

THURSDAY | 11 JULY 2019

NASHIK

Lokmat Times

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Felicitation and career guidance programme

LOKMAT NEWS NETWORK
NASHIK, JUL 9

A career guidance and students felicitation programme was organised in Motiwala Junior College. The programme started with Unity prayer. Vice-principal Prof. Sunita Awandkar gave a brief introduction of the institution. Trustee of Motiwala Education and Welfare Trust Dr. Faraz Motiwala guided and motivated the students by giving various examples about the inspirational life stories of great personalities like Steve Jobs and Mark Zuckerberg. He further said that students should concentrate on their goal and ambitions and stay away from distractions.

Prof. Pankaj Nagmoti spoke about various career opportunities available in the science stream. He explained the true meaning of career

and requested the parents to trust their children while choosing their career.

Dr. Swapnil Nirmal (Principal, Motiwala B.Ed. College) spoke about various career opportunities in commerce. Tatiana Motiwala (Principal, Motiwala Junior College) one must select a career as per own abilities and interest.

Managing Trustee, Dr. Motiwala guided the staff to organise this programme. The programme was anchored by Prof. Sunita Awandkar. Prof. Sadashiv Kalamkar, Prof. Mahendra Gaikwad, Prof. Ankita Joshi, Prof. Pallavi Hiran, Rajendra Khakale, Rajendra Gavali, Priyanka Gunjal actively participated in the Program. At the end of the programme parents and students shared their views about the program.



[Signature]
PRINCIPAL
Motiwal College of Educational
Sciences, Nashik

Forget the problem of forgetting

Learning occupies a very significant place of in one's life. It is the basic not only of development and progress of human society but also of its survival. Whatever is learned needs to be somehow stored in the mind so that it can be utilized whenever required in the future. In psychology terms mind can store the past experiments to reproduce them when required at a later time. Memory is the power that we have to store our experience and to bring them into the field of our consciousness.

Psychologists aren't entirely sure how it works.

There are three stages involve in the memory.

Encoding, Storage and Retrieval

There are mainly two system of memory. Long term memory and Short term memory.

Forgetting is common part of daily life. Sometimes these memory slips are simple and fairly innocuous, such as forgetting to return a phone

Memory is the diary that we all carry about with us says Ankita Joshi. We can improve our memory



call.

Forgetting is common problem that can have both minor and serious consequences. one of best known memory researchers Elizabeth Loftus has identified four major reasons why people forget;

1) Retrieval Failure-piece of information vanishes.

2) Interference-some memory compete and interfere with other memory.

3) Failure to store-sometimes prevent information from long term memory.

4) Motivated forgetting-Actively work to forget memory, especially those of traumatic or disturbing event or experiences.

Memory and Forgetting are inter related. Eg- If the memory of the computer is full you need to delete unwanted memory from computer.

While forgetting is not something that you can avoid, understanding the reason for it can be useful.

We may forget for variety of reason and in some cases a number of factors may influence why we struggle to recall information and experiences. understanding the some of the factors that influence forgetting can make it easier to put memory-improvement strategies into practice.

Causes of forgetting

- Teaching methodology problem.
- Lack of practical knowledge.
- Language problem.
- Fear (Tension).
- Peer group pressure.
- Less use of brain because nowadays calculator, mobile phones are available.
- Learning become mechanical.
- Memory improvement strategies

These tools are primarily lifestyle based, you don't need an expensive prescription medication or any medical procedure at all to boost your brain, and your memory. You simply try out the following tricks to improve your memory.

Eat right -fresh vegetables are essential. Avoiding sugar and grain carbohydrate.

Food for brainpower- curries, celery, broccoli, cauliflower, walnut, coconut oil, fish oil.

Exercise-Exercise encourages your brain to work at optimum capacity by stimulating nerve cell.

Stop multitasking-

Actually we need about 8 second to commit a piece of information to your memory. So if we are talking on phone and carrying in groceries when we put down our keys, we are unlikely to remember where we left them.

Get a good night sleep. Sleep is also known to enhance your memories and help you practice and improve your performance of challenging skills.

In fact a single night of sleeping only four to six hours can impact your ability to think clearly the next day.

Play brain games-If you don't sufficiently challenge your brain with new, surprising information, it eventually begins to deteriorate.

Engaging in purposeful and meaningful activities stimulate your neurological system.

—Reference
Advanced Educational Psychology

—The author is Asst. Professor
Motiwala Junior College, Nashik.



LOKMAT TIMES (15 December 2018)

PRINCIPAL
Motiwala College of Educational Sciences, Nashik

Bally Laxmi Times
Dated on 12/12/2018

KIDZONE

Dealing with the learning disability

Learning disability is a disorder in one or more basic psychological processes that may manifest itself as an imperfect ability in certain areas of learning, such as reading, written expression, or mathematics.

Broadly speaking, these disorders involve difficulty in one or more, but not uniformly in all, basic psychological processes:

The three basic categories of learning disability are: dyslexia, dysgraphia, and dyscalculia.

"Dyslexia"

"Dys" means difficulty with and "lexia" means words—thus "difficulty with words". Originally the term "Dyslexia" referred to a specific learning deficit that hindered a person's ability to read. More recently, however, it has been used as a general term referring to the broad category of language deficits that often includes the ability to hear and manipulate sounds in words as well as the ability to read and spell words accurately



Be sympathetic and deal intelligently with these special children says Komal Bodke, FY B Ed student of Motiwala College

and fluently. When breakdowns occur in these basic reading skills, dyslexic students often struggle to understand what they read as well as develop vocabulary at a slower rate.

"Dysgraphia"

"Dys" means difficulty with and "graphia" means writing—thus "difficulty with writing". The term

dysgraphia refers to more than simply having poor handwriting. This term refers to those who struggle with the motor skills necessary to write thoughts on paper, spelling, and the thinking skills needed for vocabu-

lary retrieval, clarity of thought, grammar, and memory.

"Dyscalculia"

"Dys" means difficulty with and "calculia" means calculations and mathematics—thus "difficulty with calculations and mathematics". This term refers to those who struggle with basic number sense and early number concepts as well as have difficulties with math calculations and math reasoning.

The key characteristics of learning disabilities:

- ? short attention span,
- ? poor memory,
- ? difficulty following



directions.

? inability to discriminate between/among letters, numerals, or sounds,
? poor reading and/or writing ability.

? eye-hand coordination problems; poorly coordinated,

? difficulties with sequencing. Role of parents in dealing child with learning disability

1. Parents should always help their child to develop his or her strength and power

2. They should take advice of a psychologist.

3. Be an advocate of your child.

4. Work with your child on activities that are within his or her capability.

ity.

5. Encourage your child to learn new things.

Role of teacher in dealing child with learning disability

1. Teacher should always help the child with learning disability in a positive way.

2. She should not punish the child

3. She should understand the capability of the child and according to that she should deal with him or her.

4. She should find the root cause of the problem related to the child.

A learning disability is identified when a severe discrepancy exists between intellectual ability and achievement in one or more of the following areas:

1. Oral Expression.
2. Listening Comprehension.
3. Written Expression.
4. Basic Reading Skills.
5. Reading Comprehension.
6. Mathematical Calculation.
7. Mathematics Reasoning.

Principal
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गोदावरीची स्वच्छता करत भावी शिक्षकांनी व्यक्त केली कृतज्ञता

शंभर विद्यार्थ्यांचा मोहिमेत सहभाग

प्रतिनिधी | नाशिक

'व्हॅलेंटायन डे' अर्थात आपल्या आवडीच्या व्यक्तीजवळ प्रेम व्यक्त करण्यासाठीचा हा दिवस. शहरातील सर्वांच्याच, त्यातही तरुणांसाठी खास असलेल्या या दिवशी भावी शिक्षकांनी रविवारी नाशिककरांसाठी श्रद्धास्थान असलेल्या गोदावरीची स्वच्छता करत नदीप्रति प्रेम व्यक्त केले.

सावित्रीबाई फुले पुणे विद्यापीठ, विद्यार्थी कल्याण मंडळ व के. के. वाघ शिक्षण संस्था संचालित शिक्षणशास्त्र महाविद्यालयाच्या वतीने गोदावरी स्वच्छता अभियान राबविण्यात आले. सिंहस्थानंतर गोदापात्राकडे सर्वांचे दुर्लक्ष झाल्याने नदी अस्वच्छतेने वेढली गेली आहे. या शार्वभूमीवर महाविद्यालयातील भावी शिक्षकांनी 'व्हॅलेंटायन डे'चा



गोदाकाठावर रामकुंड परिसराची रविवारी शिक्षणशास्त्र महाविद्यालयाच्या विद्यार्थ्यांनी स्वच्छता केली.

मुहूर्त साधत हे अभियान राबविले. अनोख्या पद्धतीने व्हॅलेंटायन सेलिब्रेशनचा विद्यार्थ्यांचा हा उपक्रम सर्वांच्या कौतुकाचा ठरला. गोदावरीविषयी प्रेम व कृतज्ञता व्यक्त करत तब्बल १०० हून अधिक विद्यार्थ्यांनी रामकुंड, यशवंतराव

महाराज पटांगण इत्यादी परिसरात स्वच्छता केली. या मोहिमेत विद्यार्थ्यांनी सकाळपासूनच सहभागी होत स्वच्छता केली, तसेच गोदा स्वच्छतेबाबत नागरिकांचेही प्रबोधन केले. या अभियानात सहभागी विद्यार्थ्यांनी

नदीपात्रात उतरून पात्रातील कचरा, प्लास्टिक पिशव्या, निर्माल्य संकलित करत गोदा स्वच्छता केली. या अभियानातून विद्यार्थ्यांनी तरुणांपुढे एक वेगळा आदर्श ठेवला. या अभियानात विद्यार्थ्यांसह के. के. वाघ

शहरातील या महाविद्यालयांनी घेतला सहभाग

या अभियानात के. के. वाघ शिक्षणशास्त्र महाविद्यालय, मोतीवाला शिक्षणशास्त्र महाविद्यालय, साईनाथ शिक्षणशास्त्र महाविद्यालय, पीव्हीजी शिक्षणशास्त्र महाविद्यालय, समर्थ शिक्षणशास्त्र महाविद्यालय, विठ्ठलराव हांडे महाविद्यालय, न्यू कॉलेज ऑफ एज्युकेशन, चुंचाळे या महाविद्यालयांतील विद्यार्थ्यांनी अभियानात सहभाग घेतला होता.

शिक्षणशास्त्र महाविद्यालयाचे प्राचार्य भूषण कर्डिले, मोतीवाला शिक्षणशास्त्र महाविद्यालयाचे प्राचार्य डॉ. एस. बी. निर्मल, प्राध्यापिका उषा क्षत्रिय, योगिता भामरे, दीपाली सूर्यवंशी, प्रा. योगेश म्हस्के आदी सहभागी होते.

15/2/2014 रोजी दिनांक


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Motiwala College of Educational Sciences felicitates BEd students



LOKMAT NEWS NETWORK
NASHIK, APR 25

Motiwala College of Educational Sciences recently organised a programme to felicitate BEd students who are the and future teachers of the nation at Raosaheb Thorat auditorium. Vice-chancellor of Yashwantrao Chavan Maharashtra Open University Dr Manikrao Salunkhe graced the occasion as the chief guest.

"Teachers are the backbone of the society. They must update their knowledge with the use of technology. They should be

guides, friends and facilitators rather than just teachers," said Dr Salunkhe on the occasion. Principal of VH College of Education Dr SR Waje said that teachers should accept challenges and utilize opportunities.

An oath for teachers written by Dr APJ Abdul Kalam was also administered to students on the occasion. They were honoured with several prizes for their active participation in social service programme and co-curricular activities.

Principal of Motiwala college Dr SB Nirmal,

member of managing committee Prof Sumitkumar Singh and vice-principal of Motiwala Homeopathic Medical College Dr Bagmar also shared their thoughts on the occasion.

Prof Sadashiv Kalamkar, Prof Yogesh Mhaske, Prof Vaishali More, Mangal Pathade, Gavali and Belekar participated in the programme. Prof Sunita Awandkar and Prof Anita Thorat anchored the programme. Prof Mahendra Gaikwad proposed the vote of thanks. Managing trustee Dr FF Motiwala and Dr AF Motiwala were also present at the event.

her fort

Water tanks and caves situated at the highest fort in the Sahyadris tied



NASHIK,
TUESDAY, 3 MAY 2016

Lokmat Times

www.epaper.lokmat.com/lokmattimes/

GRADUATION CEREMONY AT MOTIWALA COLLEGE

COLLEGE BUZZ

Motiwala College of Educational Sciences recently conducted the graduation ceremony for its BEd students. The programme started with a procession that was lead by Prof Yogesh Mhaske. Dr SR Bhalerao from MVP's VH College of Education was the chief guest on the occasion. He guided the students and wished them for their future endeavours.

Member of the managing committee Dr Faraz Motiwala congratulated the students and said that

teachers are the backbone of society and values should be inculcated among the younger generation by their teachers.

Managing trustee Dr FF Motiwala, principal of the college, Dr SB Nirmal, Prof Ravindra Aher, Prof Pankaj Joshi, Prof Sadashiv Kalamkar, Rajendra Gavali and Sunil Belekar among others were present on the occasion. Prof Sunita Awandkar anchored the event and Prof Mahendra Gaikwad proposed the vote of thanks.



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COLLEGE BUZZ

Workshop on 'Effective lesson plan' at Motiwala

LOKMAT NEWS NETWORK
NASHIK, NOV 29

Board of Students' Welfare, Savitribai Phule Pune University and Motiwala College of Educational Sciences recently organised a one-day workshop on the topic 'Way towards effective lesson plan'. All the students and professors paid tribute to the martyrs and the people who sacrificed their lives in the terrorist attack at Mumbai on November 26, 2008 at the beginning of the programme.

Vithalrao Hande College of Education's Dr VN Jadhav, Dr SA Tidke and Dr KM Ghughuskar guided the audiences on the occasion.

Dr Jadhav explained how core values can be inculcated among the students



through classroom teaching. Dr Tidke explained the objectives of the teaching-learning process and emphasised the importance of using cognitive, psychomotor and affective domain of the students.

Dr Ghughuskar explained the life skills which should be inculcated among the students through daily classroom teaching-learning process. Prof Sumitkumar Singh conducted various games to help the students under-

stand how co-operation is important in life.

Other BED colleges and schools including Ashoka College of Education, New College of Education, Sainath College of Education, PVG College of Education, College of Abhona and Hidden Gems English Medium School, Sakhedra actively participated in the workshop.

Managing Trustee Dr FF Motiwala and Dr Faraz Motiwala guided the staff to organise the workshop.

Principal Dr SB Nirmal motivated the students and teachers of other BED colleges and schools to take active participation in the workshop. Students' welfare officer Prof Sunita Awandkar anchored the programme. Prof Sadashiv Kalamkar proposed the vote of thanks.




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NASHIK,
SATURDAY, 30 JANUARY 2016

Lokmat Times

www.epaper.lokmat.com/lokmattimes/

Workshop for BEd students held at Motiwala College



A two-day workshop on stress management and communication skills was recently held at Motiwala College of Educational Sciences, Nashik in collaboration with students welfare programme of Savitribai Phule Pune University. Professional trainer Dr Hussain Sabuwala guided the students in the workshop.

In the interactive session, Dr Sabuwala explained the various techniques of avoiding

stress. He said that time, if not managed properly, is the most important factor that creates stress. Through different kind of activities he trained the students to decide priorities of life and to utilise free time in a positive manner. The students realised how to keep away from unnecessarily spending time on social media. In the next session he explained the importance of communication and various factors for effective communication.

He focused on how a teacher should communicate in professional life. Managing trustee Dr FF Motiwala inspired the event. Principal SB Nirmal motivated the students and the staff to participate. Asst Prof Sunita Awandkar was in-charge of the programme. Assistant professors SN Kalamkar, YN Mhaske, MN Gaikwad, PP Nagmoti and librarian Rajendra Gavali actively participated in the workshop.

Received



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Youngsters should recognise themselves: DCP Dhivare

A students' welfare programme of Savitribai Phule Pune University was organised by Motiwala College recently. DCP Nashik Shirkant Dhivare addressed the students on the occasion. He guided the students about Anti-ragging Act and how ragging is dangerous. He further said that youngsters should recognise their role in the society as well as recognise themselves for what they are.

"Naxalism has spread its wings in India and thus, people should be conscious about this. Also, social media should be used carefully," he added. He also explained the role of teachers in the development of students and how motivation is of utmost importance.

Dhivare congratulated managing trustee of the college Dr FF Motiwala for organising the awareness programme against

ragging and for making the college environment positive.

Principal Dr SB Nirmal along with Motiwala also guided the students. Dr Bagmar, Dr Yadav, prof Sunita Awandkar, prof Sadashiv Kalamkar, prof Yogesh Mhaske, prof Pankaj Nagmoti, Belekar, Rajendra Gavali, BED students and homeopathic medical college students and staff members actively participated in the programme.



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NASHIK
WEDNESDAY, 24 FEBRUARY 2016

Lokmat Times
www.epaper.lokmat.com

Workshop on soft skills at Motiwala College of Educational Sciences

A workshop on soft skills was recently conducted at Motiwala College of Educational Sciences (MCES) by Dr Prasad Joshi. Dr Joshi trained the teachers and students for skill based teaching and threw light on various types of skills that are required to become a

successful teacher.

He also spoke about the hidden sub-skills of the human personality and motivated the teachers to use them for the betterment of the students.

The programme had been arranged by MCES's student welfare department. Principal Dr SB

Nirmal and trustee Dr FF Motiwala guided the participants.

Durgesh Mishra anchored the programme and Soni Pashash proposed the vote of thanks. The entire teaching and non-teaching staff of MCES worked to make the programme successful.




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Lokmat Times

Interactive session at Motiwala with Chinese entrepreneur

LOKMAT NEWS NETWORK
NASHIK, JUL 22

An interactive session was conducted in Motiwala College for its B.Ed and junior college students and staff. The resource person for the session was Zinpin Li from China. Discussions were held on various topics such as educational policies, industrial development in China and India, information and communication technology and food culture. All the students and staff members actively participated in the event. Zinpin Li shared his memorable experiences in India. He further said Indian people are very creative. India and China both have some similarities in their culture



like love towards their families. He wished all the

B.Ed and junior college students all the best.



Principal

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