

**Value added Course (Online Mode) on Research Methodology**

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**1st Feb to 10th Feb 2025**

Dated	Topic	Resource Person	Mode	Session Coordinator
1/2/25	Defining Research/ Qualitative vs Quantitative	<b>Dr. Manu Chadha</b> Associate Prof. GHG Khalsa College of Edu., Gurusar Sadhar	Online	Dr. Rachhpal Singh/ Dr. Ramandeep Kaur Sidhu
2/2/25	Art of reviewing the literature for research	<b>Dr. Pargat Singh Garcha</b> Principal, GHG Khalsa College of Education, Gurusar Sadhar	Recorded lecture	Dr. Jasbir Kaur Sarna
3/2/25	Research Designs	<b>Dr. Roma Rahlon</b> Associate Prof. DAV College of Edu., Hoshiarpur	Online	Dr. Rachhpal Singh/ Dr. Jasbir Kaur Sarna
4/2/25	Designing Objectives & Hypothesis	<b>Dr. Avninder Preet Singh</b> Associate Prof. Malwa Central College of Edu. for Women, Ldh.	Online	Dr. Ramandeep Kaur Sidhu/ Dr. Jasbir Kaur Sarna
5/2/25	Referencing in academic writing: Abstracting and Bibliography	<b>Dr. Anshu Narad</b> Associate Professor, Lovely Professional University, Phagwara	Online	Dr. Rachhpal Singh/ Dr. Jasbir Kaur Sarna
6/2/25	Research Ethics	<b>Dr. Sandeep Kataria</b> Principal, Saint Sahara College Of Education, Sri Muktsar Sahib	Online	Dr. Rachhpal Singh/ Dr. Ramandeep Kaur Sidhu
7/2/25	Construction of Research Tool	<b>Dr. Tirath Singh</b> Principal, Sacred Heart College of Education, Barnala	Online	Dr. Rachhpal Singh/
8/2/25	Data Analysis Techniques: Using Excel sheet	<b>Dr. Ramandeep Kaur Sidhu</b> Assistant Professor, GHG Khalsa College of Edu, Gurusar Sadhar, Ldh	Online	Dr. Ramandeep Kaur Sidhu/ Dr. Jasbir Kaur Sarna
9/2/25	APA Styles of Referencing	<b>Dr. Gurmeet Singh</b> Associate Prof. Malwa Central College of Edu. for Women, Ldh	Recorded lecture	Dr. Ramandeep Kaur Sidhu
10/2/25	Steps of Research Proposal	<b>Dr. Pargat Singh Garcha</b> Principal, GHG Khalsa College of Edu. Gurusar Sadhar		Dr. Rachhpal Singh/ Dr. Ramandeep Kaur Sidhu

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**REPORT**

**VALUE ADDED COURSE ON 'RESEARCH METHODOLOGY'**

**1st Feb to 10th Feb 2025**



**Research cell of G.H.G. Khalsa College of Education  
Gurusar Sadhar, Ludhiana**

**Organises**

**Value added Course on Research Methodology**

**From Feb 01, 2025-Feb 10, 2025**



**Course Duration: 30 hrs**

- 2 hrs session will be followed by 30 minutes question answering session
- 2 hrs self learning (Suggested reading material)
- 2 hrs for hands on Activity by students

**Evaluation Scheme**

- Minimum 80% attendance in online Sessions
- Participation in Question Answering Sessions
- Submission of Hands on Activity Work
- Minimum 40% scores on Quiz at the end of the course

**REGISTRATION LINK FOR THE COURSE: [CLICK HERE TO JOIN](#)**

**Patron**

**Dr. Pargat Singh Garcha  
Principal**

**Convener**

**Dr. Manu Chadha  
IQAC Coordinator**

**Organizing Committee**

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

**For any query contact : 9501024180, 9876733373, 9872100809 Email ID: [ghgkce@gmail.com](mailto:ghgkce@gmail.com)**

## **Value added Course (Online Mode) on Research Methodology**

**Day 1: 1st February, 2025**

**Topic: Defining Research**

**Resource Person: Dr. Manu Chadha, Associate Professor, GHG Khalsa College of Education, Gurusar Sadhar**

Day 1 of the value added course on 'Research Methodology' started with the welcoming note for the resource person of the day, Dr. Manu Chadha, Associate Professor GHG Khalsa College of Education Gurusar Sadhar. Dr. Rachhpal, Assistant professor from the host college, welcomed Dr. Manu to deliver a lecture on 'Defining Research' and its importance in empowering students to excel in writing their research proposals and theses. In her introductory note Dr. Manu emphasized the importance of research in understanding a situation or problem from different angles and generating new knowledge.

Elaborating the theme Dr. Manu discussed various types of research, emphasizing that research isn't limited to discovering new things but also involves exploring existing knowledge in new ways. She differentiated between pure research, which aims to expand theoretical knowledge, and applied research, which focuses on solving real-world problems. Dr. Manu also outlined different research methods based on objectives, such as descriptive, exploratory, correlational, explanatory, predictive, and action research. She gave examples of research topics, including the effectiveness of computer-assisted instruction on learning outcomes and the exploration of historical events' impact on the present.

Dr. Manu discussed various types of research, including quantitative, qualitative, and mixed-methods research. She explained that quantitative research involves numerical data and statistical analysis, while qualitative research focuses on exploring experiences and meanings through observation and interviews. Mixed-methods research combines both approaches. Dr. Manu also outlined different research designs, such as exploratory, descriptive, experimental, and historical research. She emphasized the importance of larger samples in quantitative research and smaller samples in qualitative research. She also touched on the concept of grounded theory, which involves discovering and understanding problems in a social situation.

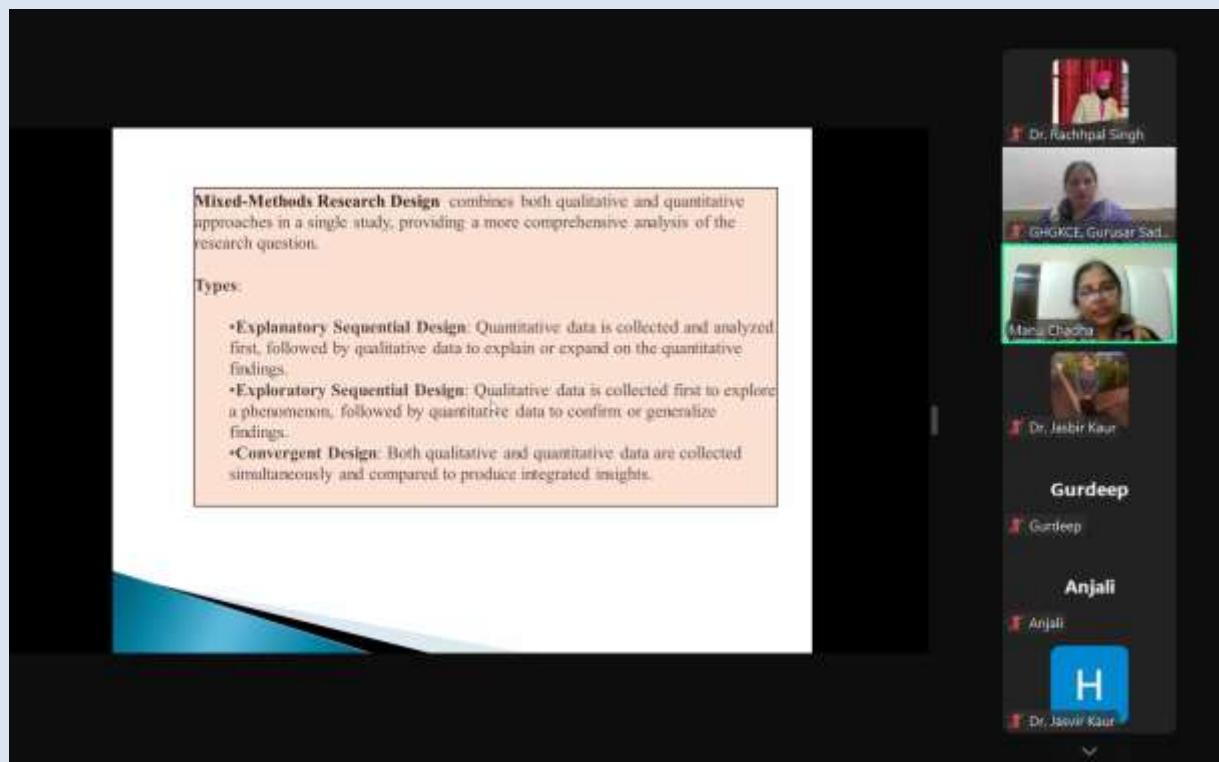
Dr. Manu also discussed the differences between predictor and outcome variables in research, using the example of the effect of music on stress. She explained that the independent variable is the predictor variable, which can be manipulated or controlled, and the dependent variable is the

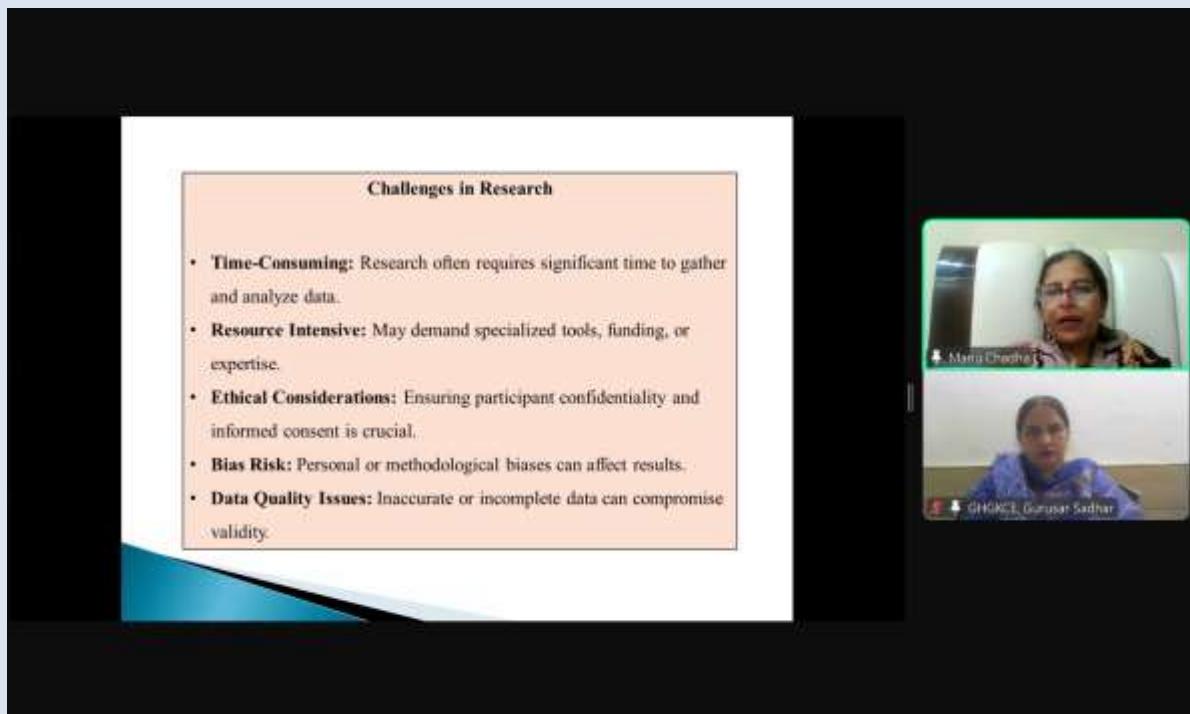
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outcome variable. She also differentiated between experimental and survey research, and mentioned the importance of randomization in experimental research.

Dr. Manu discussed the differences between quantitative and qualitative research methods. She explained that quantitative research is objective, deductive, and aims to explore new theories, while qualitative research is subjective, inductive, and aims to generate new theories. She also highlighted that quantitative research requires a larger sample size, controlled settings, and numerical data, while qualitative research involves smaller sample sizes, naturalistic settings, and linguistic data. Dr. Manu emphasized the importance of forming a research design to ensure structured approach, reliability, and validity of findings. She also mentioned the challenges of research, such as time consumption, resourcefulness, research ethics, and potential for bias. She concluded by outlining the key steps in research, including objectives, methods, ethics, tools, data collection, and interpretation.

At last the participants expressed their gratitude for the insightful and engaging discussion, which enriched their understanding of research topics. Manu also encouraged the participants to ask any queries they might have. The session concluded with the vote of thanks presented by Dr. Rachhpal the session coordinator. Participants also expressed their sense of gratitude for the resource person for her effective presentation and contribution to their learning experience.





**Day 2: 2nd February, 2025**

**Topic: Review of Related Literature**

**Resource Person: Dr. Pargat Singh Garcha, Principal GHG Khalsa College of Education, Gurusar Sadhar**

On the second day of the Value added course on ‘Research Methodology’ a recorded lesson was shared with the students dealing with the topic ‘Review of Related Literature’. The expert for this lecture was Dr. Pargat Singh Garcha, Principal GHG Khalsa College of Education Gurusar Sadhar. Dr. Garcha started his lesson with the objectives of the present session comprising, meaning, source, procedure and management of review of related literature. Sir presented a flow chart to explain the flow of the research process starting with the research problem, literature review, research questions or objectives, research designs, data collections, analyzing and summarizing the findings.

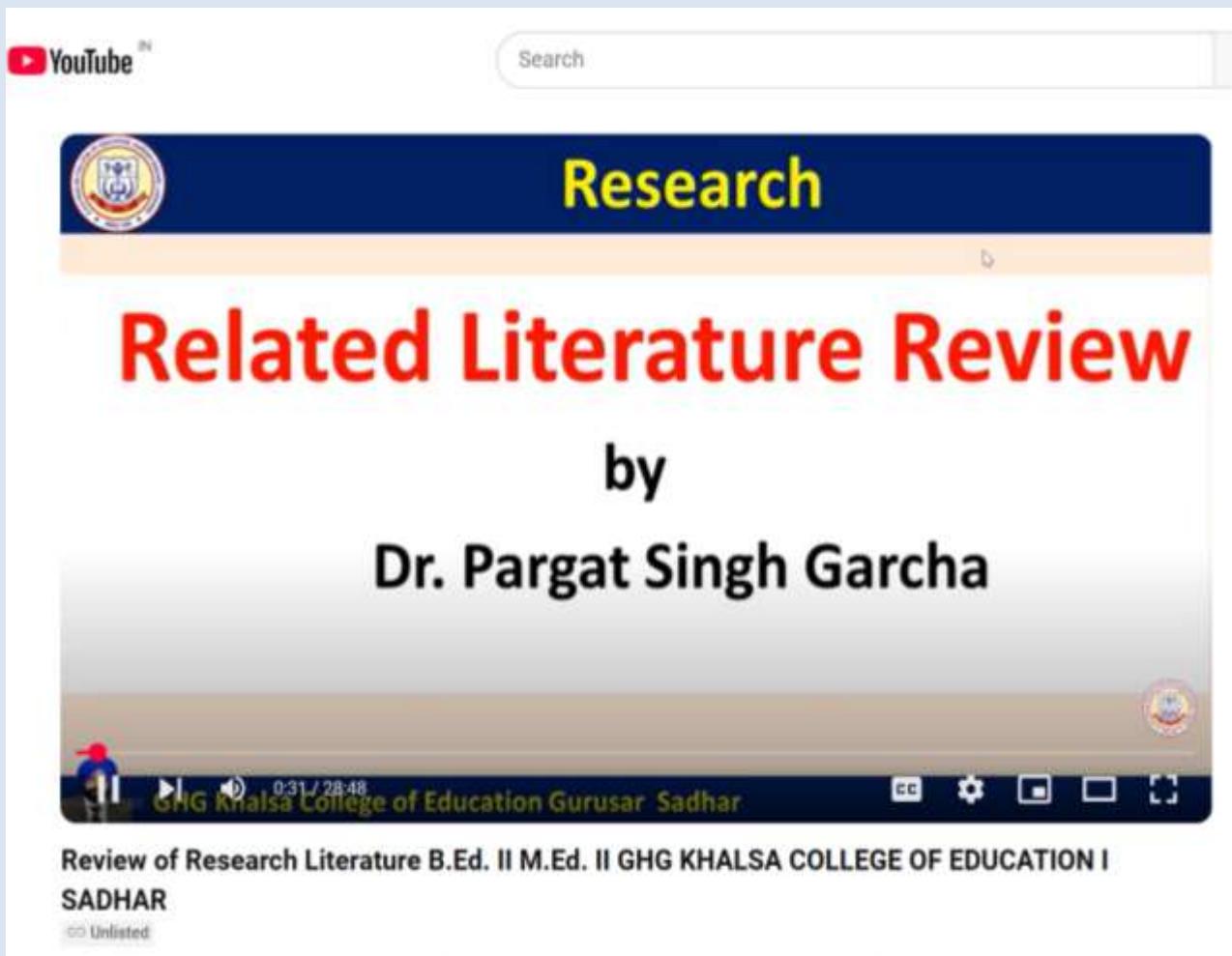
Dr. Garcha step by step explained the basic features of review of related literature starting with the purpose of the review which may involve: delimitation of the research area, avoiding repetition, exploring tools used, gaining an insight for the statistical method used and exploring the recommendations of previous studies about the problem in hand.

Next topic of discussion was the sources of review of related literature which involves three types of sources namely primary, secondary and tertiary. Dr. Garcha presented examples of each source

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separately and motivated students to identify and quote their sources in a judicious manner. He further explained about the common sources which can be used for review of related literature including library, theses and Dissertations, Newspapers, Govt. documents, Monographs, Surveys and e- resources like shodhganga a repository of Indian theses.

Lastly Dr. Garcha explained the method of summarizing and note taking of the review of related literature. Some important points to be considered are identifying key sub points, tools used, findings of the study, abstract of the study, using your shortcuts and checking the accuracy and authenticity of the source. He informed students that it is important to cite every study reviewed using the correct referencing style. He encouraged students to have a focus on APA style of quoting references in their research proposal or document. At the end Dr. Garcha enquired about any query on the part of the students and finally concluded his lecture. Session was very informative and useful for the M.Ed students engaged in the process of synopsis and dissertation preparation.



YouTube Search

Research

# Related Literature Review

by

Dr. Pargat Singh Garcha

0:31/28:48

GHG Khalsa College of Education Gurusar Sadhar

Review of Research Literature B.Ed. II M.Ed. II GHG KHALSA COLLEGE OF EDUCATION I SADHAR

Unlisted

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**Day 3: 3rd February, 2025**

**Topic: Research Designs**

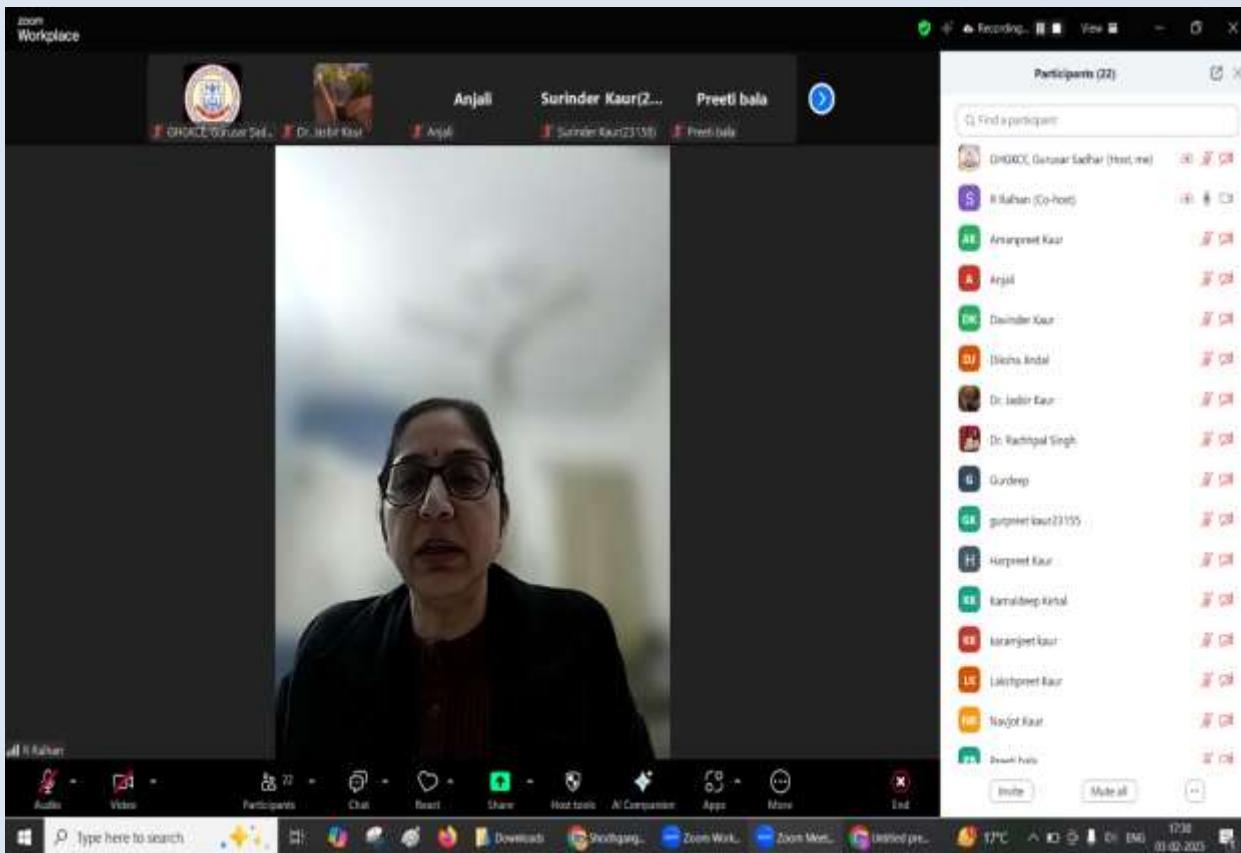
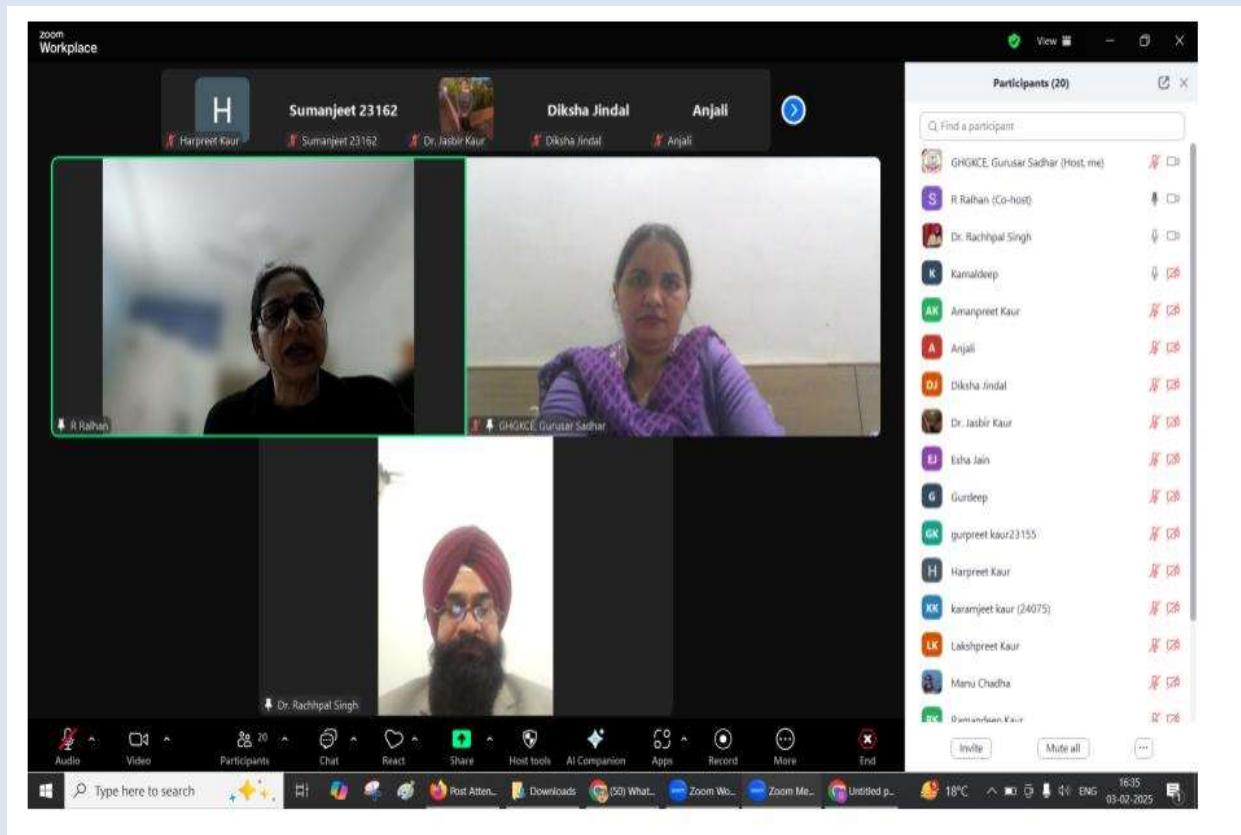
**Resource Person: Dr. Roma, Rahlon, Associate Professor D.A.V College of Education, Hosiharpur**

Day 3rd of Value Added course on ‘Research Methodology’ dealt with the topic ‘ Research Designs’ and the resource person for the day was Dr. Roma, Rahlon, Associate Professor D.A.V College of Education, Hosiharpur. The session started with the welcoming note by Dr. Rachhpal Singh, Assistant Professor from the host college. He invited the resource person for her deliberation on the theme of the day. Dr. Roma started her lecture with a brief introduction about research, variables in research and concept of hypothesis testing. She informed students that while pursuing research, we have to work on the research designs which may vary in nature depending upon the purpose of research study.

Dr. Roma through her power-point presentation discussed the main types of research designs that can be used for educational research with the focus on experimental research designs. She told students that experimental designs are known as the blueprint of the research procedure. It helps the researcher to test his hypothesis and determine cause and effect relationship. She said the four basic characteristics of research designs are: manipulation, control, randomization and replication. Further elaborating her topic Dr. Roma discussed three types of Research designs namely: Pre-experimental research designs, True-experimental research designs and Quasi experimental research design. She further discussed the basic characteristics of each research design starting with the pre-experimental which is used for beginners and considered to be very weak in nature as it lacks the feature of control. In contrast, the quasi experimental design lacks the feature of randomization and is not so useful for experimental research. Lastly she discussed in detail about the True experimental designs which are considered to be the heart of experimental research. All the essential characteristics including, manipulation, control, prediction and replication is possible under this design.

Dr. Roma ended her lecture through a quick revision of all the designs and then she invited students to share their concerns or queries related to the theme. At the last a formal vote of thanks was presented by Dr. Rachhpal from the host college.

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**Day 4: 4th February, 2025**

**Topic: Defining Objectives and Hypothesis in Research**

**Resource person: Dr. Avninderpreet Singh, Associate Professor, Malwa Central College of Edu for Women, Ludhiana.**

The 3rd day of the Value Added course on ‘Research Methodology’ dealt with the theme ‘Defining Objectives and Hypothesis in Research’. Resource person for the day was Dr. Avninderpreet Singh, Associate professor, Malwa Central College of Education for Women, Ludhiana. Dr. Avninder started the session, explaining the concept of educational research and its purpose. He emphasized the importance of understanding the variables involved in research, including dependent, independent, and classificatory types. He also discussed the broader purpose of educational research, which includes exploring issues, finding answers to questions, sharing policy relationships, and improving practice. He concluded by stressing the need to understand the problem/title and variables before writing objectives.

In his lecture Dr. Avninder also discussed the role of intervening and confounding variables particularly in experimental studies. Taking an example of studying the relationship between intelligence and achievement, he emphasized the importance of understanding which variable is dependent and which is independent, when formulating a statement of the problem. Dr. Avninder stressed the need to control for these variables to ensure accurate comparisons and results. He also mentioned the potential impact of extraneous variables, such as government school versus public school, on student performance.

Dr. Avninder discussed the importance of research questions, objectives, and hypotheses in research. He emphasized the need for a clear and concise statement of specific goals and aims of a study. He also highlighted the importance of considering factors such as the feasibility of the study, the availability of subjects, and the potential impact of the research. Dr. Avninder also discussed the need for research to be ethically approved and to provide new information about a problem.

Dr. Avninder discussed the importance of clear and concise research objectives, emphasizing the need for specificity, measurability, achievability, realism, relevance, and time-boundness. He differentiated between descriptive, exploratory, and explanatory research objectives, explaining that descriptive research aims to provide a detailed description of a phenomenon, exploratory research seeks to investigate possible determinants, and explanatory research aims to explain the

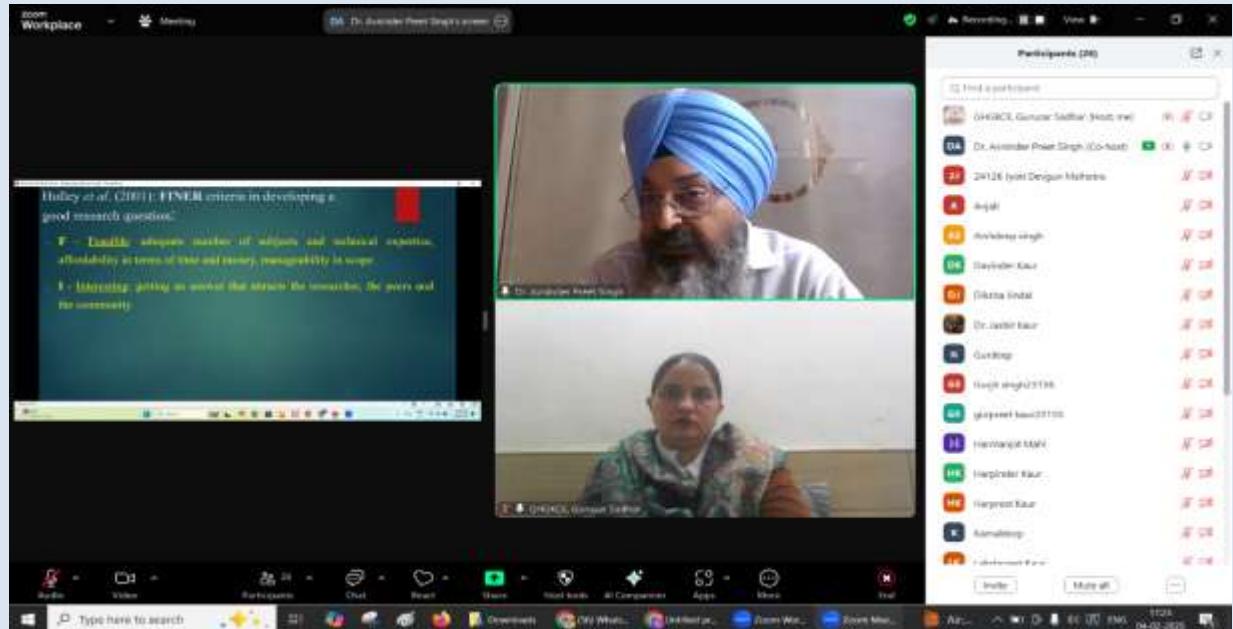
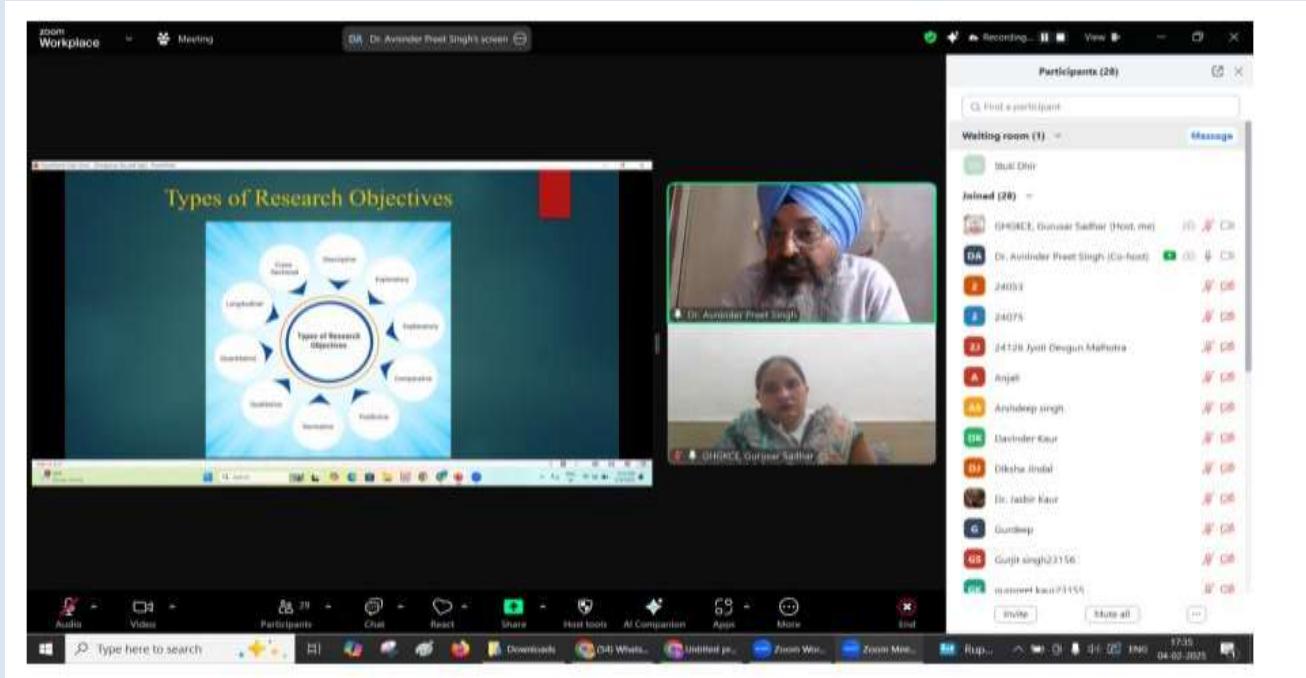
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underlying causes. Dr. Avninder also highlighted the importance of analyzing data and considering the viability of the study before proceeding.

To develop clarity among the participants about the variable relationship and the research designs through which they can be studied, Dr. Avninder took the example of various strategies for teaching and their impact on student achievement. He highlighted the importance of comparing different teaching methods, such as the flipped classroom approach versus traditional teaching, to determine their effectiveness. Dr. Avninder also emphasized the significance of understanding the interaction between different variables, such as motivation and study habits, on academic achievement. He suggested, conducting studies to determine the impact of these variables on student performance and to establish norms and guidelines for teaching methods. Dr. Avninder also mentioned the importance of qualitative analysis, particularly in understanding the emotions and motivations of students. He concluded by discussing the potential of longitudinal studies to track cognitive development over time.

Dr. Avninder led a comprehensive discussion on the concepts of hypothesis, objectives, and their interrelationships. He explained that a hypothesis is a tentative assumption or proposition that can be tested and verified through scientific evidence. He also clarified the distinction between non-directional and directional hypotheses, with the former indicating the existence of a relationship without specifying its direction, and the latter indicating a specific direction of the relationship. Dr. Avninder further discussed the importance of objectives in research, stating that they often serve as hypotheses. He also touched on the significance of independent and dependent variables in research, with the former being the variable manipulated by the researcher and the latter being the variable being measured or observed. The conversation ended with Dr. Avninder encouraging further questions and discussions. The session concluded with a vote of thanks presented by students and faculty.

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Day 5: 5th February, 2025

## Topic: "Styles of References with special reference to APA"

**Resource Person- Dr. Anshu Narad, Associate Professor, Lovely Professional University,  
Phagwara**

On the day 5th of the Value Added course on 'Research Methodology' a pre-recorded lecture was shared with the students on the topic "Styles of References with special reference to APA" . This

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lecture was delivered by Dr. Anshu Narad, Associate Professor, Lovely Professional University. In this lecture Dr. Anshu Narad talked about an important component of research work i.e referencing with special focus on APA style. She made students familiar with a few terms like APA Style, Plagiarism, Academic Integrity, Documentation etc. She continued explaining the various styles of citing resources other than APA style. Furthermore, she suggested that researcher should concentrate on the two aspects of APA style while documenting his research i.e. Intext Citation and Preparing Reference list. Thereafter, she elucidated the general rules for In- Text Citation and Reference list.

Going further, she explained the difference in Quoting, Paraphrasing and Summarizing. She laid emphasis on the current style of writing references for different books, edited collection, Journals, online journals, company website, online software etc. and clarified the same with multiple examples. She explained the difference between DOI and URL. At the end of the session students were given an assignment to frame a research problem based on the understanding developed through previous sessions and collect 10 reference studies and prepare their reference based on the latest APA style.

**In-Text Citation (General rules)**

- Author and date are the key components in the in-text citation of the APA referencing style.
- No author: when author information is not available, use the source title to replace the author's position.
- Books:
  - give the month for monographs
  - give the month and day for works later
  - of the journal or magazine give a section, not a month, include that e.g. (2006, Spring)
- Page range:
- Use an en-dash, NOT a hyphen, for page ranges e.g. 29–27. An en-dash (–) is wider than a hyphen ( - ) the gaps between the page numbers and the en-dash

**Value Added Course on APA Style of References**

Value added Course II Basics of Research (Dr. Anshu Narad; 06.05.2022)

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## Day 6: 6th February, 2025

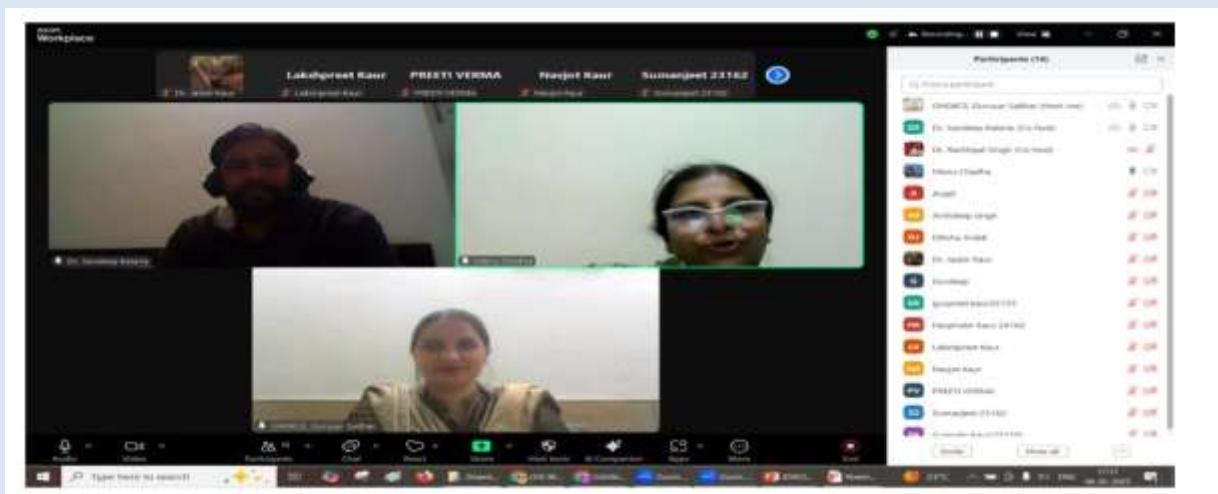
## Topic-Research Ethics

## **Resource Person: Dr. Sandeep Kataria, Principal, Saint Sahara College Of Education, Sri Muktsar Sahib**

The day 6th of Value added course on ‘Research Methodology focussed on the topic ‘Research Ethics’. The session started with a warm welcome to the resource person for the day i.e. Dr. Sandeep Cataria, Principal, Saint Sahara College of Education, Sri Muktsar Sahib. After the formal welcome, Dr. Sandeep was invited to share his views with the audience.

Dr. Sandeep discussed the historical context of research ethics, highlighting the Stanford Prison Experiment and the importance of informed consent. He emphasized the significance of educational research populations, such as children and teachers, and the need for trust and validity in research findings. Dr. Sandeep also discussed the importance of confidentiality and anonymity in research, and the potential for ethical dilemmas in educational research. Dr. Sandeep discussed in length about the ethical guidelines and frameworks for conducting research in the form of International, National and institutional policies respectively. Some of the ethical issues in data collection as well as data analysis and reporting was also discussed.

Dr Sandeep also highlighted the ethical challenges in cross-cultural and emerging ethical issues in digital research including the data privacy, informed consent, algorithmic bias and the cybersecurity. He concluded by discussing the importance of responsible research, including respecting participants' well-being and adhering to institutional guidelines. The session ended with Dr. Sandeep thanking the participants and encouraging them to reach out with any further questions.



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**Day 7: 7th February, 2025**

### **Topic-Construction of Research Tool - Questionnaire and Attitude Scale**

**Resource Person: Dr. Tirath Singh, Principal, Sacred Heart College of Education, Barnala**

On 7th February 2025, Day 7 of the workshop, Dr. Tirath Singh, the Principal of Sacred Heart College of Education, Barnala, delivered an insightful session on the 'Construction of Research Tool: Questionnaire and Attitude Scale'. The session aimed to equip participants with the necessary skills to design and develop effective research tools, focusing on the creation of well-structured questionnaires and attitude scales for gathering reliable and valid data.

Dr. Singh began the session by emphasizing the importance of well-constructed research tools in obtaining accurate information for research. He explained the fundamental principles of questionnaire construction, which involved understanding the purpose of the study, identifying the target audience, and crafting clear, unbiased questions. The session covered various question formats, including closed-ended questions (such as multiple-choice and yes/no questions) and open-ended questions that allow for more detailed responses. Dr. Singh highlighted the significance of a Likert scale in gauging attitudes, where participants rate their level of agreement or disagreement with certain statements. He also stressed the necessity of pilot testing a questionnaire to ensure its clarity and effectiveness before using it in actual research.

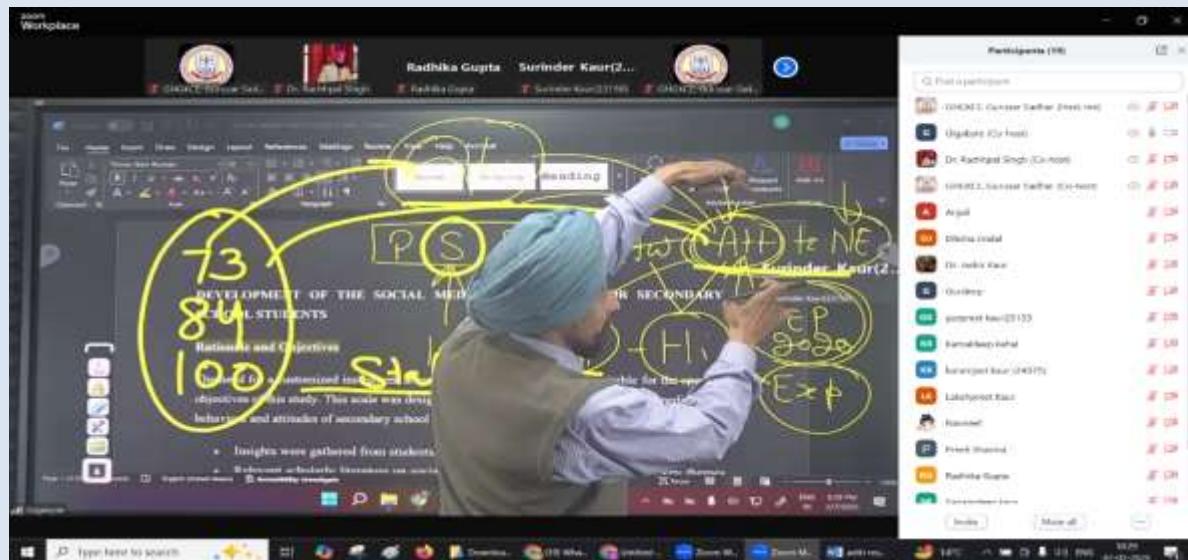
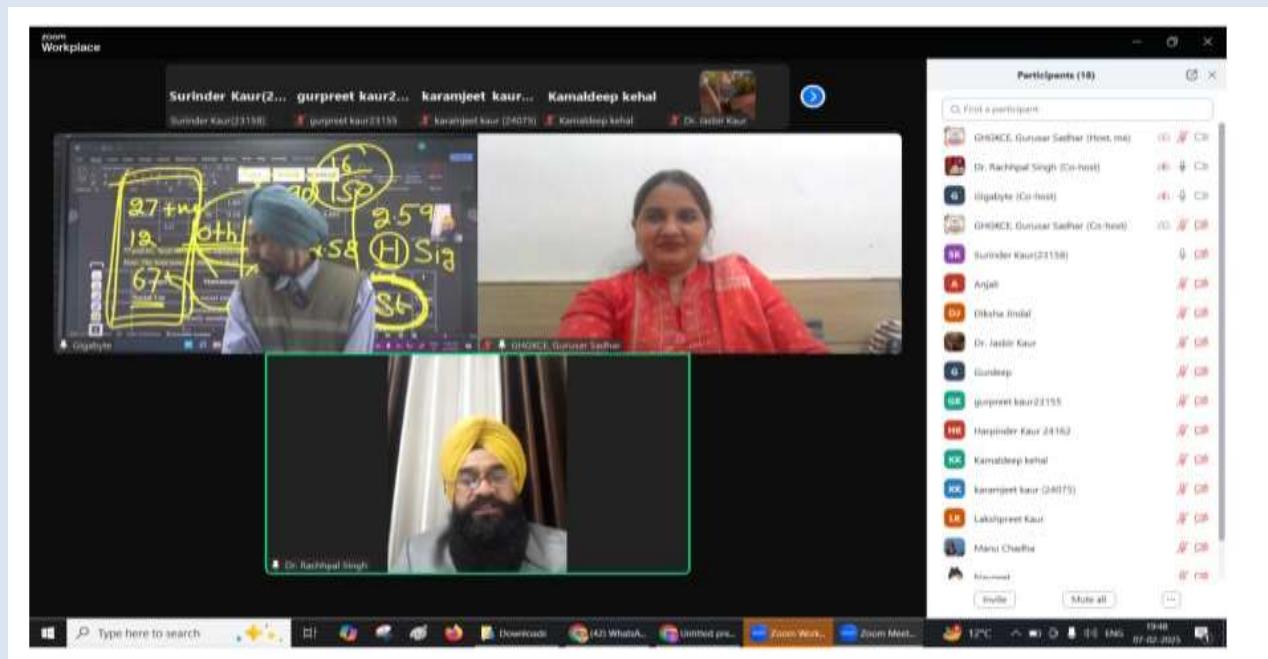
Additionally, Dr. Singh discussed the design and implementation of attitude scales, particularly focusing on their role in measuring the attitudes and opinions of individuals toward a specific subject. He introduced the widely-used Likert scale format for attitude measurement and explained how to construct balanced statements that cover both positive and negative aspects to avoid response biases. He also addressed the importance of ensuring the reliability and validity of attitude scales to ensure they accurately measure what they intend to.

The session concluded with a practical demonstration, where participants were divided into small groups to design their own questionnaires and attitude scales on a given topic. This hands-on activity allowed attendees to apply the principles discussed and receive feedback from Dr. Singh, further enhancing their understanding.

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Dr. Rachhpal Singh also thanked the participants for their active involvement in the session and encouraged them to apply the learned concepts in their future research projects. The session ended on a positive note, with appreciation for Dr. Singh's valuable input and a commitment to fostering a deeper understanding of research methodology.

The session was highly informative, providing participants with practical knowledge and tools to enhance the quality and rigor of their research, particularly in the fields of education and social sciences.



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**Day 8: 8th February 2025**

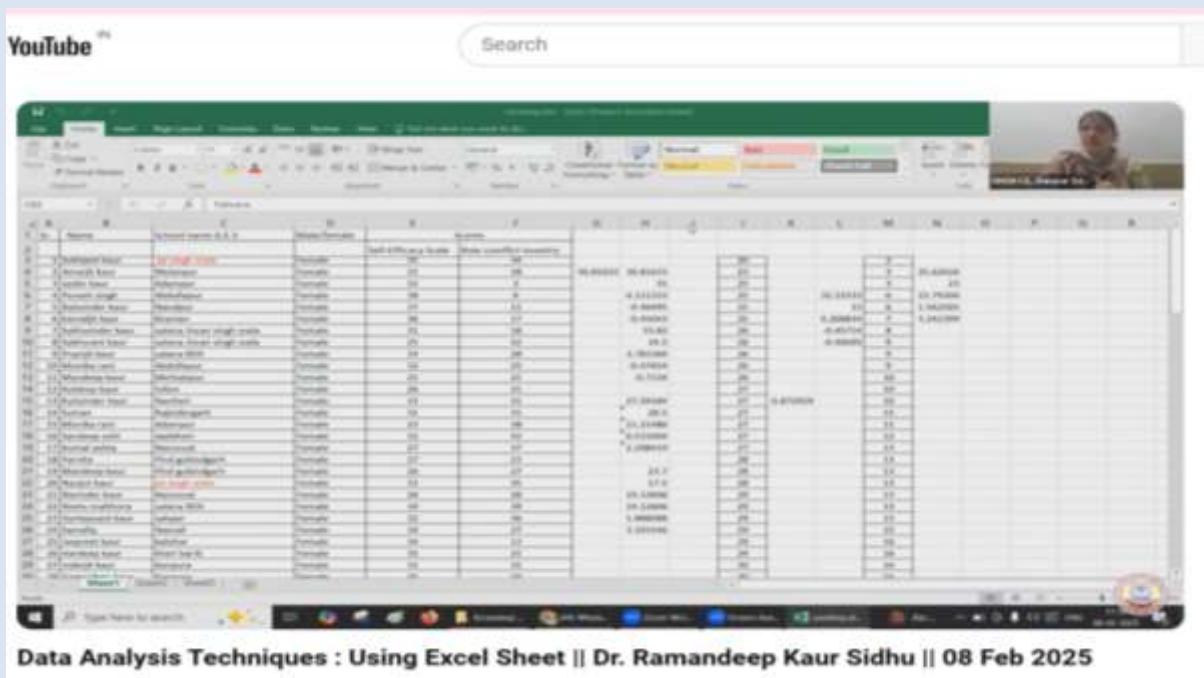
**Topic- Use Microsoft excel for statistical data analysis**

**Resource Person: Dr. Ramandeep Kaur Sidhu, Assistant Professor, GHG Khalsa College of Education, Gurusar Sadhar**

The day 8th of value added course on 'Research Methodology' focussed on hands-on training in using microsoft excel for statistical data analysis under the Guidance of Dr. Ramandeep Kaur Sidhu, Assistant Professor GHG Khalsa College of Education, Gurusar Sadhar. Dr. Ramandeep discussed data analysis techniques for a research project, focusing on using Excel and SPSS packages. She explained how to calculate scores, find relationships between any two variables like self-efficacy and role conflict, and determine significant differences between male and female students. She emphasized the importance of understanding key statistical concepts such as means, standard deviations, and t-tests, providing formulas for these calculations. She also mentioned that while manual calculations are possible, using Excel or SPSS is more efficient for data analysis. Dr. Ramandeep explained the procedure of using Excel to calculate statistical measures such as mean, median, standard deviation, and correlation for a given dataset. She demonstrates the formulas and steps to find these values in Excel. She also discussed the method to interpret correlation values and determine significance levels using critical values. She further explained about the graphical representations of the data using frequency distribution tables with class intervals.

Dr. Ramandeep discussed various statistical concepts and graphical representations, including frequency polygons, pie charts, bar graphs, and histograms. She also mentions analyzing variables, prediction techniques, and regression analysis. After demonstrating all the steps of analyzing the data, Dr. Ramandeep provided a hypothetical data to the participants and asked them to find the values of mean. Median, mode, correlation and standard deviation and also draw frequency distribution charts and ogives. She provided individual guidance to every participant. The session was very informative and resourceful. At the end a vote of thanks was given to the resource person of the day by Dr. Rachhpal Singh, from the host college.

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The image is a screenshot of a YouTube video player. The video is titled "Data Analysis Techniques : Using Excel Sheet || Dr. Ramandeep Kaur Sidhu || 08 Feb 2025". The video content shows a Microsoft Excel spreadsheet with data in columns A through R. The data includes various names and numerical values. The video player interface includes a search bar at the top, a video thumbnail on the right, and a progress bar at the bottom.

**Day 9- 9th February 2025**

**Topic-Referencing in Academic Writing: Abstracting and Bibliography**

**Resource Person: Dr. Gurmit Singh, Malwa central College of Education, Civil Lines, Ludhiana**

The 9th day of the Value Added course on 'Research Methodology' dealt with the theme 'Referencing in Academic Writing: Abstracting and Bibliography'. Resource person for the day was Dr. Gurmit Singh, Associate professor, Malwa Central College of Education for Women, Ludhiana.

Dr. Gurmit started his topic highlighting the importance of focus and critical evaluation in the review of related literature. He emphasized that this process should be tailored to the specific topic under investigation, and should aim to fit the new research into the existing body of knowledge. He further explained that a literature review is a systematic identification, evaluation, and review of publications relevant to the research topic, which can include articles, abstracts, reviews, monographs, dissertations, and other research reports.

Dr. Gurmit discussed the importance of reviewing related literature in research. He emphasized that this process helps to evaluate sources, understand global research trends, and identify gaps in existing knowledge. He also highlighted the benefits of reviewing literature, such as saving time by identifying areas that have already been researched, and becoming familiar with the state of

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knowledge in a chosen topic. He differentiated between delimitation (research boundaries) and limitation (factors beyond control), and stressed the importance of understanding these concepts in research.

He also highlighted the benefits of literature reviews, including preventing the repetition of information, developing a distinctive approach to the subject matter, and assessing the importance of further research. Dr. Gurmit also pointed out common mistakes researchers make during literature reviews, such as not focusing on the research problem, not explaining the search method, and not incorporating conflicting findings. He concluded by discussing different types of literature reviews and the sources of information for research, including UGC Care listed journals, books, conference proceedings, government reports, corporate reports, newspapers, and more.

Dr. Gurmit discussed the APA format for writing references in dissertations and theses. He emphasized the importance of giving credit to the original author and maintaining a uniform pattern throughout the work. He also explained how to cite different types of sources, such as books, conference proceedings, journal articles, and online sources. Dr. Gurmit stressed the need to include the date and time of accessing online sources to avoid plagiarism.

In the concluding phase of the meeting Dr. Gurmit opens the discussion for questions after presenting his topic. M.Ed Sem II student Ms. Anjali asked about using research data as references, to which Dr. Gurmit explained the importance of addressing contradictions with previous studies in one's research. At the end Dr. Jagjit Singh Assistant Professor from the host college presented a vote of thanks and concluded the session.



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**Day 10: 16th February, 2025**

**Topic: Steps in Research proposal/Dissertation**

**Resource Person: Dr. Pargat Singh Garcha, Principal, GHG Khalsa College of Education, Gurusar Sadhar**

Day 10th of Value added course on 'Research Methodology' dealt with the topic 'Steps in Research Proposal/Dissertation' and the resource person for the day was **Dr. Pargat Singh Garcha, Principal, GHG Khalsa College of Education, Gurusar Sadhar**. Session started with a welcome note by Dr. Rachhpal Singh, Assistant Professor from the host college. In the beginning of the session, the concept of a research proposal was introduced, with a focus on identifying problems, combining variables, and conducting experimental studies.

Dr. Garcha discussed the importance of pinpointing methods and problem areas in research, particularly in the context of Education. He emphasized the need for an unbiased approach and the importance of reviewing literature to identify gaps and inconsistencies. Sir also discussed the methodology for data collection and analysis, including descriptive research and experimental research. He suggested a study on stress among college teachers in Punjab as a potential research problem. The conversation ended with Dr. Garcha providing guidance on framing a research title, emphasizing the need to avoid too much detail and to focus on the main subject area.

Dr. Garcha further discussed the components of a research proposal, including operational definitions, limitations, assumptions, and variables. Sir also emphasized the importance of clearly defining terms and setting boundaries for the study as well as sampling techniques, data analysis methods, and the structure of research chapters. Dr. Garcha also encouraged students to interact and share their research topics, one of the M.Ed students shared her topic of research with the title 'A study of psychological hardiness among adolescents in relation to their social support'.

A detailed discussion was done on the shared topic including types of variables involved i.e. independent, dependent and demographic variables as well as the research design, including the sampling strategy, data collection methods, and the tools to be used in the study. Sir also touched on the potential implications of the research and the need for a descriptive nature of the study.

Another research topic was shared with the title 'Attitude of school teachers towards the National Education Policy 2020'. Dr. Garcha emphasized the need for deep thinking, as this research topic qualitative in nature so he suggested a qualitative study using triangulation methods to control variables and provide more accurate results. The conversation also touches on the importance of

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proper grammar and spelling in research, as well as the need for justification and conclusions. Dr. Garcha emphasized the importance of interaction with teachers and peers, and encouraged students to ask questions to enhance their learning. He also stressed the value of learning from various sources and improving skills. At the end of the session Dr. Rachhpal expressed his gratitude for this insightful session. The conversation ended with a thank you from the students and a positive outlook for future sessions

