

National Exposure Trip of Mentor Teachers & other officials

Details of the Program:

Date: 07/03/2022 to 11/03/2022

Destination: Sikkim

No of Participants attended the Program: 23+1(coordinator)

Coordinator: Dr. Rajeev Kumar Jha (Assistant Professor)

Overall Coordinator: Dr. V. K. Pathak, Nodal Officer, INSET

A five day National Exposure Trip was executed to Sikkim for a group of twenty nine mentor teachers of Directorate of Education along with a Coordinator from SCERT. The whole idea behind the trip was to acquaint the mentor teachers with innovative and alternative models and practices of classroom teaching, and also to increase their motivation and enthusiasm.



Day 1(7th March 2022)

The day one started with a meeting of mentor teachers with the officials of Education Department Sikkim at Gangtok. It began with an exchange of pleasantries between the delegation and officials of the Education Department. The meeting was chaired by the Additional Chief Secretary, Govt. of Sikkim, Mr. GP Upadhyay. A PPT was shared by Mr. Amber Das Chettri, Joint Director, Samgra Shiksha, which showcased watershed moments of the Education Department, Sikkim. A trajectory of educational growth and development of Sikkim was shown through a presentation. It was told in the presentation that

When Sikkim merged in India in 1975, the literacy rate of Sikkim was less than 30 percent which rose to 96.72 percent at present. Digital lab with solar panel battery provision of tabs and outdoor playground equipment consisting of slides, swings, see-saws were established in 18 schools under Remote School transformation project in network shadow villages through 17000

Feet Foundation, a Non Profit Organization in collaboration with the education department. Free education was provided to students up to college level by the Government of Sikkim.

Some inspiring programs and initiatives taken by Sikkim Government were as follows:

- Little Tinker Program- Awareness of technology for young learners.
- Learning Enhancement Program: Establishment of smart classes and distribution of tablets to students.

Actions taken to tackle learning loss through digital learning platform during pandemic by Education department, Sikkim:

- Sikkim Edu Tech App
- Stay Home Study at Home- unemployed and eligible youth from the society were deployed to teach students at home, who couldn't attend school due to pandemic in remote areas.
- Samvaad TV
- School radio link
- Facebook channel

A PPT presentation of Delhi Model of Education was also made by mentor teachers where each aspect of Delhi Model and innovative practices being practiced in schools of Delhi were shown in detail.

Visit to schools

Mentor teachers team was divided into two groups and then the two groups visited two different schools.

1. Visit to Govt. Girls School, Deorali

Glow

- The school song was the highlight of the visit. The song was composed as well as music given to the song by those teachers who have retired from the school till now.
- We too can have our school specific songs to instill a feeling of belongingness with School.
- The self-discipline among students was remarkable. We would really like to take it with us among our classrooms.

Grow

The work the school is doing with LKG/UKG, is also being done in our DOE schools. Just like Sikkim schools, in DOE schools too we are providing art integrated learning in form of BALA, RANGOMETRY, Room to Read etc.

2. Visit to Enchey Govt. Sr. Sec School

Two Glows

- Better work environment for the students in a psychologically safe setting to instill qualities of self-discipline among students.
- Majority of students are given opportunities to participate and assign simple tasks to the students to inculcate a sense of responsibility in our students. Students were involved in arrangements for the guests and they carried out the tasks quite efficiently.

One Grow

- We are communicating with all our stakeholders through SMCs and providing technological assistance to our students to cover the learning gap created by the pandemic.

दिनांक-8 मार्च 2022

स्थान -सर तासी नामग्याल उच्चतर माध्यमिक विद्यालय, गंगटोक

 10 बजे प्रातः

दिल्ली शिक्षा विभाग के शैक्षणिक दल के TNSSS (सर तासी नामग्याल उच्चतर माध्यमिक विद्यालय, सिक्किम) पहुंचने पर समस्त विद्यालय परिसर की तरफ से प्रवक्ता भौतिक विज्ञान श्री प्रेम क्षेत्री के नेतृत्व में स्वागत किया गया। विद्यार्थियों ने महिला दिवस के उपलक्ष्य में केक काटकर शिक्षिका महिला शक्ति का अभिनंदन किया।

✦ इस विद्यालय का शैक्षिक प्रगति और इतिहास प्रस्तुत किया गया। सत्र 2017,18,19, में विज्ञान विषय में राज्य का श्रेष्ठ विद्यालय रहा है।

✦ विद्यालय गान की संगीतमय प्रस्तुति की गई, जिसमें मुख्य रूप से बताया गया कि विद्यार्थी भविष्य के लिए तारे और प्रकाश हैं और ऊर्जा के स्रोत हैं। यह व्याख्या प्रधानाचार्य दास की गई।

✦ एक भारत श्रेष्ठ भारत , शैक्षिक और राष्ट्रीय सांस्कृतिक परियोजना के अंतर्गत यह विद्यालय दिल्ली DAV के साथ साझेदारी कर रहा है, इसमें वेबिनार , परियोजना कार्य के द्वारा भाषा नेपाली , लेप्चा, भूटिया सिखाया जा रहा है। सभी बच्चे सीखने की इस प्रक्रिया में आनंद प्राप्त कर रहे हैं।

✦ रोमेंस धोंगेल राष्ट्रीय शिक्षक सम्मान 2020 गणित ने अध्यापन के लिए मातृभाषा और हिंदी को आवश्यक बताया।

✦ बताया गया कि राष्ट्रीय शिक्षक सम्मान के लिए प्रतियोगिता का आयोजन किया जाता है फिर कुछ लोगों का नाम आगे प्रस्तावित करने के लिए चुना जाता है।

✦ सजीलो गणित, कार्टून गणित,नेपाली, हिंदी, अंग्रेजी का माध्यम भाषा के रूप में प्रयोग,नेपाली अध्यापन माध्यम आदि पर चर्चा की गई।

✦ हरियो माखा Sikkim against pollution पर प्रदूषण नियंत्रण,पोलीथीन का पुनर्प्रयोग सेलो टेप से चिपकाकर कवर के रूप में प्रयोग पर भी चर्चा की गई।

- ✦ राजपाल यादव पब्लिक स्कूल के द्वारा इस विद्यालय के भाषा संगम अनुभव को साझा किया गया।
- ✦ दिल्ली की श्रीमती सुरिंदर जी, विज्ञान शिक्षिका ने दिखाया कि विज्ञान और कविता कठपुतली, नाटक TLM के द्वारा किस तरह से मनोरंजक, रोचक और सहजदंग से पढ़ाया जा सकता है। किस तरह से कम समय और लागत में , बच्चों के साथ TLM बनाया जा सकता है।
- ✦ विद्यार्थियों द्वारा नेपाली लिंबू नृत्य प्रस्तुत किया गया, जिसमें पशुओं के विभिन्न भाव प्रदर्शित किए गए।
- ✦ 2019 राष्ट्रीय पुरस्कार विजेता श्रीमती हन्ना योंजान शिक्षण प्रक्रिया पर अपने विचार निम्न बिंदु के रूप में रखे-
- ✦ एक शिक्षक एक कक्षा (1-3) जो मदर टीचर का रूप है ।
- ✦ आधा कप दूध छोटे बच्चों के लिए आरंभ किया।
- ✦ स्टार छात्र कार्यक्रम आयोजन के माध्यम से बच्चों को प्रेरित करना।
- ✦ ग्रेजुएशन सेरीमनी का आयोजन।
- ✦ साइंस कार्निवाल का आयोजन।
- ✦ बच्चों के लिए मैथ्स और साइंस पुरस्कार
- ✦ सामाजिक विज्ञान सप्ताह मनाने के बाद प्रदर्शनी
- ✦ फारेस्ट आब्जरवेशन के द्वारा बच्चों को प्रकृति परिचय।
- ✦ विभिन्न संस्थाओं पुलिस स्टेशन, डाकघर आदि में ले जाना
- ✦ बच्चों के साथ शेयरिंग टिफिन।
- ✦ विश्व पुस्तक दिवस पर खिलौना और पुस्तक का दान
- ✦ स्मार्ट क्लास में 40 टैब।
- ✦ अभिभावकों और दानदाताओं द्वारा सहयोग

श्री प्रेम क्षेत्री (राष्ट्रीय शिक्षक पुरस्कार प्राप्त 2021) ने शिक्षा विभाग में पोर्टल की आवश्यकता और निर्माण प्रक्रिया और उसमें योगदान पर चर्चा की और बताया कि किस तरह से विज्ञान विषय को रुचकर बनाया जा सकता है।

यहीं पर मध्यान भोजन के पश्चात कार्यक्रम का आभार ज्ञापन विद्यालय की प्रधानाचार्या श्रीमती अर्चना(राष्ट्रीय शिक्षक पुरस्कार प्राप्त 2020) ने किया , तत्पश्चात सामूहिक फोटोग्राफी करके हम लोगों ने विदा होकर अगले गंतव्य की ओर प्रस्थान किया।

द्वितीय सत्र:

स्थान- SCERT सिक्किम

☛ पोजीसन पेप्पर पर कार्य कर रहे लोगों से चर्चा की गई और प्रक्रिया को समझा गया। यह योजना अजीम प्रेमजी विश्वविद्यालय के सहयोग से संचालित की जा रही है।

☛ SCERT निदेशक द्वारा, सभी मेंटोर साथियों तथा असिस्टेंट प्रोफेसर का स्वागत किया गया। इसके पश्चात उन्होंने सिक्किम SCERT की आवश्यकता और निर्माण प्रक्रिया को बताया। विशेष रूप से इंगित किया कि UGC मानक अनुरूप वेतन देनेवाला सिक्किम प्रथम राज्य है।

श्रीमती कामायनी जी द्वारा दिल्ली सरकार द्वारा संचालित विद्यार्थी केंद्रित शिक्षा व शैक्षिक विकास प्रक्रिया व मेंटोर कार्यक्रम के संबंध में संक्षेप में बताया। इसके साथ ही शिक्षा विभाग द्वारा प्रवर्तित Happiness Curriculum, EMC, देशभक्ति कार्यक्रम, मिशन बुनियाद, SOSE, शिक्षक प्रशिक्षण, आदि, की प्रक्रिया, संचालन और प्रभाव के संबंध में विस्तार से बताया। जिसकी राज्य शैक्षिक अनुसंधान एवं प्रशिक्षण परिषद के लोगों ने भूरि भूरि प्रशंसा की।

डा. गीता जी ने हैप्पीनेस कार्यक्रम की आवश्यकता, विद्यालय में इसके अनुप्रयोग विषय पर विस्तार से बात रखी और दीपिका मैम ने बड़ी सहजता से माइंडफुलनेस कराया तथा प्रतिक्रिया और अनुभूति पर चर्चा की गई।

DAY 3 (09.03.2022)

LUM PRIMARY SCHOOL, NORTH SIKKIM, SIKKIM.

The group visited Lum Primary school, an exemplary community school in the hills of Lum, a reserved territory of Lepcha tribes.

The school having a strength of 30 students is supported and coordinated by community members and school staff making it a living example of 'Community School.' From painting the walls of school to preparing Mid Day meals, and academic to cultural activities, the Lum school sets a concrete example of a democratic and innovative community school as community participation is seen in all activities.

Mr. Sherpa, a primary school teacher and deputed as incharge of this school since 2016 was awarded with National Award for his unparalleled devotion and contribution to bring community and life back to this remotely located small school for Lepcha tribal children. He demonstrated several self-made low and no cost teaching aids to teach language, science and mathematics at k-5 level.

Spell bounding performances by tiny toddlers reflecting Lepcha and Nepalese culture followed by food prepared by staff and served with love were the highlights of the day.

Other than simple and cost-effective ways for teaching FLN at primary level our key take away from the visit was the conviction that when community works for school development and school works for community development results are rewarding and exemplary.

Day 4 (10.03.2022)

The team visited Tsomgo Lake, also known as Tsomgo Lake or Changgu Lake, a glacial lake in the East Sikkim district of the Indian state of Sikkim, some 40 kilometers (25 mi) from the capital Gangtok. Located at an elevation of 3,753 m (12,313 ft), the lake remains frozen during the winter season. According to the myth the spiritual gurus of Sikkim used to study the color of water of Tsomgo lake to forecast the future of the state. So the Lake is considered sacred by the local people and play a significant role in their lives The lake is the venue for the Guru Purnima festival which is also the Raksha Bandhan festival when the faith healers known as Jhakris of Sikkim assemble at the lake area to derive benefits from the healing qualities of the lake waters.

In Bhutia language the name Tsomgo is made of two words 'Tso' meaning "lake" and 'Mgo' meaning "head" which gives the literal meaning as "source of the lake".

The lake is surrounded by steep mountains which are covered with snow during winter. During summer the snow cover melts and forms the source for the lake. The lake, which remains frozen by winter season, sometimes extending up to May, receives an average annual precipitation of 1,183 millimeters (46.6 in) with temperatures recorded in the range of 0–25 °C (32–77 °F).

The lake is about 40 kilometers (25 mi) away from Gangtok on the Gangtok-Nathula highway. Further, the road to NathuLa skirts the lake on the north side. The Chinese border crossing is only some 5 kilometers east-northeast in a straight line, but some 18 kilometers (11 mi) by road.

The lake is formed in an oval shape and has a surface area of 24.47 hectares (60.5 acres). The maximum length of the lake is 836 meters (2,743 ft) and has a maximum width of 427 meters (1,401 ft). The maximum depth reported is 15 meters (49 ft) while the average depth is 4.58 meters (15.0 ft). The lake water quality is of moderate turbidity.

Alpine forests cover the catchment of the lake. After the winter season ends in middle of May, the periphery of lake has scenic blooms of flower species of *rhododendrons (the state tree of Sikkim)*, primulas, blue and yellow poppies, irises and so forth. Also seen in the precincts of the lake are several species of birds including Brahminy ducks. Wildlife seen includes the red panda.

As per the conversation of the local people:

Tourist attractions at the lake site include joy rides on decorated yaks and mules where kiosks offer a variety of food and drinks. These contribute to their livelihood.

Local people also help the Army people in term of ferrying ration to their posting places for this they are paid by the Army

The team had a chance to visit Chhangu

The team had a chance to visit Chhangu, the base as well as border area in the context of following aspects-

1. Social Aspect.
2. Cultural Aspect.
3. Geographical Aspect.
4. Educational Aspect.
5. Economical Aspects.
6. Security Aspect.

Flora and fauna was also visited in these remote areas. Weather aspect was also touched by real experience. Tourism development and its importance was observed in the visit as well as peoples' connection with tourists was studied.

The team also visited 4th Mile Junior High School on the way to Chhangu.

The school infrastructure was well maintained especially in terms of cleanliness . Also interacted with the faculty about the routine and daily practices.

Day 5(11.03.2022)

The mentor team was divided into two groups and each group visited two different schools.

Visit to Govt. Girls Sr. Sec. School, Namachi

Visit to the school Namchi was full of learning.

The team visited the school and was welcomed by Hon'ble Joint Director, Principal and Vice Principal of the school along with students and teachers in a traditional way with 'Tilak' and 'Aarti' and escorted to the Multi-Purpose Hall.

The students showcased their culture by many beautiful dances and music performances. A few classes were observed by mentor teachers in groups of four and came across some very interesting practices in which student participation was commendable . Creative teaching aids to establish foundational numeracy and literacy made by the teachers were displayed in the primary classes. All the languages spoken in the state were part of the primary classrooms. The turnout of students was great with almost all students present everyday.

In the last leg of the visit, Joint Director sir & Principal Mam presented us with souvenirs.

The visit was fruitful and enriching. The takeaway of the visit was their pride in their culture , to respect every individual as unique and that India is a multicultural country with its 'Unity in its

diversity'.



Visit to Kewzing Sr. Sec. School, Rabang

Visit to Kewzing Sr Sec School at Rabang , South Sikkim was a bouquet of sweet memories. With around 450 students and a staff of 50 teachers, Mr. Deepak Sharma, Principal of the school, warmly welcomed us along with dignitaries like Zila Panchayat members, SDM, DDE, HoS of nearby schools of the district .

The motto of the school Peace-Progress-Service was truly visible in the working of staff as well as students.

All the guests were overwhelmed by cultural programmes like dance and school song along with a live demo of pickleball game in which our MTs Sh.Vijay Pratap Tiwari and Sh. Manjeet Singh Patel participated enthusiastically.

Despite his joining last year only, the school principal succeeded in starting a science stream in school and an e magazine for the kids during Covid.

The vermicompost plant of the school and herbal garden showed everybody how to connect with nature.

The infrastructure of the school and surrounding area was still in the developing phase but it still won our heart by the simplicity, love and affection of kids.

The trip was meaningful, enriching, informative and educative in true sense. The mentor teachers felt blessed to have got the opportunity and would have been bereft of rich cultural heritage, values and innovative practices being followed in the school of Sikkim had they not got this opportunity. Really mentor teachers had benefited from many takeaways that they have learnt from this exposure and shall enrich the teaching learning practice of Delhi school.

List of the Participants

| S.N. | NAME OF THE EMPLOYEE | SEX | POST HELD | EMPLOYEE ID |
|-------------|-----------------------------|------------|--------------------------|--------------------|
| 1 | ADITI BHASIN | FEMALE | TGT ENGLISH | 20111684 |
| 2 | AKANKSHA TYAGI | FEMALE | TGT SPECIAL EDUCAITON | 20161008 |
| 3 | ANU GUPTA | FEMALE | TGT ENGLISH | 20111257 |
| 4 | BALAM SINGH | MALE | TGT SOCIAL SCIENCE | 20101665 |
| 5 | BHAVANA SINGH | FEMALE | TGT SOCIAL SCIENCE | 20171130 |
| 6 | DEEPIKA JAIN | FEMALE | TGT NATURAL SCIENCE | 20161285 |
| 7 | DEVENDER KUMAR | MALE | LECTURER MATHEMATICS | 19875169 |
| 8 | GEETA MISRA | FEMALE | TGT ENGLISH | 20071125 |
| 9 | HARISH YADAV | MALE | TGT ENGLISH | 20112244 |
| 10 | HARPREET KAUR | FEMALE | LECTURER ECONOMICS | 19985057 |
| 11 | HARSH BHARDWAJ | MALE | TGT NATURAL SCIENCE | 20190734 |
| 12 | HEENA JAIN | FEMALE | TGT NATURALSCIENCE | 20111730 |
| 13 | KAMAYANI JOSHI | FEMALE | PGT ENGLISH | 19985031 |
| 14 | KARAMJEET SINGH | MALE | LECTURER ENGLISH | 20191302 |
| 15 | MANJEET KUMAR | MALE | TGT HINDI | 20082454 |
| 16 | MONICA SHARMA | FEMALE | TGT ENGLISH | 20112277 |
| 17 | NABILA JILANI | FEMALE | TGT ENGLISH | 20193450 |
| 18 | PANKAJ UTREJA | MALE | TGT SOCIAL SCIENCE | 20131719 |
| 19 | PREETI BATRA | FEMALE | LECTURER BIOLOGY | 19941369 |
| 20 | RAKESH GUJRAL | MALE | TGT MATHS | 20050846 |
| 21 | REKHA RANI | FEMALE | TGT MATHS | 20100846 |
| 22 | RENU GUPTA | FEMALE | TGT NATURAL SCIENCE | 20190276 |
| 23 | SAPNA CHAUDHARY | FEMALE | TGT COMPUTER SCIENCE | 20180046 |
| 24 | SURINDER KAUR | FEMALE | TGT NATURAL SCIENCE | 20036938 |
| 25 | UMA SHANKAR | MALE | LECTURER ECO. | 20072427 |
| 26 | VANITA NASSA KAPUR | FEMALE | TGT ENGLISH | 20111261 |
| 27 | VIKAS RANJAN | MALE | TGT SOCIAL SCIENCE | 20170488 |
| 28 | MANPREET KAUR GROVER | FEMALE | TGT MATHS | 20025132 |
| 29 | VIJAY PRATAP TIWARI | MALE | TGT HINDI | 20082208 |
| 30 | RAJEEV KUMAR JHA | MALE | SCERT COORDINATOR | |

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