

# संस्करण

## *Mehkama-E-Taleem, Khabarnama*

An e-Newsletter of the Department of Education,  
Shyama Prasad Mukherji College for Women, University of Delhi



# सफर

## *Mehkama-E-Taleem, Khabarnama*

*An e-Newsletter of the Department of Education,  
Shyama Prasad Mukherji College for Women, University of Delhi*

### *In this Issue:*

- *Idaria.....02  
(Editorial)*
- *Mehkama-e-Taleem .....03  
(Updates about the Department)*
- *Chhune Chale Aasmaan ...03-04  
(Recognising the accomplishments  
of students)*
- *Nuqta-E-Nazar.....04-05  
(In Conversation with Dr. Toolika  
Wadhwa)*
- *Chehal-Kadmi.....06-12  
(Documenting the events and  
activities of the department)*
- *#WhatMakesMeHappy.....13-14*
- *Acknowledgments.....15*

factors are largely responsible for this grim reality, the impact of socio-political milieu of the country in particular and the world as a whole on mental health also cannot be ignored. In such an atmosphere, it becomes requisite for our teachers to lend a guiding hand to learners while not compromising their mental health. It is vital that we create a culture of tête-à-tête not only in our classrooms but outside as well. The trouble is that it has become almost customary to “not talk “about the mental health of our students and teachers. Breaking away from this tradition of silence, this special edition of SAFAR adjusts its lens so as to bring into focus- mental health and wellbeing. We have invited Dr. Toolika Wadhwa as our guest columnist to enrich our knowledge with her insightful line of thought on the same Giving new colors to eduselfie, the team has also laid the groundwork to begin a custom of focussing on the positive aspects of life, allowing the wrinkles to be accompanied with only and only mirth and laughter vis-à-vis #WhatMakesMeHappy. So, musafirs tighten up your seatbelts to embark on this enlightening SAFAR with us.

### *सफर*

#### *Editorial*

“With mirth and laughter let old wrinkles come” - *The Merchant of Venice*

It seems that the advice of perhaps the most legendary writer of all times, *Shakespeare*, has been done and dusted as India stands at 140th place out of 156 countries in the UN's world Happiness Report 2019. The World Health Organization also declared India as one of the most depressed countries in the world wherein suicide is one of the biggest causes of deaths in the age group of 15-24. These facts clearly point out that the present-day youth is falling into the dark dungeons of depression. Unrealistic expectations and aspirations of parents, cut-throat competition, peer pressure, artificial intelligence which leads only to artificial relationships, social media creating fear of missing out, examination system committing mass intellectual genocide all adds up to growing depression in the young generation. Although the above mentioned

- *Nidhi Soni (B.Ed II Year)*

# ਸਫਰ-ੴ-ਸਾਹਮ

## Updates About the Department

The teachers and students of Department of Education continued to work with full fervour under the in-charge-ship of Ms. Shivani Arora. Dr Sajjad Ahmed left the department to continue his professional journey as a permanent faculty member at Jamia Millia Islamia. We wish him good luck. Ms. Pushpa Kumari, Mr. Sanjit Das and Ms. Rajrani joined our department in the past few months. We welcome them to be a part of our journey. The department undertook a number of activities, organized lectures, field visits and workshops in the past six months. All this and more in this issue of *Safar*.

## ਲੋਕ ਕਲੇ ਅਤਸਮੀ

### Recognising the Accomplishments of Students

**Results:** Our students came out with flying colours in the annual examinations held in May-June 2019. The position holders are as follows:

#### B.Ed 1<sup>st</sup> Year

*First Position : Nilisha Singh  
(First Position in University of Delhi)*  
*Second Position : Mahima Baranwal*  
*Third Position : Madhurima Sarkar*

#### B.Ed 2<sup>nd</sup> Year

*First Position : Nikita Singh  
(Fourth Position in University of Delhi)*  
*Second Position : Komal Rajwansh*  
*Third Position : Seema Meena*

#### B.El.Ed 1<sup>st</sup> Year

*First Position : Saloni Jindal  
(Fourth Position in University of Delhi)*  
*Second Position : Shruti Tyagi*  
*Third Position : Umang*

#### B.El.Ed 2<sup>nd</sup> Year

*First Position : Mamta Kaushik*  
*Second Position : Antim*  
*Third Position : Babita*

#### B.El.Ed 3<sup>rd</sup> Year

*First Position : Apoorva Chand*  
*Second Position : Diksha Anjan*  
*Third Position : Divya*

#### B.El.Ed 4<sup>th</sup> Year

*First Position : Shuchita Tuli  
(Fourth Position in University of Delhi)*  
*Second Position : Meenakshi Nirmal*  
*Third Position : Preet Kaur*

Ms. Babita Pandey of B.El.Ed II year worked with 'Navrang Theatre Society of SPM' and acted in a play called Faisla, written by Mrs Maitreyi Puspa and Directed by Mr Sandeep Rawat. The play raised voice against the social evils like dowry and sexual harassment.





Gauri Tiwari of B.El.Ed III year secured second position in 'District Yoga Competition' which was organised by the State Yoga & Sports Association on 22 November 2019. She also secured fourth position in 'State Yoga Competition' on 30 November 2019.



Ms. Mallika Gupta of B.El.Ed 2nd year is a member of the college hockey team. Together with the team she secured second position in NSUI Cup, second runner-up in Bharti Cup and secured first position in the Delhi University Inter-College Competition in the year 2019-20.

## ग्रन्थ-पत्र

### Opinion: Mental Health in Times of Stress and Strife

Newspaper reports point towards a variety of serious mental health concerns in school going children. These range from violence and aggression, sexual abuse, and academic stress leading to psychological disorders and in extreme cases, suicide. In addition, we are all aware of increasing academic pressures, stress from a performance driven, competitive world, impact of technological gadgets and exposure through media, body image concerns, changing family dynamics and peer relationships. All of these, in themselves, and in their interactions with each other, are important concerns for the mental health of children. What this indicates is that mental health of children and adolescents is based on a complex interplay of these and probably other factors such as gender, class, and caste. Thus, mental health is a personal phenomenon and varies from one individual to another.

While the factors raised above are important, it is equally important to note the important role of the large social and political landscape in which children are growing up. This brings in the element of temporality in the construct of mental health. The existential school of thought for instance arose in response to experiences of the Second World War and the angst arising out of the lived experiences of people in war torn Germany. News reports have indicated incidents of mass hysteria in school children in conflict areas, including in Kashmir. Psychologists consider these episodes of groups engaging in days of laughter or long episodes of crying to be a response to repressed emotions that have not found expression elsewhere. The past few months have seen protests in various parts of the

country in response to a range of political decisions including with reference to the special status of Jammu and Kashmir, citizenships in Assam, protests by University students against fee hike, University teachers for appointments, and the recent protests about Citizenship Amendment Act. Some of these protests would have a direct impact on children who live in regions that are directly affected, or students of the universities impacted by protest. However, children who are not involved in these protests are also not unaffected. A three year old girl saw a burning bus on television and asked her mother about why people are fighting! Young children may not be able to make sense of the larger issues involved in the protest but they listen to conversations of adults around them, they see the tense faces of people trying to find ways to reach their work places, and sense the tension in parents' voices. Adolescents may follow up the issues over television and social media, may form their opinions which may be based on half-baked information. Incidents of caste and religious based bullying have been reported in various schools across the world, particularly post 9/11 terror attacks. Thus mental health is not just personal but is strongly influenced by the events around us.

With this understanding it is pertinent to point out the role of teachers. Often conflict situations are marked by closing of schools and suspension of classes, till the time the state feels that the schools are places safe to resume their work. Sometimes issues of conflict that are spoken in hushed tones at home are never discussed in schools either. Conflicting family opinions carried forward by students sometimes lead to tensions between peers. Teachers tend to shy away from discussing controversial issues for fear of not being able to handle diverse responses. Teachers need to understand that their role is not to provide answers or to take a political stand. Keeping personal political ideologies aside, teachers need to create a space for students to share their thoughts and ideas, voice their concerns, fears and anxieties. Some of these may in fact be irrational. Open spaces provide for students to build peer communities of emotional and physical support. They learn from each other and develop skills of communication and empathy.

It is also important, in this age of post truth, for teachers to encourage students to become aware citizens. A classroom culture where multiple perspectives are discussed would provide space for the recognition of false binaries. Of course, the teacher cannot undertake this alone. Students have to take the responsibility of tapping into multiple sources of information- community, print media, electronic media and social media. Becoming aware of multiple 'truths' develops the important life skill of critical thinking, and not taking anything at face value.

Another significant aspect that needs some reflection is the possibility of rebellion. While voices of resistance have an important place in any democracy, adolescents also need to be reminded to think carefully before adopting a rebellious identity. In a quest for finding meaning in life and a cause to work towards, adolescents can possibly be swayed by groups that claim to work towards changing the world. A sense of heroism in itself can be motivating factors for adolescents to participate in protests, sometimes without understanding the concerns at hand and the ramifications of participating in protests. On one end of the spectrum is also the possibility of extremist groups providing absolute answers to social and political problems. Sadly, division along religious and communal lines has become an easy base factor to divide friends and neighbours. It is thus pertinent to not just discuss fundamentalism but also the widespread use of propaganda to caution students across age groups, to revisit thoughts and ideas that they hear and read.

It is through discussion that teachers can hope to develop a world where people are more at peace with self and with others.

- **Dr. Toolika Wadhwa, Assistant Professor, Department of Education, SPMC(W)**

# દાદી-ફાદરી

Events and Activities in the Department

## Orientation of B.Ed and B.El.Ed Students



and B.El.Ed IV year students. Ms Anuja Sarda (Doctoral Student and Graduate Assistant, University of Georgia), took a special session on Writing Reflective Journals with B.El.Ed IV year students. Our alumni Ms Shuchita and Ms Mayanka took an orientation session on school internship and Ms Himanshi took an orientation session on time management and EVS lesson planning with B.El.Ed IV year students. Ms Manisha Yadav, Ms Minakshi Chandola, Ms Nikita Singh, Ms Gulshama, Ms. Aarti Singh, Ms Bhawna, Ms Komal Rajwansh, Ms Shruti, Ms Liny Thomas, Ms K. Anuradha, Ms Seema Meena, Ms Karuna Mudgal, Ms Aakriti and Ms Barkha Pradhan attended different orientation slots to orient B.Ed I year.



Phase II: The second phase of orientation session was held on 22 August 2019 for freshers of B.El.Ed and B.Ed programmes. The day started with a Welcome Address by the HOD of the Department of Education, Ms. Shivani Arora where she warmly welcomed and introduced the students to the courses and their curriculum. This was followed by the paper-wise orientation, conducted by the respective subject teachers. Mr. Vijit Bhargava and Ms. Sukriti Khurana undertook orientation for their respective practicums, namely “Craft and Participatory work” and “Performing and Fine Arts”. This in-depth understanding of the course structure served to prepare students with expectations from this program. Senior students of B.El.Ed and B.Ed played ice breaker games with the freshers of both the courses while B.Ed I year students presented a short skit. Senior students also shared their experience of the course with the freshers and guided them regarding the subjects and requirements.



The orientation programme for all the years of B.El.Ed and B.Ed was organised in the months of July and August 2019. Owing to delayed admissions of B.El.Ed and B.Ed I year students, their orientation was held in August 2019. Thus, Orientation programme was conducted in two phases.

Phase I: The first phase of orientation, meant for existing students was held from 22 to 24 July 2019. For each paper and practicum course, orientation was taken by the respective teachers. While students from the senior years oriented B.El.Ed II and III year, alumni took several sessions with B.Ed II year

## Freshers' Welcome 2019: Celebrating the Future



Freshers' Welcome was organized on 20 September 2019 by the Department of Education, SPMC (W) to welcome the new students of B.Ed and B.El.Ed. The event commenced with a welcome speech given by Ms. Shivani Arora, Head of the Department. This was followed by the distribution of mementos by all the senior teachers of the department to the new students. The programme also included a number of performances by students like - solo and group dances, role play, karaoke performances, etc. Miss B.Ed and Miss B.El.Ed contest was also organized in which, Ms. Santoshi Kumari and Ms. Akanksha Rawat won the titles of Ms. B.Ed and Ms. B.El.Ed respectively. The event concluded with a role play enacted by B.El.Ed III year students which highlighted the importance of well trained teachers in schools.



## School as a Learning Organisation: Learning through Innovations

A lecture on 'School as a Learning Organization: Learning through innovations' was attended by the students of B.Ed I year and B.El.Ed III year on 30 October 2019. The lecture was conducted by Sh. Ajay Choubey, Principal RPVV School, Hari Nagar, who deliberated upon important issues concerning teaching and learning. He stated that emphasis should be placed on the professional development of teachers and also stressed upon the need to build a sense of collaborative ownership amongst teachers. Understanding teacher-student interactions and implying it with active learning methods will surely help the chain. The lecture motivated students and helped them realise their roles as the supreme catalyst for change and contribute to the welfare of the students.



### Special Session: Evaluating Education Systems



A special session on 'Evaluating Education Systems' was held on 13 November 2019 for B.Ed I year and B.El.Ed I year students. The Resource person for the session was Dr. Nicolas Gravel, Director of CSH, Delhi. The lecture outlined Dr. Gravel's research which proposes a robust methodology for evaluating education systems based on the joint distribution of pupil's cognitive skill achievements and their family backgrounds. The lecture acquainted students with the idea of giving due consideration to the influence of family background on the cognitive skill acquisition process of children for evaluation. They also learnt that a good education system is the one which succeeds in breaking away the dependency of the children's skill acquisition process from their family circumstances.

### New Gandhian Era: A Tryst with Gandhi and His Enduring Educational Philosophy

On 30 September 2019, the Department of Education, SPMC (W) invited Mr. Ram Murti Sharma, Assistant Professor from Department of Education, University of Delhi for a special session on "New Gandhian Era". The session began with a general outline of Gandhi's life history. He further said that, "nothing in Philosophy of Education evolved in isolation," and went on to talk about how Gandhi's early thought was built upon the childhood stories narrated by his mother. Gandhi's time abroad and his experience with the colonial education system in particular helped him shape, 'Nai Talim' keeping in mind the Indian children. In this titular work, Gandhi laid out his educational philosophy and talked extensively about the importance of teaching in mother tongue, education which would support itself, is lifelong and how work shouldn't be separated from education. The session came to an end with an engaging discussion between Mr. Ram Murti and B.Ed and B.El.Ed I year students about the relevance and scope of the Gandhian model of education in the contemporary times.



### Interactive Session for Preparation of CTET

Ms. Gazal Rohilla, an alumna of our college B.El.Ed batch 2011-15 was invited to conduct an interactive session with B.El.Ed IV year students for preparation for CTET exam on 18 November 2019. She shared all the essential information - subject wise segregation of marks, authentic books and sources that are to be referred and position papers that are to be read thoroughly. Ms Rohilla also gave an insight into career options available after B.El.Ed. Furthermore, she shared useful tips for facing job interviews and cracking other government teaching examinations. It was an enlightening session that students found very helpful and engaging.



## National Unity Day: Celebrating Unity in Diversity

All over the country the birth anniversary of Sardar Vallabhai Patel on 31st October is celebrated as *Rashtriya Ekta Diwas* (*National Unity Day*). To mark the occasion Shyama Prasad Mukherji College organized various activities in the college premises. To support the cause of 'promoting unity', slogan writing and the poster making competitions were organized on 6 November 2019, by the Department of Education as well. The event began with a speech by the SPMC (W) Principal in which she talked about - the life, history, and the role of Sardar Patel during the freedom struggle and his thoughts about creation of a harmonious society. The event witnessed active student participation and quite interesting entries were seen in both the competitions, making it difficult for the judges to decide the winners.



### Results

#### *Slogan Writing*

**1<sup>st</sup> Position** – Prerna Jain (B.El.Ed 1<sup>st</sup> Year)  
 Vaani (B.El.Ed 1<sup>st</sup> Year)  
 Gauri Tiwari (B.El.Ed 3<sup>rd</sup> Year)  
 Aarzoo (B.El.Ed 3<sup>rd</sup> Year)

**2<sup>nd</sup> Position** – Aditi Malik (B.El.Ed 1<sup>st</sup> Year)  
 Bhawna (B.El.Ed 1<sup>st</sup> Year)  
 Bharti (B.El.Ed 1<sup>st</sup> Year)  
 Isha (B.El.Ed 1<sup>st</sup> Year)

**3<sup>rd</sup> Position** – Swathi Rana (B.El.Ed 1<sup>st</sup> Year)  
 Parul Verma (B.El.Ed 1<sup>st</sup> Year)  
 Komal Dhingra (B.El.Ed 1<sup>st</sup> Year)  
 Krishvi Suri (B.El.Ed 1<sup>st</sup> Year)

#### *Poster Making*

**1<sup>st</sup> Position** – Mansi Yadav (B.El.Ed 1<sup>st</sup> Year)  
 Muskan (B.El.Ed 1<sup>st</sup> Year)  
 Harshita (B.El.Ed 1<sup>st</sup> Year)  
 Shivani (B.El.Ed 1<sup>st</sup> Year)

**2<sup>nd</sup> Position** – Chetna Kaushik (B.El.Ed 1<sup>st</sup> Year)  
 Sana (B.El.Ed 1<sup>st</sup> Year)  
 Tabassum (B.El.Ed 1<sup>st</sup> Year)

**3<sup>rd</sup> Position** – Tarbia Siddiqui (B.El.Ed 1<sup>st</sup> Year)  
 Nikki (B.El.Ed 1<sup>st</sup> Year)  
 Mansi Luthra (B.El.Ed 1<sup>st</sup> Year)

## A Workshop on Assessment in the Language Classroom

A workshop on '*Assessment in the Language Classroom*' was conducted by Ms. Kamayani Joshi, mentor teacher with the Directorate of Education (DOE), Government of Delhi on 4 October 2019. The workshop was organised for the pedagogy of English students of B.Ed I and II year and B.El.Ed IV year students in order to help them understand the significance of assessment in classroom and how formative assessment works. The workshop specifically focused on the fundamental principles of language assessment. Ms. Joshi discussed various types of assessments and discussed how assessment



could be used as an impactful pedagogic tool for learning. Ms. Kamayani advised student teachers to be mindful of - using materials other than the text, mixing of mother tongue in initial stages and building of learners' understanding of language in myriad contexts. The workshop ended with discussion on the formative ways of assessment and how to design effective question papers for testing various language skills – listening, speaking, reading, writing. This workshop helped the student-teachers to get an exclusive insight in the world of ELT and assessment thus, helping them learn practical ways of assessing language and skills as an effective pedagogic tool in their future classrooms.

### **A Workshop on Teaching of English as a Second Language to Government School Students**



A workshop on Teaching English as a Second Language to government school students was organized for the students of B.Ed IV Year and B.Ed II Year pedagogy of English students in the college premises on 9 August 2019. The workshop was conducted by Ms. Kamayani Joshi, Mentor Teacher with the Directorate of Education, Delhi. The resource person briefed the students about the profile of students in government schools which was followed by sharing of a number of strategies for developing speaking and listening skills in students studying in government schools. A number of practical activities such as 'show and tell' and 'listen and draw' etc. were also conducted with the students who found the workshop to be extremely engaging and enriching.

### **Workshop by Jodo Gyan Shiksha Kendra**

The Jodo Gyan Shiksha Kendra conducted a workshop for B.Ed IV year students on 30 September 2019 to demonstrate how Mathematics can be taught in an interesting and yet meaningful way. The workshop laid special emphasis on concepts like fractions, geometry, multiplication, and division. Through the interactive hands-on group activities, students got to know how they can use various Jodo Gyan teaching-learning materials like Fraction Kit, Rangometry, Ganit Mala, Maan Cards, etc. to enhance learners' mathematical skills. It was a great learning experience which helped enrich their preparation for the school internship programme.



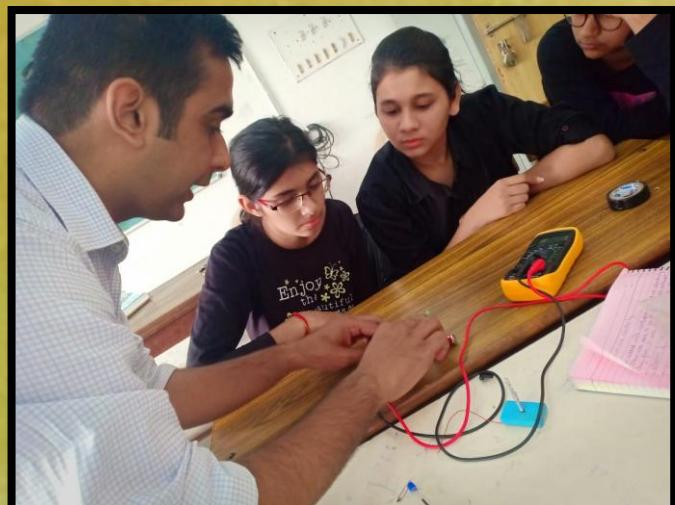
## Workshop on Learner-Centered Classroom



Ms. Madhurima Sarkar, Ms. Megha Khemani, Ms. Nidhi Soni and Ms. Rooha Jamil from B.Ed II Year attended a three-day workshop on Learner Centred Classrooms at the Regional English Language Office (RELO) of the American Centre from 15-17 October 2019 along with several mentor teachers of Delhi government schools. The workshop, headed by English Language Specialist, Dr. Lisa Morgan aimed at helping participants develop and reflect on language learning strategies to ensure learners' active participation in classrooms. Many activities such as –Icebreakers, Four Corners, Lesson Launchers, Identity sticks etc. were conducted in the workshop with specific purpose of using everyday things like a harmonica, ice cream sticks, stuffed toys, etc. innovatively.

## Workshop on 'Electricity' by Joy of Learning

A science workshop was organized on 1 November 2019 by Joy of Learning Foundation on Gamification of Science Topics for the pedagogy of Mathematics students of B.Ed I year and students of B.Ed.I.Ed I year. It focussed on a practical approach to teaching and learning of various science topics such as electricity through everyday tasks. The mentors for the day Mr. Vikas, Mr. Hitesh and Ms. Bhawna conducted a variety of activities and experiments using plastic straws, electric wires, multi-meter, ropes, etc. The workshop aimed at connecting learning with the real-life of learners. It stressed upon the need to teach science in a fun way that would not only help students but also inspire teachers to be better facilitators.



## Visit to The Heritage School by B.Ed.I.Ed IV Year



Students of B.Ed.I.Ed IV year visited The Heritage School, Rohini in the months of November and December, 2019. They got an opportunity to observe various innovative approaches for teaching and classroom management strategies used in the school. At the end of observation, students had a reflective session with the teachers of the school. It was a very enriching experience for all.

### Visit to the National Museum



A field trip to the National Museum, New Delhi was organized on 19 November 2019 for B.Ed II year students. The museum encompasses a variety of articles devoted to Indian Art History and Iconography. The myriad range of collections exhibit examples from various disciplines of art like - archaeology, anthropology, decorative art, epigraphy etc. The art of painting is well represented with the Indian miniatures of the *Mughal*, *Deccani* and *Pahari* schools of painting. The visit allowed students to envisage museums as an essential learning space and a valuable supplement to the classroom learning instructions.

### Beyond the Classroom



NSS along with the Department of Education under the aegis of SPM College had started a collaborative initiative called 'Beyond the Classroom' with NSS Unit of the college and the neighbouring government schools. This program is a synergistic interdepartmental engagement for meaningful and impactful social change. It aims to strengthen ties with the local community and to share knowledge and expertise for social development and upliftment. This year also students of B.Ed III year and B.Ed IV year took part in the mentorship program held at Shyama Prasad Mukherji College from 5 July 2019 to 19 July 2019 where they discussed various innovative ideas with NSS students to help them interact with students of nearby schools. The B.Ed students held sessions on art and craft, basic literacy, theatre, environment science and best out of waste, etc. They shared their own experiences with students and suggested activities that could be carried out with the children during their school days.

**#WhatMakesMeHappy** is the revamped version of #EduSelfie! In this special issue on Mental Health, we bring to you the pictures of the Department of Education (SPMC) students with the things, people or activities that make them happy and help them deal with the burnout. So, move on to the next page and get inspired to indulge in things that *make you happy!*



**Editorial Team –**

**B.El.Ed I Year:** Ms. Smriti Balyan, Ms. Sana

**B.El.Ed II Year:** Ms. Umang, Ms. Jhilmil Sehrawat

**B.El.Ed III Year:** Ms. Charu Ghakar, Ms. Shivani Gupta, Ms. Gauri Tiwari

**B.El.Ed IV Year:** Ms. Jyotika Jain, Ms. Jyoti

**B.Ed I Year:** Ms. Nidhi Panchal, Ms. Shilpa Payasi, Ms. Tenzin Norzam

**B.Ed II Year:** Ms. Nidhi Soni, Ms. Megha Khemani

**Teacher Coordinators:** Dr. Veena Kapur

Ms. Nidhi Seth

**Creative Editor:** Ms. Swati Aggarwal (B.Ed I year)

**With inputs from:** Ms. Madhurima Sarkar (B.Ed II year)

**Guest Column:** Dr. Toolika Wadhwa

**Contact Details**

**Shyama Prasad Mukherji College for Women**

(University of Delhi)  
Road No. 57, Punjabi Bagh (W)  
New Delhi- 110026

**Website:** [www.spm.du.ac.in](http://www.spm.du.ac.in)

**E-mail:** [spmcollegedu@gmail.com](mailto:spmcollegedu@gmail.com),  
[beeled.spmc@gmail.com](mailto:beeled.spmc@gmail.com)

**Sneak Peek into the forthcoming Issue:**

**Guftgu – An interview with Dr. Gagandeep Bajaj, Assistant Professor, Department of Education, SPMC(W)**



Dr. Gagandeep Bajaj with Dr. Veena Kapur, Teacher Coordinator for Safar and Interviewers for the day – Ms. Jhilmil Sehrawat and Ms. Umang (B.El.Ed, II year)

***Never cease to inspire change: every face is an opportunity, every child is a possibility.***

***- Dr. Gagandeep Bajaj***