



CHANDIGARH UNIVERSITY

Discover. Learn. Empower.



'Igniting Minds, Shaping Futures'

University Institute of Teachers Training and Research

UITTR GAZETTE

STUDENT'S MAGAZINE





It is the supreme art of the
teacher to awaken joy in creative
expression and knowledge.

Table Of Content

About UITTR Gazette

Message from Editor-In-Chief

Message from Editor

Education Redefined: Revitalising Pedagogy for the Digital Era by Amrinder Singh

POEM "SHE" by Shivam

Poem "School Memories" by Avneet Kaur

Life of a Teacher by Suryansh Tandwal

How it feels? Story by Jasleen Kaur

How and why are Teachers using Instagram? By Jasleen Kaur

Understanding and Addressing Mental Health in Students by Annu Dhaka

Menstrual Leaves are Must by Shrishti Wadhawan

Campus Chronicles: "Life at UITTR"

Teej Celebration

Teachers Day Celebration

About

UITTR GAZETTE – Igniting Minds, Shaping Future

The first issue of UITTR GAZETTE, proudly presented by the Department of the University Institute of Teachers Training and Research (UITTR), Chandigarh University. It is with immense pride and enthusiasm that we unveil this student magazine, which promises to be a beacon of knowledge, creativity, and innovation.

Editorial Vision:

At UITTR GAZETTE, our vision is to empower and enlighten. We believe that students are the torchbearers of change, and their voices, ideas, and perspectives deserve to be heard. This magazine is a platform to showcase the brilliance, curiosity, and dynamism of our student community. UITTR GAZETTE is a testament to the collaborative spirit of our students and faculty. This issue features contributions from passionate writers, artists, researchers, and thinkers from within our university community.

As we embark on this exciting endeavour, we extend our heartfelt gratitude to all the students, faculty, and staff who have contributed to this inaugural issue. UITTR GAZETTE is a celebration of our collective wisdom, creativity, and aspirations.

We invite you to embrace the pages of this magazine, let your thoughts soar, and be inspired by the incredible potential that resides within each of us. Together, we will illuminate the path to a brighter, more informed, and empowered future.

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Editorial Vision:

This magazine would be a platform for the thoughts, dreams, and aspirations of our vibrant UITTR community, and this issue is no exception. Within these pages, you will find a kaleidoscope of ideas, perspectives, and talents that showcase the incredible creativity and intellect of our student body. From thought-provoking essays and poems to captivating artwork, from insightful interviews to stories, and cultural celebrations that reflect the heartbeat of our institution, this issue has it all. We believe in the power of storytelling and expression, and we hope that the articles and features within this magazine will inspire, inform, and connect you with the issues and ideas that matter most to our community.

In this edition, we delve into the open theme of digital education, social issues, and gender issues, and cover the events that have taken place in the department. I want to extend my heartfelt gratitude to our talented students, faculty, and everyone who played a role in bringing this issue to life. Your commitment to excellence is what makes "UITTR Gazette" shine.

Dr Meghna Mehndroo

*Principal
University Institute of
Teachers Training and Research*

As you read through these pages, remember that this magazine is not just typed words; it is a mirror that reflects our collective identity, aspirations, and dreams as students of UITTR. It is a reminder that each of us has a unique story to tell and that together, we create a harmonious narrative. Thank you for being a part of this community of thinkers, dreamers, and creators. Your engagement and support fuel our mission to amplify student voices, and we eagerly anticipate the ongoing dialogue we share through these pages.

Ms Soumya Saraf

*Student Editor
UITTR*

EDUCATION REDEFINED

Revitalising Pedagogy for the Digital Era

By Amrinder Singh,

Assistant Professor, UITTR, CU

The field of education is at a critical juncture as the world faces tremendous global issues and a period of fast technological growth. Education Redefined is the new paradigm that has emerged as a result of the radical shift currently taking place in how we think about and approach education.

Moving Away from Idle Learning:

The textbook-based, cookie-cutter method of teaching is deemed ineffective by Education Redefined. It promotes an approach to education in which students do more than just listen to lectures; they actively engage with the material. Thinking critically, solving problems, and coming up with original ideas are all fostered by this method. Nowadays, it's common practice to work on group projects, conduct in-depth discussions, and use interactive digital platforms in order to better grasp complex ideas.

Enabling Technology:

One of the most important aspects of this shift is the growing prevalence of technology in classrooms. Learning may be made more relevant, accessible, and interesting with the use of digital tools, augmented reality, and artificial intelligence. Learners are no longer limited by their physical location, thanks to virtual classrooms and other online tools.



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An Emphasis on Skill Acquisition:

The focus of Education Redefined is squarely on giving students employable skills. The aim is to provide people with the skills they need to succeed in a labour market that is always shifting. The curriculum focuses on developing students' skills in high-demand areas like data science, sustainability, and digital marketing.

Accessibility and Universal Acceptance:

The ideals of openness and accessibility are also at the heart of this transformation. The proliferation of digital resources for education has allowed it to better meet the demands of its students. Access to high-quality education has improved dramatically for students with special needs, those living in rural regions, and those returning to school as adults.

Teachers' Role:

Teachers are also shifting their practises to accommodate the new reality. Mentors, facilitators, and guides have replaced simple information disseminators in today's classrooms. Teachers and students now work together in ways that encourage exploration and innovation.

Difficulties and Prospects:

Although there is plenty to look forward to with Education Redefined, the initiative is not without its difficulties. We must pay close attention to the digital divide, privacy and data security worries, and the necessity for teacher training.

In conclusion, Education Redefined is not some far-off possibility but rather a current event. It has the potential to make education more accessible to more people, encourage creativity, and provide them with the tools they need to succeed in a challenging society. As we move forward with this change, we must keep our focus on ensuring that no one is left behind and that the excitement of discovery in learning is not lost.

Students are at the vanguard of Education Redefined, and their voices and perspectives are explored in the following pages. They are the ones who will build a world where knowledge has no limits and education is a way of life.

"She"

The Poem

Aloof was I in an ethereal reverie,
Whence I witnessed a transcendent beauty.
Reciprocating to the ardour of glance, I awoke
As my biding of time into a trance broke.

Such was her face,
For which Gods would conquest.
Dare did I perceive her pensive eyes
Bare innocence I received in my pries.

Flawless/Angelic seemed her complexion,
Could discern nothing but perfection.
Adorning were the dimples she wore,
Capable to pervade jubillance even to sores.

Divested was I of my courage for initiation,
Worthy was her countenance of appreciation.
Gathering fortitude I approached her chair,
Reaching there I reminisced nothing but a prayer.
Immense was my despair,
Let's see what happens there.

We shall see,
In a rapturous espy.
Whether there is a gala to celebrate
Or a gloomy cessation to commiserate.

Shivam
22BAB50018



School Memories

In school days past we used to play,
With friends who made each moment
A sunny day.
From classroom learning to recess fun,
School memories shine like the
Morning sun.
The classroom buzzed with lessons
So bright,
Teachers guiding with wisdom and
Light.
Though years have passed, these
Memories stay,
A reminder of the schooltime's joyful
Array.

Avneet Kaur

B.A. B.ED.

23BAB50025



The Life of A Teacher

The unsung heroes of our society are our nation's educators. Influencing the lives and careers of a large number of pupils all at once. Being a teacher requires a lot of effort, but it also comes with a lot of obstacles and rewards. A typical day in the education field starts with the planning of multiple lessons, the creation of interesting activities, and the preparation of assignments late into the night. The function of a teacher extends far beyond the confines of the classroom; in practice, it frequently morphs into that of a mentor and counsellor. The instructor places equal emphasis on the student's intellectual development as well as their personal improvement. Teachers maintain their education and professional development outside of the classroom by participating in professional development activities and keeping abreast of the most recent developments in the field of education.

They have obstacles to overcome, such as problems with student behaviour and financial constraints, yet they never grumble and are constantly dedicated to their profession. The life of a teacher is not always a bed of roses; they must navigate numerous classrooms, each of which has its own set of requirements, as well as the constant challenge of finding new and innovative ways to teach. In an ever-evolving environment, educators must also be students for the rest of their lives. They are constantly expanding their expertise and are responsive to emerging pedagogical practices and technological developments.

They teach their kids the significance of lifelong learning and curiosity by setting a good example for others to follow. In conclusion, a career as a teacher is a calling, an obligation to the brains of young people, and the responsibility of preparing those minds for the rigours of the outside world. The profession of teaching is highly respected. It is also a job that requires a significant amount of effort as well as a profound passion for education and instruction. Teachers are the hidden heroes of society because they are the ones who mould the future citizens, leaders, and innovators, which makes their impact on society both measurable and priceless.

Suryansh Tandwal
23BAB50012



How it feels?

There was neither a sign of the human settlement nor anyone dared to enter this side of the jungle in the Kingdom of Arden, due to the horrifying historical events that took place here, everyone regarded this place to be cursed. Here, I was tied like a wild beast for the last forty-five days with no food and suffering like I was residing in hell. It was a completely dark chamber which lay in the basement of this very dungeon of this styled Gothic castle which was in the middle of this horrifying jungle. It was such dark that I was even unable to see what was right in front of my own eyes.

It was a night without a moon with not even a single celestial sparkle in the sky. The only thing I was able to hear were the horrifying hooting of the owls and struggling trees in front of the strong wind that was adding creep to the scene. They were hooting like they were telling the night sky that something paranormal or horrifying was going to happen soon. Suddenly, I felt a cold and strong gaze of wind, freezing my whole body for a moment. The sky was bursting and the thunder was the only thing that was enabling me to have a glimpse of the chamber. I was shaking in the cold as I was wearing just a white cotton long dress and my blonde hair was almost covering my face. I was expecting his arrival and soon my wish came true.

The hooting of the owls was now over. Finally, his footsteps were more clear and were almost in the direction of this chamber. I looked up and here he was. On the very sight anyone could fall in love with him as he was so handsome, he smiled at me. I smiled too at him and I knew that it made him weak in front of me and lose his mind.

How you dare to showcase such an audacity, Evelyn....., or I say "your Highness", princess.

As you wish Antonio, "You were my childhood friend", I said. Even Lucifer himself is behind you in all the tricks and treachery. How about it, just go and sit in the feet of your master, Mr. Wordsworth, and have a taste of the dirt of his boots and you can also suffer hell after his death by me or someone from my side. Because he has gone too far in his unrighteous path and sins. He has tortured and exploited enough of the poor and he even killed my parents. His end is sure.

Enough is enough, Evelyn. Stop rambling around, said Wordsworth.....who was taking his steps towards us in the chamber with his wife and guards. What are you talking about? Did I kill your parents, but your sister (Sarah) did, Not me? Your sister is my beloved and she did something to please the love of her life. And what were you taking about atrocities on people, I don't exploit anyone. If we don't collect revenue how would our kingdom be prosperous Thinking for the good of the kingdom is the duty of the King. As your parents are both dead and you are missing as everyone thinks, there is a need for a ruling figure, princess.....which is me 'King Wordsworth'.

I laughed (Evelyn). Why are laughing princess? Have you gone crazy.....said Wordsworth. Just release me for a single time and you will regret it. Why do think that he would do this princess?said, Antonio.

I know he will never do this as he is impotent. Mind your words, Evelyn.....said Antonio.

Calm down, Antonio.....said Wordsworth. Let this proud lady do what she wants to do. Listen carefully Evelyn, I will release you now from here and you can do whatever you do, go wherever you want. But you have to first play a game, Your task is just to cross this jungle to reach the nearby town without being caught by me or the guards.

There are only two rules:- If you win you can have freedom to go and get the support of any kingdom and come back to liberate your kingdom from me and punish me and your sister. But if you lose, you will get the death at the spot.

Release her.....ordered Wordsworth. I was brought to the main gate of the castle. Go run, Evelyn. I ran as fast as I could, and in about a minute I disappeared from their eyes in the dense forest.

But in this way you would lose, 'Your Highness'!....said Antonio. Don't worry, Antonio.....said Wordsworth. Let her run, she will surely die tonight. Just enjoy the hunt, and let the prey be tired. It would be much easier to kill your enemy when it lost its strength. Wordsworth ordered all guards to find her and bring her alive and he himself will kill her.

I was running and hiding for the last two hours. I was tired, injured and very weak due to all the torture in the dungeon. I was almost at the edge of the forest. Suddenly I heard movement in the bushes and I turned around, it was Wordsworth holding a loaded gun at me. Surprise.... I wish you to go straight to hell.....said Wordsworth to me. He was ready to kill me, the loud echo of the gunshot was in the woods and there emerged the silence in the forest. I was covered with blood and the white dress changed to red due to blood and Wordsworth smiled at me.

He fell on the ground as he was the one who was shot by no other than Antonio from behind..

Why? Why? Antonio.....asked dying Wordsworth.

I replied have you forgotten he is Antonio, not your slave you Wicked Wordsworth. It was planned from the very first day when you declared yourself as the king. It was I who instructed Antonio to gain your confidence and showcase himself as your loyal slave. Everything that you did after that every incident was planned by me that you thought that you were doing, you were just a pawn in this game, I just wanted to know who else helped you. And I know it, all you of them will be punished and I also know that where you hide the Holy Manuscript of Arden. It is in the secret chamber that lies in a secret dorm behind the Holy Waterfall of Arden.

At last, Wordsworth died. The kingdom of Arden was now better than before. Sarah was sentenced to lifelong imprisonment for killing the Royal family and betraying everyone.

Everyone was cheering and applauding in the theatre on my very first performance in the play theatre. But there was a woman who was there who was giving me an unusual stare.

Wake up, Evelyn.....wake up. You will get late for your school today. Just wake up and get ready, I won't drop you today. This is how I woke up today.

Jasleen Kaur

22BAB50035



How and why are educators using **Instagram**?

Social media platforms can be sites for professional collaboration and the provision of digital social support among teachers. Instagram is one such platform that is widely used but that has received only limited attention from education researchers. To date, little is known about which teachers use Instagram for collaboration, the ways in which they collaborate, and how this collaboration contributes to their perceptions of digital social support. While teachers with higher levels of enthusiasm for teaching in particular are more likely to use Instagram to seek information, teachers with higher self-efficacy levels are more likely to share content. In addition, seeking and sharing information as well as co-creating are each positively associated with various forms of perceived digital social support.

Teacher collaboration is an important source of social support for teachers that reduces professional isolation and allows teachers to learn from each other. While collaboration among teachers traditionally occurs primarily within schools, nowadays many teachers use social media platforms for various self-directed collaborative activities. In studying teachers' activities on social media, many researchers have focused on Facebook, Twitter, or YouTube. The frequently used platform Instagram, however, has remained relatively unexplored. Previous findings shed light on the various activities teachers engage in on social media: they can seek information provided by other teachers to help them with their work. The extent to which teachers engage in such ways on Instagram is as yet unclear. Also, little is known about the characteristics of teachers who engage in such collaborative activities and how they relate to digital social support.

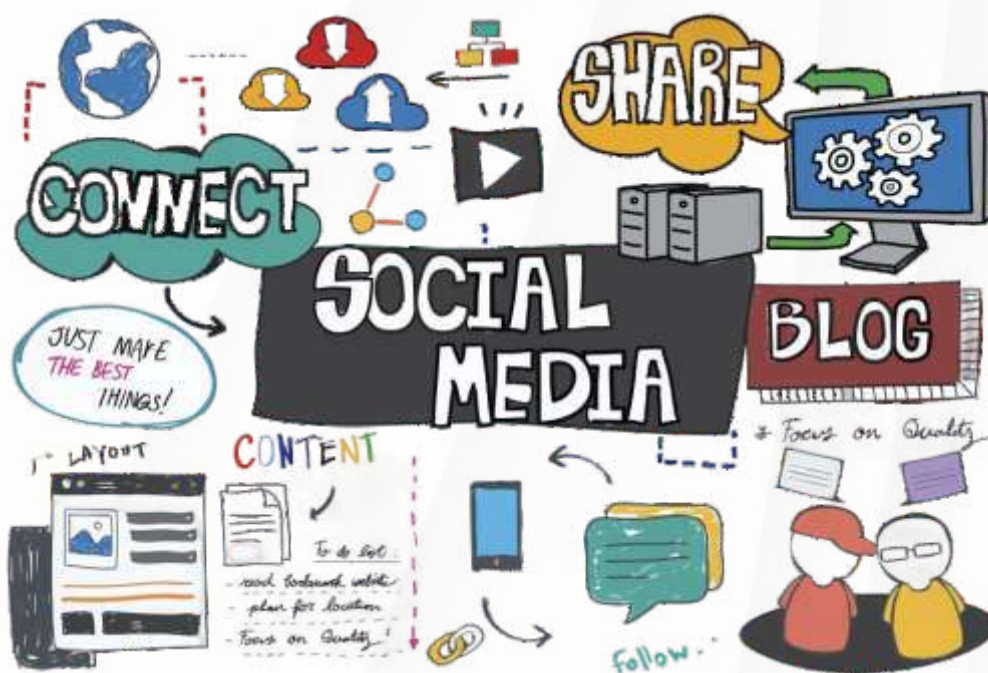
Created in 2010, Instagram is a photo- and video-sharing social networking service. Users access the service via an app or a feature-limited web interface and can edit content with various filters. Up to 2200 text characters can accompany individual posts. Instagram offers private messaging, the option to tag content with searchable hashtags, the ability to include multiple images or videos in a single post, and a stories feature, which allows users to post content to a feed that is accessible to others for 24 hours. Messages, posts, and stories allow individuals to communicate with other users in ways that vary in privacy and formality. For example, Instagram posts tend to feature carefully curated and positive images while stories can be more informal or vulnerable. Instagram has recently become more popular among teenagers.

Understanding of educators' Instagram use is informed by two principal concepts: affinity spaces and teacherpreneurship

- Affinity spaces: Affinity spaces are online and/or offline locations where people convene due to a shared interest or endeavour. In many cases, affinity spaces are related to avocations rather than vocations. However, by reducing traditional geographical, hierarchical, temporal, and institutional barriers, social media such as Instagram can facilitate the creation of affinity spaces for educators rooted in shared professional affinities. Such spaces encourage diverse forms of participation and the sharing of various kinds of knowledge. Additionally, by facilitating connections among geographically dispersed users, these spaces can create new and larger audiences for user-generated content. For instance, an outstanding teacher who might previously have shared their ideas and resources at a local level can use social media as a platform from which to disseminate those ideas and resources to a larger
- Teacherpreneurship: Participation in affinity spaces is often spurred by a shared interest in the content of the space and enjoyment of participation itself. However, some individuals may engage with affinity spaces because they share a common endeavour with other users, even if their motivations related to that endeavour may differ. Teacherpreneurship takes diverse forms, but teacherpreneurs generally seek to have influence beyond their individual classrooms and schools. Many teacherpreneurs use social media to advertise products for sale in education.

Name

ID



“Understanding and Addressing MENTAL HEALTH in Students”

INTRODUCTION:

Adolescence is a crucial phase of life marked by significant physical, emotional, and psychological changes. During this period, students often face numerous challenges that can impact their mental health. This article explores the mental health of students in adolescence, shedding light on the factors affecting it and strategies to promote well-being.

The challenges:

1. Academic pressure: Adolescents face increasing academic demands, leading to stress, anxiety, and sometimes, depression. The pressure to excel in exams and secure a bright future can be overwhelming.
2. Social pressure: Peer pressure, bullying, and the desire to fit in can negatively affect student's self-esteem and mental well-being.
3. Identity formation: Adolescents grapple with identity and self-discovery, which can lead to feelings of confusion and isolation.
4. Hormonal changes: Hormonal fluctuations can exacerbate mood swings and emotional turbulence, making this phase particularly challenging.

Identifying the signs:

It's crucial for educators, parents, and peers to recognize signs of mental health issues in students. These signs may include withdrawal from social activities, changes in eating or sleeping patterns, a decline in academic performance, and expressions of hopelessness or sadness.

Strategies of Support:

1. Open communication: Encourage students to talk about their feelings and concerns. Create a safe space where they feel heard or understood.
2. Psychoeducation: Equip students with information about mental health and coping mechanisms. This can help reduce stigma and increase awareness.
3. Counselling Services: Schools should offer access to trained counsellors who can provide guidance and support to students facing mental health challenges.
4. Stress management: Teach students stress reduction techniques such as mindfulness, yoga and meditation to help them cope with academic and social pressures.
5. Inclusivity and antibullying: Promote an inclusive and anti-bullying environment to reduce the negative impact of social pressures.
6. Parental involvement: Engage parents in the process by fostering open communication and providing resources on adolescent mental health.

CONCLUSION

The mental health of students in adolescence is a critical concern that requires attention from schools' parents and communities. By recognising the challenges faced by adolescents and implementing strategies to support their well-being, we can ensure that these young minds flourish and grow into emotionally resilient adults, ready to face life's challenges.

Annu Dhaka
22BSB50003



Menstrual Leaves are **MUST**

We are fortunate to live in a nation that is rich in both cultural variety and diversity. Despite the fact that we are not able to analyse the significance of menstrual leaves for women, we believe in the concept of unity in diversity; we adhere to a variety of ethical systems and traditions; we understand how to combine science and tradition; and our way of thinking is above and beyond the norm. The term "menstrual leave" refers to any policy that enables employees or students to take time off when they are suffering pain or discomfort associated with menstruation. In spite of the undeniable fact that our nation is expanding and developing at a rate that is noticeably quicker than in the past in every respect, there are still some domains in which we are behind. The younger generation of today, particularly young males, is aware of menstruation and the menstrual cycle in women, which is more generally referred to as a woman's "period." Periods are more than simply an annoyance that women have to deal with once a month; they are symbolic of the power and resiliency of women. A woman's menstruation is not something that should ever cause her to feel embarrassed or humiliated. Women in certain Southeast Asian countries, including Indonesia, Japan, South Korea, and Taiwan, are permitted to take menstrual leave during their periods. Although women in Indonesia have the legal entitlement to two days of menstruation leave per month, these are not considered additional days off work. In point of fact, very recently in India, a proposed piece of legislation dubbed the "Right of Women to Menstrual Leave and Free Access to Menstrual Health Products Bill, 2022" was presented for consideration. This piece of legislation intends to make it possible for women and transwomen to take three paid days off during their periods, as well as make this benefit available to students. Even though on January 19 the Chief Minister of Kerala, Pinarayi Vijayan, announced on social media that the state government would grant menstrual leave for female students in all state universities that fall under the Department of Higher Education, this policy is not applicable in many institutions across the country. Because of shifting social expectations and the nature of the global economy, the roles that women play in the workforce have undergone profound transformations around the globe.

This has also contributed to the fact that working women are under a tremendous amount of pressure to establish careers that are as dynamic and comprehensive as those of their male counterparts while also maintaining an active role in their personal lives.

Managing menstruation in the workplace, however, is one of the most overlooked issues that call for immediate attention and support because it hinders the performance and efficiency of women in the workplace. This issue calls for immediate attention and support because it is one of the most overlooked issues.

As a result, it is only fair that we comprehend the circumstances and conditions of women during the time of their menstrual cycle, as well as lend them our assistance by granting them the right to monthly leaves at their places of employment.

Srishti Wadhawan

22BSB50019



ChatGPT

Meet Chat GPT

The AI Language Model taking the world by storm

ChatGPT is an advanced language model developed by OpenAI, one of the leading research institutes in Artificial Intelligence (AI). The model is based on GPT-3 architecture, which has been trained on a vast corpus of text data to generate human-like responses to various prompts.

ChatGPT is unique in its ability to generate responses that are not only coherent but also relevant and insightful. The model can understand the context of the conversation and produce natural language responses that are appropriate to the given topic. It has been trained on a wide range of topics, from general knowledge to niche subjects, which make it a valuable resource for businesses, researchers, and individuals alike.

This language model has been trained to understand and generate natural language, making it a powerful tool for various applications. One of its main uses is in chatbots and virtual assistants. Companies and developers can integrate Chat GPT into their systems to create conversational interfaces that can interact with users in a more human-like manner.

The training process involves exposing the model to vast amounts of text from the internet, including books, articles, and websites. By learning from this diverse range of sources, Chat GPT gains a broad understanding of language and can generate coherent and contextually relevant responses. While Chat GPT is an impressive model, it's important to note that it has limitations. Sometimes, it may generate responses that sound plausible but are not entirely accurate or may lack context. It's always a good idea to verify information from reliable sources. In terms of technical details, Chat GPT is built upon the Transformer architecture, which is a deep learning model specifically designed for natural language processing tasks. The Transformer architecture allows the model to capture long-range dependencies in text, making it capable of understanding and generating coherent responses.

OpenAI has made significant advancements in language models over the years, with Chat GPT being one of their notable achievements. However, it's worth mentioning that the model's capabilities are continually evolving, and OpenAI regularly updates and refines their models to improve their performance. In conclusion, Chat GPT is a remarkable language model developed by OpenAI that uses deep learning techniques to generate human-like responses in conversations. Its training on vast amounts of text data enables it to understand and generate natural language, making it a valuable tool for chatbots and virtual assistants. While it has its limitations, it represents a significant advancement in AI language models. Exciting times in the world of artificial intelligence, don't you think?

The applications of ChatGPT are vast and varied. For instance, it can be used to automate customer service, generate content, answer research questions, or even help people learn new languages. The model's potential for natural language generation is virtually limitless, and it has already demonstrated remarkable success in various fields.

Jasleen Kaur

21BSB1003

TEEJ

Celebrations



TEACHER'S

DAY

CELEBRATIONS



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