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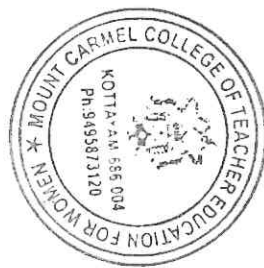
MOUNT CARMEL COLLEGE OF TEACHER EDUCATION FOR WOMEN

Muttambalam P.O., Kanjikuzhy, Kottayam-686004

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CRITERION III

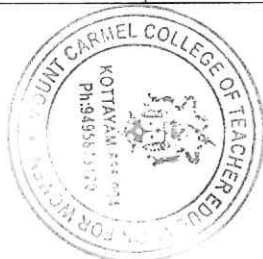
3.2.1: CONSOLIDATED LIST OF PUBLICATIONS (ARTICLE OR JOURNAL) PER TEACHER DURING THE YEAR 2018 TO 2023



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PAPERS PUBLISHED IN THE PEER REVIEWED JOURNALS 2018-2023

No.	Title of paper	Name of the author/s	Name of journal	Year of publication
1	Emotional Challenges of Teachers in the Online Platform	Dr. NidhuNeena Varghese & Ms. Jemima Paul C.	Carmel Graphics	April 2023
2	Exploring the Use of Digital Devices Among Higher Secondary Students	Dr. Liz Kuriakose	Carmel Graphics	Apr-23
3	Prioritising teacher Well Being	Dr. Mary Sheba Jose & Ms. Donna Rose Thomas	Carmel Graphics	Apr-23
4	Survey on Lifestyle Diseases	Prof. (Dr.) Suma Joseph	Carmel Graphics	Apr-22
5	Exploring the critical understanding of digital media among higher secondary students	Dr. Liz Kuriakose	GCTE Journal of Research and Extention in Education	Jan-23
6	Lexical compeence in English Among Higher secondary school students	Dr. NidhuNeenavarghese	GCTE Journal of Research and Extention in Education	Jan-23
7	Developing Writing Expertise in English Classrooms: theoretical Perspective	Dr. Mary Sheba Jose	Carmel Graphics	Apr-22
8	Gender Differences in Digital Distraction among Higher Secondary Students of Kottayam	Dr. Liz Kuriakose&RenuBinu	Carmel Graphics	Apr-22
9	Remedial Teaching: Scope and Strategies	Dr. LissyKoshi	Carmel Graphics	Apr-22
10	Mental Health at Workplace: Perspective of a Teacher	Dr. Jaya P.J.	Carmel Graphics	Apr-22
11	Academic Achievement in Relation to Internet Addiction among Higher Secondary School Students	Dr. NidhuNeena Varghese & Ms. ReshmaChinnuSajan	Carmel Graphics	Apr-22
12	Existential Intelligence: Its Importance in Education	Sr. Bindhumol T.	Carmel Graphics	Apr-22



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13	Preparation and Validation of Self Efficacy Scale for B.Ed. Students	Dr. Miliya Susan Joseph & Ms. Joicy Martin	Carmel Graphics	Apr-22
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15	Significance of adaptive Intelligence in real life	Bindhumol T.	Carmel Graphics	Apr-21
16	National education Policy - 2020:A Critical Analysis	Dr.Lissykoshy	Carmel Graphics	Apr-21
17	The Mentor Mentee Equation: Suggestions for an Improved Chemistry	Dr.Lissykoshy	Carmel Graphics	Apr-21
18	Relationship between Social Intelligence and Spirit of Nationality among Secondary School Students	Dr. Soosamma P.A.	University News	Apr-21
19	Wellness, Health care and Society	Dr.Suma Joseph	Carmel Graphics	Apr-21
20	Media Addiction Among Higher Secondary Students	Dr. Liz Kuriakose and Dr. Pushpa Marian	Carmel Graphics	Apr-21
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22	Spirituality for sustainable performance	Dr. Anjana B. Nair	Text & Context	Dec-21
23	Status of Teaching geography in the Secondary schools of Kerala and the associated Major Hurdles	Dr. Anjana B. Nair	Carmel Graphics	Apr-21
24	Demographic Differences in Informational Literacy among Higher Secondary Students of Kottayam.	Dr. Liz Kuriakose and Dr. Pushpa Marian	Carmel Graphics	Apr-20
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27	Relationship between Human Rights awareness and social Skills Development Among Secondary School Students	Dr.Lissykoshy	TATHAPI	Apr-20



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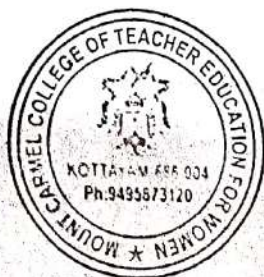
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LEXICAL COMPETENCE IN ENGLISH AMONG HIGHER SECONDARY SCHOOL STUDENTS

ANJU C & NIDHU NEENA VARGHESE

Lexical competence is competence in understanding words. Lexical development plays a crucial role in mastering a foreign language. Students' proficiency in syntax helps them to employ -Subject-Verb agreement, verb tenses, phrase transformation and modification, identifying sentence components and functions, and sentence embedding. The study was undertaken to find out the level of Lexical Competence in English among Higher Secondary School Students. Normative Survey Method was employed for gathering data. The sample consisted of 302 Higher Secondary School students. The result highlighted that the majority of students possess an average level of Lexical Competence. There exists a significant difference in the mean scores of Lexical Competence and components Context Clues, Structural Analysis and Idioms among Higher Secondary School Students based on Gender. However, there exists no significant difference in Word Formation based on Gender.

Several steps are involved in the entire process of education. It includes teaching, training, discussion, research, storytelling, and similar other interactive activities. Education reforms the life of an individual and the society as a whole. Even though language development happens before any formal education; however, education is required to improve one's linguistic skills. Language serves as our major medium for conveying our thoughts and ideas to others. People who speak different languages must master the use of a language that they can understand to convey their thoughts and ideas, as it is difficult to master all the languages around the globe. Since, the English language has essentially replaced other languages as the global standard for commerce and education, not to mention science and technology, learning English has become a 'must' in this era. It is the dominant language



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EXPLORING THE CRITICAL UNDERSTANDING OF DIGITAL MEDIA AMONG HIGHER SECONDARY STUDENTS

LIZ KURIAKOSE

Adolescents in the 21st century are growing up in a digital age where technology plays a significant role in their lives. In an era dominated by rapidly evolving technology and information dissemination, students' interactions with digital media play a pivotal role in shaping their perspectives, values, and cognitive skills. They must develop critical thinking skills to navigate and engage with digital media responsibly. This study explores the critical understanding of Digital Media among Higher Secondary Students of Kottayam focusing on their awareness, engagement, and analytical abilities in navigating the complex digital landscape. Findings reveal the varying degrees of critical understanding of Digital Media among students, influenced by factors such as gender, locale, socio-economic status and type of School. The study highlights the importance of incorporating comprehensive Digital Literacy education in the School curriculum, emphasising not only technical skills but also fostering critical thinking, Media literacy, and ethical considerations.

In an era dominated by technological advancements, the ubiquity of digital media has become an integral aspect of contemporary life, profoundly influencing the way information is created, disseminated, and consumed. Students, as digital natives, are not only immersed in a world saturated with various forms of digital media but are

also active participants in its creation and distribution. Understanding digital media is a crucial skill for navigating the complexities of the modern information landscape.

Digital media encompasses a vast array of platforms and formats, ranging from social media and online news to podcasts, videos, and



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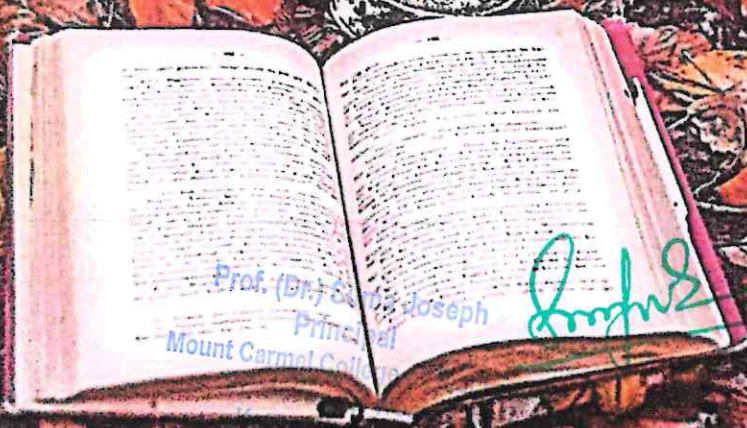
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PRIORITIZING TEACHER WELLBEING

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ABSTRACT

Teacher well-being is a positive emotional state that combines the personal needs and expectations of both learners and their teachers. Without doubt, teacher well-being and job satisfaction strongly influence teacher behaviour and are positively related to the school climate as well as pupil achievement. In the study, an attempt has been made to stress the importance of well-being among teachers. Various aspects that lead to burnout and stress as well as the strategies to promote the well-being of the teacher have been analysed. It further explores the challenges of teaching, the steps to mitigate it and improve the welfare of teachers as well as the students.

Key Terms:

Teacher wellbeing, teacher burnout, school climate.

INTRODUCTION

Teachers have to consistently deal with competing demands, whether in higher education or in the school level educational sector. Naturally they tend to ignore their own mental health and wellbeing needs and pay attention to those around them, especially their own students. However, it is high time that they give priority to their own mental health and emotional needs, for their own welfare and for the betterment of the whole student community. In order to improve and maintain their personal wellbeing, teachers can focus on activities that are ongoing and holistic in nature. In order to maintain their well-being, they can focus on self-care activities such as physical activity, maintaining friendship circles and by making working arrangements within the institution.

Teaching is considered to be one of the noblest professions, but it requires tremendous effort on the part of the teacher. The teacher has to bear in mind certain learning objectives which are set out in a curriculum framework that involves many stages. At each stage, a teacher tries to



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NEP 2020 AND ITS IMPACT ON HIGHER EDUCATION

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ABSTRACT

The National Education Policy (NEP) 1968 and 1986 envisaged equity in educational opportunities. The NEP 1968 emphasized on restructuring the educational system, NEP 1986 stressed on the removal of disparities. The recent NEP 2020 seeks to equity and inclusion through education. NEP also intends to create value for factors like public investment in education, setting up of National Education Commission (NEC), strengthened use of technology and vocational/adult education provision schemes.

The study focuses on observing the impact that teachers have on the academic systems, curriculums and student lives/careers. National Educational Policy ensures the best of teachers and their contributions to the education system. The impact point starts directly from the offering of training to teachers and is followed up with the provision of imparting said training through the education system.

Key Words: NEP 2020, Technology, Higher Education, Professionalism.

INTRODUCTION

The NEP system aims to offer essential value to all levels of education from school to higher education levels. It follows an academic reformation model that will take hold of the existing education system and raise it to higher levels.

The system is developed and published with the view that all elements of education and academic branches should receive value and the brightest prospects when it comes to dealing with core features. These include quality, affordability, equity, access and accountability.

NPST (National Professional Standards for Teachers) is associated with teaching career and professionalism. It works in determining the features related to the teacher's career management, professional development, salary hikes, professional appraisals, teaching audit reports, etc.



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EMOTIONAL CHALLENGES OF TEACHERS IN THE ONLINE PLATFORM

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ABSTRACT

Teaching is an activity, which contributes to the behavioural change of an individual. It involves, "perceiving the process analytically as constituting a host of activity" (Bhattacharya, 1974, p.17). Even though the online platforms are convenient and flexible, the platform has increased the difficulty of teachers and students engaging on an emotional level. Therefore, in order to create a healthy learning classroom, Teacher's Emotional Competence is crucial. The study aimed to identify the Emotional Challenges faced by Secondary School Teachers in the online platform. The sample was selected using stratified random sampling technique. The sample included 104 teachers. The investigator modified and validated the tool related to the study. Result of the survey study showed that there is significant difference in the mean scores of Emotional Challenges in the online platform among Secondary School Teachers based on Gender. Emotional Challenges of Female teachers is higher than that of Male Teachers.

Key Words: Emotional Challenges, Online Platform, Role Conflict

INTRODUCTION

Learning is the best path towards a successful and happy life. Education is mostly planned and purposeful activity. It must have clear aims and objectives. Online learning is the most popular



INFORMATION LITERACY AND RESEARCH IN EDUCATION

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ABSTRACT

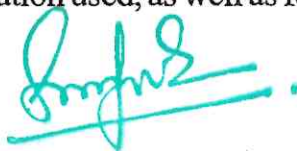
This article explores the intersection of information literacy and research, highlighting how information literacy skills are essential at each stage of the research process. We will delve into the importance of formulating research questions, planning the research process, conducting literature reviews, evaluating information sources, managing information, addressing ethical considerations, and synthesizing and communicating research findings.

By understanding and developing information literacy skills, researchers can enhance their ability to navigate the vast sea of information, critically evaluate sources, efficiently manage information, and communicate their research findings effectively. Information literacy empowers researchers to conduct rigorous and meaningful research that contributes to the advancement of knowledge in their respective fields.

Keywords: Information Literacy.

INTRODUCTION

In today's information-rich world, conducting research has become both easier and more challenging. The ease of access to a wide range of information sources presents researchers with a vast sea of data, but it also requires them to navigate through the abundance of information to find reliable and relevant sources. This is where information literacy comes into play. Information literacy is the ability to identify, locate, evaluate, and effectively use information from various sources. It encompasses a set of skills that researchers need to acquire to conduct successful research. In the context of research, information literacy is crucial for ensuring the quality, accuracy, and credibility of the information used, as well as for avoiding plagiarism and adhering to ethical guidelines.



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EXPLORING THE USE OF DIGITAL DEVICES AMONG HIGHER SECONDARY STUDENTS

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ABSTRACT

Digital technology is progressing at a rate that has never been experienced before. The availability of digital devices and access to the internet has steadily increased over the past decades. Digital devices help children and adolescents to enhance their academic, cognitive and psychomotor skills. Digital skill proficiency ensures that people have the required skills to be more creative, productive, employable and successful in their life. The present study is an attempt to identify the Use of Digital Devices among Higher Secondary Students of Kottayam and whether there exist any difference in it with respect to (a) Gender (b) Locale (c) Type of Management (d) Stream of Study and (e) SES. The findings of the study revealed that there is significant difference between the mean scores of Social Media Competence with respect to Gender, Locale, Type of Management and SES.

Key word: Digital Devices

INTRODUCTION

Digital technology and media use is integral to adolescents' lives. Being labeled as digital natives, adolescents have exposure to digital technology throughout their lives. Digital devices are physical units of digital equipment, which include smartphones, smart watches, tablets, desktops, laptops and computers. These devices have become an essential necessity in daily living. Their use has permeated the daily activities of adolescents, gaining importance in education, entertainment and communication. More recently, with COVID-19 and the advent of online instruction, the use and availability of digital tools among students has grown even more. In 2015, 67% of teens had their own phone, while today 88% do. When looked at in more detail by individual ages, about three in 10 of all 8- and 9-year-olds have their own phones; among 12- to 13-year-olds, about seven in 10 do; and among those age 14 or older, about nine in 10 have their own phones (Common Sense census, 2021).





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SURVEY ON LIFESTYLE DISEASES

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ABSTRACT

Lifestyle diseases are defined as diseases linked with the way people live their lives. These are commonly caused by alcohol, drug and smoking abuse as well as lack of physical activities and unhealthy eating. Diseases which impact on our lives are heart disease, stroke, obesity and Type II diabetes. These diseases appear to increase in frequency as nations become more industrialized and people live longer. They can include Alzheimer's disease, arthritis, asthma, cancer, chronic obstructive pulmonary disease, Type II diabetes, heart disease, metabolic syndrome, chronic dental failure, osteoporosis, stroke, depression, obesity etc. In UK, the death rate is four times higher from respiratory diseases caused by unhealthy lifestyle.


Diet and lifestyle are major factors thought to influence susceptibility to many diseases. Drug abuse, tobacco, smoking and alcohol usage as well as a lack of or too much exercise may increase the risk of developing certain diseases, especially later in life. Adults can develop lifestyle diseases through behavioral factors which impact on them. These can be unemployment, unsafe life, poor social environment, working conditions etc. Stress and bored life can change a person's lifestyle to increase their risk of developing one of these diseases.

SIGNIFICANCE OF THE STUDY

Non communicable lifestyle diseases such as diabetes and hypertension are no longer the disease of the affluent. A majority of the urban poor are diabetic, and what's worse is that they are forced to seek healthcare in private hospitals thanks to inadequate facilities in govt. run healthcare centers. The diseases which primarily arise from the abnormal lifestyle of a person are grouped under the name Lifestyle Diseases. For younger population the risk of lifestyle diseases is larger. Hence this project aimed to find the prevalence and awareness of lifestyle diseases among youth.

METHODOLOGY

The study was based on the primary data that was obtained. The class was divided on the basis of Optional subjects into five groups, each group having ten members. Questionnaires were given to 20 samples and conducted the survey.


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DEVELOPING WRITING EXPERTISE IN ENGLISH CLASSROOMS: THEORETICAL PERSPECTIVE

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ABSTRACT

The article discusses the relevance of developing writing expertise among learners in English classrooms. The change in perspective in teaching writing in traditional as well as modern classes are delineated. Various practices for developing writing expertise which can be promoted in the English classroom is suggested. The need to experiment with different genres of writing in the process of developing writing skills is also discussed.

KEYWORDS: Writing expertise

INTRODUCTION

“Reading maketh a full man, conference a ready man and writing an exact man”- Bacon

We write as part of our day-to-day work; to help us remember, to observe and to think, as well as to communicate. Good, concise notes help us to remember the essentials of a subject. Preparing an accurate description, like making an accurate drawing, helps us to focus our attention on a topic or event. Writing helps us to arrange our thoughts on any subject and to plan our work. The development of writing was a great innovation and it is still by writing that important communications are prepared- even if they are delivered as songs, plays, speeches or talks.

For those who cannot speak well, writing may be a boon. The well-known poet, dramatist and novelist, Oliver Goldsmith is said to have “talked like fools”, but when he wrote, he “wrote like angels”. Our abilities in language are made perfect in writing. Writing trains both the ears and eyes and fixes the vocabulary, spelling and patterns in the learner’s mind.

Traditional vs. Modern concept of Writing

Writing in English has changed both in the way it has been conceptualized and taught, from a very simple to a more complex formulation and practice. In the traditional classroom, writing tended to take form (essay or composition) and had one intended reader (the teacher as the evaluator or corrector). The emphasis was largely on a finished product and there was little relationship in the practice of writing to reading, speaking or listening.



GENDER DIFFERENCES IN DIGITAL DISTRACTION AMONG HIGHER SECONDARY STUDENTS OF KOTTAYAM

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&

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ABSTRACT

Nowadays digital devices such as smartphones, tablets, laptops and computers are important classroom tools. Digital devices put the world at our student's fingertips, whether with their own phones or with school provided computers and tablets. But along with the opportunities for learning come the realities and risks of distraction. Digital distraction have become increasingly problematic in recent years among adolescents. The present study examines Digital Distraction among Higher Secondary Students of Kottayam. The study also attempts to identify whether there exists any difference in Digital Distraction among Higher Secondary Students with respect to gender. Sample for the present study consists of 100 Higher Secondary Students studying in various Higher Secondary Schools of Kottayam town. The Digital Distraction Inventory was used to collect data from the samples. The findings of the study revealed that there exists a significant difference between the mean scores of Digital Distraction with respect to gender.

KEY WORDS: Digital Distraction

1.1 INTRODUCTION

Digital technologies have advanced rapidly more than any innovation in our history. The emergence of digital technology has affected many parts of society, especially the student community. Any distraction, caused by digital devices, that diverts one's attention from the previous task constitutes digital distraction. Digital Distraction is distraction due to electronic devices and media that breaks the concentration from the main piece of work that is being done. Distraction may be defined as either internal or external stimuli that have the potential to disrupt a person (Gazzaley & Rosen, 2016).

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REMEDIAL TEACHING: SCOPE AND STRATEGIES

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ABSTRACT

Diagnosis has become an essential phase of developing plans of adaptational instruction to individual differences. Remedial teaching is a process of providing instructional correctives aiming to resolve learning distortions or misconceptions. Remedial teaching helps develop good learning habits and attitudes. It improves the teacher – student relationship. The students also get a training to become better problem solvers as they are trained to think critically to solve problems by different alternative strategies.

KEY WORDS: Remedial teaching, diagnostic test

INTRODUCTION

A class of students exhibits individual differences in numerous traits. As far as academics is concerned, they differ in academic standards, learning abilities and performances. A diagnostic test is designed to identify the learning deficiency in a learner so that efforts can be made to overcome the identified deficiencies through remedial teaching. Diagnosis has become an essential phase of developing plans of adaptational instruction to individual differences. Remedial teaching is a process of providing instructional correctives aiming to resolve learning distortions or misconceptions. It is instrumental in helping students realize their maximum potential. There is no set pattern for remediation. While in some cases it may be effective even with a re-teaching, in some case it may require an extensive input on motivation and recovery from emotional setbacks.

SCOPE OF REMEDIAL TEACHING

The teacher has to plan strategies for remedial teaching on the basis of the nature of difficulties and reasons behind each. This may be at group level or individual level depending on the scope of diagnosis and the spread of difficulty within the group. Remedial teaching is a follow-up of diagnostic test wherein the learning difficulties like short attention span, poor ability to comprehend, lack of motivation, lack your self- confidence, poor problem solving ability and failure to grasp concepts clearly.



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MENTAL HEALTH AT WORKPLACE: PERSPECTIVE OF A TEACHER

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ABSTRACT

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. An individual's emotional health can impact their physical health. Poor mental health can lead to problems such as the inability to make adequate decisions and disorders. Good mental health can improve life quality whereas poor mental health can worsen it. Teaching is one of the most stressful professions. The academic setting typically uses the term mental health to discuss students' mental health and well-being. However, the term should also incorporate promoting well-being among educators, administrators and even mental health workers themselves. Teachers' stressful conditions in their professional environment can disturb the balance between their professional performance and mental health (Cezar-Vaz, 2015 as cited by Korniseva et al, 2019).

Mental health and wellbeing activities for teachers should be ongoing and holistic. Embedding self-care activities such as physical activity, catching up with friends and setting boundaries around work can support teachers to improve and maintain their personal wellbeing. However, it's important that teachers take the time to prioritize their own mental health and wellbeing for their benefit and that of the whole teaching community.

KEY WORDS: Mental Health, Teaching Profession, Implication at Workplace

INTRODUCTION

An individual's emotional health can impact their physical health. Poor mental health can lead to problems such as the inability to make adequate decisions and disorders. Good mental health can improve life quality whereas poor mental health can worsen it. Looking after mental health can preserve a person's ability to enjoy life. Doing this involves balancing life activities, responsibilities and efforts to achieve psychological resilience. Stress, depression and anxiety can all affect mental health and disrupt a person's routine.

Although health professionals often use the term mental health, doctors recognize that many psychological disorders have physical roots. Peak mental health is not only about managing active conditions but also looking after ongoing wellness and happiness. It also emphasizes that

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EXISTENTIAL INTELLIGENCE- ITS IMPORTANCE IN EDUCATION.

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ABSTRACT

The use of Gardner's multiple intelligences theory is touted as one of the ideal ways of teaching students with diverse intelligences. However, there appears to be paucity of research in this area of knowledge. Intelligence is an individual's ability to acquire and apply knowledge and skills. It is plural rather than singular. Multiple intelligences theory views humans' intelligence to be multidimensional rather than seeing intelligence as dominated by a single ability.

KEY WORDS : Existential Intelligence, Education

INTRODUCTION

The traditional school systems have catered to limited opportunities for students being intelligent. As a result, many students are left with the feeling of inadequacy and incapability. In reality, their true potential remained untapped and unidentified.

The most important components of effective 21st-century teaching is to recognize the different forms of intelligences and catering to the unique abilities of *all* students. Researchers face several challenges in the study of intelligence. This led to the emergence of several trends attempt to interpret the intelligence. One of these trends is the traditional trend, which considers intelligence as a general mental ability; while there is another view of intelligence that states intelligence is a set of multiple mental abilities or multiple intelligences.

In Howard Gardner's theory of Multiple Intelligence, Gardener differentiates intelligence into distinct 'modalities', as opposed to a single general ability. Based on two decades of brain research, the theory suggests that we all have all these intelligences in varying degrees.

Many of our regular assessments practices and standardized tests do not go beyond the traditional verbal-linguist and logical-mathematical ways of being smart. For instance, not many students are empowered to realize that their above-average athletic (bodily-kinesthetic) or social abilities (interpersonal), are an extension of their intelligence. In recent years, Gardner has introduced a ninth, and possibly most significant, form of intelligence which is known as the "Existential Intelligence".

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ACADEMIC ACHIEVEMENT IN RELATION TO INTERNET ADDICTION AMONG HIGHER SECONDARY SCHOOL STUDENTS

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ABSTRACT

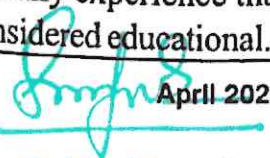
Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs and habits. Education frequently takes place under the guidance of educators; however, learners can also educate themselves. In recent years, technological advancements have taken place in the modern world. In the complexity of today's world, internet use is playing a vital role in educational institutions to attain different learning skills, which have become a necessity. Scholars have shown concerns about the excessive use of this technology and the hidden risk factors of internet users. The purpose of the study was to determine whether there exists any relationship between Internet Addiction and Academic Achievement of Higher Secondary School Students. The investigator selected Normative Survey Method for collecting the data on a sample of 160 Higher Secondary School Students using Stratified Random Sampling Technique. Questionnaire to assess Internet Addiction was the tool administered. The result of the study showed that there exists a significant substantiate correlation between Internet Addiction and Academic Achievement of Higher Secondary School Students.

KEY WORDS: Internet Addiction, Academic Achievement


INTRODUCTION

Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, beliefs and habits. Educational methods include teaching, training, storytelling, discussion and directed research. Education frequently takes place under the guidance of educators; however, learners can also educate themselves. Education can take place in formal or informal settings and any experience that has a formative effect on the way one thinks, feels, or acts may be considered educational.

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PREPARATION AND VALIDATION OF SELF-EFFICACY SCALE FOR B.Ed. STUDENTS

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ABSTRACT

Now a day we want well efficient teachers in the field of education. For satisfying this need we are in need of good teacher training system. Effective teacher education system gifts professionally competitive teachers in our society. This will lead to the overall development of the learner. The role of teachers towards the development of any nation can never be overemphasized. Teacher's Self-Efficacy belief is defined as teacher perceptions of ability to affect students' performance and showing necessary behaviour to do their duty successfully. Teacher's Self-Efficacy belief increases students' motivation to learn, affects forming higher perception of personality and their efforts to teach aims and level of demand changes depending on Self-Efficacy belief. The investigator adopted and modified the Self-Efficacy Scale to measure the Self-Efficacy of B.Ed Students. The investigator consulted with experts in the concerned field for validating the scale. Based on their suggestions necessary modifications were made excluding some vague items, including some relevant items and re-wording some ambiguous items.

KEY WORDS: Self-efficacy, B.Ed. Students.

INTRODUCTION

Education is perceived as the most important tool for both accumulation of social assets and formation and accumulation of social capital. Education in modern industrial societies tends to be considered as a standardized process whereby teachers instruct students in a specialized institution. Now a day we want well efficient teachers in the field of education. For satisfying this need we are in need of good teacher training system. Effective teacher education system made professionally

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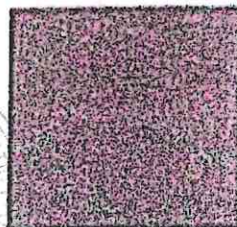
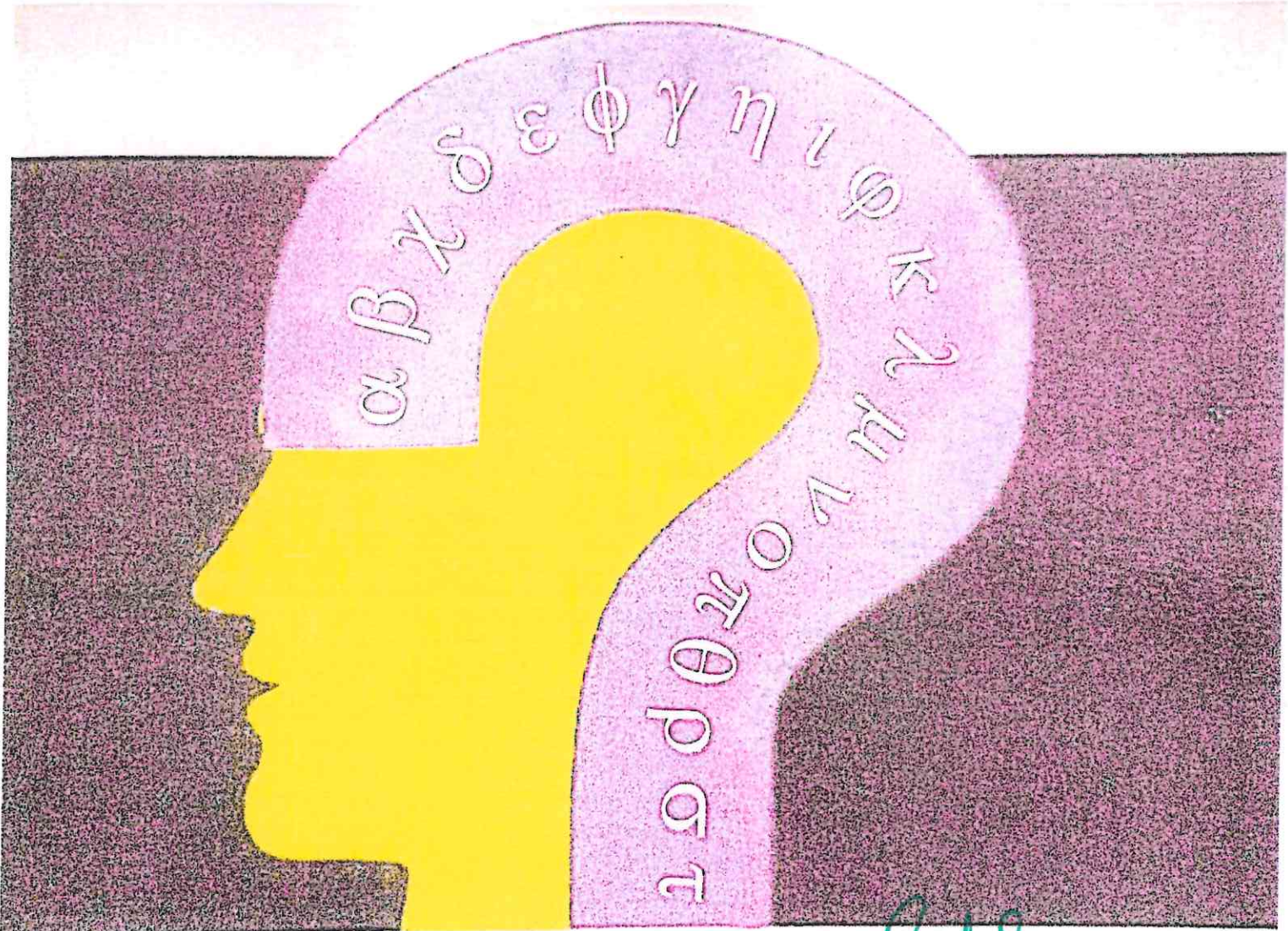
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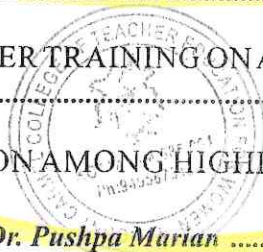
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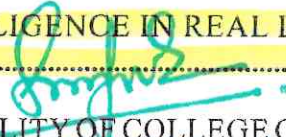


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SPOKEN ENGLISH TEACHING STRATEGIES: A MEDIUM FOR ENHANCING COMMUNICATION SKILLS AMONG TEACHER EDUCANDS

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ABSTRACT

“Communication takes place when one mind so acts upon its environment that another mind is influenced, and in that mind an experience occurs which is like the experience in the first mind and is caused in part by that experience” by I. A. Richards. In the teaching-learning field no other activity is as pervasive as is human communication to a teacher and no other activity is as essential to success as is human communication to a student. It is language that serves the purpose effectively and meaningfully. The purpose of the study was to determine whether Spoken English Teaching Strategies is effective in enhancing communication skills among B.Ed. and M.Ed. students. The Experimental method with the One-Group, Pretest-Posttest Design was used to conduct the study on a sample of 30 students from B.Ed. and 32 students from M.Ed. A Test on Communication Skills was employed for gathering data. The result of the study showed that Spoken English Teaching Strategies is effective in overcoming communication difficulties among Teacher Educands.

KEYWORDS: Enhancing Communication, Teaching Strategies

INTRODUCTION

What a person says, why he says it, and how he expresses his thoughts in oral form constitute aspects of personality that earn for him either the respect and admiration of his fellows or destructive criticism, amusement or contempt. Our range of communication is as varied as our means. It stretches from simple commands to the loftiest expressions of human thought and feeling. According to I. A. Richards, “Communication takes place when one mind so acts upon its environment that another mind is influenced, and in that mind an experience occurs which is like the experience in the first mind and is caused in part by that experience”.

STATUS OF TEACHING GEOGRAPHY IN THE SECONDARY SCHOOLS OF KERALA AND THE ASSOCIATED MAJOR HURDLES

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ABSTRACT

The investigator made an attempt to study the major hurdles of teaching geography in the secondary schools of Kerala. Survey method was used for this purpose. The sample consisted of 100 teachers. It was found that teachers handling geography are facing many hurdles due to: 1. Lack of proper training. 2. Difficulty in understanding the concepts in geography textbooks. 3. Teacher's non-attendance of non-compulsory quality improvement programmes. 4. Poverty in the use of innovative methods. 5. Teacher's incompetence in the usage of environmental resources in their instructional processes. 6. Ineptness in the use of real life situations in teaching geography. 7. not enough importance to environmental awareness. 8. Lack of skill or lethargy in the use of power point presentation and digital pedagogy. The study concludes with innovative suggestions to clear off the lacunae in teaching geography.

KEYWORDS: Digital Pedagogy, Lacunae in Teaching

INTRODUCTION

The basic concept of education in the modern society is no longer concerned with imparting of knowledge for the preparation of a finished product, but with the awakening of curiosity, the development of proper interest, attitude and values and building up of such essential skills. "The right kind of education is the awakening of intelligence and the fostering of an integrated view of life." (Krishnamoorthy, 1953), thus it can be seen that the process of educational development is intricately linked with the process of modernization.

Among the several sub-components of social studies, geography seems to be the most difficult for pupils. Most teachers are not qualified to teach geography. They find it difficult to teach and enunciate some of the difficult terminologies involved in teaching the subject with confidence and conviction. The result is that the notebooks of pupils get filled up through lifting materials from bazaar notes. Even the so-called 'projects' are often lifted from printed-notes-material. When children use the materials drawn from the

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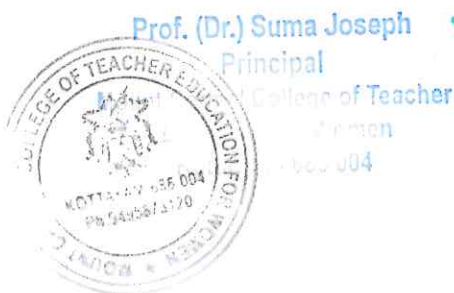
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OBJECTIVE

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THE MENTOR-MENTEE EQUATION : SUGGESTIONS FOR AN IMPROVED CHEMISTRY

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ABSTRACT

Globally, mentoring has been recognized as one of the effective approaches in professional training and development of teachers. Most importantly, in Kerala, mentoring has been largely adopted as one of the strategies by teacher training colleges and schools. Good quality mentoring in training colleges makes an important contribution to developing professional skills especially to the student teachers as this will ultimately ensure good quality learning experiences of learners. Whether you are the mentor or the mentee, the mentoring relationship can push one's career to new heights.

KEYWORDS: Mentoring, Mentor, Mentee, Teacher Training

INTRODUCTION

Mentoring is not a new phenomenon but is recently acknowledged as one of the most effective ways of developing people's knowledge in real contexts. What might be new could be the mode of implementation adopted by individual teachers. Whichever model used, the universal goal is that mentors (experienced, knowledgeable persons) assist mentees (novice, inexperienced) in developing into acceptable, relevant practitioners in any field. Various models of mentoring include school-based, peer mentoring, group mentoring or one to one mentoring. Different lenses are used in determining the meaning of "mentoring". Mentoring is viewed as a developmental partnership through which one person shares knowledge, skills, information and perspectives to foster the personal growth of someone else (Sandura & Williams, 2002; Chakanyuka, 2006; Wright-Harp & Cole, n.d.). Mentors are to take the responsibility of ensuring the continued high levels of professionalism that teaching demands and develop an understanding of how students learn to teach and enter the debate about the forms of professionalism that effective teaching and processes demands (Furlong, Whitty, Barret, Barton, & Miles, 1994).



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MEDIA ADDICTION AMONG HIGHER SECONDARY STUDENTS OF KOTTAYAM

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ABSTRACT

Advancement in the field of Information Communication Technology has created an ever-expanding digital arena for the development of human innovation, education, expression, communication and interaction. The internet and the connectivity it provides have a pervasive influence in our lives. In this age of digital technology, media addiction is very vulnerable, specifically for young people. The present study is an attempt to identify Media Addiction of Higher Secondary Students of Kottayam and whether there exist any difference in it with respect to (a) Gender (b) Locale (c) Type of Management (d) Stream of Study and (e) SES. The findings of the study revealed that there is significant difference between the mean scores of Media Addiction with respect to Gender, Locale, Stream of Study, Type of Management and SES.

KEYWORDS: Digital Technology, Media Addiction

INTRODUCTION

From the moment children enter the world and grow up, digitalization shape their life experiences, offering countless opportunities to learn and to socialize. Children dwell in a world in which every single aspect of their lives is facilitated through technology. Digital technologies can open up new opportunities for self-expression. Connectivity certainly helps friends and family to keep in touch, provide opportunities for people with similar interests to interact with one another, as well as to disclose personal feelings easily to others (Davis, 2012).

The digital world extends enormous promise for children. Going online offers access to unlimited valuable information, enables new ways of interactive learning, provides enriching life experiences and promotes meaningful cultural exchanges. Opportunities



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SIGNIFICANCE OF ADAPTIVE INTELLIGENCE IN REAL LIFE

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ABSTRACT

Real life today requires an individual to develop adaptive intelligence. The pandemic Covid-19 has truly taught us what intelligence is, and the ability to adapt to the environment and new situations of life. It has taught us to face the realities of life. Ever since psychologists started measuring intelligence they have found that intelligence is not our ability to solve severe multiple choice problems with largely trivial content that will have no impact on our future life, instead intelligence is the ability to adapt to the environment. Adaptive Intelligence is a subset of artificial intelligence that goes beyond just covering inputs into insights to enable action. It helps an individual in delivering the most contextually relevant output whenever required by learning and experience. Therefore adaptive intelligence refers to the ability of an individual to apply knowledge to a novel situation such as solving problems and covering with others, demonstrating an effective ability to interact with and learn from the environment in which one is placed. This paper discusses the significance of adaptive intelligence in this era of covid- 19.

KEYWORDS: Adaptive Intelligence, Artificial Intelligence

INTRODUCTION

The great pandemic Covid 19 has taught us many new and novel things. Man has learned to adapt himself in any situation and he has learned the skill of adjustment. It has also taught us something important about intelligence. Alfred Binet and David Wechsler, the founders of the intelligence test movement are of the opinion that, Any evolutionary theorist will be able to tell you that organisms that don't adapt is prone to die off. Trivial academic problems do not measure well your ability to adapt to the environment. Let us take the case of a real problem, like that of dealing with covid 19 pandemic to the characteristics of standardized test problems. The characteristics of real world problem are entirely different from the characteristics of problems on standardized test. Because the standardised test have a right or wrong or a multiple choice answer where as the real problem like covid 19 needed an extended answer. There will not be a perfect answer. Therefore let us look around us, for a world which is a better place for the living organisms.



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WELLNESS, HEALTH CARE AND SOCIETY

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ABSTRACT

Good health is basic to everything in life. Without health, people have difficulty doing the thing they want to do. But health is more than being without illness. Health is a part of being healthy that has three parts that is physical health, social health, and emotional health. Wellness is a state of feeling happy, healthy and content. In other words, wellness is a state of being physical, social and emotional health.

Physical wellness requires being healthy. This includes eating right, resting and exercising. Understanding illness and what to do about them, helps people to stay healthy. For your emotional well-being, you need to learn how to handle stress.

KEYWORDS: Wellness, Consumer Health and Quackery.

INTRODUCTION

Good health is basic to everything in life. Without health, people have difficulty doing the thing they want to do. But health is more than being without illness. Health is a part of being healthy that has three parts that is Physical health, social health and Emotional health.

- Physical health is the body's ability to meet the demands of daily living, without getting tired and run down.
- Social health is the ability to get along with other people. It is the ability to make friends and to be a friend.
- Emotional health is the ability to handle problems and pressures of daily living. It also involves feeling good about oneself. It involves controlling and managing anger impulsive behavior without resorting to violence.

Wellness is an active state of health in which an individual moves towards balancing physical, social and emotional health. Physical Wellness is a healthy body maintained by eating right avoiding harmful habits, exercising regularly, making informed and responsible decisions about health, seeking medical care when needed and participating in activities that help prevent illness. Social Wellness refers to the

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RELATIONSHIP BETWEEN SOCIAL INTELLIGENCE AND SPIRIT OF NATIONALITY AMONG SECONDARY SCHOOL STUDENTS

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ABSTRACT

Social intelligence is the human capacity to understand what is happening in the world and responding in a personally and socially effective manner. This study attempts to find out the relationship of social intelligence and spirit of nationality among secondary school students. The study adopted Normative survey method. The sample of the study consisted of 300 secondary school students from Alappuzha district selected by stratified random sampling. For the study the investigator used Social Intelligence Scale and the Value of the Spirit of Nationality Scale for assessing spirit of Nationality of Secondary School Students. Analysis of data was done by using statistical procedures viz. Mean, Median, Mode, Standard deviation, Skewness, Kurtosis, Karl Pearson's Product Moment Coefficient of Correlation and Critical Ratio. The major finding of the study pointed out that there is significant very high positive correlation between social intelligence and spirit of nationality among secondary school students.

KEYWORDS : Relationship, Social Intelligence, Spirit of Nationality

INTRODUCTION

Education is a powerful instrument to bring out desired change in the individual as well as in the society. These changes are in terms of more intensive knowledge, better growth of intellectual abilities, development of certain skills peculiar to attitude and better adjustment to the given environment. The quality of the student, his education, knowledge, interest, personality, character and attitude towards the society are highly significant in the total education situation. Spirit of nationality has a positive effect on pupil attitudes and learning. Raising the level of patriotism is not only making teaching more pleasant for teachers, but also learning more pleasant for the students. High patriotic

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ONLINE NETWORKING AS AN EMERGING TREND IN THE COMING FUTURE

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ABSTRACT

The article discusses the relevance of online networking in the future days to come, especially in the wake of the post pandemic scenario. They provide platforms where resources can be shared with colleagues in a space where all members of the network can meet. The factors that constitute a teacher network as well as certain policy recommendations are also suggested in the course of this article.

KEYWORDS: Online Networking, Pandemic Scenario

INTRODUCTION

Online networking has an important role in education in providing a structure for teachers' professional development and in integrating the diverse and fragmented lifelong learning landscape. They provide platforms where resources can be shared, hence reducing teachers' workloads as teachers do not need to create resources from scratch. They give an opportunity for teachers to jointly develop new applications for teaching, all based on open technologies, open source software and open educational resources. These applications can be modified and applied in each individual's teaching practice as well as shared freely with colleagues, students and even parents if needed.

Scope of Online Networking

The strength of online platforms of teacher networks lies in the fact that they are data-rich when members are active. They bridge space and time and create a shared space where all members of the network can meet. Due to the high-cost of resources, face-to-face events in a physical setting can hardly be envisaged for all members of the network.

Networks in general are becoming more and more blended networks. This represents a new design challenge for teacher networks. Designing tools for this intersecting area of online and offline should come more into the focus of design priorities for teacher networks. The strength of offline activities in a physical setting should be used to encourage and

support online activity. For example, every offline face-to-face event could use a blended working format which creates immediate activity by the participants.

Specific tools should be designed to accommodate the intersecting area of online and offline such as mobile applications and tools. In an offline setting, online agency can be triggered through reflection activities that create immediate value through knowledge creation. It is also important to incorporate online ways of working in face-to-face activities.

The technology and data-rich environment of the online platform should better target scaffolding users with finding other members, partnerships and tools to encourage relevant interactions. Connecting newcomers to existing networks is important in order to enable a better and more targeted information flow and to further support through peer activities. Providing network partners with relevant project partners or mentors with whom to start interacting is an important first step.

Online platforms can become too cluttered with many tools and functionalities. The purpose of the tools on the online platform needs to be clear for members of the network. Often a multitude of tools on the platform contributes to the complexity of the platform, thereby making it harder for newcomers to become active in the network.

One strategy that teacher networks could use is to limit the number of tools on the online platform and make a clear distinction between the purposes of the different tools used. Another strategy that teacher networks could use on their online platforms is to scaffold the use of tools. For example, a new user or a user with limited capacity only has access to a limited number of tools. The more active a user becomes, the more access he receives to different tools.

Factors Constituting a Teacher Network

There are five factors that play a role in each interaction that occurs between participants in a network. They are as follows:

1. Domain – Including job-related domain, activity-related domain etc.
2. Context - Including personal context, participant context, situational context etc.
3. Network – Including new contacts, existing contacts etc.
4. Goals – Including personal goals, common goals, vision etc.
5. Strategy – Including personal strategy, strategy of activity etc.

Each individual member has their own goals, strategy, context and network and has their own domain interests. Additionally an individual's complex space within a network



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in general creates a situation in which the participants engage actively in sense-making. This is giving meaning, individually and collaboratively to the things they see and hear. In other words, for an individual participant, it is this combination of being part of a complex space, together with their own active sense-making, that creates value in their participation in the network.

Policy Recommendations for Effective Teacher Networks

Changing skill patterns and new ways of learning require educational authorities, schools and teachers to revise teaching and learning approaches. Policy should support practitioners as change agents for educational transformation needed for a digital world. The following recommendations can be practised:

- Raise awareness that education and learning are changing in a digital society.
- Recognize the key role of teachers, amongst other stakeholders, in guiding and implementing educational transformation.
- Continue investing in updating initial teacher training and the education of teacher educators to ensure that both teachers and learners acquire the competencies that are required in a digital, networked society.
- Support research and evidence gathering on the changing role of teachers and develop mechanisms for bringing research and practice closer together and by fostering continuous professional development and innovative practices.
- Enable teachers to drive, support and implement the needed modernization of school education.
- Encourage the development of technological solutions which improve the effectiveness and quality of teacher networks.
- Promote open access and standards free and open software solutions, data portability, as well as use of open educational resources
- Support the development and use of Social Network Analysis and Network Visualization applications enabling teachers and other users to better understand their role and position in the network.
- The use of digital media, platforms and ICT devices should be fully integrated into the learning objectives, methods and teaching practices.
- Teachers require competencies in accessing and using open educational resources adequately and effectively.

In order to reap the full benefits of networking and sharing applications for innovation

in education and training systems, it is believed that policies should ensure that the technological solutions adopted in teacher networks follow open strategies and open teaching practices which encourage collaboration and learning.

CONCLUSION

It can be concluded that establishing a professional learning network for teachers is important as it helps educators expand their influence beyond the classroom, share curricula and acquire new teaching strategies. It relies on building organic relationships based on common professional interests and classroom experiences. During the post pandemic period, online networking will surely be a reliable choice for teachers all over the world.

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Spirituality For Sustainable Performance

Dr. Anjana B. Nair

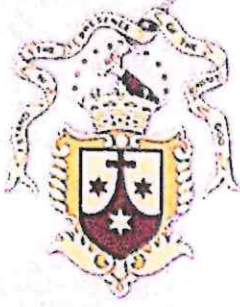
ABSTRACT

Life is made by the choices one makes. A person's choice reflects his inner self, his attitudes, nature, values and thoughts and everyone has their own choices in life to reach goals. To have a clear goal in one's life one has to be Spiritually Enlightened; which is neither something to be reached nor something to be gained. It can be attained through removal of erroneous concepts, attitudes and thoughts by way of reflection. It is making the mind silent and gaining positivism in life. Positivism would help gain sustainable performance. The aim of this paper is to show how Spirituality explores positivity in life, our inner world and analyses the subjective world that is beyond senses - the world of mind, intellect, spirit, love, compassion, peace and inner happiness. The paper also briefs on how spirituality helps to attain simplicity.

Key Terms: Spirituality, Sustainability

INTRODUCTION

Sustainability is the capacity to endure. For human beings sustainability is a long-term maintenance of responsibility, which has environmental, economic, and social dimensions, and encompasses the concept of stewardship, the responsible management of resource use. Human sustainability interfaces with economics through the voluntary trade consequences of economic activity. Moving towards sustainability is also a social challenge that entails, among



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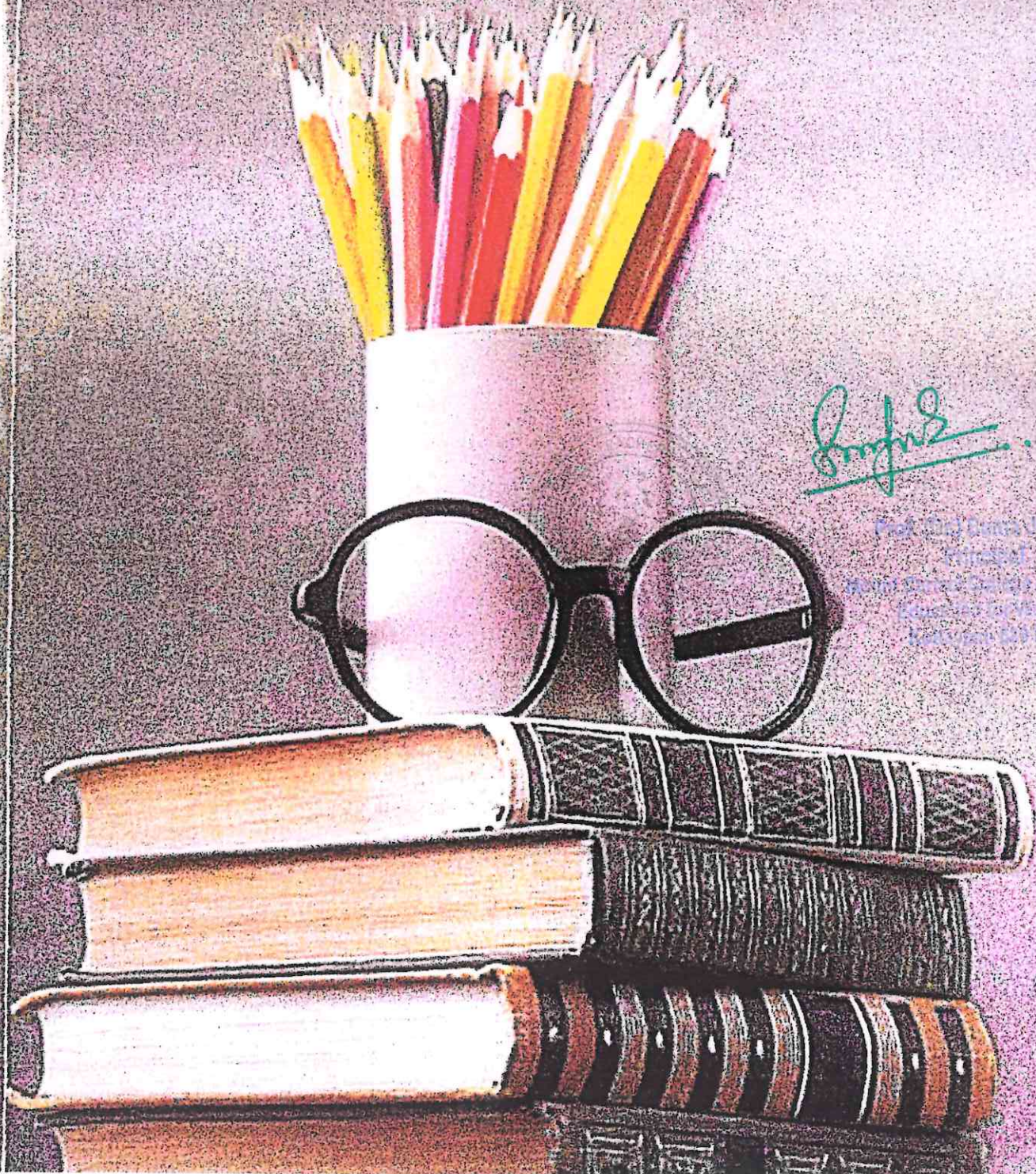
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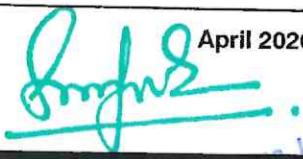


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MENTAL HYGIENE: A SURVIVAL FACTOR IN EDUCATION

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ABSTRACT

Mental health in today's society is discussed as an important factor in one's life. It is indeed a basic factor that contributes to the well being of physical health as well as social effectiveness of an individual. Mental hygiene helps an individual to know his own limitations and to accept others' limitations. Mental hygiene focuses at the harmonious development of the physical, mental and spiritual capabilities of an individual in adjusting himself with the environment. Mental health means the condition of an individual where he is able to maintain a well balanced state of mind with himself, others and his surroundings. Mental hygiene means a healthy mind in a sound body. This paper discuss the significance of mental hygiene in day today life on an individual and the attitude and values one should have towards mental hygiene.

KEYWORDS: Mental Hygiene, Mental Health

INTRODUCTION

Mental health is not merely the absence of mental illness, but it is a state of an individual's ability to fulfil all his personal affairs like the ability to manage emotions, ability to maintain good relationship and the ability to manage the changing situations in life. In the words of Johns, Sutton and Webster, "is a positive but relative quality of life. It is a condition which is characteristics of the average person who meets the demands of life on the basis of his own capacities and limitations". Here the word relative means the degree of mental health which a person enjoys at onetime is continuously changing. According to Hadfield 'mental health is the full and harmonious' functioning of the whole personality. With the advancement of the science and technology we have a clear cut idea of the mental problems or illness as it arises in different forms of its symptoms, causes and treatment. As a result we have the sort of knowledge which in turn saves us from developing mental illness. In other words this knowledge will prevent us from suffering mental illness.

Meaning and Nature of Mental Hygiene

Mental health and hygiene is the two sides of a coin. The term 'Mental hygiene' had been suggested to Beers by Adolf Meyer in 1909 of the National Commission of Mental Hygiene. It is a science which deals with the process of mental health and prevents mental illness. It aims to

develop and apply the principles and techniques for the preservation and promotion of mental health. It is mainly concerned with behavioural and emotional balance of an individual. Therefore the term mental hygiene means keeping oneself safe and sound in areas of his living and working. It is all about how we behave, think, feel and act. It also refers as the absence of mental disorder. Mental health affects our daily life, relationships moreover our physical health. It is the ability of an individual to enjoy his life, to gain or attain a well

Significance of Mental Hygiene

Every man and women born in this world has various needs and aspirations or goals. But due to some environmental factors he or she is not able to reach or to attain these goals in life. In such a situation the life of an individual is accustomed to frustration and maladjustment. The person may adapt to various defence mechanisms. Either the person may punish himself physically or he may find ways to overcome his frustrations. It is at this juncture one may think of keeping oneself steady and balanced in day today life. Moreover we live in a sophisticated world where the hurdles of life disturb us and where the values are deteriorating. The life of man is not safe and he has to strive hard to live in this world to maintain a well balanced personality. So in this modern era it is not only a necessity but it is the need of the hour and as educators it is our prime responsibility too to take care of the needs of our students especially in the areas of physical, mental, social and intellectual development.

Mental Hygiene in Education

It is being realised by all progressive educators that the goal of mental health and education are similar. Education aims at the all-round development of an individual. It is to help every individual to be a well-adjusted being in his society. Mental health is also concerned with the harmonious development of personality. This is clear from Hadfield's definition of mental health. He says, "Mental health is the full and harmonious functioning of the whole personality."

That education can contribute to the attainment of mental health of an individual. There are forces, movements and trends in modern educational practice which are indicative of this belief. These are the increased importance being given to feelings and emotions as a factor in growth and development including learning, recognition that all behaviour is complex and its causes be deep within the emotions, recognition that all behaviour has a cause and effect. The significance of inter-personal relationship in day-to-day teaching, sensitiveness to modern teachers to individual differences of students in interest and ability.

Mental Health of the Teacher

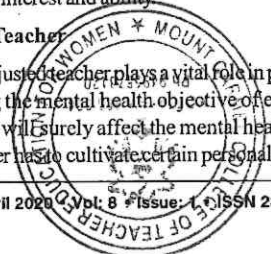
A healthy and well-adjusted teacher plays a vital role in promoting the mental health of school children and in attaining the mental health objective of education. If the mental health of the teacher is insufficient, it will surely affect the mental health of school children. In order to be mentally healthy, a teacher has to cultivate certain personal professional qualities.

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ATTITUDE OF HIGHER SECONDARY SCHOOL STUDENTS TOWARDS THE EDUCATIONAL USE OF SOCIAL MEDIA

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ABSTRACT

Social media such as blogs, wikis, WhatsApp, social networking sites etc. have become an integral part of modern life. These interactive tools offering new and varied ways to communicate via the internet have tremendous impact on the theory and practice of education. The present study focuses on the Attitude of Higher Secondary School students towards the Educational Use of Social Media. It also attempts to find out the extent of the present use of social media among them. Normative survey method was used for the study. The sample consisted of 150 Higher Secondary School Students. The relevant data were collected using a questionnaire and a Likert type attitude scale. The study revealed that Higher Secondary School Students have a favourable Attitude towards the Educational Use of Social Media. It was also found that only half of the students are using various social media. The study stressed the need of concentrating the students about the applications of social media in the present educational scenario.

KEY WORD: Social Media

INTRODUCTION

Social media such as blogs, wikis, WhatsApp, social networking sites etc. have become an integral part of modern life. The current generation of students lives in a digital world characterised by the rapid growth of social media that foster more interactive and social lines of communication and learning. Developing the competencies and confidence to interact with the modern digital tools and technologies is vital for students' success in all aspects of life in the 21st century. These interactive tools offering new and varied ways to communicate via the internet have a tremendous impact on the theory and practice of education. How students use these tools are largely affected by their attitude towards them. Hence, an understanding derived from studying students' attitudes towards the educational use of social media will help in designing and developing proper pedagogical strategies in order to exploit the educational potential of these tools. In this study an attempt has been made to unveil students' attitudes towards the educational use of social media. The aim is to induce educators and students to think about these attitudes as a vital first step in

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getting them to accept and realise the educational capability of social media.

Social Media

The term social media refers to a group of new kinds of online or web based tools that allow people to connect and interact with others and also to produce and share content. According to Kaplan and Haenlein (2010) social media are "a group of Internet-based applications that allow the creation and exchange of user-generated content." These media for social interaction are characterized by all or most of the features like; participation, openness, conversation, community and connectedness (Mayfield, 2008) and changed the static nature of web to interactive mode where users create, upload and share information. The rapid growth of cyber world in recent years has led to the development of a number of social media providing interactive platforms for online communication. At this time, there are basically eight kinds of social media.

- i. Social networks like Facebook, WhatsApp, MySpace etc that allow people to build personal profiles and to connect with friends to share content and communication.
- ii. Blogs or Web-log which are like online diaries published on the web that reflects personal opinions, feelings, hobbies, and experiences, arranged chronologically with the most recent first.
- iii. Wikis which is a webpage or set of webpages that can be easily edited by anyone who is allowed access (Ebersbach *et al.*, 2016). They allow people to add content to or edit the information on them, acting as a communal document or database. The best-known wiki is Wikipedia, the online encyclopedia which has over 2 million English language articles.
- iv. Podcasts are audio or video recordings, usually in MP3 format, of talks, interviews and lectures.
- v. RSS and syndication is a family of formats which allow users to find out about updates to the content of RSS-enabled websites, blogs or podcasts without actually having to go and visit the site (Anderson, 2017).
- vi. Forums or areas for online discussion, often around specific topics and interests which are powerful and popular means for online communities.
- vii. Content communities which organise and share particular kinds of content. The most popular content communities tend to form around photos (Flickr), bookmarked links (del.icio.us) and videos (YouTube).
- viii. Microblogging which combines social networking with bite-sized blogging, where small amounts of content are distributed online. Twitter is the leader in this field.

Social media which support knowledge sharing, peer-to-peer networking, and access to a global audience facilitates a socio-constructivist learning experience. The dynamic nature of social

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DEMOGRAPHIC DIFFERENCES IN INFORMATION LITERACY AMONG HIGHER SECONDARY STUDENTS OF KOTTAYAM

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ABSTRACT

The Digital age generates opportunities never dreamed before. Digital technologies move beyond rigid contents and time limits for children and youth to learn and at the same time, the way information is produced or communicated. Information Literacy is essential in order to access the needed information at the right time and use them to make intelligent decisions. The present study is an attempt to identify whether there exist any difference in the mean scores of Information Literacy of Higher Secondary Students of Kottayam with respect to (a) Gender (b) Locale (c) Type of Management (d) Stream of Study and (e) SES. The findings of the study revealed that there is no significant difference between the mean scores of Information Literacy with respect to Gender, Locale and Stream of Study. Further there exists significant difference among the mean scores of Information Literacy with respect to Type of Management and SES.

KEY WORD: Information Literacy

INTRODUCTION

Digital media and technologies are redesigning the world around us. Majority of the world's population are saturated in the hyper connected digital world. In this digital world, people are exposed to enormous fund of information through various digital media and devices. Information is all around us; it comes in different formats and it is essential to know how to seek, evaluate and use it effectively whether at work, in education or at home. To survive and thrive in a digital world, children and adolescents need a new array of tools to go beyond the simple technical ability. The knowledge and skills that help an individual of locate, access, evaluate and to use the required information appropriately is essential. They must be able to identify what is real and relevant for learning, life and work. Hence Information Literacy skills are the skills we need

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(throughout our lives if we have to function effectively in the current society.

Information literacy, the knowledge and skills to access and use information appropriately is essential in this digital age. It supports learning and decision making in all areas of human activity. According to Association of College and Research Libraries (2000), "Information literacy is a set of abilities requiring individuals to recognize when information is needed and have the ability to locate, evaluate, and use effectively the needed information". Thus in the present knowledge society, one needs to acquire high levels of information literacy skill to develop the absorbing, analyzing and integrating abilities and to understand how to use the information to bring real value to everything they undertake.

The CILIP Information Literacy Group (ILG) defined Information literacy as "the ability to think critically and make balanced judgements about any information we find and use. It empowers us as citizens to reach and express informed views and to engage fully with society" (CILIP, 2018). UNESCO has declared that Information Literacy is a basic human right and the foundation for lifelong learning (UNESCO Prague Declaration, 2003). Information literacy is important for today's learners as it promotes problem solving approaches and thinking skills like asking questions and seeking answers, finding information, forming opinions, evaluating sources and making decisions fostering successful learners, effective contributors, confident individuals and responsible citizens.

OBJECTIVES

1. To compare the mean scores of Information Literacy of Higher Secondary Students of Kerala with respect to (a) Gender (b) Locale (c) Type of Management (d) Stream of Study (e) SES

METHODOLOGY

Survey method was adopted for the present study. The sample of the present study consists of 931 Higher Secondary Students studying in standard XI from various schools belonging to Kottayam district. In the present study Information Literacy Test prepared and standardised by the investigator was used to assess the knowledge and ability of Higher Secondary Students to locate, evaluate and use information effectively. The Information Literacy test contains 40 items based on the three components identified namely develop topic and search strategies, identify potential sources, and evaluate and use of information ethically.

ANALYSIS AND INTERPRETATION OF DATA

1. Comparison of the mean scores of Information Literacy of Higher Secondary Students with respect to (a) Gender (b) Locale (c) Type of Management (d) Stream of Study and (e) SES

In this section the comparison of the mean of the scores of Information Literacy is studied under the following headings

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CORONARY HEART DISEASES AND PHYSICAL ACTIVITY

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ABSTRACT

Cardiovascular disease continues to be a leading cause of death worldwide. Physical activity plays a major role in preventing or delaying the onset of coronary artery disease and hypertension. Regular physical activity independently decreases the risk of coronary heart disease while also having a positive, dose-related impact on other cardiovascular risk factors; it has increasingly become a focus of cardiovascular disease prevention.

Physical activity adherence can be fostered with a multilevel approach that involves active individual participation, physician counseling and health coaching, community involvement, and policy change, with incorporation of cardiac rehabilitation for patients requiring secondary prevention. Community-wide, home-based and internet-based prevention initiatives may also offer a developing pool of resources that can be tapped into to promote education and physical activity compliance.

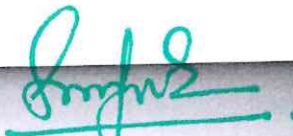
KEYWORDS: Coronary Heart Diseases, Physical Activity and Cardiovascular Diseases

INTRODUCTION

Physical activity has been proven effective in reducing the risk of coronary artery diseases. Epidemiological evidence shows that 100 research papers have been dealing with physical activity and coronary heart disease. General studies have found the risk in heart attack in sedentary male populations to be about thrice that of men who are active physically in their work or their recreational activity. Many studies published over 20 years showed essentially the same results. Those who were occupationally sedentary were at twice the risk for death coronary artery disease than those who were very active.

In 2002, a group of scientists from Harvard University reported in the Journal of the American Medical Association, and the results of their epidemiological study of the relationship of exercise type and intensity to coronary artery disease (CAD) in more than 44,000 men enrolled in the Health Professional's Follow-Up Study. These men were followed every 2 years from 1986 to 1998 to assess potential coronary artery disease risk factors, to identify newly diagnosed cases of coronary heart disease, and to assess the level of leisure-time physical activity. Men who ran 6 mph or faster or 1 hour or more per week had a 42% risk reduction when compared with men

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who didn't run. Men who trained with weights for 30 minutes or more per week had a 23% risk reduction when compared with men who didn't train with weight. Brisk walking for 30 minutes or more per day was associated with an 18% risk reduction, as was rowing for one or more hours per week. This was the first to show the direct benefits of weight training on coronary heart disease risk and that exercise intensity is also a critical consideration, with higher intensities providing greater risk reduction.

From epidemiological studies, it has been established that physical activity reduces the risk of coronary artery disease. It is equally clear that low-intensity activity is sufficient to reduce the risk of coronary artery disease.

Types of Cardiovascular Disease

- Coronary Artery Disease
- Hypertension
- Congestive Heart Failure
- Stroke
- Other Cardiovascular Diseases


Coronary Heart Disease

Coronary circulation is the circulation within the heart itself. According to human's age, their coronary arteries which supply the blood flow within the myocardium (heart muscles) itself, becomes progressively narrower due to the formation of fatty plaque along the inner walls of the artery. This progressive narrowing of the arteries is referred to as atherosclerosis, and when the coronary arteries are involved, it is termed Coronary Artery Disease (CAD).

When the disease progresses and the coronary arteries become narrower, the capacity to supply blood to the myocardium is progressively reduced. As the narrowing worsens the myocardium can't receive enough blood to meet all of its needs. When this occurs, the portion of the myocardium that is supplied by the narrowed arteries becomes ischemic, meaning it suffers a deficiency of blood. Ischemia of the heart usually causes severe chest pain, referred to as angina pectoris. This may be first experienced during period of physical exertion or stress, when the demands on the heart are greatest.

When blood supply to a part of the myocardium is severely or totally restricted, ischemia can lead to a heart attack or myocardial infarction. It happens due to the cardiac muscle cells that are deprived of blood for several minutes are also deprived of oxygen, which leads to irreversible damage and necrosis (Cellular death). This can lead to mild, moderate, or severe disability or even death, depending on the location of infarction and the extent of damage.

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RELATIONSHIP BETWEEN HUMAN RIGHTS AWARENESS AND SOCIAL SKILLS DEVELOPMENT AMONG SECONDARY SCHOOL STUDENTS

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ABSTRACT

Human Rights Awareness means one's knowledge of rights relating to life, liberty, equality, and dignity of the individual, guaranteed by the constitution. Social Skills development refers to the development of socially acceptable learned behaviors that enable an individual to interact effectively with others. A normative survey on a sample of 300 students from Kottayam district revealed a significant relationship between human rights awareness and social skills development among secondary school students.

KEYWORDS: Human Rights Awareness, Social Skills development

INTRODUCTION

Human rights are legal rights to which any human being is inherently entitled, regardless of their language, nation, religion, location, ethnic origin or any other status. It examines Human Rights issues without bias and from diverse perspectives through a variety of educational practices. Human rights awareness aims to develop an acceptable human rights culture. It helps to develop informed critical thinking essential to a democracy. It provides multicultural and historical perspectives on the universal struggle for justice and dignity.

Social Skills are components of behaviour that help an individual understand and adapt across a variety of social settings. Walker (1983) defines "Social Skills as a set of competencies that allows an individual to initiate and maintain positive social relationships, peer acceptance and a satisfactory school adjustment and to cope effectively with the larger social environment".

OBJECTIVES

1. To study the level of Human Rights Awareness among Secondary School Students
2. To study the level of Social Skills Development among Secondary School Students
3. To find out the relationship between Human Rights Awareness and Social Skills Development among Secondary School Students

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OCCUPATIONAL STRESS AMONG SECONDARY SCHOOL TEACHERS OF KOTTAYAM

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ABSTRACT

Work is the most valuable source of satisfaction as well as stress. Occupational stress arises from interactions between people and their job and is characterized by changes within people that force them to deviate from their normal functioning. The present study is using survey method to identify the Occupational Stress among Secondary School Teachers. The result of the present study reveals that there is no significant difference in the Occupational Stress of Secondary School Teachers with respect to Locale and Type of Management. But there is significant difference in Occupational Stress of Secondary School Teachers based on Medium of Instruction.

KEY WORD: Occupational Stress

INTRODUCTION

Stress originating in a particular sphere of life can influence other spheres. Stress is an essential accompaniment to executive performance. In fact, excellence in any sphere of life is essentially accompanied by stress. Stress, when controlled properly, it can add to the quality of performance, if it overtakes, it can cause problems with performance, interpersonal relationships and even physical well-being of the individual. Dunham (1977) identified that educational, social change, role conflict, poor physical, social working conditions, poor communication and problem teachers were the categories of stressors. Occupational stress can even generate psychological symptoms like anxiety, boredom, depression, fatigue and lowered self-esteem.

OBJECTIVE

1. To find out whether there exist any significant difference in Occupational Stress of Secondary School Teachers with respect to Locale, Type of Management and Medium of Instruction

HYPOTHESIS

1. There is no significant difference in Occupational Stress of Secondary School Teachers with respect to Locale, Type of Management and Medium of Instruction



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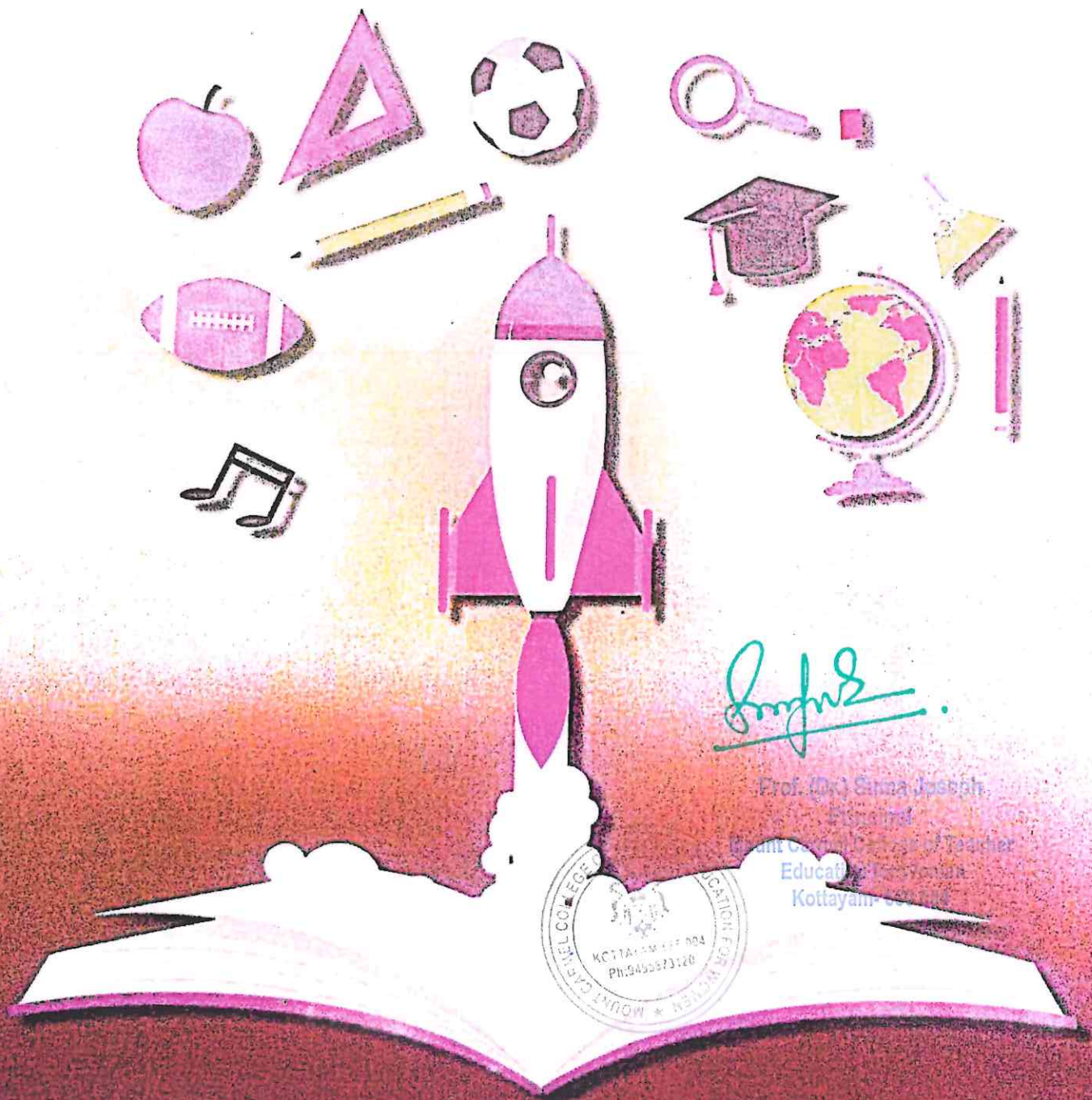
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GENDER DIFFERENCES IN MORAL SENSITIVITY AMONG ADOLESCENTS IN THE DIGITAL AGE

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Abstract

Digital technology being an innate aspect of contemporary teenagers' lives, affects how they communicate, how they socialize, and finally what they are. Digital technology is ubiquitous, accessible anywhere at any time and new applications are emerging day by day with their consequences unpredicted. The increased application of technologies in present society provides a range of possibilities for learners both inside and outside of school. Children inhabit a world that flawlessly flows between online and offline. Digital technologies may affect in unique ways one's moral behaviour. The present study is an attempt to identify whether there exists any gender gap in Moral Sensitivity of Higher Secondary Students of Kottayam living in the current digital age. The findings of the study revealed that girls possess more Moral Sensitivity than boys.

Keyword: Moral Sensitivity

Introduction

Today's children are growing up in a digital age. Digital media defines their lives in remarkable ways. Digital technologies are the present and the future of the 21st century children. Digital life links children to people, knowledge, education and entertainment anywhere globally at any time in an affordable manner. The essence of digital life is connectivity. The internet and the connectivity it provides have a pervasive influence in our lives.

The web has transformed significantly over the past years. Social networking and microblogging sites such as Facebook, Twitter, Pinterest, and Instagram have dominated the online chat rooms. Smartphones and high-speed internet connectivity make it easy to take and share videos and images. As a result of these advancements, young people are more detectable online, their online lives more intertwined with their offline lives. Certainly, today's young generation rarely make a distinction between their online and offline identities. Although there may be uniformity between youth's online and offline selves, it's not essentially a one-to-one resemblance (Gardner and Davis, 2013).

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INTELLECTUAL PROPERTY RIGHTS IN INFORMATION SOCIETY

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ABSTRACT

Intellectual property includes ideas, designs, symbols, writings and creations. It also refers to digital media such as audio and video clips that can be downloaded online. Since intellectual property is intangible, if it is stolen, it may be difficult to recover. Copyright originated in an age where the expression of the intellectual product in physical form, such as a book. Today, in the information age where digital information can be easily copied at minimal cost this natural physical limitation to unauthorized copying is removed. The purpose of copyright law is to balance the rights of copyright holders and users. Existing copyright law is applicable in the digital age also. As more and more information becomes available in digital format, libraries must ensure that public can enjoy the same access rights as with printed information. This paper deals with scope and coverage of various concepts connected with IPR, such as intellectual product, patents, copyright, designs, trademarks, computer software, databases, Internet and cyber laws.

Key Terms: Intellectual Property Right, Information Society, Library.

Introduction

The word intellect originates from the root "intellectus" in Latin which means the power of knowing as distinguished from the power to feel. Man has own capacity to acquire knowledge and increase his knowledge bank by gathering knowledge throughout his life time. An intellectual product is nothing but the brain child of his original idea, creative thought, which forms a special kind of property known as intellectual property. The intellectual property is ownership of something intangible. A right is legally protected interest and object of the right is the thing in which the owner has interest. The object in intellectual property right is immaterial

Intellectual property (IP)

Intellectual property (IP) is a term referring to a number of distinct types of creations of the mind, both artistic and commercial, for which a set of exclusive rights are recognized—and the corresponding fields of law (Raysman et al, 2011).

Features of Intellectual Property:

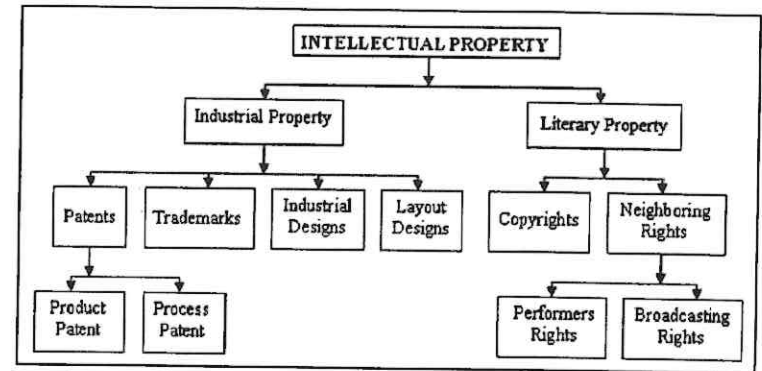
1. It is a form of intangible property.
2. It's existence distinct from the physical articles or goods which contain the rights.
3. In some cases the rights are capable of existence and enforcement with no tangible form.
4. The various rights might subsist in the same things. For example, a document might be subject to patent, design rights and trademarks. A pictorial trademark might also be subject to copyright.

Taxonomy of Property

According to the World Intellectual Property Organization (WIPO) intellectual property is divided into two categories, namely industrial property and literary property. Industrial property includes patents of inventions, trademarks, industrial designs and geographical indications, whilst literary property includes copyright for literary and artistic works such as novels, poems, plays and computer programs, films, musical works, artistic works such as drawings, paintings, photographs and sculptures, and architectural

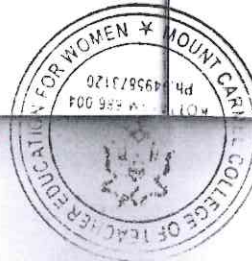
designs and neighboring rights for performance and broadcasting. The artistic creation is covered by copyright laws, which protect creative works, such as books, movies, music, paintings, photographs, and software, and give the copyright holder exclusive right to control reproduction or adaptation of such works for a certain period of time. All Intellectual Properties are given protection to the creators, except the trademark which can be renewed in unlimited time, for a defined period of time.

Intellectual Property Rights



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POTENTIAL OF ICT IN YOUTH EMPOWERMENT: ATTITUDE OF POST GRADUATE STUDENTS

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ABSTRACT

A successful nation, in modern times, requires that the citizens must be participants in its social, cultural, economic and political activities, well-informed and influential. This requirement can be satisfied only by making the masses, especially the youth, prepared for an effective commitment to a sense of unity. Swami Vivekananda is also given more importance to the youth. "Give me 100 energetic young men and I shall transform India", Vivekananda had said. In this 21st century youth are very much influenced by Information and Communication Technology (ICT). Across the globe, countries have recognized ICT as an effective tool in catalyzing the economic activity in efficient governance, and in developing human resources. Hence youth empowerment and ICT is very much linked to each other.

The present study aims to find out the attitude of post graduate students towards the potential of ICT in youth empowerment. A representative group of post graduate students from various institutions was randomly selected as sample. A questionnaire constructed by the investigator was used to find out the attitude of post graduate students towards the potential of ICT in youth empowerment. The study reveals that post graduate students have an average attitude towards the potential of ICT in empowering the youth.

Key Terms: Youth Empowerment, ICT

Introduction

It is an established fact that major sectors of the World's economy are already utilizing the capacity of information technology to improve life generally. It is common knowledge that globalization brought about by information and communication technology (ICT) has reduced the whole World to village without boundaries or borders. ICT has been acknowledged as a powerful engine of development (Rayport and Jaworski, 2002).

Across the globe, countries have recognized ICT as an effective tool in catalyzing the economic activity in efficient governance, and in developing human resources. Hence youth empowerment and ICT is very much linked to each other. Today's youth gives more importance to ICT in their social life for different activities. IT together with Communication Technologies has brought about

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BENEFITS OF AQUA AEROBICS OR AQUA ZUMBA ON HEALTH

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ABSTRACT

Aqua aerobics is a mix of strength and cardio exercises which is done in the medium of water resistance. Keeping in mind factors like cardio activity such as aqua aerobics or aqua zumba, weight, water temperature, volume and buoyancy can burn between 350 and 500 calories per hour of exercise. Working out in water is one of the most therapeutic activities that one can take part in. Water aerobics builds cardio endurance, strength endurance, muscle strength and resistance all while being on the joints and also in a cool and relaxing atmosphere. Water aerobics is not limited to any age group or skill level. The sport water aerobics appeals to all ages with younger generations naturally enjoying the fun to be had in swimming pools while still appealing to older generations and their need to maintain a moderate level of physical fitness.

Key Terms: Aqua Aerobics, Aqua Zumba, Cardio Exercises and Strength Training

Introduction

Water aerobics is the performance of aerobic exercise or workouts done in the medium of shallow water such as in a swimming pool. It is a form of aerobic dance or exercise where the participants are immersed in water. It is mostly done vertically and without swimming typically in deep waist or deeper water and it is also a type of resistance training. Aqua zumba can reduce the inflammation in the joints, bronchial cough and asthma as the water acts like a massage due to the hydrostatic pressure. During this type of aerobic activity the body parts hips, back and knees will not feel any jerks, but still it gives low impact of strength training.

Fitness benefits of aqua aerobics

1. Burn calories
2. Increase muscle strength
3. Build endurance
4. Reduces joint pressure
5. Increases flexibility

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HEALTH BENEFITS OF WATER AEROBICS

1. Increase in muscle strength

Water is a flowing and constantly changing product of nature, and as such can be every unpredictable in its movements. The resistance in swimming pool can change from 4 to 42 times greater than air, ensuring the body's muscles get a rigid work out due to the water lows in multiple directions. A polish study conducted in 2007 found that after 12 weeks of regular aquatic aerobic exercise, the participants had made significant gains in strength, flexibility and agility.

2. Building endurance

Water resistance is a more natural resistance which requires the body to strain through the water rather than against it. Usually traditional weights are required or the human body to push and pull against the weight plus gravity.

3. Increases flexibility

During water aerobics as the body is subject to water resistance which requires movement in various directions while adjusting to the push and pull of water. Hence the joints naturally increase their range of motion which is known as flexibility. In fact a polish study conducted in 2007 found that after 12 weeks of regular aquatic aerobic exercise, the participants had made significant gains in strength, flexibility and agility.

4. Low-impact exercise

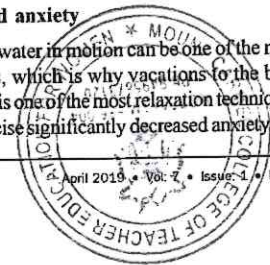
The traditional impact we place on our joints during a "land workout" can be taxing, but in water aerobics, the buoyancy of the water helps to reduce some of the impact we tend to place on our body, due to our own body weight. Our body is not subject to gravity in water, hence the impact on our joints is less when running in water, and not equal to the impact while running on land. This is particularly appealing to those with joint conditions such as arthritis or those currently undergoing physical rehabilitation.

5. Alleviates pressure on the joints

Hydrotherapy is one of the leading form of therapy for those who are suffering from joint problems such as arthritis and ligament tear of ankle and knees. Studies have shown water based exercises such as water aerobics or aqua zumba relieve pressure placed on joints from normal wear and tear and arthritis.

6. Relieves stress and anxiety

Watching bodies of water in motion can be one of the most soothing activities one can take part in to reduce stress, which is why vacations to the beaches and island paradises are so popular. Being in water is one of the most relaxation technique. A Polish study conducted in 2007 found that aquatic exercise significantly decreased anxiety and negative mood stress in women.



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INNOVATIVE MILESTONES IN THE SCENARIO OF ENGLISH LANGUAGE RESEARCH

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ABSTRACT

The paper explores the wide array of innovative trends and milestones in the emerging scenario of English language research. An awareness of the different avenues in the field of teaching and learning will lead to inquisitiveness and research-mindedness to learn more about the innovative frontiers in educational research. Researchers in the field of language education can improve their knowledge as well practical components by delving into new innovative platforms and strategies.

Key Terms: Gamification, English language platforms

Introduction

Educational innovations play a pivotal role in English language teaching and learning. The novelty of some innovations will diminish, as there are growing concerns about individualization and inclusion. Only the innovations that are connected with appropriate and effective teaching practices will be able to withstand the test of time. Similarly when the teachers combine digital media with more traditional forms of teaching, their course materials and resources will reflect more innovative trends.

Mobile learning

Learners have come into the trend of accessing more online resources using mobile apps or mobile friendly versions. *Wordable* (Cambridge University Press) ensures vocabulary-building by utilizing a fun-filled competitive environment. It makes use of built-in spaced repetition and active-recall learning, so as to memorize the new words. *Essential English* (Oxford University Press) uses mobile technology to provide free resources for teachers and students, including flashcards, lesson plans and activities.

Gamification

Gamification plunges the learners into interactive and exciting game modes, eventually helping them to learn the language. Appealing to football-lovers, *LearnMatch* makes use of training sessions and friendly matches to make vocabulary learning interesting for learners. *Get Set, Go! Phonics* (Oxford University Press) uses songs and games to develop the phonological awareness of pre-school children. *Learn Languages With Ruby Rei* enables learners to negotiate, collaborate and build friendships.

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Content and Language Integrated Learning

CLIL (Content and Language Integrated Learning) helps to make a link between language learning and content development. That is to say, English learning is more oriented around school subjects (History, Science, Geography etc.) development. The underlying principle is that English should not be the end of a language programme, but the means through which learners will acquire knowledge in other fields. This is a more academic and scientific orientation for which teachers have to be well-prepared. The approach demands not only the mastery of English and the management of ELT methods but a certain degree of specialization in some disciplines.

E-learning

E-learning is learning using electronic technologies to access educational curriculum outside a traditional classroom. In most cases, it refers to a course, programme or degree delivered completely online. There are many descriptions to it like learning that is delivered online, via the internet, ranging from distance education, to computerized electronic learning, online learning, internet learning and the like. Research can be made on areas like Computer-mediated English, web-based learning, e-mailing, blogging etc.

Blended learning

Blended learning is the approach that is at the cutting edge in education and with a wide range of possibilities for ELT. It helps teachers optimize language learning and teaching by using ICT (Information and Communication Technology) resources (internet, web-based tools, CD-ROMS, etc.) in combination with face-to-face sessions. E-learning that encompasses the use of technological and electronic support for educational purposes embraces blended learning.

Embodied learning

It is based on the idea that learning is not just about remembering, but it involves using the mind and body, collaborating, discussing and exploring. Learners need to be emotionally, intellectually, physically and socially engaged. Courses such as *Doodle Town* (Macmillan Education) use visual, audio and hands-on activities to stimulate and inspire learning by engaging learners to draw and create.

Task-based and Situated Language Learning and Teaching

Task-based and Situated Language Learning and Teaching are among the latest research trends in ELT nowadays. Utilizing these approaches in Multi-User 3D virtual environments, users can have varieties of learning experiences in life-like environments which is said to change the nature of the learning experience.

Edutainment

Edutainment (Entertainment-Education or Educational Entertainment) is an entertainment form that has been created to educate and amuse the learners. Furthermore, it assists the progress of



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DIGITAL MEDIA LITERACY AMONG HIGHER SECONDARY STUDENTS OF KOTTAYAM DISTRICT

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ABSTRACT

Today's young people are growing up in a world that is saturated by the media. In recent years, digital media and networks have become embedded in our everyday lives, and are part of broad-based changes to how we engage in knowledge production, communication, and creative expression. Young people are actively manipulating digital media to participate in social and cultural life. Making and sharing media has become an increasingly important feature of how young people communicate and engage with each other and with the wider world. The present study to examine Digital Media literacy of Higher Secondary Students of Kottayam district reveals that there exists significant difference in Digital Media Literacy among Higher Secondary students of Kottayam district with respect to gender, locale and stream of study.

Key Term:

Digital Media Literacy

Introduction

Digital media is quickly replacing traditional media forms as those most accessible to the 21st century learners. Creating and sharing media in a digital environment has become an increasingly important feature of how young people communicate and engage with each other and with the wider world. Young people are actively manipulating digital media to participate in social and cultural life, to pursue their interests and to express themselves online. A generation is growing up in an era where digital media are part of the social and cultural fabric of learning, play, and social communication.

Media literacy is the ability to identify different types of media and understand the messages being sent. Students take in a huge amount of information from a wide array of sources, far beyond the traditional media (TV, radio, newspapers, and magazines). The digital age has made it easy for anyone to create media. Online and mobile media usage is being driven by the digital extensions of traditional media, driving up overall media usage as more content is regenerated for digital devices, such as internet and mobile video streaming of TV programmes and movies; online radio stations, web-based multiplayer editions of console videogames and mobile newspaper apps. All media shares one thing: someone

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WORK PLACE MENTAL HEALTH: TARGETING THE 21ST CENTURY

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ABSTRACT

Stress and work-life balance issues are extremely prevalent in India. A fundamental difference between mental health and mental illness is that everyone has some level of mental health all of the time, just like physical health, whereas it is possible to be without mental illness. There are several key issues shown to have a significant effect on employee mental health. Within each key issue, are various factors that organizations need to consider in their efforts to create a mentally healthy workplace. The importance of maintaining good mental health is crucial to living a long and healthy life. Mental health when good can enhance, when poor prevent, someone from living a normal life. Organizations that are committed to the mental health of their employees are pro-active in implementing policies and programmes that promote the positive mental health of employees and support early identification, treatment and recovery of employees experiencing mental illness.

Key Terms:

Mental Illness, Mental Health Promotion.

Introduction

Mental Health is the psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment. A fundamental difference between mental health and mental illness is that everyone has some level of mental health all of the time, just like physical health, whereas it is possible to be without mental illness.

The importance of maintaining good mental health is crucial to living a long and healthy life. Mental health when good can enhance, when poor prevent, someone from living a normal life. According to Richards, Campania, & Muse-Burke (2010) "There is growing evidence that is showing emotional abilities are associated with pro-social behaviors such as stress management and physical health" (2010).

Types of mental illnesses

There are many different types of mental illnesses, just as there are many types of physical illnesses. Some of the defining characteristics of a mental illness are:

- ▶ That it is a recognized, medically diagnosable illness;
- ▶ That it can cause significant cognitive, affective, or relational impairment;
- ▶ That it results from biological, developmental and/or psychosocial factors;
- ▶ That it can be managed using physical/disease approaches (i.e. prevention, diagnosis, treatment).

IMPROVED LEARNING THROUGH CREATIVE GRAPHIC TECHNIQUES

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ABSTRACT

A mind map is a graphic technique of representing ideas, using words, images, symbols and colour. It directly represents the mental image that you would create from text and helps you to unleash your creative thinking skills. A mind map is a powerful graphic technique which provides the universal key to unlock the potential of the brain. It harnesses a full range of words, images, numbers, logic, rhythm, colour and critical skills spatial awareness in a single, uniquely powerful manner.

Key Terms:

Creative graphic techniques, mind- maps.

Introduction

Mind maps make use of key words and images. The visual nature of mind maps make them easy to remember. The non-linear profile of a mind map enables it to link easily the different elements in the map. Mind Map helps you manage your mind... It is magical" said the founder of Mind Maps, Tony Buzan. (2016.)

The human brain functions may be divided into two- the left handles reason and logic, while the right deals with emotions and creativity. Mind maps make use of both. They take care of sequences and indicate causes. They offer visual patterns that simplify the recall of verbal and non-verbal content. They appear more vivid and accurate as the relationships are shown in visual style. Rosemann & Bielski (2001), proved experimentally that the mind mapping method made it possible for the pupils of the experimental groups to write down far more facts in the cloze maps than requested, because there was no limitation by a given text structure.

Mind maps reflect the pattern of thinking process in the human mind. It enhances the quality of thinking and gives a better insight of the subjects of study. Mind mapping involves writing down the central idea and thinking up new and related ideas that radiate outwards from the centre. It is a tool that encourages creative thinking and generates creative solutions to problems.

As one constructs a mind map on paper, one is simultaneously building a map in one's mind. The map holds information in a format that the mind finds easy to remember and quick to review. Friedrich (1995) counts this method as one of the information processing strategies, with which information is permanently stored in memory by sophisticated processing.

Suggestive Steps to Draw an Effective Mind Map

- ▶ Start in the centre of a blank page and gradually work outwards. Because starting

in the centre gives your brain the freedom to spread out in all directions and to express it more freely and naturally.

- ▶ Let the centre show the core idea.
- ▶ Write legibly.
- ▶ Make sub-units if needed.
- ▶ Use an image or picture for your central idea. Because an image is worth a thousand words and helps you use your Imagination. A central image is more interesting, keeps you focussed, helps you concentrate, and gives your brain more of a buzz.
- ▶ Use symbols or sketches instead of words.
- ▶ Keep the paper in a landscape mode.
- ▶ Use standard abbreviations.
- ▶ Use colours throughout. Because colours are as exciting to your brain as are images. Colour adds extra vibrancy and life to your mind map, adds tremendous energy to your creative thinking, and is fun. Use different colours for different genres of ideas.
- ▶ Look for relationships. Connect your main branches to the central image and connect your second- and third-level branches to the first and second levels, etc. Because our brain works by association and works by linking (or three, or four) things together. If you connect the branches, you will understand and remember a lot more easily.
- ▶ Use arrows and special lines to show cross linkages.
- ▶ Leave enough space where additional thoughts can be inserted later.
- ▶ In case of overloaded points, it is recommended to make subsidiary maps. Preferably, both the main map and the subsidiary map must be on the same page so that a clear comprehensive image is developed in the learner's mind.
- ▶ Build a powerful picture moving step by step.
- ▶ Make your branches curved rather than straight-lined. Because having nothing but straight lines is boring to your brain.
- ▶ Use one key word per line. Because single key words give your mind map more power and flexibility. Represent key points and minimum words
- ▶ Avoid use of adjectives.

CONCLUSION

Mind maps are helpful for learning and enhancing memory and helps in effective learning. Engelmann (2004) Freund (2003) and Schmidt (2001) have shown experimentally that the development of a mind map - as a conceptual web - leads to better memory performances than conventional presentation forms and that with increasing age, the use of the mind mapping method results in better memory performances

When mind maps are used on a daily basis, learning becomes more productive, fulfilling, and successful on every level. There are no limits to the number of thoughts, ideas and connections that the human brain can make, which means that there are no limits to the different ways one can use mind maps. In doing so, it gives the freedom to roam the infinite expanses of the brain. A mind map can be applied to every aspect of life where

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GEARING STUDENTS WITH FUNCTIONAL WRITING SKILLS IN ENGLISH TO FACE PRESENT CHALLENGES

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ABSTRACT

It is the need of the hour that we should equip students to execute their writing skills, so as to communicate correctly and effectively. These skills are essential for further learning and employment, since they need to know at least the basic functional writing skills. In addition to this, it will help in developing confidence of students as they make presentations, take part in group discussions and write reports and reviews. The article thus stresses the importance of mastering the functional writing skills as well as delineates the relevance of discourses in the form of spoken and written communication.

Key Term :

Functional writing skills

Introduction

Writing is meant for communication of ideas in written form. It is the visual representation of speech. It is a productive skill symbolizing spoken form and involves manipulating, structuring and communicating. In the hierarchy of language skills, it should be given balanced emphasis along with other skills. Reims discusses the sub-skills of writing which include the ability to form letters accurately, to use the correct form of words, to follow syntactic patterns, to express information explicitly and to make the text well-organized and structured.

Functional writing skills are designed to equip learners with the skills needed to execute their writing skills with confidence within working and day-to-day life. This ability develops the skills needed to communicate via writing effectively and correctly. Functional skills are practical skills that provide every individual with skills that help them to function independently, effectively and confidently in their life. These skills are essential for further learning and employment since they are basic skills needed for most jobs. So functional skills should be integrated into the curriculum so that learners can apply these skills in real life.

The knowledge within the subject has to be linked with the practical skills, helping them to think creatively. These skills help to build the confidence of an individual while listening, speaking, reading and writing. It fosters effective communication where information can be passed clearly through either speaking or writing. It helps to understand information and act appropriately. It assists in making presentations, writing reports, tak-

ing part in group discussions and for analyzing ideas and information. It helps to present information in a logical sequence, in the correct format using correct grammar.

Functional Skill Standards

'Writing' within functional skills is defined as the independent construction of written text to communicate in a purposeful context. The standard of functional skills in English is related to the attainment of listening, speaking, reading and writing skills. Functional writing is a term used to describe the art of writing. Teaching children to write functionally shows them the importance of rethinking, because they need to fully understand all the steps involved in a task before they can write it down, and also need to be able to review and edit those steps in order to make sure that the ideas they have written are complete and meaningful.

Functional writing is writing that is meant to fulfill real life purposes, such as: making a request or giving advice, inviting someone for a visit or to a function, or applying for something. That is, the writing activities carried out resemble those done in real life for practical purposes. This kind of writing practice prepares learners for writing which they must do as part of survival in everyday life. The writing of titles, headlines, advertisements and posters is also a form of functional writing, because people write headlines as part of a job, and prepare advertisements and posters to accomplish specific purposes.

Relevance of Discourses

The term 'discourse' means the verbal expression in speech or writing. The term 'Discourse' is derived from the Latin word *discursus*, which means 'running to and from', i.e., which denotes spoken and written communication. The Discourse theory holds then, that textual deep structures have essentially a semantic rather than a syntactic character. Thus an entire text could be summarized by a string of logical symbols which have some type of universal validity. Discourse is not a string of propositions or theme statements. The author of a discourse had a purpose in mind, as he wrote and arranged his material accordingly. Before the nuclear concept of a unit can be determined, the relationships between the concepts, propositions, or paragraphs of the unit must be assimilated. Discourse analysis thus aims at determining the universal semantic meaning of a text and displays that meaning in the form of concepts, propositions, paragraphs, and so forth, in their relationships to one another.

Levels of Discourse Processing

Discourse researchers have identified five levels of cognitive representation that are constructed during comprehension. These include the surface code, the text base, the situation model, pragmatic communication, and the discourse genre. The surface code is a record of the exact wording and syntax of the sentences. This code is preserved in memory for only a few seconds when the technical text is read. The text base contains explicit propositions in the text in a stripped down form that captures the semantic meaning but loses details of the surface code. The situation model (sometimes called the mental model) is the referential mental world of what the text is about. The pragmatic

ACADEMIC STRESS OF HIGHER SECONDARY SCHOOL STUDENTS AND SUPPORT OF EMPLOYED AND UNEMPLOYED MOTHERS

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ABSTRACT

The present investigation aims at studying the relationship between the Academic Stress of Higher Secondary School students and Support of Employed and Unemployed mothers. Academic Stress Inventory and Mother's Support Scale tools of research were used to collect data. Both qualitative and quantitative techniques were adopted to analyze the data. The findings of the study can be an eye opener to the mothers and teachers regarding various factors which are responsible for the Academic Stress of Higher Secondary School students so that they can take necessary steps to reduce the Academic Stress of Higher Secondary School Students.

Key Terms:

Academic Stress, Mother's Support, Employed and Unemployed Mothers

Introduction

In the hustle and bustle of the modern world, stress is unavoidable. Too much stress can have debilitating effects on our health, contributing to and agitating many problems including heart diseases, high blood pressure, stroke and depression and sleep disorders. Stress is anxiety or distress, caused by any pressure or tension. In academic life, stress may act as a negative predictor of academic performance. One of the important sources of academic stress in schoolchildren is the great expectation of parents for achieving good marks in their examination.

The mother-child relationship is far important than any of these. Working mothers are occupied with so many tasks that they have to work outside and at the same time, they are responsible for all household work and responsible for bringing up their children. They also manage their time effectively and give specific time each day to their children and are concerned with their academic progress.

Today mothers are entering irresistibly in the work force in search of their own true identity. The decision to be an employed mother is prompted by personal, financial, family, and situational factors. This has its impact on her familial life. Now she has the freedom to spend her money in the development of her children. Sometimes she fails to give proper care and affection to her children. They start suffering from ill-health which is the biggest misfortune that one can experience. Emotional bond between them also gets affected due to lack of care and affection. Children start getting involved in many unsuper-

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