

अभिव्यक्ति

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*"Powerful calls to action focusing on self-belief, courage, and mental strength.
His teachings emphasize that all power and wisdom are already within you, and urge individuals
to overcome weakness and take control of their destiny.."*

— Swami Vivekananda

Editorial Message



Dr. Ranju Prajapati

The Importance of Mental Health Among Students

Dear Students, Faculty Members, and Readers,

Education is not only about acquiring knowledge and academic excellence; it is equally about nurturing emotionally resilient, confident, and compassionate individuals. In today's fast-changing world, students often face academic pressure, career uncertainties, social expectations, and the constant influence of digital technology. These challenges can significantly affect their mental and emotional well-being.

Mental health is the foundation of a student's overall development. A healthy mind enhances concentration, creativity, decision-making, and the ability to cope with challenges. When students feel emotionally secure and supported, they are better equipped to achieve their academic goals and contribute positively to society.

As an educational institution, we have a collective responsibility to create an environment where every student feels valued, respected, and encouraged to seek help whenever needed. Open communication, empathy, mutual respect, and a healthy lifestyle are essential in promoting positive mental health. Regular physical activity, yoga, meditation, balanced nutrition, and meaningful social interactions can greatly improve emotional well-being.

I encourage every student to remember that seeking support is a sign of strength, not weakness. No challenge is too great when we face it together with courage, hope, and determination. Let us continue to foster a campus culture that promotes kindness, inclusivity, and emotional well-being alongside academic excellence.

May we all work together to build a learning community where every student is empowered to grow intellectually, emotionally, and ethically.

With best wishes,

— Principal

SB Pandey Sanatan Teachers' Training College, Rehala

TEACHERS TRAINING COLLEGE



S.B. PANDEY SANATAN

* "Plagiarism check has been done by me"

EDUCATIONAL NEWS

INTERNATIONAL

UAE Launches Major Digital Upgrade for Higher Education

The **United Arab Emirates (UAE)** has launched a major digital transformation initiative for its higher education sector. The Ministry of Higher Education and Scientific Research has streamlined student and university services by reducing the number of digital services and increasing the use of Artificial Intelligence (AI) to improve efficiency, accessibility, and service delivery. The initiative is expected to enhance the overall student experience and strengthen digital governance in higher education.

Reference:

<https://m.economictimes.com/nri/study/uae-launches-major-digital-upgrade-for-students-and-universities/articleshow/131677976.cms>

China Restructures University Programmes to Meet Future Job Market Needs

China has undertaken a major reform of its higher education system by discontinuing over **12,000 undergraduate programmes** and introducing new courses in emerging fields such as **Artificial Intelligence, Robotics, and Advanced Technologies**. The move aims to align university education with industry requirements and improve employment opportunities for graduates in a rapidly changing global economy.

Reference:

<https://timesofindia.indiatimes.com/technology/tech-news/as-china-races-to-solve-jobs-crisis-for-graduates-its-universities-have-cut-12200-degrees-calling-them/articleshow/131717371.cms>

Foreign Universities Receive Approval to Open Campuses in India

Several leading international universities, including the **University of Bristol (UK)** and the **University of New South Wales (Australia)**, have received approval to establish campuses in India. The initiative is expected to expand global learning opportunities, promote international collaboration, and provide Indian students access to world-class education without leaving the country.

Reference:

<https://timesofindia.indiatimes.com/education/news/qs-top-20-unsw-top-100-bristol-among-four-foreign-universities-cleared-to-open-india-campuses/articleshow/131633892.cms>

OECD Highlights Growing Role of Generative AI in Education

The **OECD Digital Education Outlook 2026** has emphasized the increasing role of Generative Artificial Intelligence (AI) in education worldwide. The report notes that AI can significantly enhance teaching, learning, creativity, and collaboration when used with clear educational objectives and proper guidance. It also highlights the need for institutions to develop policies that ensure responsible and effective use of AI in classrooms.

Reference:

https://www.oecd.org/en/publications/oecd-digital-education-outlook-2026_062a7394-en.html

UGC Directs Universities to Upload 2025 Academic Records on ABC Platform

The **University Grants Commission (UGC)** has directed all Higher Education Institutions (HEIs) to upload the academic records of students for **Examination Year 2025** on the **Academic Bank of Credits (ABC)** and **National Academic Depository (NAD)** platforms by **30 June 2026**. The initiative aims to strengthen digital academic record management and support the effective implementation of the **National Education Policy (NEP) 2020**.

The ABC system allows students to digitally store, access, and transfer academic credits, thereby enhancing flexibility and transparency in higher education. UGC has urged institutions to ensure timely uploading of marksheets, grade sheets, and credit-related data to facilitate seamless academic record verification and credit transfer.

Reference:

UGC Public Notice (08 June 2026) – <https://www.ugc.gov.in>

News Report – <https://timesofindia.indiatimes.com/education/news/ugc-directs-universities-to-upload-2025-academic-records-on-abc-platform-by-june-30-check-official-notice/articleshow/131609296.cms>

Source: <https://share.google/cdWbENuqmqYh5vIbX>

IIT Mandi Launches B.Tech Programme in Quantum Science and Engineering

The **Indian Institute of Technology (IIT) Mandi** has introduced a new **B.Tech programme in Quantum Science and Engineering** from the 2026–27 academic session, becoming one of the first IITs to offer a dedicated undergraduate degree in this emerging field. The programme has been designed to prepare students for careers in quantum computing, quantum communication, quantum sensing, quantum materials, and quantum hardware technologies.

Along with Quantum Science and Engineering, IIT Mandi has also launched **B.Tech programmes in Agricultural Engineering with Data Analytics** and **Chemical Engineering with Data Analytics** to address the growing demand for interdisciplinary and data-driven technological expertise. These programmes aim to equip students with skills relevant to future industries and advanced research domains.

The initiative reflects IIT Mandi's commitment to promoting innovation and developing a skilled workforce for next-generation technologies, particularly in the rapidly evolving field of quantum science.

Reference:

Hindustan Times (08 June 2026) – *"IIT Mandi launches B.Tech programme in Quantum Science and Engineering"*

<https://www.hindustantimes.com/education/news/iit-mandi-launches-b-tech-programme-in-quantum-science-and-engineering-101780914168301.html>

IIT Mandi Official Website:

<https://www.iitmandi.ac.in>

Centre for Quantum Science and Technologies (CQST), IIT Mandi:

<https://cqst.iitmandi.ac.in/>

STATE (JHARKHAND):

1. Jharkhand Government to Provide Free Coaching for Competitive Examinations

The Jharkhand Government has strengthened its initiative to provide **free coaching facilities** to students preparing for competitive examinations such as JEE, NEET, CLAT, and UPSC. The programme aims to support talented students from economically weaker sections and improve their access to quality preparation resources.

Reference:

<https://www.jharkhand.gov.in>

2. Expansion of Digital Learning Infrastructure in Government Schools

The Department of School Education and Literacy, Jharkhand, is continuing efforts to enhance **digital learning infrastructure** in government schools through smart classrooms, ICT laboratories, and digital learning resources. The initiative is expected to improve the quality of teaching and learning across the state.

Reference:

<https://jepc.jharkhand.gov.in>

3. Jharkhand Universities Strengthen Academic Bank of Credits (ABC) Implementation

Universities and colleges across Jharkhand are accelerating the implementation of the **Academic Bank of Credits (ABC)** system in line with the National Education Policy (NEP) 2020. The initiative will facilitate credit transfer, multiple entry-exit options, and improved academic flexibility for students.

Reference:

<https://www.ugc.gov.in>

4. Ranchi University Promotes Skill-Based and Vocational Education

Ranchi University has expanded skill-oriented and vocational courses to enhance students' employability and align higher education with industry requirements. The initiative focuses on practical learning, entrepreneurship, and career readiness.

Reference:

<https://www.ranchiuniversity.ac.in>



COLLEGE:

International Yoga Day Celebrated with Great Enthusiasm at S.B. Pandey Sanatan Teachers Training College, Rehala

S.B. Pandey Sanatan Teachers Training College, Rehala celebrated **International Yoga Day** on **21 June 2026** with great enthusiasm and dedication under the guidance of the Principal. The programme witnessed the active participation of faculty members, non-teaching staff, and B.Ed. students.

The event commenced with a brief address highlighting the significance of yoga in promoting physical fitness, mental well-being, and a balanced lifestyle. Thereafter, under the guidance of a trained yoga instructor, participants performed various yoga postures, including **Surya Namaskar, Tadasana, Vrikshasana, Bhujangasana, Vajrasana**, along with **Pranayama** and **meditation**.

Addressing the gathering, the Principal emphasized that yoga is India's invaluable gift to the world and an effective means of achieving holistic health. He encouraged all students and staff members to incorporate yoga into their daily routine to lead a healthy, disciplined, and stress-free life.

The programme concluded with a pledge by all participants to practice yoga regularly and promote a healthy lifestyle. The celebration successfully created awareness about the importance of yoga and inspired everyone to adopt it as a way of life, reflecting the institution's commitment to the overall development and well-being of its students.





Dr. Ranju Prajapati
Principal, SBPSTTC, Rehala

राष्ट्रीय सेवा योजना (NSS): सेवा से व्यक्तित्व निर्माण

प्रिय विद्यार्थियों,

राष्ट्रीय सेवा योजना (NSS) केवल एक गतिविधि नहीं, बल्कि जीवन को सार्थक बनाने की एक प्रेरणादायक यात्रा है। इसका उद्देश्य युवाओं में सेवा-भाव, अनुशासन, नेतृत्व क्षमता तथा सामाजिक उत्तरदायित्व का विकास करना है। एक विद्यार्थी के रूप में आपकी शिक्षा तभी पूर्ण मानी जाएगी, जब आप अपने ज्ञान और कौशल का उपयोग समाज एवं राष्ट्र के कल्याण के लिए करेंगे।

एनएसएस शिविर आपको समाज के निकट ले जाता है। यहाँ आप स्वच्छता, पर्यावरण संरक्षण, स्वास्थ्य जागरूकता, साक्षरता, वृक्षारोपण तथा सामुदायिक सेवा जैसी गतिविधियों में भाग लेकर लोगों के जीवन में सकारात्मक परिवर्तन लाने का प्रयास करते हैं। ऐसे अनुभव आपको संवेदनशील, आत्मविश्वासी और जिम्मेदार नागरिक बनने की दिशा में आगे बढ़ाते हैं।

मैं आप सभी से आग्रह करता हूँ कि राष्ट्रीय सेवा योजना की गतिविधियों में सक्रिय रूप से भाग लें। सेवा का प्रत्येक छोटा कार्य समाज में बड़ा परिवर्तन ला सकता है। याद रखें, सच्ची शिक्षा केवल पुस्तकों तक सीमित नहीं होती, बल्कि समाज के प्रति अपने दायित्वों को समझने और उन्हें निभाने में निहित होती है।

आइए, हम सभी "स्वयं से पहले समाज" की भावना के साथ आगे बढ़ें और राष्ट्रीय सेवा योजना के आदर्श वाक्य "Not Me, But You" को अपने जीवन का मार्गदर्शक बनाएं। आपका उत्साह, समर्पण और सेवा-भाव ही एक सशक्त समाज और विकसित राष्ट्र की आधारशिला है।

आप सभी के उज्ज्वल भविष्य एवं सफल जीवन के लिए मेरी हार्दिक शुभकामनाएँ।

Principal
SBPSTTC

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TEACHERS TRAINING COLLEGE





Mrs. Yogita Rani
Asst. Prof. SBPSTTC, Rehala

आज की शिक्षा

शिक्षा थी कभी संस्कारों की ज्योति,
ज्ञान, विवेक और जीवन की प्रीति।
आज अंकों की दौड़ में खो गई,
मानवता की राह कहीं सो गई।
किताबों का बोझ कंधों पर भारी,
सपनों से बड़ी हो गई तैयारी।
रटने की आदत, समझ हुई कम,
अंकों के पीछे भागे हरदम।
मोबाइल, इंटरनेट और नई तकनीक,
ज्ञान का सागर भी, भ्रम भी अनेक।
सही दिशा यदि गुरु दिखलाएँ,
तो विद्यार्थी ऊँचाइयाँ छू जाएँ।
शिक्षा का उद्देश्य केवल नौकरी नहीं,
चरित्र निर्माण से बड़ी उपलब्धि कहीं नहीं।
सत्य, सेवा और सदाचार अपनाएँ,
देश और समाज का गौरव बढ़ाएँ।
आओ मिलकर ऐसी शिक्षा लाएँ,
जो जीवन को सही राह दिखाएँ।
ज्ञान के संग संस्कार भी हों साथ,
तभी उज्ज्वल होगा भारत का हर पथ।

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Mr. Sudhir Dubey
Computer Operator, Rehala

योग : स्वस्थ जीवन की आधारशिला

योग भारत की प्राचीन सांस्कृतिक धरोहर है, जो शरीर, मन और आत्मा के मध्य संतुलन स्थापित करने की अद्भुत कला है। यह केवल शारीरिक व्यायाम नहीं, बल्कि एक समग्र जीवन-पद्धति है जो व्यक्ति के शारीरिक, मानसिक, बौद्धिक एवं आध्यात्मिक विकास का मार्ग प्रशस्त करती है।

आज के व्यस्त एवं तनावपूर्ण जीवन में योग का महत्व पहले से कहीं अधिक बढ़ गया है। नियमित योगाभ्यास से शरीर स्वस्थ, मन शांत तथा विचार सकारात्मक बने रहते हैं। योग के विभिन्न आसन, प्राणायाम एवं ध्यान न केवल रोगों से बचाव में सहायक हैं, बल्कि एकाग्रता, आत्मविश्वास, अनुशासन एवं कार्यक्षमता को भी बढ़ाते हैं।

शिक्षा के क्षेत्र में योग का विशेष महत्व है। शिक्षक एवं विद्यार्थी यदि योग को अपनी दैनिक दिनचर्या का हिस्सा बनाएं, तो वे बेहतर मानसिक संतुलन, धैर्य, सृजनात्मकता तथा सकारात्मक दृष्टिकोण विकसित कर सकते हैं। योग स्वस्थ शिक्षण वातावरण के निर्माण में भी महत्वपूर्ण भूमिका निभाता है।

अंतर्राष्ट्रीय योग दिवस हमें यह संदेश देता है कि स्वस्थ समाज और सशक्त राष्ट्र के निर्माण के लिए स्वस्थ नागरिकों का होना आवश्यक है। इसलिए हमें प्रतिदिन कुछ समय योग के लिए अवश्य निकालना चाहिए और अपने परिवार, समाज तथा विद्यार्थियों को भी योग अपनाने के लिए प्रेरित करना चाहिए। योग केवल शरीर को स्वस्थ रखने का माध्यम नहीं, बल्कि आत्मअनुशासन, आत्मचिंतन और समग्र व्यक्तित्व विकास की जीवनशैली है। आइए, योग को अपनाकर स्वस्थ, संतुलित और सकारात्मक जीवन की ओर अग्रसर हों।"

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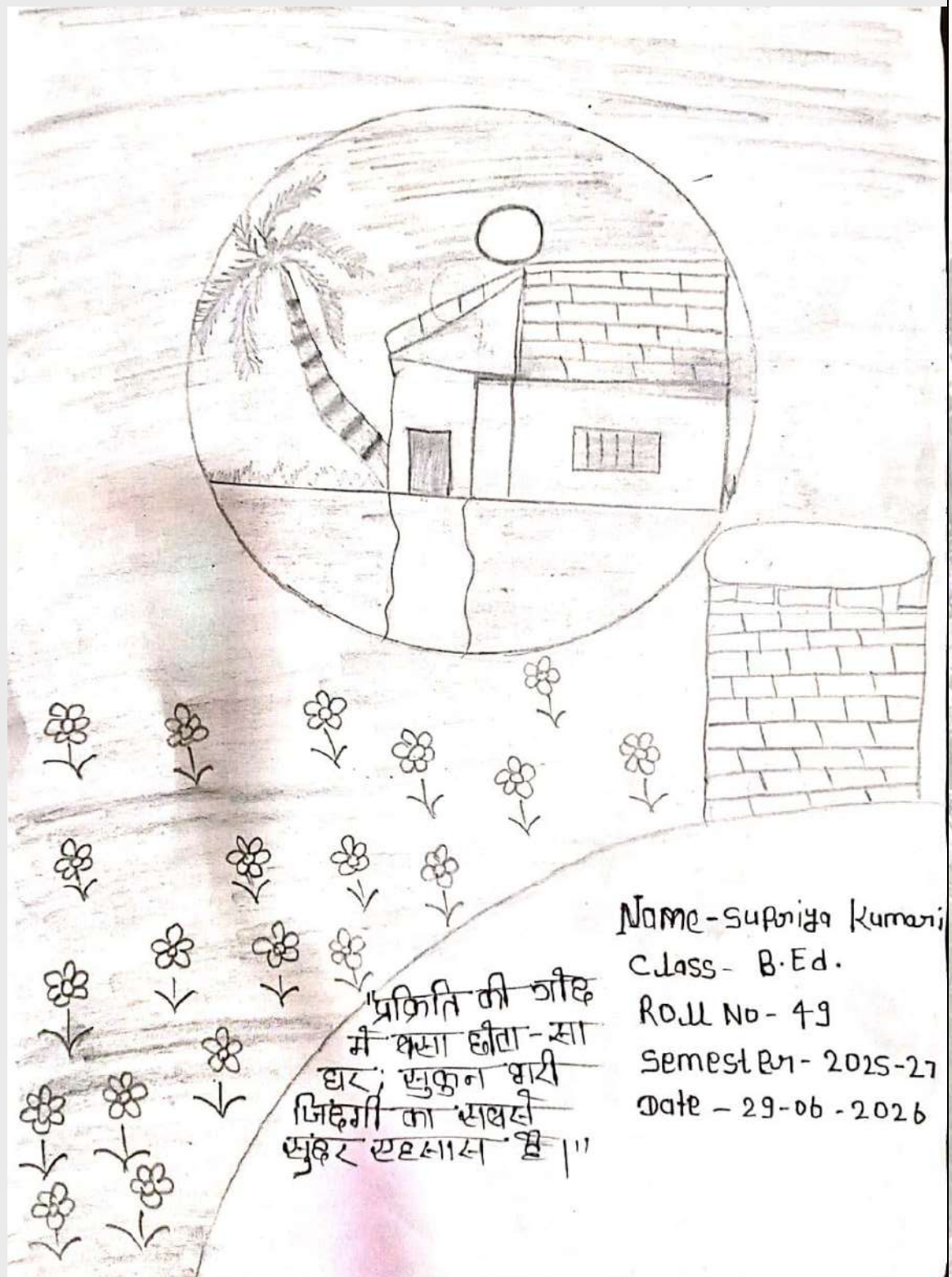
STUDENT CORNER

Supriya

Kumari

Roll No- 49

B.Ed. -2025-27



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Priti
Thakur
Roll No- 50
B.Ed. -2025-27

बेटी

बेटी कोई बौझ नहीं होती
वो तो घर की रौशनी होती है,
जिस आँगन में उसकी हँसी गुँजे,
वही सच्ची खुशियाँ होती हैं...
वो नाजुक सी दिवली जलरू है,
पर झंझर से बहुत मजबूत होती है,
हर बड़े को चुपचाप सँभर भी
सबके लिए मुकाम बन जाती है।
कमी माँ बनकर संभालती है
कमी दौलत बनकर समझाती है --
हर रिश्ते को दिल में निभाकर,
घर को पूरवा बनाती है।
जिस घर में बेटी होती है,
वो घर खुद में एक दुनियाँ होती है,
सत्य में, बेटी सिर्फ एक रिश्ता नहीं,
भगवान का सबसे खूबसूरत तोहफा होता है।

धीती डाकुट

Roll no - 50
Session - 25-27

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**Shabnam
Bano
Kumari
Roll No- 52
B.Ed. -2025-27**

एक राजा की बेटी

एक राजा की बेटी की शादी होनी थी बेटी की शादी थी कि जो बीस तक गिनती सुनाएगा पति राजकुमारी का पति बन जाएगा लेकिन गिनती ऐसी होनी चाहे जिसमें सात खंसार समा राजाओं के लिए भी अब एक तरफ राजकुमारी का परण दूसरी तरफ एक-एक करके पकवान भी तैयार किये पढ़ने सभी दावत का आनंद लेते फिर समा में राजकुमारी का स्वयंवर शुरू होता एक से बढ़कर एक राजा महाराज आते हैं सभी गिनती सुनाते हैं जो उन्होंने पढ़ी हुई थी लेकिन कोई भी ऐसी गिनती नहीं सुना पाया जिससे राजकुमारी संतुष्ट हो जाए अब जो भी आता कोई स्वाकर चला जाता कुछ राजा तो आगे ही नहीं आते उनका कहना था कि गिनती तो गिनती होती है। राजकुमारी पागल हो गईं केवल इस खर्क बेज्जती करवाना चाहती है। सब गणरा देखकर एक दलवाई दलवाई लाओला डूब मरी राजाओं आप सब को बीस तक की गिनती नहीं आती मैं सुनकर सभी राजाओं ने उसे रंड देने की कहा राजा ने उससे पूछा क्या तुम गिनती जानते हो यदि जानते हो तो सुनावो दलवाई बीला है राजन यदि मैंने गिनती सुनाई तो क्या राजकुमारी मुझसे शादी करेगी? क्योंकि मैं आपके बराबर का नहीं हूँ मैं सुनते ही पास बैठी राजकुमारी बीली यदि तुम मैं सही से गिनती सुनाऊंगी तो मैं तुमसे जरूर शादी करूंगी अगर नहीं सुना पाएंगी तो तुम्हें तो मृत्युदंड मिलेगा राजा की आज्ञा लेकर दलवाई ने गिनती शुरू की उसने कहा एक भगवान, दो पक्ष, तीन लोक, चार मुग, पांच पांडव, छह शास्त्र, सात वार, आठ खंड, नौ गृह, दस दिशा, ग्यारहों रूप, बारह महीने, तेरह रत्न, चौदह विद्या, पंद्रह तत्व, सोलह भाष्य, सप्तद वनस्पति, अठारह पुराण, उन्नीस वी तुम और बीसवां मैं मैं सुनते ही सब लोग दबके-दबके रह गए और राजकुमारी दलवाई से शादी कर लेती है। इस गिनती में खंसार की खरी वस्तुएँ मौजूद हैं तो गिनती में यदि रखना शिक्षा से बड़ा तजुबी होता है, डिग्री से ज्यादा अनुभव जरूरी है।

नाम - शबनम बानो
रॉ - B.Ed.
रोल नं० - 1252
सत्र - 2025-27
दिनांक - 25-06-2026

ACTIVITY GALLERY

Date	Activity	Venue
21-06-2026	Yoga Day	Campus
 <p>Rehla, Jharkhand, India 🇮🇳 6v9p+29f, Jn Neargarhwa Road, Rehla, Jharkhand 822124, India Lat 24.217446° Long 83.885842° Sunday, 21/06/2026 10:41 AM GMT +05:30</p>		
 <p>Rehla, Jharkhand, India 🇮🇳 6v9p+29f, Jn Neargarhwa Road, Rehla, Jharkhand 822124, India Lat 24.217453° Long 83.885888° Sunday, 21/06/2026 10:00 AM GMT +05:30</p>		
 <p>Rehla, Jharkhand, India 🇮🇳 6v9p+29f, Jn Neargarhwa Road, Rehla, Jharkhand 822124, India Lat 24.217424° Long 83.885918° Sunday, 21/06/2026 09:15 AM GMT +05:30</p>		

International Day of Yoga Celebration

On 21 June 2026, S.B. Pandey B.Ed. College, Rehala, Palamu celebrated the **International Day of Yoga** with great enthusiasm. Under the guidance of the Principal, students, faculty members, and staff actively participated in a collective yoga session. Various yoga asanas, pranayama, and meditation practices were performed to promote physical fitness, mental well-being, and a healthy lifestyle. The programme aimed to create awareness about the importance of yoga and encourage its regular practice. The event concluded with a pledge by all participants to make yoga a part of their daily lives.

Date	Activity	Venue
25-06-2026	IV Practical Examination Conducted Successfully	Campus
		<p>Nilamber Pitamber University B.Ed. Session 2023–25 Semester-IV Practical Examination Conducted Successfully</p> <p>On 25 June 2026, S.B. Pandey B.Ed. College, Medininagar, Palamu successfully conducted the B.Ed. Semester-IV Practical Examination for the Session 2023–25 under the guidelines of Nilamber Pitamber University, Medininagar. The examination was held in a disciplined, transparent, and well-organized manner under the supervision of the appointed external and internal examiners. Student-teachers actively participated in teaching demonstrations, practical activities, and viva-voce with enthusiasm and confidence. The successful conduct of the examination reflected the college's commitment to academic excellence and quality teacher education.</p>

Date	Activity	Venue
30-06-2026	Farewell Ceremony Held in Honour of Mr. Ramesh	Campus
		<p>Farewell Ceremony Held in Honour of Mr. Ramesh</p> <p>Date: 30 June 2026</p> <p>A heartfelt farewell ceremony was organized at S.B. Pandey Sanatan teachers Training College, in honour of Mr. Ramesh. The programme was attended by the Principal, faculty members, non-teaching staff, and other members of the college fraternity. During the ceremony, the speakers appreciated Mr. Ramesh's sincere service, dedication, and valuable contributions to the institution. They expressed their gratitude for his commitment and wished him good health, happiness, and continued success in his future endeavours.</p> <p>As a token of love and appreciation, Mr. Ramesh was presented with a bouquet and a memento by the college family. The programme concluded with heartfelt wishes for his bright, healthy, and prosperous future.</p>

Coming Events

SL.No	Events	Date
01	NSS Camp	01 July to 07 July 2026
02	World Population Day	11 July 2026
03	Kargil Vijay Diwas	26 July 2026
04	World Nature Conservation Day	28 July 2026

TEACHERS TRAINING COLLEGE



S.B. PANDEY SANATAN
(Recognized by U.C.E.D., Government of India)

SB PANDEY SANATAN TEACHERS TRAINING COLLEGE
REHLA, PULBANA, GUJARAT-389004
Affiliated to Gujarat Sahitya Akademi, Gandhinagar, Gandhinagar, Gandhinagar

Contact



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