



K.R. MANGALAM UNIVERSITY

(SCHOOL OF EDUCATION)

SCHOOL CONTACT - 1

(SEED509)

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INDEX

Sl.	CONTENT	Pg. No.
1.	About School Contact	1-2
2.	Introduction	3-4
	• Assembly	5
	• Meditation	6
	• Yoga	
3.	Day 1	7-10
	• Activity I	(7-9)
	• Activity II	(9-10)
4.	Day 2	11-14
	• Activity III	(11-13)
	• Activity IV	(13-14)
5.	Day 3	15-18
	• Activity V	(16-17)
	• Activity VI	(17-18)
6.	Day 4	19-24
	• Activity VII	(20-21)
	• Activity VIII	(21-24)

INTRODUCTION

1) ASSEMBLY

What is assembly?

Assembly is a gathering in morning before the student starts their classes. In the assembly, students and teachers or principal gather for any variety of purposes, such as special programs or communicating information on a daily or weekly basis. Also, students gather to perform a common song or prayer and to receive common announcements.

Importance of Assembly:

- It makes students feel fresh, energetic with positive vibration.
- Assembly mainly starts with prayers, which is the pillar of religion. Through this the value of God or religion is understood by the students.
- Assembly helps in developing a feeling of connection and unity among the students.
- It often addresses essential information and instructions that every student should know. This way students understand the school curriculum more clearly.

School is the most crucial institution in a student's

(2) MEDITATION

What is Meditation?

Meditation is a practice where an individual uses a technique, such as focusing their mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state.

Meditation is about training in awareness and getting a healthy sense of perspective. It helps in learning to observe thoughts, feelings without judgement.

Advantages of Meditation :-

- Better Management of stress, anxiety and depression.
- Increase immunity
- Lowered blood pressure
- Better sleep.

How to conduct Meditation?

- Sit or lie comfortably.
- Close your eyes.
- Focus your attention on the breath (make no effort to control breath) and on how the body moves with each inhalation & exhalation.

(3)

YOGA

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. There are so many types of yoga, some of are mentioned below :-

- | | | |
|----------------|------------------|--------------|
| ➤ Vinyasa Yoga | ➤ Uttanasana | ➤ Utkatasana |
| ➤ Virkshasana | ➤ Virabhadrasana | ➤ Balasana |

Importance of yoga :-

- Yoga improves health.
- Gives mental strength.
- Improves physical strength.
- Protects from injury.
- Detoxifies the body.

- ★ Why discussion should be done ?
- ⇒ > Discussion is done to spotlight students' ideas and increase their knowledge.
 - > It helps in generating more ideas about a topic.
 - > It give students a chance to think about how they will respond.

Topic :- TECHNOLOGY: IT'S IMPORTANCE IN EDUCATION

Procedure :-

- > Created a comfortable, non-threatening environment.
- > Explained the meaning of technology and gave example.
⇒ Technology is the use of scientific knowledge for practical purposes or applications, in industry and in our everyday lives. Example: COMPUTER
- > Explained "Technology's importance"
⇒ ★ It helps students and teachers in the process of receiving and giving education systematically
- ★ Technology inspires kids to become creative and innovative

Result :-

- > Students were asked question on Technology and they gave all the right answers of the questions.

* Suggestion : ↓

- Asked students to concentrate one thing and to listen and see properly in life.

ACTIVITY IV :→ "Debate"

* Importance of Debate

- It enables to become less narrow minded.
- It develops the art of public speaking and rhetoric.
- It allow to look all sides of argument.

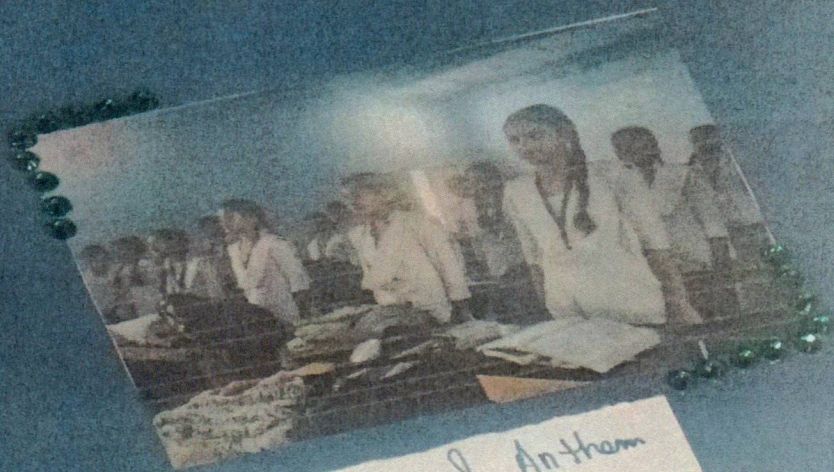
"SCHOOL UNIFORM SHOULD BE REQUIRED OR NOT"

Procedure : ↓

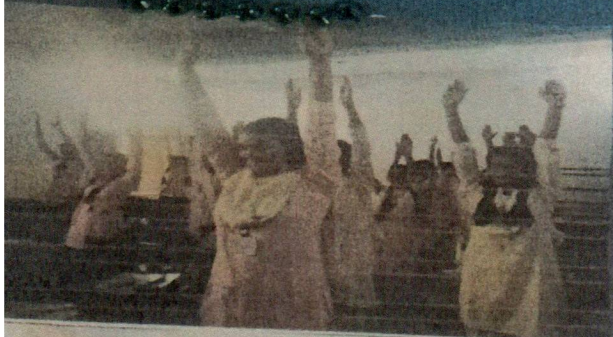
- Class students were divided into two groups, Group A and Group B.
- Group A was in favour :→ One of the student said that is important to have school uniform because it eliminate competition among rich and poor level of students.



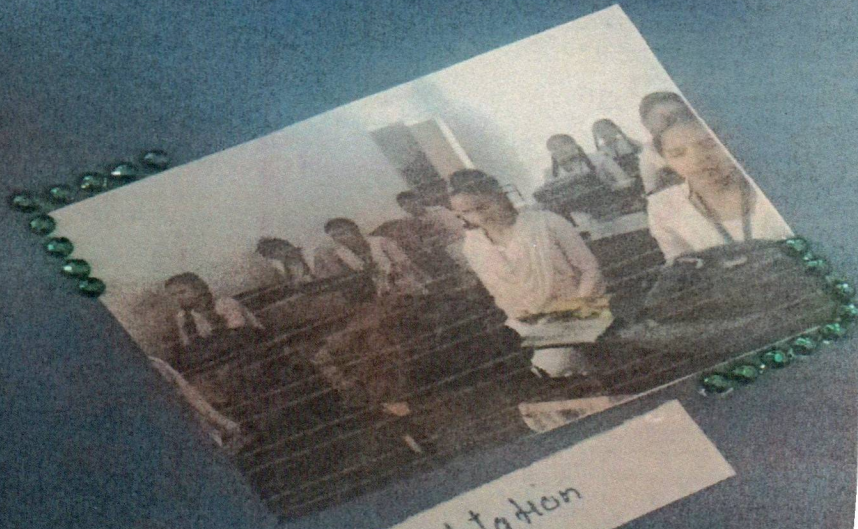
Prayer



National Anthem



Yoga



Meditation

DAY - 3(14th November 2018)(WEDNESDAY)HAPPY CHILDREN DAY

- ASSEMBLY : →
- Started with "Gayatri Mantra"
 - Prayer : "Teri Hai Zameen Teri Aasmaan"
 - News Reading by student.
 - Thought of the day : "There are some things we can't buy, one of such thing is our "childhood".
 - Pledge : "I will be polite and kind to others".
 - National Anthem.

- MEDITATION AND YOGA : →
- For Meditation, students were asked to sit straight, close their eyes and focus on one thing.
 - Students were asked to do "Uttanasana" pose.

DAY → 4(15th November 2018)(THURSDAY)

- ASSEMBLY :-
- Started with "Gayatri Mantra"
 - Prayer : "Hum Chalege Sath Sath Ek din"
 - News Reading by the student.
 - Thought of the day : "Never depend upon others. Always have faith and trust on your abilities."
 - Pledge : "I will promise that I will not give excuses for not going to school."
 - National Anthem.

- MEDITATION AND YOGA :-
- Meditation was done for 10 minutes, where students were asked to sit straight and to close their eyes, saying "Om".
 - Students did "Virabhadrasana" for yoga.

looking ahead for the same.

Suggestion :-

- Suggested student to plant more saplings near by their houses also.

ACTIVITY VIII :- "CASE STUDY OF A CHILD"

What is Case study?

- Case study is a research strategy and an empirical inquiry that investigates a phenomenon, within its real-life context.
- Case studies are based on an in-depth investigation of an individual, group or event to explore the causes of underlying principles.

Importance of Case Studies :-

- It plays an important role in developing skills and knowledge in students.
- Encourage active learning.
- Provide an opportunity for the development of key skills.

SIMULATION CLASS

Simulation is a generic term that refers to an artificial representation of a real world process to achieve educational goals through experimental learning. It is a strategy that fits well with the principles of student-centred and constructivist learning and teaching.

When I first encountered simulation as a teaching tool, they were called simulation games and debates. Such simulations had score-keeping, winners and losers. It was assumed that competition was the key ingredient to student enthusiasm for this teaching method. Typically, the game "words from letters" made students to grab more vocabularies, where as "debate" influenced students to think more and help them to become less narrow minded. The best part usually held the probability of earning the most participation points. The students seems to be capable of participating in these simulation.

With my conscience, it was a failed simulation class as every student accomplished the task, provided to them, successfully with the good grades. There may be simulation classes once in a week for the students in every school.

MID-DAY MEAL

The "Mid-day meal" scheme is a school meal programme of the Government of India designed to improve the nutritional status of school age children nation wide.

The programme has undergone many changes since its launch in 1995. The Mid-day meal scheme is covered by the "National Food Security Act, 2013".

Aim of Mid-day Meal scheme :-

- Avoid classroom hunger.
- Increase school enrollment
- Increase school attendance
- Empower women through employment.
- Improve socialisation among castes.
- Address malnutrition

OVERALL EXPERIENCE.

My experience of visiting "Govt. Sr. Secondary School" was great. The opportunity provided me of visiting school really made me more confident, influential and a good learner. It was five days program from 12th November to 19th November 2018 (in between 3 holidays).

When the first day I went to the school, I was very happy to see a good strength of the class. What I liked the most is the strength of girl is quite good. It was good to know that "Mid-day meal" is served to the students regularly. The teachers and principal of the school seem to be very polite and co-operative.

There, I conducted co-curricular activities like, indoor games, debate, quiz, art and craft, etc with the students and made them taught lessons from their syllabus. Students seem to be co-operative and excitedly, enjoyably participated in every activities. I also observed attendance and evaluation record which helped in understanding the practical ways of school. The facilities provided to the students and teachers were less, like computer labs, proper library etc but still teachers try hard to teach students in that much of facilities provided to. The surrounding seems clean and made me feel good and hygienic.

However, overall experience was quite knowledgeable too and look forward for another school visit experience.