I felt normal again. I was at 90%. Neuro Dr 7 asked me to take a blood serum profile for 18k and a TroDat Scan for 25k. The blood serum profile came out negative, but the TRODAT scan confirmed that I have Pre-Synaptic Parkinsonism which explains all my symptoms as due to dopamine deficiency in my body because of the dying Substantia Nigra. Neuro Dr 7 said he still could not confirm what was causing my Parkinsonism – was it just YOPD or MSA (Multiple Systems Atrophy) or MS (Multiple Sclerosis)? He asked me to see him after 3 months and changed my prescription a bit. So now I was taking Syndopa Plus and Zafimov for PD, Clocalm for anxiety, Meloset for sleep, and Liofen (muscle relaxant) for jaw tremors. A week back, due to the excessive fatigue due to the constant jaw tremors, my jaw had got painfully locked! I could not move my lower jaw even a millimeter! It was stuck in place with just a few millimeters gap between my teeth, through which I was able to take liquid food. After 3 days of painkillers and anti-inflammatory ointments and icing, I was able to open my mouth and chew food again, but my jaw was still stuck and very tender.

So now I went to a Kalari martial artist Dr 1. He held my lower jaw in his strong fingers and violently moved it left, right, up, down and gave a few knocks on the jaw joint and asked whether I was feeling better. Though the range of motion of my jaw had increased now, it was still hurting to open my mouth and so I said, "not much". "Do you have a handkerchief?" he suddenly asked. I said "Yes". "Pull out your tongue". I obediently did. He then suddenly grabbed my tongue with his fingers using the handkerchief and yanked it almost half-way out of my mouth! When he released my tongue, it slowly slid back into my mouth with a creaking sound. My cousin who had taken me to this amazing Dr, was in splits seeing my reaction and shock. To my surprise, my jaw movement improved 80%, though it was very sore. It fully recovered a week later. I immediately thought my wife should visit this Dr for her shoulder problem, which gets dislocated frequently. I couldn't wait to watch how he would

My wife convinced me to meet another Siddha Dr 3 and so I met him and he claimed that he can cure me in 4 months. His medicines brought me back to 99% and so I'm still taking them. I now only have sporadic bouts of jaw tremors when I'm resting or working at the computer.

The school was about to reopen now after the winter holidays and so I wrote to the school authorities that I have now fully recovered from my symptoms thanks to my medicines and fitness routine, and can resume my teaching duties when the school reopened after the holidays. They agreed and gave me a reduced workload with few classes to begin with.

As soon as I returned to Dehradun to resume my classes, I got a severe cold, and within 2 days I noticed that the vision in my left eye was failing drastically. I suspected something was seriously wrong, and rushed to the eye Dr 1. He examined me and said he suspects Optic Neuritis and I should immediately see a neurologist and get admitted in hospital and start steroids intravenously. So, I rushed to neuro Dr 8, and he confirmed what eye Dr 1 had said and asked me to get admitted in hospital X and take steroids intravenously for 5 days to stop my immune system from attacking my left optic nerve.

So, with just a week to go before the school reopened, I was admitted in hospital. To find out why my immune system was attacking my optic nerve, the neuro Dr 9 performed a lot of costly tests which were now covered by insurance. All the tests came out negative, which confirmed that I have only YOPD and ruled out all the other deadly possibilities. My optic neuritis was a random event and not caused by MS as feared.

Thus, after 7 months of confusion, I finally knew what was ailing me and now I could plan to handle it. I got extremely inspired by Jimmy Choi who, in spite of having YOPD, trained for and participated in hundreds of marathons, even ultra-marathons and American Ninja Warrior. He is living proof for me that with proper exercise and self-care, YOPD can be managed to lead a complete and normal life.

During the holidays, I now have a 4 hour fitness routine in the morning after waking up, consisting of meditation, yoga and pranayama. I also play an hour of tennis in the evening. I'm also trying to learn 24 form Tai Chi and add it to my fitness routine. It is of course very challenging to accommodate my fitness routine in the already packed daily routine of a Doon School Master. From my experience in the Autumn term, it is clear that I cannot afford to sleep later than 10 pm or miss my fitness routine too often. I'm managing with the amazing support from my wife and children and colleagues.

I'm now fitter than ever before and can do 108 Surya Namaskars in 37 minutes. I have successfully completed the autumn term of classes and am now raring to go ahead with the next academic year!



AN ODE TO WOMEN

Submitted by: Nilambari
IEDS 2021-23 Batch

जस

प्यार, लगावट, प्रणय, मोहब्बत
प्रेम, प्रीत या लव, लामूर

तस

नारी, महहला, स्त्री, औरत
फेम, इनैका, डौना, फाओ,
नाम कई पर अर्थवही है
हर womaniya खास भई है।
गंध, सुगंध, के सर, कस्तूरी
सौरभ, सुरहभत, पररमल भरपूरी
चहुँओर महकाती जीवन
हिडक के अपनेप्रेम का चंदन।
जगमग जगमग प्रकाशमयी
ओ नारी तुम ओजस्वी
अलौहकक प्रभा से आलोहकत
हो नारी तुम तेजमयी

COMMUNICATION PROBLEMS BETWEEN GENERATIONS

BY MANYA ABROL, IEDS BATCH
2021-23

We often feel the gap between us and our parents or grandparents. Sometimes we also hear from our younger ones that you are from another generation, not ours, so you won't be able to understand our problem or the phase we are passing through. And this gap is known as the **GENERATION GAP**.

A technical definition for generation gap can be like this - generation gap is defined as a gap between two generations. It is actually the gap between thinking, lifestyle and time of two generations i.e. between young ones and their parents or grandparents. Obviously, both generations have different lifestyles, like today we use mobile phones to talk, but our parents contact via landline whereas grandparents used telegram to communicate. If we all have different lifestyles, then we do have different opinions also. But if we talk about the young generation nowadays, their parents usually do things keeping society in mind but they don't give much importance to society. Here come the differences in "Views and Opinions". It also affects the families sometimes, because both generations think that they are correct in their own ways. They never try to talk and clear the misunderstandings. Maybe both are correct on one issue but also incorrect on some other, but due to a lack of communication between the generations, they fail to come to any conclusion which always leads to arguments. And these arguments give rise to misunderstandings which erase the peace and harmony of the family.



If we talk about two decades before, our parents might not have had the opportunity to know about different career choices, while youths of this era have so many opportunities to know about their capabilities and choose suitable careers. Our parents did not know much about career options at the age of 14, as compared to children of today's generation who know what exactly they want to do at the age of 12. Even if we want to remove this gap we won't be able to. But we can try to remove it to some extent, which is very much important for us and our parents. I think we all need to talk and clear issues. According to me the generation gap is nothing but just a lack of communication. Both the parents and children never try to talk about any issue, sometimes children will hesitate to talk, which raised the communication gap. That is why, it is important to talk, communication is the only way to vanish misunderstandings and also the generation gap is reduced between us and our parents. After all, we will only be happy if our elders are happy. In fact, we get harmony and peace only with mutual understanding between relationships. If our relations are healthy then we will lead a happy and harmonious life.

It can be concluded that every individual has a clear goal and focus so that he can direct his life accordingly but we need to have good communication with our parents, grandparents and our guides or counsellors.



Online Education: A Bane or a Boon

By Shraddha Gogoi, IEdS Batch 2021-23

In recent times, with a lot of advancement, Indian education is flourishing at a higher rate. The enrolment ratio has increased tremendously in elementary as well as in higher education. It is in fact, regarded as one of the major contributors to the economic development of the country. Online education is no more an alien term for every Indian. And this pandemic diagnosed the digital divide that prevails in the country. The graph of technology in India has undoubtedly risen. But, when it comes to promoting this aspect in the educational sector, especially in schools, it still shows a satisfactory result.

The teaching-learning process in India is still bounded to the classroom and the traditional way of learning. There are only a few institutes that follow some of the virtual aspects of education, but the concept of online classes is a rare scenario in the majority of educational institutions in India. However, things have changed dramatically as a result of the nationwide shutdown due to COVID-19. At least 320 million students in India had to confine themselves inside their homes resulting in the loss of their studies. The decision to take up online classes is undoubtedly a great initiative taken forward to avoid any sort of loss induced by the students. *But, do you think every student in India is benefited from this?*

India consists of both public and private sector educational institutions, and the ratio of the former is much higher. It is also a known fact that most government-based institutions (especially schools) are based in the rural part of the country, leading to difficulty in conducting online classes. According to the National Sample Survey (2017-18), only 23.8 per cent of Indian households could access the Internet, resulting in mass students getting affected in their education. Approximately 66% of India's population is based in rural regions and among them mere 14-15% have access to the Internet. So, when we talk about online education in rural areas, conducting online classes can get exhausting. Lack of electricity, poverty and uneducated parents is some of the sole barriers to online education in a nation where 80% of the population resides in rural India.

Some of these issues are not restricted to rural India alone; it also persists all over the country. Students in urban areas too face these. For instance, amidst an online class, a student's internet connection might disrupt, creating stress in the student's mind. With all these issues, it does become intricate to continue online classes with no hassle. These issues are however not finite to the students, the teachers too go through them.

So, don't you think the students who lack all these facilities, would fall behind as compared to those students who have access to these facilities?

Education should be equal for every student, and if more than half of the student population does not have access to online classes, they would be at a loss. This would affect not just their studies, but their mental health as well. There are in fact, cases where students are seen taking drastic steps for their inability to join their online classes.

If we look on the brighter side, this pandemic did bless us with the adaptation of online education in India. It is a significant development in our education system. This difficult situation highlighted the areas where Indian education needs to work on, and if we along with the government take this as a lesson, no wonder India can reach heights in its educational sector.



Starting Journey in Ceramics Art



By Madan Singh,
IEdS Batch 2021-23

When I saw someone making pottery for the first time, my inner voice told me how easy it was to create it, but I had little idea about the hard work behind it. Pottery looked like a piece of cake to me then. It was not my first experience of witnessing pottery wheel throwing; I had watched traditional potters in my village using different types of utensils. But due to my stereotypical views, I had no idea that pottery could be learned through proper education.

During my graduation (B.F.A.), whenever I had a chance to visit the ceramics department, the view of students making pottery fascinated me and I used to watch them for hours and hours. Watching the process of pots taking shape was so satisfying, and I was immediately attracted to this field of art. I decided on my future education in the field of pottery.

In my opinion, pottery is an art in which an artist gives a beautiful shape to shapeless clay on a potter's wheel and can mesmerize everyone.

Many objects can be easily made in pottery; all the utensils with different purposes e.g., teapots, casseroles, frying pans, cup plates, etc. Broadly two types of utensils are there, the first type is used for serving and storing food. The second type is used for decorative purposes also known as non-functional pottery.



Lost Love

Written by Nidhi Sharma,
IEdS Batch 2021-23

**Life is confusing,
Not a person to talk about
How my day went, how I feel,
I have choices to make but I need
someone
To guide me through it all.
I must look for someone, I thought**



**Eventually, I found the one, who guided
me.**

**Helped in making decisions,
Was there through thick and thin.
I never thought that this person could
be good for me.
But then I realised not all step mums are
evil as described in fairy tales.**



Jute Bag Painting

The Jute Bag is a perfect alternative to the plastic bag and hence belongs to every household. The bags are suitable for shopping and transport. So that they don't come across as monotonous in their beige appearance there are many colored, printed or even with slogans in the market. But it gives you immense pleasure if you design your own model, you wear something very individual. Jute Bags are practical, washable and can also be used as stylish accessories if painted.

I thoroughly enjoyed painting it and now it accompanies me wherever I go. It doesn't only look good but also the best thing to gift your family and your friends, they would love to receive it.



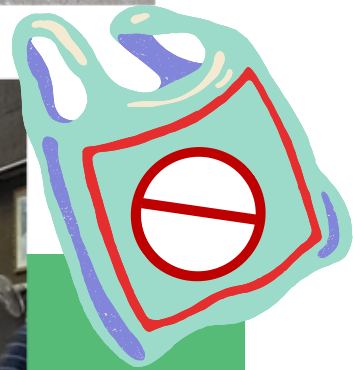
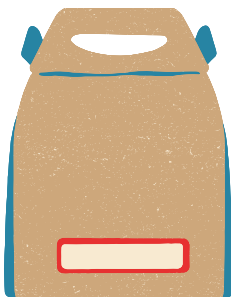
**BY AMBLI NAIR,
IEDS BATCH 2021-23**

प्लास्टिक मुक्त अभियान

WRITTEN BY NIDHI SHARMA,
IEDS BATCH 2021-23

Ms. Nidhi Sharma, B.Ed. 2021-2023 represented MSNSVA BHARTI INDIA INTERNATIONAL SCHOOL, DEHRADUN on 30th June 2022 in the PLASTIC MUKT ABHIYAN organised by NAGAR NIGAM DEHRADUN. The campaign was 2 month collection of single use plastic and creating awareness amongst people of Dehradun focusing students of around 100 schools of Dehradun. The event was attended by renowned personalities like Honourable Mayor of Dehradun; Shri Sunil Uniyal Gama, Commissioner of Nagar Nigam; Shri Manuj Goyal and all the Parishads of Dehradun.

The event was also attended by teachers and students. Where some student shared their experience and knowledge they gained by being a part of the campaign



MANDALA ART

Submitted by: Ms. Megha Parashar

IEDS 2021-23 Batch

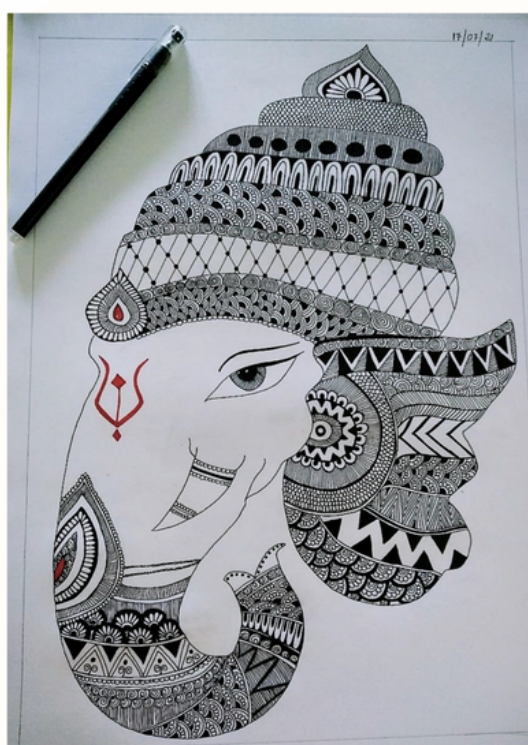
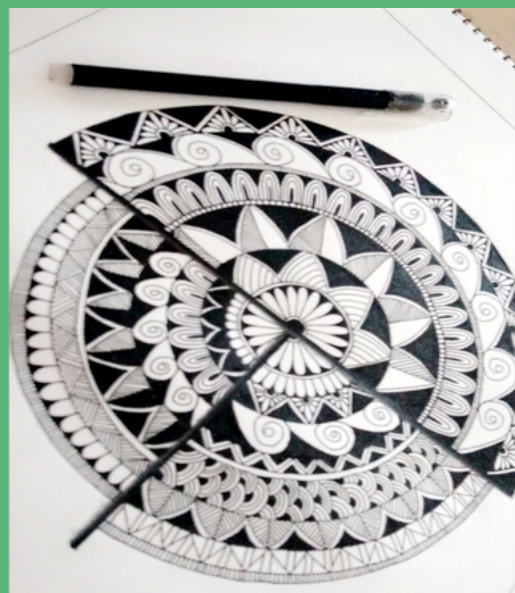
In ancient Sanskrit language of Hinduism and Buddhism, Mandala means “circle”.

Traditionally a mandala is a geometric design or pattern that represents the cosmos or deities in various heavenly worlds.

They originated in India in the 8th- 12th century but now is practised in Tibetan Buddhism.

Each mandala is dedicated to specific deities. A mandala is a symbol of the universe in its ideal form, and it's creation signifies the transformation of a universe of suffering into one of joy.

If you are looking for a way to relieve stress and anxiety, Mandala art is a great option.



MAIN JEENA CHAHTI HOON...!



Main jeena chahti hu,
Ek azad panchi ki tarha ,
Jo akash me gote lgata hai,
Bina koi seema , bina rukawat k,

Main girna chahti hu,
Jaise meri ankho se anshu girte hain,
Chahe kitna bhi rok lun,
Wo rukte nhi ,chalak hi jate hain

Main rona chahti hu,
Jaise ek chota baccha rota hai.
Chilla-chilla kr bina kisi se dre
Andr hi andr rone se ab dm ghutta hai

Main hasna chahti hun,
Bilkul phle ki trh , befikr , nishchint
Bina kisi ki sharm kiye
Jor jor se , khulke

Main jeena chahti hun .
Zindgi ko apne dhang se
Jha main apni khani ki lekhika khud hou
Main hr sunhare , khubsurt sabd ko pirona chahti hun
Apni azad pushtak ki rachiyata khud hona chahti hun

Parantu ye samaj aur iski prathain
Na jane kitni aisi azad kitabo k kafan apne apme,
Apni pradhaon me dafan kiye baitha hai

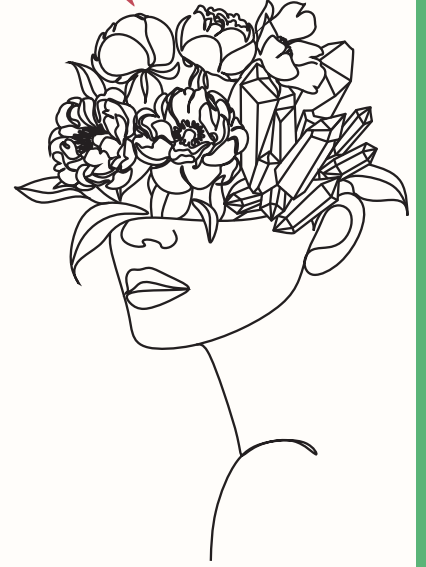
Na jane kitni mujh jaisi chidiyaon ko
Pinjron me kaid kiye baitha hai,
Main in prathaon se khud ko
Azad kr udhna chahti hun

Ye pradhain pariwar ki aad me
Mujhko kaid krne ka jaal bnaye baithi hai
Ek taraf parivar ek taraf azadi ki udan
Or me is aadmbr ko kavita me pirona baithi hun

Ki sayd kuch samadhan nikle ,
Ki na jane kitne mujh jaise parinde,
Apni udan ko tyag kr pinjron main kaid hain By:-
Or azadi ki udan ko bhulaye maun baithe hain,

Main un sbki awaz banna chahti hu,
Main udna chahti hu
Main jeena chahti hu -2.....!

Submitted by: Ms. Geetanjali bisht
IEDS 2021-23Batch



दिशा

AN INVITATION FOR VOLUNTEERS



An insight:

“DISHA” is a student lead altruistic initiative that mushroomed under the Social Service Club of IEdS and was coordinated by Ms Saloni Narula and Ms Manya Abrol of B.Ed. batch 2021-23. DISHA has Volunteers from ICFAI Tech school also and our motive is sole to serve society,

We are working for the sake of underprivileged ones and in this regard, “DISHA” has organized various events like a clothes distribution drive on 14th January 2022 and a sweets distribution drive on 17th March 2022.

Disha is still growing and needs more volunteers for social work. Let's join hands for the greater good.



Not all of us can do great things, but we can do small things with great love.

- Mother Teresa



आज़ादी के अमृत महोत्सव

27.06.2022 / MONDAY

MINISTRY OF STATISTICS AND PROGRAMME
IMPLEMENTATION – NATIONWIDE QUIZ CONTEST
ON OFFICIAL STATISTICS



सांख्यिकी एवं कार्यक्रम
कार्यान्वयन मंत्रालय
भारत सरकार



EVENT DETAILS

The Ministry of Statistics and Programme Implementation organized iconic week celebrations under Azadi ka Amrit Mahotsav on 27th June 2022. IEdS of The ICFAI University, Dehradun nominated Ms. Deeksha Kashyap of IEdS, an alumnus of IUD.

Venue - Senate Hall, Doon University Campus, Kedarpur Dehradun

Time - 9:00 am to 1:00 pm



NATIONWIDE QUIZ CONTEST ON OFFICIAL STATISTICS

(Team of 2)
Open for College/University Students & Alumni

When:
June 27, 2022
09:30 IST

Where: SENATE HALL,
DOON UNIVERSITY CAMPUS,
KEDARPUR, DEHRADUN

Exciting Prizes & Trophy
for the Winning Team
&
Certificate
for all Participants

Contact:
Phone: 9286735626, 9548568994
Email: ro.ddn-fod@nic.in

QMs: Mr. Ravi Kumar
Ms. Saisha Thappa
S and S Thinkhub

Mentor :
Sujoy Karmakar (Creative)
Rajeev Bhattacharjee
Rahul Saha



आज़ादी के अमृत महोत्सव



“
The World Heritage Day 2022 theme is 'Heritage and Climate' to promote conservation research and employ sustainable strategies to protect heritage sites. It is decided by the International Council on Monuments and Sites every year. ICOMOS wants people from various religious backgrounds to set aside their differences and come forward and spread the message of solidarity.

WORLD HERITAGE DAY

26th April 2022

ICFAI Education School of The ICFAI University, Dehradun celebrated The World Heritage Day event on 26th of April 2022. It was a competition-based event that was organized by the Art and Culture Club of IEDS-IUD. It was observed virtually by the faculty members and students of the ICFAI Education School. The meeting was organized on Zoom.

After a brief introduction to World Heritage Day, the event started with the activities in three categories, namely :

1. Heritage Sites and Monuments
2. Art and Craft
3. Music and Dance

Dr Meena Bhandari, the Head of the ICFAI Education School delivered a speech on the importance of heritage and monuments.

As the competition got over, a quiz was followed. The winners of the quiz were declared during the event itself and all the winners of the competition as well as the quiz were given e-certificates. At the end of the event, a vote of thanks was given by the academic coordinator Ms Atulya Verma. She highlighted the importance of the event and mentioned that it is our sole responsibility to preserve and protect the various heritage sites and monuments of our country. The total number of participants in the event was 30, and the audience was 40 in number. The event was concluded with the singing of The National Anthem.





WORLD ENVIRONMENT DAY

CELEBRATED ON 3RD JUNE 2022

ICFAI Education School of The ICFAI University, Dehradun organised an event to celebrate World Environment Day on the 3rd of June 2022. The event commenced with a plantation drive on the IUD campus, in the presence of Hon'ble VC, Registrar, and Dean of IEdS, Dr Meena Bhandari, who welcomed Hon'ble Chief Guest of the event Dr Saket Badola, Deputy Secretary of IFS. The event took off by inviting the esteemed guests on stage by the IEdS students, Ms Akanksha Chowfin and Mr Riik Dhiman to continue facilitating the guests with beautiful potted plants and inviting them to address the audience after Ganesh Vandana and lamp-lighting.

Hon'ble VC shared his knowledge and experiences of research he gained in the field of harvesting and conserving natural resources. The Registrar of IUD highlighted the statistical findings of IPCC regarding the present status of the need for environmental conservation and protection. The Chief Guest addressed the audience with a very informative presentation on conserving species and preserving nature. He emphasized the richness of biodiversity found in India and building ecological balance by community constituted majorly by the youth. His encouragement on travel and relishing the Indian flora and fauna especially the Valley of Flowers, Uttarakhand (World Heritage site, UNESCO) inspired the audience to explore

places responsibly and pose relatable questions to seek meaningful answers.

The event rolled on towards entertainment through drama, art and culture. Students of IEdS and ITS participated in and presented programs like Skit, Nature Photography and Sustainable Fashion Show. The skit displayed the need for conservation and a green economy in the process of development through a play on the recent Dehradun-Delhi Expressway construction. The photography presentation on four themes related to wildlife and nature beautifully outlined the theme of the event through the lens of a photographer. The sustainable fashion event began with a video highlighting the drastic impact of the fashion industry on the environment and further spreading awareness about being responsible fashion consumers. The participants confidently walked on-ramp and presented ideas on sustainable fashion through their ethnic, casual and western outfits. The students' enthusiasm resonated with the message of buying fabric responsibly can help in environmental conservation at individual levels. The students then posed a question to explain about their attire to the Chief Guest, Dr Saket Badola. The event concluded with the announcement of the fashion show winners and a vote of thanks by Ms Atulya Verma, Academic Coordinator along with the national anthem.

RISE IN UTTARAKHAND 2022^o



EVENT DETAILS

"Rise in Uttarakhand 2022 is organized at Hotel Pacific, Dehradun. Hon'ble Member of Parliament sir Shri Naresh Bansal ji.

He organized the event along with Dr. Dhan Singh Rawat ji, Hon'ble Education Minister, Uttarakhand.

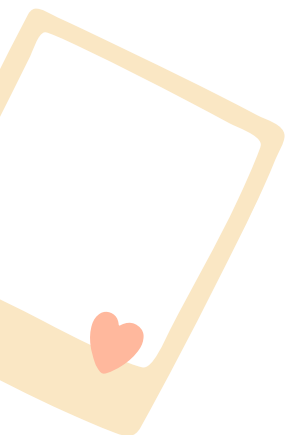
Students of The ICFAI University, Dehradun availed the information regarding the schemes, policies and achievements of central, state departments i.e., DRDO, ISRO, GSI, CSIR, ICAR, Ministry of Tourism and many more.



Photography and Paintings



Keshav Singhal, IEdS Batch 2021-23



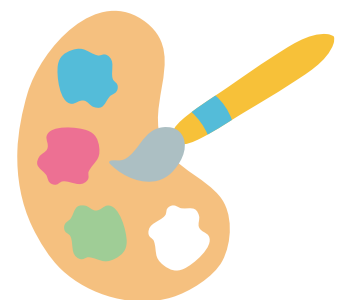
Yug Sharma, IEdS Batch 2020-22



Nupur Gurung, IEdS Batch 2020-22

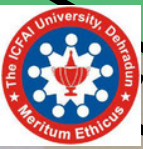


Keshav Singhal, IEdS Batch 2021-23



Student's Achievements

Achievement News | 07 May, 2022



RECOGNITION OF STUDENTS



ACHIEVERS

IUD believes in encouraging students through recognizing their efforts and achievements. Encompassing the same vision presented by the hon'ble Vice-chancellor, five students were felicitated with a memento and certificate for their dedication and extraordinary efforts invested throughout the B.Ed. training program. The students were highly motivated and shared their joyful experience on stage.

- ✓ Enthusiastic Participation
- ✓ Academic Excellence
- ✓ Expertise in skills

ALUMNI

When I joined ICFAI University as a B.Ed. Student, I was brimming with nervousness as I had not attended a class in over 30 years.

Becoming a student here led me to develop skills not just in my course studies but also in life skills of compassion and empathy for the students, after all these years. I would like to thank the entire Department of Education for introducing me and my batch mates to the latest developments in the field of education and pedagogy. I have already started seeing a change in my approach and outlook on the school education system. Having spent a good half of my life on the other side of the classroom, I had very high expectations from my course. In the end, I can safely say that despite the difficulties of age and times, my experience was extremely fruitful and enriching.

Arvidanabha Shukla, PhD
Head of Upper Years
Woodstock School
Landour, Mussoorie



अतीत की स्मृतियाँ



अतीत की स्मृतियाँ

मनोज पाण्डेय, बी. एड - 2020-22

2020-22 का बी.एड सत्र कई अर्थों में स्मरणीय रहा. प्रवेश लेने के तुरंत बाद पूरे देश में कोरोना महामारी ने पठन पाठन की पद्धति ही बदल डाली. ऑन लाइन मोड से पढ़ने का यह अनुभव अनेक तकनीकी व व्यावहारिक समस्याओं से भरा था. किन्तु चुनौतियां होती हैं तो समाधान भी मिल ही जाता है. इस चुनौती को स्वीकार करना मेरे लिए अत्यंत रोमांचक था.

प्रथम सत्र से लेकर अंतिम सत्र की कक्षाओं का संचालन ऑन लाइन मोड से ही होता रहा. पहले दिन मैं कैमरा ऑन करके एक अनुशासित विद्यार्थी की भांति कक्षा में आ गया. थोड़ी देर बाद अहसास हुआ कि अन्य छात्रों ने कैमरा क्यों ऑन नहीं किया? मैंने इस दौरान कक्षा में अपनी सहभागिता को हमेशा बनाए रखा. अपने गुरुजनों के साथ परिचर्चा या विमर्श ने हमेशा मेरे ज्ञान में वृद्धि की. इस अनुभव को मैं जीवन पर्यंत नहीं भूल सकता.

विश्वविद्यालय के सभी गुरुजन न केवल अपने विषय में पारंगत हैं, बल्कि पूरे सत्र अत्यंत सहयोगी बनकर छात्रों की प्रत्येक व्यावहारिक समस्या का उचित व लोकतांत्रिक समाधान भी किया. सभी गुरुजनों का व्यवहार अत्यंत मानवतापूर्ण था. मैं व्यक्तिगत रूप से विभागाध्यक्ष डॉक्टर मीना भंडारी, अकैडमिक क्वाडीनेटर सुश्री अतुल्या वर्मा, सुश्री रतूड़ी मैडम तथा सुश्री नताशा मैम का हृदय से आभारी हूँ, जिन्होंने हमेशा मानवतावादी दृष्टिकोण अपनाकर मुझे निर्देशित किया.

अंतिम सत्र की परीक्षा के अलावा अन्य सत्रों की परीक्षाएं ऑन लाइन मोड से ही हुई थीं. अंतिम सत्र की परीक्षा के समय ही हम सभी सहपाठी एक दूसरे से आमने-सामने मुखातिब हुए थे. यह अनुभव भी मेरे लिए अत्यंत शानदार था. इसके पहले तक हम एक-दूसरे को केवल प्रदर्शित डी पी से ही पहचान पाते थे. अंतिम परीक्षा से कुछ दिन पूर्व ही मैं व्यक्तिगत रूप से जब अपने गुरुजनों से मिला तो यह मिलन-अवसर मेरे लिए अत्यंत अकल्पनीय था.

अंत में मैं कहना चाहूंगा कि "गुरु बिन ज्ञान न होए" अतः अपने गुरुजनों के ज्ञान से लाभान्वित होकर उनके प्रति कृतज्ञ भाव हमेशा अपने मन में रखते हुए आजीवन उन्हें सम्मान दें. जब भी अवसर मिले गुरु ऋण से उऋण होने का प्रयास करें. जब भी अवसर मिले, उनके सम्मान में वृद्धि करने का कोई अवसर हाथ से न जाने दें. उन्हें आजीवन अपनी स्मृतियों में रखें. तभी हमारा भौतिक, आध्यात्मिक तथा पारलौकिक कल्याण होगा.





Education with Yug Sharma

Main aim of this website is to provide education online.



Hello Students!

📅 June 2, 2022 👤 yugsharma100 💬 2 Comments

Welcome to a fabulous journey of learning, understanding, improving, sharing and repeating. Here we are going to provide you lectures, sample papers, crash course, board exam tips, career counseling and many more from class 9th

[Read More](#)

Recent Posts

Kindly check course section

Lectures



Home

EDUCATION WITH YUG

Last year I decided to do B.Ed. and I enrolled in ICFAI UNIVERSITY, DEHRADUN 2021-23 batch. During my B.Ed. I got an idea. And that was to create the website <https://yugsharma.com/> in which I am sharing my knowledge with students. During my Post Graduation, I decided to become a teacher and wanted to take teaching to the next level then. Since 2007 I have had an interest in computers also, that is a different thing I never choose computer as an option. But I have developed my skills in this field. And made one website where whatever I am teaching to students I am uploading my lectures in and creative animation way. And this course is absolutely free for all students. I am able to to teach social science, economics & accountancy. On my website, I am sharing the same subject knowledge with students.

Here I have added a complete enrolment system for students, quizzes and tips for board examinations.

I have discovered it is a wonderful way to share knowledge with needy children also and it will help me also to understand the new generation.

Release Date (newest first) ▾
←



INDIAN ECONOMIC DEVELOPMENT
MACROECONOMICS

HISTORY 9TH

☆☆☆

By yugsharma100 in History 9th, Social Science 9th

👤 8

🟢

Enroll Course



SOCIAL SCIENCE 9TH
SOCIAL SCIENCE 10TH
12TH ECONOMICS

HISTORY 10TH

☆☆☆

By yugsharma100 in History 10th, Social Science 10th

👤 14

🟢

Enroll Course



INDIAN ECONOMIC DEVELOPMENT

☆☆☆☆☆ (2)

By yugsharma100 in 12th Economics, Indian Economic Development

👤 13

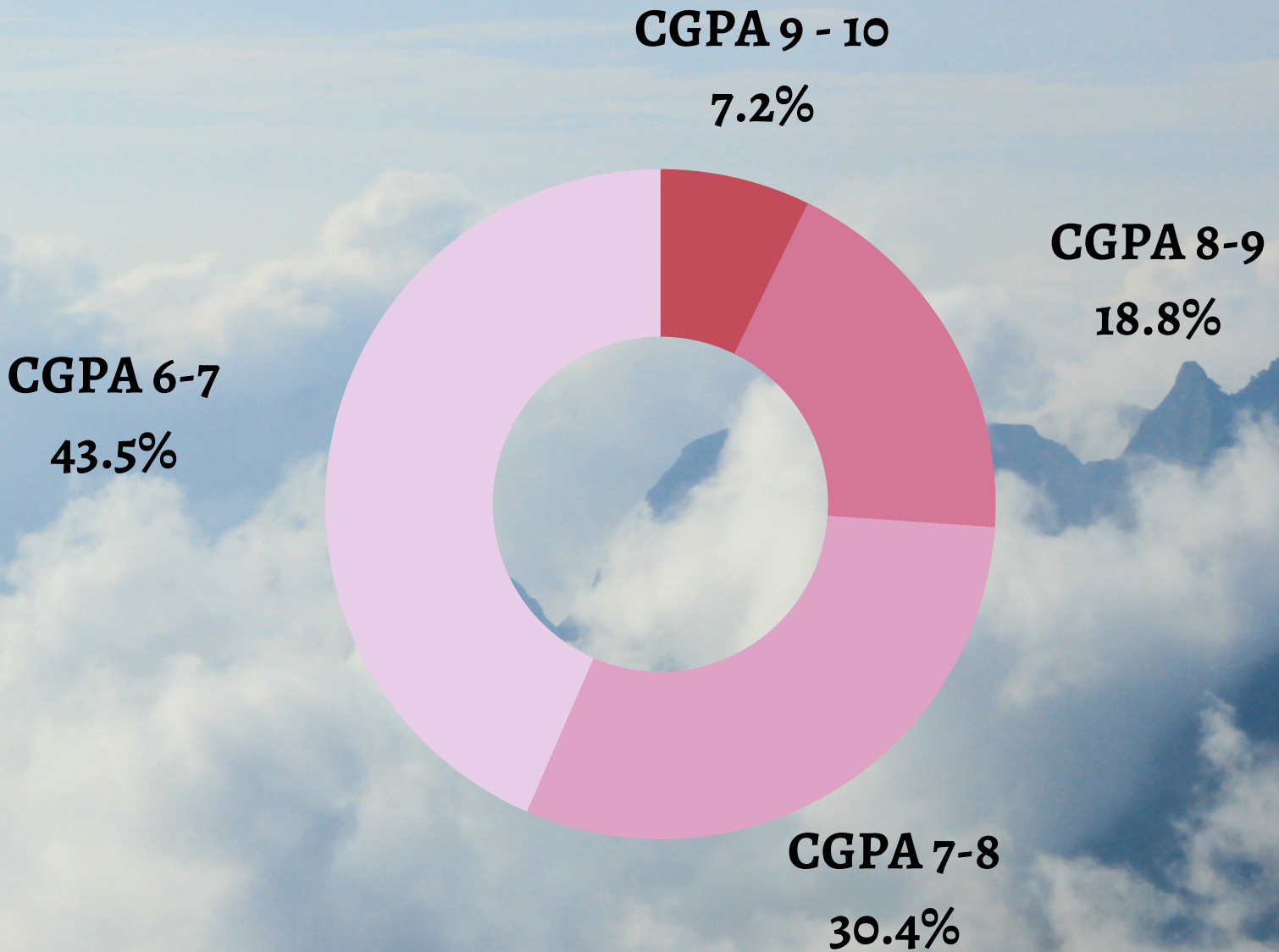
🟢

Enroll Course



Student Academic Achievement Data!

Batch 2020 - 2022



100%





INTERNSHIP TRAINING SESSIONS

INTERNSHIP

- Micro-Teaching
- Macro-Teaching
- Four Months of Internship



EXTERNAL EXAMS

- DRAMA AND ART
- GUIDANCE AND COUNSELLING
- FINAL TEACHING PLANS
- PRACTICAL PRESENTATIONS
- VIVA - VOCE

THE EXAMINERS





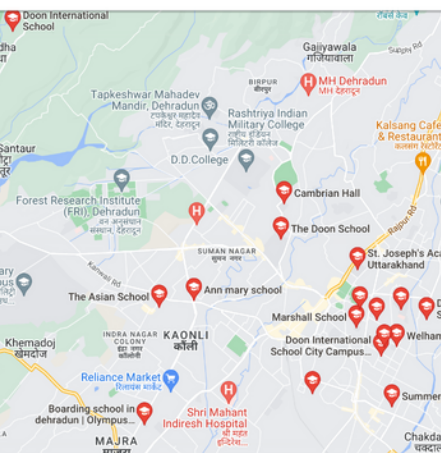
PLACEMENT

Placements @ ICFAI University, Dehradun
ICFAI University, Dehradun has a robust and successful career management centre to guide the students and train them for Industry readiness

- 13,500+ strong Alumni networks are working in Top MNCs, Law firms, LPOs, NGOs, Schools and Teaching Institutions in India and across the world.
- **Excellent** Placements Year-on-Year with the highest package
- 600+ recruiters and internship stations in India and abroad.

TRAINING AND PLACEMENT

The training and placement wing at the University looks after the training and placement activities on a continuing basis. Staffed by senior professionals and placement executives, the team initiates and maintains the University- Industry dialogue and manages the summer internship program and final placement activities. The team evaluates student performance levels and ensures relevant preparation for their corporate placements. Working both at the supply and demand sides of the placement, the team plays the vital intermediary role of matching academic excellence and industry expectations and counseling the students appropriately.



A JOINT EFFORT

The University believes that the entire placement exercise is a joint effort between the University and the students. While the University provides guidance, support and network with potential employers, the students have the responsibility to put in the maximum possible efforts to obtain suitable placements.



IEDS FACULTY AND FACULTY ENGAGEMENTS



DR. MEENA BHANDARI
DEAN
IEDS - IUD

Ph.D.(Edu), NET
M.A.(Eng)
LLB, M.Phil(Edu)



MS. ATULYA VERMA
ACADEMIC COORDINATOR
IEDS - IUD

Ph.D.(Pursuing) NET
M.A.(Eng)
M.A.(Edu)



MS. SWATI RATURI,
FACULTY ASSOCIATE
IEDS-IUD

B.Com., M.Com
B.Ed
M.Ed



MS. NATASHA PALLAVI
FACULTY ASSOCIATE
IEDS - IUD

Ph.D.(Pursuing)
M.A.(Edu) M.A.(Geo)
B.Ed
PGDBA, PGCCC



Professional Ethics and Human Values

**GUEST SPEAKER AT SHARDA UNIVERSITY,
NOIDA**

**DR. MEENA BHANDARI
DEAN ICFAI EDUCATION SCHOOL
THE ICFAI UNIVERSITY, DEHRADUN**



Human values and professional ethics are complementary to each other. Whereas human values convey personal conviction, ethics describes the accepted principles and standards of conduct about moral duties and virtues as applied to an organization.

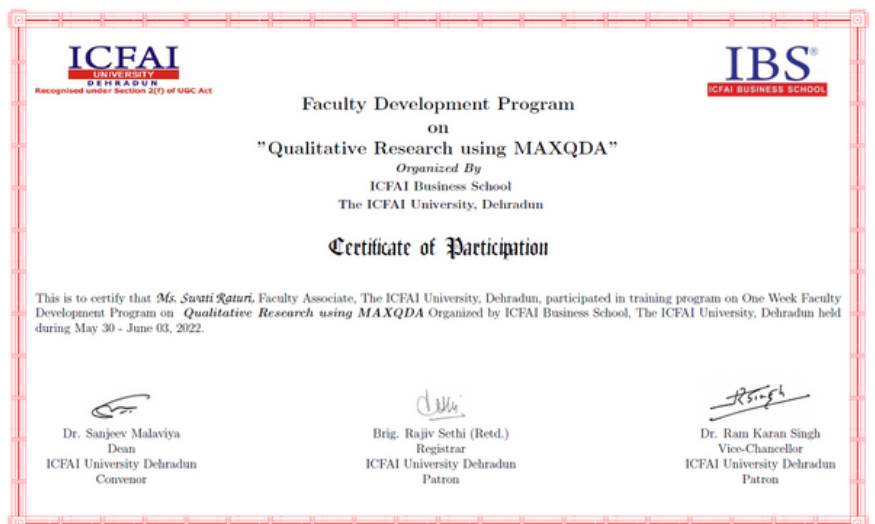
MORALLY DESIRABLE AND RESPONSIBLE CONDUCT

1. Moral reasonableness i.e., willing and able to be morally responsible.
2. Moral hope i.e., believes in using rational dialogue for resolving moral conflicts.
3. Respect for persons, which means showing concern for the well-being of others, besides oneself.
4. Tolerance of diversity i.e., respect for ethnic and religious differences, and acceptance of reasonable differences in moral perspectives.

CERTIFICATES OF PARTICIPATION



MS.SWATI RATURI
FACULTY ASSOCIATE
ICFAI EDUCATION SCHOOL
THE ICFAI UNIVERSITY,
DEHRADUN



An insight into self-efficacy and its impact on students' achievement

WRITTEN BY ASHLEY HATFIELD

Ms. Atulya Verma
Academic Coordinator
ICFAI Education School
The ICFAI University, Dehradun



Journal of Positive School Psychology <http://journalppw.com>
2022, Vol.6, No. 4, 2746-2752

Academic success and achieving good grades are among the main goals at all levels of Education. Academic achievement is directly related to the idea of self-efficacy as there are many instances to support the influence of its belief and impact on academic achievement. Understanding self is of prime importance in understanding one's ability to achieve what is expected of him/her. This paper has highlighted the concept of self-according to a few renowned psychologists. Also, the authors have tried to review different works on self-efficacy and its impact on academic achievements. It has been analysed that Self-Efficacy improves Academic achievement, improves emotional health and well-being, and serves as a valid predictor of motivation and learning. Readiness to learn, Reinforcement and Extrinsic motivation can boost the potential of an individual by making an improved outcome. Students lack the ability to succeed because they do not believe in their abilities. One needs to understand his/her strength or potential to better exhibit the right

behaviour leading to achieving success in any task provided. Learning or positive change in academics is dependent upon several factors like physiological, psychological, cultural, hereditary and socio-economic factors. Greater the age and maturity, better the healthy intake of food, healthy hereditary characteristics, and greater would be the attainment level of an individual.

Digital Transformation

**MS.NATASHA PALLAVI
FACULTY ASSOCIATE
ICFAI EDUCATION SCHOOL
THE ICFAI UNIVERSITY,
DEHRADUN**

In the education industry, the target beneficiaries can be student, faculty, staff and alumni and digitizing the education sector can benefit both students and faculty.



Digital Transformation in Education does not only mean improving students' experience; it also focuses on enhancing the campus environment, teaching and learning methods. Therefore, we have classified the digital transformation in education sector into three categories:

- Transformation in Campus environment
- Transformation in Learning Methods
- Transformation in Teaching Methods

Digital Transformation aimed at enhancing the student experience might include:

- allowing students to register for admission via mobile app or web app
- providing a wide array of online learning options
- using technology to track student progress and run intervention protocols
- allowing faculties to organize online classes.



Teachers Orientation Program - July,2022

MS.NATASHA PALLAVI
FACULTY ASSOCIATE
ICFAI EDUCATION SCHOOL
THE ICFAI UNIVERSITY, DEHRADUN



Teacher Training Program helps in improving teaching skills like time management, technical knowledge, motivating students and teaching skills. Thus resulting in the overall personality development. Teachers can help students in applying academic knowledge in daily life.

In this program a presentation was projected which highlighted About IUD, IEdS, Activities Conducted, Courses Offered, details about B.Ed. and M.A.(Edu) and Scholarship details.

Objectives: To provide training and counsel Teachers, Encourage admission through different scholarships, Publicize other courses offered in the university, Showcase activities, events, and achievements of IUD To build rapport with Teachers and School management for future events and Plan career counseling sessions in future.

ICFAI EDUCATION SCHOOL

The ICFAI Education School, The ICFAI University, Dehradun. It has conceived and developed a unique B.Ed. and MA (Education) Program to train the teachers to meet the challenges of emerging trends and competitive environment. The curriculum and pedagogy adopted are exploratory and reflective in nature. An applied approach to learning is followed keeping in view the national and international standards of Education.

PROGRAMS

- Bachelors of Education (B.Ed.) - 2 Yrs
Bachelors in any stream with minimum 50% marks
- Masters of Arts (Education) - 2 Yrs
Bachelors in any stream with minimum 50% marks



HIGHLIGHTS

- SCHOLARSHIPS
- PREPARATION FOR CTET, UTET etc
- SOFT SKILLS TRAINING
- FOUR MONTHS TEACHING INTERNSHIP PROGRAM
- 100% PLACEMENT

PLACEMENT & PACKAGE

- THE DOON SCHOOL - 15 TEACHERS (UPTO 30 LPA)
- WOODSTOCK SCHOOL (24 LPA)
- ÉCOLE GLOBALE INTERNATIONAL GIRLS SCHOOLS (4.8 LPA)
- INTERNATIONAL SCHOOLS IN MIDDLE EAST (8 LPA)
- GOVERNMENT SCHOOLS (7TH PAY COMMISSION)



CONTACT

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Selaqui, Dehradun - 248 011, Uttarakhand