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(Affiliated to Andhra University & Recognised by Govt.of AP)

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Semester-III

ACTIVITY RECORD

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Methodology Social / English

Subject : UNDERSTANDING THE SELF



ANDHRA UNIVERSITY

Visakhapatnam

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CERTIFICATE

This is to certify that Mr./Mrs/Kumari Shibanee Mishra student of Jaamia College of education completed 5 activities in College /School/Society and submitted the same as Activities Record of the Course Understanding^{the} Self as a part of his/her I / II / III / IV Semester in B.Ed., Programme.

ROLL. NO. 2097

REG.NO. 221117702097

Signature of the Lecturer

Signature of the Principal

Initial of the member of

Moderation Board

College Seal

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Activity - 1

Activity - 1

(2)

* Visit a slum area and prepare a report on sources and difficulties of the children present in the slum area.

The physical Environment of slum people presents many challenges to resident particularly children even so, there are thriving communities in slums with strong social and economic networks. This article look at the reality of growing up in slum in Delhi and explores how well-intentioned slum improvement efforts can fail children. It includes by identifying ways in which India's Policy Environment could support efforts to make slum improvement programmes more child friendly.

Children growing up in slums experiences a childhood that often defies the imagination of both the innocent childhood proponents and the universal childhood advocates. The slums typically lack proper sanitation, safe drinking water

or systematic garbage collection; there is usually a shortage space inside the houses where the children live, and no public spaces dedicated to their use, but that does not mean that these children have no childhood, only a different kind of childhood. That sees them playing on rough, uneven ground, lacking on multiple roles in every day life and sharing responsibilities with adults in domestic and public spaces in the community.



Some years ago I spent a year working closely with and observing children in

Nizamuddin Basts, carts, cars and bikes all served as play props in the streets. As soon as they could walk, children could be seen out door walking around mostly bare-foot's climbing on debris and petting goats that freely roamed around. Girls as young as 5 carried infants and toddlers on their hips and moved around freely in narrow pedestrian bylanes of the villages, visiting shops for sweets and houses of friends down the street.

Many houses open out directly on to the street through a doorway that often is nothing more than a foot high opening in a wall. Infants reach out of these holes in the walls and interacts with the passers by.

The Basti has an approximate population of 15,000 ^{based} on the counting done by the Hope Project 3 years ago. Since a major focus of hope projects

admirable work has on health and education. I looked up the data on child health as recorded in the outpatient registers of the pediatric unit, Just over 5000 children aged under 14 years lived in the Basti for common elements the majority of households visit the hope Dispensary, with the next most commonly visited medical facilities being private doctors and government hospitals and dispensaries.

The most common childhood diseases reported at hope project are respiratory fight outside their homes. The new toilet blocks were parts of a longer Improvement Plan in Basti that did not adequately plan consider children. For example, the basic improvement plan benefited children by creating two new landscaped parks. One of them was exclusively for women and children although it opened its secure

gates for only a few hours in the evenings. The other new park replaced a large central open space in the heart of the community which was used for sorting scrap. As most the residents in the peripheral slums of the Basti depend on this business for a live hood, the unavailability of this space means sorting scrap at home.

As a result the home environment is now extremely hazardous for children. These kinds of problems result, when communities are not made partents in development and solutions instead come from a myopic outside view.

In Khirki village is a small community of around 90 families, residing in the heart of Delhi, yet carrying their age-old customs, beliefs and practices with them. Children living in a small area has to use the public realm of

Neighbour hoods not only for playing but for many other activities including privacy needs and concealing secrets. This requires a range of spaces of different scales and characters. Well-designed parks are no doubt very necessary for slum-kids but through out the day more play happens in the streets and informal open spaces of neighbourhood than in formal parks. Children in both Nizamuddin Basti and Khirki referred to the importance of having friendly adults around their play territories, which tells us we need to create new, more imaginative solutions for children's play than resource intensive parks. In the outpatient registers of the Pediatric unit. Just over 5000 children aged under 14 years lived in the Basti. For common ailments the majority of households visit the home Dispensary, with the next most commonly visited medical facilities

being private doctors and government hospitals and dispensaries.

The most commonly childhood diseases reported at hope project are respiratory fight outside their homes. The new toilet blocks were part of a large improvement plan in Basti that did not adequately consider children. For example, the Basti improvement plan ostensibly benefited children by creating two new landscaped parks. One of them was exclusively for women and children although it opened its secure gates for only a few hour in the evenings. The other new park replaced a large central open space in the heart of the community which was used for sorting scrap. As most of the residents in the peripheral slums of the Basti depend on this business for a livelihood, the unavailability of this space means sorting scrap - at home.

The physical environments of slums present many challenges to residents, particularly children. Even so there are thriving communities in slums with strong social and economic networks.



Slum redevelopment with children in mind:

There are many stories in Nizamuddin Basti that speak to the powerful family and community social capital in aiding the well being and future prospects of children. The many everyday places in Nizamuddin Basti that allow children to be active social participants in everyday life are the stuff that communities are made of.

When families are driven out of their slums and taken by truck loads to a resettlement site, they are not only driven away from their homes but also from their community.

Most slum redevelopment assumes that overall slum improvement processes will automatically benefit children. This is unfortunately not always true. Even the best of initiative that work on improving sanitation such as through providing more public toilets, as is currently happening in Nizamuddin Basti don't take children's needs in to account.

Public toilets are scary places for children and with long adult queues, children have to wait a long time for their turn. These are reasons why children can often be seen to squat in the space outside the toilet block or in the street right outside their homes. The Practice of Planning & Implementation of Projects to

make slum redevelopment more child-friendly.

Slum redevelopment and The policy environment in India :-

India deals with slums only through Poverty alleviation strategies. Since the 1980, every Five years Plan has included strategies targeting the environmental improvement of urban slums through Provision of basic Services including water supply, Sanitation, night shelters and improvement or employment opportunities. But as urban slum growth is outpacing urban growth by a wide margin, the living conditions of more than a 100 million urban slum dwellers in India remain vulnerable.

Is it possible to create a new imagination of slum development within the current policy environment of India? Following the liberalisation of India's

economy in 1991, two landmark events unfolded which may enable this.

① the 74th Constitutional Amendment of 1992, which proposed that urban Poverty alleviation and slum improvement and up-grading, with participation of citizens, &

② the Jawaharlal Nehru National Urban Renewal Mission (JNNURM) launched in December 2005, which embodies the principles of the 74th ^{Constitutional} Amendment.

Slum Free Cities is operationalised through a government scheme called Rajiv Gandhi Awas Yojana. (RAY) using JNNURM Support. Ray sees slum settlements as spatial entities that can be identified:-

① Slum improvement: extending infrastructure in the slums where residents have themselves constructed incremental housing.

② Slum upgrading: - extending infrastructure in the slums along with facilities

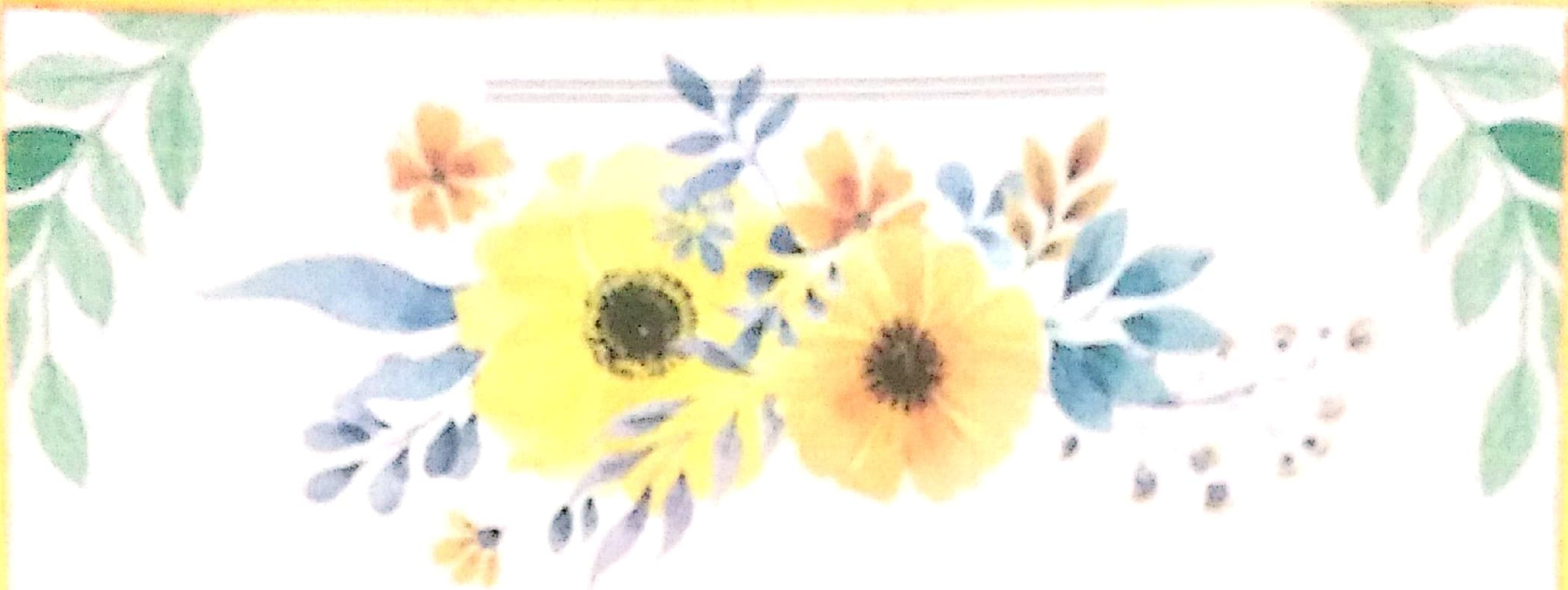
-tion of housing unit upgrading to support incremental housing.



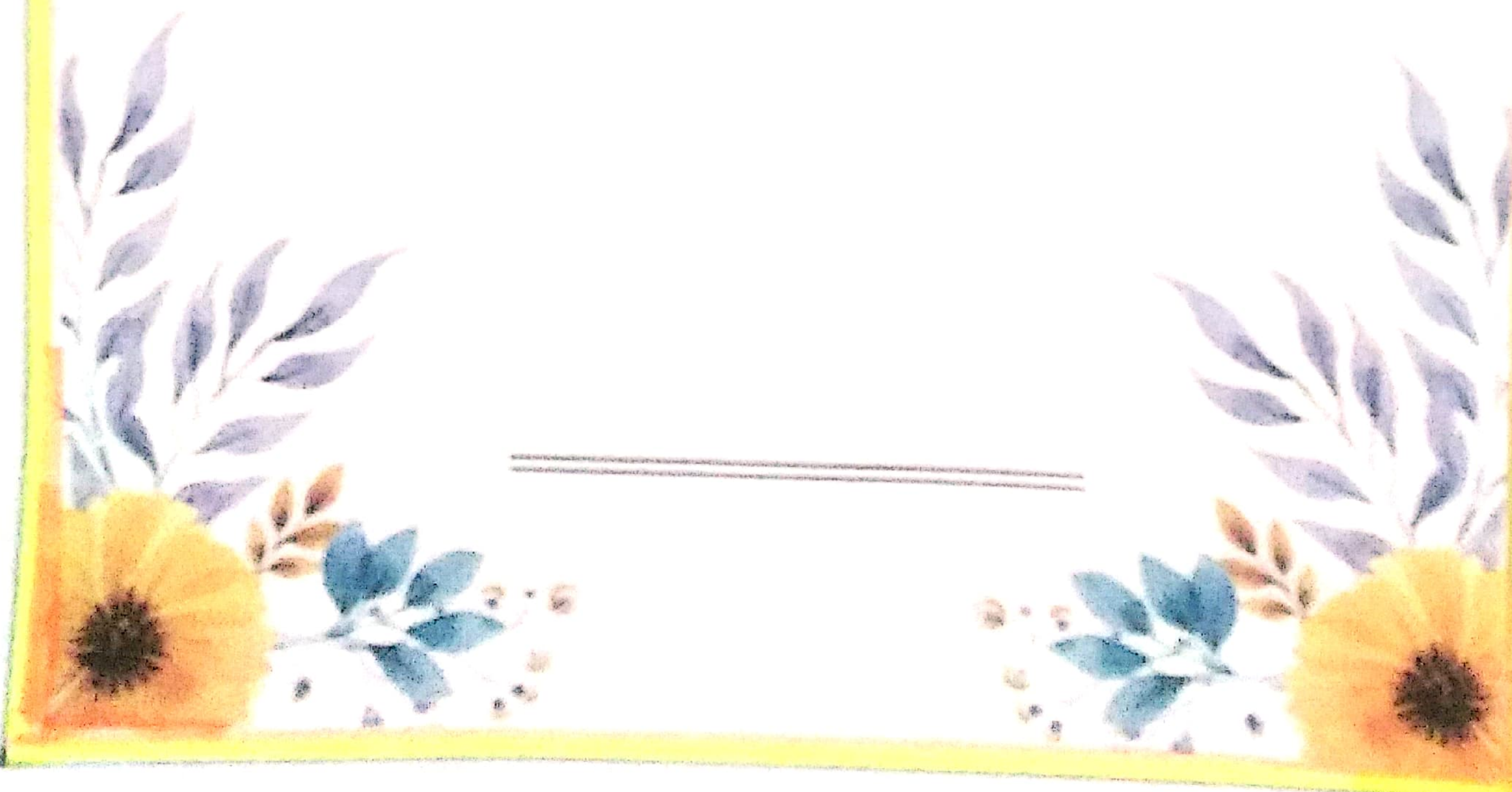
③ Slum redevelopment : - in-situ redevelopment of the entire slum after demolition of the existing built structures.

④ Slum resettlement : in case of untenable slums, to be rehabilitated on alternative sites.

RAY provides detailed guidelines for spatial analysis and situation assessment and recommends a participative process, involving slum communities with the help of NGOs and community-based organisations active in the area of slum housing and development.

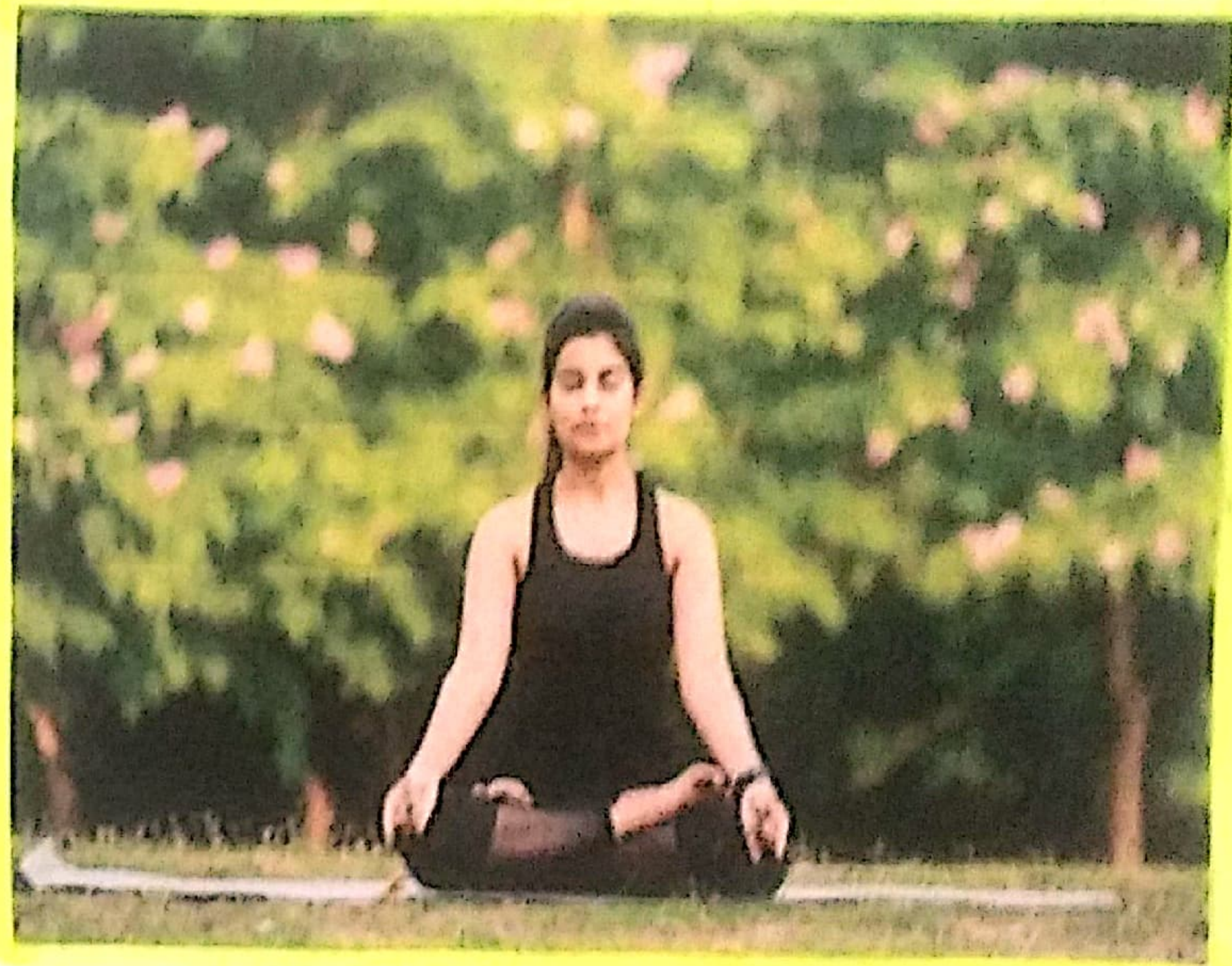


Activity = 2



* Visit and prepare a report on Yoga meditation Centre.

Many people think yoga and meditation are interchangeable or that they are the same thing. Though they are connected, yoga meditation differs from other meditation practices.



Yoga is an ancient spiritual practice from India that uses breath control, physical exercise, and meditative postures. The practice of yoga uses "asanas" or various physical poses to achieve a divine connection with the universe. In fact, the word yoga means "union" in Sanskrit. Some people prefer to yoga as moving me-

distraction, where you calm your mind and create awareness through doing the poses.

In this activity I hope collected a report on the 'Yoga Nikethan' - Centre for Yoga and Meditation and submitted a detailed account on it about its establishment, facilities provided in it. Activities that are performed in it and about its publications.

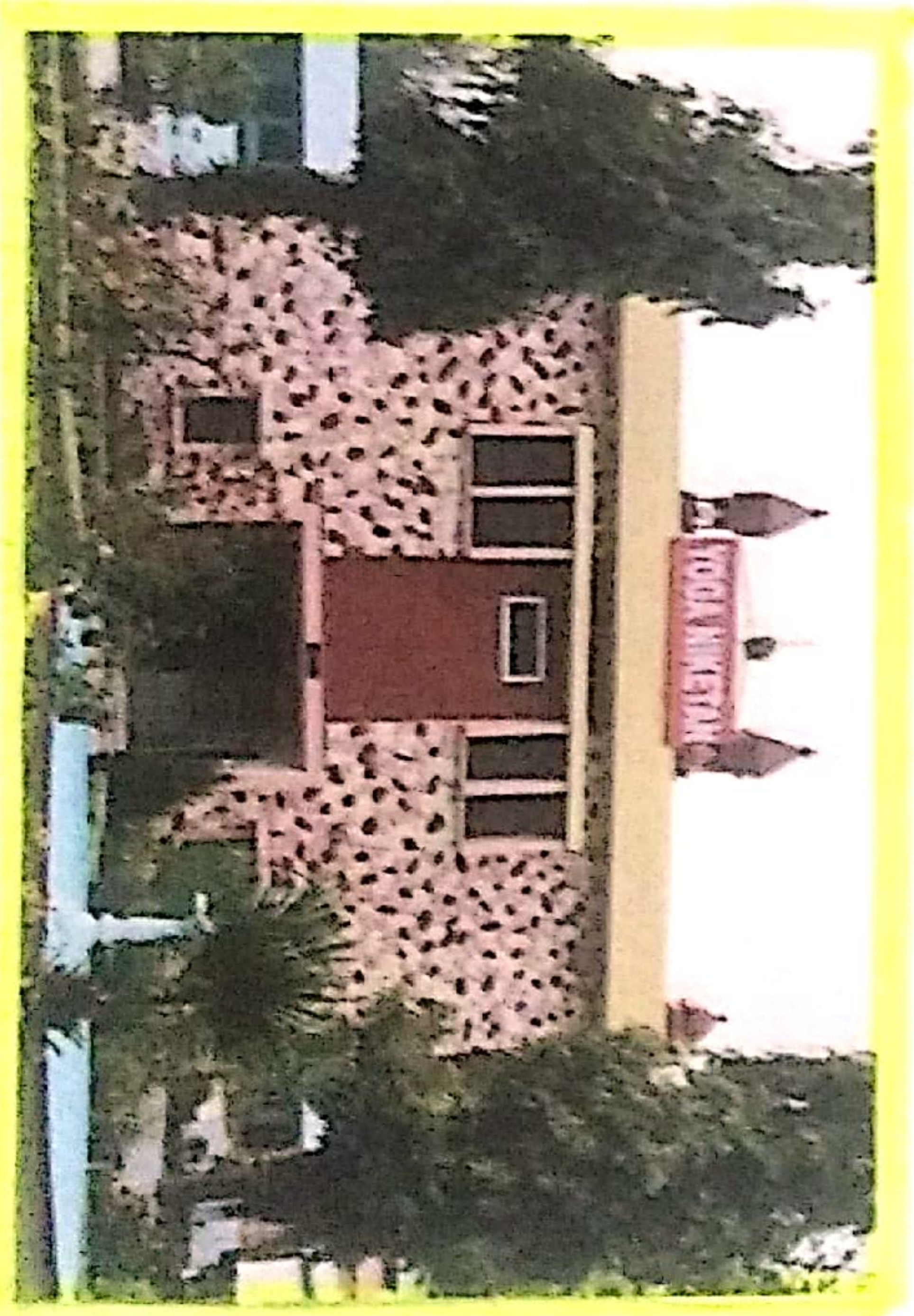
Report ON Yoga and Nikethan Ashram

Yoga Nikethan is one of the oldest Yoga Ashram in Rishikesh. It is situated on a gentle hill by the bank of holy river Ganga. It was established in the year 1964 by 'Yogacharya Swami Yogeshwaranda Saraswati Maharaj'. With the sole purpose of spreading science of Yoga and spirituality in the world.

Swami Yogeshwaranda Paramhansa formally known as Yogi Devi was one

of the greatest yogi's of the 20th century. He left a comfortable home at the tender age of 14 to live a life of extreme austerity mainly in the Himalayas Practicing all that is laid down in Hindu Scriptures for the realisation of soul and God. He spend his entire life time reviving the ancient science of yoga and imparting valuable knowledge that he had gathered from many ascades and his own spiritual experiences.

He has left behind a vast collection of very well documented books which is kept in Ashram's library. Swami's merged with Brahma on April 23rd 1985.



Facilities Provided in the Ashramam :-

SADHNA HALL :- The Sadhna Hall / meditation hall is fully air conditioned for the comfort of the students to enable them to practice meditation in all seasons. It can accommodate up to 100 sadhaks. Cushions are provided to sit upon. Meditation classes are held early morning before Yoga class and in the evening after Yoga class.

LIBRARY :- The library is very well selected with books authored by many spiritual gurus. It also has a vast collection of books based on Yoga and meditation in many different languages. Daily News Paper is provided in Hindi as well as English.

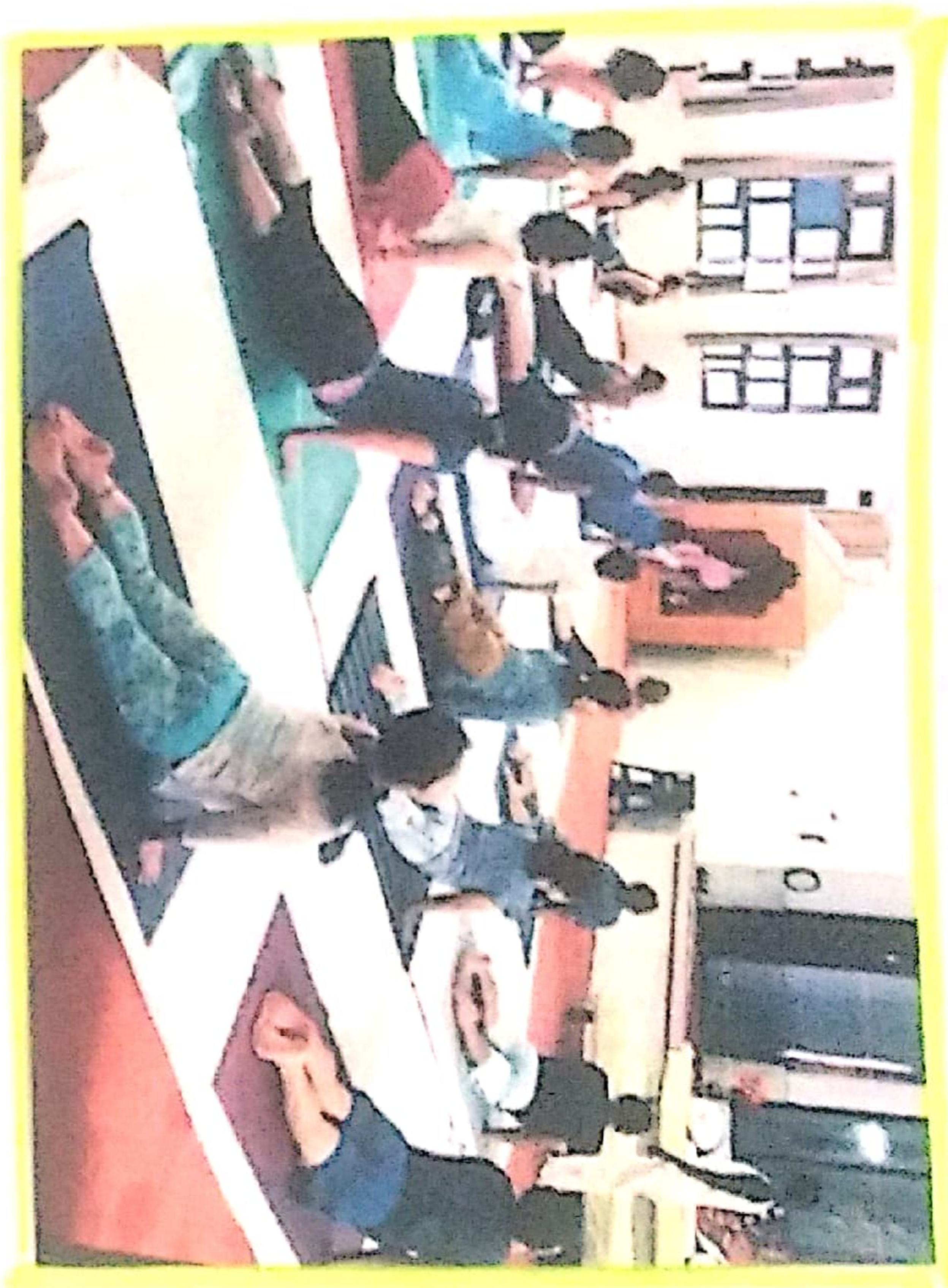
Kitchen and Dining :- Vegetarian Sathvic Food is prepared and served by well trained staff. Sadhaks are required to wash their own dishes after all their meals.

Activities :- The Yogic education here is based totally on Patanjali's yoga shashtra. The main activity of the Ashram is to train and provide guidance in the practice of Patanjali's eight fold path. This include physical, mental, and spiritual training.

The admission to stay in YNA is open to all without any discrimination of caste, creed or Nationality.

On Sunday, when there is no class all the residents may visit our Radha-Krishna temple at Ganga Ghat at the time of Arthritis, if so desired and clean the yoga and meditation Hall. As majority of students are from different parts of world and different nationality the mode of education is English and Hindi.

There is a temple by the Ashram on the main Badrinath road.



The Daily Schedule Report of the YNA Daily Schedule

Morning Bell → 4.45 A.M

Morning meditation → 5:00 to 6:00 A.M

Morning Yoga → 6:30 to 7:45 A.M

Breakfast → 8:00 A.M

Library → 9:00 to 12:00 P.M

Lunch → 12:00 Noon

Lecture → 3:15 to 4:00 P.M

(Questions, Answers, on Yoga) Meditation & Philoso-
phy

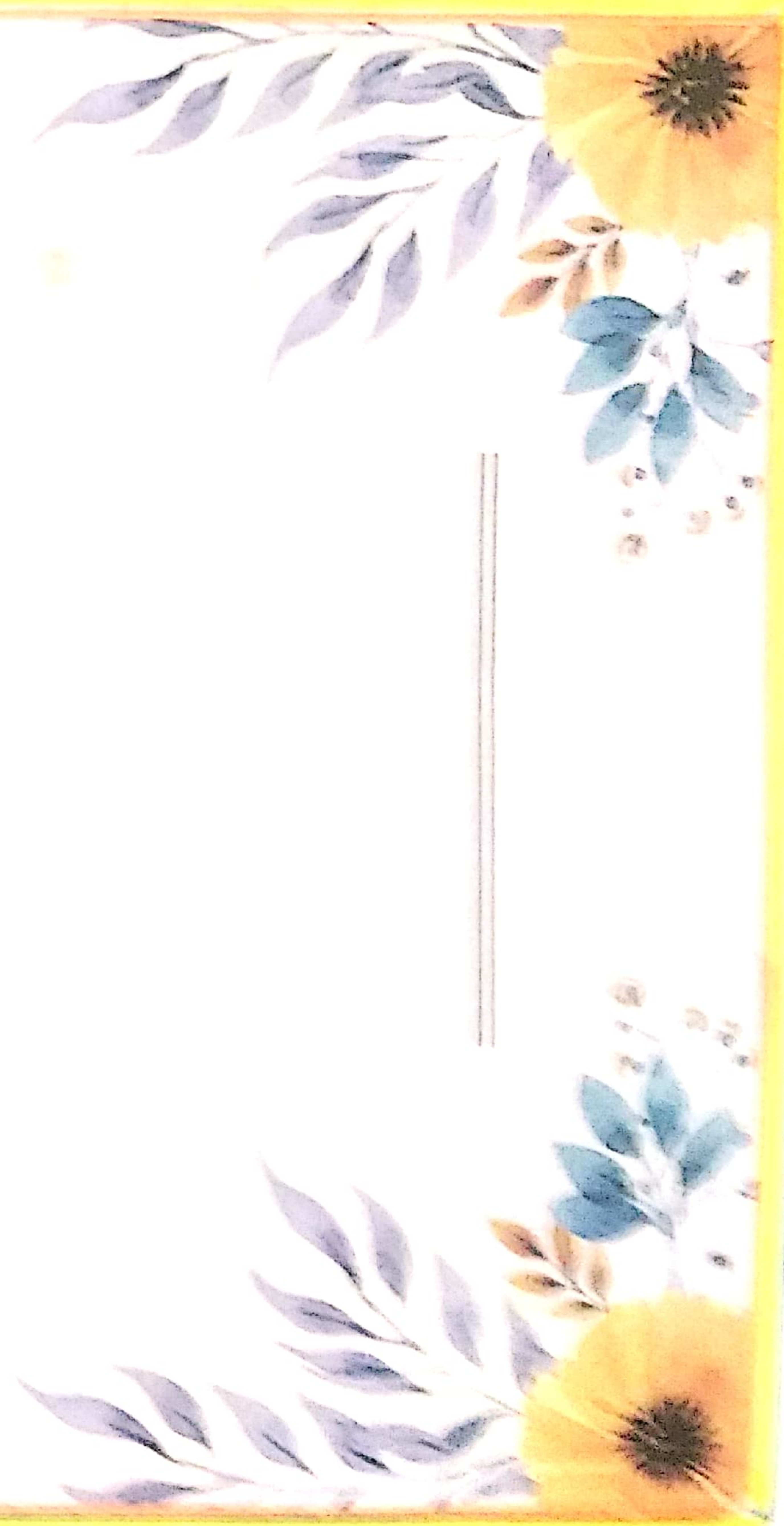
Evening Tea → 4:00 P.M

Evening Yoga → 4:30 to 5:45 P.M

Evening Meditation → 6:00 to 7:00 P.M

DINNER → 7:30 P.M

Musical Holy Hymns → 8.15 to 9.15 P.M



Activity = 5



Activity - 3

(22)

* Prepare a report on Biography of great people: -

A biography, or simply bio, is a detailed description of a person's life. It involves more than just the basic facts like education, work, relationships, and death. It portrays a person's experience of these life events. Unlike a profile or curriculum vitae (resume), a biography presents a subject's life story, highlighting various aspects of their life, including intimate details of experience and may include an analysis of the subject's personality. Biographical works are usually non-fiction, but fiction can also be used to portray a person's life.

Bio graphy of Mother Teresa :-

Born on : → 26th August 1910 at Kosovo
Vilayet, Ottoman Empire.

Died on : → 5th September 1997, Calcutta,
West Bengal.

Venerated in → catholic church

Attributes :- → Nun's habit

Rosary

Patronage → World Youth Day

Missionaries of charity

Religion → Roman Catholicism

Title → Superior General



Mother Teresa, known in catholic

Church as Saint Teresa of Calcutta was born on 26th August, 1910, she was born in Kosovo present day It is Skopje, North Macedonia. After having lived in Macedonia of eighteen years she moved to Ireland and then to India, where she lived for most of her life.

In 1950, Teresa founded the missionaries of charity, a Roman Catholic

religious congregation which in 2012 consisted over 4,500 sisters and was active in 133 countries as of 2012. The congregation manages homes for people who are dying of HIV/AIDS, Leprosy, and tuberculosis. The congregation also runs soup kitchens, dispensaries, mobile clinics, children's and family counselling programmes, as well as orphanages and schools. Members take vows of chastity, poverty and obedience and also profess a fourth vow: to give whole hearted free service to the poorest of the poor.

Mother Teresa received several honours, including the 1962 Ramon-Magsaysay Peace Prize and the 1979 Nobel Peace Prize. A controversial figure during her life and after her death, Mother Teresa was admired by many for her charitable work. She was praised and criticised on various counts, such as for her views on

abortion and contraception, and was criticized for poor conditions in her houses for the dying.

By age 12, she was convinced that she should commit herself to religious life. Her resolve strengthened on 15th August 1928 as she prayed at the shrine of the Black Madonna of Vittina-Lethnice, where she often went on pilgrimages.

She arrived in India in 1929, and began her novitiate in Darjeeling, in the lower Himalayas, where she learned Bengali and taught at St. Teresa's School near her convent. She took her first religious vows on 24th May 1931. She took her solemn-vows on 14th May 1937, while she was a teacher at Loreto convent school. She served there for nearly twenty years and was appointed its headmistress in 1944.

Although Mother Teresa enjoyed teaching at the school, she was increasingly disturbed by the poverty surrounding

her in Calcutta.

In 1946, during a visit to Darjeeling by train, Mother Teresa felt that she heard the call of her inner conscience to serve the poor of India for Jesus. She asked for and received permission to leave the school. In 1950 she founded the Missionaries of Charity, choosing a white sari with two blue borders as the order's habit.



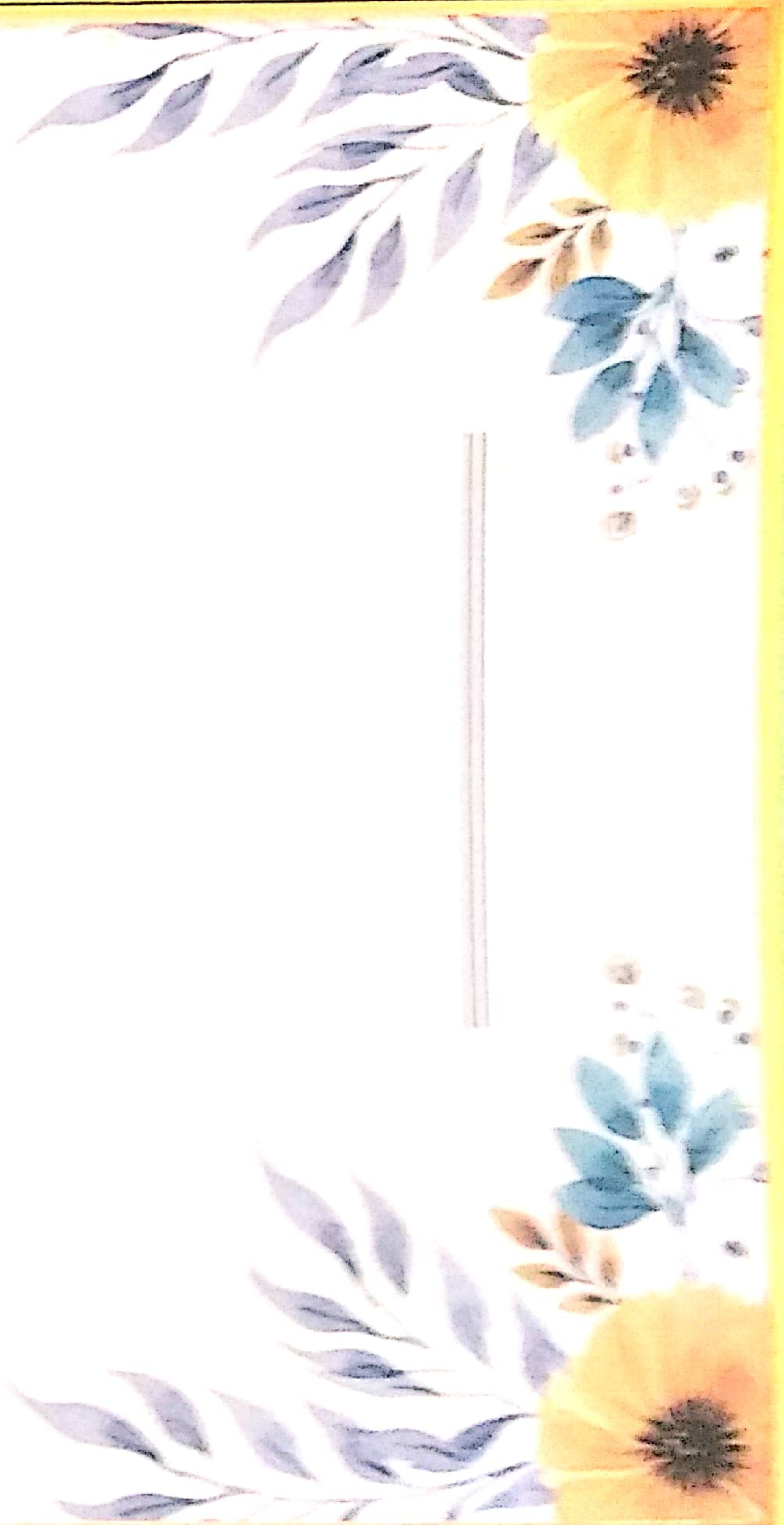
She began missionary work with the poor in 1948, replacing her traditional Loreto habit with a simple, white cotton sari with two blue borders. Mother Teresa adopted Indian citizenship, spent

Spent several years in Patna to receive basic medical training at Holy Family Hospital and ventured in to the slums. She founded a School in Motijhil, Calcutta, before she began tending to the poor and hungry. At the beginning of 1949, Mother Teresa was joined in her effort by a group of young women, and she laid the foundation for a new religious community helping the "poorest among the poor."

In 1952, Teresa opened her first home the Dying in Space made available by the city of Calcutta.

Teresa was the recipient of numerous honours including the 1962 Ramon Magasaysay Peace Prize and 1979 Nobel Peace Prize.

Teresa was widely admired by many of her charitable works. Her authorized biography was written by Indian Civil Servant Naven Chawla and published in 1992 and there are other books and films about her.



Activity = 4



* Explain about Brain storming and Prepare a report on it.

Brain Storming

Brain Storming is a method of generating ideas and sharing knowledge to solve a particular commercial or technical problem, in which participants are encouraged to think without interruption, Brainstorming is a group activity where each-participant shares their ideas as soon as they come to mind.

In other words brainstorming is a situation where a group of people meet to generate new ideas & solutions around a specific domain of interest by removing inhibitions. People are able to think more about freely and they suggest as many spontaneous new ideas as possible. All the ideas are noted down without criticism and after the brainstorming session the ideas are evaluated.

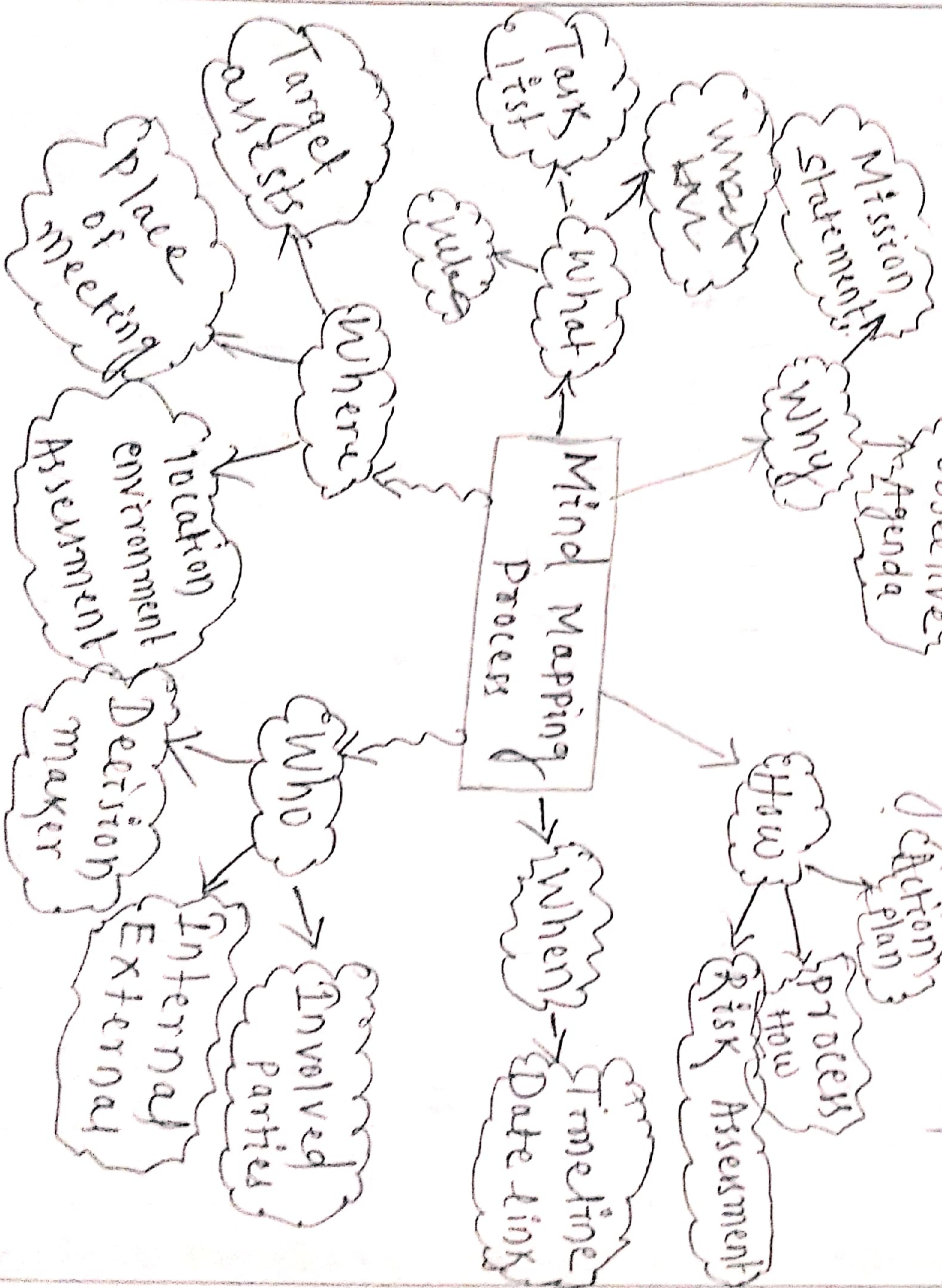
Objectives:-

* When things aren't going well you may need to hold a brainstorming session so

that you can come up with ideas to fix the problems.

* The brainstorming engaged in by our intelligent and creative team resulted in many great ideas for the future of our form.

* Before we started our form, we had to do some brainstorming with ideas to figure out the best story we wanted to tell.



Divergent thinking :-

Idea generation technique (such as brainstorming) in which an idea is followed in several directions to lead to one more new ideas, which in turn lead to still more ideas. In contrast to convergent thinking, divergent thinking is creative open-ended thinking aimed at generating fresh views and novel solutions.

Creative thinking

A way of looking at problems situations from a fresh perspective that suggests unorthodox solution. Creative thinking can be stimulated both by an unstructured process such as Brain-storming and by a structured process such as lateral thinking.

USAGE Examples :-

* You should surround yourself with people that are good at creative thinking so your company comes up with good ideas.

* Our company fosters creative thinking by putting a suggestion box in the lobby and rewarding its suggestion that get implemented by giving the suggestion a Starbucks Card.

* The creative thinking displayed by our writers was outstanding and made everyone in the firm laugh at their jokes and styles. Challenges of Brainstorming:-

When brainstorming has many advantages, It also has some challenges, following are some challenges with suggestions for mitigating them.

* Becoming just a chat session. The instructor should direct the session to keep students on task.

* Students in a group setting complete with one another rather than collaborate when generating ideas. The instructor can walk around the room and listen for in appropriate group behaviour.

* Staying surface-level. The instructor can walk around the room and listen for in appropriate group behavior.

* Getting 'buy-in' or acceptance from those who have participated in brainstorming. Who have never seen their ideas brought forth and action upon. The instructor can work with any student who may be in this category and remark on their contribution to them personally their group, and to the whole class.

* Getting quite or independent students to actively participate. The instructor can explain that as part of this course all students are expected to bend a little which may have them participating in activities that might make them uncomfortable. It is best to avoid forcing.

* Exchanging ideas in a group may reduce the number of domains that a group explores for additional ideas. Members may also confirm their ideas to those of other members decreasing the novelty and variety of ideas.



Activity = 5

* Prepare a report on self knowledge and self emotions of great people :-

Report :-

I.K. Shikhanee Mishra, an student teacher trainee of B.Ed Programme from Jamia College of Education has prepared a report on self knowledge exercise and inner observations, Self emotions of great Philosopher, Scholastic, poet, he was one of the chief saints of India. He was none other than "Swami Vivekananda".

Brief Biography

Born as Narendranath Dutta on 12 January 1863, "Swami Vivekananda" was one considered as chief saints of India. The Prime disciple of 19th Century. The Indian mystic Ramakrishna Paramahansa has reintroduced the Indian philosophy of Vedanth Yoga to the western world.

Early life :- Naren popularly known as Vivekananda was born at his ancestral home at a aristocratic Bengali Kayastha

family in Calcutta, Vivekananda was inclined from a young age towards religion and spirituality. Born in to an upper-middle class family of the Kayastha caste in Bengal, he was educated at a western style university where he was exposed to western philosophy, Christianity, and science.

Education

In 1871, at the age of eight, Narendra Nath enrolled at Ishwar Chandra Vidyasagar's Metropolitan Institution where he went to school until his family moved to Raipur in 1877. In 1879 his family's return to Calcutta, he was the only student to receive first division marks in the Presidency College entrance examination.

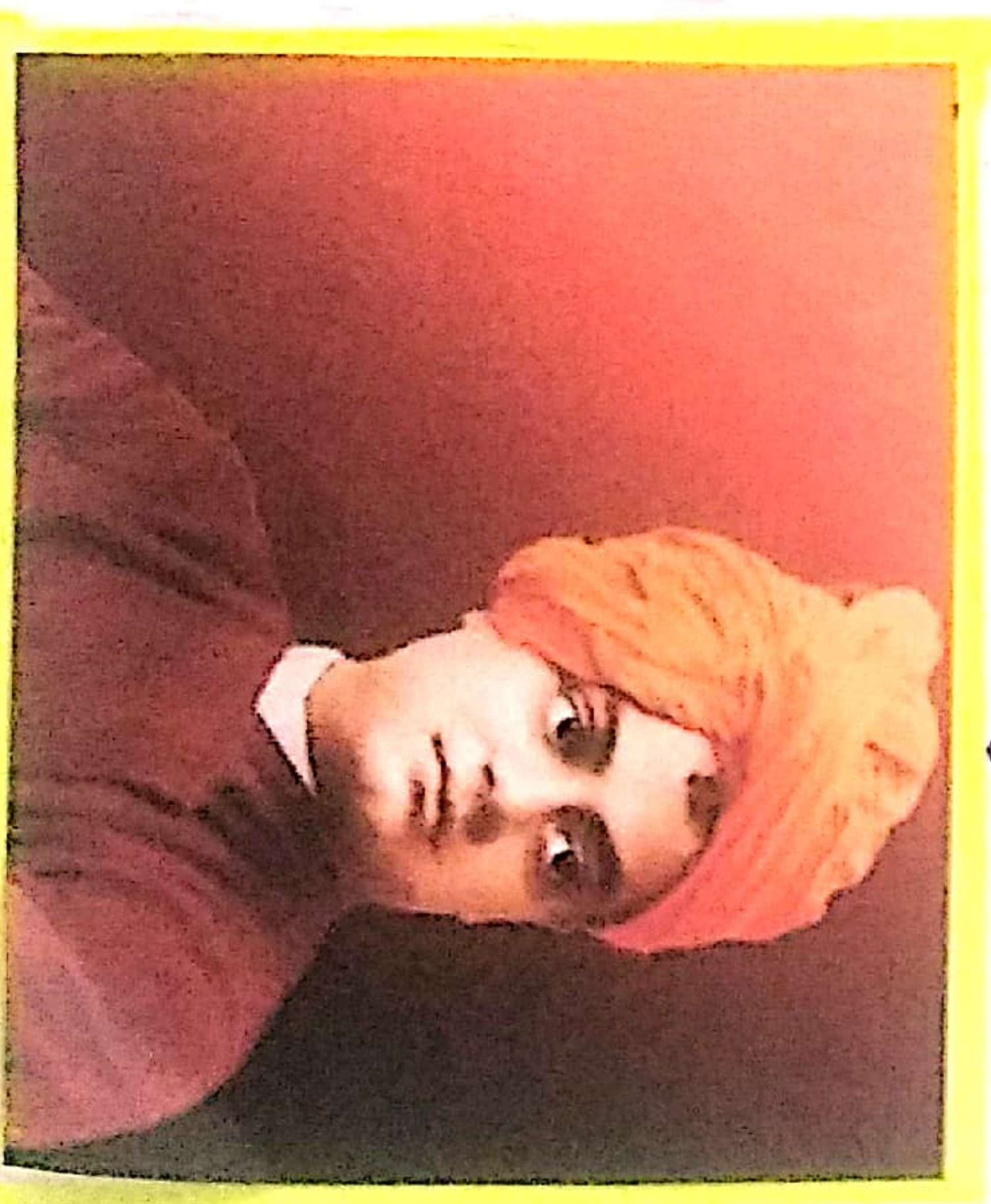
William Hastie wrote: - "Narendra is really a genius. I have travelled far and wide but I have never come across a lad of his talents and possibilities. even in German Universities, among philosophical students. He is bound to make his mark in life."

Teaching and Philosophy :-

He was influenced by Ramkrishna, who gradually brought Narendra to a vedanta-based world view that "provides the ontological basis for the spiritual practice of Serving human beings as actual manifestations of God."

Swami ji at Parliament of the world's religions

Swami Vivekananda represented India and Hinduism at the Parliament of the world's Religions (1893). India celebrates National Youth day on birth anniversary of the great Swami.



This was the first world's Parliament of Religions, and it was held from 11 to 27

September 1893. Delegates from all over the world joined this parliament. In 2012 a three days world conference was organized to commemorate 150th birth anniversary of Vivekananda.

Death:-

On 4 July 1902 Vivekananda awoke early, went to the monastery at Belur Math and meditated for three hours. He taught Shukla-Yajur-Veda, Sanskrit grammar and the philosophy of Yoga to pupils, later discussing with colleagues a planned Vedic college in the Rama Krishna Math. At 7:00 PM Vivekananda went to his room, asking not to be disturbed; he died at 9:20 PM while meditating. According to his disciples, Vivekananda attained Mahasamadhi, the rupture of a blood vessel in his brain was reported as a possible cause of death. He was cremated on a Sandalwood funeral pyre on the bank of the Ganga in Belur, opposite where Ramakrishna was cremated sixteen years earlier.