



Estd. 1953

MOUNT CARMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN

Muttambalam P.O., Kanjikuzhy, Kottayam- 686004
(Recognised by NCTE, Affiliated to Mahatma Gandhi University)

CRITERION II

TEACHING-LEARNING AND EVALUATION

2.3: Teaching- Learning Process

2.3.4: ICT support is used by students in various learning situations such as

- 1. Understanding theory courses**
- 2. Practice teaching**
- 3. Internship**
- 4. Out of class room activities**
- 5. Biomechanical and Kinesiological activities**
- 6. Field sports**

**Lesson plan /activity plan/activity report to substantiate the use of
ICT by students in various learning situations**

GRITTECSM LESSON PLAN No:4

Name of the Student Teacher : STEPHANIA JOSEPH

Name of the School : Mount Carmel G.H.S

Standard : VIII

Strength : 20

Subject: Biology

Unit : Diversity for Sustenance

Topic : Food Chain

Duration : 45 minutes.

Date : 13/01/2023

CONTENT ANALYSIS

TERMS

Photosynthesis, Food chain, Primary source, Chemical Energy, Producers, Consumers, secondary consumers, Tertiary consumers, Food Web, Trophic level, Carnivores, Herbivores, First trophic level, Second Trophic level, Third Trophic level, Fourth Trophic level, Light energy.

FACTS

- * Sun is the primary source of energy.
- * Green plants convert light energy to chemical energy.
- * Green plants prepare food through photosynthesis.
- * Chemical energy gets transferred through food chain.



CONCEPTS

- * Plants that perform photosynthesis is called Producers.
- * Consumers depend on plants directly or indirectly.
- * Consumers that directly depends on plants are Primary Consumers.
- * Secondary Consumers feed on primary consumers.
- * Tertiary consumers feed on secondary consumers.
- * Sun is the primary source of energy in the living world and green plants convert light energy into chemical energy through photosynthesis.
- * This energy get transferred to other organisms through food chain and plants perform photosynthesis are called producers, while organisms that depends on plants ~~directly~~ or indirectly for food are called Consumers.
- * Consumers that directly depends on plants are Primary consumers and organisms that feed on primary consumers are called Secondary Consumers.



and organisms that feed on secondary consumers are called Tertiary Consumers.

LEARNING OBJECTIVES

DOMAINS

SPECIFIC OBJECTIVES

KNOWLEDGE DOMAIN

Students recalled different organisms which forms a food chain.

* Students recalled different organisms which forms a food chain.

PROCESS DOMAIN

Students observed and classified organisms into producers and consumers.

* Students observed the pictures of consumers and producers and they observed to describe the food chain in their surroundings.

CREATIVITY DOMAIN

Students visualized the peculiarities of food chain.

* Students combined their ideas to develop a chart on food chain.

ATTITUDINAL DOMAIN

Students decided to learn more about

* Students decided to observe nature and learn about Food Web and Food Chain.



Food Web and Food chain.

APPLICATION DOMAIN

Students decided to plant more trees in their school campus.

* Students decided to plant more trees in their school campus.


PRE-REQUISITES

- 242
- * Sun is the primary source of energy.
 - * Green plants absorb light energy.

LEARNING MATERIALS

- * Observation of Powerpoint presentation on 'Food Web'
- * Showed video on 'Ecology'
- * Refer page no: 217.

LEARNING STRATEGIES

- * Video
 - * Powerpoint presentation
 - * Group Discussion
- 



VALUES

Students decided to plant saplings around their home.

EXPECTED PRODUCT

Students prepared a chart on 'Food Web'.

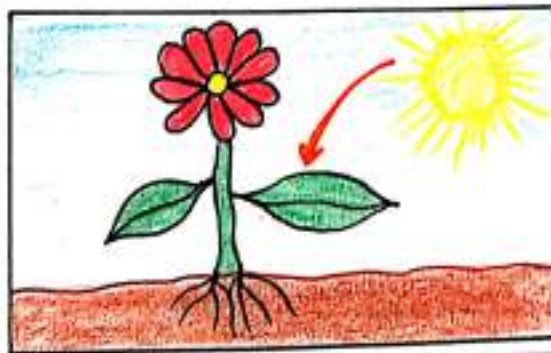
PROCESS

ASSESSMENT

INTRODUCTORY ACTIVITY

243

Teacher showed a powerpoint presentation to the students and asked them to observe it carefully. Teacher asked students could they able to identify the flower and to say some relationship between those pictures. Teacher also asked the student did they ever think about sunlight is important for human life? Teacher also asked students, do sunlight is needed for the survival of plants & animals.



Teacher introduced the topic through a powerpoint presentation.

PROCESS

ASSESSMENT

FOOD CHAIN

(C-B)

ACTIVITY NO: 1

244
Teacher divided the students into different groups and showed them a powerpoint presentation on 'Food Chain' and asked them to discuss in their groups about what is mentioned in the activity card and to write it correctly in their notebooks by referring the given powerpoint presentation.

FOOD CHAIN

Food chain shows you how organism eats another organism and transfer its energy.

eg: Grass → Rabbit → Wolf

Students observed the given powerpoint presentation carefully.

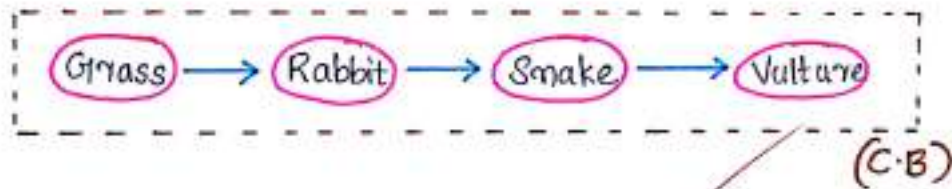
PROCESS

COMPLETE THE FLOW CHART

Grass, Snake, Vulture, Rabbit

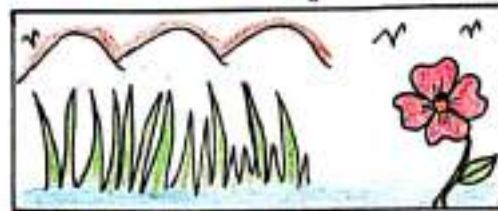


CONSOLIDATION



ACTIVITY NO: 2

Teacher showed a video to the students on 'Ecology' and asked them to discuss in their groups about what is mentioned in the activity card and to write it correctly in their notebooks by referring the given video.



ASSESSMENT

Students answered the questions correctly and teacher consolidated it on the blackboard.

ANSWER THE QUESTION

What is Ecology?

CONSOLIDATION

Ecology is the study of interaction between organisms and also between the organisms and surroundings.

(C.B)

ACTIVITY NO:3

Teacher showed a powerpoint presentation to the students on 'Food Chain and Food Web' and asked them to discuss in their groups about what is mentioned in the activity card and to write it correctly in their notebooks by referring the given powerpoint presentation.

Students discussed in their groups and answered correctly in their notebooks.

PROCESS

FOOD CHAIN AND FOOD WEB

- * A food chain is a basic network that shows the flow of nutrients and energy from one trophic level to another.
- * A food web is an interconnected food chains at many trophic levels.
- * A foodweb increases the stability of an ecosystem.
- * A foodchain is a single unit and consists of 4-6 trophic levels.

ASSESSMENT

Students observed the given powerpoint presentation carefully.

247

FILL IN THE BLANKS

- 1) _____ is a basic network that shows the flow of nutrients and energy.
- 2) Interconnected food chains are known as _____
- 3) _____ increased the stability of an ecosystem.



PROCESS

ASSESSMENT

CONSOLIDATION

- 1) A food chain is a basic network that shows the flow of nutrients and energy.
- 2) Interconnected foodchains are known as Food Web.
- 3) Food Web increases the stability of an ecosystem.

(C:B)

students filled the blanks correctly in their notebooks and teacher consolidated it on the blackboard.

FOLLOW UP ACTIVITY

Refer online resources and "Prepare a Food Web including Ten Organisms" and also write reflections about it in your Science Diary.

15/11/2023



PRACTICE TEACHING LESSON PLAN No : 7

Name of the student Teacher : Athira .V.V
Name of the School : Baker Memorial
Standard : IX
Strength : 48

Subject : Biology
Unit : Simple Nutrients into
Cells.
Topic : Double Circulation
and
Portal Circulation
Duration : 40 minutes
Date : 17-9-2020

CONTENT ANALYSIS

TERMS

Cholesterol, Circulation, Pulmonary Circulation, Systematic Circulation,
Portal Circulation, Portal Veins, Capillaries, Metabolism,
Glycogen, fatty acids, Cholesterol, Diastole, Systole
Sphygmomanometer.

FACTS

- # The circulation of blood in man is double circulation
- # Double circulation includes systematic and pulmonary circulation
- # Systematic circulation starts from the left ventricle.



- # Pulmonary circulation starts at right ventricle.
- # Veins that carry blood from organ to organ is portal veins.
- # Portal system is the system of blood circulation in portal veins.
- # Liver is the centre of metabolism.
- # One systole and the subsequent diastole together constitute a heart beat.
- # Contraction of the chambers of heart is systole.
- # Relaxation of the chambers of heart diastole.
- # Heart beat at an average rate of 72 times/minute.

CONCEPTS:

- # Blood flows from the heart to different parts of the body and vice versa it passes through the chambers of the heart.
- # Contractions of the chambers of the heart is termed as.

systole and the relaxation of the heart is called diastole.

The wave like movement formed due to contraction and relaxation of heart is felt throughout the walls of arteries and is called pulse.

About 70ml of blood is pumped into the arteries every time the heart contracts and the pressure exerted by the excess blood on the wall of arteries is systolic pressure and is 120 mm Hg.

LEARNING OBJECTIVES.

KNOWLEDGE DOMAIN

Students recall the structure of heart

Students describes the working of heart

PROCESS DOMAIN

Students observe the uses of artificial pacemakers.

Students predicts the after effects of using artificial pacemakers.

CREATIVITY DOMAIN

Students visualize the process of double circulation in human beings.

Students combine their ideas and create a model of heart in the classroom.

ATTITUDINAL DOMAIN

Students develop interest in knowing the working and uses of Sphygmomanometer.

Students develop positive attitude towards keeping their heart healthy by following nutritious diet.

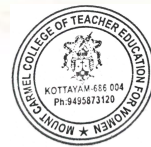
APPLICATION DOMAIN

Students think critically about the diseases caused to heart.

Students make decision to practice yoga and exercise to maintain their body weight and to stay healthy.

PRE-REQUISITES

- # Heart is an important organ in our human body.
- # Blood flows from heart to different parts of the body.



Heart is four chambered in human beings.

LEARNING OBJECTIVES

- # Observation of powerpoint.
- # Observation of Video.
- # Textbook reference.

LEARNING MATERIALS

- # Video showing 'Double Circulation' in human beings
- # Powerpoint presentation showing 'Partial Circulation'
- # Textbook Page No : 37 to 38. ✓

VALUES

Students practice yoga and meditation to keep the body and mind healthy.

EXPECTED PRODUCT

Students take initiative to start yoga club and spread awareness on yoga in their school campus.

PROCESS

ASSESSMENT

INTRODUCTORY ACTIVITY

Teacher shows a video related to the topic and asks the students to observe it carefully. Can you identify the process? Which organ in our body help to do this phenomenon? Can you name the process done by heart? Let us learn more about it.



VIDEO ON BLOOD FLOW THROUGH VEINS

DOUBLE CIRCULATION, PORTAL CIRCULATION & BLOOD PRESSURE

(C.B)

Introductory video was short and clear to the students

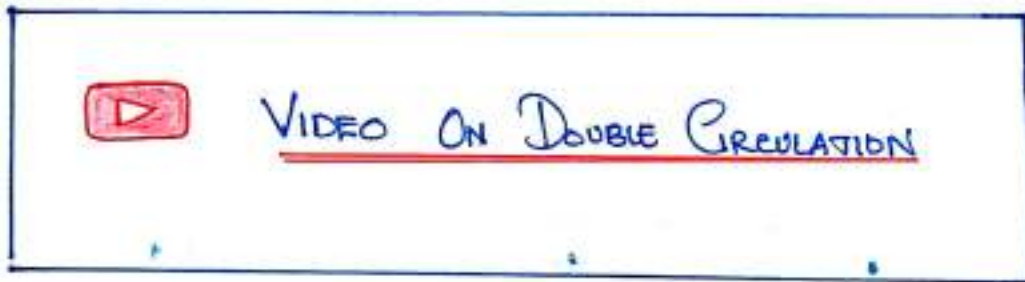
Students observed the videos keenly.

PROCESS

ASSESSMENT

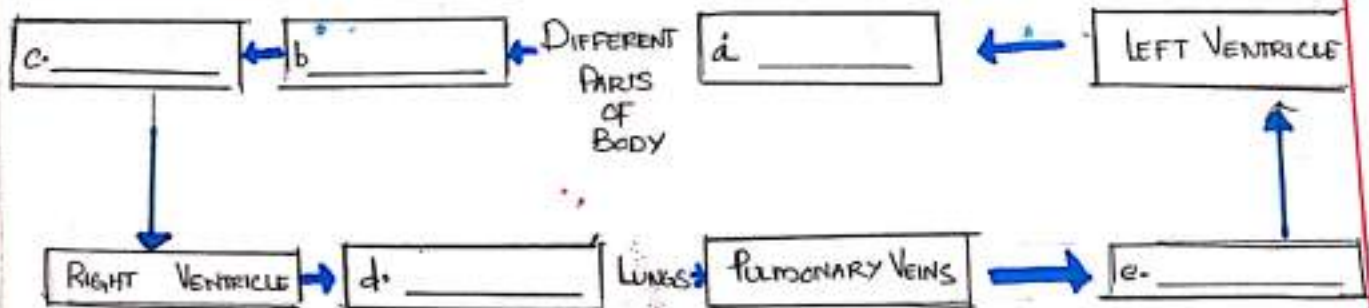
ACTIVITY No: 1

Teacher divides the students into different groups and shows a video on 'Double Circulation' and ask them to discuss in their group and to complete the flow chart in their notebooks to questions mentioned in the activity card by rewatching the video on it.



Students wrote down important points related to double circulation from the video.

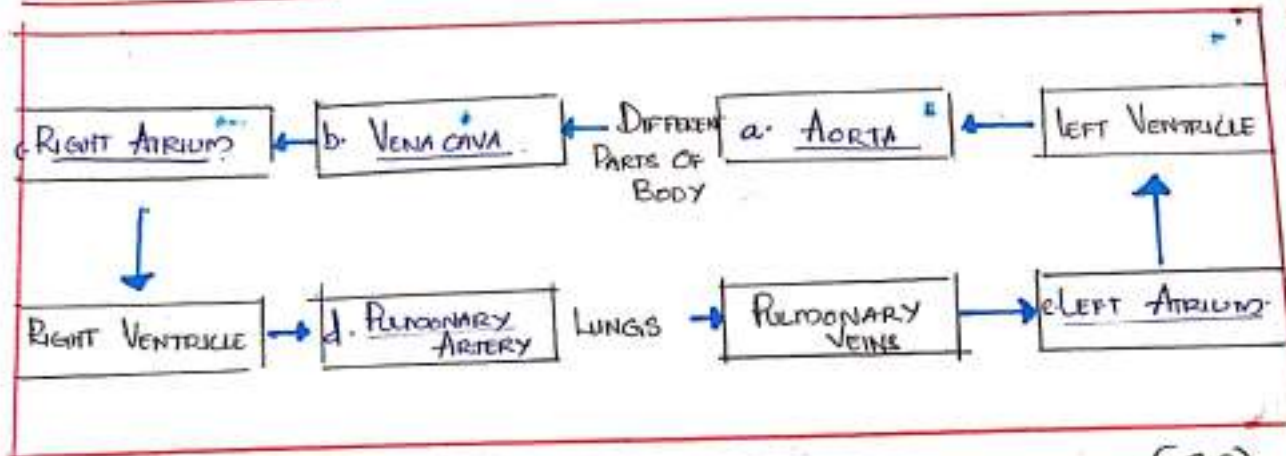
COMPLETE THE FLOW CHART



PROCESS

ASSESSMENT

CONSOLIDATION



(C.B)

Teacher consolidated the answers once more in the white board.

ACTIVITY No: 2.

Teacher shows a powerpoint presentation on Portal Circulation and ask the students to discuss in their group and to write answers to the in their notebooks to the questions mentioned in the activity card by referring the powerpoint presentation on it.



PROCESS

PORTAL CIRCULATION

- Portal Veins Carry blood from one organ to another organ.
- Portal Circulation is a system of blood circulation that includes portal veins.

QUESTIONS

1. What are portal veins.
2. Draw the flow chart of portal systems of blood circulation.

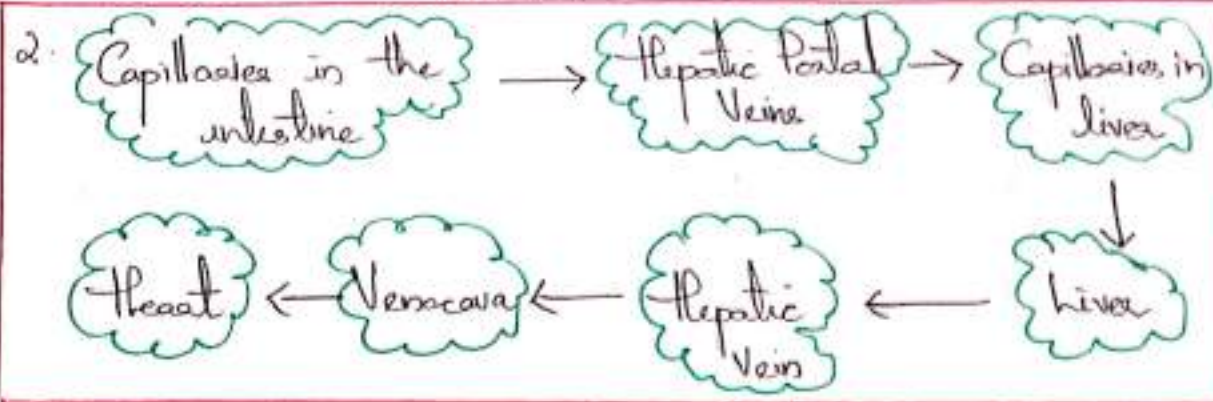
CONSOLIDATION

1. Portal veins are those veins that do not reach heart instead they carry blood from organ to organ. They begin from one organ as capillaries and end in other organ as capillaries.

ASSESSMENT

Powerpoint presentation was concise and clear.

PROCESS



(C.B)

ASSESSMENT

Students read the answers loudly during the class.

ACTIVITY No: 3

Teacher asks the students to discuss in their groups on 'Heart beat, Pulse and Blood Pressure' and ask them to fill in the blanks completely in their notebooks to the questions mentioned in activity card by referring text book Page No: 37 and 38.

Students actively participated in the discussion.

PROCESS

FILL IN THE BLANKS COMPLETELY

1. Contraction of the chambers of heart is called.
2. The heart beats an average rate of _____
3. _____ is the instrument used to measure blood pressure.

CONSOLIDATION

1. Contraction of the chambers of heart is called systole
2. The heart beats an average rate of 72 times / minute
3. Sphygmomanometer is the instrument used to measure blood pressure.

(C.B)

ASSESSMENT

Teacher appreciated the student for the correct answers.

FOLLOW UP ACTIVITY

Prepare a chart on various instruments used in medical field used to check the functioning of the heart by collecting informations from digital resources. and write a short report on it in your science diary.

MY FINDING / REFLECTION

Students responded to the class very actively.

FOLLOW UP / REMEDIAL MEASURES

I could you more video related to the topic to gain the attention of students.

28/01/2021

22/2/2021



REPORT ON BLOG CREATION AND UPLOADING OF E-LEARNING MATERIAL IN THE BLOG.

INTRODUCTION

A blog is a discussion or informational website published on the world wide web consisting of discrete, often informal diary style text entries or posts. Posts are typically displayed in reverse chronological order, so that most recent posts will appear first at the top of the webpage. Until 2009, blogs were usually the work of a single individual occasionally of a small group and often covered a single subject or topic. By 2010, 'multi author' blogs (MABs) emerged featuring the writing of multiple authors and sometimes professionally edited.

Many blogs provide commentary on a particular subject or topic, ranging from philosophy, religion, arts, science, politics and sports. Others function as more personal diaries or online brand advertising of a particular individual or a company. A typical blog combines text, digital images, links to other blogs, web pages and other media related to its topic. The ability of the readers to leave publicly viewable comments and interact with each other commenters is an important

contribution to the popularity of many blogs.

Blogging gives students the opportunities to speak their 'unique voices'. Students can practice their communication and conversation skills when they comment on others postings or reply to others feedback on their posts on blogs. Blogging can also help students to courteous and thoughtful writers. Writing for blogs, students can experiment and interact digitally in a relaxed and low-risk environment. Blogs are being used by educators to provide commenting on topics or themes from modules or subject areas, essays, project updates, class discussions directed or non, creative writing, news and more.

As part of BED curriculum for the core course 103, we have to create a blog and upload any learning material in the Blog. I have uploaded the learning material on adolescent problem, 'Cyber addiction'. I have uploaded the google drive link for the learning material. By uploading the learning material it really make it easy to check the notes directly viewing the profile. It also helped others to refer the material on the same topic, so that they can easily access the information.

CREATION OF A BLOG

Creating a new blog using your google account on Blogger.com.

1. Login to www.blogger.com.
2. If you don't have a google account, you need to first create one, by clicking the create an account link is the bottom of the page.
3. If you already have a google account, simply enter your username and password to sign in.
4. Once you signed in, click the App icon > More > select Blogger.
5. Click the New Blog button to start a new blog.
6. Enter a title, Address and choose a Template for your blog.
7. Then click on the create blog button.
8. When your blog is created, click the start posting link as the dashboard page. Hence you can post your first post or image.

Link : <https://anjalyscarial7.blogspot.com/>.

LEARNING MATERIAL - 'CYBER ADDICTION'

Adolescence is a phase when children go through several changes as they journey from childhood to maturity. It is also a vulnerable time for children since they may experience several problems of adolescence. The most important problem among them is 'cyber addiction'.

Cyber addiction is the extreme, excessive, compulsive non-productive use of the internet by an individual desperately relying on it to occupy free time for recreation or social purposes. Internet use, especially social media has dramatically changed the way adolescents communicate, socialize, make and maintain friendships. While there are benefits to live in a digital world, there are also risks involved. Now a days most of the adolescents lack skills of social development and they spend most of their free time in interacting through their screen.

AIMS AND OBJECTIVES IN WRITING A BLOG

Blogging is an amazing way to improve our writing, explore areas of interest in depth, learn the basics of website management and SEO, and perhaps most importantly, develop clarity of thinking.

- To improve our writing
- To keep us current in our topic so we have ideas for additional posts.
- To enable us to learn website management
- To enable us to build a portfolio
- To improve our analytical skills.

ADVANTAGES OF THE BLOG

Blogging comes in several ways, discusses countless subjects, and can be divided by its content, without a doubt. Yet blogging can be an excellent tool for enhancing the engagement curiosity and most importantly writing skills of a student when it comes to school. The benefits of blogging especially for young people are enormous. They will learn much better writing skill and will develop a better understanding of the world around them. The advantages of blogging for students include:

- Blogging exercises student creativity.
- Regular writings sharpens the brains performance
- Promote expression of self
- Blogging boosts confidence
- Improve communication skills.
- Earn income.
- Provide a chance to create unique content
- Helps in academic purposes.

Blogging will benefits students in many ways.

PERSONAL BENEFITS

- Able to share something to public which I was passionate about, thereby getting several readers who may have same opinion same as me.
- To meet people with same interest and ideologies.
- Getting exposure by providing content as a regular basis thereby increasing the websites visibility in search results.
- Learning new things, no matter what you write.
- Improves my writing skills and even became proficient in new languages.
- Getting technical knowledge
- Connecting with new people and getting to know about various fields, culture and opportunities.
- Enhances your reading and writing skills.
- Helps in academic purposes.
- Blogs also provides us as a medium to express ourselves and hence provides emotional balance.



CONCLUSION

Blogs are a medium to express your opinions, ideas group works and for study purpose. Blogs provide reader engagement. Blog owners update their blog with new posts as a regular basis. It can also be used as a diary for keeping record of your achievement and of interesting material. Blogging has got several benefits. It can improve your writing skills, helps to connect with people, helps in academic, field of self expression, enhance communication skills and so on. Different blogs serve different purposes.

Here by creating the blog using Blogger and uploading the learning material as Adolescent Problem 'cyber addiction'. I was able to provide the readers the information about 'cyber addiction', its cause and effects and management strategies. Through this post, it will help the readers to get a better understanding about this topic. It will help them in their academic as well as personal areas of life enriching their knowledge. When the readers are properly informed they can avoid and overcome the problems related to 'cyber addiction'.

Hence they can have a happy and healthy life. Blogs are really useful for spreading knowledge in a concise manner.

REFERENCES

- Berra, C (2020, April 3). How to start a Blog using Blogger - A step by step guide for Beginners. Blogger Lessons. Retrieved January 8, 2022 from, www.blogger/lessons.com/amp/how-to-start-a-blog-using-blogger/.
- Blog. (2022, January 8). Wikipedia. Retrieved January 11, 2022, from en.m.wikipedia.org/wiki/Blog
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APPENDIX



1

ADOLESCENCE

Adolescence is **the transitional phase of growth and development between childhood and adulthood**. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19.

Adolescence is the transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19.

2

What is Cyber Addiction?

Cyber addiction is **the excessive, compulsive non-productive use of the Internet by an individual desperately relying on it to occupy free time for recreation or social purposes**.

Internet use, especially social media has dramatically changed the way adolescents communicate, socialize, make and maintain friendships. While there are benefits to live in a digital world, there are also risks involved.

Nowadays most of the adolescent's lack skills of social development and they spend most of their free time in interacting via their screens.

Cyber addiction is the excessive, compulsive non-productive use of the Internet by an individual desperately relying on it to occupy free time for recreation or social purposes.

3

CAUSES OF INTERNET ADDICTION

- Constant urge to search for new games
- Obsessive desire to download various apps
- Frantic need to stay connected with friends through digital communication apps
- Curiosity to explore the amazing world of the Internet by themselves
- Imitating adults who are always busy on the phone
- Obsession with taking and posting selfies

4

TYPES

There are different subcategories of computer and internet addictions among adolescence.

Cybersex Addiction

It involves online pornography, adult websites, sexual fantasy/chat rooms. An obsession with any of these services can be harmful to one's ability to form real-world sexual, romantic, or intimate relationships.

Cyber (Online) Relationship Addiction

Cyber or online relationship addicts are deeply involved with finding and maintaining relationships online, often forgetting and neglecting real-life family and friends.

Computer Or Gaming Addiction

Computer addiction, sometimes referred to as computer gaming addiction, involves online and offline activities that can be done with a computer. Children would spend excessive amounts of time playing their games, causing a notable decrease in productivity.


5

SYMPTOMS

- Losing the sense of time
- Having trouble completing school work or house work due to the excessive time spent on computer or online
- Feeling guilty or defensive about Internet use or when it is inaccessible
- Having the need for better computer equipment, increased use of software and longer hours on compute

6

SYMPTOMS




- feeling excited while involved in Internet activities
- having negative consequences such as arguments, lying and being absent from school
- physical problems such as carpal tunnel syndrome, dry eyes, back and neck aches, severe headaches, fatigue and sleep disturbances are common.
- It may also interfere with daily functioning leading to academic deterioration, impairment in relationship and social isolation.

7

Harmful effects of Internet addiction on children

- 1**
Exposure to inappropriate content
- 2**
Sharing of personal information and pictures
- 3**
Exposure to violent content
- 4**
Legal implications



Internet addiction not only affects child's behavior but could also get him into trouble with the law if not checked at the right time. Like drug addiction, with Internet addiction, children also start showing symptoms of behavior disorders when they are forbidden access to their devices and the Net.

8

Cyber Addiction and Problems



MENTAL PROBLEMS

- Depression
- Stress
- Anxiety disorders
- Attention deficit hyperactivity disorder (ADHD).


PHYSICAL PROBLEMS

- Carpal Tunnel Syndrome
- Dry Eyes
- Headaches
- Back Aches
- Eating irregularities (skipping meals)
- Sleep disturbances



9

Cyber Addiction and Problems




- Parent-child relationship decreases
- Loss of close friendships
- Siblings relationship fades

← ALL BEHAVIOR PROBLEMS



→ ACADEMIC PROBLEMS

- More time is spent in "researching" than actually completing assignments
- Incomplete or Missing assignments
- Inability to concentrate on real life instruction
- Grades begin to decline
- Skipping classes to stay in chat rooms
- Absenteeism





10

HOW TO AVOID CYBER ADDICTION

- Try to limit time for Internet use and access
- Set a timer when using a computer or going online to ensure that you do not exceed your time
- Try to avoid reality based games that may go non-stop
- Find other hobbies that does not involve Internet
- Go out and spend time with friends
- Plan family activities
- Parents should monitor their children's computer and Internet use

11

What is internet addiction?



Let's check out a video.....



Click here to open the video

<http://youtu.be/2U5v0k2S8uc>



12



13



14

14





LEARNING MATERIAL



November 20, 2022

CYBER ADDICTION



Post a Comment

READ MORE



8

**MOUNT CARMEL COLLEGE OF
TEACHER EDUCATION FOR WOMEN**
KOTTAYAM-686004



**B.Ed. DEGREE PROGRAMME 2022-2024
SEMESTER-I**
[EDU 107.2]

**REPORT ON DEVELOPMENT AND
PRESENTATION OF LEARNING RESOURCE
MATERIALS FOR SCHOOL PUPILS**

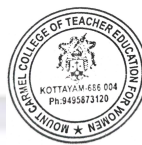
Name : ANJALY SCARIA
Reg. No. : 223240114557
Subject : PHYSICAL SCIENCE

Certificate

Certified that this is the Bonafide Record of ANJALY SCARIA

Reg. No. 223240114557 for the period 2022-2024.

Signature of the Course Coordinator



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INTRODUCTION

A 'Flash card' is a small piece of card you hold in your hand and glance at quickly to take in information. It contains short statements that summarize or inform the learner about the main ideas of a longer piece of writing. The aim of the flash card is to draw the learner's interest or to recap the important points in a chapter.

In this physics flashcard, the important concepts, definitions, equations of the physics chapters are included in a more beautiful way which can be easily understandable. This flashcard provides brief summary of the chapters 'FORCE' and 'UNITS AND MEASUREMENTS' from the science textbook of 8th standard of Kerala syllabus in a more attractive way.

NEED AND SIGNIFICANCE

Flashcards can be a helpful study tool because they allow you to quickly and easily review key concepts and informations. They can help you memorize important details and reinforce your understanding of a topic. Mind mapping is a useful tool for brainstorming, organizing ideas, and visually representing complex concepts. Flash card helps in mind mapping. It can help you see connections between different pieces of information and identify key themes or categories.

Flashcards containing chapter summaries can be helpful study tool because they allow you to quickly and easily review the most important concepts and information from the chapter. They can help you memorize key details and reinforce your understanding of the material.

OBJECTIVES

- To be used as a quick guide if the time is limited
- To be used as a small note card for testing and improving memory through practiced information retrieval.
- To restate as clearly as possible the main ideas of the original work in a much more simpler form.
- To understand texts that we read and to identify the most important information in the text.
- To be used as an accurate and objective retelling of the main points of the original.
- To be used as an outline of information of the given chapter.

STEPS INVOLVED IN THE PREPARATION OF FLASH CARD

i. Planning

As the first step to prepare the flash card, a detailed content analysis of each chapter is done. The main concepts and ideas are identified and noted down for the chapters 'Force' and 'units and measurements'. For preparing the online flash card I had to find a suitable application for the creating the flash card. Then I choose the application 'Heyzine' for making the flashcard. For uploading the pdf to the application I need first need to prepare a Power Point Presentation. Then I first plan how to prepare and arrange the items on the ppt.

ii) Construction of flash card.

First I choose two chapters 'force' and 'units and measurements' from the basic science text book of class 8. Then I identified the important

contents and concepts. I found out the correct photos and videos suitable for each concepts to be remembered. Then I prepared the ppt for uploading in the "Heyzine" application. The ppt consists of Introduction, Objectives, Instructions and then the main contents in the simple form. The ppt consists of the suitable photos and videos that are attractive. After completing the ppt preparation it is converted to pdf format. Then it is uploaded in the "Heyzine" app and design the flip book into a attractive one by choosing a beautiful back ground picture. For the two chapters

'Force' and 'Units and measurements' separate ppt's are made and ~~they~~^{then} transform it into flashcard using Heyzine app. Finally a beautiful flashcards are prepared to use as a quick guide in a simpler form.

PRESENTATION OF LEARNING MATERIAL

I had introduced my learning material 'Online Flash card' for students of class VIII D at H.D Seminary H.S.S Kottayam on 21st February 2023. The Heyzine application is used to introduce the flash card. The flash card was opened using a link provided. It contains details like Introduction, Objectives and instructions to be followed while using the 'flash card'.

Pupil were very curious to see the flash card and to use it. They openly cleared their doubts of using the flash card. I explained how to make use of the flash card.

I handed over the link of the flash card to Mrs. Mariyam the physics teacher of class VIII D at H.D Seminary H.S.S Kottayam. The flash card will be helpful for students of

standard VIII while learning the chapters 'Force' and 'Units and measurements'. It will ~~be~~ be helpful for students to connect the bit of knowledge in a meaningful way. It can be also used as a quick guide if the time is limited and can also be used as a small note card for ~~testing~~ and improving memory through practiced information retrieval.

LINK FOR ONLINE FLASH CARD

- Online Flash card for chapter 'FORCE'

<https://heyzine.com/flip-book/75eeba62f6.html>

- Online Flash card for chapter 'UNITS AND MEASUREMENTS'

<https://heyzine.com/flip-book/ec20fd3678.html>

CONCLUSION

Self learning materials are those aids which does not require any intermediary to explain the content. They are important because they can significantly increase students achievement by supporting student learning.

Flash card can be used as a self learning material. Flash card helps in using as a quick guide and to understand the important concepts is a simpler way ~~using~~ with the help of pictures and videos. It can improve students critical thinking and learning outcomes.

The self-learning material that I prepared was 'Online flash card' for the chapters 'Force and concept map' of chapter class 8 in the basic science text book. Each flash card presents a consolidated idea of the important concepts of the chapter and can be used as a quick guide in a beautiful way.

By preparing the material, I was able to do a detailed content analysis of the 2 chapters. I understood the steps involved in the preparation of the 'Flash card'. Moreover I realised that it is the best way to share the ideas with the students. I was happy to introduce my learning material in the school and realised that students show great interest to learn the topic while the flash card was presented before them.

REFERENCES

- "Learning resources - Material types"
<http://support.skillscommon.org/learning-resources-materials-types/>
- <https://flashcardandstationery.com/how-to-make-flashcards-step-by-step/>.

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LEARNING RESOURCE MATERIAL
FLASH CARD



Prepared by:
Anjali Suresh
1st B.E.D
Physical Science

Submitted to:
Dr. Lili Kanchana



INTRODUCTION

A **FLASH CARD** is a small piece of card on which to write text and photos or symbols to take an information. It contains short messages that summarize or inform the learner about the main idea of a longer piece of writing. The size of the flash card is to draw the learner's attention or to keep the important points in a chapter.

In this project, I followed the appropriate concepts, definitions, experiments of the physics chapters and included in a more beautiful way which can be easily remembered. This document provides brief summary of the chapter **"FORCE"** from the science textbook of 7th standard of Kerala syllabus in a more attractive way.




- To be used as a quick guide in the lesson or revision.
- To be used as a quick note and the writing and organizing material through graphical information relevant.
- To serve as a study aid provide the topic notes of the chapter level in a more user-friendly form.
- To understand each part we need not to identify the main important substances in the text.
- To be used as a study aid for the main points of the chapter.
- To be used as an outline of performance of the given chapter.






INSTRUCTIONS

This is a document which includes the main ideas of the chapter in a much simpler form. It is a quick learning material as it provides the important points in the chapter **"Force"** in the textbook of class 7.

It will help you to access the concepts easily and to make a meaningful learning. It is very easy to find the important points in the textbook just behind the screen as it is symmetrically arranged.



FORCE




FORCE

- Force is that which changes or tends to change the shape, size, volume, state of rest or state of motion of a body.
- The unit of force is newton. It is denoted by 'N'.
- When an object is pushed or pulled, a force is being applied on it.
- The force can change the state of rest or motion of an object.

Contact forces and non-contact forces

- There are many instances in which force is applied by contact and some instances.
- The force applied by the contact bodies, objects is called contact force.
- The force applied to an object without contact with it is non contact force.



Weight

Definition: The attractive force exerted by the earth on an object.

Weight of an object of mass m kg is $F = mg$

Here $g = \text{acceleration due to gravity} = 9.8 \text{ m/s}^2$

- 1. When the liquid has maximum area of contact the force per unit area is small, the pressure is more in the portion with the depth of depression is more.
- 2. When the liquid has smaller area of contact, the force per unit area is less, the pressure is less in this portion, and the depth of depression is less.

Liquid Pressure

- All liquids exert a force on all sides of the container in which they are held.
- The thrust acting per unit area by a liquid is the liquid pressure.
- The pressure exerted by a liquid depends on density and height of liquid.

EXPERIMENTS

The pressure exerted by a liquid increases with its density as height. That is the deeper the liquid column, the higher the liquid pressure.



The factors influencing the liquid pressure

The pressure exerted by a liquid column depends on its density and its height. That is the density of the liquid, volume, surface area, the liquid pressure.

- Height of the liquid column (h)
- Density of the liquid (d)
- Acceleration due to gravity (g)

Liquid pressure is $P = dhg$

Atmospheric Pressure

The atmosphere of the earth exerts the thrust. T.B.S in the earth's atmosphere.

The density of atmosphere changes the surface of the earth to pressure and it is called atmospheric pressure.

Height always both pressure decreases in the go up.

The pressure in the air is called as atmospheric pressure. It is the force exerted by the atmosphere on the earth's surface.



LENGTH

Yard (yards), length of the forearm (pachonam), foot, measuring rod, barling, inch etc. are the various units used for measurement in older days.

Difficulties that arise due to the use of different units in different parts of the world.

- Measurement will not be the same
- Accuracy cannot be achieved
 - Difficulty in exchange
 - Difficulty in comparison.



Unit of Length

A standard scale of a definite length has been compared worldwide for measuring length. This standard scale is the unit of length. The basic unit of length is **meter**. Its symbol is 'm'.

SMALLER UNITS OF LENGTH

- In a metre scale numbers are marked corresponding to the long lines. The marking of this scale starts from one end of scale at hundred.
- A metre scale is divided into 100 equal parts. The length of each part is one centimetre (cm). This is useful in measuring a length which is less than one metre.

A scale is divided into 100 equal parts. The length of each part is one centimetre. This is useful in measuring a length which is less than one metre.



NOTEBOOK

This is a notebook which includes the main ideas of the chapter in a quick reader form. It is a quick learning material as it provides the important points in the chapter 'UNITS AND MEASUREMENTS' in the notebook of class 2.

It will help you to access the concepts easily and to make a meaningful learning as well. It is very easy to find the important points in the notebook just before the class as it is systematically arranged.



UNITS AND MEASUREMENTS



Handwritten signature in red ink.

TIME



A day or a solar day is the time period between two 12 hours of our day to 12 hours of next.

- One day is divided into 24 equal parts. This each equal part is 1 hour.
- When one hour is divided into 60 equal parts, one part is one minute.
- When one minute is divided into 60 equal parts, one part is one second.
- The basic unit of time is second. It is denoted by the symbol 's'.
- 1 solar day = 24 hour = 60 minutes = 60 seconds = 3600 s.
- 1 second is 1/86400 part of a solar day.



FUNDAMENTAL UNITS



- The quantities which are not related to one another and cannot be expressed using other quantities, such quantities are **fundamental quantities** eg: Length, Mass, Time etc.
- The units of fundamental quantities are called **fundamental units**.
- The system based on three fundamental units is the **International System of Units**. Its short form is **SI Units**.
- In addition to length, mass and time, there are seven other fundamental systems of units or SI units are based on fundamental units.



Astronomical unit (AU): The average distance between earth and sun is one astronomical unit (AU). One AU is approximately 1.5 x 10⁸ km.

Light year: The light time is the distance travelled by light in one year. In vacuum, light travels 9.46 x 10¹² kilometers in one second.

1 light year = 9.46 x 10¹² km = 9.46 x 10¹⁷ m

Speed of light in vacuum is 3 x 10⁸ m/s.

One parsec = 3.26 light years.



MASS

Mass of a substance is the measure of the quantity of matter contained in it.

The basic unit of mass is kilogram. Its symbol is kg.

To measure mass larger units as well as smaller units are used.

Basic unit of mass - kilogram



Smaller units of mass

milligram (mg)
gram (g)

Larger units of mass

quintal
tonne



CLUB AND

FORUM

ACTIVITIES

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INTRODUCTION

A club is an association of two or more people united by a common interest or goal. A service club, for example, exist for voluntary or charitable activities. There are clubs devoted to hobbies and sports, social activities clubs, political and religious clubs etc.

Clubs composed of students with adults as advising figures to maintain the functionality of clubs. Clubs primarily focus on four aspects: Fund raising, community service, Career interest and group dynamics.

Science clubs channelise the energies of students and make use of their skills and talents, which satisfy their instincts and urges and help in their overall personality development. Through activities of a science club, learning of science become joyful. The science club caters to freedom for expression, whereas the classroom atmosphere leads to conformity and repression. Science club is a place where the pupil works with many pupils. So he is able to work in cooperation able to know others attitude and part of view of a problem. He can discuss with the co-members of the

club about the problem. So, science club plays an important role in encourage problem solving skills in pupils. Even a progressive syllabus fails to cater to the needs of each science education, now a days we see found to exhibit growing interest and means of stimulating group participation and mobilising interest in learning science organising science club is one among such activities. Through activities of a science club learning of science becomes joyful.

OBJECTIVES

The major objectives of science club is following:

- # To provide proper incentive and inspiration for the pursuit of scientific knowledge in rigorous way of broadening their scientific outlook.
- # To make the students understand the values of time and to help them in proper utilization to their hours.
- # To develop students, interest and participation in the practical application of knowledge related to different branches of science.
- # To develop interest in scientific hobbies.
- # To create interest in latest inventions.

SCIENCE CLUB ACTIVITIES AT M.D. SEMINARY H.S.S

I. INTERSCHOOL ESSAY WRITING COMPETITION

As part of the Biss club, the B.Ed trainees conducted an interschool essay writing competition for high school section as part of "World Science Day" on 10 November 2020. The topic was "Journey of Science From Then and now". Due to Covid pandemic situation the competition was conducted through online mode. The instructions were given clearly to all the students around the schools. The entries were sent to whatsapp to the concern coordinator. The students participated in the competition actively.

WINNERS:

FIRST PRIZE: Nandhana Giji (IX std, Holy Family H.S.S)

SECOND PRIZE: R. B. BI FATHIMA (IX std, Holy Family H.S.S)

II. INTERSCHOOL PASTER DESIGNING COMPETITION

Interschool paster designing competition was conducted as part of Biss club both for high school section and also upper primary section. The competition was conducted as part of World Science day on

10th November 2020 The topic for poster designing competition was "Indian Scientists and their contributions" for upper primary section. While the topic for high school section was "Journey of Science from then and now". Many students participated for the competition and send their entries to the concerned teachers. The B.Ed trainees collected the entries and send to the judges for the final results. Later the results were awarded to the concerned school.

WINNERS:

UPPER PRIMARY SECTION

- I: Christeena . C. Jobi (VIB), Mount Carmel A.H.S)
- II: Desamunthavashi V.R, (VII, F)
- III: Susha Ana Binu, (VII, F)

CONCLUSION

Science club channelizes the energies of students and make use of their skills and talents, which satisfy their interests and urges and helps in their overall personality development. Through learning activities of science club, learning of science become joyful.

The science club caters to freedom for

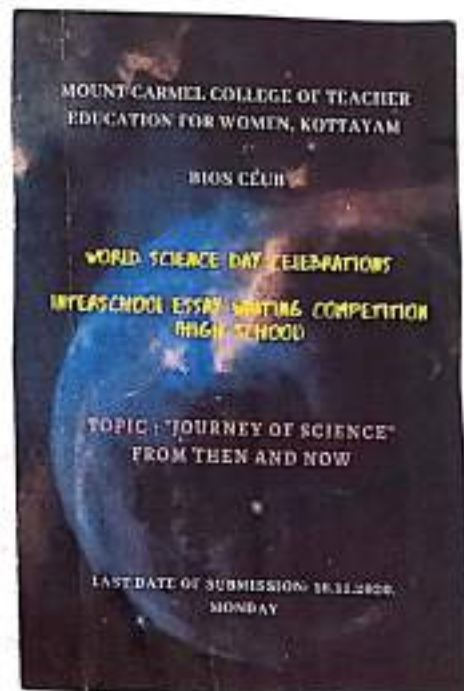
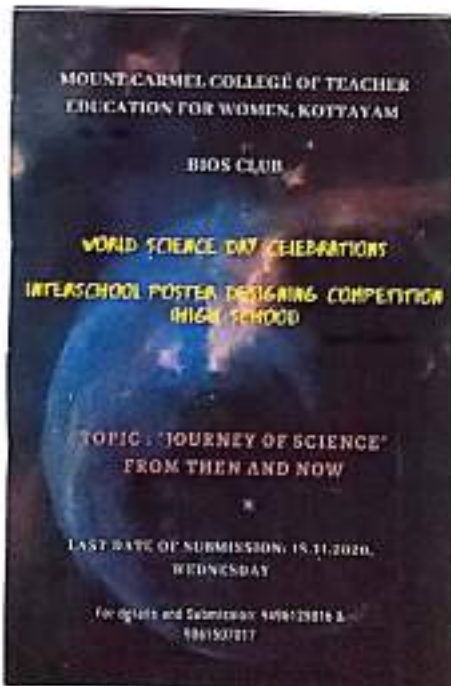
expression, where as the classroom atmosphere leads to conformity and repression. Students organizes, thought and translate into action. Club activities develop enthusiasm to strive for the cause of scientific enterprise in the classroom. Everything is done for in a formal and controlled atmosphere.

REFERENCES

1. www.academia.edu.
2. <http://csi.usta.org/2016/03/science-club/ampl>.
3. www.science.society.
4. www.hindawi.com.

APPENDIX

BROCHURE



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CHRISTEENYA . C . Jobi
(FIRST PRIZE)



SERAH ANWA
BINU
(THIRD PRIZE)



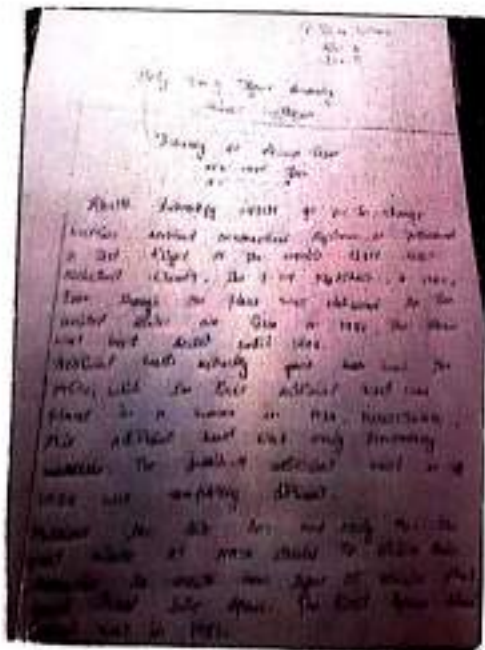
DEWAMOUTHAVARSHI V.
(SECOND PRIZE)



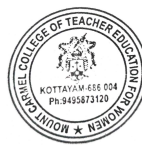


EVA MARIA ANIL, 8D

Essay Writing Competition



NANDHANA GINI
(FIRST PRIZE)



POSTERS PREPARED BY STUDENT TEACHERS

MOUNT CARMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN, KOTTAYAM
 Affiliated to Mahatma Gandhi University
 Kottayam
 Accredited by MAAC & UGC
 Under the auspices of (KAC)

International Women's Day
 Celebrating Women's Day

Theme : Sexual harrasment against Women

Venue : General Hall
 Date - 06/12/2022
 Time : 2.30 pm -3.30 pm

Coordinator: **Caroline Suresh Aji** (B.Ed. Student) Student Coordinator
 Dr. Lily Math (Associate Professor) Teacher Coordinator
 Prof. Dr. Anne Joseph (Principal) In-charge

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INTERNATIONAL WOMEN'S DAY CELEBRATION 2022

E- POSTER DESIGN COMPETITION
 Theme: Science for sustainable development

Submit your entries at: education@mcetw.com

Deadline: 07/02/2022 before 8 am

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HUMAN CHAIN AGAINST DRUGS

31st December 2022
 10:30 am

18 to 20 years
 21 to 25 years
 26 to 30 years
 31 to 35 years
 36 to 40 years
 41 to 45 years
 46 to 50 years
 51 to 55 years
 56 to 60 years
 61 to 65 years
 66 to 70 years
 71 to 75 years
 76 to 80 years
 81 to 85 years
 86 to 90 years
 91 to 95 years
 96 to 100 years

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INTERNATIONAL HUMAN RIGHTS DAY
 Organized by SOCIAL SCIENCE ASSOCIATION ARCADES

ESSAY WRITING COMPETITION
 Venue : General Hall
 Date - 09/12/2022
 Time - 1.30 PM - 3.30 PM

Dr. Lily Math (Associate Professor) Teacher Coordinator
 Prof. Dr. Anne Joseph (Principal) In-charge

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Children's Day Celebrations
 Organized by DAFFODILS The English Association

ESSAY WRITING COMPETITION
QUIZ COMPETITION

DATE : 14/11/2022
 TIME : 1.00 PM to 3.00 pm
 VENUE : GENERAL HALL

Dr. Lily Math (Associate Professor) Teacher Coordinator
 Prof. Dr. Anne Joseph (Principal) In-charge

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FLASH MOB
 Topic: No to Drugs

Date : 31/10/2022
 Time : 12:30 pm

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BIOS & HEALTH CLUB
 Organizing **WORLD AIDS DAY**
 Talk on Prevention

Resource Person: **Ms. Anjali Jayan** Assistant Professor HSE Department

Time : 11.00 am to 12.00 pm
 Venue : General Hall

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National Mathematics Day Celebration
 Organized by THE MATHEMATICS ASSOCIATION

Venue : General Hall
 Date : 02/12/2022
 Time : 1.30 - 3.30 pm

MOUNT CARMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN, KOTTAYAM
 Affiliated to Mahatma Gandhi University
 Kottayam
 Accredited by MAAC & UGC
 Under the auspices of (KAC)

FEMINA SPOORTHI 2022

Physical Science association SCIENTIA presents

18 Jan

Women in Science
 Presentation, Quiz & Puzzles



DIGITAL ALBUM

<https://youtu.be/dXGHIHhBQKQ?si=QpwxRvY6rrnPWkaq>

YouTube
Digital Album



Dhanya 2022 24

<https://youtu.be/5MEISdk3IBM?si=iGW7C4Kk0TDDg9KuK>

YouTube
Digital album - CV Raman



Family life

- 1. CV Raman achieved a B.A. degree in 1917.
- 2. He has two sons, Raghunathan and Sankaranarayanan.
- 3. Raghunathan was a well-known radio astronomer.
- 4. Sankaranarayanan had done his work on nuclear reactions. He worked on atomic and high energy physics.
- 5. Sankaranarayanan also won the Nobel prize in physics in 1930 for his experiment on X-rays.



STEPHEN HAWKING
1942 - 2018

Submitted by:
Jimmy George

Anjali Sankar B. Ed
https://youtu.be/m1u07YDwbbpQ?si=ouG9_Q6Q1V4ARwb

YouTube
digital album(HJ Bhaba)

CONTRIBUTIONS AND ACHIEVEMENTS

- Bhabha went back to India in 1940.
- Started his research in Management for Indian Institute of Science about the atomic bomb.
- He was given a position as a director of Tata Institute of Fundamental Research, Bombay.



https://youtu.be/H5Z1b2ashis?si=cfcakshwK9mZodr_x

YouTube
Stephen Hawking - The legend - Amrutha Alex



<https://youtu.be/byc9k29H48T?si=K0D8NaeAK0mYsH0I>

YouTube
Sir Isaac Newton



- He would spend most of his life at Cambridge becoming a professor of mathematics and a fellow of the Royal Society.
- He eventually went on to become Cambridge University as a member of parliament.
- Isaac had to leave Cambridge from 1665 to 1667 because of the Great Plague.
- He spent two years working on problems in mathematics and physics. There is no year of calculus, his discovery of gravity. He worked in a village of Cambridge. He worked in astronomy and physics. He worked on theories for tangents and fractional exponents, the beginning of calculus. He discovered the spectrum of white light and so on.
- According to Cambridge, he provided his contributions in optics and created a reflecting telescope.

Anjitha B. Ed
<https://youtu.be/0F0F0r0m0ms>

YouTube
DIGITAL ALBUM- A.P.J. ABDUL KALAM



PRITHVI

FILMIGO

Ashis V B. Ed
<https://youtu.be/vRwoshRac6I>

YouTube
a chandrasekhar digital album



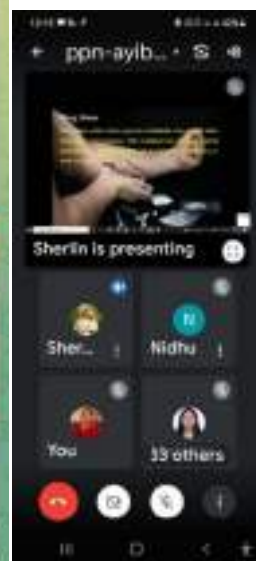
BLOGS

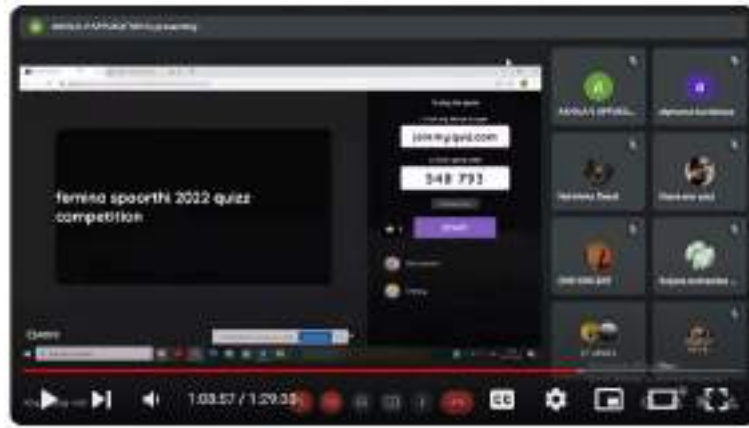


USE OF ICT DURING INTERNSHIP



OUT OF CLASSROOM ACTIVITIES





Women in Science by Scientia

<https://www.youtube.com/live/XJf4KgY1xeE>



Kannal- Gender Awareness Programme

<https://www.youtube.com/live/ajqpstuUJe8>



Onam Celebration 2021

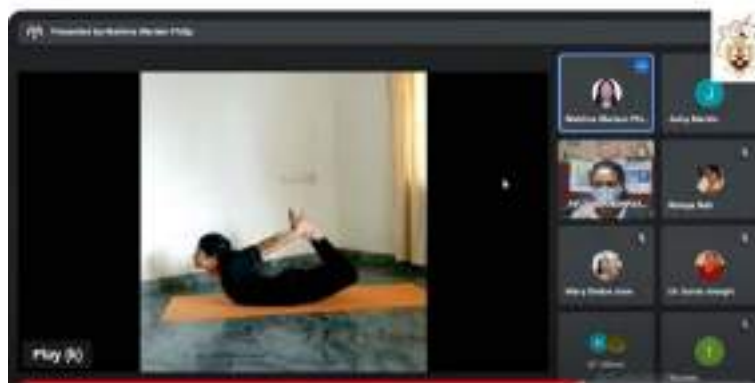
<https://www.youtube.com/watch?app=desktop&v=X4uFh68V-Dk>



BIOMECHANICAL AND KINESIOLOGICAL ACTIVITIES



<https://youtu.be/zk6hNuLAPik>



<https://www.youtube.com/live/vdbCaFCgI84>



February 2, 2023

Preview YouTube video Yoga



Yoga



[Preview YouTube video Physical Education](#)



<p>International Yoga Day 2021</p> <p>THEME: "Be with Yoga, Be at Home"</p> <p>"Yoga is essentially A practice for your soul, Working through the Medium of your body."</p> <p>Dr. Mary Matha Devi Vice-Chair, Council of Yoga</p> <p>Dr. Inessa Orphan Chairman, Organizing Committee</p>	<p>MOUNT CAMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN, KOTTAYAM, KERALA</p> <p>Under the Auspices of KVMU Health Club Organizer</p> <p>WEBINAR ON YOGA AND WELL-BEING</p> <p>21st June 2021, Monday @ 11 a.m.</p> <p>INTERNATIONAL DAY OF YOGA 21 JUNE</p>	<p>RESOURCE PERSON</p>  <p>Dr. SHARON ANNA THOMAS Yoga & Naturopathy Medical Officer Ayukamadhava Project District Hospital Kottayam</p> 
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