Embracing Rural Internship

Keeping aside the exhaustion from my Urban Internship, I was already thrilled about my trip to Wokha Village (Wokha District) for my Rural Internship. Of course I was heading primarily for practice teaching but I along with my group had plans to explore at our best, considering this might be our last chance together for a while.

While discussing with my dear friends, we decided not to overly hype our plans for Rural Internship, wary of the potential disappointment if things didn't go as expected. Well, with great delight and curiosity, my group and I reached our destination. As expected, the village is warm and lively, the homestay arranged for us is nestled somewhat slightly away from the center of the village, which adds to its charm and appeal, perfect for our group to enliven more of our shenanigans. And I settled comfortably, looking forward to what awaits: the children, the school, the village and the list goes.

The first day of my Rural Internship was marked by a mix of determination and apprehension regarding the type of learners I would be meeting. However, upon meeting the students at the downhill, they exceeded my expectations, proving to be incredibly engaged, responsive, and cooperative. Compared to the urban students, they pleasantly surprised me even more with their enthusiasm and willingness to participate. Their initial hesitance towards this novel Constructivist approach quickly gave way as they found themselves adapting well to it.

Similarly, for me, this Rural Internship experience is a journey far from home, yet it already feels like a home. I eagerly anticipate the experiences this Rural Internship has in store for me. In pursuit of facilitating the learners, this is a privilege for me as it willl help me illuminate both my shortcomings and my capabilities.

Soreni Ezung
B.Ed. 4th Semester

STATE COLLEGE OF TEACHER EDUCATION
KOHIMA : NAGALAND

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

Email : sctekohima@gmail.com
website:http://sctek.online

Bi-Monthly Bulletin
March - April, 2024

Vol. I
Issue - 15

Dear Readers,

Welcome to the March-April edition of our bi-monthly bulletin! Within these pages, we will embark upon interesting experiences, from urban and rural internships to alumni success stories. We also get to receive practical tips on fitness and catch up on our latest FDP report, and explore snapshots of our recent activities. Special thanks to all the article contributors.

FACULTY COLUMN
How to stay fit in Kohima Town

Physical fitness is generally understood as the ability of an individual to carry out daily tasks without undue fatigue. Sounds easily achievable and sustainable? Reflect on the times when a simple activity tires or renders you gasping for breath: walking some steps uphill, ascending stairs, doing chores, or even maintaining a good posture while in seated position. We are so accustomed to this lifestyle that we have already accepted it as a norm. However, a lifestyle like this will only aggravate into bigger health issues as we age.
As dwellers of Kohima town, we are even compelled to live a physically inactive lifestyle for several reasons I have identified:

- Lack of open spaces
- Ready availabilities of essential commodities
- Accessibility to transportation
- Pervasive presence of gadgets
- Rising temperature
- High cost of fitness center membership fee and
- Town-wide water scarcity (I am factoring this water issue as an indirect contribution to physical inactivity since daily exercise requires daily bathing for all the reasons we know).

Yet, amidst the densely populated capital which is not so kind to physical health for reasons mentioned, there are number of realistic practices one can follow to enhance or maintain physical fitness. Shared below are tips and strategies (most of which I personally adhere to)

- **Walk! Walk! Walk!** The average person burns 300 calories walking an hour. Walk an hour everyday for a month and you burn 9000 calories which translates to loss of one kg (To lose 1 kg of body weight, a person needs to burn 7700 calories). Easy!! One does not need to walk an hour at a stretch. Fragmented walks daily result in similar benefits i.e., Breaking up a continuous walk into smaller segments throughout the day rather than doing it all at once.
- **Lose weight "**What should I do to lose weight?". As a physical educationist, this is the question I am most frequently asked. Volumes of fitness books can only satisfactorily answer this. Or the best and the shortest reply? "Spend more calories than you consume"
- **Have dinner early, buddy (You are when you eat)** The secret to better health could be as simple as an early dinner. "Anything you eat after 6:15 p.m. becomes part of you". Also, night eating has been linked to increased risk of diabetes, heart disease, cancer, and learning and memory problems.
- **Watch out for what you eat** Even those spongy Plaza, Popular, Rutsa breads that you like to nibble every morning are processed and hence, unhealthy. As a general tip, do not consume food from unknown sources. Consume only locally sourced, organic food.
- **Perform chores** Engaging in chores such as mopping the floor, handwashing clothes, or cooking your own meals also provide physical fitness benefits in addition to promotion of overall well-being.
- **Limit screen time** Purely from a fitness viewpoint, excessively engaging with phone leads to sedentary, inactive behavior. Other adverse effects include postural defects, disrupted sleep pattern and headache.

Rokozelie Punyu
Asst. Prof. SCTE-K

Brief report of the administrative Events and college activities (March - April, 2024)

1. 4th -5th March, 2024 Block Teaching for 4th semester teacher trainees conducted.
2. 7th March, 2024, Principal attended N-TET Syllabus Review Workshop at SCERT
3. 11th March, Principal attended All Nagaland Government College Principals meeting at Directorate of Higher Education.
4. 13th March Faculty meeting held
5. 15th March, Principal attended DPDB meeting at DC's complex
6. 21st March Felicitation Program on achieving Ph.D degree held for Dr. Rokuonuo Usuo.
7. 22nd March, Practicing School Coordinators meeting held.
8. 22nd March IQAC meeting held.
9. 22nd March, 2024, 2nd Phase of Internship in Rural Schools Started.
10. 22nd March, Workshop on preparation of Low -cost Interactive Aids conducted for 2nd Semester teacher trainees.
11. 23rd -30th April, Micro teaching Program for B. Ed 2nd Semester conducted.

ALUMNI COLUMN

"When you want something, the whole universe conspires in order for you to achieve it", from Paulo Coelho's ' The Alchemist'. I wouldn't put myself in a bracket among the toppers as a student, rather was just an average pupil. Nevertheless, teachers from every sphere of my academic endeavour had profound impact upon me and I proudly call them my role models. Undoubtedly it is through their deligence that the passion to teach was born in me. I lost my mother at a tender age of nine , I remember taking leave for a week and appearing test on the day I resumed my classes. As we received our test papers, my teacher would go to the lengths to praise and applaud me admist my classmates of how well I had performed in the test despite of my loss. This moment imprinted an evolutionary impression in my life and perhaps I can call this day my real passion to teach and to become a teacher was enshrined in me. Consequently after this incident, I started emulating my teacher and with time my passion grew incessantly. This passion, hunger, desire to become a teacher led me here today.

I would like to revert back to the quotation I began with; a quote which I resonate profoundly.

The reciprocation I have with the quotation is due to the fact that as I completed my Bachelor of Education in 2022, NPSC CESE was advertised concurrently. I hardly had a couple of months to prepare. Nevertheless, the passion and the zeal which sparked when I was nine years old will help me turn it into my profession.

Through this short yet personal column, I would like to encourage each reader to follow your passion relentlessly and persistently and the universe will strive to achieve it for you.

- Let's all live our life to give light and lead young minds and build a better world as teachers.

Mhovino Yhoshü
2020-2022 batch
PGT (Botany) GHSS, Phek

Report on Faculty Development Programme on uses of ICT tools

The State College of Teacher Education Kohima organised a two-day Faculty Development Programme on Use of ICT tools from 11th to 12th March, 2024.The programme was specifically designed for faculty members and was led by distinguished resource persons, Mr. Moasunep Kichu, Technical Officer, NIELIT Kohima and Dr. Sandip Ratna, Associate Professor, SCTE Kohima.

The primary objectives were; to enhance the faculty proficiency in utilising ICT tools for effective classroom transactions and providing hands-on training on ICT applications. The programme proved to be a resounding success which equipped the participants with practical skills and knowledge essential for modern teaching practices.It is hoped that the learnings from this programme will be effectively integrated into the teaching methodologies and help in enhancing the quality of education imparted by the institution.

My journey during the 10 days internship has been a wonderful experience

Embracing every challenges has it worth. Everyday was a unique learning experience for me. I saw what my potentials were and was capable of as a teacher. At the same time, I was also able to point out the things I need improvement as a teacher. Being in a new environment and teaching in a real classroom was quite tough and yet it was undeniably a gratifying exposure for me on the path to becoming a better teacher.

I was really glad that the students were quite welcoming, and in no time they got comfortable with me which itself for a teacher is a great achievement. The students were responsive as well as interactive, but it was their competitiveness that undoubtedly has provided me great assistance in my teaching-learning strategy. I was impressed not only by their competitiveness but also by their genuine applause for each other in every activity carried out in the classroom.

Though, it was unquestionably challenging at first because of learners' differences in their temperament and attitude towards the use of constructivist approach as some were shy and reserved. It may take a while for some in accepting this new strategy but I also saw their openness for trying something new, which was quite admirable on their part.

This Internship opportunity has certainly added a countless and valuable experience for me in the journey of becoming a good teacher.

Keleseto Angami
B.Ed. 4th Semester

FELICITATION

SCTE proudly organised a felicitation programme on 21st March , 2024 to celebrate *Dr. Rokuonuo Üsou's* achievement of obtaining her Ph.D. from Department of Education, St. Joseph University Chümoukedima for her study title *"A study on the use and awareness of ICT in B.Ed. Colleges in Nagaland"*.