

अभिव्यक्ति (The Expression) (Monthly Online Newsletter)

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“Learn whatever is good from others, but absorb it within yourself and make it your own; do not become like others.”
— Swami Vivekananda

Editorial Message



Dr. Ranju Prajapati

(In the context of the National Education Policy, NCTE & NAAC)

Dear Students, Esteemed Faculty Members, and Valued Readers,

It gives me immense pleasure to address you through the Monthly Newsletter of **S.B. Pandey Sanatan Teachers Training College, Rehala**. The **National Education Policy (NEP)** marks a transformative step toward building a quality-driven, inclusive, innovative, and skill-oriented education system in India. As a **B.Ed. department** and an institution **recognized by NCTE**, we bear a significant responsibility in translating the vision of this policy into meaningful classroom practices.

The National Education Policy emphasizes **experiential learning, competency-based education, critical thinking, research orientation, and ethical values** in teacher education. Keeping these objectives in view, our college has adopted **modern teaching-learning methodologies, ICT-enabled instruction, micro-teaching practices, school-based internship programmes**, and a **multidisciplinary approach** to prepare prospective teachers who are professionally competent and socially responsible. All these initiatives are strictly aligned with the **norms and standards prescribed by NCTE**.

Furthermore, in accordance with the **quality benchmarks of NAAC**, the institution remains committed to continuous improvement in **academic excellence, institutional values and best practices, student support and progression, research and innovation**, and **governance, leadership, and management**. Our focus is not merely on awarding degrees, but on nurturing reflective practitioners and responsible educators who can contribute effectively to nation-building.

I am confident that with the collective efforts of our dedicated faculty, disciplined students, and supportive staff, **S.B. Pandey Sanatan Teachers Training College, Rehala** will continue to uphold the spirit of the National Education Policy and move steadily towards higher standards of quality and excellence in teacher education.

With best wishes for your continued success.

Warm regards,

Dr. Ranju Prajapati
Principal
S.B. Pandey Sanatan Teachers Training College, Rehala

EDUCATIONAL NEWS

INTERNATIONAL :

1) Japan Surpasses Its International Student Target Years Early

Japan has exceeded its goal of enrolling **400,000 international students** *well ahead of schedule* — reaching **about 435,200 foreign students by June 2025**. This surpasses the target set for 2033 and marks an **8.2% increase from 2024 figures**, with a record **180,000 first-time international students** contributing to the growth. The surge is part of Japan's broader efforts to address its aging population and shrinking workforce by attracting global talent. Universities are now expanding English-medium programs and considering changes in tuition and support services for overseas students.

⇒ **Reference:** *Japan surpasses 4 lakh international student enrolment target, achieves 2033 goal ahead of schedule* — <https://economictimes.indiatimes.com/nri/study/japan-surpasses-4-lakh-international-student-enrolment-target-achieves-2033-goal-ahead-of-schedule/articleshow/128593247.cms>

2) UAE Partners With Starlink to Bring Digital Classrooms to Remote Villages

The **United Arab Emirates (UAE)** has launched a global initiative in partnership with **Starlink**, SpaceX's satellite internet service, to set up *digital classrooms in 100 remote villages around the world*. Announced at the **World Government Summit 2026**, this project aims to bring reliable satellite-based internet connectivity to underserved communities, allowing students in areas without stable internet access to join online learning systems. The collaboration reflects efforts to reduce the digital divide and expand educational opportunities in isolated regions.

⇒ **Reference:** *UAE partners with Elon Musk's Starlink to bring digital classrooms in 100 remote villages globally* — <https://timesofindia.indiatimes.com/world/middle-east/digital-education-revolution-or-tech-takeover-in-emirates-uae-partners-with-elon-musks-starlink-to-bring-online-classrooms-to-100-remote-villages-globally/articleshow/128382007.cms>

NATIONAL:

1) OpenAI partners with top Indian institutions to strengthen AI education

OpenAI has announced a **major collaboration with leading Indian educational institutions** to boost AI teaching, training, and research across the country. The partnership includes **IIM Ahmedabad, IIT Delhi, AIIMS New Delhi, Manipal Academy of Higher Education**, University of Petroleum and Energy Studies, and Pearl Academy. This initiative will integrate **artificial intelligence into management education, skill development, and practical research**. IIM-A plans to develop an AI ecosystem on campus and promote AI-based learning tools such as **ChatGPT Edu** for students and faculty, enhancing innovation and industry-aligned programs.

⇒ **Reference:** <https://timesofindia.indiatimes.com/city/ahmedabad/gujarat-openai-partners-with-iim-a-others-for-ai-collaboration-and-applications/articleshow/128572701.cms>

2) Gujarat introduces major overhaul of government school system

The Gujarat government is launching a **major reform of its public school system** in response to low learning outcomes identified by the 2024 PARAKH Rashtriya Sarvekshan report. Although nearly all students have access to primary education in the state's 53,604 schools, test scores revealed significant learning gaps. To improve quality, the state will **prioritize education in weekly cabinet reviews**, strengthen coordination between district officials and schools, expand secondary education access, and introduce community-driven initiatives like "Mothers' Groups" for early childhood learning support. The reforms are aligned with the **National Education Policy (NEP) 2020** framework to improve outcomes from foundational to higher levels.

⇒ **Reference:** <https://timesofindia.indiatimes.com/city/ahmedabad/gujarat-set-to-overhaul-govt-school-system/articleshow/128572603.cms>

STATE (JHARKHAND):

1) Jharkhand boosts technical education with AI & emerging tech Centres of Excellence

The **Jharkhand government** has announced a major push to advance **technical education** by setting up **Centres of Excellence** focused on **Artificial Intelligence (AI) and emerging technologies**. These specialised centres will help students gain **future-ready skills**, bridge gaps between academics and industry requirements, and promote innovation. The initiative highlights Jharkhand's drive to improve quality and relevance in technical training for youth in the state.

☞ **Reference:** *Jharkhand Boosts Technical Education with AI & Emerging Tech Centres of Excellence* — <https://timesofindia.indiatimes.com/city/ranchi/jharkhand-boosts-technical-education-with-ai-emerging-tech-centres-of-excellence/articleshow/128572148.cms>

2) JEE Main 2026: Toppers from Jharkhand shine with high percentile

In the **JEE Main 2026 results**, a student from Jharkhand named **Vaishnavi Kumari** topped the state with an impressive **99.977 percentile**, and another student from Ranchi, Naitik Sharma, also delivered strong performance. This achievement reflects the hard work of students and the growing competitiveness of Jharkhand students in national engineering entrance exams.

☞ **Reference:** *JEE Main 2026: Vaishnavi Tops Jharkhand with 99.977 Percentile* — <https://avenuemail.in/jee-main-2026-jharkhand-topper-vaishnavi-kumari-naitik-sharma/>

3) Jharkhand launches campaign to boost child literacy & reading habits

This story explains how the Jharkhand Education Project Council (JEPC) is promoting *early reading skills and stronger reading culture* among children in the state.

☞ **Reference link:** *Jharkhand Education Initiative: Boosting Child Literacy and Reading Habits* — <https://timesofindia.indiatimes.com/city/ranchi/jharkhand-education-initiative-boosting-child-literacy-and-reading-habits/articleshow/128044698.cms>

4) Union Government supports Jharkhand with university townships & girls' hostels

This article covers how the Centre's plan to set up *university townships and girls' hostels* will help improve higher education infrastructure in Jharkhand.

☞ **Reference link:** *Union Govt's University Townships & Girls Hostels: Boost for Jharkhand Education & Industry* — <https://timesofindia.indiatimes.com/city/ranchi/union-govts-university-townships-girls-hostels-boost-for-jharkhand-education-industry/articleshow/127845495.cms>

COLLEGE:

Health Awareness Camp & Blood Test Organized at SB Pandey Sanatan Teachers Training College

Rehala, 04 February 2026: The NSS Unit of **S.B. Pandey Sanatan Teachers Training College** successfully organized a Blood Test and Medical Health Check-up Camp at the Multipurpose Hall to promote health awareness among students, faculty, and staff.

The program began with a warm welcome to the Chief Guest, **Shri Rahul Sharma**, Founder & Director of **Deen Dayal Lok Kalyan Foundation**, who emphasized the importance of regular health check-ups and preventive care.

The medical team from **Vananchal Dental College and Hospital** conducted comprehensive blood tests and general health screenings. Students and staff participated actively, undergoing tests and receiving guidance on maintaining good health and fitness.

The event was graced by **V.N. Pandey**, Chairman of Rishikul Shaikshnik Sansthan, along with faculty members **Mr. Anand Kumar Yadav**, **Mrs. Garima Yadav**, **Miss Satyawati Tiwari**, **Mr. Ramesh (Sports Teacher)**, and **Mr. Barun Kumar Yadav**, who encouraged students to take part enthusiastically and support health initiatives.

The program was meticulously coordinated by Principal **Dr. Ranju Prajapati**, who expressed satisfaction over the participation and noted the positive impact of the camp in raising health awareness among the college community. The initiative was widely appreciated for fostering a culture of preventive health care and promoting overall well-being.

The camp concluded successfully with students and staff gaining valuable health insights, making it a memorable and impactful event for the college.

Annual Sports Meet 2025–26 Successfully Conducted

S.B. Pandey Sanatan Teachers Training College, Rehala successfully organized its **Annual Sports Meet 2025–26** from **13 February 2026 to 16 February 2026** with great enthusiasm and active involvement of students and staff.

The **opening ceremony** was held on **13 February 2026** and was inaugurated by the **Chief Guest, Mr. Vijay Shukla**, who encouraged students to participate in sports for physical fitness, discipline, and team spirit. The programme formally began with the declaration of the Sports Meet.

The entire four-day event was organized under the able guidance of the **Principal and Organizing Head, Dr. Ranju Prajapati**, whose leadership ensured the smooth and successful conduct of all sports activities.

Various **indoor and outdoor games** were conducted during the Sports Meet, in which all students participated with great enthusiasm and sportsmanship. **Mr. D. Pandey remained present during the programme**, motivating and encouraging the students.

The event was efficiently coordinated by the faculty members **Mr. Anand Kumar Yadav**, **Mrs. Garima Yadav**, and **Miss Satyawati Tiwari**, **Mr. Ramesh** with strong support from the **Sports Teacher, Mr. Barun Kumar Yadav**. Their collective efforts played a vital role in the successful execution of the programme.

The **closing ceremony** was held on **16 February 2026**, with the **Principal of J.B. High School** as the **Chief Guest**. On this occasion, **certificates and medals were distributed** to the winners and participants in recognition of their achievements.

The Annual Sports Meet concluded on a joyful and inspiring note, promoting the values of **discipline, teamwork, leadership, and physical well-being** among the students.

University Inspection Highlights College Excellence

Rehala, 09 February 2026:

The **Nilamber Pitamber University** inspection team visited **S.B. Pandey Sanatan Teachers Training College, Rehala** on 09 February 2026 for a formal institutional inspection. The purpose of the visit was to evaluate the college's **academic activities, infrastructure, administrative arrangements, records, and teaching-learning process**.

During the inspection, the team toured the **departments, library, laboratories, classrooms, and sports/cultural facilities**. They reviewed student-teacher interactions, curriculum implementation, and overall academic performance.

The visit was conducted with full cooperation from **Principal Dr. Ranju Prajapati**, along with all faculty members and staff, who provided the team with the required documents and information. The inspection proceeded in a **cordial and supportive atmosphere** throughout.

The team appreciated the college's **academic environment, discipline, and administrative preparedness**, and concluded the visit as **successful and positive**.

Active participation and cooperation from the college administration and faculty made this inspection a valuable opportunity for the institution to demonstrate **excellence in line with university standards**.

University Registration Process Started for Session 2025–27

S.B. Pandey Sanatan Teachers Training College has announced the commencement of the **University Registration process** for all students of the **academic session 2025–27**. The college administration has instructed students to complete the registration formalities within the prescribed schedule.

As per the notification, the **Registration Fee is ₹2,000/-**. In addition, students who have passed from universities **other than NPU University** are required to pay a **Migration Fee of ₹1,000/-**.

According to the **important dates**, students can submit their registration forms **without late fine up to 25 February 2026**. Forms will be accepted **with a late fine of ₹1,000/- up to 28 February 2026**, as per university rules. No registration form will be accepted after **28 February 2026**, and the responsibility for delay will rest solely with the student concerned.

Students are required to submit the registration form along with the following **mandatory documents**:

- 10th Marksheet
- 12th Marksheet
- Graduation Marksheet
- Passport Size Photograph
- Migration / Registration Certificate
- Fee Receipt

The college administration has advised all students to complete the registration process on time to avoid any inconvenience in the future.

By Order

Principal

S.B. Pandey Sanatan Teachers Training College

Time Table

S B PANDEY SANATAN TEACHERS TRAINING COLLEGE REHLA PALAMAU

SESSION - 2023-25

Time-Table (B.Ed. IV Sem.)

w.e.f. 26/01/26

Time/ Day	10:00 AM to 10:30 AM	10:30 AM to 11:15 AM	11:15 AM to 12:00 PM	12:00 PM to 01:30 PM	01:30 PM to 02:00 PM	02:00 PM to 02:45 PM	02:45 PM to 03:30 PM
Monday	PRAYER/ ASSEMBLY (News, Thought) (Prayer Song - श्रावण)	401 : Creating an Inclusive School	402 : Pedagogy of School subject - II	Psychology Practical / Art & Craft	LUNCH BREAK	403 : Understanding the self (EPC - 4)	Library
Tuesday		402 : Pedagogy of School subject - II	401 : Creating an Inclusive School	CCA		404 : Exposure of School subject - I & II	Sports
Wednesday		404 : Exposure of School subject - I & II	Library	Psychology Practical / Art & Craft		402 : Pedagogy of School subject - II	401 : Creating an Inclusive School
Thursday		401 : Creating an Inclusive School	402 : Pedagogy of School subject - II	CCA		403 : Understanding the self (EPC - 4)	Sports
Friday		402 : Pedagogy of School subject - II	401 : Creating an Inclusive School	Psychology Practical / Art & Craft		404 : Exposure of School subject - I & II	Library
Saturday		Sports	404 : Exposure of School subject - I & II	CCA		402 : Pedagogy of School subject - II	401 : Creating an Inclusive School

Note: This is not permanent time-table, according to situation it can be change.


Principal
SBPSTTC REHLA
Principal
S.B. Pandey Sanatan
Teachers Training College
Rehla, Palamau-Jharkhand

• Call for Book Chapter:

CALL FOR BOOK CHAPTER (Book proposed with ISBN)

Bhartiya Gyan Parampara (Indian Knowledge System/IKS)

About the Book (Proposed)

The rich heritage of ancient and external Indian Knowledge and thought has been a guiding light for NEP-2020. Promotion of Indian languages, Arts and Culture has been recommended for the integration of Bhartiya Gyan Parampara (Indian Knowledge System/IKS) into curriculum at all levels. A book on this topic is an academic initiative of S B Pandey Sanatan Teachers' Training College, Rehla sponsored through Sanatan Group of Education (under Rishikul Shaikshanik Sansthan). It aims to provide a platform for insightful contributed selected chapters on the topic by the invited authors in order to enlighten the younger generation of students and faculties to appreciate the landscape of our ancient educational prowess. Authors are requested to align to the following broader suggested central themes;

Proposed Chapters must reflect on either of the themes:

1. NEP-2020 & Bhartiya Gyan Parampara, IKS
2. Overview of IKS
3. Indian and the World
4. Indian Science & Technology
5. Indian Economics & Business Models
6. Ancient Indian Art & Architecture
7. Mathematics in India: from Vedic period to modern times
8. Basics of Indian Astronomy
9. Development of Indian Astronomy
10. Innovations with Tradition (Parampara)
11. Re-inventing Teacher Education in the NEP-2020 & IKS perspective

Important Date:

Abstract Submission: 15th Mar 2026
Acceptance Notification: 18th Mar 2026
Full – length Chapter Submission : 30th Mar 2026

Submission Guidelines

1. (a) Submitted manuscripts have not been previously published or submitted for publication.
(b) All authors have to sign the Author's Agreement Form to clarify their role in the chapter submission and assume all responsibilities arising thereof.

2. Chapter Title, Author(s) names with their affiliation, abstract, summary (300–500 words) should be submitted to: bksbpsttc@gmail.com
Further instructions regarding full chapter submission will be provided after acceptance of the summary.

Important Instructions to Authors

1. Format & Style: All book chapters must be typed in A4 size (font size 12) in 1.5 space in single column with at least one-inch margin on all sides. Author/Authors should submit single MS-word file which must contain the following:

- Chapter Title
- Author Name & Designation, Phone No. & Email
- Abstract & Keywords (4–6)
- Introduction
- Chapter Content
- References / Bibliography
- Pages should be within 10–25

2. Language: English / Hindi / Sanskrit
3. Plagiarism: Should be below 25% (NNGSTTC observes a strict anti-plagiarism policy)
4. Acknowledgements (wherever applicable)

5. References: References to the literature cited for the manuscript should be numbered in order of appearance at the manuscript and cited in the text with superscript numbers. The reference number should follow the following:

- For Journals Format: Author(s) of article (Surname initials), Title of the manuscript, Journal Title, Year of publication, Volume number (issue no), Page numbers.
- For Books & other Monograph format: Author AB, Author BB, Author CC, Title of the Book, Edition, Volume, Publisher, City, Year, Page Numbers.
- For Patent Reference: Paged as AC, inventor..... assignee, Title, Country....., Patent No....., Year.....
- For Websites Reference: Internet, <https://...../about>

Editorial/Review Procedure

After successful submission of manuscript by the author it is forwarded to the Set of suitable external evaluators/peer reviewers. The report of the reviewer will be considered strictly before accepting/rejecting the manuscripts, but the ultimate responsibility for acceptance or rejection lies with the Editorial Board / Chief Editor / Executive Director (Publications) of Sanatan Group of Education, Ranchi Jharkhand (INDIA).

Executive Director (Publication):
Prof. (Dr.) Bijay Singh
Director General
Sanatan Group of Education



Chairman Editorial Board:
Dr. V. K. Pandey,
Chairman Governing Body
N N Ghosh Sanatan Teacher's Training College



Chief Editor:
Dr. (Mrs.) Sudha Singh,
Dean, Academics & Research,
Sanatan Group of Education





Dr. Ranju Prajapati
Principal
SBPSTTC, Rehala Palamu

वसंत ऋतु

आई वसंत ऋतु, खुशियों का पैगाम लाई,
सूखी डालों पर फिर हरियाली छाई।
कोयल की कूक में मधुर सा संगीत,
फूलों की मुस्कान से सजी धरती प्रीत।

सरसों के खेतों में पीला सा उजास,
मधुमक्खियों ने छेड़ा रस का राग-रास।
ठंडी हवा में घुली सुगंध अपार,
प्रकृति ने पहना नवजीवन का हार।

मन में उमंग, तन में नव चेतना जागे,
नव आशाओं के दीप हर दिल में लागे।
वसंत सिखाए जीवन का यह ज्ञान—
हर अंत के बाद आता है नया अरमान।



- Dr. Ranju Prajapati



Mr. Anand Kumar Yadav
Asst. Prof.
SBPSTTC, Rehala Palamu

कॉलेज के नैक वार्षिक उत्सव

कॉलेज कैंपस में उमंग उमड़ गया है कॉलेज जो नैक का वार्षिक उत्सव मना रहा है

छात्रों में खुशहाली आ रही ,जो कॉलेज का ग्रेड बदला

इधर-उधर जिधर भी देखो स्वच्छ, शांति का प्रसार हुआ है

शिक्षक समाज में खुशहाली आयी

नैक सिखाया कार्य के प्रति ,सदभाव जो आया

काम -काज अब ऐसा चलता है

जैसे नदियों का पानी कल -कल बहता

बच्चों का जो प्यार मिला है

लगता है ,सागर में मोती ही मोती है

कॉलेज ऐसा चमक रहा है

मानो गंदगी का सर्वनाश हुआ है

जो आते हैं ,कॉलेज में मेहमान, गाने लगते हैं कॉलेज का गुणगान

पहले ऐसा नहीं रहता था

अब तो हर दम नैक की चर्चा हुआ करता है

नैक हुआ तो बदला सिस्टम

न्यूज लेटर का प्रकाशन हुआ है

प्राचार्या ,शिक्षक ,छात्रों का लेखन शैली का विकास हुआ है

लिखना पढ़ना काम सभी का

कॉलेज कैंपस में सम्मान सभी का

नैक के वार्षिक उत्सव का सब करते सम्मान सभी का

स्वरचित



लेखक आनंद कुमार यादव

S B P S T T C REHLA



Mrs. Satyavati Tiwary
Asst. Prof
SBPSTTC, Rehala Palamu



नारी की शिक्षा

नारी पढ़े तो जग उजियारा,
ज्ञान बने उसका सच्चा सहारा।
कलम उठे जब उसके हाथ,
बदले सोच, बदले हर बात।
घर की चौखट लांघे जब वह,
सपनों को पंख लगाती तब वह।
माँ बने तो संस्कार सिखाए,
शिक्षित नारी राष्ट्र बनाए।
अंधकार को दूर भगाए,
समता का दीपक वह जलाए।
नारी शिक्षा है शक्ति अपार,
इसी में छिपा उज्ज्वल संसार।



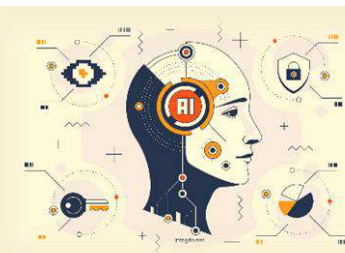




Mr. Sudhir Dubey
Computer operator
SBPSTC, Rehala

Cyber Attack Prevention and Mobile Security Measures

In today's digital era, mobile phones, computers, and the internet play a vital role in teaching, learning, and administrative work. With increasing dependence on digital technology, the risk of cyber-attacks, data theft, and online fraud has also increased. Therefore, awareness about cyber security and mobile safety is extremely important for everyone.



Measures to Prevent Cyber Attacks

1. Use Strong Passwords

Always create strong passwords using a combination of letters, numbers, and special characters, and change them regularly.

2. Beware of Suspicious Emails and Links

Do not click on unknown emails, messages, or attachments, as they may contain phishing links or malware.

3. Install Antivirus and Security Software

Use trusted antivirus and firewall protection on computers and mobile devices to safeguard data.

4. Keep Software Updated

Regular updates of operating systems and applications help fix security vulnerabilities.

Mobile Security Measures

5. Enable Lock Screen Protection

Always use PIN, password, pattern, fingerprint, or face lock to protect your mobile phone.

6. Download Apps from Trusted Sources Only

Install applications only from official app stores and avoid unknown websites or links.

7. Do Not Share OTPs or Personal Information

Never share banking details, OTPs, passwords, or personal data with anyone.

8. Use Public Wi-Fi and Bluetooth Carefully

Avoid using public Wi-Fi for financial transactions and keep Bluetooth turned off when not in use.

9. Take Regular Data Backups

Backup important files, documents, photos, and contacts to prevent data loss during cyber incidents.

Role of Artificial Intelligence (AI) in Cyber and Mobile Security

Artificial Intelligence (AI) plays a significant role in strengthening cyber security and mobile safety:

- **AI-based Threat Detection:** AI systems analyze user behavior and data patterns to detect suspicious activities and cyber threats in real time.
- **Phishing and Fraud Prevention:** AI helps identify fake emails, messages, and websites and warns users before any damage occurs.
- **Smart Antivirus Protection:** Modern antivirus and mobile security apps use AI to detect new and unknown malware effectively.
- **Biometric Security:** AI supports fingerprint, face recognition, and voice authentication, making unauthorized access difficult.
- **Risk Prediction:** AI can predict potential cyber risks in advance and suggest preventive measures.

Conclusion:-

Cyber security and mobile safety are not just technical concerns but a shared responsibility of teachers, students, and staff members. When user awareness and safe digital practices are combined with the power of **Artificial Intelligence (AI)**, it becomes possible to effectively protect ourselves from cyber-attacks and digital threats.

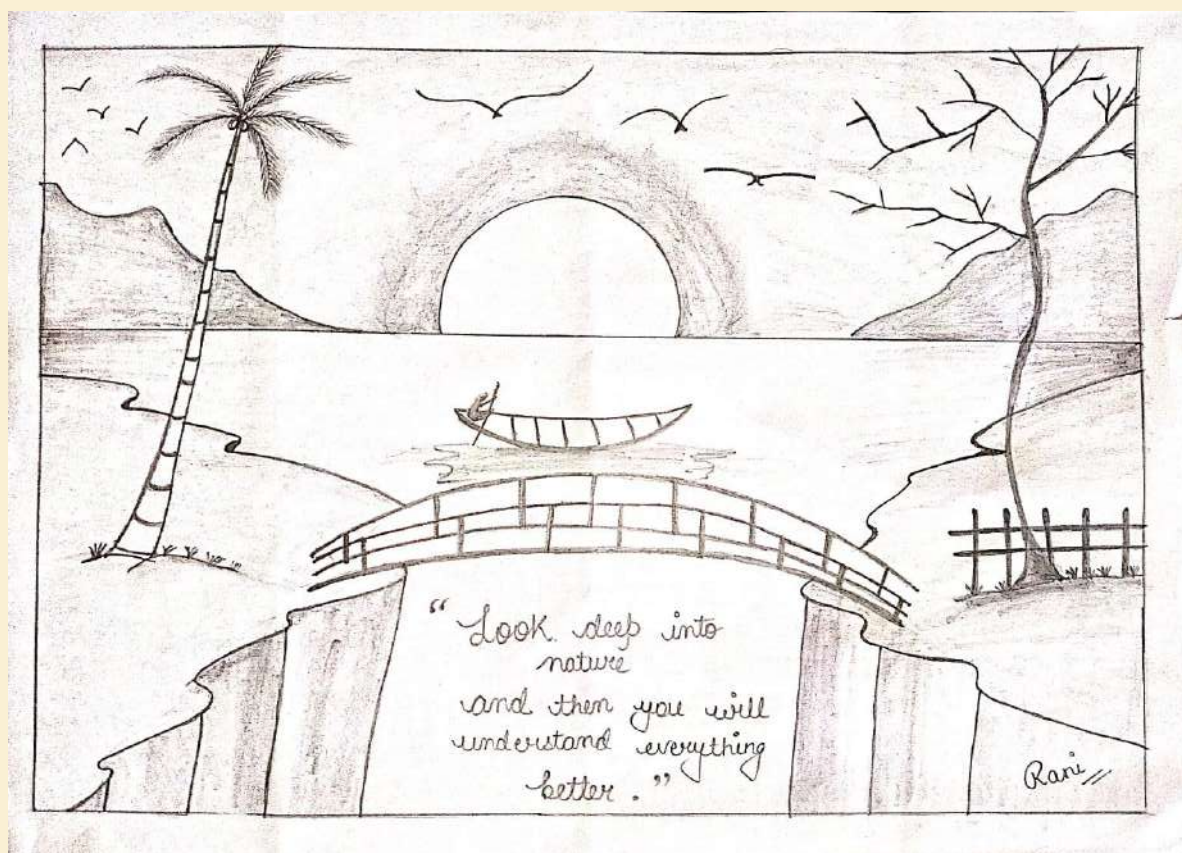
STUDENT CORNER



Rani Kumari

Roll No- 24

Session- 2023-25





Sivani Kashyap
Roll No- 29
Session- 2024-26

Concentration

"The Power of Concentration manifest as focused attention on as one pointed mind?"

When you focus on your mind you conserve your energies and do not designate them on irrelevant thoughts or activities. That is why, developing Concentration is vital for any one aspiring to the more efficient and take change of his or her life. This skill is vital for every kind of success. Without it, your efforts get scattered but with it you can accomplish great things. When this ability is strong, the mind obeys you readily and does not engage in futile negative thoughts or worries.

"Success is not magic. The whole point is in Concentration."

Name — Sivani Kashyap

Class — BEd 2nd sem

Roll no — 1129

Photo —





Shalu Kumari
Roll No- 11
Session- 2023-25

कैकड़ा और लहर

एक बार एक कैकड़ा समुद्र के किनारे अपनी मस्ती में चला जा रहा था। वह बिच-बिच में रुकता और अपने पैरों के निशान देखता और खुशा होता। तभी एक लहर आई और उसके पैरों के निशान मिटा गए। इसपर कैकड़ा को बड़ा गुस्सा आया।

कैकड़ा लहर से बोला, "हे लहर! मैं तुझे अपना मित्र मानता था, पर तुने यह क्या किया? तुने तो मेरे पैरों से बने सुन्दर निशान ही मिटा दिए। कैसी दोस्त है तू?"

इस पर लहर बोला, "पिछे जो मछुआरे आ रहे हैं, वे कैकड़ा को पैरों के निशान देखकर ही पकड़ लेते हैं। वे तुझे पकड़ न लें, इसलिये मैंने तेरे पैरों के निशान मिटा दिए।"

कहानी का सार:—

सच यही है कि हम अक्सर सामने वाले की बातें समझ नहीं पाते और अपनी सोच के अनुसार उसे गलत इंसान मान लेते हैं। जबकि हर सिके के दो पहलू होते हैं। अपने मन में किसी के लिए बुरा-भला सोचने से बेहतर है कि बातों को सही से समझकर ही उसका निष्कर्ष निकालें।

Shalu Kumari

Shalu Kumari

Roll No - 11

Session - 2025-27





Laxmi Kumari

Roll No- 26

Session- 2023-25

कुंठित विचार

आज हम जिस समाज में जी रहे हैं निःसंदेह प्रगतिशील है लेकिन इस परिवर्तनशील समाज में एक संकल्पना है जो स्थिर रही है और सतत् रहेगी - प्रकृति और पुरुष। समाज में दोनों का योगदान समान रहा है। आज इस पीछे छूटते अविस्मरणीय पलों के साथ इसी सम्बन्ध में कुछ बातें आपसे साझा करना चाहता हूँ जो निःसंदेह विचारणीय और अमल करने योग्य हैं।

एक विचार है, जो अंदर से खोखला है, कम क्षमतावान है, जिसके आंखों पर पट्टी बंधी है उसके ताकतवर होने की - जो बातें करता है अंतर होने की। ये विचार स्वतंत्र होने का दावा तो करता तो है लेकिन इसकी स्वतंत्रता सीमित है। वहीं एक और विचार है जो असीमित है, स्वच्छंद है, जो आकाश जितना ऊंचा और समंदर जितना गहरा है। जो ज्यादा श्रेष्ठ, दृढ़, अडिग और ज्यादा शक्तिशाली है। जो बातें करता है बराबरी की, बातें करता है साथ की, कंधे से कंधा और कदम से कदम मिलाकर चलने की। ये बातें करता है हक और सम्मान की।

एक विचार है जो बांधना चाहता है उसे रसोईघर तक, उलझाना चाहता है उसे बर्तनों के बीच, उसकी हड्डें तय करना चाहता है एक चारदीवारी में, ये जानते हुए की वो कर सकती है - जब वो एक मकान को घर कर सकती है, हर परिस्थिति में गुजर - बसर कर सकती है, तुम्हारे घाव पर मरहम के जैसे असर कर सकती है। असल में वो सब कर सकती है और तुमसे बेहतर कर सकती है।

एक विचार हैं जो अपनी मनमानी करना चाहता है, गुलाम बनाना चाहता है और मर्जी पूरी ना होने पर ये विचार इतना नीच हो जाता है की मार देता है। मार देता है उन्हे कभी कोख में, या किसी नोक - झोंक में, कभी नाम में, कभी दिल्ली की किसी शाम में, कभी किसी हेट में, कभी 500 के रेट में। कभी दहेज के लिए जला कर या कभी तेजाब से नहला कर। मार दिया कभी रीझ में, फिर टुकड़े मिलते हैं किसी फ्रिज में। मार दी गई वो किसी लव - जिहाद में और इन सब से बच गई तो फिर कभी बाद में।

सच कहूँ तो तुम डरते हो की उसके सामने तुम कहीं तुच्छ ना लगने लगे, डरते हो की उसका व्यक्तित्व तुमसे ज्यादा सुंदर और आकर्षक ना लगने लगे, डरते हो की तुम्हारा महत्व ना कम हो जाए, डरते हो की वो, वो न हासिल कर ले जो आज तक तुम ना कर पाए। वास्तव में तुम डरते हो क्योंकि तुम कमजोर हो।

एक कमजोर आखिर अपनी महत्ता बनाए रखने के लिए क्या ना करे, तो तुम पता है क्या करते हो - उसे रोकते हो। लेकिन तुम मिट्टी के बांध बनाकर बाढ़ रोकना चाहते हो, तुम बाल्टी भर पानी से ज्वालामुखी बुझाना चाहते हो, तुम चाहते हो हवा को मुट्ठी में कैद करना, तुम चाहते हो सूरज को उगने से रोकना। आखिर कब तक। पता है ना की हर रात की सुबह होती है। कुछ देर ही सही सूरज निकलेगा और सुबह जरूर होगी। असल में तुम्हे जरूरत है उसकी। इसलिए उसके साथ में रहो और सुनो तुम जरा अपनी औकात में रहो।

Laxmi Kumari

ACTIVITY GALLERY

Date

04-02-2026

Activity

Blood Test & Medical Health Check-up
Seminar & Camp

Venue

Campus



Blood Test & Medical Health Check-up Seminar & Camp

The NSS Unit of **S.B. Pandey Sanatan Teachers Training College, Rehala** organized a **Blood Test & Medical Health Check-up Camp** on **04 February 2026** at the Multipurpose Hall to promote health awareness. **Shri Rahul Sharma**, Founder & Director, Deen Dayal Lok Kalyan Foundation, New Delhi, was the Chief Guest. The medical team from **Vananchal Dental College and Hospital** conducted blood tests and general health check-ups. Students, faculty members, and staff participated actively. The programme was coordinated by **Dr. Ranju Prajapati**, Principal, and was well appreciated for its positive health impact.



Date

09-02-2026

Activity

University Inspection Visit

Venue

Campus



University Inspection Visit

On 09 February 2026, a Nilamber Pitamber University Inspection Team visited S.B. Pandey Sanatan Teachers Training College, Rehala for institutional inspection. The team reviewed academic activities, infrastructure, administrative arrangements, records, and the teaching-learning process. The inspection was conducted in a cordial atmosphere with full cooperation from the Principal, faculty members, and staff, and was completed successfully.

Date

13th Feb to 16th Feb 2026

Activity

Annual Sports Meet

Venue

Campus



Annual Sports Meet

S.B. Pandey Sanatan Teachers Training College, Rehla

The **Annual Sports Meet** of the college was successfully organized from **13 February 2026 to 16 February 2026**. The event aimed to promote physical fitness, discipline, teamwork, and sportsmanship among the students.



Various indoor and outdoor games such as athletics, kabaddi, kho-kho, volleyball, badminton, and other sports events were conducted during the four-day programme. Students participated enthusiastically and displayed excellent sporting spirit and competitive skills.

The programme concluded with a prize distribution ceremony, where winners and participants were awarded certificates and prizes. The active support of the faculty members, staff, and students ensured the grand success of the Annual Sports Meet.





Feature	Details
Duration	13th February to 16th February 2026
Key Sports	Athletics, Kabaddi, Kho-Kho, Volleyball, Badminton
Core Values	Teamwork, Physical Fitness, and Discipline
Outcome	Grand success with certificate and prize distribution

Date

28-02-2026

Activity

National Science Day

Venue

Campus

Report on National Science Day

SB Pandey Sanatan Teachers Training College

Date: 28 February 2026

National Science Day was celebrated on 28 February 2026 at SB Pandey Sanatan Teachers Training College. The day is observed to mark the discovery of the Raman Effect by **C. V. Raman**.

The program began with the Principal's speech, followed by activities like a science exhibition, model presentations, and a quiz competition. Students participated actively and showcased their ideas.

The event concluded with a vote of thanks.



Date

28-02-2026

Activity

Holi Celebration

Venue

Campus

Report on Holi Celebration

SB Pandey Sanatan Teachers Training College

Date: 28 February 2026

Holi was celebrated with great joy and enthusiasm on 28 February 2026 at SB Pandey Sanatan Teachers Training College. The program began with an inspiring address by the Principal. Students presented cultural performances including Holi songs and dances.

Everyone exchanged greetings and applied colors to each other, spreading the message of love, unity, and harmony. The celebration concluded with a vote of thanks.



Contact



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