

As a part of Course 10 activity, (Creating Inclusive School), we visited Inclusive and Special schools located at Kohima, so that we learn from real school environment. Our visit included Interaction with the teachers and the students in the schools. Here are some experiences shared by each groups visiting different schools.

**1. Tabitha Enabling Academy**

Our Visit to this academy was elating in every way. We learnt that it is possible to educate the students with special needs with a little extra care from the teachers and parents. We also learnt that every student is gifted differently and that, teaching special students needs a lot of patience and presence of mind. To see such happiness and purity of heart in the children who were enthusiastic to learn and participate in the classroom activities was very gratifying. We would like to thank our college for giving us such a wonderful opportunity to visit this special school.

**2. Bumblebee Inclusive School**

Eight of us visited this school and our main purpose was to experience the real environment of an inclusive school as the knowledge we had was only theoretical so far. However after the visit, we came to know how it functions with children with special needs. The teachers were very patient and dedicated with their works. It was such a joyful experience watching the student opens up for learning. It also made us realize the struggles the teachers face considering the long working hours and the lack of outside support for their efforts.

**3. Jo foundation School**

8 of us visited Jo Foundation which is an inclusive school. The school has 48-50 special students who are accommodated in the regular class; they are also given extra class by two special teachers and therapists. It was a wonderful experience for us as we got to interact and observe the students both regular and special within the classroom. We also got firsthand experience of the behavior of special needs children. We got to see that every child, regular or special, is able to learn and develop as long as they receive the care and attention required for their growth. We have also learned that some special children are quite intelligent despite of their disabilities and do/perform far better than the general students when given proper assistance and opportunities. We were especially moved by the general students being very supportive of the special students by assisting and giving them opportunities in every way possible.

**4. G.Rio School**

Five of us visited G. Rio school, Kohima. Since its establishment in 2006, the school had introduced inclusive education where regular students and children with disabilities learn together. It has special trained teacher, special room and remedial room to gather to the needs of students with disabilities. Through the interaction with teacher and authorities, we learnt that they have produced many successful special students in the fields like entrepreneurship and different vocations. We learnt through this visit that teachers and students need to possess the empathy, tolerance and love towards the children with Special needs in order to make them feel included and help them in their holistic development.

**5. Beautiful Minds Centre**

Beautiful minds is a Preschool and day care centre for Child Development. Their purpose of the centre is not about curing the child as it is not a disease which can be cured, but to help them blend into society. Visiting Beautiful Minds Centre gave us a whole new experience of teaching. Through our observation we learned that, taking care of the children's with certain disorder can be very challenging. The teachers pay close attention to the child while performing their daily activities. We also learned that the presence of mind of the teacher is very crucial because of the irregularity of behaviour in students. A teacher had to be very cautious as to when to provide incentives, how to make the child complete the activity even when they are not willing without punishing them, when to move on to a new activity, how to train a child suffering from ADHD to sit in one position for longer duration and so on. After our visit, we realized that every child is unique and beautiful just the way they are. And regardless of the different barriers/disorder/disability, with enough care and guidance from the teacher we can bring out the full potential in students, and in doing so, a teacher play a huge role in breaking the social stigma that exists in society.

**6. GPS, Children With Special Needs Lerie**

GPS Lerie is the first Government Inclusive school in Nagaland with classes from 1-5. One commendable development in the school was the infrastructure of the school which was constructed with the assistance of the community. It speaks to the recognition of the importance of inclusive learning institution by the community with students enrolled as CWSN. During our visit, we learnt that every day is a challenge and it takes a compassionate heart to teach CWSN. We would also like to thank our college for giving us this opportunity to experience and enhance our knowledge and broaden our understanding on inclusive education.

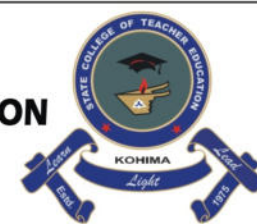
**7. Cherry Blossom School**

Six of us had the privilege of visiting Cherry Blossom School, an inclusive school at Lerie, Kohima. The school has about 12 students with special needs who are taught by two special trained teachers. The regular teachers are also trained with the basics of dealing with special needs children. Our interaction with the students and the teachers in their special classroom as well as inclusive classroom was a heartwarming and a great learning experience for us.

*"Every child learns but not on the same day or the same way"*



**STATE COLLEGE OF TEACHER EDUCATION  
KOHIMA : NAGALAND**



Estd. 1975  
UGC Recognised 2(f) & 12(B)  
Affiliated to Nagaland University  
NAAC Accredited 'B' Grade 2011

**Bi-Monthly Bulletin**  
September - October 2022

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SCTE-K had a busy and hectic schedule, both academic and co-curricular activities. We observed Cultural day celebrating the rich culture we own and annual sports events where new talents in sports were explored. Our classrooms were enriched with seminars, presentations and group activities.

This issue of Bi monthly Bulletin covers the two month of September and October and it includes a number of interesting articles and poems.

*We wish you a delightful reading*

**Joy of impacting lives**

When I first started as a teacher three years ago, I thought I had it all. I was full of pride. To add to that I was the foolish one to think that I needed to know everything under the sky. Boy was I wrong! A time came when I made a mistake unwittingly during an interaction with the students. It was a difficult thing to admit to my mistake. Soon it had become a haunting memory. I was burdened at the thought of it- "What would the students think of me?", "What if they find out that I'm not as great as they think?". Days later, I found myself in the class correcting the wrong. It was a great relief to have finally lifted the burden off my chest- the burden of dwelling on mistakes and bottling them inside. As long as that memory stayed with me I felt small and even thought of myself lacking of a teacher. When I finally mustered up my courage and spoke to the class about it, I began to see things differently; I was only human. I needed to be accountable and amenable.

This experience has led me to the conviction that even as a teacher one does not and cannot know all; one is first a human, and then a teacher. There will always be room for improvement and for learning. It is funny yet humbling to learn that the more you explore the more you know, and the more you know the more you realize that you do not know.

Everyday is an opportunity to make things right. We fail, we stumble but we have it in us to rise again. As prospective teachers, our classrooms will be unique and every encounter will teach us something different. Embrace them. These add to the wealth of wisdom that makes life meaningful. Life really is not all a bed of roses; it is surely difficult but we try to make our way through the vicissitudes of life. There is much joy and beauty and hope in knowing that our lives are surrounded by people who readily and generously offer love, guidance and support. We can do the same in return. We have the potential to make the most impact. Whether we realise it or not, we are all in this together although our circumstances be different and our differences, many. We have this one life to live everyday and lives to impact; we are human, we fall but in getting back up we find strength to touch people's heart and the warmth of that touch lives on forever.

*Diegenino Terhija*  
1<sup>st</sup> Semester

**Photography**

How blessed I am to have  
Cultivated a hobby of  
photography  
As a natural lover of God's  
creation  
I will never stop clicking

The love for photography does  
Not start in a blink of an eye  
But I really work hard for it  
And I am still working on it

How blessed I am to have  
My phone, my camera and apps  
Where I can edit my images  
I have clicked in my camera

Photography really changed my  
life  
In many ways and I am so blessed.

*Mutsoi*  
(3<sup>rd</sup> sem)



**Organized by:** State College of Teacher Education (SCTE) Kohima in collaboration with the State Council for Educational Research and Training (SCERT) Nagaland.

### Introduction:

Career Counselling is a significant aspect in the education of children. This program helps the students understand their own strengths and weaknesses, likes and dislikes and helps to know what career they would be suited for and how to pursue them. It can help students make informed decisions about their careers, leading to greater satisfaction and success in life.

- i. **No of participants** : 75 students
- ii. **Level** : Secondary students

The sessions started with a talk on Personality and Self-regard. In the second session, the concept of career, its importance in a person's life, self-evaluation of habits and knowing their potentiality was taken up. The third session was an interactive session. The participants were asked to write down or say it verbally what they wanted to ask. Many questions were submitted in written form and many were asked verbally. Their questions were answered by the resource persons. From the varied nature of the questions, it is understood that our children have different choices for their career. Some of the questions they asked were:

1. Which course shall we take to become a nurse?
2. What thing we have to do to become an IAS officer?
3. Is there any platform to sell our local commodity like dao, traditional shawl and traditional ornaments?
4. What things we have to do to become an air hostess?
5. To become a driver up to which class?
6. Which is the best school for sports training school in Nagaland with fewer fees?

Principal  
SCTE-K

### Brief Report of the Administration Events and College activities (Sept-Oct, 2022)

1. 2<sup>nd</sup> September election of student office bearers
2. 5<sup>th</sup> September Teachers 'day celebration in college
3. 17<sup>th</sup> Sept Non-Teaching Staff Social work in college
4. 29<sup>th</sup> Sept Faculty meeting held
5. 17<sup>th</sup> Oct Principal attended District Planning & Development Board meeting
6. 18<sup>th</sup> Oct, College in collaboration with SCERT conducted a career counselling Program for students of GHS Kiruphemaat Peducha Village.
7. 20<sup>th</sup> Oct, college Sports week started
8. 21<sup>st</sup> Oct, Inspection for Fire safety done by the Fire Department, Government of Nagaland.

### Note of Gratitude

On behalf of the Students' Union, I express deepest gratitude to the following for their service towards the success of the SCTE-K Annual Sports Event held at Thizama ground on 20<sup>th</sup> & 21<sup>st</sup> Oct. 2022.

- Kevingulie Sote, Sports Secretary (The boss): The first to arrive to the ground and the last to depart. Thank you for your strength, wisdom, patience, generosity and kindness. You made it all possible against the logistical hurdles and shortage of manpower.
- Imlongchaba Chang, Asst. Sports Secretary : The Diligent Assistant
- Moatemsu Jamir, Hukavi Kiho & Nangshipokla Jamir: The captains who led from the front with calibre
- Salomi, Longkoimary & Thungchibemo Erui: The Capable partners
- Keneilel Kevin Rote (The Dinner host): the one who provided us the big feast on the final day
- Keneihoulie Pienyu (The Delivery guy): The one responsible for keeping us fed and happy on both days
- The faculty (our cheer leaders): you made us felt loved and protected by your presence
- The student-teachers (Ravens, Eagles & Falcon): your passion and enthusiasm is unparalleled.

Thank you and God bless you all

Student Union  
SCTE-K

### Developing listening and speaking in Science lessons

Many a times the task of developing listening and speaking skills in students is left for the English lessons, not realizing that these skills are used in our daily lives and in every teaching and learning process. We consider oral skills as the foundation on which reading and writing skills are based. Therefore, it is important that listening and speaking skills are focused in all the subjects and not only in English lessons. So, how do we actually teach students Science while supporting the development of speaking and listening in class? These needs to be well planned so that the students are involved in activities planned for developing these skills and at the same time learn Science.

Some techniques include -

1. Student-student discussion
2. Teacher-student discussion
3. Small groups researching on a topic and presenting their findings to the rest of the class
4. Asking summary of the day's class to the students
5. Role playing (Eg: about discovery of gravity, x-ray etc)
6. Brainstorming (Eg: what are some ways to prevent and control soil erosion)

- Triajungla  
Faculty

### Mindfulness

Mindfulness is the quality or state of being conscious and aware. It is the basic human ability to be fully present, aware of where one is and when the mind is fully attending to what is happening. Mindfulness is a mental state achieved by focusing on one's awareness in the present moment, while calmly acknowledging and accepting one's own feelings, thoughts and bodily sensations. It is the practice of bringing a person full awareness of the present rather than thinking about the past or the future and living in the moment without judgment.

Mindfulness is said to have originated in Buddhist thinking and meditation over two and a half thousand years ago. Its original purpose was to address and relieve self-induced suffering caused by the dysfunctional ways people habitually tend to respond to their experiences. However, over the last 30 years mindfulness has become secularized and simplified to suit modern context.

Mindfulness involves learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance, rather than worrying about what has happened or may happen, it trains us to respond skillfully to whatever is happening around us.

Some of the benefits you may come to experience through mindful living are:

- Decrease stress and anxiety.
- Boosts working memory.
- Improves overall sense of well-being.
- Improves physical and mental health.
- Build stronger relationships.

- Medoneimuo Rupreo  
Faculty

### ALUMNI COLUMN

2008 was the year I did my B. Ed. It's been long and my memory of it is a little hazy but there are some things that I will never forget: Ma'am Runi taking class for three hours straight without a break, Ma'am Bendang carefully articulating the most mispronounced words with a twinkle in her eye, Late Ma'am Kaini bringing her favorite teaching aid 'the black crow' to explain three concepts, Ma'am Alemla forcing us to think critically with her 'probing' questions while firmly holding on to her handkerchief, Sir Sandip demonstrating a skill with such confidence that we were scared to demonstrate in front of him, Ma'am Eli gracefully writing in cursive on the board and her use of examples to make every concept relatable, Sir Hekishe with his constant smile giving us early breaks for lunch, Sir Nagi trying to play matchmaker almost all the time, classmates ranging from underground cadet to religious priest and sisters... All these and more are the reasons I have progressed as a person in my professional as well as personal life. More than the lessons in the syllabus, the experiences that I have gained through the very hectic but fun course and the people involved in it have made a tremendous impact in my life. I will forever be grateful to SCTE (NCTE then) and also to Sir Punyü, the then Principal for scolding us all 'like his own children'... Long live SCTE!

*'A Very Anonymous Alumni'  
Batch of 2008*

### SCTE-EU one day retreat

SCTE-EU organised One Day Discipleship Retreat on 29<sup>th</sup> October, 2022 under the theme "Pursuing Christlikeness" taken from Philippians 3:14. The speakers for the retreat were Miss Hulika Yephtho - UESI Staffworker, Mr. Vikehou Chupuo - Kohima EGF and Mr. Phajathung - Kohima EGF. A total of 28 members attended the retreat. The retreat had three sessions: Theme exposition and two topical sessions on Servant Leadership and Stewardship of Money and Talent. The retreat concluded with a Devotional Service.

God Bless SCTE-EU