

"TEACH TO LEARN AND LEARN TO TEACH"

[www.amaltascollege.com](http://www.amaltascollege.com)

### MESSAGE FROM THE SECRETARY

**"When life gives you lemon, make lemonade"**

As we enter the third week of the lockdown, our doctors, nurses and other personnel deployed fight this battle continue to work day and night to ensure our safety. While we have still not won the battle against COVID '19, we are hopeful that things will begin to look up and life will become normal once again. Hope is good in times of adversity, but what if the battle continues beyond week three? We have to be prepared. Yet the current crisis is not as catastrophic as a world war. But its effects will be far reaching for which we will need to change the way we live. The opportunity is there for us to seize, and we must start work on it now. Starting with ourselves, it's a good time to pay attention to our health. On our health depends the economic health of the country. We know that when our immunity becomes low, diseases attack, So let's follow a healthy regimen of exercise, food, work and rest. Exercise should include meditation, pranayama and physical workout. We need to take special care of those in our family who are suffering from chronic diseases of the lungs, heart, diabetes and so on. We should also know which medical facility to go to if someone in the family falls ill. For ailments that can be treated at home, we can fall back on home remedies, but we need to be sure that they have been tried and tested.



"YOU ARE WHAT YOU EAT," is a popular saying. In order to stay physically and mentally healthy, it's important that we eat food that is both healthy and tasty. As we have more time to spend at home, it's a good idea to try out some interesting recipes. The internet is a good source for this. But we have to make sure we use ingredients carefully and make sure we don't waste food. As lockdowns are happening in more and more states and districts, our food supply may also get affected. Finally, the way we work may need to change, too. We are fortunate to have phone and internet connectivity in most parts of the country. In a lockdown situation that we are in, we are lucky to be able to stay connected with family and friends even while maintaining a physical distance. But there is much more we can use the internet for in our work and profession.

As it is quite apparent, both students and teachers will continue to be separated from each other and the institute. This means technology must be harnessed in every activity in innovative ways. Accessing a central pool of teaching and learning content from remote locations will be a primary need. But before that we have to build the pool of virtual content, which the faculty is doing as we speak. The students need to join the effort in research and suggest ways in which this can be shaped for presenting at various instances. The referencing and tracking of content also need to systematic, just as we do in the physical library. Everyone needs to be technology enabled as ACE prepares for online training. As it is said, "Necessity is the mother of Invention."

**- Ratna Choudhry (Secretary, Amaltas College of Education)**

### HOLI CELEBRATION

The festival of color always rings with the spirit of joy at Amaltas. The festival was celebrated in full fervor right before the students went off for their break on 6th March 2020. The enthusiasm was such that it brought students, faculties and staff members to dance and enjoy the festival of Holi.

The students had organised a cultural programme on this occasion. They presented a drama, group songs, qawwali and dances on Holi songs. The lamp was lighted by our chief guests, Trustee Sri Yashvir Sinha and Ms. Shobhana Choudhry, head of TMM Nirmiti Kendra, an organization that has transcended gender disparity by putting women at the forefront of building activity.



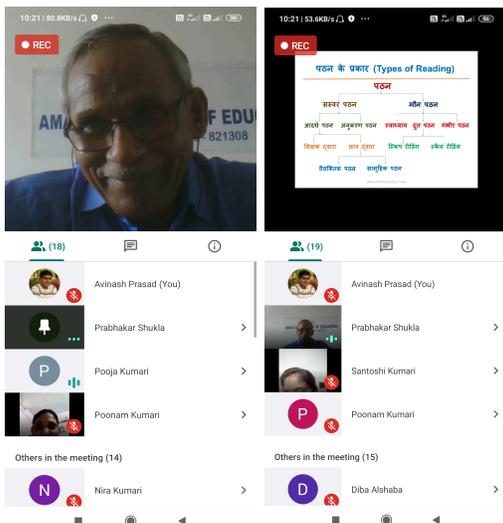
Dance performance by D.El.Ed. students on Holi celebration day



Students of B.Ed. FY & D.El.Ed. SY, singing a Holi song

### ONLINE CLASSROOM

Online classes for the students are being conducted via 'Google Meet' application and the recorded lectures and study material are also being shared with them online using 'Google classroom' portal to compensate for the loss of face-to-face classroom instruction during the period of the lockdown.



An online class being conducted by Mr P P Shukla on 'Google Meet'

### SPECIAL HOUR CELEBRATION

"International Women's Day" was celebrated early on 5-March-2020 as a special hour event in the college. The limelight was on the tireless effort of countless exceptional women of India and the world, who have led extraordinary and exemplary lives. The halls and the corridor's soft boards were filled with charts and collages prepared by the students that described the struggle and achievements of these eminent women personalities. Pooja, Shruti, Bushra, Shehzadi, Sanobar and Sushma from D.El.Ed. spoke about Kiran Bedi, Lata Mangeshkar, Shahin Mistri, Lakshmi Agarwal, Malala Yusufzai and Kalpana Chawla respectively. Riddhi, Ankita and Archana from B.Ed. talked about Annie Besant, Mother Teresa and Marry Kom's struggles and achievements. The programme was anchored by Priyanka Kumari, a 1st Year B.Ed. student.



Riddhi Kumari (B.Ed. FY) speaking on the life of Annie Besant



Students of D.El.Ed. SY, performing on International Women's Day

### '2020-22' SESSION ADMISSIONS DELAYED

Lalit Narayan Mithila University has postponed the Bihar B.Ed. CET examination which was scheduled for 29th March due to the nationwide lockdown called by PM to combat the COVID-19 threat. The new date will be announced after the lockdown is withdrawn.

Bihar School Examination Board (BSEB) Patna has also delayed its CET scheduled for 28th March for D.El.Ed. course (2020-22 session). Bihar School Examination Board will also re-announce the new date of the CET counselling later.

Accordingly, the admissions to 2020-22 sessions may be delayed.