



RAMBHA COLLEGE OF EDUCATION



E-MAGAZINE

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(GROUP OF EDUCATIONAL INSTITUTION)



RAMBHA COLLEGE OF EDUCATION

Chairman Message

Publishing a college E-magazine is a work of felicity. It will help our students to expose their ideas. We are in a multi cultural society and foster genuine acceptance of people of all faith. We seek opportunities for our students to stretch their minds and hearts beyond limits and to build spiritual values that lead to a harmonious existence. We see ourselves as one big family where all Indians are united in a spirit of brotherhood and mutual respect.

Mr. Ram Bachan
Chairman,
Rambha College of Education



Secretary Message

It feels overwhelming to be connected digitally with all through this e-bulletin. This e-bulletin have the ability to provide a platform for all of the imaginations that are penned down. The e-bulletin will also help in exposure of the creative ideas of the creative minds. It kindles the imagination of our learners. I appreciate every student who shared the joy of participation in co-curricular and extra-curricular activities along with their commitment to curriculum. The little extra we do to enhance our college is the icing on the cake. I wish them success in all their footprints.

Mr. Gourav Kumar Bachan
Secretary,
Rambha College of Education



As a Part of Rambha College Group of Education, I feel proud to bring out the first issue of the College E Magazine - Rambha. The wide spectrum of Articles in different sections gives us a sense of pride as they reflect the creative potential and talents of our students and teachers. I applaud the contributors for their overwhelming response, stimulated thoughts and articles contributed by them.

Dr kalyani kabir
Principal,
Rambha College



RAMBHA COLLEGE OF EDUCATION

PACIFY ANGER

Anger is the state of mind of a human being presented really by having anything wrong. Discomfort, ego, get scared, disgust, deep anxiety manifests the feature of anger. It is a temporary trait of personality that is somehow permanent, low self concept that causes low esteem creates frustration amidst psychological disturbance. Anger can be pacified with simple skills like communication with friends, well education, expression of your thoughts, emotional underpinning.

Ganga Bhola

Lecturer of Rambha college of Education



परीक्षा से डर कैसा ?

छात्रों के जीवन में परीक्षा महत्वपूर्ण पड़ाव होता है, जिसे लेकर कुछ छात्रों में चिंता घबराहट तथा अवसाद की स्थिति उत्पन्न हो जाती है। वास्तव में परीक्षा छात्रों को औपचारिक और अनौपचारिक रूप से कठिनाइयों से लड़ने की क्षमता का विकास करने की प्रक्रिया है ताकि भविष्य में व्यावहारिक जीवन में आए समस्याओं से लड़कर अपनी पहचान को समाज में स्थापित कर सकें। छात्र को परीक्षा को सकारात्मक रूप में लेने की आवश्यकता है। परीक्षा को लेकर प्रतिस्पर्धा ना कर स्वयं से स्पर्धा करें। कहने का आशय यह है कि अपनी पिछले कमी को देखें और उनमें सुधार करें जिससे परीक्षा का परिणाम पहले से बेहतर हो। जिसके लिए छात्रों को कुछ विशेष बातों का ध्यान रखने की आवश्यकता है। पूरे सत्र योजनाबद्ध तरीके से पढ़ाई करें तथा विषय एवं विषय वस्तु की कठिनाई स्तर के अनुसार पढ़ाई का समय निश्चित करें। मन और शरीर को स्वस्थ रखने हेतु कुछ समय ध्यान और शारीरिक व्यायाम दें जिससे पढ़ाई के दौरान ध्यान एकाग्र चित्त रहे। विषय वस्तु को शांत मन से समझ कर पढ़ने का प्रयास करें।

व्याख्याता सुमनलता



RAMBHA COLLEGE OF EDUCATION

ओजोन क्षय के दुष्प्रभाव

ओजोन परत के क्षरण के कई घातक परिणाम अब सामने आए हैं यदि इसका क्षय नहीं रोका गया तो इसके और भी घातक परिणाम सामने आने की आशंका है। इसके कारण पृथ्वी पर आने वाली सूर्य की पराबैंगनी किरणों की मात्रा बढ़ जायेगी, जिसके कारण जीव जन्तुओं की त्वचा सम्बन्धी अनेक प्रकार के गम्भीर रोंगों का सामना करना पड़ेगा, पेड़ पौधों का विकास बाधित होने से अनेक प्रकार की कठिनाईया उत्पन्न होगी, पृथ्वी के तापमान में अत्यधिक वृद्धि होगी, जिससे पर्यावरण संतुलन भी बिगड़ेगा जलवायु परिवर्तन, बढ़ते प्रदूषण एवं ग्लोबल वार्मिंग को देखते हुए बीसवीं शताब्दी में संयुक्त राष्ट्र एवं अन्य वैश्विक संगठनों ने पर्यावरण की सुरक्षा की बात करना शुरू किया। मानव समुदाय पर प्रभाव लोगों में त्वचा कैंसर रोग बढ़ जाएगा। मानव शरीर की रोग प्रतिरोधक क्षमता में कमी आयेगी परिणाम स्वरूप रोगों का प्रकोप बढ़ जाएगा। भूमध्य रेखीय प्रदेशों में ओजोन क्षय के कारण तापमान में अधिक वृद्धि के कारण लोगों का शरीरिक और मानसिक विकास और अधिक अवरूढ़ होगा जहरीले धूम कोहरे के कारण मानव शरीर के प्सन नष्ट होने व सागरों में अधिकांश मछलियों में मर जाने से मानव समुदाय के लिए खाद्य संकट उत्पन्न होगा।

डॉ० सतीश चन्द्र, असिस्टेंट प्रोफेसर



आदर्श अध्यापक

विद्या विहीन नर पशु समान

शिक्षाविहीनो मानव समाना यथा
पशुसादृश्यं भजते तथैव शिक्षापि विनाध्यापकमस्तित्व विहीना ।
वदानुसारं तपसू अध्येता तपस्वी,
अध्यापकश्च दृयोरू जीवनाध्यापकं तत्त्वम् अस्ति ।
शिक्षकोध्यापको वा गुरुशब्देन व्यवहृतरू भवति ।
लोकस्य कस्यापि कार्यस्य कृते गुरुपेक्षितो भवति ।
विद्या गुरू बिना असंभवसू तदैव गुरू विना स्वतरू संपाद्यमानस्य कर्मण परिणति संतोषावहा फलप्रदा च नैव दृश्यते ।
आदर्शोध्यापकं कृते सर्वदा सेवाभावं, समर्पणं, सद्यनुभूत्यादि मानवीय गुणानां स्वस्य मध्ये विकासं नितान्तं आवश्यकं अस्ति । एक आदर्श शिक्षकं कृते यत्र शिक्षा विज्ञानस्य सैद्धान्तिक व्यावहारिक ज्ञानं आवश्यकम् अपर पार्सूये निरंतरं अभ्यासं समर्पणेन शिक्षा ग्रहणं प्रदानं च महत्त्वपूर्ण अस्ति ।
ष्णुरू ब्रह्मा गुरू विष्णुरू गुरू देवो महेश्वर
गुरू साक्षात् परब्रह्म तस्मै श्री गुरवे नमः



जयश्री पंडा

व्याख्याता , रंभा कॉलेज ऑफ एजुकेशन विभागाध्यक्षा, डी एल एड

RAMBHA COLLEGE OF EDUCATION

मैं बोझ नहीं हूँ

शाम हो गई, अभी तो घूमने चलो न पापा।
चलते चलते थक गई, कंधे पर बैठा लो ना पापा।
अंधेरे से डर लगता है, सीने से लगा लो ना पापा।
मम्मी तो सो गई
आप ही थपकी देकर सुलाओ ना पापा
स्कूल तो पूरी हो गई, अब तो कॉलेज जाने दो ना पापा।
पाल पोस कर बड़ा किया, आप जुदा तो मत करो पापा।
अब डोली में बैठा ही दिया, तो आंसू तो मत बहाओ ना पापा।
आपकी मुस्कुराहट अच्छी हैं एक बार मुस्कुराओ ना पापा।
आपने मेरी हर बात मानी, एक बात और मान जाओ ना पापा।
इस धरती पर बोझ नहीं, मैं इस दुनिया को समझाओ ना पापा।
बबीता कुमारी, (व्याख्याता)



Person and Personality

Personality development is one of the most important aspects of human life. It helps in determining the way we think, feel and behave. It is the result of our interactions with others and our environment. Personality development starts from the time we are born and continues throughout our life. Personality development refers to the process of improving one's personality. It is a lifelong process that involves learning new things, adapting to new situations and making changes in oneself. There are various factors that contribute to personality development. These include nature (heredity), nurture (environment), experiences, culture and socialization. Heredity refers to the traits that are passed on to us from our parents. Nurture refers to the environment in which we grow up and the experiences we have. Our culture and socialization play a major role in shaping our personality.

Aishwarya Shree Karmakar
Assistant Professor (English)



On Thursday (17.11.2022), on the presence of chief speaker advocate - Mamta Singh, the laws and section related to crime were discussed on behalf of women cell. She also shared some helpline numbers with all of the girls students and also told about the safe use of social network.

Rakhi Jha
B.Ed Student, Rambha College of Education



RAMBHA COLLEGE OF EDUCATION

मेरे शिक्षक

जीवन में जो राह दिखलाता ,
सही राह चलना
सिखलाता ,
माता-पिता से पहले आता ,
जीवन में सदा आदर पाता ,
कभी है शांत, कभी है धीर ,
स्वभाव में सदा गंभीर मन में दबी रहे यह इच्छा काश ! मैं उस जैसा
बन पाता ,
जो मेरा शिक्षक कहलाता।

निकिता मंडल, बी एड, सेमेस्टर 2



AM JUST A MISERABLE DUMMY DOWN??

Everyday I woke and stood up in front of mirror and questioned what a beautiful marvelous piece, What a wonderful sculpture, This is aving shine and luster. I am just a miserable dummy down, Leaving through ups and downs, Manufactured by an artist with unpredictable hunger. I am trapped in a dark dimension where my life is sold on the basis of complexion. Here, I am being chained with a cage; Like my heart is being chained with rib cage.. Sometimes I feel like a tiny bird, Who flew with full of dreams. But suddenly something knocks me and I remembered I am just a miserable dummy down.

Akancha Khalkho
B.Ed 1st semester



THE TROUBLE IS YOU THINK YOU HAVE TIME

In this world we live in today money seems to be the most important thing. However time is actually the most precious and valuable resource in our lives. The moment we lose a single minute, there is no way to recover it. We can kill or save time, we can lose time, we can rob or get robbed of time. However one thing we can't do is change, slow down or stop time. Time once gone is gone forever. This sentence has encapsulated the true value of time. Time give only one chance and one has to put all efforts and intelligence to make it best usable. Time is the continuous sequence of events that take place in an apparently irreversible succession from the past, through the present to the future. Time is the greatest gift of God. Moreover, there is a saying that "If you waste time,time will waste you." Only this line is enough to justify how important and valuable time is.

Lipsa Das
B.Ed 1st semester



RAMBHA COLLEGE OF EDUCATION

Plantation (08.07.2022)

On Thursday, on the presence of chief speaker advocate - Mamta Singh, the laws and section related to crime were discussed on behalf of women cell. She also shared some helpline numbers with all of the girls students and also told about the safe use of social network.



Cheshire Home Visit (10.07.2022)

All students and faculty went to Cheshire home Sunder Nagar and given clothes and food items to those specially abled people who are staying there. we met them and we assured that time to time we will go there and help them and spent quality time with them.



Aazadi Ka Amrit Mahotsav: Kavi Sammelan (18.07.2022)

With the renowned poets and poetess of Jamshedpur city and Rahargora we have organised one Kavi Sammelan under the program Azadi Ka Amrit Mahotsav. College Students also given chance to recite their self written poem so that they can develop their creative writing skill and confidence also.



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Sanskrit Day Celebration (17.08.2022)

On the Sanskrit day Rambha College celebrated Sanskrit day program. In this we have invited Ex HOD Sanskrit Department, kolhan University, Dr Ragini Bhushan as a Chief Guest. she has told about Sanskrit language and its history. Whole program has been conducted in this language only. students recited Sanskrit slokas and poems.



Blood Donation Camp (07.09.2022)

Rambha College of Education along with Jamshedpur blood bank organised a blood donation camp on 7th of September 2022 in which 30 units of blood was collected from the donors. NSS coordinator of Kolhan University Dr. Dara Gupta was also present in the camp. The donors were mainly the nearby villagers, labours, students and staffs.



World Literacy Day (08.09.2022)

On the occasion of World Literacy Day our college students under NSS unit has presented street play in Hata Chowk . By presenting the street play they have given message to all that education is must for everyone. This program has been conducted under the guidance of NSS PO Dr. Bhupesh Yadav.



RAMBHA COLLEGE OF EDUCATION

AARAMBH 3.0 (14.09.2022, 15.09.2022)

Aarambh 3.0 was celebrated digitally by the Rambha College of Education on 14th and 15th of September. It was a college fest organising various competitions. All the teaching and non-teaching staffs were the coordinator of this two day online event. Certificates were provided to winners as well as participants.



Inter B.Ed College Wall Painting Competition (15.09.2022)

Rambha College of Education was the winner of Inter B.Ed college Wall Painting competition. This competition was organised by Kolhan University on 15th of September. The winning moment enormously added more charm to the college profile.



हिंदी पखवाड़ा कार्यक्रम (21.09.2022)

हिंदी दिवस के उपलक्ष में हिंदी पखवाड़ा कार्यक्रम आयोजित किया गया। इस समारोह में हिंदी भाषा पर आधारित विभिन्न प्रतियोगिताओं का भी आयोजन किया गया। प्राचार्या डॉक्टर कल्याणी कबीर ने बच्चों को स्वरचित कविता प्रतियोगिता रचनात्मक लेखन इत्यादि में पुरस्कृत किया और प्रतीक चिन्ह देकर बच्चों को प्रेरित भी किया।



RAMBHA COLLEGE OF EDUCATION

HEART CHECKUP CAMP (29.09.2022)

A Heart Checkup camp was organised by Rambha College of Education along with Rotary club of Femina, Jamshedpur in which the nearby villagers, students, labours, teaching and non-teaching staffs got their blood pressure and sugar checkup done for free. It was organised on 28th of September in the college campus on the occasion of National Heart Day. Lecturer Shilwanty Nag of B.Sc Nursing was one of the major supporters along with all the teaching and non-teaching staffs.



Our College Students has participated in workshop on EFFECTIVE LIVING AND LEADERSHIP PROGRAM in TRIBAL CULTURE CENTER,SONARI

