



INTEGRAL EDUCATION FOR QUALITY TEACHING

On the Occasion of Azadi Ka Mahotsav & 150th Birth Anniversary of Sri Aurobindo

Chief Editor:
Dr. (Mrs.) Sapna Nanda

Editors:
Dr. Anjali Puri
Dr. Anurag Sankhian
Dr. Sheojee Singh



**GOVERNMENT COLLEGE OF EDUCATION
SECTOR 20-D, CHANDIGARH**

www.gcechd.ac.in

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Banwarilal Purohit

Governor of Punjab
and
Administrator
Union Territory, Chandigarh



Raj Bhavan
Chandigarh



March 24, 2023

MESSAGE

I am happy to know that Government College for Education is bringing out a book on Integral Education under the title 'Integral Education for quality Teaching' to commemorate 150th birth anniversary of Shri Aurobindo.

Education has always been a cornerstone of human progress and development. From the earliest civilisations to the present day, education has played a vital role in shaping individuals, communities and societies. Today, as we navigate an increasingly complex and rapidly changing world, education is more important than ever. It is essential for equipping individuals with the knowledge, skills, and attitudes they need to thrive in the twenty first century, and for addressing the complex challenges being encountered by our global community.

We must ensure that our education systems are inclusive, equitable, and accessible to all individuals, regardless of their background, identity, and empower them to become positive contributors to the society. Citizens must work together to build a future where education is not a privilege, and where every individual has the opportunity to reach his full potential.

I extend my best wishes to the college for the publication of this book.

A handwritten signature in green ink, appearing to read 'Banwarilal Purohit'.

[Banwarilal Purohit]

Dharam Pal, IAS
Adviser to the Administrator



U.T. Secretariat, Deluxe Building,
Sector 9-D, Chandigarh-160009

D.O. No. PS/AA/2023/929...

Dated : 27-03-2023

MESSAGE

I am pleased to know that Government College of Education is bringing out a book titled 'Integral Education for Quality Teaching' to commemorate the 150th Birth Anniversary of Shri Aurobindo

Throughout the course of human civilization, we have faced significant challenges and experienced both growth and hardships. In light of countless discoveries and innovations, it is widely acknowledged that education is fundamental to achieving development and self-realization.

A comprehensive education encompasses more than just the acquisition of knowledge and skills; it also cultivates wisdom and character, equipping students with the tools they need for holistic personal growth. By prioritizing the provision of quality education in supportive yet challenging environments, we enable students to develop confidence, self-esteem, and a sense of responsibility towards their communities. Failure to do so carries the risk of negative repercussions for generations to come.

It is, therefore, vital that educational institutions exercise caution and prudence in their decision-making and actions, working to provide an education that develops knowledge, cognition, wisdom, and character. I once again commend the efforts of the entire team of this college for publishing a book on Integral Education that serves to highlight the pressing importance of integral education in today's era.


(DHARAM PAL)

Purva Garg, IAS
Secretary Education



Department of Education
Chandigarh Administration

D.O. No. PA/Secy/Edw/2023/45

Dated : 31/03/2023

Dear Madam,



MESSAGE

Teacher Education is very integral to the Education System. There is a consistent opinion that integral or holistic education is a necessity in the present age. It is indispensable as society and knowledge cannot be ever separated into two distinct entities.

While this intricate balance of growth can be maintained with holistic education, continuous rise in progress in all quarters of life can be achieved, whether that is individual growth or development of the nation as an entity. This progress based on qualitative education has a very important role to play for the coming generations, which will reap the benefits of this hard work as they develop it, further

I congratulate the college to be able to draw upon the importance of integral education in the form of this book to contribute towards educational scholarship.

Best wishes

Yours sincerely


(Purva Garg)



D.O No PA/DHE/2023/09

Director, Higher Education
Chandigarh Administration

Dated 29/03/2023

MESSAGE

The future holds really exciting possibilities for mankind. We should endeavour to design and deliver education in more effective ways; to build on our expertise, create excellence and create multidisciplinary knowledge base; all within a rapidly evolving global context. To do this, we need increasingly innovative and resourceful teachers who are ready to experiment with approaches like integral education.

Integral Education plays a crucial role in shaping the values and attitudes of individuals, and in turn, the values and attitudes of society as a whole. It is through integral education that we learn about our history, culture, and traditions, and that we develop a sense of identity and belonging.

I believe it is important for intellectuals in today's society to have knowledge of methodologies to provide integral education and the effective implementation of these because practical use of the specific theories, ideologies, and aspects progress society further towards a better version of the truth.

I appreciate the endeavour of Govt. College of Education to provide this quality book on Integral Education and I wish the college to share this outstanding endeavour in educational arena.

(AMANDEEP SINGH BHATTI)

MESSAGE FROM THE DESK OF PRINCIPAL



I am pleased to present this book on Integral Education for Quality Teaching to the intellectual community. This is an exciting moment for our college to advocate the importance of integral education on 150th birth Anniversary of Sri Aurobindo.

As a teacher education institution, we are committed to fostering a love for passionate teaching and learning, and supporting our pupil teachers in their professional development. The publication of this book is a testament of our commitment to these values, and I am confident that it will inspire our students to pursue their dreams and work towards the comprehensive development of their pupils.

The authors have poured their heart and intellect gained through their academic experience into this book, and I can assure you that it is a must-read for anyone interested in the concept and need of integral education. I hope that this book provides an attestation to the power of holistic education and the impact that teachers can have on the lives of their students.

I thank all the authors for their vision and perspectives expressed through the chapters of this book. The editors also deserve due appreciation for their hard work and commitment.

A handwritten signature in green ink, appearing to read 'Sapna Nanda', written over a horizontal line.

Dr. Sapna Nanda
Principal, GCE

ABOUT THE CHIEF EDITOR

Dr. SAPNA NANDA is Principal in Government College of Education, Sector 20-D, Chandigarh and possesses 37 years of teaching experience. She is an Executive member of Indian Dietetic Association, Chandigarh Chapter and Co-editor of half yearly newsletter, Nutrition News "n" Views published by it. She has presented a number of papers in various conferences and published papers in journals of national repute. She has authored numerous research insights and research papers. Her other professional affiliations include an added member of Faculty of Education, Panjab University, Member of Board of Studies in Health Family Welfare and Population Education, Member of Board of Studies in the Faculty of Education, Panjab University, Chandigarh and Member, Board of Studies in the faculty of Education, Chandigarh University, Punjab (India).



* * *

ABOUT THE EDITORS

Dr. ANJALI PURI is working as an Associate Professor in Government College of Education since 2003 and has twenty years of teaching experience. She is doctorate in Education from Panjab University and Masters in English and Masters in Education from GNDU. Since 2014 she has been acting as a supervisor for guiding Ph.D. students in the discipline of Education. She has published around 50 research papers in the journals of national and international repute. She has also visited overseas and to present her papers in international conferences and received recognition for the same. Her profile has been published in the books Asia Pacific Who's Who Vol 10 and Asian Admirable Achievers Vol 4. Her areas of expertise are Pedagogy of English, Guidance and Counselling and Educational Psychology.



Dr. ANURAG SANKHIAN is Associate Professor, M.A.(Geography), M. Phil (Goldmedalist), M.Ed., PGDDE, CIG, Ph.D. has been working in Government College of Education, Sector 20 D, Chandigarh since 2003. He is having teaching experience of twenty years at secondary, senior secondary, undergraduate, postgraduate and doctorate levels. He is recipient of National Merit Scholarship and Junior Research Fellowship (JRF) from Government of India and University Grants Commission, New Delhi. He has attended good number of International/ National conferences, Seminars and Workshops.



He has authored six books and his research papers have been published in various reputed national and international journals, edited books, and conference proceedings. He is also supervising the research work of the Ph.D. students in Education and Geography. Five students completed their Ph.D. research work under his guidance. He has been a member of the various academic bodies, namely Added Member of the faculty of Education, Panjab University, Chandigarh, Member Inspection committee, Education colleges affiliated to the Panjab University, Chandigarh, Life member of the National Association of Geographers, India (NAGI), General Secretary of the Chandigarh Government Colleges Teacher Association (CGCTA) and member of the focus group of State Curriculum Framework (SCF), Chandigarh (U.T.).

Dr. SHEOJEE SINGH is Associate Professor of Education (Physics) w.e.f. Dec. 03, 2016 at Govt. College of Education, Sector-20 D, Chandigarh, Dr. Singh joined GCE-20 D on 25th Jan 2003. He is a Doctorate in Education from P.U Chandigarh and postgraduate in Physics with specialization in Advanced Electronics from the University Dept. of Physics, Patna University. Six (6) Ph.D. students in Education have got their degree under his supervision from Panjab University so far. His areas of interest are Science Education, Distance Education, Teacher Education, Bhagavad Gita as well as Sri Aurobindo's Philosophy of Education. He is also a member of Sri Aurobindo Society, Pondicherry since 1995.



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About the College

Government College of Education, previously known as Government Post-Graduate Basic Training College, was founded in August 1954 under a special scheme of Government of India for establishment of training colleges for teachers at the post-graduate level. The College has the remarkable tradition of high achievements in the field of teacher education and ranks among the leading colleges of education in the country. It has highly qualified (100% doctorate) and competent faculty and draws the best students from across the country, especially the northern region for its teacher education programs.

The National Assessment & Accreditation Council (NAAC) had accredited Grade 'A' to this college. The National Council for Teacher Education has sanctioned two units of B.Ed. (50 seats each) and one unit of M.Ed. (50 seats), both two years courses, and a Post Graduate Diploma in Guidance and Counselling (PGDGC) with the intake capacity of 20 seats. The College also runs 06 months Pre-Ph.D. course work for research students in the discipline of Education as a recognised Research Centre of Panjab University, Chandigarh.

The college has spacious campus with well-maintained lawns, playgrounds and separate hostels for boys and girls. It has one of the most resourceful libraries in education in general, and Teacher Education in particular in the northern part of India. It provides excellent library facilities to its students and faculty.

A number of dimensions have been added to the teacher training program so as to make it as comprehensive as possible, in light of contemporary changes. The syllabus prescribed by the Panjab University, Chandigarh is enriched by seminars, workshops, community activities, educational tours and numerous modes of other practical work including value-added blended mode courses as per the guidelines of NEP-2020. The institution is forging ahead in the future with its missionary zeal of preparing visionary architects of the human resources of the country with software of excellence embedded creatively with the motto 'Ascend from darkness to Light' (आरोह तमसो ज्योतिः)।

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