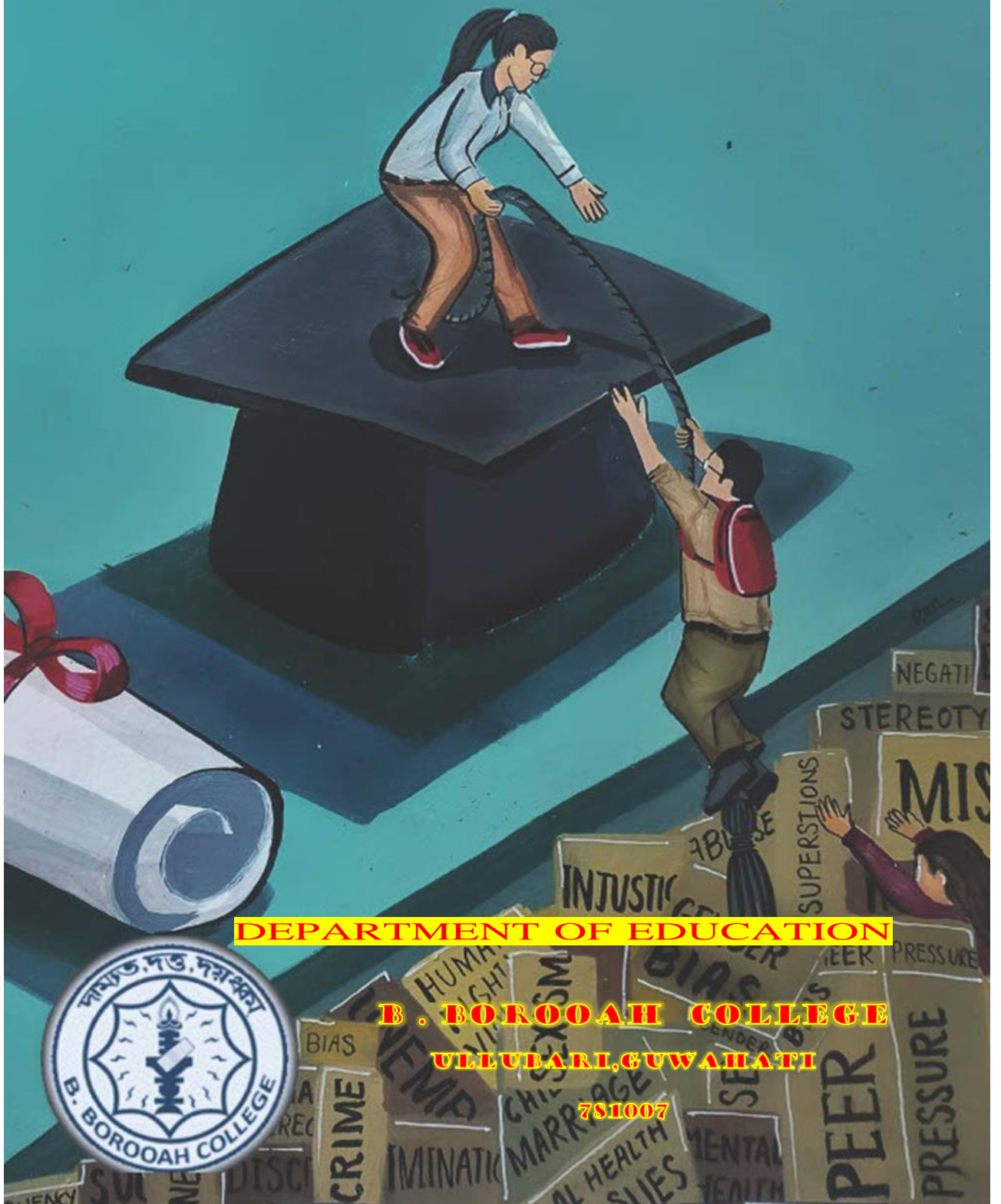


Tigruksha

The Hope For Knowledge



DEPARTMENT OF EDUCATION

**B. BOROOAH COLLEGE
ULLUBARI, GUWAHATI**

781007

JIGRUKSHA

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Message

It gives me immense pleasure to know that the Honors students of Department of Education, B. Borooah College is going to publish a student magazine "JIGRUKSHA". I hope the magazine will reflect the talent and thinking of the students.

I wish all success in their mission and hope the "JIGRUKSHA" will be immensely beneficial to all concerned.

Date: 10/09/2022

(Dr. Satyendra Nath Barman)

Principal

B. Borooah College

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Editorial

“Pen is mightier than the sword.”- This well-known proverb describes the power of writing, it indicates the power of writing is infinite, while the power of the sword is temporary. Words cut deeper than a knife, words can bring about a very big change or may cause severe destruction.

“JIGRUKSHA” is an annual magazine issued by the Department of Education, which brings forward various issues, ideas, and matters related to Education or the Education system. The word **“Jigruksha”** means **“The hope for knowledge.”** Knowledge is considered the supreme human god. Through the columns of **“JIKRUKSHA”** we have tried to share as many particulars as we could. The main purpose of **“Jigruksha”** is to inform, enlighten, and entertain the minds of our readers.

We, as Editors in association with our peer team and friends have tried to lighten up various topics, facts, and issues related to education.

We would like to thank the contributors and the

associated team. We would like to extend our gratitude to Dr. Rupa Baruah ma'am and Dr. Devika Phukan ma'am for their guidance.

We extend our apologies for any kind of mistakes made in the process of both editing and printing the Journal. The journey of knowledge is endless, and We hope that the columns of "*JIGRUKSHA*" did justice to that journey.

-Editor

JYOTISMITA RAY

PRABAL GOSWAMI

Education: A integral part of the Human race



Jyotismita Barman
1st Semester

Through centuries of human evolution, the education system has been a crucial tool for preparing generations for the working of the world. Education is the tool that aids evolution. It is an enabler that empowers humanity to thrive in the ever-dynamic world where business and society both require stakeholders that are highly skilled and well-equipped to cope with challenges.

Etymologically, the term “Education” is derived from the Latin word “Educere” which means ‘to lead out’ or ‘to draw out.’ In simple words, it means that education is to ‘lead out’ or to ‘draw out’ of the best in child and man.”

According to Aristotle, “Education is the process of training man to fulfill his aim by exercising all the faculties to the fullest extent as a member of society.

Education is as old as the human race. It is a never-ending process of inner growth and development and its period stretches from cradle to grave. Man learns something every day and every moment. His entire life is education. Hence education is a continuous and dynamic process. It is concerned with the ever-growing man in an ever-growing society.

The Essentiality of Education

- Education is a productive and beneficial factor in a person’s life. The truth is that if there is no effective primary education, the training might very well be fundamentally erroneous and produce undesirable results. Education develops a meaningful outlook on life. Education is an institution that is typically established through a collective social desire to have civil and supportive societies. And if one considers the social dynamic found in many countries around the world, there is the suggestion that usually the more educated people have, the better off they can be. With this in mind, many societies traditionally view education (at least primary and secondary education) as a genuine public good that adults and educators provide for children until such time that they outgrow their childhood vulnerabilities and inexperience to become contributing members of society themselves.

The purpose of education is for the human race to succeed. Being educated is preparation for life, and allows society to advance, and without it, society would fall apart. Education prepares individuals to survive life. From elementary school on, people learn how to communicate, how finances work, and about the world

around them. Teachers show students how to read, write, type, and speak. Through education, they find out how life and death work, as well as more basic things such as water and sunlight needed for plants to grow.

- The more educated society becomes, the more opportunities it has to grow as a whole. By learning what mistakes happened in the past, people are able to avoid repeating errors in human history. They are able to see the causes and effects of horrible tragedies and prevent them from reoccurring.

- Education gives a great deal of support and encourages each and every individual. The right to education is a fundamental right of each individual living in society. It has no limits. It is an essential commodity like food, clothing, and shelter. It is a key to success.

- If no one were educated, then society would crumble. Without any form of education, no one would understand how to communicate with one another or how to learn from mistakes made in history. Any profession imaginable would not be possible, including doctors, teachers, and leaders. The human race would eventually die off due to a lack of knowledge on how to cooperate with one another, be unable to learn how to even grow food, or be incapable of doing anything needed to sustain life.

- Education has been an essential aspect of human civilization since ancient times. It has played a critical role in shaping our society, culture, and economy. Education helps individuals develop the necessary skills and knowledge to lead fulfilling and productive lives. It enables them to contribute to the progress of society and the world as a whole.

- The purpose of education is to ensure humans can function in the world around them. It affects every aspect of how we live life. Knowledge is needed to ensure survival and improve quality of life. Without any form of education, the human race would cease to exist as we know it.

In conclusion, education is an essential part of the human race, and it is vital for personal growth, societal development, and progress as a whole.

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Blended Learning: The Basics



Pratistha Deka
1st Semester

The world is constantly changing and the various domains are also affected. Digital transformation learning platforms have had a significant impact on education institutions and have eventually resulted in the traditional methods being in the back seat. Such being the case both technology and traditional classroom are required. As a result, a combination of digital learning and traditional face-to-face classroom started and gave birth to the term- Blended Education or Blended Learning.

Blended education merges online classroom activities and makes optimum use of resources in order to improve student learning outcomes and address important institutional issues (Garrison, 2004). Graham (2006) defines blended education as Blended learning the thoughtful integration to face-to-face instruction with computer mediator instruction.

According to (Garrison and Kanika,2004, blended education is the thoughtful integration of face-to-face classroom learning experience with the online experience. Thus, the two key ingredients of blended learning are face-to-face and online learning.

In actuality, blended learning calls for a distinct ratio of online and in-person learning environments. It turns out that not all students participating in blended learning are sufficiently motivated to learn. Blended learning is a poor strategy for this group of pupils because motivation is so important. Managing motivation and creating a personal curriculum for every student sometimes becomes a real problem. There are positive and negative sides to blended learning.

The Benefits of Blended Learning include:

- Individualized Support for Students:

As we have already mentioned, the strongest side of blended learning is the opportunity to give personalized instruction to every student, which caters to their needs. Students can access useful online resources at any time and from anywhere.

- Blended Learning Provides a More Interactive Educational Experience. Students have a chance to communicate with teachers using videoconferencing and other ways of communication. This adds to better collaboration between tutors and students.

- Educators Claim That This Method Shows Them How to Be “Better

Teachers”.

According to Some Benefits and Drawbacks of Blended Learning written by William Huntsberry for KQED News, college teachers claim that blended learning motivates them to create lessons on the fly, make plans for students individually, and help them learn.

The drawbacks of blended education

- Technology Can Be Challenging Rather Than Useful.

One of the key issues is technological literacy, which can be a real problem for teachers. Not all digital resources are reliable and easy to use.

- Blended Learning Makes Teachers Overwork.

For teachers, all phases of blended learning involve a significant amount of additional labor. To discover the ideal balance between online and in-person learning, they must extend their horizons, choose the most appropriate syllabus and invest much more time and effort. Sadly, not all of them are eager to comply.

- Students Can Experience Cognitive Load, too. With a great range of possibilities provided by the blended learning model, teachers may start overdoing educational activities and content.

- Credibility of Sources and Plagiarism Become Even Bigger Issues. A more conducive learning environment for using digital devices may lead to increased utilization of internet sources for plagiarism. Furthermore, there are a lot of dubious web sources that give untrue or incorrect information.

Summing Up

It is difficult to give a precise definition of mixed learning. The strategy of blended learning is creative and innovative. Although it is an innovative approach it has some challenges that need to be addressed in order to implement properly. The range of possible solutions can be brought to bear on teaching and learning. Whether we are primarily interested in creating more effective learning experiences or increasing access and flexibility, it is like our learning system will provide a blend of both experiences. In the future, learning systems will be differentiated according to how they blend rather than whether they blend at all.

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“Education is simply the soul of a society as it passes from one generation to another.” —G.K. Chesterton.

Simplifying the Concept of Special Education



Dipti Chetri
1st Semester

According to UNICEF, about 93 million children from around the world have been diagnosed with some type of disability. Over 50% of that number do not attend school at all, which robs them of the right to a better life. However, it is the right of every child to receive basic education. There are different categories of education according to the needs of the learner. Among them special education is noteworthy.

Special education (also known as aided education, exceptional student education, etc.) is the process of educating students in a way that accommodates their individual differences, disabilities, and special needs. It is a separate system of education that aims to provide accommodated education for disabled students such as learning disorders, communication disorders, physical disabilities, and so on. The very term 'special education includes all aspects of education which are applied to exceptional children physical, mental, disadvantaged, and gifted children. But these methods are not usually adopted by average children.

Special education has the same objectives as regular education. In addition to these objectives, special education has certain special objectives as follows –

- Early identification and assessment of special needs of physically disabled children.
- Their rehabilitation.
- Community mobilization and awareness of problems of the differently abled children and their education.
- To develop a realistic self-concept in such children.
- To reach the maximum level of effectiveness in school subjects.

Special education is based on certain basic principles like the principle of individual differences among the learners, non-discriminatory evaluation, least restricted environment, and so on. Special education is somehow clinical. It is established outside the ordinary school system. The education of the differently abled children never received such amount of consideration and special efforts in the past as in the present days. The attitude of the community and parents in particular towards the education of such children has undergone change with the development of society and civilization.

The development of special education depends on the quality of the teachers. The teachers can be specially trained for teaching the challenged children. For

example, a special educator may use sign language to communicate with such children. He or she may use a multi-sensory approach while teaching a learning-disabled child.

Disabled children require something special like special materials, special equipment, special training techniques, etc. For eg-the visually impaired children may require reading materials in large print or braille, the hearing-impaired children may require a hearing aid, auditory training, etc.

In India, the Indian Education Commission, or the Kothari Commission was the first statutory body that highlighted the issue of children with disabilities. One of its strong recommendations was to include children with disabilities in regular schools. The Government of India has established several special institutes for the handicapped. Some of them are-

- National Institutes for Visually Handicapped at Dehradun.
- National Institute for Mentally Handicapped at Hyderabad.

Special education occupies great importance in the present times. It helps both average children and exceptional children in special classes. It condemns the inferiority complex among children. Special education is not only useful for exceptional children but it also assists the teacher to know the readers and their learning difficulties and also helps the differently abled children to keep pace with the academic activities and their environment.

In our country integrated education is more emphasized than special classes. This integrated system of education has given equal educational opportunities to disabled children like other children.

Above all, mainstreaming has opened new avenues to think the disabled children close to society rather to segregate them from the normal sphere so that they can maintain a happy and prosperous life as the other citizens of the country.

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Fun Fact- Did you know India houses the largest school in the world, in terms of the number of students located in one school?

The City Montessori School in Lucknow has more than 32,000 students

Is school violence deteriorating the education system?



Shaistah Tabassum
5th Semester

Over the past few years, concerns about school violence have grown. It is one of the most obvious types of violence against children. Physical and psychological assault are both common types of violence in schools. Bullying, intimidation, and repression are frequent means by which it is exhibited. It could be committed by staff personnel, including teachers, pupils, or other students. While school violence can occur at any level of education, it is most usually linked with high schools.

As per the studies, each year 246 million children and adolescents worldwide are victims of any type of school violence or bullying. In relation to school violence, more than one-third of students have been physically attacked by their peers. On the other hand, the same study shows that 47.2% of 144 countries still allow physical punishment of school children by teachers in schools. Around 32% of schoolchildren are victims of bullying and the most frequent type is psychological/verbal.

Frequently, there isn't a clear-cut, obvious reason why someone commits acts of violence in schools. The causes of school violence can range from social and economic difficulties to mental health problems and access to firearms. It takes a broad strategy to address these issues, involving policymakers, parents, educators, and law enforcement personnel. One key strategy for preventing school violence is to increase access to mental health programs and services for students. Most of the students who engage in school violence have underlying mental health issues that need to be addressed. Providing mental health support can help identify and treat these issues before they engage in any kind of violent behavior. Other important strategies are to create a safe and supportive school environment. This can involve developing codes of conduct and other safeguarding measures in schools, setting up confidential and safe reporting mechanisms, developing and implementing life skills, and social and emotional learning programs to build the resilience and protective capacity of children and youth.

In conclusion, school violence is a significant and developing issue that calls for an all-encompassing and collaborative solution. The adoption of the most efficient teaching methods throughout the educational system, along with support

for educators in creating non-violent, positive discipline plans, could be the best course of action for advancing the realization of children's rights to be protected from all types of violence in the classroom. As a result, we can cooperate to stop school violence and build a safer future for our upcoming youth.

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“The only person who is educated is the one who has learned how to learn ...and change.” Carl Rogers

Fun Fact- Did you know Henry Fischel was the first person who invented exams?

Can Home-schooling Be the New Era of Learning?



Sanjaana Dutta
3rd Semester

As the world has developed, modern education has expanded substantially and evolved as a blend of traditional and contemporary education. One of the most crucial aspects of contemporary education is home-schooling, which is rising in acceptance. In India, home-schooling is a different approach to education that involves completing a child's education and learning at home rather than in a typical classroom setting, especially after the COVID-19 Pandemic. While several countries have always been friendly to home-schooling, in India it still has a long way to go. Home-schooling is a form of education that focuses on carrying out a child's education at home with open study resources and materials. It emphasizes on building familial relationships rather than conforming to the conventional form of the educational system to help children gain knowledge. Home-schooling is initiated by the family working on the basic foundation of the child and assuming the responsibility for their formal schooling. Children learn through associations made at home, real-life experiences, and instructions provided by family members or hired tutors who engage in lively discussions at a personal level. As it has become prevalent internationally, home-schooling in India is also emerging and has become increasingly formalized and competitive with agencies providing the means to make it a success.

Concerns about a boring, formal education system, along with the innovative ideas of EdTech, strengthen home-schooling over traditional schools. But the real question is whether India is ready for home-schooling. Home-schooling is a different approach

to education. It is a method of learning that takes place outside of the confines of traditional schooling and places parents/guardians in charge of their child's overall development.

The ideology of home-schooling originated in India for specially-abled children who required additional family support. However, when concerns about a rigid education system grew, other parents began experimenting with the idea as well. The COVID 19 epidemic piqued the interest of parents in home-schooling. So, it won't be false to state that we can definitely see a slow yet steady growth rate of home-schooling in India, and after the pandemic, the numbers are all set to grow

even more in the near future.

Home-schooling offers the room and freedom to develop and foster a child's potential in light of how rigid and inflexible the conventional education system has become. Enlisted below are some benefits of home-schooling that we must know about:

- It allows parents to customize the academic learning of a child thereby developing their skills.
- Due to greater attention to detail, the child has a better understanding and their conceptual foundations are stronger.
- The needs of the child can be considered and milestones can be demarcated to allow the child to grow at their own pace without unnecessary hurry.
- It offers flexibility and freedom to find one's passion and work towards excelling in it.
- Having become more formalized, it doesn't result in the child lagging behind and is equivalent to any other form of education.

With the widespread popularity of home schooling in India, open education and learning have become more formalized to ensure that students learning through this form of education aren't lacking in anything. Major academic institutions, both national and international have become involved in this alternative of learning. Below are the two major organizations that are associated with home schooling in India:

- National Institute of Open Schooling (NIOS)

National Institute of Open Schooling (NIOS) is an open learning board in India that provides a platform for students to continue learning through home-schooling. This board permits parents to home-school their kids and complete important tests like the class 10th and 12th. The board requires students to register, and the certification obtained through its tests is equivalent to that of any other board in the country. It provides education at various levels and places an emphasis on vocational training in addition to formal education.

- IGCSE

International General Certificate of Secondary Education (IGCSE) is an internationally accredited qualification for students studying under the home-schooling pattern. It is conducted at the 10th class level and has multiple phases to evaluate the learning of a child from the preliminary level to the advanced level. Candidates appear for the examination as private candidates and can earn a qualification that is valued worldwide.

Admission Process for Home-schooling:

Deciding on home-schooling is the first step as there are subsequent steps that follow after choosing the alternative for education. Mentioned below is the admission process for home-schooling in India:

- Approach the school that allows students to be admitted as private candidates. The institution must be a member of one of the open learning

boards and permit students the freedom to pursue their education in their own time and space. · Following this, the major focus is on deciding whether to teach personally or hire a private tutor.

- Based on the decision made, the child can comfortably pursue their education and at the same time focus on developing their skills in other fields.

There are several core and important reasons why your child or the students of this nation might need/choose home-schooling over traditional/conventional schooling in the shortcoming future. Here are some of the reasons that are mentioned below: · COVID-19 pandemic

- Safety, security, and well-being of the children
- Flexibility
- Learning Challenges
- School Phobia
- Bullying
- The best solution for traveling families
- Opportunity to enroll in other extra co-curricular activities

Most of the time home-schooling is also misunderstood as unschooling, but they are not the same thing. Unschooling is a way of thinking that entirely veers from the path of any established curriculum.

It is difficult to quantify the number of home schoolers who are currently present in India or who are pursuing education using a home-schooling method in India because there is currently no institutional governing organization in place in that country. However, the teaching technique is cantered in urban areas such as Pune, Mumbai, Ahmedabad, Bengaluru, Delhi, and Chennai.

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Fun Fact- Back in 2014, there was an elementary school in Turin, Italy that only had one teacher and one student.

Sex Education: Why Talking about it isn't Taboo



Violeena Das
5th Semester

Since its inception, the subject of sex education has sparked a number of productive discussions in our culture. There have been debates in schools about the ethics of sex education and how it should be presented to students. But as society has evolved, we have observed changes in how sex education is taught in schools over time. Much of education is taught in schools over time. Many of us think that sex and gender both have the same meaning but in reality, it is not. While gender is based on socially constructed characteristics, sex is defined by biological characteristics. In many cultures, the discussion of all sexual issues has traditionally been considered taboo and adolescents were not given any information on sexual matters. Such instruction as was given was traditionally left to a child's parents, and after this was put off until just before their marriage. However, in the late 19th century, the progressive education movement led to the introduction of sex education as "social hygiene" in North American school curricula and the introduction of school-based sex education. During the Second World War, the UK government concerns about young men and women working together for the first time because there was a fear of new sexually transmitted diseases. As a result, the UK Board for Education established guidelines for youth organizations and sex education in schools.

A wide curriculum called sex education is intended to provide knowledge and training about the attitudes, values, and behaviours that have an impact on family relationships. Sex education is very much important in schools and colleges because it informs students about reproductive health, related organs, adolescence, and sexual diseases. It also raises awareness in order to protect people from misconceptions about various sex-related issues. Sex education should be mandatory in school. Sex education does not mean study about only reproduction. Through sex education, teenagers can be taught the positive and negative sides of sex. Sex education also includes information about family planning, reproduction (fertilization, conception, and development of embryo and foetus), birth control methods, etc.

However, sex education is not readily accepted by the people of India. In fact, in 2014, India's health minister declared that he wanted to ban sex education. This declaration was in opposition to a 2007 health education program for adolescents. Moreover, teachers were also threatened with violence if they were to conduct sex education. At the present times, better sex education is a part of India's school curriculum. After years of sex education being banned, Prime Minister Narendra Modi rolled out a sex education program in 2018.

One major source of controversy in the realm of sex education is whether LGBTQ sex education should be integrated into schools. It is equally important to consider that they also deserve to learn in settings that are inclusive of their experience and that give them the education necessary to stay safe and healthy. For LGBTQ youth to experience comparable health benefits to their non-LGBTQ peers, sex education programs must be LGBTQ.

Public discussion of topics of sex or sex-related issue is widely considered taboo within Indian society, therefore act as a barrier to the delivery of adequate and effective sexual education for Indian adolescents. In India sexual reluctance, is considered immoral and humiliating, especially with the elders of the society. Our teachers find it shameful and vulgar to openly discuss this topic. And therefore we have seen for ages most of the teachers skip the chapters and course which is related to the topic of sex. Now India is a developing country where our teachers still considered any sex-related topic to physical intimacy a taboo. I think it's a barrier for our new generation as well as for the future youths.

Therefore, teachers should start to provide sex education at the secondary level so that students know basic knowledge about this topic. Being sexually educated is crucial because it enables society to adopt a more open-minded perspective on the idea of sex education. The sex education curriculum is changing, and this will help society and students at schools realize its significance in day-to-day life.

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Fun Fact- Have you ever seen a boat school? In Bangladesh, there are no fewer than 100 boat schools!

Savitri Phule: The woman who started the story of equality in education



Thainaz Meen
3rd Semester

Before there were co-ed schools, various monetary reliefs for females in the admission process, better hygienic accommodations, and all the little things that fit in the bag of benefits in today's time of female education. There was nothing.

In the Rig Vedic civilization, women were cherished and valued, but in the later Vedic era, they were oppressed. With the prevalence of child marriage, sati, polygamy, and the purdah system, the position of women progressively fell. Ancient Indian women had the right to participate in the crucial Upanayana ritual, which gave them equal access to the Vedas for study. They were regrettably denied access to it subsequent times. Because of the depraved purdah rule, female education continued to decline during the Islam era. Yet, a few female saint scholars thrived during the Buddhist and Jain movements.

Girls' education was viewed as a burden and a waste of time because it would prevent them from doing household chores. However, many reformers fought for child marriage prohibition and women's education.

We see women who have made extraordinary contributions to politics, technology, the welfare of people, and, most importantly, education. Even though there is still a long way to go until all women in India are totally literate, these women have significantly advanced the subject of education. India's past is rich with such remarkable ladies. One such woman was Savitribai Phule.

Savitribai Phule was India's first female teacher and is hailed as the nation's first modern feminist.

In 1831, Ms. Phule was born in the Indian state of Maharashtra. At the delicate age of 9, She married Mahatma Jyoti Rao Phule who was 13 at that time, one of the most famous personalities in the Indian freedom struggle.

After their marriage, her husband, who was enrolled at and graduated from Pune's Scottish Mission High School, took her in and taught her at home. She vowed to support her husband in enacting social changes even at the risk of her life after realizing the value of education and witnessing him turn down a government post. In 1848, Phule and her husband established the first girls' school in India at Bhide Wada.

The school's curriculum comprised math, science, and social studies. Despite opposition from the local society, Savitribai and Jyotirao Phule were in charge of three schools in Pune by 1851, serving a total of about 150 girls.

Phule also began instructing girls and kids from oppressed castes, such as the untouchable Mang and Mahar. The husband-and-wife team started 18 schools for kids from various castes.

Balhatya Pratibandhak Griha, the first Indian infanticide prohibition home was established in 1863 by Jyotirao and Savitribai and assisted pregnant Brahmin widows and rape victims in giving birth to their children. In Mumbai and Pune, Savitribai organized a barber strike to protest the practice of shaving widows' heads.

This is the story of this extraordinary woman in an extraordinary time, she gave wings to the girls who were always taught flying was out of their reach.

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History of Women's Education in India

“You educate a man; you educate a man. You educate a woman; you educate a generation.” — Brigham Young

The New Education Policy 2020 “A STEP TOWARD TRANSFORMATION”



Jyotisma Ray
5th Semester

The highest human deity, according to Indian belief and philosophy, is the pursuit of knowledge, wisdom, and truth. Education policy implementation at the municipal, state, and federal levels has a lengthy and diverse history in India. To ensure that all residents have access to high-quality education, the nation has undergone several modifications and advances in its educational system over the ages. The New Education Policy is the first policy to be released in 34 years. The New Education Policy was released under the Government of India's Ministry of Human Resource Development (MHRD) on 30 July 2020. With the motto, “EDUCATE, ENCOURAGE, ENLIGHTEN.” The policy was founded on the pillars of Research, innovation, and quality to develop India into a knowledge superpower. It stresses the importance of critical thinking, creativity, problem-solving skills, and searching methods and local resources.

The New Education Policy 2020 is a comprehensive policy framework that aims to reform and revitalizes the education system in India. New reforms will replace the old education policy after 34 years. Instead of the 10+2 model, there will be a 5+3+3+4 system. Coding will be taught from 6th grade and a vocational internship will be followed. There will be no rigid separation between art, science, and commerce. Students will have the flexibility to choose any subject.

Common Entrance Exam will be conducted for higher education. The medium of instruction will be local/regional language till the 5th grade at least. There will be no imposition, all languages will be available for students. These are a few of the many changes that the NEP is initiating. The NEP aims to make significant changes to how education is delivered in India, focusing on making the education system more inclusive and holistic. One of the keys aims of NEP is to foster critical thinking, creativity, and problem-solving abilities rather than the outmoded and constrained reliance on memorization and rote learning. To achieve this, the NEP emphasizes the importance of teaching a wider range of subjects, including the arts, sports, and vocational skills, in addition to traditional academic subjects. The NEP aims to offer more flexible and diversified educational pathways so that students can follow the courses that they are most interested in and that best match their skills and objectives.

Although India's New Education Policy 2020 is the next significant step forward, there is still a long way to go. There are obstacles and downsides along the way, such as inadequate infrastructure and teachers who lack the necessary training, differences in the accessibility and quality of education among regions, and the requirement for ongoing reform and innovation. Since there are so many new reforms and changes, putting the policy into practice is likewise a significant undertaking. As a result, it is crucial to be exact and cautious when putting the strategy into practice. The relevance of the education policy should be conveyed to the students, who should be made aware of it.

In conclusion, the New Education Policy marks a fundamental change in the manner in which education is provided in India and has the potential to have a positive impact on the educational system. Even though it has received a lot of criticism from students, teachers, and learners who are in the middle of the course that will no longer be regarded as a degree, it persists to be implemented still. It will, however, need sustained work and dedication from the government, educators, and the larger community. Its ability to succeed will also depend on its implementation's effectiveness and the availability of sufficient funding. John Dewey once said, "Education is not preparation for life, education is life itself."

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Fun Fact- In a remote area of Colombia, kids have to travel to school on a zip line.

Is Gender Biasness in education a thing to worry about?



Jimoni Kalita
3rd Semester

The issue of gender inequality is one which has been publicly reverberating for decades. In spite of advances in recognizing that girls and boys or women and men, do not have to be bounded by traditional roles, gender stereotypes persist in education and beyond. One of the primary sources of information for a student is the textbooks.

Do you remember any story growing up where the main protagonist was female? Or can you count the number of sentences being pointed out towards the girls more than boys, saying “She” instead of “He”? Or do you remember any kind of images from your primary school textbooks where it shows girls and boys working equally or working with the same toys? The answer to the above questions is definitely “NO”. But it is a wondering fact why such a thing persists to date. The society in which we live has been shaped historically by males. Even the policymakers who set the curriculum have consistently been male in most cases. So, it is not surprising to the people as well as the students that our society reflects those biases which exist as the result of this male domination from the varied past. But no one couldn’t even realize what was wrong in those scenarios because our education system never helped us look beyond what we were taught. In spite of these, one cannot deny that the system of education is the only way of a person’s life.

The issue of gender inequality is seen to have an impact on a child right from the very childhood stage. The seeds of gender stereotypes are sown in nurseries and watered till we cross-school or even college. Continuation of gender discrimination may hamper a child’s thought by decreasing motivation and performance in school especially affecting primary children. They will only be with the view that women are fit only for certain professions and positions. While they see man as being ‘in charge’ or engaging themselves with task which has leadership activities. This can directly impact on future careers of those children. It results in unequal opportunities, impacting the lives of both genders, statistically, girls are most disadvantaged, with lifelong implications that affect the next generation. Every child deserves to reach his or her full potential, but gender inequality in their life hinders this reality. This issue needs to be addressed soon.

Frankly speaking society, itself plays a hindering role in a child’s mindset. But the issue of gender biases can fully be eliminated through education itself, where the teacher plays a role of a protagonist. It can take a variety of measures to create

a fair and gender-equitable environment for young children. We often objectify the lack of women in science, mathematics, or engineering field. This can be changed by encouraging girls to take up technical and science subjects. We all know, the aim of education is to help learners to think in a broader way. By being aware of the signs of discrimination, teachers can work to create a learning environment that encourages this internal or external discrimination and ensures a classroom of equality. Hence, the education of women is the most influential instrument to change positions in society. Functioning of equal access to all resources right from childhood in schools help to change the overall mindset of those children toward the issue of gender role in society.

The 'feminine' and 'masculine' behavioural norms are reinforced by the member of the society themselves. These stereotypes become a part of our daily life and are followed by generations because after a point of time going against the regular flow is impossible. Education plays a major role in validating these stereotypes and gender roles. The basic aim of education is to open up the learner's mind but achieving that end seems difficult if this issue goes on generation after generation. So, using different ways a gender-equal society would be created where the word "Gender bias" does not exist.

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Fun Fact- The first and oldest women's college in Asia is in India. The Bethune College in Kolkata

The Future is Female



Chandini Khaton
1st Semester

In development and economics, women's empowerment has become a crucial problem. Women who are economically empowered can manage their resources, assets, and income to their advantage. Women's empowerment improves women's position via literacy, education, training, and awareness raising. Women's empowerment also refers to the capacity for strategic life decision-making that was previously out of reach for them.

- Social empowerment

The ability of women and girls to act individually and collectively to change social connections as well as the institutions and discourses that exclude them and keep them poor is referred to as social Empowerment.

- Educational empowerment

Without an education, their futures and their family's futures are constrained. Women's empowerment begins with education. It gives women more opportunities and access to the job force, increasing their earning potential and reducing their isolation at home or financial exclusion.

- Political empowerment

Women's political engagement and leadership are critical methods for assisting women in realizing their human rights. Growing the number of women in positions of authority and decision-making is good for global economic and social development.

- Cultural/Psychological empowerment

Women who are psychologically empowered shatter social conventions and patriarchal taboos while simultaneously changing their identities and subjectivities.

When women join the education system, political groups, or judicial bodies. They experience psychological empowerment and take control over their finances and bodies.

- Raising consciousness

Raising consciousness helps oppressed people recognize where they fit into the more effective social system and identify the source of their oppression. Awareness of their difficulties will spark self-mobilization, which will result in empowerment.

The bulk of barriers that women face

According to studies, women face more significant challenges in the job than males. Sexual harassment, unequal remuneration for equal labor, discriminatory hiring practices, and professional progression are only a few examples of gender-related barriers.

The internet is breaking down barriers and developing bridges that encourage more education, better health, professional progression, a stronger community, and Internet activism to fight for women's rights.

However, despite progress toward women's empowerment, there is still a long way to go.

The government should put policies in place to improve women's understanding of their potential in the areas of health, education, employment, and so forth. The influence of the mother-in-law over her daughter-in-law is just one example of how many women have adopted patriarchal norms to demonstrate their dominance over other women.

Women must finally take the initiative to realize their aspirations for empowerment. There is no better weapon for the development of women than empowerment.

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"When girls are educated, their countries become stronger and more prosperous"- Michelle Obama

Educate a Woman, Empower a Woman!



Urbie Roy
1st Semester

“Achieve Gender Equality and Empower All Women and Girls.” It’s a goal that I, as a woman, believe in wholeheartedly. Power is defined as the ability to influence the behavior of others with or without restraint. The extent to which a person or group holds such power is related to the social influence they can wield. Noted French fashion designer Coco Chanel quoted, “A girl should be two things: who and what she wants.”

The common people should understand that especially women should acquire and possess power resources in order to make decisions on their own or resist decisions made by others that would affect them. Women’s empowerment in its actuality is synonymous with the complete development of society. An educated woman, with knowledge about health, hygiene, and cleanliness is capable of creating a better, disease-free environment for her family. A self-employed woman is capable of contributing not only to her family’s finances but also contributes towards the increment of the country’s overall Gross Domestic Product (GDP). A shared source of income is much more likely to uplift the quality of life than a single-income household and more often than not helps the family come out of a poverty trap. Women who are aware of their legal rights are less likely to be victims of domestic violence or other forms of exploitation.

Education is the main piece of the puzzle for women’s empowerment

The education of women plays a very important role in the process of women’s empowerment. Women should be educated in order to know what is right or wrong. Nowadays, the importance of women’s education is growing day by day. It is not only important to educate girls and women, but also it is necessary to provide them with basic facilities. Women’s Education In India, the situation of women’s education is not very good. According to the 2011 census, the literacy rate of Indian women was 64.6%. This number is quite low compared to the literacy rate of men, which is 80.9%. There are many reasons for the illiteracy rate of women in India. In India, most women are illiterate because they are not allowed to go for an education. Society thinks that men must educate their children, especially girls because they think that women’s role is only to take care of the house and family. This is a result of the social traditions and conventions that still exist in our culture. The Government of India has made it mandatory for all schools to provide education to girls till middle

school. However, this is not being implemented properly because of the lack of resources. The mindset of people is also one of the main reasons. In our society, the role of women is still considered to be limited to the house and taking care of the family. This mindset is changing slowly, but it will take some time to change completely.

The societal stigma associated with gender inequity and bias is quickly fading. India is becoming a superpower due to the similar contribution of both genders. By promoting education for women, India is also achieving a higher literacy rate very fast. The education of women is a major step toward a brighter future for India. Women should get educated to understand their rights properly. Women are one of the most powerful investments we can make in building a better future. When women get proper education, they can earn and live their life comfortably without depending on others. Not only because women are people and deserve equal rights for that simple fact alone, but also because investing in and empowering women unlocks a flood of potential for the whole world.

Women are a secret weapon in the fight against global poverty. They are an often-untapped resource that has the potential to improve livelihoods, economic outputs, productivity, and human life itself.

Thus, unless there is an attitudinal change in society toward women, merely arming them with legal and constitutional rights is simply inadequate.

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Fun Fact- One of the oldest ages to begin school in the world is in Finland, where children do not begin until the age of seven.

Should the Bhagavad Gita be taught in schools?



Prabal Goswami
1st Semester

The Bhagavad Gita, the song of God, is one of the most significant Upanishads in Vedic literature and the heart of Vedic wisdom. It was spoken 5000 years ago by Lord Shri KRISHNA to Prince Arjuna on the battlefield of Kurukshetra. Bhagavat can be seen as both a historical book and a personality development book. Historically Bhagavad Gita appears as a conversation between Krishna and Arjuna and their conversation runs over 700 Sanskrit verses and 18 chapters. Millions of people have found wisdom in the Gita because it answers some fundamental questions such as WHO AM I AND WHAT AM I MEANT TO DO IN LIFE, WHAT IS MY IDENTITY AND WHAT IS MY DESTINY.

BHAGAVAD GITA IS DIVIDED into three parts 1st to 6th chapters deal with the path of Action ((KARMA YOGA) the 7th and 12th chapters explain the path of Devotion (Bhakti yoga) and the 13th and 18th chapters point out the path of knowledge (Jnana yoga). The future of the nation's depends on the present-day students who are the leaders of tomorrow.

Recently several states announced that the Bhagavad Gita will be taught to the students in schools. Some time ago Gujarat govt. announced that it would include Bhagwat Gita in the school curriculum from classes 6 to 12. In this statement given by Gujarat, there was still a debate going on after 2 days, Karnataka also gave a similar statement. in this statement given by the State education minister, it has been taken in the direction to implement the new education policy. In 2015, Haryana Govt had also decided to include Bhagavad Gita in the school curriculum. But the main issue is whether the inclusion of the Bhagavad Gita in the school curriculum will really benefit the life of the students or is being done only by being inspired by a particular ideology.

The benefits of including the Bhagavad Gita in the school curriculum

Although all the verses of the Bhagavad Gita have a deep meaning and also has the power of improving the personality of human being, among these I want to point out some special Verses. When Mahabharat began Arjun was also hesitant. He doubted his capabilities because he was facing Bhishma and his Guru Dronacharya. He is my (Arjun) guru.

Whatever I have learned, I have. We all feel fear and hesitation at the time of examination. Even in Kurukshetra before he learned from him. So how can I combat

him better than him? Arjun had given up on himself prior to the conflict. Like sometimes we feel that if our teacher could not complete a particular exam, how can we clear it? That's when lord Krishna explained to him that NO INDIVIDUAL IS ABOVE KNOWLEDGE

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते।

तत्त्वयं योगसंसिद्धः कालेनात्मनि विन्दति।।4.38।।

Knowledge is the world's biggest strength. Arjun's teacher was Dronacharya, who had given him information and a thorough education. But Arjun did not become the best archer in the world only because of Guru Dronacharya's teachings. He devoted his life to knowledge. He considered knowledge to be a journey. Knowledge prepares students for the war called an exam where we have to not only face the questions on paper but also fight against all irrational questions in our minds. The weapon to fight both these is one and the same and that is knowledge. This verse told us that if we have a hunger for knowledge then we can get knowledge. So, it motivates us to have a desire to acquire knowledge.

- Knowingly or unknowingly, sometimes we do evil to someone and show violent effects on some living beings, unnecessarily we show our anger over something.

**यो मां पश्यति सर्वत्र सर्वं च मयि पश्यति।
तस्याहं न प्रणश्यामि स च मे न प्रणश्यति।।6.30।।**

By this Lord Shri Krishna wants to say that he is present everywhere, he is in every living and non-living thing.

This teaches us that we should show our respect towards all things. We should not show bad feelings towards anyone. Nowadays we get to hear a lot of bad news like harassment, rape case, etc. If we start seeing God inside everyone, start respecting everyone's life, then such news will be less heard.

- How to handle failure:

People think that there is a direct relationship between the efforts you put in and the results you get. The outcome will be better the more effort you put forward. But this is not true. Some people may get a good result with less effort. We are living in a world where we give more importance to the result of others than our own results.

**कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥ २-४७**

Here, Krishna wants to say that we have the right to work only but never to its outcomes. So, we should always work on forgetting the result and this will increase our attachment to action. Some students study for a good result in the exam which

is also a good thing. but this may defy the basic knowledge of the subject. We should study for knowledge (KARMA), not for results (OUTCOME).

- Your mind is your ally or enemy:

In today's distracted world people are not able to control their minds. Generally, it is seen in the life of students because of which they are paying less attention to their studies. For that Lord Krishna has also said in Gita that...

बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः ।

अनात्मनस्तुशत्रत्वे वतेतात्मैव शत्रुवत् ॥ 6.6 ॥

Meaning: - For him who has conquered the mind, the mind is of best friends; but for one who has failed to do so, his mind will remain the greatest enemy. It teaches us that if we can control our mind and soul and then it will work as a powerful weapon for the success of our life and the same if we are not able to control it at the right time, then it can also harm our life. Let us understand with an example: - Junk foods are bad for us. Now imagine that you are at a birthday party and there you see some junk foods; you know what is right and wrong but your mind is not under control and it is tempting you to eat junk foods. and you are not able to stop it and keep on eating.

But the next day your mind says "Why did you eat this junk food?" It is bad for your health. At that particular moment, your mind became your enemy. This is why Shri Krishna said the uncontrolled mind is the worst enemy of our growth.

- Making a great leader

यद्यदाचरति श्रेष्ठस्तत्तदेवेनरो जलः ।

स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥ 3.21 ॥

Whatever actions great people perform, common people follow. Whatever standards they set, all the world pursues.

Common people always need such a leader, who can teach the public through practical conduct. If the leader himself smokes, he cannot teach the public to stop smoking. This principle also works in the life of teachers and parents.

Example: - A child learns by observing the behavior of the parents. If parents use bad words, then children will also use those bad words in their life. Here I have mentioned only some basic things but there are many more things that we should learn from the Gita.

Let us know why some people are opposing it.

- Gita is essentially a religious book, and following it in the school curriculum may pose a danger to the secular and democratic fabric of the nation. My POV: We should not look at Gita as a religious book but as a character development book. If every single person in the world is adopting the knowledge of Gita then why not the people of India?

- Deep meaning

Every verse of the Gita has a deep meaning. Many scholars are able to read Bhagavad Gita but cannot understand its basic meaning. That's why we need trained teachers so that they could not give wrong interpretations of the Gita to the students.

- Many people are also saying that if Gita is seen and taught as a separate subject, then it can be a threat to India's secular regime. That is why I feel that the Knowledge of Gita should be integrated with Moral education and Sanskrit and more emphasis should be laid not on its verse but on its explanation.

CONCLUSION

The Bhagavad Gita emphasizes the importance of ethical and moral values such as honesty, self-control, humanity, and non-violence. These values are crucial for students to learn and apply in their personal and academic lives. The NCERT textbooks have included XI and XII, the Lok Sabha was informed on 19th December 2022. So, it is the very best opportunity to acquire the knowledge of Gita. The Bhagavad Gita is an important part of Indian culture and history (the knowledge of Gita is for every person in the world not for any particular religion). However, it is important to ensure that the teaching of the text is done in a culturally sensitive and appropriate manner and that it is not imposed on students of different faith or beliefs.

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“The great aim of education is not knowledge but action.” —Herbert Spencer

Role of Emotions in Learning



Aishwarya Palta
1st Semester

Scientific understanding of the influence of emotions on thinking and learning has undergone a major transformation in recent years. Learning is a continuous process in social environments, and learners are highly complex beings whose emotions interact with their learning in powerful ways. To value the learner is to value the whole person, not just the intellect. The emotions you feel each day can compel you to act and influence the decisions you make about your life, both large and small. Whether in a face-to-face or online environment, the emotional states of learners and teachers can influence one another. So, in what ways emotions can influence our education and learning? To answer that we first have to look at the types of emotions that have a direct impact on learning.

There are basically four main types of emotions that have a significant impact on learning

- **Achievement Emotions**

They are connected to goals-driven activities as well as to the accomplishment or failure of these activities. Examples include enjoying learning, fearing failure, wanting to succeed, etc.

- **Epistemic emotions**

They are triggered by cognitive problems. Examples include being astonished, inspired, or baffled by a suggested workout, feeling satisfied after overcoming a difficulty, etc.

- **Thematic Emotions**

Whether positive or negative, these are related to a specific topic of study. Examples: having an aversion to mathematics, getting excited discussing politics, etc.

- **Social emotions**

They develop from interactions between the learner and his peers and teacher, whether those interactions are positive or negative. Examples include adoration, expectations, nervousness about social situations, envy, etc.

Knowing the emotions that are most frequently present during learning would be beneficial for both students and teachers; the former would be better able to control and then manage them; and the latter would be able to create tailored approaches as well as spot them in students and intervene tactfully.

Now, we will come to the part where we will discuss the importance of emotion in education and learning. Emotions impact our learning in four ways. They are as follows

- **Psychological Impact:** Some cognitive psychologists believe that students who have positive attitudes toward education also feel as if they are in control of their own learning, which leads to increased effort. This is an upward spiral. Students who put in more effort will feel additional positive results, which will lead to even more effort being put in. Such students have developed what Carol Dweck calls a 'growth mindset' toward education.
- **Motivational Impact:** Positive feelings toward learning can make students more motivated. This in turn can help students engage with learning materials longer. Students will want to engage with the learning materials, which will be very good for student learning in the long run. People with negative emotions, on the other hand, will not feel an internal drive to learn (what we call 'intrinsic motivation'). Instead, they will only be motivated by extrinsic factors such as bribes. Using extrinsic motivators is an inferior way to learn and would likely lead to poorer results in the long run. So, with positive emotions to learning comes intrinsic motivation – or the desire to learn because it feels good to learn!
- **Social Impact:** When students feel good about learning, they are more likely to comply with instructions from teachers; and contribute their own ideas and thoughts to group discussions. These are social factors. In other words, students who are satisfied with their education are more likely to interact socially with professors and other students.
- **Cognitive Impact:** This is a significant issue that is rarely discussed. While we would like to believe that school is fun; and exciting all the time, sometimes thinking hurts!

Kort's emotional learning spiral is a theory that claims that in order to learn something new, students must go through a specific pattern of emotions. We begin in **Stage 1** with a positive attitude towards learning a new subject, claims Kort. However, when we are presented with difficult or confusing information, we move on to **Stage 2**, where we begin to feel uncertain and anxious. The new material is difficult to comprehend and tough! Then, as we attempt to update our outdated, outdated knowledge, we will become frustrated.

We'll be experimenting with fresh responses to challenging issues and realizing that some of the things we previously took for granted are, in fact, false. We are not at all experiencing any nice emotions in **Stage 3!**

Nevertheless, it's an important phase in cognitive development because sometimes we have to challenge our preconceived notions in order to learn new things. Finally, students will move on to **Stage 4**. Because they believe they have finally grasped a new concept, learners experience emotions like determination and hopefulness in this situation. As we can see, in order to create learning environments, designing for the function of emotions in learning entails much more

than simply identifying the feelings a student may be experiencing in a certain circumstance. That strategically manipulates students' reactions.

Giving candy to kids to encourage them to attend math class, for instance, will not students feel the joy of mathematical thinking. Instead, understanding emotions is also (and perhaps even more critically) about the meaning that students are making—that is, the ways in which students and teachers are experiencing or feeling their emotional reactions and how their feelings steer their thoughts and behavior, consciously or not.

In conclusion, we can say that, Emotions and learning are inseparable. Emotions are not add-ons that are distinct from cognitive skills. Instead emotions, such as interest, anxiety, frustration, excitement, or a sense of awe in beholding beauty, become a dimension of the skill itself. No longer should higher education focus on learning as a purely cognitive process; emotions are an integral and valuable part of learning, and can be leveraged to promote engagement, motivation and student success. Recognizing the role of emotions in learning can result in learning and teaching experiences that are enhanced and engaging.

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Fun Fact- The longest school day and the shortest school year are both found in France, which runs from August to Jun.

Mind Your Mental Health!



Sumedha Sharma
1st Semester

The mental health of the human being has a close link with every pattern or form of behavior. Health determines the level of behavior we manifest. Therefore, to study human behavior, the mental health of the human being should be thoroughly studied. A healthy body carries a healthy mind and a healthy mind makes the mental processes very strong. The term 'health' means a state of being mentally free from illness. So, the term 'mental health' signifies an illness-free mental condition of an individual. Mental health more or less depends on the systematic use of mental or psychic potentialities of the individual, which is not very easy to practice and needs to be taken good care of for better personal life. Mental health has become one of the most important pre-requisites for a better and balanced society. In every part of society, we can find people suffering from some kind of mental problem. The main cause of such problems is the rapidly changing pattern of lifestyles. We all are living in a very dynamic society which is changing very rapidly because of the advancement of modern.

Science and Technology. Along with this, social customs, norms, traditions, and values are also changing swiftly. These changes have made our life more challenging. People who are mentally healthy have the capacity to face such challenges and they are able to face life problems easily. On the other hand, people who are mentally weak have a hard time getting over these challenges. As a result, they are in strain, in emotional problems, and have failed to adjust to life situations. Mental health awareness is an important issue for all educators, who are often the first line of defence for their students. Education professionals have acknowledged the impact that a student's mental health has on learning and achievement, and they realize that there's a great deal that can be done to help students with mental health issues. It only makes sense for mental health awareness and education to be incorporated into the curriculum as teens spend the majority of their day at school. Students will be able to receive the assistance they require if we provide them with knowledge and promote discussion.

Therefore, the ways in which education can help bring such vital changes are – A primary goal of mental health education is to increase awareness. This involves teaching children what mental health means, and how to maintain positive mental health.

Another goal of mental health education is also to teach children, parents, and teachers how to recognize mental health-related issues in themselves and others. Undiagnosed or untreated mental health issues can result in unhealthy coping techniques and have a severe impact on a child's capacity to develop and learn. Early intervention in mental health issues can also make a big difference. Small changes in behavior and thinking often occur before major mental illness appears. These early warning signs can be noticed by teachers, family, friends, and the individuals themselves. Early intervention can reduce the severity of the mental illness.

Additionally, it might stop the onset of a severe mental illness altogether. Education can also help in serving to eradicate stigma. An individual is distinguished by their stigma, which is a mark of shame. These persons belong to a stigmatized group and are defined by their sickness. The current and future mental health of pupils can be dramatically impacted by mental health education in the classroom. It contributes to eliminating stigma and fostering resiliency through the awareness of mental health. The benefits of this type of education is invincible. Building self-esteem and confidence in students is one way that schools can support good mental health. It is crucial that children learn the value of mental health, how to see warning signs of poor mental health, and how to get help if they encounter any mental health issues.

Undiagnosed, untreated, or improperly treated mental illnesses can take a significant toll on a student's ability to learn, grow, and develop. Schools provide a good opportunity for the early diagnosis of mental health symptoms because children and adolescents spend the majority of their time in educational environments. Youth are virtually as likely to receive therapy from a mental health professional as they receive mental health services in an educational setting. While there are technological tools available that can assist parents in determining whether their children are accessing troubling content, such as screen monitoring. These methods can help identify mental health problems early on. It's also crucial to recognize pupils who are experiencing mental health problems and educate them on resiliency-building techniques. Some of the ways why it is important to maintain a positive mental health culture in schools and how we can take steps toward motivating mental health awareness are listed below

By encouraging sound judgment, assertiveness, and self-determination, educators can help children develop their self-confidence.

- Schools should serve balanced, nutrient-dense meals and instruct children on the value of healthy eating in order to promote healthy eating and body neutrality. Providing safe outlets to manage anxiety: Physical activity, meditation, and creative expression support personal growth. They also help students build resilience, which improves their ability to handle stress, anxiety, and other mental health symptoms.
- Creating a safe environment: Teachers should make it easy and convenient for students to communicate their mental health concerns and issues. It is important to create a safe space, to listen to what students have to say.

- Offering good mental health resources: Providing relevant mental health resources to students and their family members, such as the educational materials found on the National Alliance on Mental Illness (NAMI) website, can help promote greater mental health awareness at home.

An individual's complete well-being depends on their mental health, which can also help them succeed in life. It can assist students in building and maintaining solid interpersonal relationships as well as a general sense of contentment. Additionally, individuals with good mental health are better able to manage the stresses and challenges of daily life. A key step is to increase public awareness of the problem. Too frequently, mental health issues are thought to only affect a very tiny percentage of the population. Simply said, this is false. Anyone, at any age, can suffer from mental health issues.

By bringing attention to the problem, we may aid in eradicating the stigma associated with it and making it simpler. Along with this, it is very important that we create an atmosphere that is judgment free so that anyone facing difficulties can come forward without hesitation.

Giving folks who are having a hard time support is a further crucial step. There are many different ways to do this, but peer support groups and counselling are two of the best ones. Peer support groups and counselling can give persons who are feeling alone a sense of belonging and a secure place to explore their thoughts and feelings, respectively. Finally, it's critical to keep in mind that mental health issues are frequently treatable. numerous people can recover from mental illness and go on to have happy and full lives since there are numerous efficient treatments that are accessible.

References:

Education Textbook for HS Second Year, Published by the Secretary Assam Higher Secondary Council

<https://stigmafreesociety.com/blog/the-importance-of-mental-health-education-in-schools/>

<https://www.charliehealth.com/post/how-to-build-mental-health-awareness-in-schools>

Fun Fact- A school in the Philippines is made entirely of recycled pop bottles.

Mental Illness: Help, don't judge!



Suchismita Sarkar
3rd Semester

MENTAL HEALTH AWARENESS is an ongoing effort to reduce the stigma around mental health conditions by sharing our personal experiences. Mental health issues are not a new concept.

People have been experiencing mental health issues for ages, but it has been a few years since when people have been little comfortable talking and sharing about their mental conditions. Still, there are people who are ashamed of their mental illness because of the stigma around it. 1 out of 5 is suffering some serious mental issue, it can be someone you know or it can be you.

We give so much importance to physical health which is necessary but do you know your mental health has a lot to do with your physical health?

Deteriorated physical health can be because of some mental illness, for example, depression can lead to diabetes, heart disease, and stroke. Mental health issues have different causes. Some are like-

- Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes.
- Biological factors or chemical imbalances in the brain.
- Use of alcohol or drugs.
- Having feelings of loneliness or isolation and many more.

But if there are institutions and hospitals for therapy, why do we need to raise awareness of mental health issues? In most cases, individuals do not feel safe going to such institutes.

According to American Psychiatric Association, there are 3 types of stigma- first public stigma, second self-stigma, and third institutional stigma. People need to know that it's okay if they are suffering from mental health issues, asking for help will define them as weak. People need to be aware when their mental health is deteriorating. Most of the time people don't even know that the things happening with them or with someone they know are signs of mental health issues. Rather they think of it as a phase, oh she is always inside her room she might be rude, and he is always sleeping such a lazy boy at this young age, he is so restless always shaking his legs, she is so dirty always biting her nails and peeling her skin. We should try to understand why someone behaves in certain ways. Sometimes offering to talk or just listen can help someone in a way you can't imagine.

GENZ and mental health. Today's new generation is the generation of sad people. Everyone seems happy and enjoying themselves but ask someone to sit with them and talk about it and you will realize everyone is walking with the facade. Everyone is dealing with something.

Why has there been a spike in mental health issues? Reports say that COVID is the reason for increasing mental health conditions. There has been about a 25% rise in mental health issues after COVID hit the world. People were locked in with the internet. What else can we expect?

How can we help to spread mental health awareness? Well, there are many ways. Talk about, keep the conversation going, the way you talk and discuss new reel trends, fashion trends, and series sometimes sit and talk about mental health. Ask your dear ones if they are okay.

Sometimes a small question like this can really help. Don't keep children out of it. Make sure to include kids in an important discussion, and make them feel important. Learn the symptoms and look for the people you care about, are they showing any signs? National Mental Health Month begins on the first of May every year and is marked by increased local and online awareness events. Through volunteering at, participating in, or even just sharing these events online, you can encourage others to get involved in learning more about mental health issues. Be the one to break the stigma around mental health conditions.

References:

www.buttercup.com

Live, laugh, love foundation

“Don't just teach your children to read. Teach them to question what they read. Teach them to question everything.” –George Carlin

মানসিক স্বাস্থ্য আৰু সচেতনতা



Rajdeep Haloi
3rd Semester

সাম্প্ৰতিক সময়ত মানসিক স্বাস্থ্যৰ বিষয়টো এক সততে আলোচ্য বিষয়। সময় বাগৰাৰ লগে লগে মানুহৰ চৌপাশৰ সম্পৰ্কবোৰৰ পৰিৱৰ্তন ঘটিবলৈ আৰম্ভ কৰিলে। সামাজিক সম্প্ৰীতি আৰু সম্পৰ্ক বোৰত হীন-দেড়ি ঘটিবলৈ ল'লে। এনে কিছু কিছু কাৰণৰ বাবে ব্যক্তিসকলৰ মানসিক স্বাস্থ্য আৰু সামাজিক সমানুপাতিক বিকাশৰ ধাৰণাটো কিছু পৰি ৰ'ল। বিগত ক'ভিড কালীন সময়ছোৱাত শাৰীৰিক উপসৰ্গ আৰু ৰোগৰ উপৰিওঁ সাঙোৰ খাই থকা এক প্ৰধান ক্ষেত্ৰ হল মানসিক স্বাস্থ্য। এই কালছোৱাত মানুহে কাহানিও সম্মুখীন নোহোৱা আৱেগ, অনুভূতি আৰু মানসিক সমস্যাৰ সৃষ্টি হৈছে। মানুহৰ মাজত উৎকণ্ঠা, অমনোযোগিতা, দুঃচিন্তা আদি লক্ষণবোৰ খোপনি পতাৰ ফলত মানসিক চাপৰ সৃষ্টি হয়। মানুহৰ শৰীৰ যেনেদৰে অসুখী হয়, একেদৰে মানুহৰ মনটো অসুখী হয়। কিছুমান লোকে অত্যাধিক

মানসিক ৰোগৰ চিকাৰ হয় বা মানসিক চাপত ভোগে। এই মানসিক ৰোগ বা চাপে ব্যক্তিৰ শৰীৰক বিভিন্ন ধৰণে ক্ষতি কৰে, যাক চিকিৎসা বিজ্ঞানৰ ভাষাত "Psychosomatic illness" বুলি কোৱা হয়। যেতিয়াই মানুহ মানসিক দুঃচিন্তাৰ সম্মুখীন হৈছে বা হোৱাৰ দুৱাৰ-দলিত থাকে, তেওঁলোকক অনুপ্ৰাণিত কৰিবলৈ, এক যোগাত্মক পৰিবেশৰ সূচনা কৰিবলৈ সৃষ্টিমূলক কামৰ আৰম্ভণি কৰা উচিত। বৰ্তমানৰ যুগটো হৈছে ইন্টাৰনেটৰ যুগ। ইন্টাৰনেটৰ ব্যাপক প্ৰসাৰৰ বাবে কেতিয়াবা অশুদ্ধ বা আংশিকভাৱে শুদ্ধ তথ্য এটা বিজুলি বেগত ৰাইজৰ মাজত বিয়পি পৰে। ভুৱা বাতৰি, ভিত্তিহীন অপবিজ্ঞান, কল্পনা প্ৰসূত মনে ৰচা কাহিনী ইত্যাদিয়ে মানুহৰ মানসিক অৱস্থাটো আৰু অধিক সমস্যা বহুল কৰি তোলে। ইন্টাৰনেটৰ অপ-প্ৰচাৰৰ পৰা ৰক্ষা পাবলৈ তথ্যৰ সঠিক ব্যৱহাৰ, সঠিক তথ্য সমৃদ্ধ ৱেবচাইট যেনে 'WHO', "American Psychiatric Association" আদিৰ পৰা তথ্য গোটাই মানসিক 'হোমৱোৰ্ক' বোৰ কৰা উচিত।

মানুহৰ মাজত বৰ্তমান সময়ত যদিও মানসিক স্বাস্থ্যৰ প্ৰতি সচেতনমূলক মনোভাৱ পূৰ্বতকৈ

বৃদ্ধি পাইছে, কিন্তু বিগত কেইবছৰ মানৰ পৰা মানসিক স্বাস্থ্যৰ অৱনতিৰ ঘটনাও পৰিলক্ষিত হৈছে। বিশেষকৈ ক'ৰণাৰ প্ৰাদুৰ্ভাৱৰ পিছত মানসিক স্বাস্থ্য বজাই ৰখাৰ প্ৰয়োজনীয়তাক লৈ বিশ্বজুৰি জনসাধাৰণৰ মাজত সচেতনতা বৃদ্ধি পাবলৈ আৰম্ভ কৰিছে। মানসিক স্বাস্থ্য সচেতনতাৰ প্ৰতি লক্ষ্য ৰাখি ১০ অক্টোবৰৰ দিনটো সমগ্ৰ বিশ্বতে "বিশ্ব মানসিক স্বাস্থ্য দিৱস" হিচাপে পালন কৰা হয়। ভাৰতবৰ্ষত মানসিক স্বাস্থ্য সেৱাৰ সন্দৰ্ভত চৰকাৰী পৰ্যায়ত বহু প্ৰচেষ্টা হাতত লোৱা হৈছে। চৰকাৰী ৱেবছাইটত উপলব্ধ তথ্য অনুসৰি, জনসাধাৰণৰ বাবে নূন্যতম মানসিক স্বাস্থ্যৰ সুবিধা সুনিশ্চিত কৰাৰ বাবে ১৯৮২ চনত ভাৰত চৰকাৰে "National Mental Health Programme " (NMHP) আৰম্ভ কৰিছিল। ইয়াৰ লক্ষ্য আছিল প্ৰাথমিক স্বাস্থ্য সেৱাৰ লগত মানসিক স্বাস্থ্য সেৱাক একত্ৰিত কৰি সামূহিক স্বাস্থ্য সেৱাৰ প্ৰতি আগবাঢ়ি যোৱা।

মানসিক স্বাস্থ্যৰ যতনৰ ক্ষেত্ৰত ব্যক্তি এজনৰ পাৰিপাৰ্শ্বিক বিভিন্ন কাৰকে বিভিন্ন ভূমিকা পালন কৰে। ব্যক্তিবিশেষে মানসিক স্বাস্থ্যৰ বিকাশৰ বাবে যথাসম্ভৱ উৎকৃষ্ট ব্যৱস্থা অৱলম্বন কৰা উচিত। সমাজৰ বিভিন্ন লোকে নিজৰ মানসিক স্বাস্থ্যৰ প্ৰতি সচেতন হোৱাৰ লগতে নিজৰ বন্ধুবৰ্গ, পৰিয়াল আৰু সহকৰ্মী সকলৰ মানসিক স্বাস্থ্যৰ প্ৰতিও সচেতনমূলক মনোভাৱ বজাই ৰখা উচিত।

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संस्कृत भाषा



Dipankar Anirban
H.S. 1st Year (Arts)

ভাৰতীয় হিচাপে সগৌৰৱে সৰ্বজন গৌৰৱান্বিত তথা ৰাষ্ট্ৰীয় ভাবনাৰে গদগদ আৰু উদ্বেলিত হোৱাৰ মুখ্যতঃ বিশেষ কাৰণ আছে। তাৰে এটা কাৰণ যে সংস্কৃত ভাষাটোও সেয়া নিশ্চিতিপূৰ্ণ কথা। সংস্কৃত ভাষা-দেৱভাষা, এই ভাষাটোক পণ্ডিত হৈছে হেমান উইলচনে এফাঁকি শ্লোকেৰে বন্দনা কৰি গাইছে। শুনিলে-চিন্তিলে আচম্বিত হোৱাৰ খল নথকা নহয়।

“অমৃতং মধুৰ সম্যক সংস্কৃতহি ততোধিকম্।
দেৱভোগ্যমিদং যস্মাদ দেৱভাষেতি কথ্যতে।।
ন জানে বিন্দ্যতে কিং তন্ মাধুৰ্যমত্র সংস্কৃতে।
সৰ্বদেৱ সমুন্নত্তা যেন বৈদেশিকা বয়ম্।।”

দেৱাসুৰে মিলি মন্থন কৰা ক্ষীৰসমুদ্ৰৰ ফলস্বৰূপে লব্ধ অমৃতৰ ভাণ্ডাতকৈও এই সংস্কৃত ভাষাৰ মাধুৰ্যতা অনন্ত। এই ভাষাক লৈ সমগ্ৰ বিশ্বৰেই বিদ্বানমহলত এক অনন্য সঞ্চালন বিদ্যমান। ভাৰতীয় সংস্কৃত ভাষা সাহিত্যৰ সেউজীয়া বিস্তৰ পথাৰত প্ৰাচীন পণ্ডিত বিদ্বানসকলে চিৰযুগৰ আমিয়া স্বৰূপ স্তম্ভ নিৰ্মাণ কৰি গৈছে। বেদব্যাস আদিকবিৰ পৰা আদি কবি কালিদাস, ভৱভূতি, ভাস ইত্যাদি সুপৰিচিত। তাৰোপৰি মহত্বপূৰ্ণ কথা এয়া যে ইউৰোপক প্ৰকৃত সংস্কৃত লেখাৰ সৈতে পৰিচিত কৰাৰ দিশত আটাইতকৈ প্ৰাচীন পদক্ষেপ গ্ৰহণ কৰিছিল।

এসময়ৰ গৱৰ্ণৰ জেনেৰেল ৱাৰেন হেৰিংছৰ প্ৰবোচনাত চাৰ্লছ উইলকিন্স নামৰ পণ্ডিতজনে। বেনাৰসত সংস্কৃতৰ যথেষ্ট জ্ঞান আহৰণ কৰি তেওঁ ১৭৮৫ চনত ভাগৱতৰ অনুবাদ প্ৰকাশ কৰিছিল আৰু দুবছৰমানৰ পাছত ‘হিতোপদেশ’ শীৰ্ষক উপকথাৰ সুপৰিচিত সংকলনৰ এটা সংস্কৰণ উলিয়াইছিল। আন এগৰাকী প্ৰাচ্যবিদ ছাৰ উইলিয়াম জ’নছও আছিল প্ৰীতিচি দেশত সংস্কৃত অধ্যয়নৰ পথ প্ৰদৰ্শক ব্যক্তি। এই মেধাপূৰ্ণ প্ৰাচ্যবিদজনে ভাৰতত এঘাৰ বছৰীয়া অতি চমু কৰ্মজীৱনত প্ৰথমবাৰৰ বাবে তেওঁৰ অক্লান্ত সাহিত্যিক কাৰ্যকলাপৰ দ্বাৰা আৰু ১৭৮৪ চনত এছিয়াটিক ছ’চাইটি অৱ বেংগলৰ প্ৰতিষ্ঠাৰ দ্বাৰা ভাৰতীয় প্ৰাচীন কালৰ অধ্যয়নৰ প্ৰতি তীব্ৰ আগ্ৰহ জগাই তুলিছিল লগতে তেখেতেও সংস্কৃতৰ জ্ঞান অৰ্জন কৰি ১৭৮৯ চনত সংস্কৃত ভাষাত ৰচিত কালিদাসৰ উত্তম নাট ‘শকুন্তলা’ৰ অনুবাদ প্ৰকাশ কৰিছিল। এই মহত্বম কাৰ্যক হাৰ্ডাৰ আৰু গ’থেৰ দৰে নিপুন বিচাৰকে উৎসাহেৰে আদৰণি জনায়। ইয়াৰ পাছতে মনুসংহিতাৰ অনুবাদো কৰা হয়। সংস্কৃত গ্ৰন্থৰ সংস্কৰণ ছপা কৰা প্ৰথমজন ব্যক্তি হোৱাৰ কৃতিত্বও ছাৰ উইলিয়াম জ’নৰ। সংস্কৰণটি

আছিল ১৭৯২ চনত প্ৰকাশিত 'ঋতুসংহাৰ'ৰ। এই আলোচনাত ছেনৰী থমাছক'লব্ৰুক (১৭৬৫-১৮৩৭) ৰ নাম মহান কাৰ্য, অসাধাৰণ উদ্যোগী চিন্তা, বুদ্ধিৰ বিৰল স্পষ্টতা আৰু বিচাৰৰ নিগ্ৰহৰ সৈতে সংযুক্ত। বিজ্ঞানসন্মত নীতিৰ ওপৰত সংস্কৃত ভাষা আৰু সাহিত্যৰ কৰিবলৈ প্ৰথমে তেওঁৰেই সংস্কৃত শিক্ষাৰ প্ৰাণ প্ৰতিটো শাখাক লৈ বহুতো গ্ৰন্থ, অনুবাদ, ৰচনা কৃতি প্ৰকাশ কৰিছিল। যাৰ ফলত পৰৱৰ্তী পণ্ডিতসকলে সুদৃঢ় ভেটি বা বুনীয়াদ স্থাপন কৰি তুলিছিল। সেই শতিকাৰ আৰম্ভণিৰ বছৰবোৰত ক'লব্ৰুক ভাৰতত সাহিত্যিক জীৱন আৰম্ভ কৰি থকাৰ সময়তে যুদ্ধৰ ৰোমাঞ্চৰ ফলত ইউৰোপ মহাদেশত সংস্কৃতৰ ব্যৱহাৰিক জ্ঞানৰ প্ৰচলন ঘটিছিল। ইংৰাজ আলেকজেণ্ডাৰ হেমিল্টন (১৭৬৫-১৮২৪) এ জ্ঞান আহৰণ কৰিছিল আৰু স্বগৃহলৈ যোৱাৰ মাৰ্গত ফ্ৰান্সৰ মাজেৰে পাৰ হৈ যাওঁতে তাত দেশৰ সকলোৰে ইংৰাজৰ বিৰুদ্ধে হেমিল্টনক পেৰিছত বন্দী কৰি ৰাখিছিল। পেৰিছত অনিচ্ছাকৃতভাৱে থকাৰ দীৰ্ঘদিনীয়া সময়ছোৱাত হেমিল্টনে কিছুমান ফৰাচী পণ্ডিতক সংস্কৃত ভাষাৰ জ্ঞান আৰু শিক্ষা দিছিল। বিশেষকৈ জাৰ্মান কবি ফ্ৰেড্ৰিখ শ্বেলেগেলক সংস্কৃত ভাষা শিকাইছিল। এই অধ্যয়নৰ অন্যতম ফলাফল আছিল শ্বেলেগেলে তেওঁৰ 'On the language and wisdom of the Indians' (1808) গ্ৰন্থখন প্ৰকাশ হৈ ওলায়। এই শ্বেলেগেলৰ কামে জাৰ্মানীত সংস্কৃত অধ্যয়নৰ প্ৰতি অত্যন্তসাহ জগাই তুলিছিল।

সংস্কৃত হৈছে ভাৰতীয় সকলো ভাষাৰেই সাৰ্বজনীন মিলন মঞ্চ। তদুপৰি পণ্ডিত তথা বিদ্বান মহলৰ মাজত অতি বিদ্যতৰভাৱে এয়া প্ৰতীয়মান যে বৰ্তমানৰ ইন্দো-আৰ্য ভাষা যেনে বঙালী, গুজৰাটী, হিন্দী, পাঞ্জাবী ইত্যাদি সংস্কৃতৰেই পৰা উৰ্ধমুখী হৈছে।

এইহেন শ্ৰুতিমধুৰ ভাষা আন ক'তো নাই বুলিয়েই হয়। সেয়েহে এই ভাষাৰ প্ৰতি অত্যাধৰ ইমান। ন'বেল বঁটা বিজয়ী বিজ্ঞানী ড° চি ভি মনেও কৈছিল যে আমাৰ তেজৰ স্ৰোতত সংস্কৃত ভাষা বহুমান আৰু কেৱল সংস্কৃত ভাষাইহে দেশৰ ঐক্য প্ৰতিষ্ঠা কৰিব পাৰে। তদুপৰি তেখেতে বিশ্বাস কৰিছিল যে সংস্কৃত ভাষাই ভাৰতীয় জাতীয় ভাষা হ'ব পৰা একমাত্ৰ ভাষা। এই সুমধুৰ ভাষাৰ এফাঁকি শ্লোক পৰ্যবেক্ষণ কৰিলে বদ্ধ পৰিকৰ হ'ব পাৰি যে ই এক কৰ্ণত অমৃতৰ ধাৰ বোৱাব পৰা শক্তিৰে সমৃদ্ধ :

“অম্বুধি জলধি পয়োধি উদধি বাৰানিধি বাৰিধী।।”

ইয়াত উল্লেখিত শব্দ দুটাৰ ভিন ভিন অৰ্থ থকা যেন অনুভূত হয় যদিও সেয়া মূষা। সত্যৰ্থ এয়াই যে ইয়াত এই ছটা শব্দৰ দ্বাৰা এটাই অৰ্থ সঞ্চাৰ কৰিছে। সেই এটা অৰ্থৰ ছটা ভিন ভিন নামান্তৰহে।

ভূতপূৰ্ব প্ৰধানমন্ত্ৰী নেহেৰুদেৱেও লিখিছিল—Our modern languages in India are children of sanskrit and to it one most of their vocabulary and their forms of expression. Many rich and significant words in sanskrit poetry and philosophy, understandable in foreign languages, are still living part of our popular languages. (The Discovery of India)

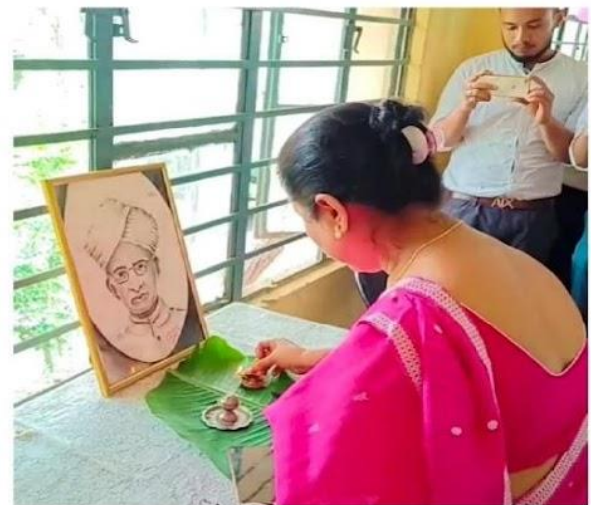
बरीन्द्रनाथेओ कैछिल – भारतवर्षेब चिबकालेब ये चिओ सेटाब आश्रय संस्कृत भाषाय। सेइ कारणेइ "NEP" 2020 अर्थां 'National Education Policy' ब उल्लेख करिब पाबि - "Sanskrit will thus be offered at all levels of school and higher education as an important, enriching option for student's including as an option in the three-language formula."



TEACHER'S DAY



CELEBRATION



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