

**SCHEDULE OF FINISHING SCHOOL PROGRAM**

**TIMINGS 10AM - 11.30AM**

<b>Resource Person</b>	<b>Topic</b>	<b>Date</b>
<b>Dr. Mandeep Kaur Kochar</b> Associate Professor & Vice Principal HSNCU (University affairs) BTTC, Mumbai	Life Skills for 21 Century Teachers	<b>07.06.2023</b>
<b>Dr. Gurwinder Singh</b> Assistant Professor GHGH College of Education, Sidhwan Khurd	Ethics for Teachers	<b>08.06.2023</b>
<b>Dr. Ramandeep Kaur Sidhu</b> <b>Assistant Professor</b> GHG Khalsa College of Education, Gurusar Sadhar, Ludhiana	Online tools for effective teaching learning Process	<b>09.06.2023</b>
<b>Mr. Amandeep Singh</b> Principal, GSSS, Boparai Kalan	Decision Making	<b>11.06.2021</b>
<b>Mr. Amandip Singh</b> Principal GSSS, Littar	Career Guidance	<b>12.06.2023</b>
<b>Dr. Manu Chadha</b> Associate Professor GHG Khalsa College of Education, Gurusar Sadhar, Ludhiana	Coping Mechanism at Workplace	<b>13.06.2023</b>
<b>Dr. Jasdeep Kaur</b> Assistant Professor BCM College of Education	Workshop on CV: Role of CV/Resume	<b>14.06.2023</b>
<b>Mr. Chander Shekhar</b> Principal, Jatindra Greenfield School, Ghuman	Mock Interview Session	<b>14.06.2023</b>
<b>Dr. Pargat Singh Garcha</b> Principal , GHG Khalsa College of Education, Gurusar Sadhar, Ludhiana	NEP2020 in context of school Education	<b>15.06.2023</b>
<b>Dr. Jasvir Kaur Chahal</b> Retired Professor Govt. College of Education, Chandigarh	Tips for Preparing for an Interview & Interview Etiquettes (Recorded Videos)	<b>16.06.2023</b>
<b>Mr. Jasvir Singh</b> District Mentor Science, Ludhiana Science Master, GSSS UKSI	ICT initiatives in school Education	<b>17.06.2023</b>
<b>Feedback</b>		



# **G.H.G. Khalsa College of Education Gurur Sar Sadhar, Ludhiana**

organises  
**Value Added Course**

**From 07 June 2023-17 June 2023**



**Zoom Meeting ID: 450 405 2542**

*E-Certificate will be issued to all the participants who attend the Programme and submit the feedback form.*

## **Convener**

**Dr. Pargat Singh Garcha**  
Principal

## **Organizing Committee**

**Dr. Ramandeep Kaur Sidhu**  
**Dr. Jasbir Kaur Sarna**

For any query contact

9876733373, 9872100809 Email ID: ghgkce@gmail.com

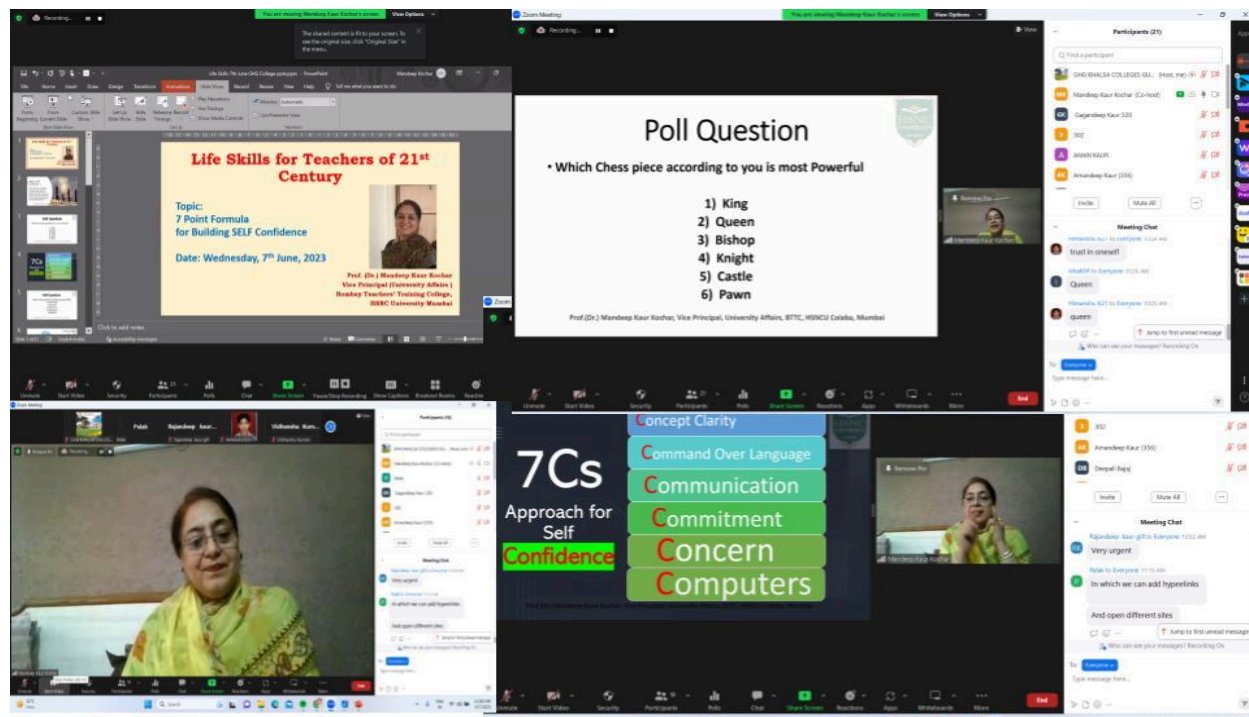
## Value Added Course -2023

Day 1 (June 7th, 2023)

**Dr. Mandeep Kaur Kochar**

**Associate Professor and Vice President at HSNCU (University Affair) BTTC, Mumbai**

A session was conducted in online mode for students of B.Ed. and M.Ed sem IV on June 7, 2023 by Dr. Mandeep Kaur Kochar, Associate Professor and Vice President at HSNCU (University Affair) BTTC, Mumbai. In the session she discussed the 7Cs Approach for Self Confidence. The 7Cs which include Concept Clarity, Command over Language, Communication, Commitment, Concern and Computers were briefly explained during the session. The spokesperson explained to the pupil teachers about how to adapt to the work environment. Also, she mentioned the importance of non verbal communication and gestures in teaching. She said that a teacher can herself/himself measure her/his behavior with the help of the scale of behavior of learning. The theory of self determination was briefly explained. She mentioned that the role of a teacher is just like a pawn in the game of chess. The concepts were presented with relevant examples from day to day life. The spokesperson discussed about the importance of PVLEGS i.e. Poise, Voice, Life Eye Contact, Gestures in teachers life. Overall, the session was quite interesting and was very well delivered by the spokesperson.



Day 2 (June 8th, 2023)

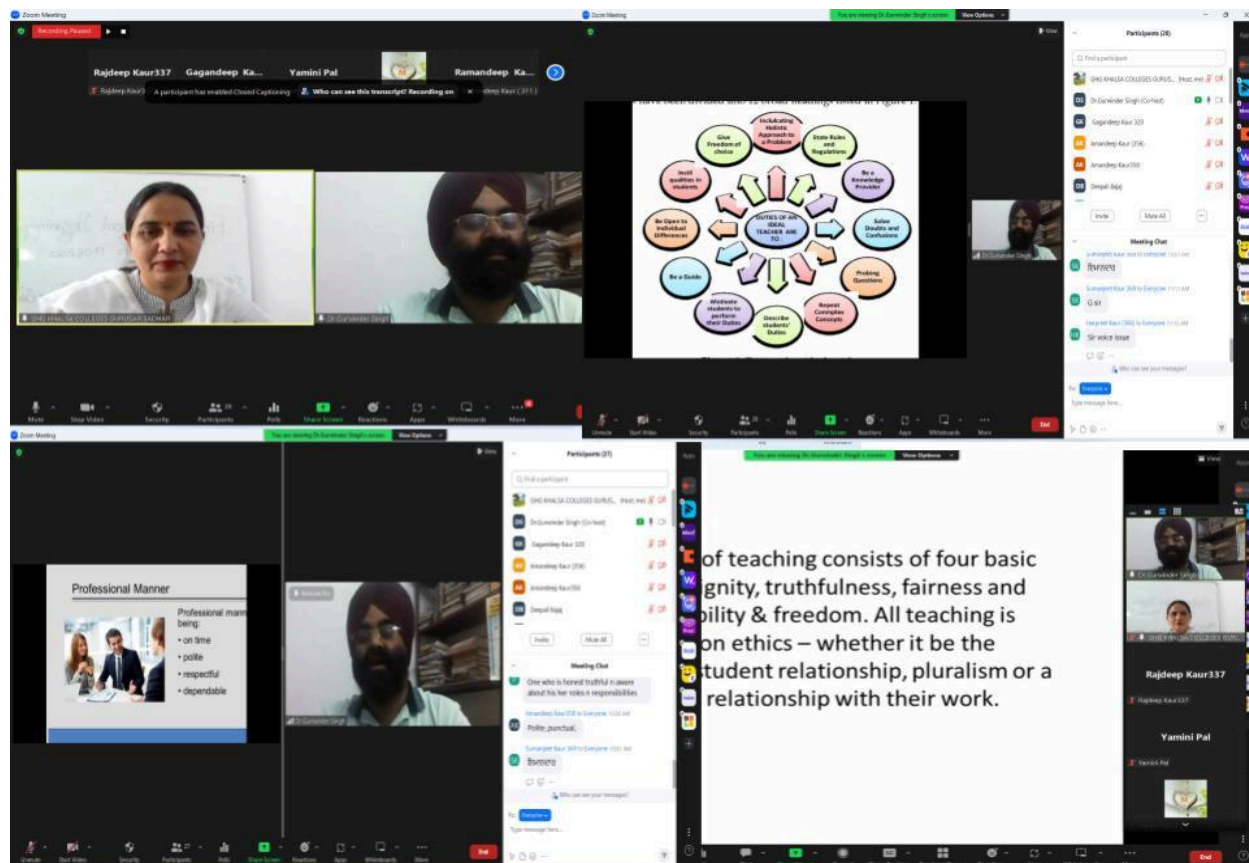
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**Dr. Gurvinder Singh**

**Assistant Professor, GHGH College of Education, Sidhuwan Khurd**

A session was conducted in online mode for students of B.Ed. and M.Ed sem IV on June 7, 2023 by Dr. Gurvinder Singh, Assistant Professor, GHGH College of Education, Sidhuwan Khurd. Sir shared his views on the topic Code of ethics for professional teachers. He discussed in detail about the professional standards for teachers and role of teachers in the 21st Century. Sir intimated students about the work ethic qualities. He also discussed the digitization era and increasing use of social networking sites among the youth which sometimes lead to maladjustment symptoms and also serve as a platform for digital bullying and harassment. Sir in detail also discussed professional mannerism and expectation of parents and society from the teaching fraternity. He emphasized on the fact that a teacher should make a balance between his/her personal and professional life and do his/her best for the development of students and society at large. Overall the lecture was very interactive and all the students got the opportunity to share their concerns and queries related to their role as teachers.

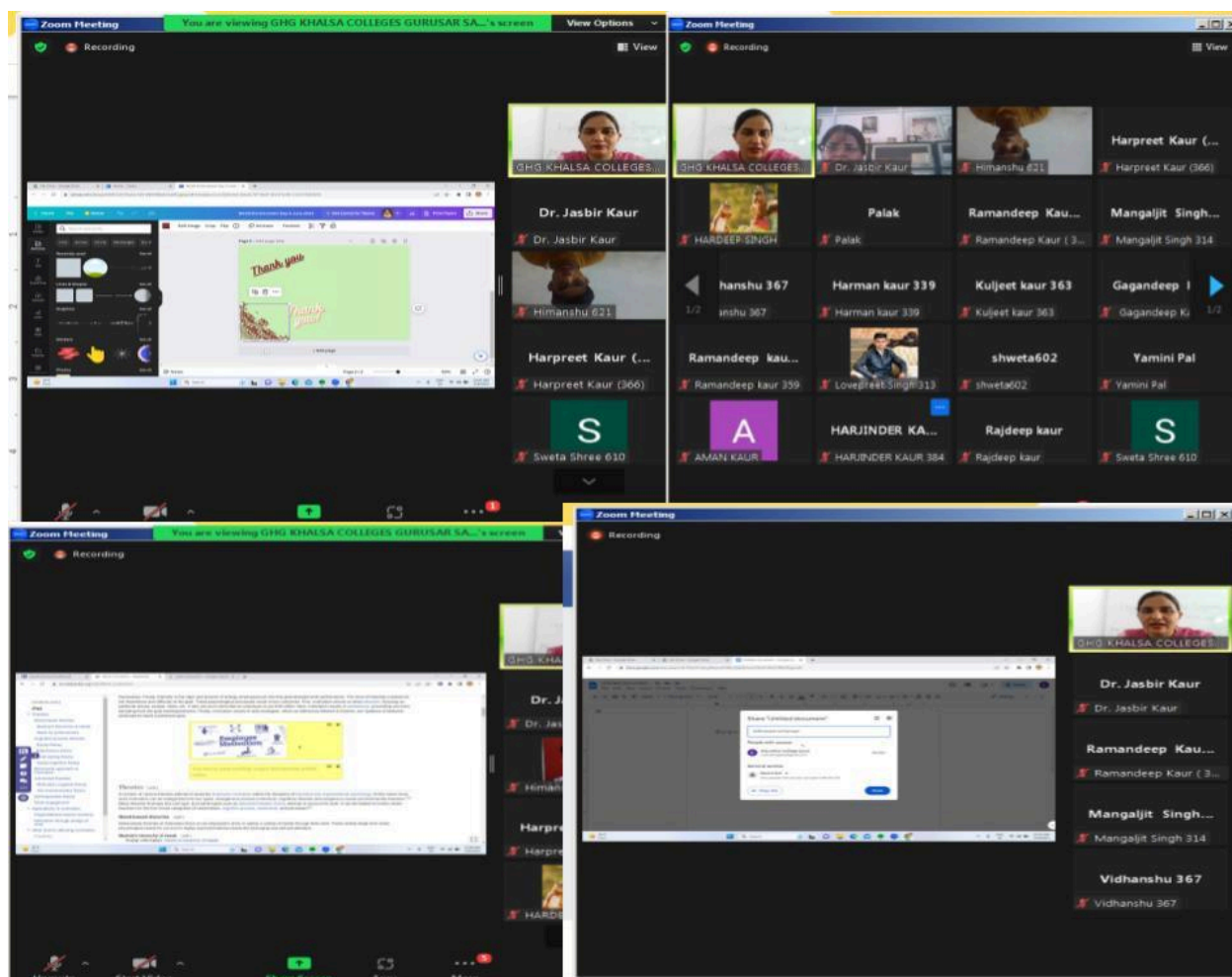


**Day 3 (June 9th, 2023)**

**Dr. Ramandeep Kaur Sidhu**

**Assistant Professor, GHG Khalsa College of Education, Gurusar Sadhar, Ludhiana**

The third day of the Value Added Course on professional competence was held in online mode. The resource person for the day was Dr. Ramandeep Kaur Sidhu, Assistant Professor from the host college. Dr. Sidhu provided some first hand experience to the students through a workshop on the use of canva for making presentations and designing brochures . She also demonstrated the way to choose different templates in canva for designing certificates. She also dealt upon the topic Insert Learning and its uses in the field of teaching and learning. The session was a very interactive one, the majority of the students created their ID on canva and prepared a presentation side by side along with the speaker. They also practiced insert learning on the document of their choice. They learn how to insert an image, how to highlight the text in a pdf as well as how to make small notes in a web document. Overall the sessions were very effective and fruitful.



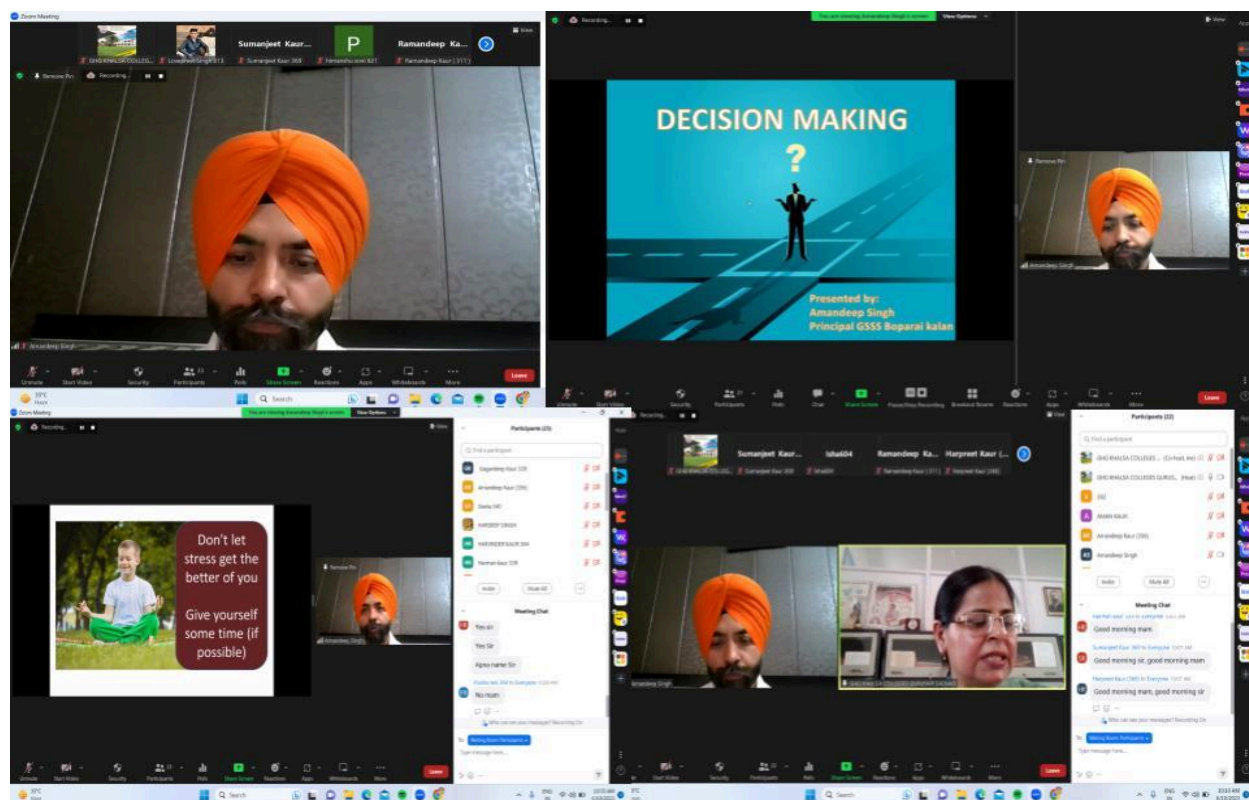
**Day 4 (June 10th, 2023)**

**Mr. Amandeep Singh**

**Principal, GSSS, Boparai Kalan**

The fourth day (10th June) of the Value Added Course on professional competence was also held in online mode. The resource person for the day was Mr. Amandeep Singh, Principal, GSSS Boparai Kalan. His topic of deliberation was 'Decision Making'. For making the session more interactive one Mr. Amandeep adopted the strategy of story telling method. He started his topic with the quotes that it is the time to change your thoughts into actions. Sir shared some examples from his personal life to motivate students to be a good decision maker and rely on their insight as well as experiences of others while making decisions. Throughout the session he quoted every example by correlating with some story. Sir pinpointed some specific guidelines for effective decision making i.e be a good observer, consider all the possibilities, see the best, detach oneself from the situation etc. He told all the students that the most important thing in life is setting your priorities and choosing a healthy goal for better adjustment and adaptation. He also motivated students to spare some time from their busy schedule for self-introspection and make a required change in their approach as per the demands of the situation. Overall the lecture was highly interactive and all the students participated with great enthusiasm and zeal.

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**Day 5 (June 12th, 2023)**

**Mr. Amandeep Singh**

**Principal GSSS, Littar**

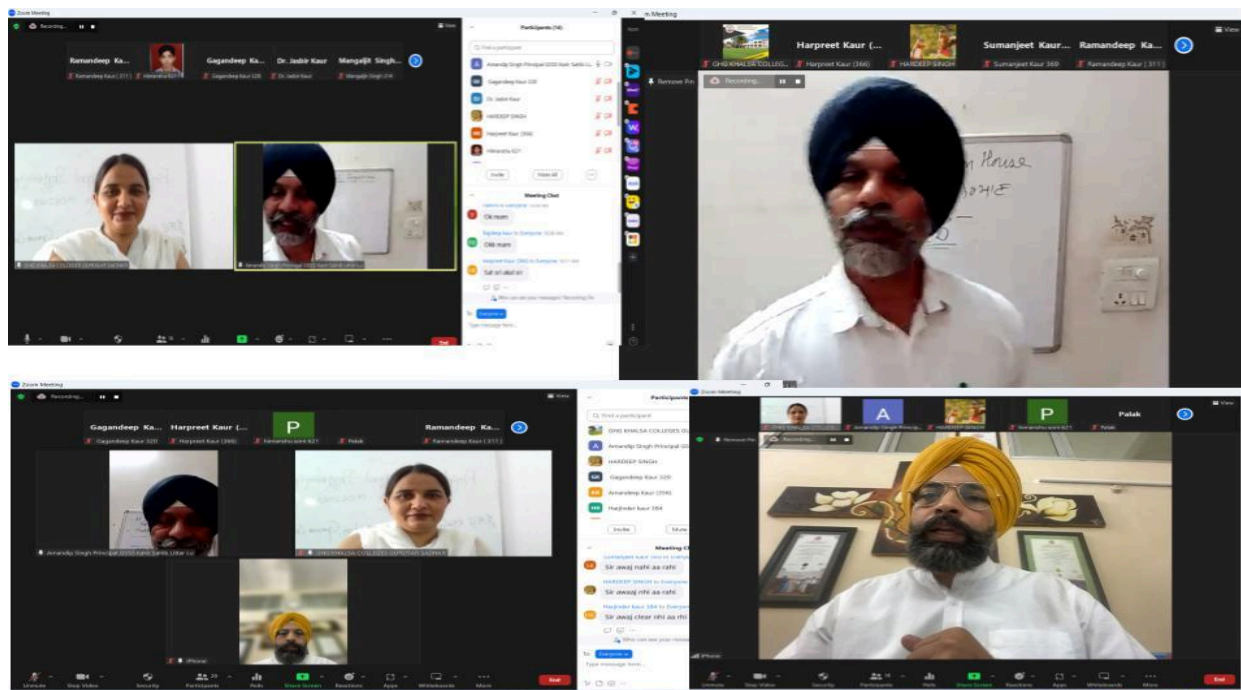
The fifth day of the Value Added Course on professional competence was conducted in online mode. The resource person for the day was Mr. Amandeep Singh, Principal GSSS, Litter. He deliberated on the topic 'Career Guidance'. He started his topic with the famous saying that 'A healthy mind lives in a healthy body'. So for maintaining good mental health we have to adopt healthy strategies in life. He dealt with various issues related to career guidance and counseling for the school students. In his talk he emphasized on various personality traits of being a good teacher as well as some tips for appearing for a job interview. He told students that the role of a teacher should not be only teaching the subjects but also some life skills to the students. Teaching should be experience based. A teacher can act as a counselor and facilitator. He should serve as a bridge and start from the basic level of the students including his age, grade and maturity level. Sir also narrated a few stories to clear the role of the teacher and his place in the society. He informed students that, it is more important that what you learn rather than what your teacher teaches you. He motivated students that for being a good teacher, you have a firm belief in the abilities of each student and you should try to guide them and counsel them to the best of

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their abilities and their potential. Overall the lecture was a very interactive one. Sir satisfied the queries of most of the students and also guided them for their future pursuits.



**Day 6 (June 13th, 2023)**

**Dr. Manu Chadha**

**Associate Professor, GHG Khalsa College of Education, Gurusar Sadhar, Ludhiana**

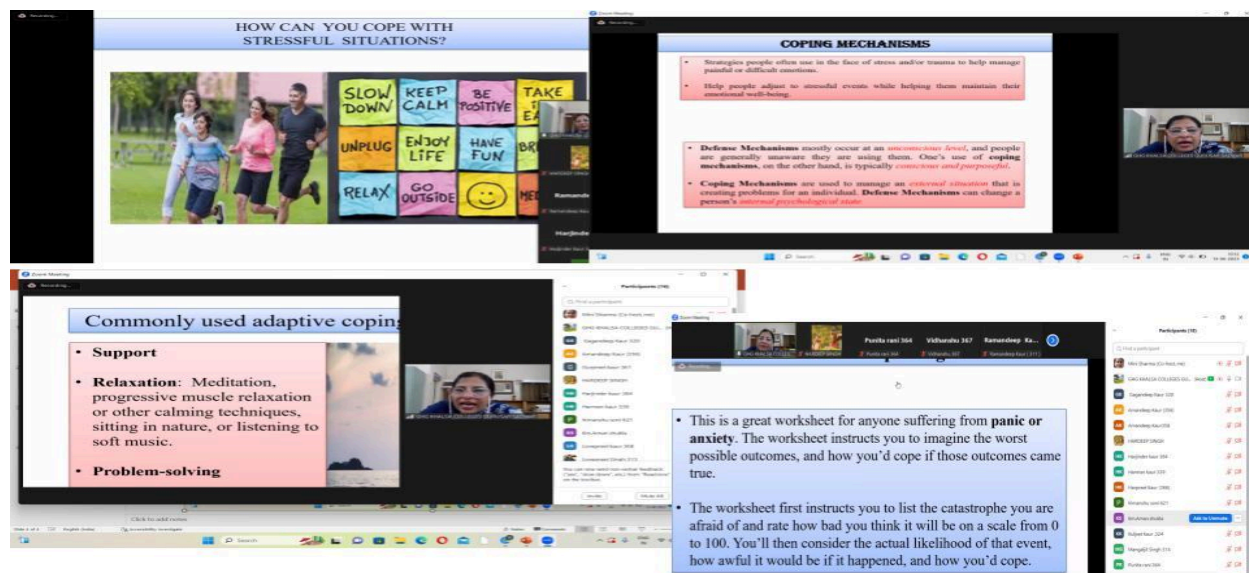
The sixth day of the Value Added Course on professional competence was held in online mode. The resource person for the day was Dr. Manu Chadha, Associate Professor from the host college. She deliberated on the topic ‘Coping Mechanism’. Dr Manu started her lecture with some facts about the rapid rise of stress and depression among the youth, especially among the school going population. She told students that, no doubt we all are victims of stress but we all have the capacity as human beings to cope with stressful situations. For using effective coping strategies, first we all must know the sources of our stress and types of coping mechanisms we have at our disposal. She differentiated between defense mechanisms and coping mechanisms that can be used for dealing with day to day stress. Dr. Manu further elaborated on the theme by sharing some commonly used adaptive coping strategies including support, relaxation, problem solving etc. To give some practical exposure to the students Dr. Manu asked students to prepare a worksheet comprising the methods they can adopt to deal with panic and anxiety situations. For this they have to imagine the threats in their life and rate them from 1 to 10 depending upon the severity of the situation. Along with the seriousness of the situation, they also have to write about

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the way they will adapt, to cope with these stressful situations. Majority of the students prepared a worksheet and shared their threats and coping strategies with the resource person. Overall the session was a very interactive one. Dr. Manu also shared a sample coping skills worksheet at the end of the session.



**Day 7 (June 14th, 2023)**

**Dr. Jasdeep Kaur**

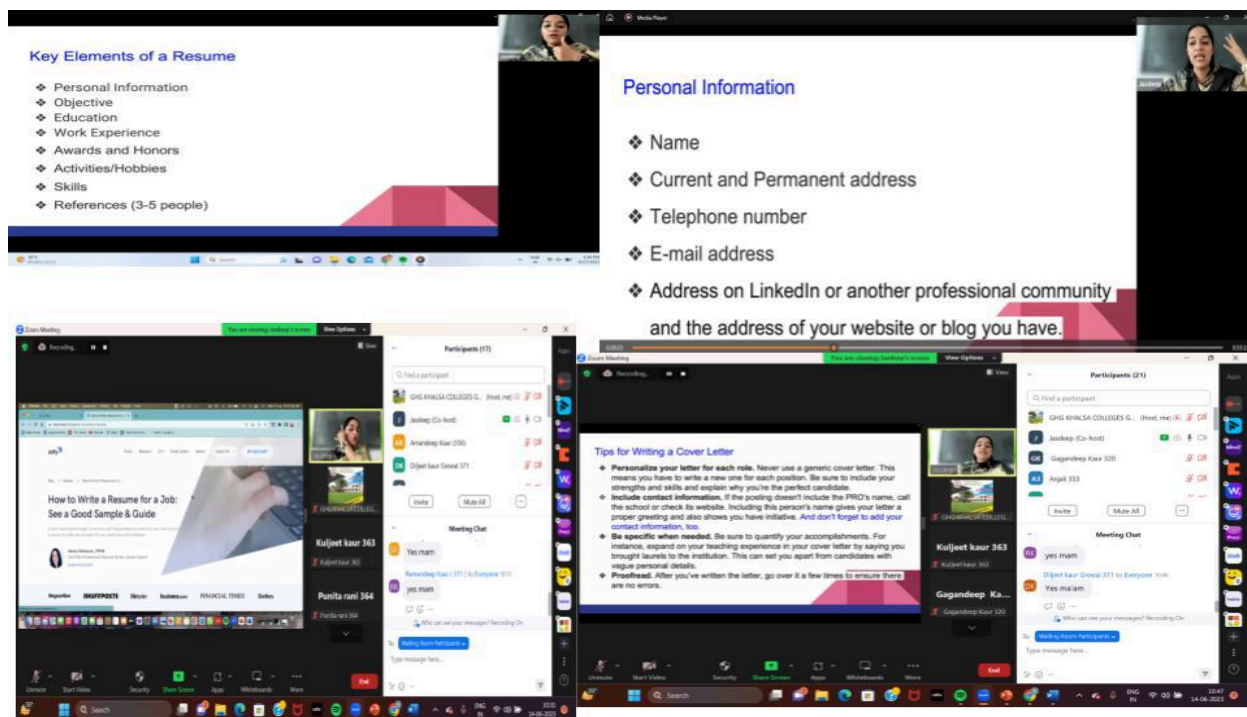
**Assistant Professor, BCM College of Education**

The sixth day of the Value Added Course on professional competence started in online mode and the theme for the day was 'Workshop on CV: Role of CV/Resume. The resource person Dr. Jasdeep Kaur, Assistant Professor from BCM College of Education started her talk with the concept of resume writing and its key elements. She also differentiated between the terms CV versus Resume. Dr. Jasdeep suggested students to be clear in their career objectives before preparing their resume. Resume should include the basic information, educational background as well as 2 to 3 references of the people, who know well about the various traits of your personality. After discussing all about the basics of resume writing the resource person conducted an online workshop for creating a resume. Most of the students participated and created their resume side by side. After this practice Dr. Jasdeep intimated students about the cover letter which is an essential part of good resume writing. She shared tips for writing a good cover letter and the ways for selecting online templates for writing an effective cover letter. In the last she summarized the whole session and also shared the web address which can help

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students in making CV or Resume for their future employment opportunities. Overall the session was a very effective and interactive one.



**Day 7(June 14th, 2023)**

**Mr. Chander Shekhar**

**Principal, Jatindra Greenfield School, Ghuman**

The seventh day of the Value Added Course on professional competence was conducted in offline mode. The resource person for this offline session was Mr. Chander Shekhar, Principal, Jatindra Greenfield School, Ghuman. His topic of deliberation was how to prepare for a job interview. He discussed in length about the rules and regulations to be followed for appearing in an interview. He informed students that, an employer looks upon so many aspects of his employee including, his talk, level of confidence, mannerism, communication skills, personality traits and above all the subject knowledge and dedication and commitment towards the job. He suggested students that while applying for any job, prepare a good CV beforehand and write only about the qualities, traits or hobbies which they actually possess. Thus it is not advisable to give wrong facts as it will leave a bad impression on the employer. He also advised students to be confident, make some negotiations, show their eagerness to join this job and convince the employer about your merits and your abilities of being a good teacher as well as mentor. Mr. Shekar quoted many examples from his personal life as an employer and satisfied all the queries of the students in an effective manner. Overall the session was a very interactive one. Students

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got useful tips for preparing for an interview. At the end of the session he conducted mock interviews and informed the participants about their shortcomings and ways to improve before going for an actual job interview.



**Day 8 (June 15th, 2023)**

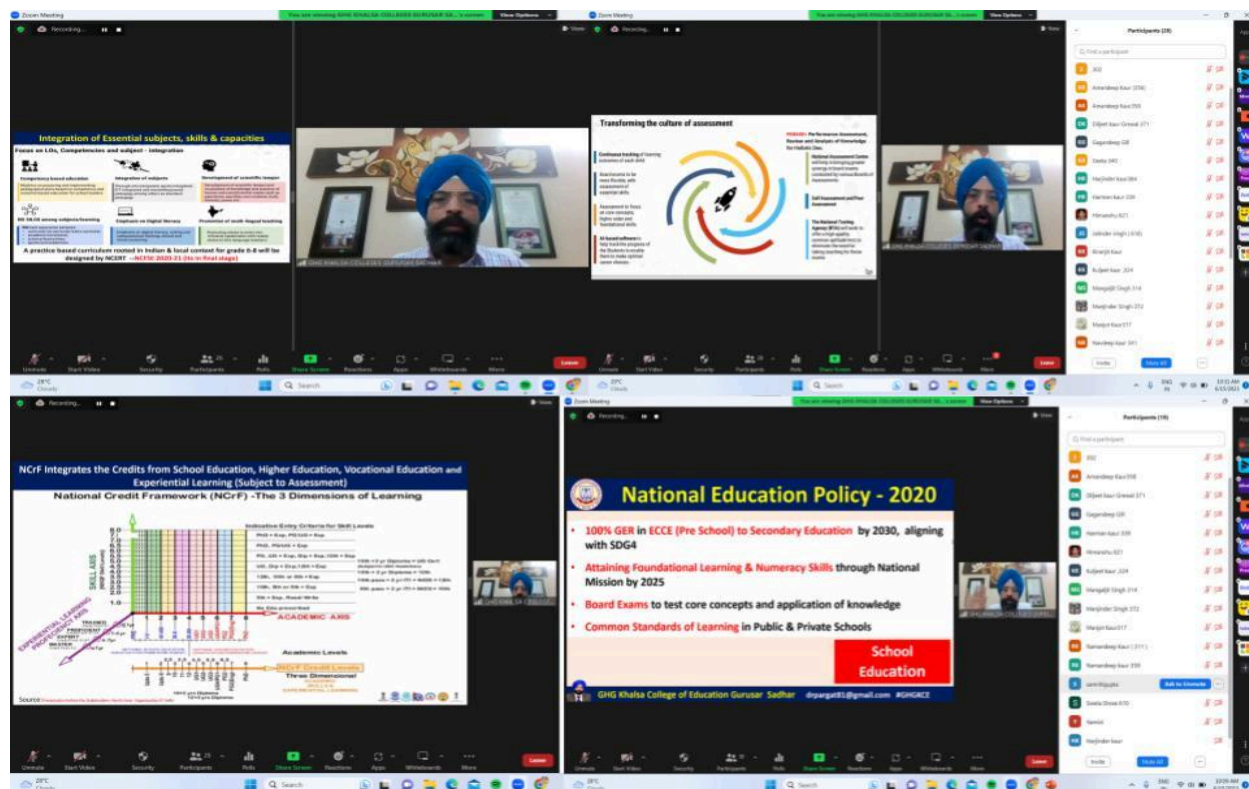
**Dr. Pargat Singh Garcha**

**Principal, GHG Khalsa College of Education, Guruser Sadhar, Ludhiana**

The eighth day of the Value Added Course on professional competence was held in online mode. The resource person for the day was Dr. Pargat Singh Garcha, Principal of the host college. The topic of his deliberation was NEP 2020 in the context of School Education. Sir started with the basics of NEP 2020 and discussed in length, how it will affect the whole structure of education. Sir discussed the change in curriculum and pedagogy structure that is likely to occur with the implementation of this policy. He also intimated students about the vision and mission of NEP 2020. Sir discussed in length about the structure and functioning of NCFSE (National Curriculum Framework for School Education). School Education will now focus on the creditisation of all the learning components and it will help in overall personality development of the students. NEP 2020 will work on Innovative Pedagogy which can help in transforming the teaching-learning process on the whole. To summarize, the lecture was very informative. Sir dealt with all the queries of students regarding the future of school education in an efficient manner.

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**Day 9 (June 16th, 2023)**

**Dr. Jasvir Kaur Chahal**

**Retired Professor**

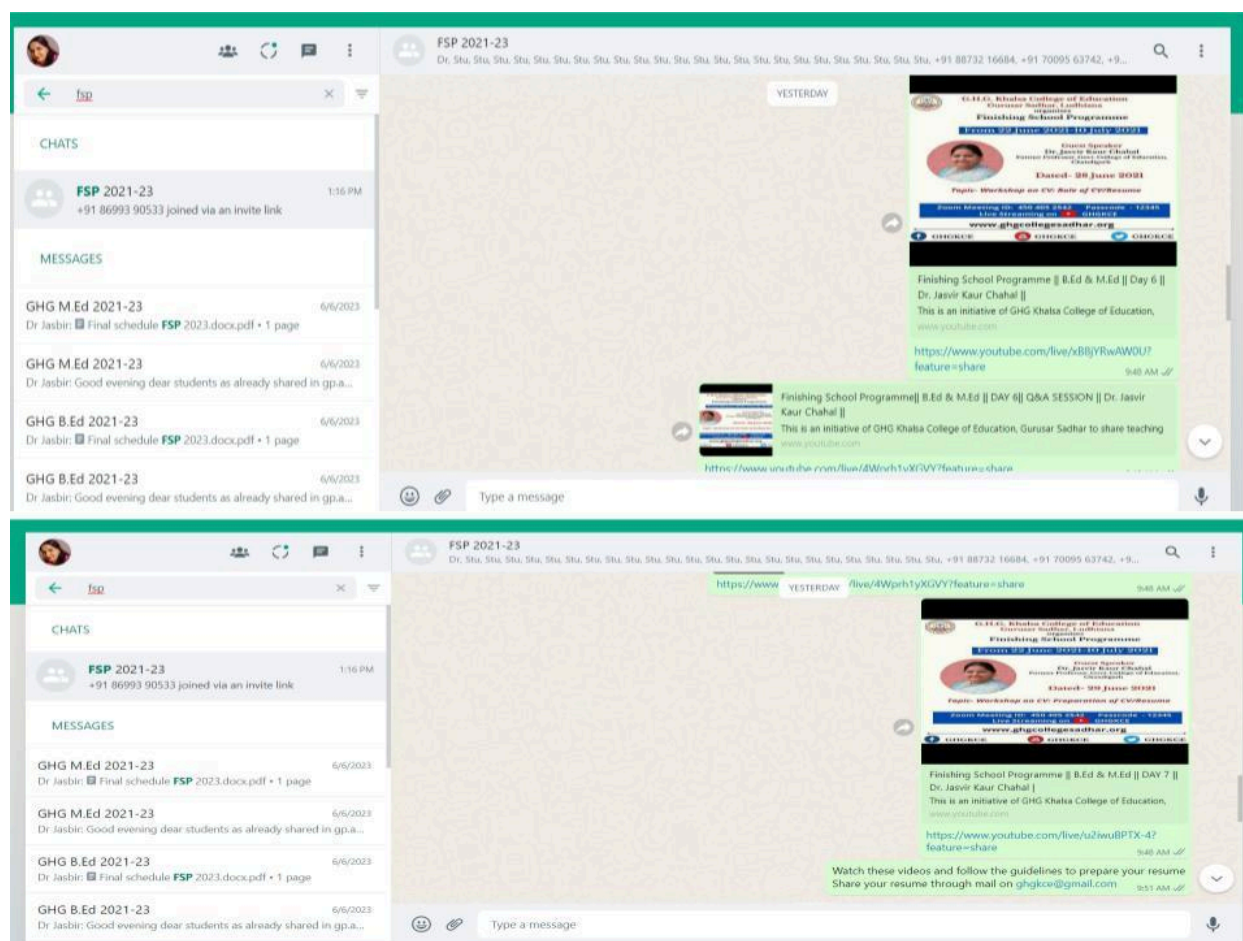
**Govt. College of Education, Chandigarh**

The ninth day of the Value Added Course on professional competence was planned and conducted to provide some hand on skills to the students with the help of sharing a recorded lecture of the expert on the topic 'Preparing CV/ Resume Writing' and preparing their CV and sharing it on institutional mail ID. The video was shared through whatsapp groups and the feedback was also requested from the students along with queries, doubts and their concerns if any. Coordinators of this programme properly instructed students, so that they will not face any difficulty in making their CV as per the guidelines shared in the video sent to them. Ten students prepared their CV and mailed the college Id. Overall this session proved to be a fruitful one as students got the opportunity of experiential learning and putting it into the practice.

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**Mr. Jasvir Singh**

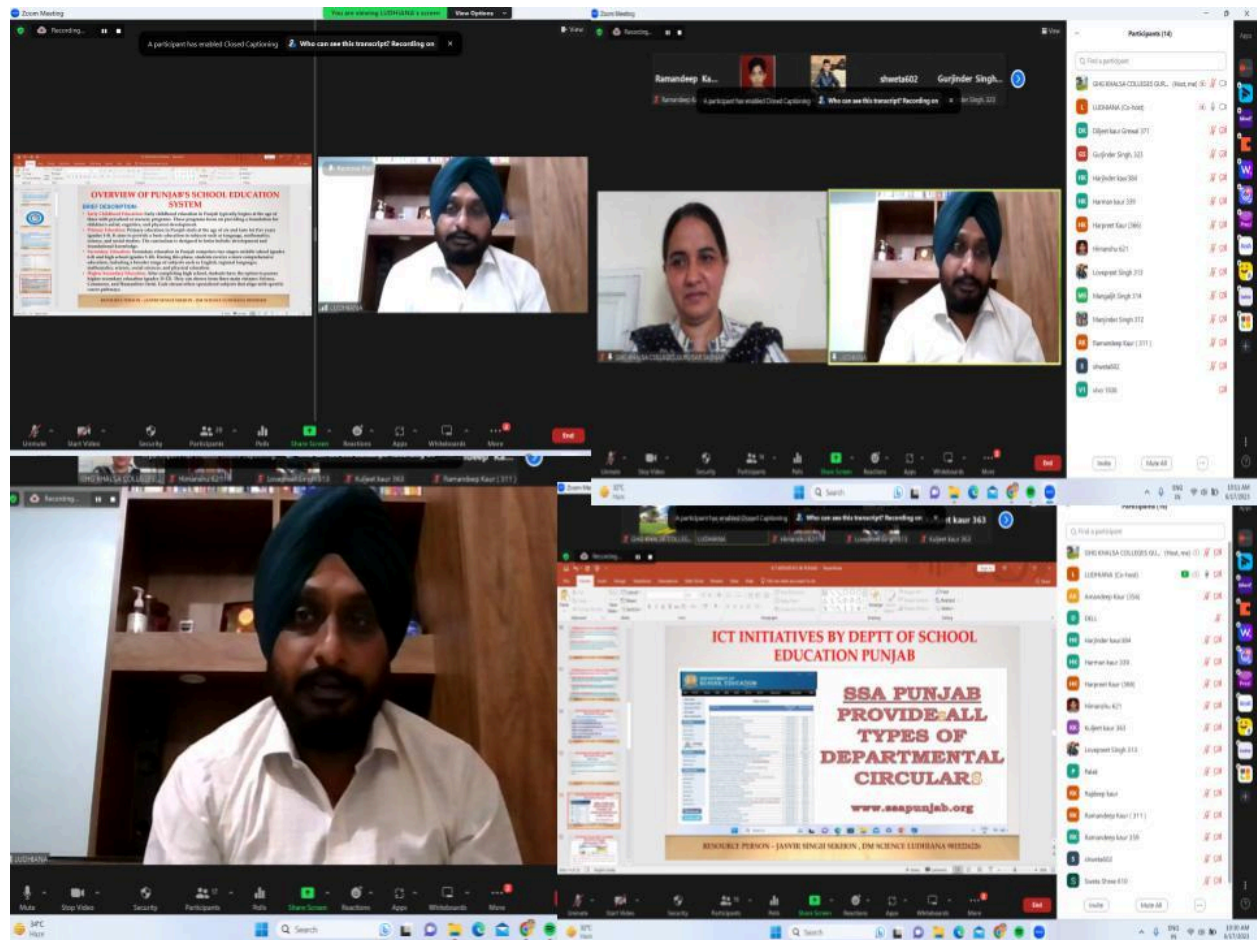
**District Mentor Science, Ludhiana**

**Science Master, GSSS UKSI**

GHG Khalsa College of education organised an interactive online session on June 17, 2023 on the topic ICT Initiative in school education. The target group was B.ed and M.ed Sem 4 students. The resource person was Mr. Jasvir Singh Sekhon, DM, Ludhiana. The spokesperson about the initiative taken by Govt of Punjab to enhance and upgrade the quality of education by the use of ICT. He enlightened his conversation with the importance of ICT in education. Further, he threw light on the various programs by the Dept of education, Punjab. He discussed the SSA Punjab. He made students aware about various applications like O labs, iScuela, wordwall etc. He also suggested pupil teachers to engage in various training programs to upgrade themselves during their services to school. All the queries of the students were addressed by the resource person. The session ended with a formal vote of thanks by Dr. Ramandeep Kaur Sidhu.

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