



A Report

National Exposure Trip- 2023



स्वाध्यायान्मा प्रमदः

State Council of Educational Research and Training
Varun Marg, Defense Colony, New Delhi 110024

NET Sikkim-Darjeeling (12-18th Feb 2023)

Group Coordinator: Dr. Charu Varma (Asst. Professor- DIET Pitampura Delhi)

Administrative Support: Mr Dinesh Sharma (ASO-SCERT Delhi)

Major Places visited: Sikkim- Gangtok, Lachung Valley, and Darjeeling

Dates: 12-18th Feb, 2023

No. of Participants: 26

Name of Participants:

SCERT/DIET :

Dr Charu Varma and Dinesh Kumar Sharma

OSD DoE :

Naresh Kumar Sharma and Vikram Yadav

Mentor Teachers DoE

Ajay Kishore	Karmender Singh	Renu Singh
Anuradha	Yadav	Ritu Tyagi
Kukreja,	Karshan Kumar	Sandhya, Shashi
Ashok Kumar	Kumar Ravi	Ranjan
Asif Iqbal	Ranjan	Shyamashutosh
Gurvinder Kaur	Lalit Kumar	Mishra
Hansraj Badsawal	Md Fahimuddin	Sushil Kumar
Ila Varma	Namita Kalra	Shukla
Jyoti Rawat	Pradeep Hooda	Tina Verma.

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SCERT Delhi has organized an exposure visit to Sikkim-Darjeeling for Mentor Teachers of DOE, GNCT Delhi from 12 Feb-18 Feb 2023. The purpose of visit was to expose the Mentor Teachers to new and innovative teaching practices and pedagogies so that they would bring the same into the DELHI Government Schools through cascading model

Main objectives of the NET to Sikkim - Darjeeling

- To acquaint the Mentor Teachers with Culture and Society of Sikkim under “Ek Bharat Shrestha Bharat Programme”.
- To learn the best practices of various educational institutes.
- To visit historical places to foster patriotism among the teachers and rich personal experiences and ideas for the teaching - learning process.

Day 1 : Sunday, 12/02/2023

Participants reached IGI T3 Terminal by 5:30 am. They got entry into the airport and after baggage check-in and security check they enjoyed the lounge facility. We all boarded our scheduled Vistara flight UK 725 towards Bagdogra at 7:30 am.

Flight landed at 10 am to Bagdogra airport. Our hired taxis proceeded towards Gangtok around 11.30 am and reached Hotel Gangtok Heritage Inn around 5 pm, everyone rested for some time and packed their small bag for the next day's journey and stay for one day at Lachung. Everyone enjoyed dinner and went for sleep to get up early for next day journey to Lachung.



Day 2 : Monday, 13/01/2023

The day started with a beautiful sunrise in Gangtok, the state capital of Sikkim. The group moved towards Lachung valley, the top most valley in the state.

On the way to Lachung we visited a Govt. school Bojoghari which is a senior secondary school. We attended the prayer at the school and had an interaction with the students. After the formal welcome by the vice-head of the school our coordinator Dr. Charu Varma addressed the students. Fellow mentor Shyam Mishra had a little talk about anger and stress management during the exams. Fellow mentor Karshan performed a mindfulness activity with the students to calm the mind during stressed times. Our fellow mentor Ila Varma taught a variety of claps to the students, which they enjoyed a lot.





Academic Session in Sikkim schools starts in February and ends in December every year except CBSE Board classes 10th and 12th. Nepali, Bhutia and Lepcha are the languages taught in this school. Medium of instruction is English. Diversity in the school is evident as students from Nepal, Bhutan, West Bengal, Bihar, Chhattisgarh and other parts of the country are studying in this school. All the members had an interaction with students as well as the teachers.

Then we started our journey to Lachung valley. On the way, we spent a little time at Seven Sisters Waterfall in the laps of nature. It was just a way to feel ourselves near to nature and gave us a moment to say thanks to our mother nature.

We have also seen the dam and hydro-electric project on Teesta river. We reached Lachung valley late in the evening.

Day 3 : Tuesday, 14/02/2023

The day started with the journey to the Tawang valley, the valley of flowers from Lachung at 6:30 in the morning. It was a wonderful experience to get up early in the morning when the temperature outside is minus two degrees. This wide geographical difference between the two different parts of the same country gave us an opportunity to experience the hardship of the people living in Sikkim. We were travelling through a narrow road where snow was spread both sides of

the road giving the feeling of a journey like through the river of the snow to the roof of heaven.

We reached the valley of flowers at 8:00am, had our breakfast, visited the Buddhist Stupa built over there, walked along the freezed Teesta river and enjoyed the natural beauty of the beautiful state Sikkim.



It was ice-cold temperature on the way to Yumthang Valley. Mesmerizing beauty of Snow laden mountains and silvery white color of peaks were the be-wilderness of the nature and the beauty beyond explanation. When we reached at the Valley of Flowers around 8:00am, we walked along the Teesta river and enjoyed the half frozen and half flowing ice cold water. The scenery and beautiful canvas of the Yumthang Valley was eye-catching and breathtaking. We also saw Yaks, Billy goats and varieties of Rhododendron trees in the valley.

The way back journey started towards Gangtok where we visited the oldest monastery of Sikkim. This was an early Buddhist monastery in Sikkim a place of worship, meditation and religious importance. We also had an interaction with the students and teachers of Phodong Monastic Primary School being run on the same campus. This is actually a monk school where Buddhist Education along with meditation practices. Belonging to plains, this was a wonderful day in terms of culture exchange by interaction with the students, teachers, locals and the monks.



Day 4: Wednesday, 15/02/2023

The day started at 8:30 a.m. after having breakfast in the morning. We headed for the Nathu la pass which is at around 56 km from the starting point. This Nathu la pass is at around 14000 feet above sea level. All the group members felt very cold along with dense fog on our journey. We

felt very proud for our soldiers who were standing in this worse climate condition.



After this we headed for the Baba Harbhajan Shrine which was established for sepoy Harbhajan Singh. Harbhajan Singh appeared in the dreams of a colleague and requested for his samadhi to be constructed. Our group explored Baba Harbhajan's shrine and purchased souvenirs from the Army Welfare shop. Then, we visited the Tsomgo Lake, which was situated at an altitude of 3755 metres at a distance of about 35 km from Gangtok. The view of the lake was splendid. We enjoyed the weather, Yak ride and traditional costume wearing there.

After that we explored the MG Road market in Gangtok. The local cuisine and traditional dresses were explored and some of them were purchased by the group.



Day 5: Thursday 16/02/2023

The day started early at Gangtok at 7:30 a.m. to Darjeeling. On the way, we visited Government senior secondary school, Namchi, Sikkim around 12:30 pm.



We

interacted with the teachers and CRCC members who came for the training in school premises. In the school we came across few B.Ed 6th Semester students too who were undertaking their school experience programme in this school.



We also visited primary and secondary sections of the school. There were also an ICT room which were established recently for whole class. The school is affiliated to the CBSE Board. This was the prime School of Sikkim for its reputation of providing 3 chief ministers to the state. It gives more than 60% of Engineers every year to the state.

The walls were well decorated with wisdom quotes and everywhere flowers were kept in a bottle, flower vase or even in a coffee cup etc. which were planted by the students with their names and class written on them.



Students' data from the school was displayed in representational form behind the HOS wall was very informative.



The ICT lab facility was there but it was not well organized due to the construction work. The school library was equipped with K-YAN and a Television. The school has some foreign visitor students who came in the school to interact and teach phonetics.

After that, we visited Char Dham Shiv Temple in Sikkim. There were replicas of 12 Jyotirlingas in the temple and it was a spectacular view of the temple from the corridor. After that we had lunch and then proceeded to the destination.



While travelling, we enjoyed a lot although it was a very long journey. After that we reached our destination around 6:30 pm. Then, we explored the Local market of Darjeeling at Mall Road.

Day 6: Friday 17/02/2023

The day started early in the morning (4 am) and we decided to view spectacular sunrise over Mt. Kanchenjunga, the world's 3rd highest peak from the Tiger Hill (2590 m).

On the way back, we visited the Ghoom Monastery. After that we visited Batasia Loop from where the toy train of Darjeeling passes. Group enjoyed clicking pictures around the loop.

We all came back to the Hotel and enjoyed breakfast.

After that we visited Himalayan Mountaineering Institute, Padmaja Naidu Himalayan Zoological Park which is in the same campus.

At Himalayan Mountaineering Institute Mr. R S Jadon escorted us. We were taken to the Jayal Hall where we watched movie reatest to the institute and mission to take the 1500 sq (15lg) flag to Antarctica by Mr. Jai Kishan and his 2 other team members on the 75th Anniversary of Indian Independence. Mr. Jai Kishan (Now the Principal of the HMI) also interacted with us over tea. We visited the HMI museum also where Mr.. Sandeepan Mondal told us about the different models, instruments, Glorious History of the achievements of HMI etc. He also informed us about the Basic and Advance course of the HMI for which the minimum age is 18.



Later, At Zoo we enjoyed watching some animals and birds. At the Bengal Natural history Museum specimens and replicas of animals are displayed which are preserved. Some pictures of different ecosystems like wetlands, lakes etc are also painted.





Then, Outer tour of Chitrey Tea Garden was taken. After that, we visited the Japanese Temple of Peace, the Pagoda.



We were dropped off on the way to Mall Road of Darjeeling, where we enjoyed the local food and shopping. After coming to the hotel, we packed our luggage, had dinner and went to bed to take rest and rejuvenate for the next day to take flight from Bagdogra to Delhi.

Day 7: Saturday 18/02/2023

Everyone woke up early to depart for Bagdogra Airport. We had our breakfast, and then some of our teammates helped the drivers in fastening the luggage on the vehicles. Midway, we visited a temple of Lord Shiva for worship on the auspicious occasion of Mahashivratri. We reached the airport by 11:30 a.m. After the luggage check in and security

check we moved to the boarding gate. Finally, we boarded the flight to Delhi. The crew was quite supportive and caring at Vistara airways.

On landing, everyone thanked the group members for their support and departed to their residence with a lot of good learning experiences, memories and feelings of warmth in the heart.

