



GHULAM AHMED COLLEGE OF EDUCATION



EDUVISION 2020

*Established By
Sultan-Ul-Uloom
Education Society*

EDUVISION 2020

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EDITORIAL

"Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones." —Bruce Garrabrandt.

Being on the Editorial Board of the college magazine is indeed a unique honor for which no words of gratitude can suffice. 'Time fleets, and waits for no one' cannot be exemplified better than the year gone by. The unpredictability of life was aptly demonstrated by the sequence of events that unfolded themselves in front of us. Confronted with one of the fiercest disasters we have faced in this century, what goes to our credit is that we are not giving up on optimism. Students of Ghulam Ahmed College of Education have always proved themselves in the most extraordinary ways possible, thus we continue to inspire each other and everyone around us. This year, the Editorial Board aimed to provide a platform showcasing the talents and achievements of current, as well as the participation along with the contribution was absolutely admirable. Blend with creativity and art, 'Eduvision' 2020 is a representation of strength, hope and evolution beautifully intertwined as a celebration of each and every entity connected to Ghulam Ahmed College of Education working in its name and glory.

We are truly grateful to Dr. Vibha Asthana, for being a pillar of support and guidance, and to students of B.Ed and M.Ed for bringing 'Eduvision' to life.

Every piece of work is incomplete without sincerity and dedication along with hard work. Our magazine is a product of integration of these elements by a number of working bodies connected to it. We are grateful for each and every contribution, as well as the cooperation of the Council.

By- Mrs. Rafiya Sultana, Assistan Professor, M.A, M.Ed; NET

GHULAM AHMED COLLEGE OF EDUCATION

ANNUAL REPORT - 2019- 20

Ghulam Ahmed College of Education continued its journey of providing quality education to its student teachers by nurturing in them, the teaching- learning and research skills, positive attitude and values. The academic session of the B.Ed. course 2019-21 batch commenced from August 2019, with **100** students and for the M.Ed. students it started in November, 2019 with an intake of 50 students.

CURRICULAR ACTIVITIES

Theory Classes and Evaluation- Theory classes were conducted regularly for the college students. The academic inputs were participative and interactive, several opportunities and experiences were provided to the students such as role plays, skits, panel discussion, paper presentation, collage making, workshops, guest lectures, etc. The college believes that varied experiences provide a holistic outlook for student teachers. Assessment such as Content tests, Essays, Class tests, assignments, reviews and report writing were integrated in the curriculum.

School Internship is an integral part of teaching. Student teachers were trained in different teaching competencies and provided experiences to develop a multi-perspective outlook towards teaching and learning.

The B.Ed. students, after a thorough practice in college, were sent to different schools of twin cities for their Internship for a period of 4 months, spread over 3 semesters. The students participated whole heartedly in all the activities of the school. They organized PTA meetings, Science exhibitions and conducted action research. Two B.Ed. students in Zikra School were **winners** in the 'Article writing competition' organized by the company, 'Ink to Inspire'.

During this period, students tried out a variety of lessons in their practicing schools using innovative methods such as Constructivism, Active Learning, Concept Attainment Model and Co-teaching with peers as well as school teachers. A 3- day Evaluation Workshop was conducted followed by a session on Interpretation of scores.

The M.Ed students took up classes for the B.Ed students integrating technology (PowerPoint presentations) in their teaching.

Use of ICT: Digital e-portfolios were prepared by the students of B.Ed. course. Excerpts of all the activities taken up by them, in 2 years, are show cased in the e-portfolio. Several multimedia presentations were also prepared with the help of PowerPoint in different subjects like Mathematics, Physics, Chemistry, English Language, Social Studies and Biological Sciences. The students also prepared digital lesson plans, blogs, brochures and newsletters.

Project work: The students did the project work either individually or in a group. Different topics were assigned to different students to avoid repetition and copying. Practical classes were conducted for the B.Ed students in the **Language Laboratory**. Students were given practice in creative writing, phonetics, expository writing, etc.

Student Council

This year elections were held for the new batch in October, 2019. A committee of 5 members was constituted through elections in a democratic manner and one member was selected based on academic excellence. The council members worked relentlessly with dedication to successfully carry out several programmes throughout the year. Some of these included celebrations for Constitution Day, Republic Day, Cultural Day, Christmas, etc. Competitions such as Mehendi competition, Rangoli decoration, Flower arrangement and culinary skills were organized by the Student Council.

Community Work - Students lent their services to various underprivileged sections of the society as a part of Community work. The main aim of the programme was to spread awareness and educate those around about various topics ranging from health, finance, self empowerment etc. Students went door to door as well as addressed gatherings in localities. The first year student teachers carried out intensive week long community work at Devarakonda Basti. The area Corporator, Smt.M.Kavita attended the program. College students also did work for an organization called, 'Dobara, 2nd Innings' for old people.

The students also organized an awareness program for the sweepers of Greater Hyderabad Municipal Corporation.

Extension Work - M.Ed. Students of IASE Masab Tank visited our college on 5-6-2019 to take up a pilot project on 'Experiential Learning' (Basic Education) as a part of the 150th birthday celebrations of Mahatma Gandhi.

M.Ed. Students of MNR College of Education, Kukatpally branch, came to our college from 1-2-2020 to 15-2-2020 to take up classes to the D.Ed students of the college as a part of their Internship program.

Library facilities: The College library has a collection of about 10706 books. It subscribes to 11 Magazines, 24 Journals and 7 newspapers. The total number of books added during the current year was 176. The computer and internet facilities are available to the teachers, students and the library staff. CCTV cameras are installed in the library. The students are encouraged to use the library extensively for reference work in their theory subjects, research work, assignments, etc.

ICT laboratory facilities: The computer laboratory was modernized. The old monitors were replaced by the LCD monitors. At present, 20 computers with latest configuration are present in the laboratory; they are interconnected and have internet facility. Wi-Fi access points are being planned for the students. Login IDs have been issued to all the faculty members. Practical classes in English language are also conducted in the laboratory.

Research work: The students of M.Ed. course take up in-depth research work every year and submit a monograph report.

Mentorship: An effective strategy used to train student teachers is by assigning a formal mentor, to work one-on-one with them. The lecturers of the college are entrusted the responsibility of mentorship. They monitor the progress of the students regularly and help in resolving their problems, if any.

Literary activities like elocution, debate, extempore talk and recitation competitions were organized.

Cultural Fest: A Cultural festival was organized in the college from 5th to 9th July, 2019. It was inaugurated by Ms.Anuradha Koti, a Carnatic Classical Singer. The B.Ed. students prepared several art and craft items, food items, etc. They enacted role play and drama during the 4-day celebrations.

Celebration of Important Days: National Festivals like Independence Day and Republic Day were celebrated. Teacher's day, Army Day were also celebrated.

Games and Sports: Several games and sports were organized for the college students.

Activities of college Alumni- A college alumnus, Ms. Kauser organized a book release function in the college campus.

Extension lectures/Seminars/Workshops organized:

The following seminars and extension lectures were organized in the college to enable the students and teachers to keep themselves abreast of the latest developments in the field of education.

1. An extension lecture by Mr.Manish Rai, on, 'Tool Kit for Collaboration skills' was organized on 18th July, 2019.
2. A one-day Seminar on the theme, 'Career Counseling, Interview preparation and resume writing' was organized for college students on 9-4-2019. The resource person was Mr. Venkat Pradhyumna.
3. A Work shop on “**Demonstration and preparation of Teaching Aids**” was conducted for students of the B.Ed., course in June, 2019, by Ms.Usha Rao from Fevicryl company.
4. A one-day Work shop on 'Integrating Technology into Teaching' by Balswecha was held on 28-12-2019.
5. A Work shop on “**Demonstration of Art & Craft items and preparation of Teaching Aids**” was conducted for students of the B.Ed., course in July, 2019.

6. A work shop on '**Yoga and its benefits**' was organized for college students on the International Yoga Day, 21-06-2019.

The Students Council: The student's council is a body of elected members that incorporates a sense of leadership and democracy among the students. An election for Class representatives was held for both the sections of the B.Ed. course.

Infrastructure Development: Biometric machines that are aadhar linked were installed to maintain regularity and punctuality in the students.

A lift was installed in the college for the convenience of the staff and students.

The wash area outside the college was renovated. The ladies washroom on the ground floor was re built with modern fittings and facilities.

Internal examinations were conducted regularly for the students of B.Ed. and M.Ed. courses.

Results: The overall performance of the college students was good. In the academic year 2017-19, the pass percentage in the **M.Ed.** course was **100%** and the pass percentage in the **B.Ed.** course was 100% with 51 distinctions, 43 first divisions.

A FEW OTHER HAPPENINGS...

- **A State Level Seminar on the theme, 'A step towards transforming Education in the light of National Education Policy, 2019'** was organized on 7th August, 2019, for the Teaching Staff, School Principals & Students of different Colleges of Education. Prof.Ramesh Ghanta, member NCTE & an eminent educationist was invited as the Chief guest of the function. Mr.Zafar Javeed, Hon Secretary, SES and Mr.SA.Wahab, Chairman of our college also attended the program.
- Orientation programmes were organized for all the teachers of the Sultan Ul Uloom Group of schools, Old City on 06-06-2019, 06-07-2019 and 03-08-2019. Around 70 teachers from all the schools attended the program. Eminent educationists like Ms. Moqeeta Mehboob, Ms. Asma Fatehi, etc. were invited as

the resource persons. Mr. Md. Jafer, Member, BOG, SES and Mr. Masood Abdul Khader, Member, SES also attended the program and addressed the teachers.

- Regular IQAC meetings were conducted and the AQAR report of the year 2019 was displayed on the college website.
- College students took active part in the 150 years of Mahatma Celebrations held at IASE, Osmania University and won prizes.
- "Constitution Day" was celebrated on 26th November, 2019. Activities pertaining to spreading awareness of Fundamental Duties and rights as enshrined in the Constitution of India were organized.
- Teacher's Day was celebrated with fervor by the students.
- Students took up tree plantation program on 07-12-2019.
- Morning Assembly was conducted by the students every morning. Students read important news, thought of the day and sang State and Nation Anthem and songs.
- Dr.Suman Roy, our campus Counselor, oriented the students on the importance of identifying psychological problems and addressing them.
- A field trip to Shilparamam was organized for the college students in July last year. The students studied the various art forms and interacted with the artisans.

Faculty accomplishments:

The faculty members of the college are constantly upgrading their qualifications and, in the process, winning laurels for themselves and the college.

- Several Articles were published by lecturers of the college in educational journals at State and national level.
- Books and Teaching material were authored by lecturers in English and Telugu languages.
- Almost all the staff members acted as resource persons and presented papers at various workshops and Seminars at National and State level, conducted by the Osmania University and its constituent institutions.
- The Principal and lecturers attended orientation programmes, seminars and workshops in Education.

Inspections held: A team from the Osmania University came for Annual inspection in July last year.

CONCLUSION: Our whole hearted appreciation and thanks to the Chairman, Vice Chairman, Hon.Secretary, Joint Secretary, Treasurer and other honorable members of the Board of Governors, Sultan-ul-Uloom Education Society and college Governing Council, for their constant assistance and support in the smooth functioning of the college.

For all achievements and credits, we are indebted to the Hon. Secretary, **Mr.Zafar Javeed**, for being the guiding force during the entire year and for helping us in dealing with the day to day administrative issues and problems.

We also acknowledge with gratitude the counsel and assistance of **Mr.S.A.Wahab**, Chairman, GC, GACE, which has been instrumental in the successful functioning of the college.

Principal,
Ghulam Ahmed College of Education.

1. _____
(Mr.S.A.Wahab, Chairman, G.C.)

4. _____
(Mr.Peer Syed Shabbir Naqshbandi,
Member, GC)

2. _____
(Mr.Nisar Ahmed Member,G.C.)

5. _____
(Dr.Mir Akbar Ali Khan, Member.GC)

3. _____
(Mr.Abdul Aleem Khan, Member, GC)

6. _____
(Mr. Masood Abdul Khader- Member GC)

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Leadership And Influencing Skills

As a teacher, my main task is to teach pupils for them to understand and learn. With this, I believe it is my duty to push young generation forward to be the foundation for future society. With the experience gained from this noble profession, I aim at serving humanity, believing in my students and never quit trying to increase their level of understanding. I urge students not only to increase knowledge but also raise questions about it.

I succeed to create a culture of collective work in the class within their aptitude on the performance of these tasks since I respect individual differences among students. During summer holidays, I organize summer school for weak students so they can be at par with everyone in the class.

As the head of the writing skills department in my school, I managed to make students love to write in cursive and made them understand how that writing skills would always make them outstanding among their peers in higher school. Every student I have handled for the past six years write in cursive which indeed makes them unique among other students from other schools. Pupils have really developed the love for the writing skill which has become a part of them. And they always stand out as far as writing skills are concerned.

In the recent workshop which was organized for all teachers of the schools in the district, each school was tasked with a project. We were to demonstrate how we would use the new curriculum in a form of a drama. I was the leader for my group, after giving each teacher their roles; I realized we were behind time. I quickly thought of a plan and inform them orally what they are to say and guided them with what action to come up with rather than giving each cast a script to memorize. When the time came for us to perform, my team was given the loudest of applaud and was adjudged the best of the day. I was really proud of myself as all my team members kept praising me for the real quick intervention, I came up with which earned as the medal.

To recapitulate, being a teacher and the experience gained have improved my planning, management, communication, creativity and problem-solving skills which will be beneficial for my career now and in the future. I believe that self-development will give me more valuable experience and priceless opportunity to meet and share insights with influencers internationally to develop my skills and keep me moving forward in my career.

Naseha Fazal
B.Ed

Encouraging Creative Writing Among Young Learners

Youngsters these days do have a creative mind and vivid imagination, but making them write and penning down their thoughts can be a challenge. The advancements in technology have distracted them from the beauty of literature and their energies are focused on online games and social media.

Phrases like LOL, ROFL, etc. are not helping the cause either, as they abbreviate even the simplest of phrases. Imagine, making this generation use refined vocabulary and appropriate adjectives when they are exposed to the likes of LOL!

We, as teachers have to take up this challenge and come up with ideas to channelize their thoughts and encourage them to write more. Making mind maps or spider diagrams related to a topic and asking them to write words associated with that topic is a good way to brainstorm and learn adjectives and synonyms. Also, the use of imagery and list of adjectives to guide them in building vocabulary can prove helpful.

Now comes the task of framing sentences - online games related to grammar are a great tool to engage them, and it will help build their grammar skills. The key to good writing is reading a lot of books, a cozy nook in the corner of a room is highly recommended. A small shelf with colorful books and a comfortable chair is all it takes for a child to relax and get transported into another world through books. Reading helps them learn new words and expressions.

I would like to conclude by saying it's a long road ahead and there will be challenges but it starts with a positive first step!

Zeba Shereen

B.Ed

Shayari

- 1) Haste dilo me gham bhi hai,
muskurati aankhe kabhi nam bhi hai,
dua karte hai aapki hansi kabhi na ruke,
kyunki apki muskurahat ke deewane hum bhi hai...
- 2) Chand Se Bhi Khubsurat Hai Tumhara Chehra
Humne So Baar Nigaho Mein Utara Tumhara Chehra
Sabki Nazro Se Mehfil Mein Bachakar Nazre
Chhupe Chhupke Har Nazar Mein Nihara Tumhara Chehra
Dekhkar Aapko Kuch Wo Bhi To Hairaan Hoga
Aapne Aaine Mein Jis Waqt Nihara Khud Ka Chehra
Tere Chehre Ke Siva Kuch Bhi Mujhye Yaad Nahi
Meri Nazro Ki Nahi Duja Gawara Chehra
Fir Kisi Saks Ke Chehre Ki Tamanna Na Rahi
Ek Nazar Dekhliye Jisne Tumhara Chehra
- 3) Manzil se aage badh kar, manzil talash kar,
Mil jaye tujhko dariya, samundar talaash kar.
Har sheesha toot jaata hai pathar ki chot se,
Pathar hi toot jaye, wo sheesha talaash kar.

Bushra Fatima
B.Ed

TRAVEL AND LEARN...

“Travel is something thing you pay for and still get rich!” This widely used quote has a significant meaning in today’s world.

It’s important that parents realize the positive aspects of traveling and visiting new destinations of children. It expands their horizons and shows them what lies outside their comfort zones. Traveling is a best way of taking the children away from the shackles of technology and making them interested in the world outside. It not only breaks away from a mundane lifestyle but also contributes to their knowledge. We are exposed to so many stimuli that every minute can become a part of learning and expanding our knowledge.

Travelling is considered the best form of education. In fact, traveling allows a person to learn new things and know about different places. It helps oneself become more aware of the world and learn about different cultures, languages, and history. It also helps improve social skills and communication skills. You get to understand the real world and real people. By traveling, you can gain awareness about yourself and your personality. You become independent and self-reliant. Traveling alone helps you to be proactive and take control of your decisions. When you travel, you get to mingle with people around the world and learn about their actions that help develop compassion. Since traveling brings educational value, students are taken educational tours to help them enrich their knowledge. Overall, traveling is worth more than books to infuse practical learning and knowledge through life experiences.

We always come back with some experience - either good or bad - learning always takes place. Traveling leaves us with memories that last a lifetime, and experiences that make us wiser.

Rukhsar naaz
B.Ed

Rains

The skies, they say, ever so dark,
Is just home to waters unpoured?
Tho I see graves of prayers untold.
No wonder the nature speaks glory,
Hope and happiness, a forlorn story.
Where do hearts find peace?
The pain, the agony, a trap of truth
While I Look at the clouds pouring
A melody so ardent, a rhythm so lovely.
Then why do all the memories bloom?
Tho the end of drizzles sees all tranquility,
While the hearts still shiver in gloom.

Shariqua Ali Omer
M.Ed

Be Confident With Who You Are

There are feelings and then there are meta-feelings. Life isn't about feeling amazing all the time; it about understands both the good and bad feelings.

Be yourself, everyone is unique! You are effortlessly beautiful! Yes, you are!

You don't have to get up every day and please others as it is your own life; you are the one who is living that life. You don't have to adjust yourself every time in order to make others happy. You don't have to put on makeup or get dressed up nicely to prove or to compete with some other girl out here. You don't have to give up on certain things which you like the most and others feel it as ridiculous. Everyone has different choices; you don't have to be like others. You cannot pretend to be someone or something that

you are not; if you, do you will fail eventually. You are the only one who is you. And yes, you should have your own aspects and ways of leading a beautiful life.

Don't feel bad when someone criticize you for having a different perspective of life, because the one who criticizes you are the ones who feel you are superior to the them and they will always try to bring you down; just smile and walk. Because no one in the world can make you feel inferior and don't ever forget that you are the best in your own way.

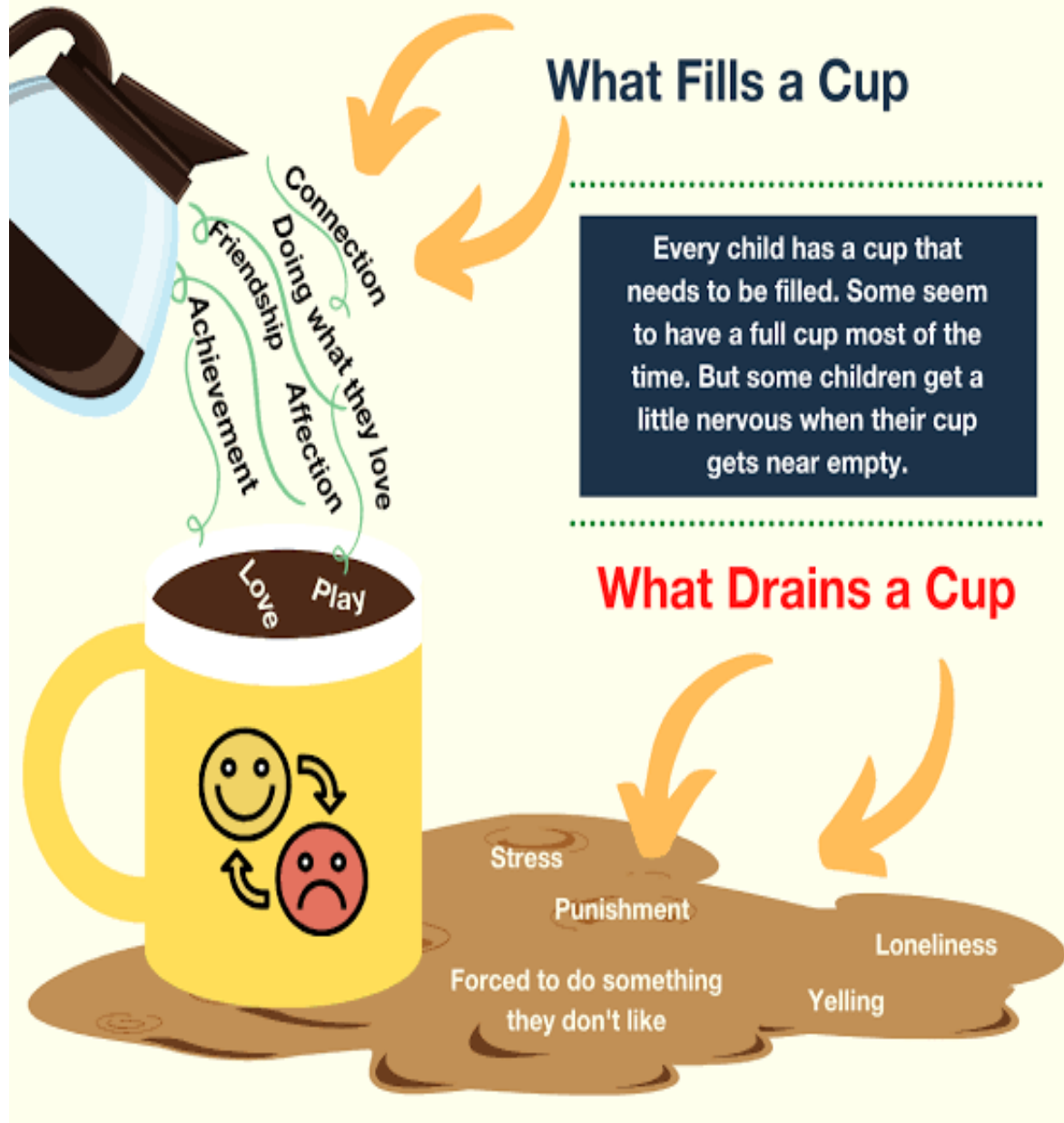
To make recognize by others it's important to embrace your own beauty and flaws. You should recognize your own self and be confident about it. After that the others will eventually start recognizing you as a confident and effortlessly beautiful person which you are. Always be confident with the decisions which you make as it will boost your happiness and bring the peace of mind. Be yourself always in order to achieve success in your goals and ambitions.

Be confident with who you are.....

Ahmedi Begum

B.Ed

The Emotional Cup



Naveed Afreen
B.Ed

Teaching- In and Out

I have been a high school teacher for almost two months. I realize the fact that the amount of time spent in teaching is too less for me to address any issue. But I also realize that it is adequate enough to know the intricacies of how a teacher is supposed to behave.

Because I started teaching just after completing my graduation, I am aware of the mindset of both a student and a teacher which made it easier for me to be a student friendly teacher rather than a strict one. I could easily understand the problems faced by the students unlike the other teachers who were also my colleagues. Thus, I started teaching the way I wanted to be taught; in short, I tried teaching in a manner where the students could easily understand rather than repeating what the text books already contains which led me to become a favorite teacher among my students. In this way my attempt to improve their language skills, both reading and writing were accepted with much enthusiasm in spite of it not being a part of the curriculum.

Being a student friendly teacher has its own ups and downs. You are liked by the students but not by the management. The management of the school wanted me to behave according to their own benefits. They had certain set of rules which would only benefit them and not the students. They wanted teachers to behave in such a way that there would only be strict teachers around, teachers whom students even feared to greet.

I am very well aware of the fact (I would rather call it a misconception) that a firm teacher instills discipline in a student. But what is the use of that firmness which doesn't allow the students to open up, talk freely about the subject or clear their little doubts (which out of fear many students keep it to themselves). To quote my professor, "A teacher must be friendly in class not outside; this will lead to a healthy teacher -student relationship and allow the students to discuss the subject matter with more interest."

I completely agree with my professor. I sincerely wish that the management and the so-called strict teachers also understand my point that there is no harm in being a student friendly teacher. Many might disagree with my point stating that friendly teachers are taken for granted by the students. I agree. Thus, teachers should be trained in such a way that they must be aware of their limitations. They shouldn't let the students take them for granted and simultaneously not be too authoritarian in their behavior with the students. A teacher must act like a guide, an idol and an inspiration to the students rather than a dictator. They should instill the thought in their students that they are always there for them, inside and outside the classroom.

This is possible if the management lets the teacher decide for herself/himself. They shouldn't be the one to decide how a teacher should teach and behave in class. This would limit a teacher who in turn might not be able to teach with the required zeal and enthusiasm owing to the rules set by the higher authority. They should try to give enough freedom to the teachers rather than restricting them.

Who knows such teachers will inspire young minds to take up this noble profession in the near future?

Zareen fatima
M.Ed

To sadness

The sand swallowed me whole one day,
and for a while I was sinking,
I fought the earth,
Pulling my body up
With all of my strength,
Though I sank deeper still.
My body became a seed one day,
And my mind became water,
I was both the healer and the survivor,
And I grew.
It took days, weeks, months,
But slowly I grew.
Light pierced the ground one day,
And I could finally see beyond the darkness
That had become my home.
I could finally see how much I had grown.
I emerged from the rigid sand and
Sunrays pressed kisses on my cheeks
And I smiled.
I defeated you.....



Musferah
B.Ed

Parents are visible God

Everyone loves their father and mother. Don't you? There is no doubt that every child sitting here loves and respects their father and mother. However, is there any difference which we can find unique in India in our attitudes towards parents? Yes, we should be proud to say that in our culture and tradition, our parents are treated as equal to God.

Our parents are the one whom we interact daily. Every day we see how they struggle to keep us happy. Our parents work hard to give us the best. They sacrifice their luxuries to provide food and education for us. That's why we consider them as visible god. Indian Culture clearly defines the importance of expressing love and obligations towards our parents. Our ancient Vedic text says 'Matha Pitha Guru Deva' which means father, mother and teacher should be treated as God itself.

Bhagawan Vishnu Once said to Marekendeya Rishi that those who serve their parents, thinking that their father as the Lord of Universe, Mother as Holy River Ganga are my best devotees. This simply demonstrates the importance of serving our parents. In fact, Bhagawan has himself demonstrated how we should respect elders and parents. Sri Rama, chose to go to forest for 14 years to keep his father's words given to his step mother. Even though he underwent years of hardship, he never became angry with her and forgive her.

Another example is when Guru Shankaracharya's who as a boy saw his mother struggling to bring water from a distant river. One day when she fell ill, Shakaracharya and his friends dug a channel from the distant river right up to his home so that his mother don't need to struggle to get water. He also gave a promise to his mother when he took the decision to be a Saint. He kept his words by fulfilling the wish of his dying mother and appeared before his using his Yogic powers.

I conclude that it's time to realize that the very existence of us is because of our parents. Serving them is the most pious act as per our culture and tradition. We should always listen to them and should never hurt them through our actions or words, we should always love and respect our father and mother and help them when they need.

G. Aparna
B.Ed

Happiness

I think there's no set standard of happiness. Every person has a different scale of happiness; every person has a different definition of happiness. What may be happiness for me may not even be close to what makes you happy. It's all about an individual and his own mindset as to how he defines happiness.

The essence of life is to have a definite mindset and a will to listen to your inner voice, the feeling of heart. We all feel the same overwhelming effect when we are happy, yet what reason leads us to the feeling is totally different. It's this difference that makes you.

Know what makes you happy; try to know what happiness means to you, every person has a unique scale of happiness. And that scale depends on your surroundings, whatever environment we have grown up in. As individuals we are responsible to make an effort so that happiness isn't something unachievable or something that children set as a 'life goal'. Let that be the basic privilege of life that every individual deserves.

Let the conventional belief of generations be given a different turn, let the future lives be easy unlike a certain generation of depression. As quoted by Kim Seokjin, the special presidential envoy for future generations and culture at the United Nations General Assembly, 2021.

"Instead of being afraid of change, our generation welcomes it and we continue to move forward. That's why instead of being called a lost generation I believe that welcome generation suits us more. Let's make the best of every moment..."

Juveria Sultana

B.Ed

Poetry

ye kaamyaabiyaan izzat ye naam tum se hai

ai meri maan mira saara maqam tum se hai

tumhare dam se hain mere lahu men khilte gulab

mire vajud ka saara nizam tum se hai

gali gali men jo avara phir raha hota

jahan-bhar men vahi nek-naam tum se hai

kahan bisaat-e-jahaan aur main kamsin-o-naadaan

ye meri jiit kaa sab ehtimaam tum se hai

jahaan jahaan hai meri dushmani sabab mein huun

jahaan jahaan hai miraa ehtiraam tum se hai

ai meri maan mujhe har-pal rahe tumhaaraa khayaal

tum hii se subah mirii meri shaam tum se hai

ye kaamyaabiyaan izzat ye naam tum se hai

ai meri maan mira saara maqaam tum se hai

Mohammed Shafiuddin

M.Ed

Music has the Power to Heal

Music is a form of a melody that soothes into our body and helping us to feel refreshed and relaxed. It helps us to get rid of the anxiety and stress of our everyday life. Music is undoubtedly a great way of healing the pain. It makes us forget about unpleasant and disturbing thoughts by taking us in the world of melody.

Music can bring the back old memories in our present time. Music therapy restores us from several problems and emotions in our daily life. When we attend music therapy it helps our brain functioning quicker and helps us keep calm.

Whatever problems we may have, that will flow out of our brain. Even it also helps the doctor and psychologist to identify the state of our brain and behaviors. Well, according to researchers and practitioners of music therapy is a big tool for all of us. Indeed, music can heal people in many difficult situations. Music can make a big difference to people with brain injuries and it can activate the brain in alternative ways. It helps often bypassing the damaged areas, allowing people to regain movement as well as speech.

Therefore, music actually changes the structure of the brain, giving people new chances to move and speak. Also, various studies have shown that music therapy can regularize the heart and breathing rates. Even it can help cancer patients. In the field of psychology, music is very useful to help people suffering from depression and sadness. Also, children with developmental disabilities may get support from music in many ways.

Conclusion

In the end, I will say that being skilled in any component of music is a gift of God. I salute the great musicians who pacify me during my low times and let me celebrate my good times. Music as a hobby is the best alternative indeed.

Music is an effective way of healing the stress of anyone of any age. It is highly effective and supportive to relieve the person from any kind of mental or physical problem. So, we all are always live with music.

Sidra Tarannum

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Riddles

1. You go at red, but stop at green. What am I?
2. I help you from your head to your toe. The more I work, the smaller I grow. What am I?
3. I can fly but have no wings. I can cry but I have no eyes. Wherever I go, darkness follows me. What am I?
4. I'm where yesterday follows today and tomorrow is in the middle. What am I? Dictionary
5. I can never be thrown but I can be caught. Ways to lose me are always being sought. What am I?
6. I have branches, but no fruit, trunk or leaves. What am I? A Bank
7. I'm an instrument through which sounds are made, and yet, not something that can be played. What am I? Your voice
8. The more you take, the more you leave behind. What am I? Footsteps
9. I am the beginning of everything, the end of everywhere. I'm the beginning of eternity, the end of time and space. What am I? The letter 'e'
10. What can be heard and caught but never seen? A remark

Answers	
1. A Watermelon	6.A bank
2. A soap	7.Your voice
3. clouds	8. Footsteps
4. A Dictionary	9. The letter 'e'
5. A cold	10. A remark

Ayesha Fatima
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Importance of Creative Writing

Every day kids experience events that are new to them. They learn new words, which helps build their vocabulary. In doing so, these new experiences help them to develop a creative and curious mind. These new experiences could be the beginning of ideas which the child could develop into stories or creative writing. By encouraging them to write from a young age, numerous benefits can be seen.

Creative writing can also develop emotional skills. By creating a story, a child can channel their emotions and develop how to manage in a situation. For example, they may be able to show empathy with a character, express different emotions experienced by characters or manage a difficult situation that a character is feeling. This may help a child to express how they feel and understand how others feel. Self- discovery and self-expressions can be demonstrated throughout the child's words and storytelling abilities.

Creative writing will also help to improve intellectual skills. Their sentence structure, vocabulary and use of punctuation will be notably more advanced than others of the same age who do not practice creative writing. If a child cannot communicate effectively as a child, the problem may become worse as they grow older. Sharing ideas with others allows the child to develop their storyline and collaborate with others.

Encouraging creative writing can help a child to communicate effectively in the technology world.

When a child begins to write their ideas down, completing the story develops a range of important lifelong skills. Using writing as a way for your child to demonstrate their creative side helps their ability to focus, improves their dedication and commitment. These are all skills which employers look for in a candidate.

Creative writing also develops creative thoughts, using their imaginations, suggest alternatives, broaden their thought process and problem-solving abilities. It also allows the child to show their opinions and develop their voice. It also improves their logical skills. These skills, once developed, can help the child in other subjects, such as Mathematics, Science and Languages. By developing these fundamental skills, the child can apply these in other areas of learning and succeed, helping to strengthen their self-confidence.

Inspiring your child to be creative develops a wide range of skills while building confidence. This helps them to develop into powerful adults, who can communicate their points of view, thoughts and feelings very clearly. Creative writing has the opportunity to create an incredible positive impact on our children, and while the occasion is becoming more limited in the classroom, taking steps to encourage our children to write can help develop a range of benefits. By finding their way of writing, the children can turn it into a superpower, allowing the child to be creative while having fun and doing something they enjoy.

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Math Puzzles

Can you solve this?

IF

MERCURY = 177

VENUS = 251

EARTH = 356

MARS = 447

SATURN = 669

THEN

JUPITER =?

Answer

1st digit= planet order ----- 5

2nd digit= number of letters ----- 7

3rd digit= $5 \times 7 = 35$ ----- $3 + 5 = 8$

Jupiter = 578

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GALLERY



