

WORKSHOP ON SOCIAL EMOTIONAL LEARNING (SEL)

An interactive workshop on Social Emotional Learning for all the staff members of the college was conducted in the college by our Secretary Ms. Ratna Choudhry from Monday, 14th September to Saturday, 19th September 2020. The session focused on social-emotional management skills in adults. The workshop covered five major topics, i) **Self-awareness**, ii) **Self-management**, iii) **Social-awareness**, iv) **Relationship-skills** and; v) **Responsible decision making**.

The first day's topic of self-awareness included self-confidence, sense of feeling skillful in adults, respecting self and others and ability to take responsibility. On the second day of the workshop self-management was discussed which included abilities like impulse control, stress management, responsible decision making, managing emotions, staying motivated, and setting and meeting goals. The participants felt that these topics were quite relevant to them, they often come across situations in their professional as well as personal lives where they need to use these skills. While sharing some of their past experiences, they felt that they could have reacted better in most of those situations if they had learnt social emotional skills earlier. Social-awareness and relationship-skills was covered on days 3 & 4 of the workshop. This included topics like paying attention to others, recognizing their perspective and taking time to respond. Coping with conflicts was also discussed, and it was agreed that good listening skills, assertiveness, and better negotiation skills can be invaluable in dealing with conflict situations. Responsible decision making was the last topic of the workshop.

The participants were given two tasks for the last day of the workshop. They had to sketch a new version of themselves, and what they would like to be for the rest of 2020 and beyond. The second task given to them was to prepare and present their personal SWOT analysis. Their was unanimous consent that the week-long session was very successful, and made a real difference to each attendee.



NEW FACULTY

We are happy to announce that six new faculty members have joined our college. This is their provisional appointment which is due for regularization by the University as per NCTE Norms. Meet our new faculty:



Kumari Chandni

Assistant Professor,
Education : M.Ed (Central University of South Bihar)
B.Ed, M.A. (Economics)
UGC - NET (Education)



Firdaus Tabassum

Assistant Professor,
Education : M.Ed (Central University of South Bihar),
B.Ed, M.Sc. (Mathematics)
UGC - NET (Education)



Shashi Kumar Shekhar

Assistant Professor,
Education : M.Ed (Central University of South Bihar),
B.Ed, B.Sc(Botany) M.Sc. (Environmental Science)



Rupesh Kumar Pandey

Assistant Professor,
Education: M.Ed (Central University of South Bihar)
B.Ed, M.A. (English).
UGC - NET (Education)



Saurav Kumar

Assistant Professor,
Education : M.Ed (Central University of South Bihar),
B.Ed, M.Sc. (Env. Science)
UGC - NET (Education)



Rajwant Singh

Assistant Professor,
Education : M.Ed (Guru Ghasidas University),
B.Ed, M.A. (Geography)
UGC - NET (Education)

B.ED. ADMISSIONS 2020-22 SESSION

The Bihar B.Ed. CET was conducted successfully by Lalit Narayan Mithila University (LNMU), Darbhanga on 22nd September and the results of the entrance test was declared on 1st October. More than one lakh students had appeared for the test. The online counseling process for admission started from 7th October. LNMU has released the detailed schedule of all rounds of counseling and the admission dates. The classes of the new batch are expected to start from 1st of January 2021.

UNIVERSITY & BOARD EXAMINATION 2020

B.Ed. first year and the final year University examination for 2019-21 were conducted from 28th September 2020. The theory examinations were conducted in the offline mode and the practical examinations were conducted internally by college.

The Bihar School Examination Board (BSEB) is yet to announce the dates of the first and second year examination of D.El.Ed. Earlier it was scheduled in August, but soon after it was postponed by BSEB.