

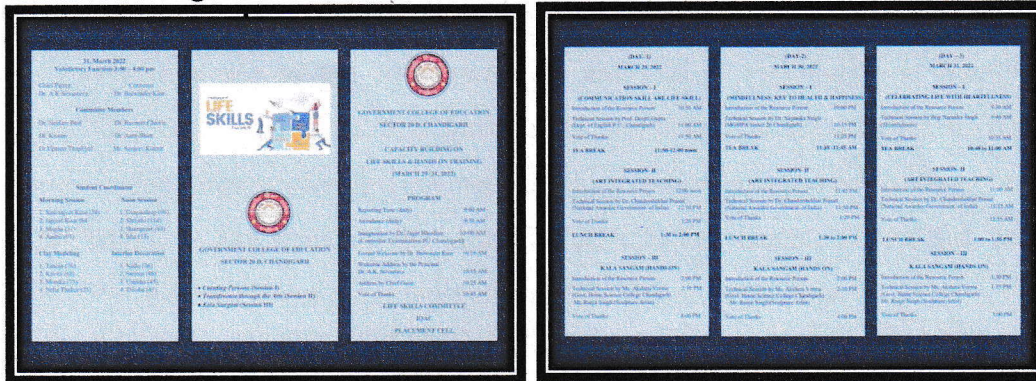
# GOVERNMENT COLLEGE OF EDUCATION SECTOR 20 D CHANDIGARH

## **REPORT ON SKILL DEVELOPMENT WORKSHOP (29 to 31 MARCH 2022)**

A three days' workshop on Skill Development was conducted in Government College of Education, sector 20 D, Chandigarh under the aegis of Life Skills Committee, IQAC and Placement Cell of the college. The aim was to infuse '**Capacity Building on Life Skills and Hands on Training**' among the pupil teachers to make them future ready. Life Skills Education is now-a-days very important for the youth to live a better life. Thus, the cardinal focus of the workshop was to pay an extraordinary emphasis on developing such skills amongst students and budding professionals as they are the important building blocks of a society so that they can cope up with future challenges and survive.

The following broad areas were covered in this three days' workshop.

- **Life Skills:** Life Skills defined, mindfulness and motivation, Happiness and wellbeing, heartfulness.
- **Communication Skills:** Listening, Speaking, Reading, Effective use of social media, Non-Verbal Communication.
- **Art Integrated Teaching:** Theatrical approach aimed at transference of teaching through arts.
- **Vocational Skills:** Creativity enhancement through hands-on training on clay modeling and interior decoration.



## **REPORT OF DAY 1 - March 29, 2022**

### **INAUGURATION CEREMONY**

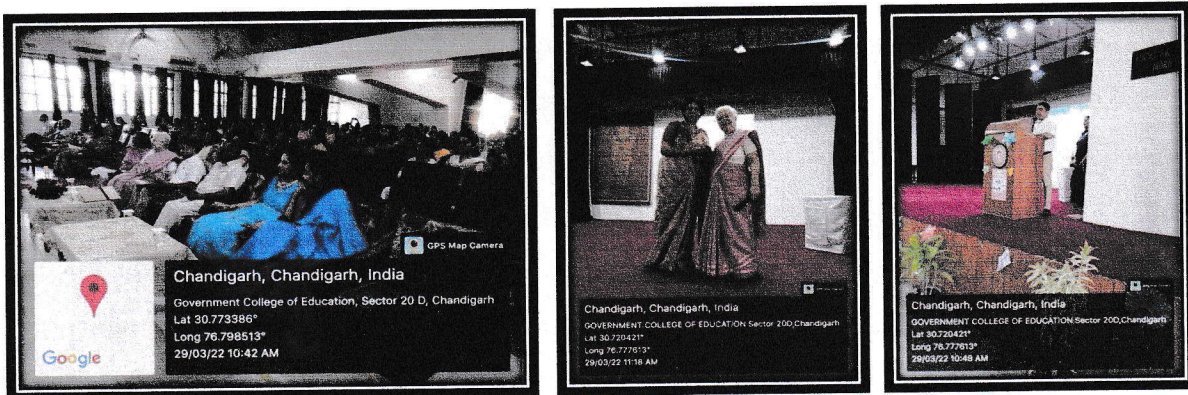
The inaugural ceremony took place at around 9:30 AM in college auditorium. Prof. Jagat Bhushan, controller of examinations, Panjab University, Chandigarh was invited as the chief guest. The event started with the lamp lighting ceremony followed by an address by honorable

Principal, Dr. A.K. Srivastava where he emphasized on the importance of life skills. Dr. Balwinder Kaur, the convener of the workshop presented the aims, objectives and schedule of the workshop in front of the students. Then, the Chief guest of the event Prof. Jagat Bhushan, addressed the students and appreciated the efforts of the college in conducting such a workshop. The Dean of the college, Dr. Sapna Nanda heartily thanked the Chief Guest for sparing out time from his busy schedule and gracing the occasion with his precious presence.



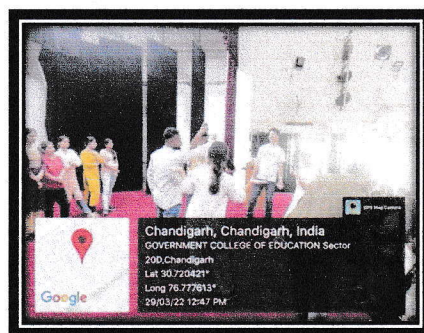
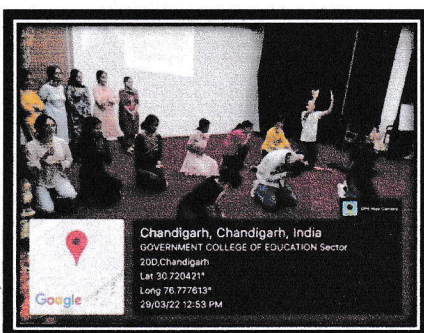
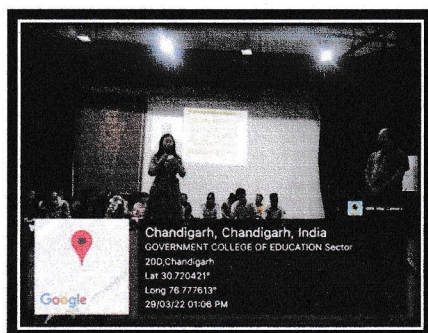
## SESSION -1

Dr. Deepti Gupta conducted the morning session on the 1st day of the camp. Dr. Aarti Bhatt, formally welcomed the resource person. Then she began her interactive session on the sub-theme communication skills are life skills, as a part of the theme –'CURATING PERSONA'. The aim of organising such a talk was to inspire the students in understanding the importance of communication especially in the teacher-student relationship. She touched upon two broad areas- verbal and non-verbal communication and told its application in teaching field. The session was very interactive and gave pupil teachers the opportunity to understand the relevance of communication and the measures to effectively improve. At the end of the session, Dr. Balwinder Kaur thanked the resource person Dr. Deepti Gupta for awakening the prospective teachers about the importance of communication skills.



## SESSION –2

The Session started with Dr. Aarti Bhatt's welcome address to the expert for his talk on Art Integrated Teaching 'TRANSFERENCE THROUGH ART'. She introduced the session expert Dr. Chandershekhar Prasad, National Awardee, Government of India, New Delhi to the students. Dr. Chandershekhar Prasad started the talk by enumerating few points on how can we make use of gestures and expressions while teaching. Further, he made the prospective teachers understand the meaning of theatre and importance of gestures. Practice of theatrical skills was carried out through still pictures based on varied situations. Through the session, he motivated students to enact the gestures and express what they perceive by looking at the images shown on the screen. He adopted the method of teaching by doing. The faculty and students actively participated and presented their ideas. Dr. Ravneet Chawla contributed to the interaction on transference of learning in relation to child behaviour by putting forward her point of relevance for the session. The session ended with a vote of thanks by Dr. Aarti Bhatt.

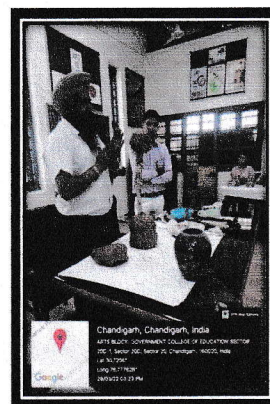
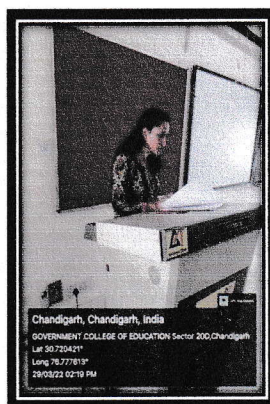
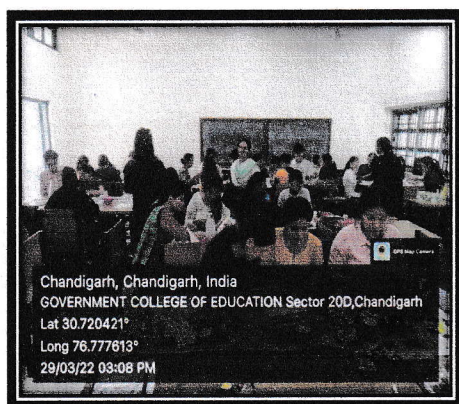


## SESSION –3

For the third session of the day, i.e. **KALA SANGAM**, the students were simultaneously divided into two categories on the basis of the skill of their choice. The first category was of *Clay Modeling* and the second was that of *Interior decoration*.

For the clay modelling session, renowned sculpture artist Mr. Ranjit Singh was invited to develop the insight of students on clay modeling. He was accompanied by Mr. Sanjeev Kumar from the department of Fine Arts. He introduced students with the meaning and basic concepts of clay modeling. He shared his clay modeling experiences with the students and showed them tools required for mastering over the art. In the first session, he made the students aware of basic pre-conditions for making a human face using clay. Measurement and outline of human face was also demonstrated. The session for the day ended with a vote of thanks speech given by Mr. Sanjeev Kumar.

For the Interior Decoration session, Ms. Akshata Verma from the Government Home science college, Chandigarh was invited. She was assisted by faculty coordinator Dr. Upasna Thapliyal. Ms. Akshata first of all introduced the students with the concepts of interior decoration. Then she suggested various ways to reuse waste materials in making items of decoration like using waste bottles in making wall hangings etc. Gujarat's famous Lippan Art was demonstrated to the students with the help of clay, mirror works and paints. Students took part in these activities very enthusiastically.



## REPORT OF DAY 2– March 30,2022

### SESSION -1

The second day of the workshop began with a morning session on *Mindfulness: A key to health and happiness*. The speaker for the session was Dr. Nayanika Singh, Assistant professor, Dept. of psychology, MGSIPA, Sector 26, Chandigarh. The speaker was formally welcomed by the Principal of the college Dr. A.K. Srivasatava.

Dr. Nayanika began her session with an informal talk and then she began the session by beautifully describing the meaning of the word Mindfulness and how it differs from being mindful. She broadly described how mindfulness can be achieved simply by doing a few practices. She involved the students in a meditation session in which they learnt different ways to have a peaceful mind free from any kind of stress and negative thoughts. After the practical session, she also displayed a short video which relieved everyone's mind from all the stress and worries of the life. She then told the characteristics of a mindful person. The session ended with a vote of thanks given by Dr. Ravneet Chawla. After the session, the students felt calm, relaxed and energetic.



## SESSION -2

Dr. Chandrashekhar Prasad started the session by asking the students some questions about previous day learning. He then divided the students into various groups based on their pedagogy subjects like science, mathematics and social sciences. Students were asked to enact on any topic of their choice relevant to their subject. Later, Dr. Chandrashekhar Prasad explained how teaching through art and drama inculcates self-learning habit in students and they themselves find the information and expand their knowledge.

Students were given the chance to explain what they learnt from the process of discussing and presenting the act. This motivated the students to come upon the stage and share their ideas with everyone. Dr. Chandrashekhar then thanked the students for their enthusiastic participation and expected the same aura for the last day session. The session ended by a Vote of thanks speech by Dr. Aarti Bhatt.

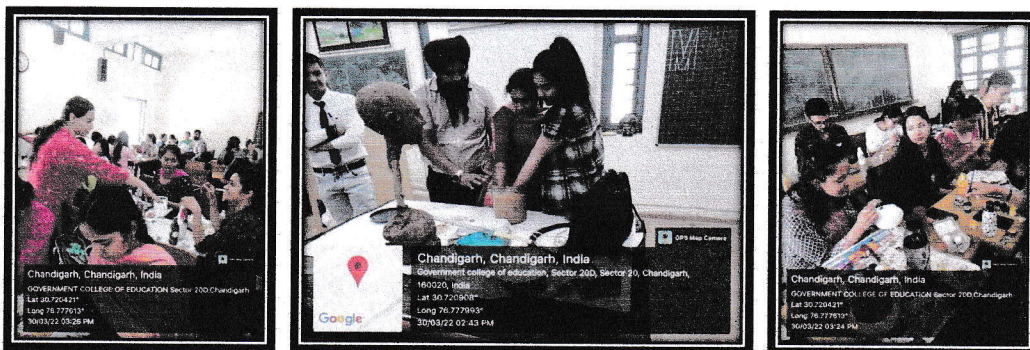


## SESSION -3

For the third session of the day, i.e. **KALA SANGAM**, the students were again divided into two categories on the basis of the skills of their choice. The first category was of **Clay Modeling** and the second was that of **Interior decoration**.

In the second session of Clay Modeling, renowned sculpture artist Mr. Ranjit Singh made the students apply the already acquired knowledge in making the clay structures. He taught students to make clay structures using epoxy resins. He also made briefings on making a moving posture using wires. He also made a structure of a dancing girl in the class and introduced the students with the basics while making a clay structure. At the end, he thanked all the students for their active involvement.

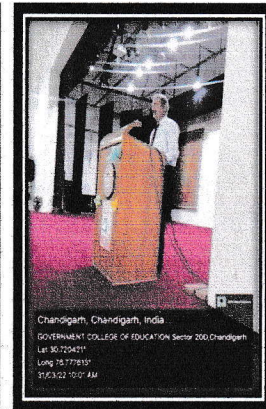
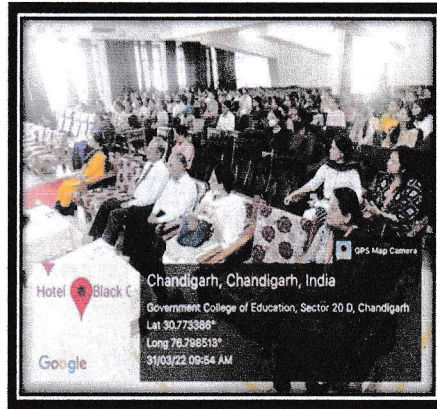
For the Interior Decoration session, Ms. Akshata showed powerpoint presentations and elaborated on various ways of pot painting. She had already told the students to bring pots and bottles for pot painting. She enumerated various methods of pot painting like floral designs, stick figures, geometric patterns and emojis etc. With her help, students made various beautiful pots with a variety of designs.



## REPORT OF DAY 3 – March 31,2022

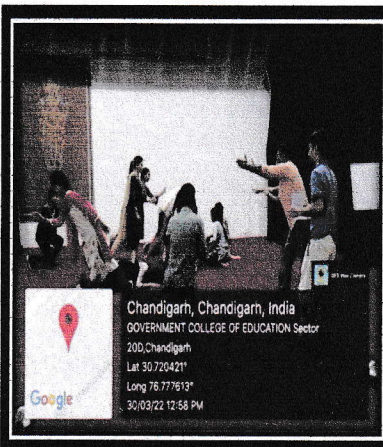
### SESSION -1

The third day of the session began with an amazing interactive session by Brig. Narinder Singh, zonal incharge, Punjab for Heartfulness Institute and his team. First of all, the Principal of the college Dr. A.K. Srivastava, formally welcomed the speaker of the session Brig. Narinder Singh and his team from heartfulness institute. Through his session "Designing Destiny... the heartfulness way", Sir steered the prospective teachers on the significance of celebrating life with heartfulness through practice of meditation, rejuvenation and yogic transmission. He touched upon the different states of mind in his session. The session ended with a 10 minutes meditation session. Dr. Ravneet Chawla extended a vote of thanks.



## SESSION -2

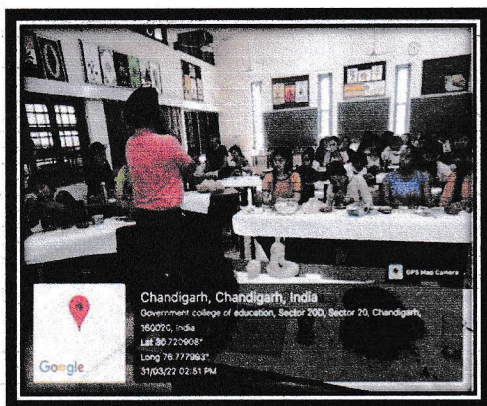
The second session of the day was carried forward by Dr. Chandrashekhar Prasad. Through the session, he made the prospective teachers understand the concept of story telling. The story telling process was followed in individual and group modes. First of all, some images were shown on the projector and the prospective teachers were asked to connect all the images and build up a story on the spot. After this, group story telling was conducted where students were divided on the basis of their pedagogy subjects and were given a situation on which they had to build up a story by using self perception of a given situation. At the end, Dr. Chandrashekhar Prasad told the prospective teachers the importance of story telling method and made them understand that through the same process, they can link their subjects with their surroundings. Dr. Aarti Bhatt thanked the resource person for sharing his amazing theatrical skills with the students.



## SESSION -3

Last session of the day 'KALA SANGAM – HANDS ON' was held by Ms. Akshata Verma from Government Home Science College and Mr. Ranjit Singh, a renowned

Sculpture Artist. Prospective teachers exuberantly participated in the interesting session. Mr. Ranjit Singh guided students regarding armature sculpting and demonstrated the steps to sculpt a human face with proper measurements. Simultaneously Ms. Akshata Verma guided students regarding Spatial Intelligence and provided hands on experience through activities like flower making using paper, origami sheets, tissue papers etc. Dr. Upasna Thapliyal and Mr. Sanjeev Kumar thanked Ms. Akshata Verma and Mr. Ranjit Singh respectively for sharing their experience.

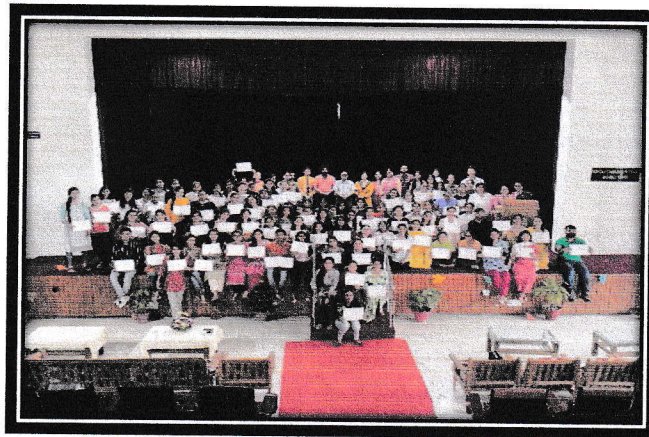
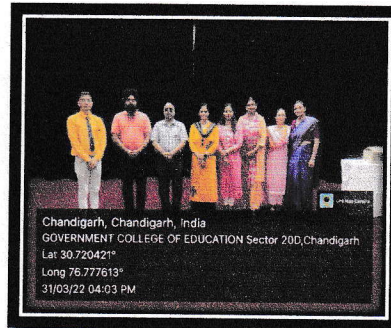
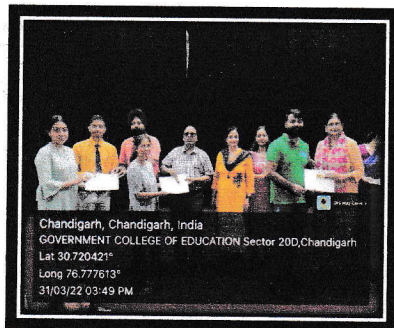


## **THE VALEDICTORY SESSION**

The Valedictory function of the three days workshop on skill development was organised in the college auditorium. The chief guest of the valedictory function was Dr. A.K. Srivastava, Principal, GCE-20, Chandigarh. He was joined by Mr. Ranjit Singh and Ms. Akshata Verma, resource persons of the session KALA SANGAM, along with Dr. Balwinder Kaur (Convener of skill development committee) and other members of committee Dr. Ravneet Chawla, Dr. Aarti Bhatt, Dr. Upasna and Mr. Sanjeev Kumar. Total 102 students participated in this 3 days workshop. The function started with the address by Dr. Aarti Bhatt who formally welcomed the audience to the valedictory session. She then invited the prospective teachers to share their experiences of 3 days workshop session wise and day wise. Ms. Japjeet Kaur, Ms. Ritika, Ms. Manisha, Mr. Naveen, Mr. Deepak and Ms. Kavita shared their experiences of informative and at the same time enjoyable journey of the three days workshop. Mr. Aparajit then concluded overall experiences of the workshop and expressed that these 3 days were the most enjoyed and at the same time was the highly informative one, in which he got to know his batchmates better and also learned the skills of cooperation, coordination and collaboration. After this, for all hard work put in by the prospective teachers in this 3 days workshop, they were honoured



with certificates by Principal Sir along with the resource persons and other committee members. Honourable principal Sir then addressed the students and applauded the efforts put in by the committee members as well as students in making the workshop a resounding success. He in his address said that such kind of workshops should be organised in future also for prospective teachers to upgrade their knowledge and skills. At the end, Dr. Balwinder Kaur (Convener, Life skills committee) thanked each and every person involved in the workshop for making it a huge success. The programme concluded with national anthem.



COMMITTEE MEMBERS

- Dr. Balwinder Kaur (Convener) *BKaur*
- Dr. Ravneet Chawla (Member) *RChawla*
- Dr. Aarti Bhatt (Member) *Abhatt*
- Dr. Upasna Thapliyal (Member) *UThapliyal*
- Dr. Sanjeev Kumar (Member) *SKumar*

*Dr. A.K. Srivastava* 31/03/22  
 Dr. A.K. Srivastava  
 Principal, GCE 20 D  
 Chandigarh

- CC : 1. For record  
 2. For website  
 3. For NAAC