

Reflections, Reactions and Resound (Our Participants Speak)

UGC.Academic Staff College is in constant touch with the teachers who have attended its different programmes. It seriously views the suggestions given by the participants. It also collects their experiences about the extent of application of different skills and conceptions learnt during the programmes. A number of teachers send their opinions about the utility of the programmes and also share their experiences.

In this issue, we are including the experiences and views of a coordinator and some teachers who attended orientation programmes and refresher course. We further welcome such responses from the participants and would be happy to incorporate their responses in this column.

ASC Imbibes Values of Multi-Disciplinary Fabric

Dr. Parminder Jeet Kaur

B.U.C. College Batala, Distt. Gurdaspur, Punjab

It is really a pleasure to share my experience at ASC, Shimla which is renowned institution catering to the needs of the teachers by providing Quality Lectures on diverse issues. This institution has made an attempt tried to imbibe the values of multi-disciplinary fabric keeping in view the higher standards of education. By God's grace, they have been successful in cultivating the attitude of tolerance in us.

All the resource persons have relentlessly engaged themselves upon the task of nurturing our minds on the principle of information and formation. I am glad that to keep the course in tune with the changing scenario they gave us practical knowledge in

library and computer science. I was happy to see more extended infrastructure in the sphere of computer and IT labs.

We had an impressive curriculum starting with the morning prayers that helped us reach our full potentials. The core staff of ASC as well as the resource persons are the authorities in their field. Their caliber and commitment were major factors in our high performance. For all those who had made a choice to enter the portals of this prestigious institution were assured by the faculty members that they would grow not only mentally but also spiritually and not to mention WE REALLY DID!!!

May god bless them all!!!

Orientation Course: Participant's Perspective

Sonia Thakur

Lecturer in English, R.K.M.V., Shimla

As a participant of OP-84, I got the opportunity to be associated with a reputed institute which made me look the teaching profession from an entirely new perspective. It instilled enthusiasm and interest in me towards my job as a teacher. After attending

the programme I started feeling a lot of responsibility and got enlightening insights into a teacher's role in the students' life and society. The OP is designed in such a way that it caters for all the needs of the new entrants in the field and is a must for them.

Every morning prayer followed by a discussion on the thought of the day set the motion for the day's work. The programme covered different aspects of teaching, elements comprising a good class-room, a good teacher, effective teaching skills and behavioural patterns that a teacher should adopt in the class-room. The knowledge was imparted on these issues through lectures and interesting games.

The videography of the participants while teaching followed by a self-encounter, a unique technique developed by the ASC-HPU, enabled the participants to understand the do's and don'ts which should be observed in the class-room. The eminent and learned resource persons were invited to give discourse on a wide range of subjects like disaster management, leadership, corruption, time management, women empowerment,

history, budget, interest and email, MS Power point presentations, stress management, physical fitness, yoga, human rights and education, value dilemma, communication games, teaching games, crisis of learning, education policies, education and moral values, cardiovascular disease and role of life style etc. The emphasis was not only on issues related to teaching but a general awareness was created among the participants on a variety of subjects with which they need to be familiar as educated members of the society. The paper presentations, projects and panel-discussions by the participants created an active learning environment and facilitated the sharing of ideas and knowledge. The OP provided a new vision to the participants and helped them to become better teachers and individuals. It taught us that a true teacher is one who never stops learning.

Wonderful Experience

Sutinder Dohroo

PSR Government College Baijnath

Academic Staff College of Himachal Pradesh University, Shimla has been adjudged the best Academic Staff College throughout India. It gracefully acts as a medium for spreading the most beneficial information in an innovative way and also provide an opportunity to increase interact with so many intellectual minds. I consider myself luck for being a participant of RC-209 on Environmental Awareness. Honestly speaking, there is something extraordinarily fascinating in Dr. Pathania and his team that forced me to join Refresher Course for third time.

In this course, experts from different fields enriched our knowledge with their well-planned, inspiring and stimulating discourses on current environmental issues. Eco-friendly way of life and livelihood will surely be helpful in providing employment opportunities to the unemployed youth. Most significant

contribution of this course was panel discussion, rally, projects and interaction on issues related to 'Mother Nature' whom we have mercilessly exploited for our selfish ends in the name of progress and the punishment striking us in the form of natural disaster.

I've planned to pass on the information regarding Mushroom plantation, herbal gardens, floriculture and selvi culture to surrounding village panchayats for self-employment purposes to youth. Moreover, Dr. Ilawat from Solan Mushroom Plant will be communicated for further action. Volunteers of NSS, NCC, Rovers and Rangers (Scouts & Guards) will be guided to spread knowledge regarding environmental imbalance resulted from human activities. In this way, I'll make the best utilization of this course. Interstate cultural exchange and joyful feast of self-composed poems by learned participants was another boon for us.

Sometimes continuous lengthy discourses made us a little bit more taxing. The course would have been more amusing had Director Sir planned one day tree plantation camp in University campus or forest area nearby. The success of RC depends partly on the participants and mostly on Dr. Pathania and course coordinator Dr. Anand

Sagar as motivators and inspirators for all of us.

The memory of this course will be everlasting ever refreshing in my mind as golden daffodils has been for Wordsworth. I owe a debt of gratitude from the core of my heart to ever progressive team of ASC for providing us such a marvelous opportunities.

Golden Experience at Academic Staff College H.P. University, Shimla

Dr.(Mrs.) Suvarcha Chauhan

Department of Chemistry, Himachal Pradesh University, Shimla-171005

It has been really a wonderful and pleasing experience to spend 21 days in the staff college of Himachal Pradesh University when I attended the refresher course in Chemistry (RC-186 from 10-29 Dec., 2007). At present times, teaching profession is full of challenges. And attending this course at ASC, Shimla, infact provides a platform for those teachers who really want to progress/change/mend themselves with the changing environment of education in the country. The programme was attended by 24 participants from eight different states of India. The inaugural day had been unique - an impressive lecture by Prof. K.C. Malhotra, former Vice-Chancellor of H.P. University, Shimla, followed by "Setting the Tone" a programme by which the participants were made aware about the contents, resource persons and the procedural conduct for this course. "Breaking the Ice" was another exciting experience whereby each participant developed familiarity with all new faces. Each day began with the prayers to Almighty followed by one minute silence - an important activity which goes missing at UG and PG institutions. The daily routine included "Thought for the Day" which was presented by and explained by the chairman and discussed fully among the participants. All these activities helped to create a spiritual environment all around. During all these

days, it has been a gathering of versatile and talented teachers who showered knowledge on us. Moreover, the tight curriculum and discipline of ASC promoted us to make efficient time management. We were able to learn about new dimensions in quantum mechanics, which has been according to Prof. B.L. Sharma, an indispensable subject applied to all branches of Chemistry. Some new topics like "Roadmap to Molecular Modelling" and "Unified Approach to Bonding in Organometallic Compounds", threw light in modern context. Hand on experience on computers was also thrilling. In discussion on colour theory, we came to know that human eye can distinguish 7 million colours but cannot record them. Further, to be one day chairman and reporter imparted leadership qualities, interpersonal communication and rapport building skills etc. Being a member of Brain Trust Committee, I got additional benefit by sharing ideas with various resources persons and co-participants as well.

Visits to "Indian Institute of Advanced Studies" and excursion trip to "Naldehra & Kufri" were enough to help us relax a bit from a busy schedule at ASC. At the end heartiest thanks and all gratitude to Prof. Yoginder Verma, Prof. Kulwant Singh Pathania and Dr.(Mrs.) Kiran Rekha - a brilliant ASC team. Also the cooperation extended by the para

staff during the entire course is highly acknowledged. By the time, the course is completed, one feels rejuvenated and full of

vigour. If in a line, I have to describe the course, I would say, "I WISH I COULD ATTEND IT AGAIN".

My Outlook as Participant

CA Asmita H. Vyas

KBS Commerce & Nataraj Professional Science College, Vapi Gujarat

It was indeed a great pleasure and privilege to be a part of the Refresher Course conducted by ASC Shimla during 2009 summer vacation. It was a wonderful experience for me to start a working day with prayer in pious atmosphere, one minute silence, report reading program and brain storming session for "Thought of the day".

The programme provided hands-on knowledge and skill one needs to

- Improve teaching methodology and techniques
- Improve factors affecting the quality education
- Create a ripple effect throughout the institution

The different programmes like ice breaking session, lectures by renowned

resource persons, quiz competition, presentation, report writing, chairmanship, educational tour, farewell party, test etc. always kept us on our toes. The exercise by the participants in the "Presentation" was a step in the right direction to help in boosting the confidence and sharpening the skill, which are very important for a faculty member in the class room. Suggestions of our colleagues provided deep introspection.

We could remain active and fresh due to warm and cordial behavior of ASC Shimla staff members. I found new friends from different states where we had the opportunity to share culture, ideas and views, knowledge etc.

In a nutshell, I can never forget the life learning experience I have had with ASC Shimla in Refresher Course 205.

RC-208 एक नजर में

डॉ. नीरोत्तमा शर्मा

मालवा सेंट्रल कॉलेज ऑफ एजुकेशन फॉर विमैन, लुधियाना, पंजाब

अकादमिक स्टॉफ कॉलेज, हिमाचल प्रदेश विश्वविद्यालय शिमला द्वारा दिनांक 06.07.2009 से 25.07.2009 तक 'रिफ्रेशर कोर्स इन एजुकेशन' का आयोजन किया गया। चिलचिलाती गर्मी के मौसम में हिमाचल की वादियों में आने का यह स्वर्णिम अवसर था जिसका प्रत्येक प्रतिभागी ने भरपूर लाभ उठाया।

इस कोर्स में सबसे महत्वपूर्ण बात रही स्टॉफ कॉलेज के पदाधिकारियों का सहयोग पूर्ण व्यवहार। प्रथम दिन ही नहीं ये लोग इस बात के लिए भरपूर प्रत्यन कर रहे थे कि सभी प्रतिभागियों को सुविधा पूर्ण आवास उपलब्ध हो। इसके लिए इन्होंने व्यक्तिगत स्तर पर प्रयास किए।

स्टॉफ कॉलेज द्वारा उपलब्ध करवाए गए स्रोत व्यक्ति (Resource Person) विलक्षण प्रतिभा के मालिक थे। डॉ. लोकेश कौल व डॉ. जी.डी. शर्मा के बारे में कुछ कहना सूर्य को दीपक दिखाने के समान है।

डॉ. रमेश चन्द द्वारा एन.सी.टी.ई. पर विचारोत्तेजक भाषण प्रस्तुत किया गया तथा डॉ. हरबन्स राणा द्वारा 'निर्देशन एवं परामर्श' पर दिया गया भाषण काफी लाभदायक रहा।

यह जानकर अच्छा लगा कि स्टॉफ कॉलेज को प्रतिभागियों की सेहत का भी ख्याल है। डॉ. पी. सी. नेगी द्वारा हृदय सम्बन्धी व डॉ. ए.के. गुप्ता द्वारा दांतों सम्बन्धी जानकारी बहुत सराहनीय थी।

डॉ. विकास शर्मा, डॉ. अश्विनी कुमार व डॉ. मनु सूद द्वारा कम्प्यूटर सम्बन्धी नवीनतम जानकारी दी गई जिसका प्रयोग अध्यापक वर्ग अपने शिक्षण के दौरान कर सकेगा।

डॉ. नलिनी जुनेजा ने अध्यापकों को 'शिक्षा के अधिकार' से परिचित करवाया तो डॉ. कुलदीप पूरी ने यशपाल कमेटी रिपोर्ट 2009 के कई पहलुओं पर प्रकाश डाला। डॉ० पी.सी. शर्मा द्वारा दी गई पुस्तकालय सम्बन्धी जानकारी बहुत ज्ञानवर्धक थी।

डॉ. अपर्णा नेगी का व्याख्यान लिंगभेद पर कुठाराघात करने में कामयाब रहा तो डॉ० कुलवन्त सिंह पठानिया ने खेल-खेल में ही मूल्यों की शिक्षा देकर यह साबित कर दिया कि केवल उपदेश देकर बच्चों को मूल्य नहीं सिखाए जा सकते बल्कि दैनिक जीवन से उदाहरण देकर उन्हें मूल्य अपनाने के लिए प्रेरित किया जा सकता है।

प्रो. रमेश चन्द, प्रो. सतीश बदवाल, प्रो. सुदेश गक्खड़, डॉ. नैन सिंह, प्रो. आशा सेठी, डॉ. एच.आर. शान व डॉ. राजेन्द्र यादव ने अपने अभिभाषणों में न केवल शिक्षा व तकनीकी के नवीनतम पहलुओं को छुआ व शिक्षा व्यवस्था में आ गई कमियों पर प्रकाश डालते हुए शिक्षकों को आह्वान किया कि वे इन बुराईयों को दूर करने के लिए स्वयं आगे आएँ तथा समाज को एक नवीन दिशा प्रदान करें।

इस कार्यक्रम की विशेषता अध्यापक वर्ग को एक ऐसा स्थल उपलब्ध करवाना रही जिसमें वे बेझिझक हो कर अपने विचार प्रस्तुत कर सकें तथा विपक्षियों के विचार सुन सकें।

एक महत्त्वपूर्ण विशेषता Research Work/Project Work रही। जिसमें स्टॉफ कॉलेज द्वारा स्वयं Topic देकर प्रतिभागियों को रिसर्च करने हेतु प्रेरित किया गया इसकी प्रस्तुति पर प्रो० राजेन्द्र यादव द्वारा दिए गए बहुमूल्य विचार अपने आप में विलक्षण थे।

प्रतिभागियों के 'पत्र वाचन' Seminar/Quiz के समय स्टॉफ कॉलेज के सदस्यों का उपस्थित

रहना तथा Experts द्वारा उसका मूल्यांकन करवाना एक सराहनीय कदम था।

सुबह की प्रार्थना जिसमें बारी-बारी लगभग सभी धर्मों की प्रार्थना की गई। एक पल का मौन, दैनिक विचार व विचार पर चर्चा तथा प्रतिदिन कार्यक्रम के अन्त में राष्ट्रीय गान अकादमिक स्टॉफ कॉलेज शिमला की विशिष्टता है। यह विभाग इसे प्रतिबद्धता से निभाता है।

स्टॉफ कॉलेज द्वारा आयोजित IAS तथा कुफरी व चायल इत्यादि रमणीय स्थलों की यात्रा इस कोर्स की विशेष भाग थी -

**विचारों से ऊँचे पर्वत
मन की गहराईयों से खाईयाँ
हरियाली से उर्वरा धरती
साँप सी बल खाती सड़कें
धुएँ से उड़ते बादल
रिमझिम सी बरसात**

मन ही नहीं आत्मा को भी सकूँ से भर देती है।

हम अकादमिक स्टॉफ कॉलेज के हृदय से आभारी हैं जिनसे हमारे विद्यार्थी जीवन (Student Life) जिसे कि स्वर्णिम युग कहते हैं पुनः हमें लौटाया। इस कोर्स के दौरान हमने बहुत कुछ नया सीखा। पुराने ज्ञान को दोहराया, शिक्षा, शिक्षण व शिक्षार्थी पर विचार विमर्श किया। नई तकनीकों की जानकारी ली। अपने साथियों के समक्ष अपनी प्रतिभा का प्रदर्शन किया।

इस कार्यक्रम में एक ही कमी थी..... 10 से 5 का लम्बा समय,? यदि अकादमिक स्टॉफ कॉलेज वाले हमें हर रोज़ 4 बजे छुट्टी कर देते हम आसपास के प्राकृतिक वातावरण का अधिक आनन्द उठा पाते।

हम हृदय से यू.जी.सी. के आभारी हैं जिन्होंने अकादमिक स्टॉफ कॉलेज शिमला को RC-208 आयोजित करने का अवसर प्रदान किया तथा अकादमिक स्टॉफ कॉलेज के सभी सदस्यों के लिए धन्यवादी हैं जिन्होंने इस कोर्स का इतना अच्छा आयोजन किया।

