

Amaltas College of Education

"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt



Students of Amaltas Niketan demonstrating Yoga Asanas in our college auditorium

The Indian Knowledge System and the School Curriculum

In recent months, there has been a significant and growing discourse in India about the integration of the Indian knowledge system into the school curriculum. This discussion is part of a broader movement to reevaluate and revamp the education system to make it more holistic, more inclusive and culturally relevant.

At Amaltas College of Education, we are actively engaged in developing a curriculum that introduces our students to various elements of the Indian knowledge system, including ancient sciences, philosophy, arts, and literature. Our goal is to encourage our students to reflect on how they can incorporate elements of India's rich and diverse knowledge system into their future teaching practices.

We believe that empowering our students to explore and adapt these traditions to contemporary education can help bridge the gap between tradition and modernity while nurturing a sense of cultural appreciation and relevance. This initiative aligns with the broader discussions on curriculum reform and the integration of the Indian knowledge system into the educational landscape, and we are committed to being at the forefront of this positive change in education.

Student Orientation - B.Ed. 2023-25

3 July 2023



Assistant Professor, Shashi Kumar Shekhar delivering the keynote address

On July 3, 2023, the auspicious day of guru purnima, we extended a warm welcome to the 8th cohort of B.Ed. students, marking the commencement of their academic journey for the session 2023-25. The occasion was graced by the presence of distinguished scholars, esteemed administrative officials, and other prominent dignitaries hailing from our district. The event commenced with a ceremonial lamp lighting, the recitation of sacred mantras, and a collective rendition of our kulgeet, setting a vibrant and promising tone for the rest of the day.

Our distinguished guests addressed the newly enrolled teacher trainee students, emphasizing the critical role of educators. They offered valuable perspective on the evolution of teachers in the contemporary context, the significance of embracing both AI (Artificial Intelligence) and EQ (Emotional Quotient) alongside IQ (Intelligence Quotient), the rich Guru-Shishya tradition and nuances of the new education policy. Former students also shared their personal experiences, inspiring and motivating their successors. The newly enrolled student-teachers were introduced to the college community through engaging sports activities, a meeting with their assigned mentors, a tour of the college premises, and an introduction to their curriculum.

This orientation program heralded the commencement of a promising academic expedition for our aspiring teachers as they prepare for pivotal roles as educators themselves.

Founder's Day

4 July 2023

Dr. Saroj Agarwal's vision set the founding of Amaltas College of Education into motion. She dared to imagine a world-class teacher's training college in the heart of rural Bihar, that would support the schools in and around Tilothu, Indrapuri, Rohtas, Dehri and Sasaram, and teachers that would change the tone of education in Bihar.

This year we welcomed our 8th batch of B.Ed. students to the class of 2023-25.



Dr. Saroj Agarwal
8-Sep-1928 - 4-Jul-2014

A brief remembrance

Dr. Saroj Agarwal, my Nani was born on 8 September 1928 into a middle-class family in Kaithal Punjab. She was the eldest of 5 siblings, 3 sisters and 2 brothers. Her father was a banker in the Imperial Bank. Her mother was a very orthodox women, and had a very strong sense of right and wrong. Dr. Agarwal was a woman of extraordinary courage. At the height of the pre-independence unrest and turmoil, she, then a beautiful young 16-year-old, got on to a train in Lahore with just her 4 younger sisters and brothers, to get to Delhi where her mother was waiting anxiously. It was an act of extreme courage. Courage and resilience that defined the rest of her life.

Dr. Agarwal's mother may have been orthodox, but in 1945, she sent her daughter from Lahore all the way to Banaras to study in BHU. In 1949, Dr. Agarwal married Shri Shashi Bhushan, a civil engineer from Rourkee and grandson of the legendary Bharat Ratna, Dr. Bhagwan Das. She had 3 children, a daughter and 2 sons. It was a happy marriage, and for the next 9 years, she lived a normal domesticated life, like other women in those times.

In 1958 everything changed. Her husband tragically died in a train accident. Her eldest daughter was 8 years old. Dr. Agarwal was devastated but protected her children from her own sense of loss and despair. She took control of her own life and with the support of her husband's family, ensured that her children had as normal a childhood as possible. She was very well-read in Hindi literature but decided to pursue a MA in English since it had more opportunities for employment. Her first job was in a small school in Banaras. Now earning a salary of Rs. 300 per month, she set up her own household with her children. Through all this turmoil she ensured that her children's education was never compromised.

Soon after, she got a job in BHU as an English lecturer, and enrolled for a Ph.D. In college, she was a much-admired woman for her courage, style and elegance. Her Ph.D. research work took her to Calcutta, where she connected with Sri Veer Pratap Sah, also a descendent of Dr. Bhagwan Das, who helped her with her research. Against all social norms of those times, they married in 1967. She was 39. It was another extraordinary display of confidence and will power. Three years later she married her eldest daughter. Over the next couple of years, she completed her Ph.D. in English. Dr. Agarwal involved herself in several social organizations, always working behind the scenes, but this gained her respect and acceptance in her new family as well as in society. She was a person in her own right. Dr. Agarwal was a patron of art and music and all things beautiful, particularly sarees and jewelry. She and travelled widely in India and abroad, was a vegetarian, but this didn't stop her from experimenting with different cuisines.

Dr. Agarwal retired from BHU in 1988 as a much beloved Professor and opened a nursery school in Banaras in her own house. At the age of 74, she was diagnosed with cancer. She fought it for 12 years living a very normal and engaged life. In what was a final act of extraordinary foresight, will-power, and courage, Dr. Agarwal now 84 years old, and fighting a losing battle to a dreaded disease, sold her home in Banaras, a heritage building that she had lived in for more than 45 years. She gave a portion of the funds to her daughter and our Vice Chairperson Mrs. Ranjana Sinha, who decided to fulfil her mother's wishes and Amaltas College of Education was built.

Dr. Agarwal laid the foundation for the college building but didn't live to meet the first batch of students in 2016. She passed on to her next life on 4th July 2014, at the age of 86, but her spirit lives on in our college, and may her legend never dim with the coming generations.

Founder's Day Events

4 July 2023



Kathak recital by Ishita Bhushan, great granddaughter of Dr. Saroj Agarwal, and student of the legendary Padma Shri, Dr. Shovana Narayan.



Our anchors for the day - Naina Arya and Divya Rani - D.El.Ed (2021-23)



A 4-day dance workshop culminated in a performance by the students of Amaltas Niketan



Yoga Asana demonstration by students of Amaltas Niketan



Semi-classical Indian music demonstration by students of Amaltas Niketan

Social-Emotional Learning

2nd & 4th September 2023

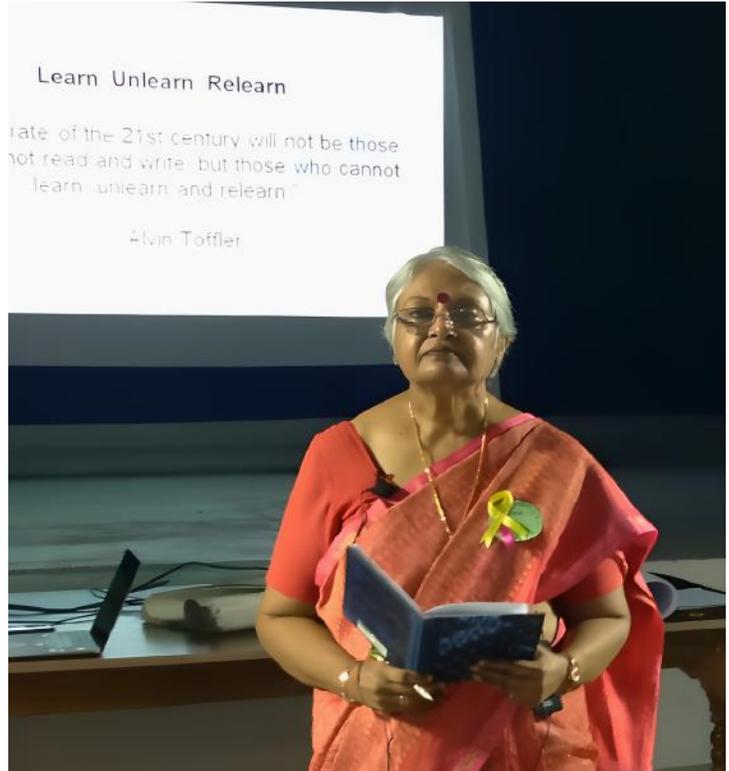
Workshop by Ratna Choudhary, International Trainer

Student-teachers who possess strong Social and Emotional Learning (SEL) competencies are better equipped to effectively manage stress, cultivate positive relationships with their students, and adeptly address the diverse emotional needs of their learners.

The two-day workshop, attended by 75 students, was centered around hands-on activities and required participants to engage in intense collaboration. This comprehensive workshop encompassed instruction on five key SEL domains: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

The goal of providing SEL training was to inspire students to champion the advantages of SEL within the schools where they will eventually teach.

Mrs. Ratna Choudhary, a highly experienced senior Trainer of Trainers (TOT) with a wealth of international expertise, is also the Secretary at Amaltas College of Education.



Mrs. Ratna Choudhary during the workshop



1st Year B.Ed. Students - Monika, Madhuri & Rani working on a SEL project

International Literacy Day

8th September 2023

Literacy affects health outcomes: A survey of the local population

The quality of a nation depends on the quality of its citizens. The quality of its citizens in turn depends on the quality of their health and education. A group of 1st-year B.Ed. students (2023-25) did a survey in the 2 km radius of Indrapuri (the college) to assess the relationship between literacy and the health of its citizens. Their sampling size was 63.



This is a summary of their major findings:

- **General Adverse Health Impact:** People with low levels of literacy often experience poor health, incur higher medical costs, and struggle to grasp health promotion and disease prevention concepts. They are 1.5 to 3 times more likely to face adverse health outcomes.
- **Medication Challenges:** People with low levels of literacy have limited comprehension of dosages and instructions.
- **Higher Hospitalization Rates:** People with low levels of literacy are hospitalized more frequently.
- **Lesser Preventive Care:** People with low levels of literacy are less likely to go for health screenings and other preventive measures, and more likely to make poor diet choices and indulge in substance abuse.
- **Mental Health:** People with low levels of literacy experience higher rates of depression and anxiety.

Research Team: Mentored by Shri Shashi K Shekhar, Assistant Professor

Students: Ritu Raj Bharadwaj, Sneha Kumari, Monika Kumari, Sushma Kindo, Akshay Kumar, Rani Kumari and Priyanka Kumari

International Literacy Day

8th September 2023

A Literacy Initiative By Our Students



A group of 1st-year B.Ed. students (2023-25) recently undertook a significant literacy initiative within the local village. Through a diligent canvassing effort, they identified 15 children who were either not enrolled in schools or had irregular school attendance.

To address this issue, each of these 15 children was paired with a dedicated student-teacher who committed to spending one hour with their assigned child every afternoon for 15 days on our college campus. As an integral part of this initiative, the selected children underwent a pre-test to gauge their current literacy levels. Thereafter, the mentors worked diligently with these children over the 15-day period, and upon completion of the mentoring sessions, they were assessed again through a post-test. It is heartening to report that these children demonstrated tangible improvements in their literacy skills, albeit small in scale.

Beyond the academic progress observed, this experiment also served as a platform for valuable social lessons. It shed light on the various factors that contribute to certain children falling behind in their education and highlighted the importance of understanding and addressing these challenges.

In light of these encouraging results and the profound social insights gained from this experiment, Amaltas College of Education has taken the decision to continue its dedicated efforts in working with these students. This commitment reflects our institution's dedication to fostering a brighter future for these children and addressing the educational inequalities that persist in our community.

The Team: Mentored by Hemant K Maurya

Students: Afza Khatoon, Shalini Kumari, Komal Arya, Priya Kumari, Anajali Kumari, Swati Pandey, Viskash Kumar, Pradeep Kumar, Parween Khatoon

Did you know?

Goa became a part of the Indian union only in 1961 !

Goa was a Portuguese state when India became independent in 1947. On 18th December 1961, the Indian army invaded the state after the Portuguese fired at Indian fishing boats, killing one fisherman.

After 36 hours of air, sea and land strikes by the Indian army, General Manuel Antonio Vassalo e Silva, governor general of Goa, signed the "instrument of surrender", handing over Goan territory to India.

19th Dec is celebrated as Goa liberation day.



नदी का उत्साह

A composition by student-teacher Dhiraj Kumar Paswan, B.Ed. 2022-24

उमड़-घुमड़ कर आती नदिय,
गीत खुशी के गाती नदियां ॥

रात-दिन बिन रुके हुए,
सरपट दौड़ लगाती नदियाँ ॥

जोश भरे हुंकार से अपने,
निश्छल प्रेम बरसाती नदियाँ ॥

अमृत जैसे निर्मल जल से,
सबकी प्यास बुझाती नदियाँ ॥

पर्वत और पहाड़ चीर कर,
अदम्य साहस दिखाती नदियाँ ॥

धारा तट से टकरा - टकराकर,
सबको मोती दे जाती नदियाँ ॥

कर दिया समर्पण सारा जीवन ,
तभी तो महान कहलाती नदियाँ ॥



Dhiraj Kumar Paswan (B.Ed. 2022-24) being facilitated by our Chairman, Mr. Ranjit Sinha on 15-Aug-2023 for achieving 100% attendance in his first year.

Academic Events



B.Ed. Admissions - 2023-25

We are delighted to have successfully admitted all 50 students to our Bachelor of Education (B.Ed.) batch for the upcoming academic year. This accomplishment is a testament to the hard work and dedication of our admissions team and the continued interest of prospective students in our esteemed institution.

Daily CTET Preparatory Classes

All students are benefitting from tailored focused preparation, expert guidance, and a supportive environment to excel in the CTET exam. These classes are available daily, and organized to cover all subjects each week.

Preparation for School Internship

Sep, Oct and Nov 2023

2nd year B.Ed. and D.El.Ed. students have commenced preparations for their upcoming 16-week school internships scheduled to begin in December 2023. They are divided into four groups, each assigned a mentor. Over the next few months, students are dedicating two hours daily to mock peer-group teaching sessions, during which they must prepare lesson plans and receive constructive feedback. These sessions aim to enhance their teaching skills and readiness for the forthcoming internship.

Upcoming Events

31-Oct-2023

Ekta Diwas – Celebrating Sardar Vallabhbhai Patel

10-Nov-2023

Diwali Community Outreach Program

December-2023

Seminar – Indian Knowledge System



An environment initiative by our student-teachers in July 2023 – 15 trees were planted in July 2023 in and around the college campus.