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NEWS LETTER

BIYANI GIRLS B.Ed. COLLEGE

Sector-3, Vidhyadhar Nagar, Jaipur

Practise English in the Summer vacation : Dr. Sanjay Biyani

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Introduction :

The summer vacation is a good time for you to work on improving your English. In fact, if you do nothing at all in the summer, you may find it difficult at the start of the new academic session. It is particularly useful if you can concentrate on the aspects of your English where you are not so strong. (If you don't know what they are, ask your English teacher!)

Some of the things you can do -

- Develop your listening skills (by listening to story CDs or watching English language videos)
- Practice speaking (if you can find someone to speak English to, otherwise try your parents or your friends!)
- Do vocabulary exercises
- Do grammar exercises (there are now many grammar practice sites on the Internet)
- Write one page of your daily events in your diary.

The importance of reading :

All of the suggestions in the above list can be useful, but probably the best thing to do in the summer is: READ. Reading in English can increase your vocabulary, improve your spelling, help you learn grammar, and make you a better writer. Reading English books and

discussing them with your friends in your own language is a good way of increasing your understanding of the elements of fiction - for example, how writers describe setting, create interesting and believable characters, develop plot, explore a theme, etc.

It may seem strange, but if you read good books - both fiction and non-fiction - in your own language, it will help you in English, too. This is because reading is like any other skill - the more you practise, the better you become. Reading also increases your knowledge of the world around you, which can help you when you come to study different topics in your College. And once again, discussing what you read with your parents/ friends in your own language will help you to deepen your understanding.

All these are good reasons to read, but the most important reason is that reading can be such an enjoyable activity - particularly when you yourself choose what to read.

Preparing for next year's subject work

Another very useful way to prepare for the new session is to find out what topics will be taught in your subject classes in the next session; for example, in science or humanities. If you borrow a textbook, you will be able to read up about those topics in advance.

Advice to Students on How to Become A+ Students : Dr. Kusumlata

Biyani Girls B.Ed. College

Self-esteem is how we feel about ourselves, and our behavior clearly reflects those feelings. It is a major key to success in life. The development of a positive self-concept or healthy self-esteem is extremely important for the happiness and success of children and teenagers.

Parents, more than anyone else can promote their child's self-esteem. Parents are often quick to express negative feelings to children but somehow don't get around to describe positive feelings. Children remember positive statements we say to them. They store them up and "replay" these statements to themselves. Parents should be generous with praise.

Psychologists have found that negative self-talk is behind depression and anxiety. What we think determines how we feel and how we feel determines how we behave. Therefore, it is important to teach children to be positive about how they "talk to themselves."

Children make decisions all the time but often are not aware that they are doing so. There are a number of ways parents can help children improve

their ability to consciously make wise decisions. Parents must recognize when he/she has made a good decision.

Self discipline is very important. All kids and teens need to accept responsibility for their behavior. To help children learn self-discipline, the parent needs to adopt the role of coach/teacher rather than that of disciplinarian and punisher.

Encourage your children to develop hobbies and interest which give them pleasure and which they can pursue independently.

Help your children think in terms of alternative options and possibilities rather than depending upon one option for satisfaction. The more you help your children realize that there are many options in every situation, the more you increase their potential for satisfaction.

Children thrive on positive attention and need to feel loved and appreciated. Laugh with your children and encourage them to laugh at themselves. A good sense of humor and the ability to make light of life are important ingredients for increasing one's overall enjoyment.

How to Choose A Career

Like many people, you may be wondering how to choose the right career. The most important thing you can do when you are trying to pick a career is to choose one that is right for you. Finding out what career is a good fit for you is truly all that matters. Choosing a career involves 4 main stages namely Self Awareness, Opportunity Awareness, Decision Making, Taking Action. The first stage of Career Choice is Self Awareness. This involves looking at your Skills, Values, Interests And Personality and analysing where your strengths and weaknesses lie. This is important both in choosing the right career and also for success in applications and interviews where you will find many questions which test whether you have been through this process. Once you have done some preliminary self analysis, the next stage is to gather information on the opportunities open to you. Of course, the other important part in making decisions is discussing it with other people. Friends, family and tutors can all play an important part here.

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Powerful Defender Secrets

Being a defender in soccer is not easy. In today's modern game, you need to possess both defensive but also offensive skills in order to make it to the top. Tackling and clearing the balls is not enough anymore; you must have more skills than that!

Many players aren't aware of this, which limits their full potential greatly. Imagine having the potential to rise to the top and reach the largest soccer stadiums, only to fall short and be left behind. That's not a future anyone wants, of course. Thankfully, we can avoid it together.

The desire to see you succeed is why I'm finally pulling back the curtain and revealing exactly what it takes to elevate your game as a defender.

Take the Struggle Out of Elevating Your Game ... Let Me Show You The Fastest Way To the Top!

It's important that you understand that having success without failures is impossible and that you need to fail a lot of times before you succeed. Luckily, in this book I am going to remove a lot of those pitfalls and show you how you can succeed instantly.

Let's get a few things out of the way here: you can't rise to the top without a few failures. You may have to fail a lot of times before you actually make it. I know I did when I started playing soccer. The point of this book is to help you shortcut all of the mistakes and get back to the victory part. Because victory just feels great, right? If you focus on how good success feels, you'll be able to deal with the slow rise to glory.

The biggest component of your success will be the mind set you have through the entire journey. You can't become a successful soccer player at the largest stadiums with a bad attitude. It will seep into everything that you do. The worst thing you can do is read this book and not take action.

If you do take action, I guarantee you that you will see some really amazing improvements in your game. You'll also notice that you've simply transformed into a more skillful defender, practically overnight by implementing the secrets outlined in this book.

Important Tips for Good Parenting

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Procrastinate or Prioritize : Your choice will decide your destiny

Prioritizing work and setting short term goals can easily turn one's dream into reality. It is commonly seen that most of the students have not learned how to prioritize tasks. Most of the students keep postponing their academic commitments, not realizing that this may build severe pressure at the later stage.

This is a habit that has needed attention. As per the neuroscientists, the students who are not comfortable with the subject, i.e. their understanding of the topic is not up to the mark, missed classes due to illness or other reasons tend to shy away from that subject and keep postponing its learning.

We can stop procrastinating our work and make our life clutter free by keeping in mind, the following tips:

1. Make a "TO DO List", writing the tasks of highest importance at

the top.

2. Keep track of the assignment's deadlines, so that the approaching deadlines may be tackled first.
3. Divide your syllabus into small units and assign the time in hand, accordingly.
4. The topic in which you are comfortable can be finished first as they will give you a moral boost and will create an illusion of finishing your syllabus at a faster pace.
5. The topics you are not proficient in should be taken up and discussed with your teachers or searched online. Only some commitment is required.

Life is not always a bed of roses, each human has a story to tell but how you take it is all what matters.... as a lesson or an obstacle.

कार्यक्रम सत्र : 2012-13

CAMPUS EVENTS @ BGBC



Spectrum



10th Biyani International Conference
(Role of Gender in Promoting Quality Education)



Visit of RPSC's Chariman
Lalit K. Panwar



Annual Function (Urja Ke Sabrang)



Farewell



India-Japan-Bangladesh Tele-Medicine Workshop



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Career Counseling Seminar BGBC



Farewell BGBC



CERTIFICATE COURSE BGBC

Visit to Apna Ghar NGO BGBC

World Environment Day BGBC



Kalpna Chawla Memorial Award BGBC

