



K.R. MANGALAM UNIVERSITY

SCHOOL OF EDUCATION

K.R.MANGALAM UNIVERSITY

SCHOOL CONTACT II

COURSE CODE: SEED512

FACULTY NAME:

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PROGRAMME: B.Ed.

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ACKNOWLEDGMENT

I would like to express my special thanks and gratitude to my teacher Mrs. Kanchan Khatri who gave me a golden opportunity to visit a school and to feel the total experience of teachers in the school. She helped me by providing me the understanding about teaching and learning in school environment. I am extremely thankful to all the faculty members for providing such a nice support and guidance especially to my subject teacher.

Thank you all!

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Activity 1 : Morning Assembly

Activity 2 : Meditation and yoga

Activity 3 : Simulation class

Activity 4 : Co-curricular Activities

Activity 5 : Educational Topic

Activity 6 : Latest Teaching Trends

Activity 7 : Continuous and Comprehensive Evaluation

Activity 8 : Mid-day meal scheme

Activity 9 : Importance of Hygiene.

Activity 10 : School case study.

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Yoga

yoga is a Sanskrit word, which means connection or union. Yoga refers to the spiritual discipline that includes meditation, exercise, physical postures, breathing techniques. It is done to improve physical health, mental health, relaxation and overall well being of all the individual life.

Day - 1

CHAKRASANA :-

This yoga has many benefits like it balance the nervous system, it helps in being kind and spread joy and happiness in classroom during practice.

It helps in energizing the human body and ~~an~~ helps in stimulating the thyroid glands.



Activity - 8

MID-DAY MEAL SCHEME.



CASE STUDY OF SCHOOL

A case study is a research strategy and an empirical inquiry that investigates a phenomenon within its real-life context.

Case studies may also be stated such as analysis of persons, groups, events, decisions, periods, policies, institution or other systems that are studied holistically by one or more methods.

Case can be an effective way to learn in the classroom. Many students learn better using real-life examples. and

case study allows students to be able to -:

- ① Determine pertinent information.
- (ii) Identify the problem and its parameters
- (iii) Identify possible solution
- (iv) Make decisions to fix the problems.
- (v) Form strategies and ideas for action.

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