



SHES-RIG PAGES

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The Biannual Newsletter of Samtse College of Education



Welcome
Learning & Teaching
Campus Life & Experience

Research Initiatives
Events
People Infocus

Body-mind Harmony
Kalapinka-The voice

SHES-RIG PAGES

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Dr. Yangdon
Dr. Tashi Gyeltshen
Ms. Sangay Lhamo

Welcome



Dear Reader,

Samtse College of Education (SCE) is pleased to present to you the 2024, Spring edition of SHES-RIG PAGES, published biannually.

SCE was established and inaugurated on May 29, 1968 as a Teacher Training Institute (TTI) by our beloved Late His Majesty Druk Gyalpo Jigme Dorji Wangchuck. The launching of this premier teacher education institution then marked a significant epoch and milestone in Bhutan's history of educational development and more particularly, in the history of teacher preparation. From a fledgling Institute that initially ran a primary teaching certificate programme with a meagre enrollment of some 41 students only, SCE today has witnessed monumental growth and development offering a range of courses including a number of postgraduate teacher education programmes.

In the last 56 years of teacher education, SCE has educated close to almost two-thirds of the overall teaching population in the country. In fulfilling our mandate of educating teachers for the Bhutanese school system, we consciously seek inspiration in the wish and trust the Founding Father of this College had entrusted to the College of producing not only teachers that are professionally competent and dedicated but also immersed in our rich culture and heritage so that these timeless values can be transmitted to our younger generation.

As a teacher education college, SCE is committed to working with uncompromising commitment in crafting intelligent measures and interventions to transform the way we prepare teachers for 21st-century education. We consciously strive to challenge our existing practices to expand our horizons of learning and professional practice with a belief that the quality of teacher education and the professional competencies of teacher educators are the bedrock of a sound education system. Every teacher educator is encouraged to be ambitious, courageous, bold, determined, focused, disciplined, purpose-driven, resourceful, tactful, gritty, resilient, smart, intelligent, and astute in their efforts and attempts to model lifelong learning and excellence in teaching, research, publication, and a plethora of other professional and personal attributes.

Aligned with the current nationwide education reforms and higher education transformation initiated, the College is making every possible effort to push ourselves harder to address the current shortcomings by way of reviewing our teacher education curriculum to make it more current, relevant, effective, dynamic and forward-looking, and timeless in its application to produce a new generation of highly motivated teachers, counsellors, and social workers that are prepared to face the world of work. The College is also hopeful that within the 13th Five Year Plan period, there will be some bold investments to support teacher education not just in the improvement of teacher education curriculum and teacher educators' capacity development but also in improving the existing infrastructure facilities to develop ourselves into a preferred teacher education destination for foreign students from Asia and other parts of the world.

SHES-RIG PAGES is a special tribute to the most sacred gift and precious legacy Late His Majesty Druk Gyalpo Jigme Dorji Wangchuck has left for the education system in the country. This newsletter provides a snapshot of the variety of activities the College had initiated in the last one year as part of learning and teaching; research and other educational events; student experiences of campus life; and creative literary compositions.

We hope you will find this edition of the SHES-RIG PAGES interesting and read-worthy. The e-copy of the same can be accessed at www.sce.edu.bt.

With warmest wishes.

(Rinchin Dorji)

President

**SHES-RIG
PAGES**

Former Chief Justice's Inspiring Lectures at SCE



Hon'ble Lyonpo lecturing on the History, Monarchy, and Timeless Bhutanese Etiquettes

Former Chief Justice Lyonpo Sonam Tobgye honours Samtse College of Education with enlightening guest lectures from March 14th to 16th, 2024. Over three captivating days, His Excellency gave the audience profound insights into Bhutan's monarchy, culture, and constitution. The enriching lectures, spanning half a day for each of the three days, attracted distinguished attendees including Dasho Drangpon of Samtse District Court, esteemed faculty and staff, select guests, and students, all gathered in the College Auditorium.

The programme kicked off on March 14th with the traditional Marchang ceremony, followed by a warm welcome address from the College President. His Excellency commenced the series by elucidating the intricate history of monarchy in Bhutan based on philosophies and history. He highlighted that monarchy offers a unique sense of security, distinct from any elected political party, owing to its steadfast long-term vision.

Continuing the discourse on March 15th, His Excellency delved into an extensive exploration of the defining characteristics of Bhutanese culture and etiquette, elucidating profound insights into the nation's ethos structured around three fundamental attributes: Appearance, Attitude, and Actions. Supplementing theoretical discourse with practical demonstrations, the lecture comprehensively understood these fundamental attributes. The culmination of the lecture series on March 16th saw a deep dive into the Constitution of the Kingdom of Bhutan and the evolution of its democratic institutions. Each session was punctuated with an interactive question-and-answer segment, fostering dialogue and intellectual exchange.

Reflecting on the enlightening experience, Pem Dorji, a student pursuing a Bachelor of Arts in Social Work, expressed gratitude for the enriching insights gained during the programme, emphasising the invaluable contribution of this knowledge to his future endeavours as a social worker. His Excellency left an enduring legacy of inspiration derived from both his personal experiences and the scholarly discourse imparted through his lectures.



A student asking a question from the crowd

SCE Students Dive into the Art of News Writing

The news writing workshop, held at Samtse College of Education on March 8th and 9th, 2024, was led by Mr. Needrup Zangpo, Executive Director of the Bhutan Media Foundation (BMF). Over the course of two days, participants were immersed in foundational principles of news writing, including various news types, journalism ethics, and strategies for crafting engaging headlines. Additionally, the workshop addressed topics such as sentence structure and essential rules for news writing, with practical examples provided for clarity.

Feedback from participants highlighted the workshop's positive impact. Karma Dechen, a student from B.Ed English and Geography, emphasised its role in improving the quality of the college's news publications and enhancing students' writing skills, which are beneficial

not only for current endeavours but also for future journalistic pursuits. Reshma Rai from B.Ed English and Geography also echoed these sentiments, noting a noticeable improvement in her writing proficiency due to the workshop's focused approach, despite its brief duration. She suggested the continuation of similar workshops to benefit a wider student audience.

Twenty students, comprising fifteen girls and five boys, participated in the workshop. With their newfound knowledge, these students are prepared to contribute effectively to the college newsletter team, reporting on institutional news and fostering informed discussion within the college community.



A group photo with the facilitator, 5th from left (2nd row)

Tsugla Lopen Inspires Spiritual Growth



Tsugla Lopen inspiring students through wisdom and insight

His Eminence, Tsugla Lopen Karma Rangdol, presided over a spiritually enriching religious discourse at the Samtse College of Education from 21 to 25 March 2024 in Namgay Khangzang Hall. The discourse saw a diverse audience, including students, faculty members and staff of the College, and the local residents.

Throughout the event, Tsugla Lopen Karma Rangdol imparted invaluable teachings on how to integrate Dharma practices into everyday life and the importance of serving one's country while upholding spiritual values. His Eminence delved into the profound concepts of Lojong (mind training) and Ngondro (preliminary practices) and provided practical guidance and inspiration. Each evening, following the discourse, the attendees recited the Buddha Amitabha prayer, fostering a sense of unity and spiritual upliftment.

The programme had a transformative impact on the attendees, enhancing not only spiritual wellbeing but also contributing to their cerebral, emotional, physical, and social development. The teachings encouraged personal growth and deeper sense of community, highlighting the holistic benefits of

integrating spiritual practices into everyday life.

A student from BA Social Work said that she was truly blessed with the discourse. She realised that happiness is all about inner peace which can be accumulated through small acts of generosity and compassion.

Tandin Gyeltshen, another student of Postgraduate Diploma in Education said that the discourse brought peace of mind and felt blessed after receiving the discourse and blessings from venerable Tsugla Lopen.

The event concluded with a ceremony of the Buddha Amitabha tshokhor, a significant religious ritual, and tshe-wang – blessing for long life. The discourse served as a powerful reminder of the enduring impact of the teachings and the shared spiritual journey of the community. The five-day discourse will be remembered as a significant milestone in the spiritual and personal development of all who participated in the discourse.



Student attendees

Induction Programme for the New Faculty Members of the Colleges of RUB

The induction programme for the 23 new faculty members of the Royal University of Bhutan took place at Samtse College of Education from December 25th to December 31st, 2023. Seven faculty members from Samtse College of Education facilitated the programme. Participants were from the College of Science and Technology (CST), Jigme Namgyal Engineering College, College of Natural Resources, and Sherubtse College. The overarching aim of the programme was to equip participants with essential knowledge and skills. Specific objectives included exploring pedagogical approaches for student-centered learning, assessing students' progress using diverse methodologies, optimising learning outcomes through effective pedagogical strategies, emphasising academic integrity, and understanding RUB's academic regulations.

The programme covered a wide range of topics including delivering effective lectures, understanding learning dynamics, exploring learning domains, facilitating group activities, utilising teaching resources, implementing the Flipped Classroom model, understanding Universal Design for Learning (UDL), questioning techniques, assessment principles, leveraging educational technology, lesson planning, RUB's academic regulations, and

promoting academic integrity. Various instructional methods such as presentations, individual/group activities, discussions, and hands-on sessions were employed.

Each session incorporated both theoretical insights and practical applications, and technological tools allowing participants to engage critically with the content and apply their learning to their teaching contexts. Throughout the sessions, participants exhibited high levels of involvement and enthusiasm, actively contributing to discussions, sharing personal insights, and seeking strategies to refine their pedagogical approaches.



Participants actively engaged in the discussion



Participants presenting their group work

Participants acknowledged the pertinence and applicability of the content to their teaching environments. Participant feedback revealed their acquisition of competencies necessary to enhance the student-centricity and interactivity of their teaching sessions by integrating technology and diverse strategies. Additionally, feedback indicated appreciation for the facilitators' expertise and enthusiasm. Notably, there were no recommendations for future induction programmes made, expressing satisfaction with the comprehensive coverage of essential topics and the meaningfulness of their learning experience.

Workshop for the Faculty of JSW Law, Pangbisa

A three-day capacity building workshop for the faculty of JSW Law was organised by the CULT unit at Samtse College of Education. The workshop was held at Samtse College of Education from 24th to 26th January 2024. It was facilitated by three faculty members of Samtse College of Education. A total of 12 faculty members from JSW Law participated in this workshop.



Participants in the Workshop

The workshop aimed to enable the participants to acquire knowledge and skills on:

- application of the domains of adolescent development in instructional designs, student-teacher relationships, and addressing student issues;
- major philosophies of education;
- models of curriculum development;
- various assessment strategies and techniques to enhance student learning and achievement; and
- principles of effective feedback.

Methodologically, the workshop employed a combination of instructional methods, including presentations, group discussions, and hands-on

activities, fostering collaboration and knowledge sharing among participants. Participant engagement was a key aspect of the workshop, with the participants actively contributing to discussions, sharing their experiences, and reflecting on their teaching practices.

Feedback from participants indicated high levels of satisfaction with the workshop content, facilitation, and relevance to their professional development needs. Participants expressed appreciation for the opportunity to learn about the different types of curriculum, the psychology of adolescents, and the different types of assessments. The feedback also showed that the facilitators were knowledgeable, resourceful, and well-prepared.



Participants engaged in sharing their experiences

Training of Trainers Programme on Integrating Technology into Higher Education Instructional Practices

The Centre for University Learning and Teaching (CULT) at Samtse College of Education (SCE) organised a Training of Trainers (ToT) programme titled "Integrating Technology into Higher Education Instructional Practices." Held at the College of Science and Technology (CST) from April 8th to 10th, 2024, the programme brought together ten participants representing five constituent colleges of the Royal University of Bhutan. This three-day programme aimed to equip participants with the pedagogical skills and technological proficiency necessary to integrate technology effectively into their teaching practices. The focus was on fostering a technology-enriched learning environment that promotes deeper student engagement and improved learning outcomes.

The ToT programme employed a multifaceted approach, combining theoretical frameworks with practical applications. Day One explored active learning strategies through multimedia creation tools like H5P for interactive presentations and videos. Participants also delved into e-portfolio development and the integration of synchronous discussions into their courses. Collaborative tools like Padlet, Mentimeter, and Ideaboardz were introduced to promote student engagement through active participation in discussions, simulations, and co-creation activities.

Day Two transitioned to blended learning strategies, investigating platforms like Screen Pal and Loom for effective video lesson creation. Self-paced learning platforms were explored for designing quizzes with diverse question types and clear instructions. The programme emphasised the importance of formative assessment through automated feedback tools like Nearpod and feedback bars, enabling educators to

create interactive lessons that provide students with immediate and targeted feedback, fostering deeper understanding and improved performance.

Day Three delved into immersive learning. Participants explored the potential of virtual labs and simulations, finding PhET tools particularly valuable for enhancing their teaching. Participants also explored the field of Artificial Intelligence (AI) through engagement with Generative AI. They debated its merits and assessed its capabilities for content generation. Finally, the sessions focused on leveraging Virtual Learning Environment (VLE) features such as OU Blog for collaborative class blogs, reusing learning activities, and incorporating multimedia content within the platform.

The programme adopted a dynamic and participatory approach. Participants actively engaged in hands-on workshops utilising a variety of interactive tools encompassing polls, quizzes, surveys, video creation and editing platforms, multimedia presentations, visual analysis tools, blogs, and Google Sites. This comprehensive approach aimed to equip educators with the necessary skills to create engaging and effective learning environments catering to diverse student needs.



Participants engaged in group work

Learning & Teaching

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The programme concluded with positive feedback from participants, highlighting their desire to further develop their skills in cutting-edge educational technologies. Specific areas of interest included the integration of Artificial Intelligence (AI) in teaching, the utilisation of Google Cloud and Workspace tools, and the exploration of technology's potential to promote critical thinking and foster innovation in the classroom. Additionally, participants expressed a keen interest in advanced VLE features and refining their video production and simulation technique skills.

Overall, the ToT programme provided a valuable platform for faculty development, fostering a community of educators equipped to integrate technology effectively and create dynamic learning experiences for their students.



Mr. R S Tamang, training facilitator leading the session



A group photo of the participants with facilitator Mr. R S Tamang (centre)

A Spring Triumph: Samtse College of Education's Football League Electrifies the Crowd

The evening sun cast its glow over Samtse College of Education as football enthusiasts including students and faculty gathered for the finale of the college's football league on April 3, 2024. After weeks of nail-biting moments and shattering competition, the football ground set the stage for the showdown. Letting passions run high and team pride on the line, the finale promised an evening of ceaseless roars, thrills, and unforgettable moments.

The league, which started on March 23, 2024 came to a finale on April 3. Students pursuing Bachelor of Arts in Social Work and Bachelor of Education in English and History competed for the grand prize. The class that claimed the glorious Rolling Cup championship title was the Bachelor of Arts in Social Work, scoring five goals.

Nima Wangchuk, being the most valuable player belonging to the triumphant class, said that his social life was boosted as it brought him recognition in the college. Nima had been a spectator before transitioning to playing football in grade four. While playing football offers a mixture of physical



B.Ed English and History players

engagement, socialisation, and strategic thinking, the two most appealing features to him were the excitement of competition and the physical fitness of the sport.

According to him, a maintained balance between academics and extracurricular activities is crucial for a College student. Scoring three goals single-handedly in the finals was a personal milestone and a first for him, he said.

When asked the one thing that seems to have changed compared to previous years' leagues, he said he noted a slight decline in interest in the sport. However, he noted that several students from the B.Ed programme demonstrated impressive skills and athleticism, displaying potential for SCE to have a more spectacular college football team in future.



Match in progress



Dean of Student Affairs wishing the finalist before the kick off

Stage & Storytelling: A Theatrical Tapestry

The Literary Society and PgDE English students of the College presented 'Stage & Storytelling: A Theatrical Tapestry', a fascinating showcase of dramatic performances and readers' theatre on the afternoon of 23rd May. These talented students brought to life captivating characters, innovative scripts, and thrilling performances.

The auditorium buzzed with anticipation as the audience filled every seat, eagerly awaiting the talented students to take the stage. In a dazzling display of talent and creativity, PgDE English Year II took centre stage to present two thought-provoking productions: a cutting satirical drama titled "Bhutan We Never Want to See" and a hilariously irreverent parody of Tolkien's classic, "Lord of the Rings," aptly named "Lord of the Balls." These original scripts, crafted by the students themselves, showcased their ingenuity and passion for the dramatic arts.

Meanwhile, the first-year students captivated audiences with their poignant readers' theatre performances. Tackling important social issues with

grace and insight, they presented "Whispers and Roars," a stirring exploration of sexual harassment, and "Cotton Candy Dreams," a poignant journey delving into the experiences of a homosexual character. These compelling narratives, also original works, shed light on crucial topics and left a lasting impact on all who witnessed them.

The event was not merely a showcase; it was a vibrant celebration blending literature and performance, serving as a significant component of the students' assessments. For the PgDE students, this performative exercise was a valuable opportunity to refine their speaking skills, explore the nuances of literary texts, and share their passion for storytelling with the college community.

From heartbreaking scripts to uplifting comedies, the event showed the power of storytelling and performance art. English students delivered a moving afternoon that celebrated the richness of English literature leaving the audience feeling inspired and intellectually enriched.



All set for their roles

SCE Lecturer Awarded Murdoch University Trongsa Penlop PhD Scholarship



Tshering Dorji receiving the award from the Hon'ble Minister of Education and Skills Development

Mr. Tshering Dorji, a lecturer in the Department of Arts and Humanities Education at Samtse College of Education, Royal University of Bhutan (RUB), has been awarded the inaugural Murdoch University Trongsa Penlop PhD Scholarship. The award ceremony, held on 6th July 2024 in Thimphu, was graced by Her Excellency Sherig Lyonpo, Dasho Vice Chancellor of RUB, the Hon'ble Pro Vice-Chancellor International at Murdoch University, Australia, and other dignitaries. Selected from a competitive pool of 70 candidates, Tshering will pursue his doctoral studies at Murdoch University's School of Humanities, Arts, and Social Sciences (HASS) in Australia. His research will focus on the implementation of Bhutan's national youth policy, specifically analysing stakeholder partnerships and challenges.

The scholarship, established through collaboration between Murdoch University and Bhutan, aims

to support exceptional Bhutanese scholars in conducting PhD research relevant to the nation's development. Upon receiving the award, Tshering expressed, "As I receive this award, I pledge and commit to upholding the values of academic excellence, integrity, and perseverance in the field of research and contributing to our nation through research projects" (cited in Bhutan Times, 14th July). Tshering Dorji's research project will concentrate on the implementation of Bhutan's national youth policy, focusing on stakeholder partnerships and challenges. Under the guidance of the Indo-Pacific Research Centre (IPRC) at Murdoch University, he will apply an ecosystems theory framework to evaluate current policy implementation practices.

Professor Kelly Smith, Pro Vice-Chancellor International at Murdoch University, expressed his pleasure at Tshering's achievement and emphasised the significance of the scholarship and its potential to foster further collaboration between the institutions. Smith reiterated Murdoch University's dedication to supporting Bhutan's development goals by nurturing exceptional academic talent and expanding research partnerships with Bhutanese institutions to enhance academic capacity in various fields (cited in Bhutan Times, 14th July).

College Organised Workshop on Educational Statistics

The College conducted a highly successful workshop on Educational Statistics from March 21 to March 23, 2024, attended by all faculty members. The primary goal of the workshop was to enhance faculty capabilities in applying educational statistics and other scholarly methodologies in their academic work.

The training was led by Associate Professor Dr. Kezang Sherab, Dean of Research and Industrial Linkages at Paro College of Education, Paro. Dr. Kezang, known for his extensive experience and expertise, provided a comprehensive and enriching learning experience for all participants. To facilitate full participation, all classes and co-curricular activities were suspended, and students engaged in Choshey layrim during the workshop days.

Faculty members were encouraged to actively participate and capitalise on this valuable learning opportunity, with the administration emphasising that their engagement would significantly contribute to the collective knowledge and academic endeavours of the College.

Dr. Yangdon, one of participants praised the workshop, stating, "The workshop was very well

organised both in terms of content and logistics. The resource person was very knowledgeable in this area, and the way he approached his session was very simple and understandable. Though I used to find statistics difficult, through this workshop I kind of developed an interest in quantitative studies."

Similarly, Dr. Sonam Daker expressed that, "This was a very productive workshop for me. I only wish this was offered much earlier. Doing this would have encouraged many of us to carry out quantitative research with much ease and confidence. Nevertheless, better late than never – I hope my young colleagues now confidently venture into research with SPSS."

The workshop covered all aspects of educational statistics, including both descriptive and inferential statistics, and featured hands-on exercises. The comprehensive coverage of topics ensured that participants left with a thorough understanding of statistical concepts and their applications in educational research.

Dr. Sonam Rinchen, coordinator of the workshop expressed that overall, the workshop was well received by all participants, who expressed high satisfaction with both the content and the organisation. The faculty members left the workshop feeling more confident and equipped to undertake quantitative research, marking a significant step forward in the College's commitment to fostering a robust research culture.



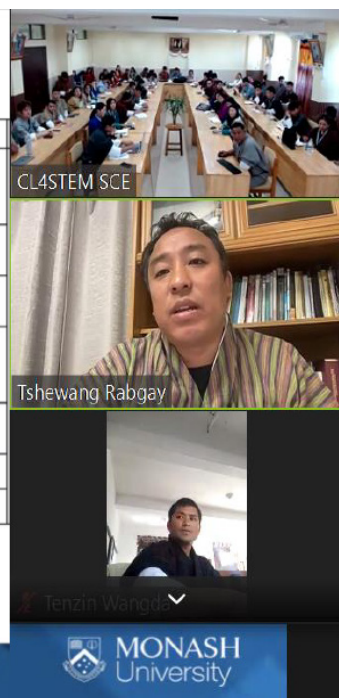
Hands-on workshop in progress

Webinar on Understanding Action Research in the Context of Bhutanese Culture

The models have common steps

AR Models	Phases
Lewin (1948)	1. Identification of an initial idea 2. Reconnaissance or fact-finding 3. Planning 4. Take first action step 5. Evaluation 6. Amended plan 7. Take second action step.
Kemmis & McTaggart (1988)	1. Plan 2. Act 3. Observe 4. Reflect 5. Re-plan
Sagor (1992)	1. Problem formulation 2. Data collection 3. Data Analysis 4. Reporting of results 5. Action Planning.
Calhoun (1994)	1. Selecting the area of focus 2. Collecting data 3. Organising data 4. Analysing and interpreting data 5. Taking action
Mills (2003)	1. Identify an area of focus 2. Develop an action plan 3. Collect data 4. Analyse and interpret data
Mertler (2006)	1. Planning 2. Acting 3. Developing 4. Reflecting.
Stringer (2008)	1. Look 2. Think 3. Act.

Dr. Tshewang Rabgay (centre)
leading the session



On May 21, 2024, Dean, Research and Industrial Linkage's office hosted a webinar on "Understanding Action Research (AR) in the context of Bhutanese culture," attended by the Postgraduate Diploma in Education (PgDE) students from Samtse College of Education (SCE), college lecturers, and field teachers. The webinar aimed to enhance the AR skills of PgDE students studying the action research module as part of their programme and to improve the research capacity of school teachers required to conduct AR for professional growth. Dr. Tshewang Rabgay, a researcher and teaching associate at Monash University and an alumnus of SCE, led the session. Dr. Rabgay, who has experience as a science teacher in Bhutan and a researcher for the Royal Research and Advisory Council (RRAC), shared his expertise.

Tshering Dema, a PgDE II A student, found the webinar enriching and emotionally engaging. She was fascinated by the application of AR within Bhutan's unique social and cultural framework

and impressed by Dr. Rabgay's blend of anecdotes, research findings, and practical applications. She reflected on the connection between AR and Bhutan's Gross National Happiness philosophy, emphasising the importance of integrating local values and perspectives into academic pursuits and the need for cultural sensitivity in research. Despite the challenges, the session inspired her to explore how AR principles could enhance her studies while honouring cultural diversity.

Similarly, Sonam Choki, another PgDE II A student, praised the webinar as an excellent demonstration of presenting AR effectively. She noted that AR is becoming more prevalent in Bhutan but found it challenging to fully understand due to difficulties with the audio and slides. Overall, the webinar provided valuable insights into how AR intersects with Bhutanese culture, offering lessons with broader significance for the global education and development sector.

Webinar on Teaching Geometric Reasoning

Samtse College of Education (SCE) hosted a webinar on Teaching Geometric Reasoning on April 4th, 2024. The event was facilitated by Dr. Ruchi Kumar, Assistant Professor at the Centre for Excellence in Teacher Education of Tata Institute of Social Sciences, Mumbai, India, and moderated by Mr. Purna Bahadur Subba, Lecturer in Mathematics, Department of STEM Education.


The primary objective of the webinar was to enhance the professional capacity of mathematics teacher educators, pre-service teachers, and school teachers involved in teaching mathematics at secondary schools in Bhutan. It aimed to inform them of best practices in teaching mathematics and to inspire a sense of lifelong learning. This webinar was part of the ongoing CL4STEM Research Project, focusing on the implementation and impact of Mathematics Open Education Resources (OER) in Bhutanese schools, supported by funding from the International Development Research Centre (IDRC), Canada.

Attendees appreciated the relevant and impactful


content, particularly the introduction of engaging digital resources and real-world applications for teaching geometry. They expressed a commitment to implementing the strategies and resources discussed to create more dynamic and effective learning experiences for their students. Ms. Kinley Dem, PgDE II A, highlighted the webinar's resourcefulness, especially for primary and lower secondary mathematics teachers, noting the value of engaging digital resources for teaching geometry at different levels.

Similarly, Ms. Sonam Pemo and Ms. Sonam Chodey from PgDE II A emphasised the effectiveness of various tools and techniques to make geometry learning more enjoyable and practical, aligning with Dr. Kumar's emphasis on interactive and real-world applications.

The programme concluded successfully with a vote of thanks from Mr. Pema Druka, a mathematics faculty member at the Department of STEM, SCE.




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SAMTSE COLLEGE OF EDUCATION




*Webinar on
Resources and Strategies for Teaching Geometric Reasoning*

Presenter



Dr. Ruchi Kumar
CETE, TISS
Mumbai, India

Moderator



Mr. Purna Bdr Subba
Samtse College of Education
Royal University of Bhutan

Schedule: 4th April 2024 [Thursday] from 2.45 pm - 4.45 pm (IST)

Samtse College of Education, Royal University of Bhutan

Teacher's Day 2024: Celebration of Joy and Gratitude

In an annual tradition cherished by students across the kingdom, Samtse College of Education marked the 2nd of May with jubilant celebrations in honour of Teacher's Day. This auspicious occasion, coinciding with the Birth Anniversary of Third Druk Gyalpo Jigme Dorji Wangchuck, holds special significance as it pays homage to both educators and the pioneering efforts of the third Druk Gyalpo in shaping Bhutan's education system.

The festivities commenced with a warm reception for guests, followed by the recognition of the college lecturers and staff. A solemn moment was observed with the lighting of butter lamps in the college auditorium, symbolising reverence for the legacy of educational progress initiated by the esteemed monarch.

Addressing the gathering, Karma Dechen Tshering, a student from B.Ed English/Geography programme, eloquently expressed the sentiment of gratitude through a heartfelt welcome speech. Dr. Nandu Giri, serving as the esteemed chief guest, delivered a poignant reflection on the significance of the day before the ceremonial cutting of a commemorative cake.

Throughout the day, students showcased their appreciation for their teachers through spirited performances, interspersed with engaging games fostering camaraderie among both students and educators. Notably, teachers enthusiastically joined in the festivities, participating in activities designed to provide relaxation and enjoyment.

The event drew to a close with a gracious vote of thanks delivered by Choki Gyeltshe, also from B.Ed English/Geography programme, expressing gratitude to all involved in making the day a resounding success.



As the celebrations concluded, students and teachers alike enjoyed a delightful lunch, providing a well-deserved break from their rigorous academic endeavours. The Teacher's Day festivities served as a poignant reminder of the invaluable contributions of educators in shaping the future of Bhutanese society.



Dr. Nandu Giri, the guest of honour, cuts the cake, flanked by faculty colleagues on both sides

SCE Celebrates 56 Years of Inspiring Excellence

On the morning of 29th May, 2024, Namgay Khangzang was filled with pride as members of SCE gathered to commemorate the remarkable journey of the institute in playing a vital role in shaping the country's education sector. The event was enriched by the presence of the chief guest, Former National Assembly Speaker, Honourable Dasho Jigme Zangpo, who is an alumnus of SCE.

The event commenced with the basic rituals required for auspicious occasions, followed by a heartfelt speech by the President of the college. The audience was privileged to hear the chief guest deliver an insightful speech on some of the historical changes at SCE. His speech included personal experiences that provided motivation to the young learners. The main event then continued with musical and dance performances.

In the midst of the captivating cultural performances, the event was highlighted by a talk session, The Sherig Yarphel Talk, an initiative of SCE to foster educational dialogues and discussions based on educational discourse, shared by distinguished experts.

Dr. Sonam Rinchen, Dean of Research and Industrial Linkage, shared some of the key milestones achieved by the college, including how

SCE had diversified programmes at different levels, offering dynamic and diverse learning opportunities to various learners and educators. Additionally, a strong research culture has been developed within the college, which is a significant achievement. Dr. Sonam then highlighted how Samtse College of Education has shaped the education sector, with approximately 75% of teachers in Bhutan being graduates of SCE, many of whom are now noble figures in the field. Over the years, SCE has trained inspiring educators who are now spread across the country, touching the lives of many students. Dr. Sonam Rinchen concluded by emphasising the importance of celebrating the college foundation day, stating that it provides a special moment to pay tribute to the founding father, His Majesty The King Jigme Dorji Wangchuck, and marks the celebration of SCE's success.

The commemoration of Samtse College of Education's 56th Foundation Day was a fulfilling event that provided everyone with a sense of accomplishment. A day filled with achievements and rhythms echoing all around, SCE looks forward to reinforcing more commitments, contributions, and celebrations in



Dasho Dzongda receiving former NA Speaker



Senior Alumni offering butter lamps

More glimpses from the event



Winner of the President's Award for Outstanding Student Leadership



Dechen Tshomo receiving award from Dr. Rinchen Dorji, College President

Dechen Tshomo graduated with a Bachelor of Arts in Social Work from Samtse College of Education in June 2024. Excelling academically, she also took on leadership roles such as councillor and sports custodian. She is a recipient of the President's Award for Outstanding Student Leadership and the Best Student Award.

SHES-RIG PAGES (SP): Congratulations for winning the 2024 President's Outstanding Student Leadership Award. How did you feel on winning this award?

Dechen Tshomo (DT): Thank you, SHES-RIG PAGES, for the kind words. I am deeply honoured to be receiving this much coveted award. When my name was announced for the award, I was genuinely surprised and humbled. Receiving this award, made me feel incredibly blessed. It reinforced the belief that my hard work, dedication, and commitment to serving the college and my colleagues had not gone unnoticed. I firmly believe that staying true to oneself and serving with dedication eventually yields recognition and rewards sooner or later.

SP: Did you expect to receive this award? What preparations did you undertake to achieve this feat?

DT: I have observed our outgoing seniors receiving this award since my first year, but never imagined that I would one day be among the recipients. Achieving this award was not something I actively pursued; rather, I believe, I fulfilled and initiated my roles and responsibilities with dedication and enthusiasm. I enjoyed taking initiatives and providing the services needed by the college administration and my colleagues to the best of my abilities. Through these leadership roles, I have gained valuable insights and learning experiences.

SP: Were you aware of the criteria for being eligible for this award?

DT: No. I was not aware of the criteria for this award, despite observing senior students receiving it. However, I believe that holding a leadership role is a prerequisite for receiving such recognition. Interestingly, during the graduation of the batch of 2023, this award was not conferred, prompting all of us to understand the specific criteria necessary to qualify for it.

SP: Who would you like to dedicate this award to?

DT: I extend my deepest gratitude to all the supporters who have played an active role in my life. I would like to dedicate this award especially to my family. To my mother, who has been the cornerstone of my life, I dedicate this award. She is my role model and a source of inspiration. Her unwavering dedication and selfless support throughout my educational journey are truly beyond words. I hope she knows that enrolling me in school, despite all the hardships, was never a mistake. I also dedicate this award to all my siblings, who have believed in me and sacrificed their own dreams to support mine. I am forever grateful to them and their unwavering support.

SP: Are there any individuals or mentors who played a significant role in your journey and to whom you would like to express gratitude?

DT: As mentioned before, I am thankful to everyone who has directly or indirectly contributed to shaping the person I am today. I would like to extend my heartfelt gratitude to President Sir for his fatherly guidance and invaluable advice, which have been a source of inspiration and wisdom. My sincere thanks also go to Mr. Ramesh, Dean of Student Affairs for his unwavering support and dedication, which have greatly contributed to our success. I am deeply appreciative of my programme leader, Mr. Tshering Dorji and Mentor, Dr. Kinley for always being there for me, offering committed support and encouragement. I would like to thank all the faculties for their tireless efforts and commitment to our education and growth. I would also like to express my gratitude to all the administrative staff for teaching me valuable life lessons and providing support whenever needed. To all my friends and colleagues who helped me to empower, trust and believe in myself, I dedicate this award. Their willingness to be a part of my life have been the stepping stone to share and express everything I encountered and achieved.

SP: Can you share a memorable experience or event from your time in college that stands out to you?

DT: My college experience was filled with unforgettable memories that I will always cherish. Among the many highlights were receiving Certificates of Academic Excellence from His Majesty's throne, which was an incredible honour. Winning unexpected recognition in games and sports also stood out as significant achievements. Additionally, I greatly valued my time as a member of the SCE Newsletter team, even though I wasn't highly proficient in English. This opportunity allowed me to grow and contribute in new ways.

Above all, the chance to interact with nearly everyone on campus and get to know them both professionally and personally will remain my most treasured memory.

SP: You also won the Best Student Award besides other awards. How do you feel about receiving multiple recognitions?

DT: Winning the Best Student Award, along with other awards, fills me with immense pride and gratitude. It is an incredible honour to be acknowledged for my hard work and dedication. These awards serve as a testament to the support and encouragement I have received from my mentors, peers, and the entire college management. They motivate me to continue striving for excellence and to contribute positively wherever I go.

SP: Can you highlight some of the key achievements that led to you receiving the President's Award?

DT: I wouldn't call them key achievements, but I would love to highlight some of the key activities and initiatives I have undertaken. Some of the key achievements include consistently maintaining balance between academic performance and non-academic activities. Additionally, my active participation and success in various extracurricular activities, particularly in games and sports, where I received unexpected recognition, played a significant role. I served as a general councillor for two years (2022-2024). During this time, I took on the role of games and sports coordinator, leading two regional Bhutan University Sports Federation (BUSF) meets in 2022 and 2023. Additionally, I had the opportunity to lead the college team during the 8th National BUSF tournament at the College of Science and Technology, Phuentsholing and represented the college girls' volleyball team. Furthermore, leading the team during the Open Samtse Women's Football Tournament was a significant milestone, as we secured a victory and brought home the trophy for the first time during my four-year stay here. My involvement in campus life, where I engaged with almost everyone, both professionally and personally, also showcased my dedication and leadership.

SP: What advice do you have for young and aspiring leaders who hope to follow in your footsteps?

DT: My advice for young and aspiring leaders is to stay committed to your goals and always aim for greatness. You need to embrace challenges as opportunities for personal growth and never shy away from taking on responsibilities. You should cultivate strong relationships with your friends, faculties, and people in your community, as collaboration and support are crucial for our success. Stay humble, never stop learning, and be open to learning from others. Finally, you should lead by example, maintain integrity in all your actions, and always remain passionate about making a positive impact to self and others. Given this, there is no doubt that you will excel as a leader and even as a productive member of the community.



Celebrating World Health Day with Marathon

On April 7, Samtse College of Education organised a marathon race to commemorate World Health Day, promoting health and well-being among the students, the faculty members, and Samtse community. The event, themed “My Health, My Right,” highlighted the importance of personal health rights and healthy lifestyle.

The marathon race saw participation from the College students, faculty members, and residents of Samtse district. Her Excellency, Yeezang De Thapa, Minister of Education and Skills Development graced the event as the Chief Guest. About 800 runners participated in the marathon race. The runners started from Samtse Higher Secondary School ground and ran back to the same point covering the distance of 10 kilometres. The marathon aimed at fostering health and wellness aligning with the World Health Day theme “My Health, My Right.” Participants, ran wearing t-shirts provided by the organisers.

In the men’s category, Dechen Dorji, a soldier from the Royal Bhutan Army secured the first place followed by Sanjay Chettri, a student from SCE in second place. In the women’s category, Dorji Selden, a student from SCE claimed the top spot. The marathon concluded with closing ceremony featuring cultural programmes. The Education Minister, Yeezang De Thapa, awarded smartwatches to the top five runners and certificates to all who completed the race.

This marathon’s success underscores Samtse College of Education’s dedication to promoting health and wellness. The College, along with the organisers and the participants, took a significant step towards community vitality and healthier Samtse.



Ladies at the kick off



Dasho Dzongda of Samtse gracing the opening

Retreat for Mindfulness Practice



Students immersed in mindfulness practice

From 6th May, a five-day retreat was held for the students of Postgraduate Diploma in Contemplative Counseling Psychology (PgDCCP) programme. The retreat that aimed to impart mindfulness training was resourced by the three counseling faculty members.

During the retreat, the participants underwent a thorough mindfulness training. On the first day, students were introduced to the basics of meditation. On the second day, the participants focused on the four foundations: body, life, effort and mind. On the third day, the participants were introduced to functional silence followed by body scan meditation on the fourth day. On the final day, all the participants and the resource persons practised on the three marks of existence: impermanence, suffering and egolessness. Tshering Lham, a second year PgDCCP student, observed, “For me, it is difficult to accept that the things around me are impermanent. Even if it is a piece of shirt, when it becomes worn out I hesitate to throw it out because it is difficult to let go of things that are mine.”

Through the retreat, most of the participants were able to gain new insight and experiences. Ms. Tshering Lham shared, “I came to know that

mindfulness awareness practice does not require a unique tool, we can start it where we want and be who we are.” She confessed that the first two days of the retreat were difficult because it required lots of patience. She added, “We did meditation for a short duration but I felt like we meditated for hours. I felt stiffness in my back, my legs felt numb and I was not able to focus on my breath.” Despite the discomfort, she said it was worth it. Feedback from most of the retreat participants were positive stating that it was a new learning experience. They shared that the retreat has impacted their life in positive ways and are determined to continue with the mindfulness practice throughout their life.



Golden days

Those were the days
When I woke up early
Just to play and run around.
When the droplets of water
Dripped from the angry azure,
We splashed in puddles
Until we became completely drenched.

That phase of life when - happiness was untrained,
And sorrows never knocked my doors.
Never had to pretend,
Far from the business of loss and gain
It was the time I lived in dreams.
Running around with friends, so free
With cries of pure happiness.

Those were my golden days,
Little things I lived for
Unaware of the heavy world outside
Enjoying in my own little bubble.



Sangay Deki
PgDE English

House

A humble house
With traditional window
Through which sun rays sip to room

Bed soft as cotton
Warm as mother's affection
Where we rise from slumber

Meal made with mother's care
Ingredients brought with father's hardship
From which we derive our conversation

My home my castle
Where joy and love thrives
My first and last day to reside



Jangchuk Dorji
B.Ed English and History

Kalapinka - The Voice

SHES-RIG PAGES Spring 2024

Home

Second home, where wisdom is born,
Where flowers of mastery bloom
Amidst the ignorant thorns.
It is summer, do you hear the distant rumbling of
thunder here?
Have you walked by the sidewalks?
And got reminded how far you have come?
Would you move forward or would you just pause?
For all the hailstorms I have endured
And all the hailstorms I am yet to endure
I believe in sunshine after them
I will pick up my pieces that are scattered and rebuild
from the start.
Nothing can stop me
From growing my garden of wisdom.
Yes, I have walked the sidewalks
I see how far I've come
Might look back but not out of remorse;
Will remember all my failures as well as the hours of
my victory.
The beaming sun never sleeps
And never shall our love for learning.
I still take the sidewalks and my favourite is the one
above the library.
You should see it after dark
Let the cool breeze caress your face ever so gently.
When it is time for you to leave
what would you miss the most?
What would you have learned the most?
You might think this place has too much heat and so
much woe,
too many eyes and whatnot.
Let me be your friend and take you on a tour
through our home.
We will share our stories and listen to each other.
Let's drench our pain in the pouring rain and cleanse
our hearts.
Although we'll go, you have come here to stay

And when you're done too, another will come to
stay.
Listen, can you hear what the trees tell you?
Which song do you think the wind is singing?
How do you like the rain's perfume?
Listen closely to the voice of the enchanted trees;
They could be telling you the tales of triumphs.
The wind will hum words that will heal you
telling you to let things be, and
the petrichor lets you smell a real home, our
home.
There's so much I feel indebted for, I must leave
soon.
Yet when I look back,
Everything I have learned here will linger as my
shadow;
Inseparable, intertwined, and carved on my soul.
"Thank you," I shall say,
"For the person you have groomed me into, dear
home."



Sangay Thinley
PgDE English



Sonam W Chogyael
PgDE English

What a Wonderful World

Thank god I am not the person
who I wanted to be
back then,
when I had no idea
who I was becoming.
Now I sit in my chair, back straight,
tired, & a little rough on the edges,
remembering moments
that almost broke me
back then.
Now I rest my head
& all I can think about is to laugh away
about everyone & everything that has become.



Sonam W Chogyael
PgDE English

Him

In the twilight of cold, grey December
He stood among them,
bright eyed.
In red and blue
Ofcourse, pretty like spring
He turned,
Sheer extravagance.
His little figure in crimson ulster
Ohh, his purple eyes
It's so lovely to look back at them
The winter weeks slipped by, with so little snow
I insist upon that,
He felt like spring
In - cold grey December



Ugyen Lhaden
B.Ed IT

Kalapinka - The Voice

SHES-RIG PAGES Spring 2024

What's There to Hurry?

Never mind, time slipped a bit, off the track
The track I always want to escape:
Just a boy, making the world, a learning man
After all I too am human:
For Summer needs to embrace Fall:
For Spring to come, with blossoms of all.
Only words can express, why I resort to poems:
If only speech could talk, but
My mouth is zipped, diaries ripped, sketchbook empty:
Yet hustle on;
Balling trumps, Guitar strums
With all melodies uncommon.
A soul that belongs to the era of jazz:
Now rocks the razzmatazz.
While I squeeze through this,
Let me take my own pace with these dark scars:
For my soul seems to be unicorn carts:
In this era of race cars.



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