



स्वाध्यायान्मा प्रमदः



# NATIONAL EXPOSURE VISIT TO SIKKIM FOR MCD MENTORS 8.1.23-14.1.23

SUBMITTED BY  
SWATI VERMA

# DETAILS OF THE PROGRAMME

Name of the Programme- National Exposure Visit

Date : 8.01.2023-14.01.2023

Venue: SIKKIM

No. of Participants: 30

Stakeholders: Mentor Teachers and officials of MCD

Coordinator: Ms Swati Verma

## **NATIONAL EXPOSURE VISIT OF MCD MENTORS TO SIKKIM (08.01.2023- 14.01.2023)**

A National Exposure Visit to Sikkim for Mentor Teachers of MCD was organized by SCERT Delhi from 8-14 January 2023.

The rationale behind this visit was to strengthen primary education and expose MCD Mentor teachers to innovative and alternate models of classroom practice and professional development through national visits.

### **The main objectives of the National Exposure Visit:**

:

1. To explore the learning approaches, and assessment patterns being used in different states.
2. To learn the best practices of various educational institutes
3. To visit historical places of different states to foster patriotism amongst the teachers and add rich personal experiences and ideas for the teaching-learning process.
4. To acquaint them with the culture and society of Sikkim under the "Ek Bharat Shrestha Bharat Programme."

EST CLIENTS

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# DAY 1

## 08.01.2023

Arrived at Bagdogra Airport and departed for Gangtok in five taxis. Had lunch on the way to Gangtok. Upon reaching Gangtok, checked in at the hotel "Cardamom Residency", had dinner and overnight stay at hotel. Briefed all regarding next day plan and visit to Lachung.

## **DAY 2**

### **09.01.2023**

After breakfast at Cardamom Residency, proceeded to Lachung. Enroute visit to Seven Sisters Waterfalls. All had lunch on the way. Upon reaching Lachung, checked in at the hotel 'Rufina Norling Zimkhang' in Lachung. Dinner was served at the hotel. Discussion regarding next day schedule and overnight stay at Lachung hotel.

# DAY 3

## 10.01.2023

After breakfast at the hotel, drove to Yumthang Valley 'The Valley of Flowers'. On the way, saw Yaks, frozen waterfalls, varieties of trees. Interacted with a group of students and faculty of Sikkim Manipal University. Had conversation regarding their education and different courses.

Returned to the hotel for lunch. Post lunch, departed for Gangtok. On the way back, witnessed the serenity of Bheem Nala Waterfalls. Also saw the Theng Tunnel. It is a road tunnel on the Chungthang-Mangan highway in North Sikkim. The 578 meters long tunnel is the longest tunnel in the state of Sikkim. Upon reaching Gangtok, checked in at the hotel in Gangtok. Had dinner at hotel. After dinner had a meeting and interaction with whole group and discussed the schedule for next day. Overnight stay at Gangtok hotel.



# DAY 4

## 11.01.2023

After breakfast, started for Nathula Pass. On the way to Nathula had interaction with the locals. Interacted with Ms Thinley zangmua, student of Class 6 of Sombhota Tibetan School, Kalimpong. Got to know activities like art integrated, P.T. etc which they do in the school. Visited Nathula. After that visited Baba Harbhajan Mandir. On the way to hotel visited Tsomgo Lake.

All appreciated the cleanliness of Sikkim. Had the opportunity to meet the faculty of DIET Kota. Shared and discussed educational practices and interacted with them. Returned to Gangtok by evening, had dinner at hotel.

After dinner the plan for next day was discussed. Overnight stay at Gangtok hotel.



# DAY 5

## 12.01.2023

After breakfast, proceeded to Darjeeling. On the way, visited the Namchi Char Dham Temple. After lunch, proceeded to Darjeeling. Upon reaching Darjeeling, check in at the hotel 'Yuma' in Darjeeling. Visited the mall road. After dinner at hotel had discussion regarding next day's schedule. Overnight stay at Darjeeling hotel.





# DAY 6

## 13.01.2023

Started the day early morning (4 AM) and drove to Tiger Hill to witness the spectacular sunrise over Mt.Kanchenjunga, the world's 3rd highest peak. On the way back, visited the Ghoom Monastery and Batasia Loop.

In the morning, after breakfast at hotel, visited Japanese Temple. Afterwards, visited the Himalayan Mountaineering Institute. Interacted with Hon'ble Principal, Group Captain Jai Kishan Sir. All watched the documentary of a 7500 sq ft Indian National flag successfully displayed at Mt. Vinson Base in Antarctica on November 27, 2021 by three member Indian expedition team led by Group Captain Jai Kishan of HMI. Mentor teachers also visited the museum and also attended the graduation ceremony of students of Nepal at HMI. Subsequently, went to the Tea Garden. Later visited the Mall Road. Had dinner at the hotel. Shared the departure time with all for next day and had overnight stay at the hotel.



# **DAY 7**

## **14.01.2023**

After breakfast, check out from the hotel and departure for Bagdogra Airport. The flight was on time. Reached Delhi.

## ANNEXURE- A

Sr.No	Name of Employee	Designation	School Name	Employee ID
1	MEENAKSHI THUKRAL	TEACHER	MCPS Mangolpur Kalan Girls, Rohini zone	95012640
2	ASHWANI KUMAR	MENTOR TEACHER	M.C.P.S. JWALAPURI CAMP No.5-II	95052683
3	USHA CHAUDHARY	MENTOR TEACHER	NASIRPUR VILLAGE (CO.ED.)	95041903
4	KIRAN SARDANA	MENTOR TEACHER	MCP'S KRISHAN VIHAR I NARELA ZONE	95011112
5	Nidhi	Teacher	MCP yI Mangol puri	95011349
6	MD ALLAMUDDIN	ASSISTANT TEACHER	M C PRIMARY CO ED SCHOOL TURKMAN GATE	95008715
7	SURENDER SINGH	MENTOR TEACHER	SARAI PIPAL THALA-II CLZ	95010182
8	BHAVNA SHARMA	MENTOR TEACHER	NPV KASTURBA NAGAR, SHAHDARA SOUTH	95004151
9	MONIKA SHARMA	TEACHER	NIGAM PRATIBHA VIDYALYA KAILASH NAGAR 18	95028813
10	MUKESH	TEACHER	SHAHBAD DAULATPUR CO-ED SCHOOL	95000366
11	MURARI LAL	MENTOR TEACHER	MCPS WAZIRPUR INDUSTRIAL AREA 'A' BLOCK, KESHAV PURAM ZONE	95012148
12	LALITA	MENTOR TEACHER	NUV, R-BLOCK, NEW RAJINDER NAGAR, KAROL BAGH ZONE	95030174
13	SHOBHA BHADORIA	TEACHER	M.C.P.S.RAZAPUR KHURD NO.4	95040297
14	CHARU BANDHU	MENTOR TEACHER	C-2 Janak Puri	95029191
15	DEVENDER RANA	MENTOR TEACHER	MCPS, KIRARI- I	95053230
16	RAJNI SHARMA	MENTOR TEACHER	NPV B-BLOCK PRASHANT VIHAR ROHINI ZONE	95013039
17	CHHATRA PAL	Teacher	M.C.Pry School, G-12, Sangam Vihar, New Delhi-110080	95064651
18	MANISH JAISAWAL	MENTOR TEACHER	BADARPUR - GIRLS, CENTRAL ZONE	95056318
19	RAKHI SHARMA	MENTOR TEACHER	NPV SUBHASH PARK-1ST, SHAHDARA NORTH ZONE	95015529
20	DEEPTI VERMA	MENTOR TEACHER	South zone, MCD	95006754
21	KAMNA RAWAT	SCHOOL INSPECTOR	CENTRAL ZONE	15017675
22	Manju Khatri	Deputy Director Education	Education Department, MCD	10006210
23	Sujata Malik	Additional Director of Education	Head Quarter	10030145
24	SHEETAL RAO PRATAP SINGH	Teacher Primary	Jaitpur - I	95064161
25	KUMAR AKHILESH	TEACHER	MCD PRIMARY SCHOOL F-2, 1st SANGAM VIHAR, NEW DELHI-110080	95037736
26	INDU DESWAL	MENTOR	NAJAFGARH ZONE	95041708
27	SAVITA SHARMA	MENTOR TEACHER	NPV JANTA FLATS FIRST	95015050
28	AMIT PRAKASH	PRT	Bapraula no.1 jai vihar I	95031554
29	SWATI VERMA(Coordinator)	TGT ENGLISH	SV, Sector 7, Rohini. Presently at SCERT (on diverted capacity)	20221298
30	SURESH CHANDER SUNDRIYAL	ASO	SCERT	477

*Preethi*