

NAWAB SHAH ALAM

COLLEGE OF EDUCATION
YOGA, COMMUNICATION AND
LIFE SKILLS RECORD.

NAME : KHADEER
ROLL NO : 2488-16-701-025
METHOD-I: ENGLISH
SEMISTER : I
BATCH : 2016 - 2018
Ph. NO. : 9502132366

CERTIFICATE

This is certify that Mr.
KHADEER bearing roll no. 2488-
16-701-025 has successfully
completed his Self Development
[communicative English, Life Skills
and yoga]

This is the original work
which is carried out by KHADEER
the student of "NAWAR SHAH ALAM
KHAN COLLEGE OF EDUCATION" as a
part of B.Ed programme of
"OSMANIA UNIVERSITY.

DATE :

PLACE : YENNEPALLY,
VIKARABAD.

Signature of
the mentor

Verified

Sundar

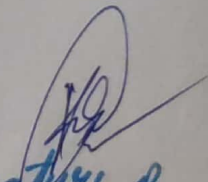
DECLARATION BY THE STUDENT

I KHADEER bearing H.T. NO.:
2488-16-701-025 here by state that
the Self development [Communicative
English, Life Skill, yoga] record
submitted by me as a part of
B.ed course & batch from
2016 - 2018 (Semester-I) from
"NAWAB SHAH ALAM KHAN COLLEGE OF
EDUCATION", affiliated to Osmania
University, Hyderabad.

This is my original work
and contribution part of this work
had been submitted by me or
any other college or university.

DATE: 01-08-2017

PLACE: YENNEPALLY
VIKARABAD


Signature of the
Student.

OBJECTIVES OF SELF DEVELOPMENT

THE STUDENT TEACHERS WILL BE TO :-

1. Explore ways of understanding one's self.
2. Develop skills required to practice yoga.
3. Understand the importance of yoga for peaceful human life.
4. Develop ability to communicate.
5. Understand intricate issues related to various skill & communication.
6. Develop life skills to deal with various situation in life.

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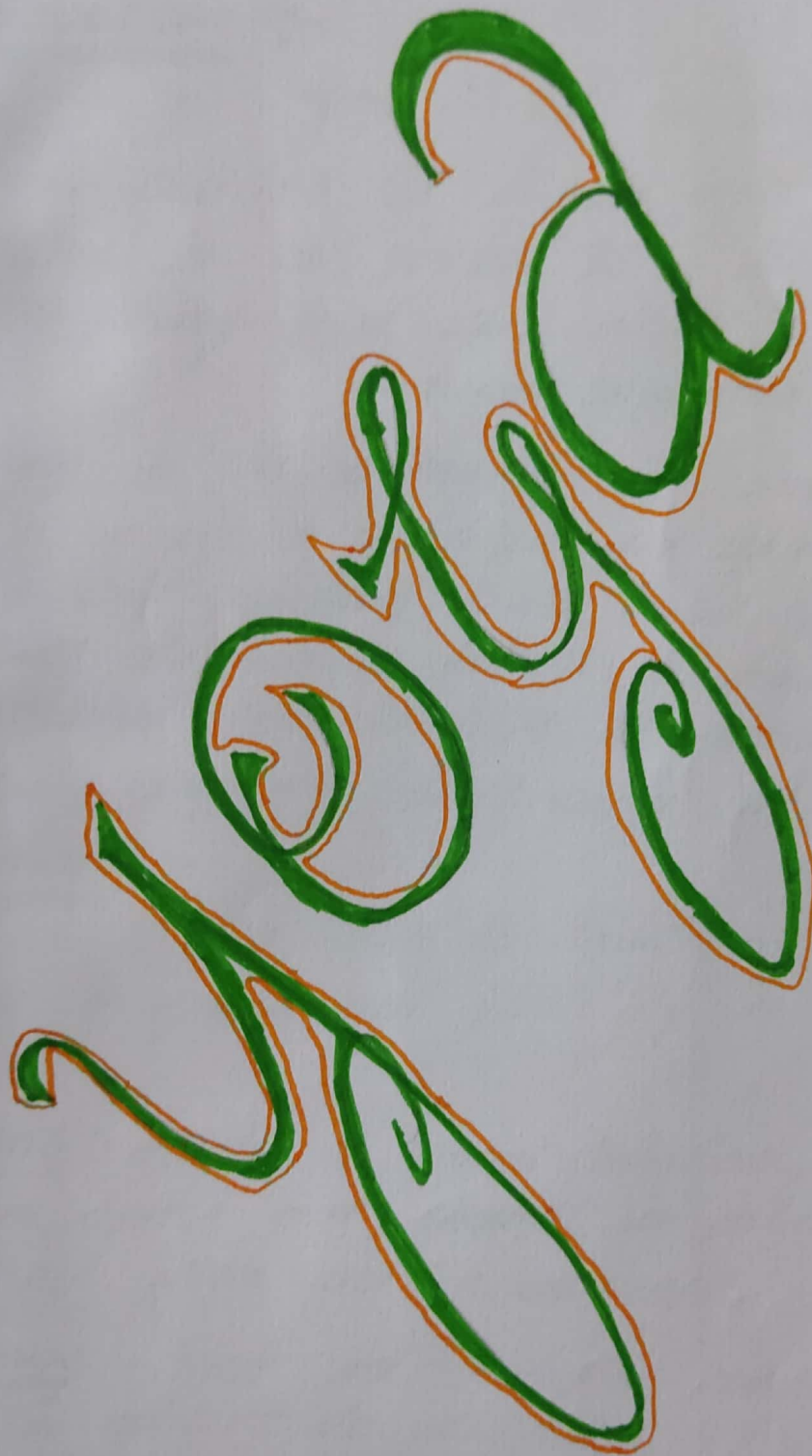
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UNDERSTANDING THE IMPORTANCE AND BENEFITS OF YOGA IN HUMAN LIFE:

INTRODUCTION :-

Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture tomorrow.
→ swami satyananda Saraswathi.

Yoga is the science of life and the art of living. It is also a technique for achieving purest form of self-awareness, devoid of all thoughts. It shows the human beings to lead the life in a right path. It helps the human being physically, mentally, emotionally and spiritually.

IMPORTANCE:-

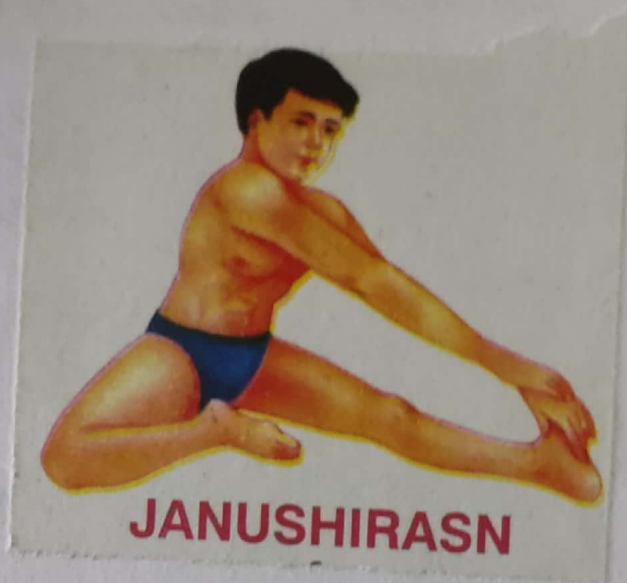
Yoga helps to create an equilibrium between strength and flexibility in the human body.

1. YAMAS :- Rules of social behaviour, training actions, speech and thought in relation to the external world and other people.
2. NIYAMAS :- These are rules of personal behaviour and its relation to the self.
3. ASANA :- They are physical aspects of yoga. Patanjali wrote "Asana" is to be seated in a position which is firm and relaxed.

4. PRANAYAMA :- This breathing exercises are very important for human beings to improve their health and increase their life.
5. PRATHYAHARA :- one has to engage himself/herself in search of self examination, overcoming attractive spell of sensual objects.
6. DHARANA :- It is the mastering of attention and dissolving of ego.
7. DHYANA :- witnessing awareness "A state of consciousness which has no qualification whatsoever. There is no other feeling except a state of supreme bliss".
8. SAMADHI :- There remains no sense of 'I' or 'mine' the true yoga only the experience of consciousness, truth and an utterable joy.
"yoga means "Unio Mystica"

IMPORTANCE OF YOGA :- yoga improves flexibility of the body. yoga is great ancient discipline. It is recognized as one of the most important and valuable gifts our culture.

- Promotes self healing.
- Increase self awareness.
- Reduces stress and tension
- Enhances personal power.



BENEFITS OF YOGA :-

1. Improves Flexibility: :- yoga improves flexibility of the body. It safely stretches the muscles and all other soft tissues in the body which help to lighter and better.

* Yoga help in the normalization of the gastrointestinal resulting of proper regulation of the digestive functions of the body.

* Yoga helps the individual for a sound sleep and also help gaining normal weight.

*. yoga helps the individual in the realization and development Supernatural powers lying with in his self.

*. yoga gets your blood flowing more specially the relaxation Exercise you learn in yoga

*. yoga can help your circulation.

*. yoga build strength.

*. most forms of yoga emphasize long and deep breathing. This can helps expand your lungs capacity and improve Endurance.

MISCONCEPTIONS ABOUT YOGA PRACTICE

1. YOGA IS ONLY FOR STRESS RELIEF :-

Yoga is indeed a powerful stress buster. Even a single session can make you feel better. As it is proved that stress is an important factor in a number of medical conditions ranging from high blood pressure to infertility.

2. YOGA IS RELATED TO HINDUISM :-

Yoga evolved from ancient India but it is not a form of Hinduism or a covert way to propagate any religion.

3. ONLY THE YOUNG, HEALTHY AND SUPPLE AND SHOULD PRACTICE YOGA :-

But yoga therapy is given to the patients with all kinds of physical, mental and emotional disabilities. It has been used successfully on schizophrenics, the mentally retarded and even to the bedridden people.

4. YOGA THERAPY IS THE SAME AS TAKING A YOGA CLASS :-

Yoga therapy is done individually or in small groups with experienced teachers.

5. YOGA IS A QUICK FIX :-

Every single yoga expert stress the need for the student practice, even if only for a few minutes a day. The effects cumulative over a long period of time as the individual gain more control over the body and the mind.



INTRODUCTION:

BENEFIT'S

5

ADOMEN : The monkey pose stimulates the various organs in your abdominal region, improving their overall functioning moreover the abdominal muscles also get toned up with this exercise practicing this pose on a regular basis opens up the hips and the groin region, increasing your overall flexibility, balance and alignment.

ARDHACHANDRA - ASANA (The half-Moon pose) :-

The Sanskrit word Ardra means 'half' and the word Chandra means "moon" thus is the 'Half-moon' posture.

BENEFITS :-

Rolls down abdomen, hips, buttocks and waistline
Enhances circulatory and skeletal problems reduces risk of central obesity by improving digestion and reducing gastro intestinal disturbances advances bowel movement.

Help to open up the shoulder joints.

Decreases physical and physiological stress level.

ADHA - MATSYENDRA - ASANA :

Adha means half matsyendra is one of many Siddhas or masters who were accomplished yogis mentioned in the medieval yoga text Hatha yoga - pradiipika this posture is traditionally called Spinal Twist because the spinal column is twisted gently.



DHANURASAN



BHUJANGASAN

भुजंगासन

BENEFITS :-

- * 1. Increase hips and spine flexibility.
2. Removes the wastes and improve digestion.
3. Stimulate heart, kidneys, liver, spleen, and lungs.
4. Open the neck, hips and shoulders.
5. Relieve fatigue, sciatica, backache and menstrual discomfort.
6. Clean the internal organs.
7. Releases excess toxins and heat from tissues and organs.
8. Energizes and stretches and the backbone.

BADDHA - KHONA - ASANA :-

The Sanskrit word Baddha means a bond chain, caught or restrained the word Pada means foot and Khona means corner or angle therefore this is the restrained foot angle posture.

BENEFITS :-

1. Relaxes and stretches those things after a long and hard day at work.
2. Beneficial for those who run, walk or cycle for long distances. or have a job that requires them to constantly be on their feet.
3. Helps to open up the hips and thighs and improves flexibility.

2. Stimulates the reproductive and digestive organs.
3. Relieves stress and tiredness.

BALA - ASANA : (The Child pose)

The Sanskrit word bala means child.

BENEFITS :

1. mental stability and focus.
2. Improve concentration, self-confidence and coordination.
3. Synchronisation of body.
4. Reduces stress, anxiety and worry.
5. calms the mind and nervous system.
6. Stimulates the respiratory system and circulatory system.



4. DIFFERENT TYPES OF PRANAYAMA AND BENEFITS

The illusory Samasric vasana that has arisen through the practice of many lives, never perishes except through the practice of yoga for a long time. It is not possible on the part of one to control the mind by sitting up again and again except through the approved means.

→ MUKTIKOPANISHAD.

INTRODUCTION :-

'Pranayama' literally means to expand prana (vital force). It is a process in which respiration is interrupted and 'prana' that is the vital force is controlled and regulated. Do not take bath immediately after the practice of pranayama take rest for half an hour before taking bath.

Important steps in pranayama :-

It is necessary to understand certain important steps of pranayama which include.

Puraka (Inhaling), Kumbhaka (Retention of the breath) and Rechaka (Exhaling).

Three Bandhas (locks) i.e. Balandara Bandha, Uddiyana Bandha, and mula Bandha.

BENEFITS OF PRANAYAMA :-

- * keeps the body fit and healthy.
- * Reduces excessive fat.
- * Improves the power of memory and eliminates mental disorders.
- * Tones up the stomach, the liver, the bladder the small and the large intestines and the digestive system.
- * Purifies tubular channels and removes.
- * Suggishness from the body and kidneys gastric tide.
- * Strengthens from the body and kidneys gastric tide.
- * Strengthens the nervous system
- * make the mind calm but and capable of concentration and rouses spiritual power.
- * Helps have positive thoughts.
- * Eyesight minimized.
- * the following Chronic disease:
 - 1). H. B. P.
 - 2). Angina
 - 3). Asthma
 - 4). Arthritis
 - 5). Diabetes
 - 6). Obesity
 - 7). Parkinson . etc.

REGULATION OF BREATH :

Tasmin sati Svasthasvayam or Gativicchedah pranayamah:-

The Steadiness of posture - being there the control of breathing is the interruption in the flow of Inhalation and Exhalation
Inhalation - retention - Exhalation - pranayama
Inhalation - breathing - in air - puraka.

DIFFERENT TYPES OF PRANAYAMA :-

- *. Kanishtha vibhaga pranayam → vital Energy supplied from navel to feet.
- *. madhyama vibhaga pranayam → vital energy supplied from navel to neck.
- *. Jeshtha vibhaga pranayam → vital Energy from navel to head.

one should do 3 times danti kreyas after vibhaga pranayam.

MUDRA : PRANAYAMA :

- Chin mudra → as in Kanishtha
- Chinmaya mudra → as in madhyam
- Adhi mudra → as in jeshtha
- merudanda mudra → activates spine
- Purna mudra → vital Energy supplied to all parts of the body.

5. DIFFERENT TYPES OF MEDITATION AND BENEFITS

INTRODUCTION :- meditation helps the human beings to shift the focus of the mind away from the fogged thoughts of everyday living such as worries about work, family, finances and their personal issues.

What is meditation?

meditation trains the thoughts to keep the mind in the peaceful state thoughts of the future or of the past prevent us from feeling the peace that is the present moment

How to meditate :-

First scheduling to meditate is of the almost importance to be all dead busy lives and despite the best of intentions without a dedicated time for an activity, life often gets in the way and the activity never happens;

* ENANA YOGA :-

The way of knowledge directs the reasoning quality of mind to distinguish the ultimate reality from transitory, phenomena through philosophical analysis

* BHAKTI YOGA :- The way of love employs the power of strong feeling to direct the mind and personality to absorption in Ideal.

* KARMA YOGA :- The way of action harnesses man's driving compulsion to act, leading man to freedom from action through non attachment and disinterestedness.

TYPES OF MEDITATION :-

1. Introspection daily routine.
2. At dawn.
3. Sound - research.
4. mental tap - 3 levels.
5. Vaikhari - articulate form of sound loudly mantra.
6. Upanshu - movement of lips without sound.
7. Ajappa - Japa - close lips it is done with mind.

BENEFITS OF MEDITATION :-

- * Lowers oxygen consumption decrease respiratory rate
- * Increase blood flow and slows the heart rate
- * Builds Self - Confidence
- * Resolves phobias and fear
- * Increases creativity
- * Less aggressiveness.

6. PRACTICE OF YOGA FOR AN INTEGRATED PERSONALITY

Practice of yoga creates harmony in the physical, mental, psychological and spiritual aspects of the human personality.

- Chidananda, 1985

INTRODUCTION :-

Yoga is an ancient science, which regulates the parts of the body. It regulates the breathing and respiration rhythmic and calm the mind.

* PHYSICAL HEALTH AND YOGA :-

An Ideal body has two main features.

- (i). a proportionate body with all the muscles relaxed in normal state.

* MENTAL WELL-BEING AND YOGA :

The power of imagination (activity) and steadfastness (will power) are the two main acts of human mind which come under mental well-being.

* EDUCATIONAL DEVELOPMENT AND YOGA :

In the modern era of a sharp intellect and the faculty of reason play a role in the scheme of Education.

* ADJUSTABILITY AND YOGA :

The maturing and child develops not only in physical, mental and behaviour, but also corresponding in social development

EMOTIONAL MATURITY AND YOGA :- The word "Emotion" is derived from the Latin word "Emotus" the participle to "Emovere", which means to move or to be put in motion.

SPIRITUAL GROWTH AND YOGA :- Yoga deals with practical aspect of our life and makes us aware and experience the higher dimensions of our nature or self.

PHYSICAL DIMENSION :- Good health is the source of happiness and success in life.

MENTAL DIMENSION :- Mind is a repository of thoughts negative and evil thoughts make the mind weak.

STRONG MIND :- A strong mind always remains calm even in adversity.

WEAK MIND :- A strong mind always remains a weak mind gets irritated and loses temper over trivial matters and reacts violently.

INTELLECTUAL DIMENSION :-

Intellectual Strong Strength forms an important part of our personality.

SPIRITUAL DIMENSION :- In this mortal body there is something immortal, eternal and of the nature of pure consciousness, bliss, peace and source of tremendous power energy and knowledge.

7. THERAPEUTIC VALUE OF YOGA

INTRODUCTION:- Yoga is the science of life and the art of living. It is the only answer to all physical and mental fitness Kayasthya (Total relaxation)

- * Antaryatra (Internal trip)
- * Svash preksha (perception of breath)
- * Sharir preksha (perception of body)
- * Chaitnya - Kendra preksha (perception of psychic

centers)

1. perception of the present moment.

2. perception of the present thoughts.

3. Self discipline.

4. Bhavana (counter-vibrations)

5. Anupreksha (contemplation)

6. An concentration.

→ Sleep on a thin firm mattresses with a wooden board underneath. Don't sleep on foam rubber mattresses.

→ Learn to relax when under stress.

→ Always walk in morning fresh air and should observe. Asanas and pranayama.

ROLE OF YOGA TOTAL HEALTH :- yoga blends the two states of tension and relaxation life always seeks to restore balance and the Ideal State is that in which static force and dynamic power are in harmony.

There are seven centers for meditation in the body. Each centre is connected with its relevant endocrine gland as below. A regular practice of yoga from 30 to 50 minutes daily with faith in self provides wonderful results. The foremost purpose of practicing yoga is to purify the body and the mind. The state of well-being is not our ultimate aim, it will inevitably ensue, nevertheless this is not the objective.

The people who use yoga just for exercise or understand dhanam or to calm the mind will definitely fail to understand the real aims of yoga, which include to bring us greater humanity, to awaken us to the mind of service, to bring us to true meditation. Complete health is possible for those who have their own individual life-style and there to it. It does not come to those who merely accept this or that ready-made system.

8. REGULAR PRACTICE OF YOGA FOR HAPPY AND HEALTHY INTEGRATED PERSONALITY

REGULAR PRACTICE OF YOGA FOR HAPPY AND HEALTHY:-

Human body is one of the miraculous creations of the nature. The various system of our body should have essential vital force, which is possible with yoga and meditation.

MODERN LIFE STYLE:- In this century man is touching the great heights of development every day there are various new discoveries and inventions.

DISTURBED DAILY LIFE ROUTINES: Student life should be balanced and controlled so that in his life, the four or few points "Samta, mamta, namarata and daksha" should be created habits.

DIET :- western life styles has attacked our lives various and nearly every areas. In order to lead a well-balanced and controlled life it is very necessary food.

STRONG SITTING AND STANDING POSTURE:- In modern style there are some mistake that have accumulated to which students are getting away from an ideal style and controlled life it is very in the body.

DISTURBED SLEEP:-

Sleep is one of the important part of our life but the modern 21 century there is body.

UNBALANCED WATER IN TAKE :-

Our body is made up of $\frac{2}{3}$ of water, muscles have 65% - 75% water in our body.

CUT THROAT COMPETITION :-

Students without realising their ability are constantly running in the blind of achieving success.

PESSIMISTIC VIEW OF THINKING :- Optimistic thinking of the student, encourage him towards his aim.

INTAKE OF INTOXICATING SUBSTANCES :- The whole human race knows that alcohol is very harmful for one's health.

BIOLOGICAL CLOCK AND HUMAN BODY :- The biological clock affects the emotional and mental state of the person health.

MODERN LIFE STYLE DISEASES :- Due to the modern life the person's health is decreasing day by day those who healthy with healthy thought style.

THERAPEUTIC VALUE PHYSIOLOGY AND ASANAS :-

The ancient literature it is well known that are several asanas, which vary from 84 in number.

Activities ✓

ACTIVITY-I

SURYA NAMASKARA

Sun is the great source of energy for the entire universe. It is believed that there are five fires and seven electric centers presents in Sun.

They can be related to human body's five glands and seven vital energy centers or chakras, which result in 12 postures of "Surya-Namaskar".

FIRST POSE :- Take the namaskara position with folded hands keep them in front of the chest by pointing root of the thymus towards the cavity and heart. The folded hand should be bent a little towards, keep elbow straight parallel to the ground, shoulders relaxed. Eyes should be closed gently. Then the Sun should be invoked a friend.

SECOND POSE :- While inhaling the breath both the hands should stretched up wards towards the way arm should lie straight to ears. The distance between the hands should be equal to the chance between shoulders. Then bend the hands, neck and body. In this posture concentration should be on "vishnudhi chakra".

THIRD POSE :- The arms should be brought forward and bent by keeping the arms touching the ears keeping them on other side of the feet while stretching as much as possible. While touching the knees with the head. The focus of concentration.



should be an "manipurachakra". Here knees should not be allowed to bent.

FOURTH POSE :-

By keeping the waist downwards and chest stretched forward and by stretching the neck as much backwards as possible, one leg should be stretched backwards by keeping the sole in vertical position. This should be done while inhaling on this posture concentration should be focused on "Swadhistana Chakra".

FIFTH POSE :- while exhaling get back the right leg to the position of left leg. Then close the heels and keep together on the ground. Should be raised to maximum upwards. See that the toe touches the root of the throat, stretch the body as far as possible. In this posture concentration should be on "Sahasrarakhakra", which is situated in the crown of the head.

SIXTH POSE :- Get back the body parallel to the ground inhaling. In sequence first knees, then chest and then head should touch the ground. while touching the stomach should be kept a little raised from the ground.

In this posture, the focus of concentration should be on "anahata chakra," situated in the "Sukshma Nadi" in the spine opposite to the heart.

SEVENTH POSE :- while inhaling raise the body and move it forward by keeping the elbow straight. Chest should be stretched fully forward and the neck bent back wards as much as possible. Here knees should be completely on the ground and forefeet and fingers in a vertical position.

from this pose onwards the postures should be reversed back.

EIGHTH POSE - Similar to fifth pose

NINTH POSE - Similar to fourth pose

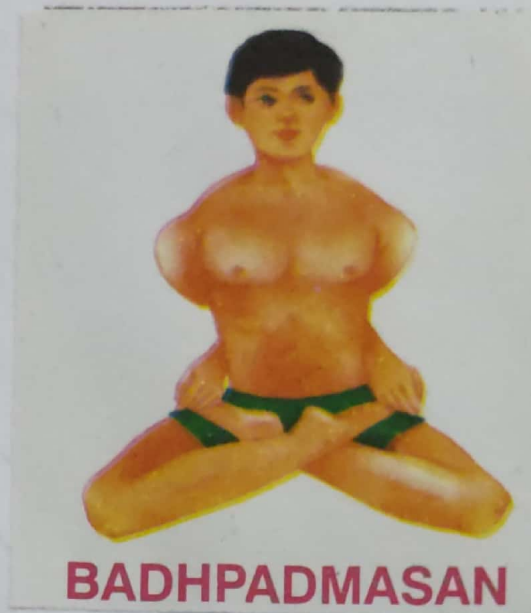
TENTH POSE - Similar to third pose

ELEVENTH POSE - Similar to second pose

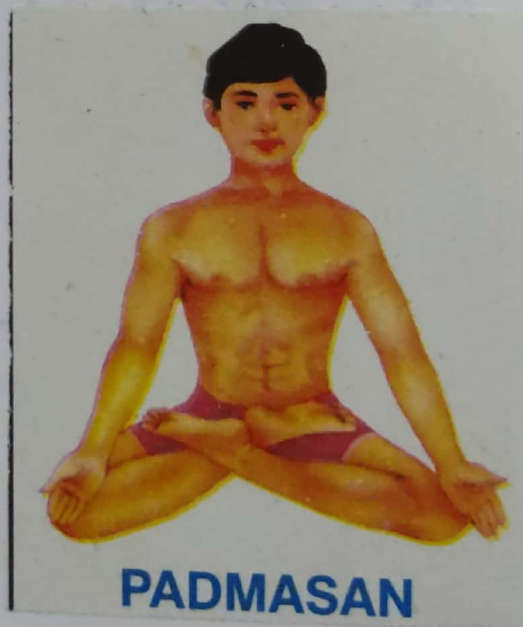
TWELTH POSE - Similar to first pose

It comes back to the for shoulder hands of the first original pose his procedure should be repeated in the second round by taking back right leg instead of left leg.

After completing all the 12 posture for 2 rounds one should lie down on ground in "Shavasana" posture for complete relaxation for about 2 minutes.



BADHPADMASAN



PADMASAN

ACTIVITY- II

ANJANAYA ASANA

INSTRUCTIONS: Sit comfortably in the vajrasana (thunderbolt pose) kneel up on your knees until your back, buttocks and thighs are aligned.

Extend your left foot forward bending your knee at about '90' degree angle.

Place the palms of your hands together at the heart in the anjali - mudra.

PRECAUTIONS:-

Do not practice this yoga pose in case you are suffering from any injuries, especially in the hamstring or groin area.

While practicing the pose, go slow and be careful at all times.

Don't push your body, beyond its limits of comfort, forcing any pose on lead to an injury and the monkey pose, being such an awkward one. It's no different.

Regular practice, you should be able to execute the split all the way, but until then, only go as deep into the pose as your comfortably allows you to.

ACTIVITY - III

ARDHA CHANDRA - ASANA

INSTRUCTIONS:- Stand in the 'tada-asana' stand with both feet touching from the heel to the big toe, keeping the back straight and the arms pressed slightly against the sides with palms facing inward. Inhale and raise the arms straight up keeping the palms pressed slightly together.

Arch your body backwards keeping your arms alongside your neck and head, tilt the head backward and hold. Keep your knees straight while holding posture.

Slowly return to the "Tada-Asana"

PRECAUTIONS:-

This asana can't be practiced by the people who are suffering from diarrhoea, insomnia, blood pressure, and back or shoulder pain.

Half moon pose cannot be practiced by the person who is suffering from headaches and migraine problems.

ACTIVITY- IV

ARDHA - MATSYENDRA ASANA

INSTRUCTIONS:- Sit in any comfortable cross-legged position straighten the legs out in front. Bend the right knee and bring the heel of the right foot close to the left hip. Inhale and bend the left knee upward and place the left foot flat on the floor to the right of the right leg with the ankle touching the right thigh.

While turning the side to the left straighten the right arm bringing it around to give out side of the left knee and grasp the left foot with the right hand.

PRECAUTIONS:-

- * Should be avoided during pregnancy and menstruation due to the strong twist in the abdomen.
- * People with Heart, abdominal or brain surgeries should not practice this asana.
- * Care should be taken for those with peptic ulcer or hernia.
- * Those with severe spinal problems should avoid and those with old slipped disc can benefit but in severe cases it should be avoided.



ACTIVITY-V

BADDHA-KONA-ASANA

INSTRUCTIONS:- Sit on the floor with the legs together and extended straight out in front keep the back straight, shoulders level and head straight place the hands, palms down, flat on top of the thighs then inhale deeply.

Exhale and bend the knees drawing the feet toward the torso place the soles of the feet together clasp the hands over the feet interlocking the fingers pulling the feet closer and placing the heels against the premium. the outer edge and small toe of each foot should touch the floor.

PRECAUTIONS:-

Before starting any form of Exercise it is a good idea to consult your doctor.

This is especially important if you are convalescing from surgery or a recent injury, if you have any pre-existing medical condition, or are with child.

Yoga has great potential for good, but the potential for harm is equally under the guidance of a trained yoga instructor This is one of the most important Butterfly pose precautions.

ACTIVITY - I

ANULOMA - VILOMA OR NADI SHODHANA

PRANAYAMS :-

Here the inhalation and exhalation go on from left and right nostrils. It is said by yoga is that left nostril is called "Chandra Nadi" which has cooling effect and right nostril has heat and is called "Surya Nadi."

It can also be done by sitting in lotus or crossed legged posture. Initially it should not be repeated more than 3 times.

Initially it should start with Exhalation of whole breath inside the stomach then the index finger should placed in between the eyebrows and by closing right nostril with the thumb of right hand and inhalation should on till a heart beat counts. Then the breath should retained for 16 counts and by closing left nostril exhalation should continue for 8 heartbeats his process complete one cycle.

To start with it can be 1:2:2 after a practice 2-3 months, it proceeds with 1:4:2

ACTIVITY - II

UJJAYI

' Here the glott is half-closed by producing a low continuous sound through out the breathing exercise. The posture is similar to after breathing exercise. It should start by completely exhaling the whole breath then the glottis is half / partially closed, then the breath is inhaled through both the nostrils and the thoracic cage is expanded. These muscles should be kept under control by slightly contracting the abdominal muscles through inhalation.

Now the exhalation should be taken by tightly contraction the abdominal muscles and while glottis is half-closed until the lungs are completely empty and the thoracic cage gets sucked inwards.

This whole process should continue with a spiritual end in mind and each breath should be experienced like a divine current flowing in.

ACTIVITY-III

KAPALA - BHATI

This helps in revitalization of the body. This is one of the six purification exercise in Hatha yoga. This exercise is useful for diaphragm and abdomen by sitting/lotus/crossed legged like in the earlier exercises. In other exercises the focus is on inhalation retention and exhalation but here the sole focus in "Kapala - Bhati" is on exhalation. Deep breathing not required in this exercise alone.

Once the thoracic cage is expanded, it will not move only the abdominal muscles move.

The air filling thoracic cage will be expelled without any pause by continuously making sharp jerks at the process with 5-7 jerks which may increase gradually as per the individual's capacity.

ACTIVITY-IV

SITALI

Same posture as in earlier exercises the tongue should be protruded over the lips $\frac{1}{2}$ inch. It looks a freshly rolled sheet about to open i.e. vertically folded, through the channel in the middle by making 'ssss' sound the air drawn till the way lungs are filled completely.

The author of Bhāgyoga Dipika describes three kinds "pranayama, surakṛita, vaikṛita and kevala kumbhaka" but the great men who have risen above these two kinds of constraining breath the sudden restraining of the vital currents directly (without inspiration and expiration) is kevala kumbhaka.

Patanjali does not lay much stress on practices of different kinds of pranayama. He mentions "Exhale slowly then inhale and retain the breath. you will get a steady and calm mind. It is only the Hatha yogies who developed pranayama as a science and have mentioned various exercises to suit different persons.

ACTIVITY - V

TYPES OF MEDITATION

Vaikhari - Articulate form of sound loudly mantra.

Upasanshu - movement of lips without sound.

Ajapa - Japa close lips it is done with mind meditation.

on thoughts - thought creation to the thoughtless state.

Meditation on virtue (Bhar-Dhyan)

Pran - Apan meditation - observe the inhalation and Exhalation.

Deep and regular breathing is absolutely essential for the health of the nervous system, brain and endocrinal glands.

All most all the physiological systems get activated with the pranayama, like the nervous, endocrine, circulatory and digestive system. They become harmonious in their functioning.

Generally we know this about physiological process in our body. If the breathing is insufficient it reduces the absorption of oxygen into the blood. which results to all problems.

While doing the different types of pranayamas exercise like "Ujjayi" (regenerates endocrine glands) the blood reaches to all part of the body and the heart becomes very strong.

Communicative
English

INTRODUCTION OF COMMUNICATIVE ENGLISH

The ability to speak and communicate is the only difference between animals and human beings. It's due to effective communication skills that human interact with one another as a social beings. For a person to progress well in society, only means, merits are not enough only qualifications don't work they have powerful communication skills so that he can put across others what he wants them to do.

Communication does not merely mean transmission of knowledge or information from person to person. It implies the ability acquire, exchange, store, retrieve and process knowledge and information. It is therefore necessary to have a better knowledge on the importance of communication both in our personal and professional, so that we can improve our communication skills. Communication skills is the art and technique of communicating by using oral and other language to persuade him or bring into him the change you want to be. Communication skills are the ability to use knowledge and express information. It is a process of transforming information of communication from one entity to another.

INFORMATIONS OF COMMUNICATION SKILLS:-

Communication is commonly defined as "the importing interchange of thoughts, opinions or information by speech. "writing or signs"

"Communication skills are the set of skills that enables a person to convey information so that it is received and understood communication skills refer to the repertoire of behaviours that serve to convey information for the individual"

"Communication skill is the art and technique of communication by using oral and body language to persuade him or bring into him the change that you want him to be."

Thus, Communication skills is the ability to use language and express information, communication skills is the ability an individual displays in consistently do effectively communicate with clients colleagues, subordinates and supervisor both professional and personal world.

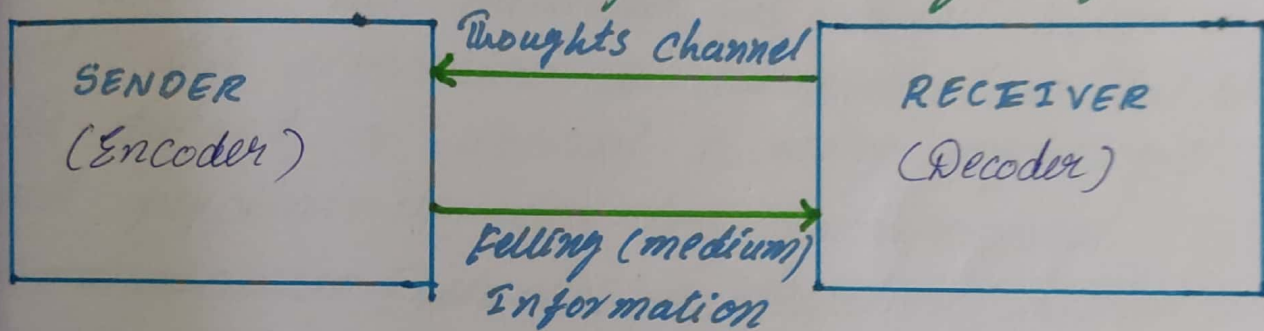
"Communication as we said earlier, consists in transmitting information, ideas, etc from person to person what this means that involves a sender and a receiver. All forms of communication, verbal or non verbal, between human or animals are two way process. Broadly six stages are involved in the process of communication let's make a closer look at these

different stages. The sender has an Idea, he want to share it.

The sender encodes or the transforms the message into verbal or non verbal signals.

- *. The sender transmits the message
- *. The receiver receives the message.
- *. The receiver decodes and interprets the message
- *. The receiver reacts and sends feed back to the sender.

This can be shown diagrammatically as follows.



As we see, communication comprises of six components, they are:

1. Sender to the message.
2. Receiver of the message.
3. message.
4. medium
5. setting
6. Feed back.

"Setting" refers to the location or the physical surrounding in which communication take place. And the "channel" refers to any one of the media such as telephone, letter, email, etc. There are many factor which facilitate or deter communication.

TYPES OF COMMUNICATION SKILLS:- There are

different types of communication skills the first communication type is "Intrapersonal communication".

The process of communication where a person communicates with himself is called "Intrapersonal" communication. It implies his own thoughts, feelings, reactions, imagination etc. Communication is continuously taking place within ourselves irrespective of whether the audience is present before us or not this dimension of communication has been the subject of interest to many psychologists and psychiatrists. Secondary Intrapersonal communication [between] is interaction between two people such as between friends, family and language over even strangers the third type of communication is "Group communication" this type of communication involves leadership and management group discussion and decision-making, which form a part and parcel of any academic set up there is no way for teacher can interact without applying the principles of group interaction.

The fourth type of communication is "Mass-communication". In this type of communication refer to the communication from one or group of persons through a transmitting device to a

large venue or market. This is one way process of communication from academic point of view mass communication plays a role when take the shape of electronic media, print media etc.

Barriers to communication: There are a number of factors which determine the process of communication and prevent achieving from the desired result some of them are absence of shared social context - i.e. when the sender and the receiver isn't share the same culture etc. badly encoded messages trouble in the transmission channel, poor retention, vagueness or ambiguity of the messages sent, inattentiveness on the part of the receiver clash of interests psycho-physical factors etc.

Communication can be broadly divided into two types: verbal and non verbal communication through language is verbal communication and communication through other means such as gesture, facial expressions signs etc. is called non-verbal communication verbal communication is again divided into two types. Oral written, oral communication takes place through spoken words It place through the following media:

- | | |
|----------------------|----------------|
| a) Face to Face | c) Telephone |
| b) Tele conferencing | d) Voice mail. |

IMPORTANCE OF COMMUNICATIVE ENGLISH :-

- * Communication implies the ability to acquire, exchange, store, retrieve and process knowledge and information.
- * Communication plays a vital role in the smooth functioning of organization.
- * Communication initiates changes leading to further developments in an organization.
- * Communication skills form the basis of our personal and professional development.
- * The need for fast and efficient communication indeed has triggered important developments in technology.
- * Lack of proper communication can slow down important changes while prompt and effective communication can speed them up.
- * "Communicating with Students" means more than communicating ideas related to your subject.
- * Communication continuously takes place within ourselves irrespective of whether an audience is present before or not.
- * The process of communication where a person communicates with himself. It implies one's own thoughts, feelings, reactions, imagination, etc.

In communication the interaction between two people such as between friends, family and colleagues or even strangers take place communication is viewed as a transaction between two people who equally active and provides a gratification in some way do both them.

Good communication skills are respected and welcomed by all Good communication are always popular.

Communication can aid in the smooth functioning of a professional organization.

Communication does not depend on syntax, or eloquence or rhetoric or articulation; but on the emotional context in which the message is being heard.

Ambiguity is the greatest hurdle in communication. Try to be exact and direct.

The most important skill in communication is listening. In fact effective communication doesn't start with speaking. It starts with listening and understanding.

Effective communication ends in a win-win situation when the conflict or problems have been resolved.

1. LISTENING SKILLS

Listening is not learning, listening is an active process it has three basic stages.

- * Learning
- * Processing
- * Evaluating.

Hearing refers to just catching what the speaker is saying that is if we can repeat the words and sentences a speaker has started then we have heard what speaker has said.

Processing is the second stage we process what we are heard our minds are not blank when we are listening to somebody.

Evaluating is the third stage. After understanding it has been said. we try to evaluate the fact.

Good listening can be learned from good listeners and attractive listening is what any speaker wants from the listening.

TYPES OF LISTENING :-

- * Listening is classified into two types.
 1. Casual listening.
 2. Focused listening.

1* casual listening : casual listening refers to the listening with out any purpose.

* In focused listening a person listen to the speaker attentively and actively.

2. Focused listening :- Focused listening is often found in all business transactions and official communication.

Factors Affecting Listening Comprehension:-

There are several factors.

* Linguistic

* Physical

* Psychological.

* LINGUISTIC FACTORS :- If a listeners language proficiency is low, he/she will have problems in listening. Specifically one's vocabulary effect listening.

* PHYSICAL FACTORS :-

The environmental in which the communication is taking place also effects listening.

public, place, like shopping, malls, cinema hall parks are usually noisy.

* PSYCHOLOGICAL FACTORS :-

Psychological factors that affect listening include lack of attitude, impatience and over enthusiasm.

CHARACTERISTICS OF A GOOD LISTENER:

The important characteristics of good listener are.

- * A good listener is proficient in language.
- * A good listener knows what he is listening
- * A good listener is actively involved in listening.
- * A good listener is not over-anxious and is not in a hurry to know what the speaker says.
- * A good speaker knows how to avoid physical disturbances.

2. SPEAKING SKILLS

Verbal communication refers to the communication using language as a means and nonverbal communication refers to external stimuli other than spoken or written words and including body motion, characteristics of appearance, characteristics of voice and use of space and distancing.

The different features of speech can be classified into three categories.

- ① Segmental, ② Suprasegmental, ③ prosodic and paralinguistic.

SEGMENTAL FEATURES : Segmental features of English include all the speech sounds of English. It includes speech sounds, consonants, fricatives, affricates, lateral fricatives, continuants, semivowels, nasals, vowels, the front vowels, the central vowels, back vowels, Diphthongs or vowel glides.

PROSODIC FEATURES :-

Sounds differ not only in terms of articulation and environmental in which they occur but also in terms of length and a degree of stress.

Now are various supra-segmental features, they are syllable, stress/ accent and rhythm in connected utterances, tone and its meanings.

PARALINGUISTIC FEATURE :-

Paralinguistic features include clarity volume, pace, and tone modulation.

3. READING SKILLS :

- * Reading is part and parcel of our lives.
- * Reading involves understanding what is represented in the form of words and sentences which is a more complex activity learning reading skills does not mean learning to move the eye ball fast to perceive the letters / words and to absorb what is perceived.
- * Reading is an active process.
- * Some of the skills, which are involved in reading are as follows.
 1. Recognizing the letters of language.
 2. Identifying the meaning of words
 3. Reading for meaning.
 4. Reading aloud and reading for meaning
 5. Deducing the meaning of unfamiliar words.
 6. Locating specific information in a text.
 7. Interpreting the text from outside.

TYPES OF READING :

- Skimming
- Scanning
- Extensive reading
- Intensive reading.

1. SKIMMING: Skimming is an activity in which the readers eyes scan on a text quickly to get a general Idea or gist of it.

2. SCANNING: While Skimming is reading for a general Idea, scanning refers reading for specific information.

3. EXTENSIVE: READING:

Extensive reading refers to reading longer text like novel and short stories, which take longer periods.

4. INTENSIVE: READING:

Intensive reading involves extracting specific information.

4. WRITING SKILLS

Writing is one of the most common ways of communicating with others.

It is a complex activity.

It involves many sub skill like, writing legibly, spelling correctly, using good expression constructive grammatical sentence and putting them together developing Ideas into paragraphs arranging the arguments logically and using different formats, letters, reports, essays and so on. A good writer has the mastery of all these sub-skills.

S. No	ACTIVITY	OBJECTIVES	LANGUAGE SKILLS	LEARNING SKILLS
1.	1. Minute talk.	1. To develop knowledge & understanding about English language. 2. To develop interest in speaking English 3. To develop abilities and to understand the importance	Listening, Speaking and writing skills.	1. To speak proper English 2. To present in a proper grammatical way 3. To improve pronunciation & intonation
2.	3. Minute Talk	1. To develop positive attitude towards English 2. To help the students to express one's idea coherently and talking part in speech.	Listening, Speaking and writing skills.	1. To learn the forming of sentences 2. To speak proper English 3. To learn the forming or gathering of information.

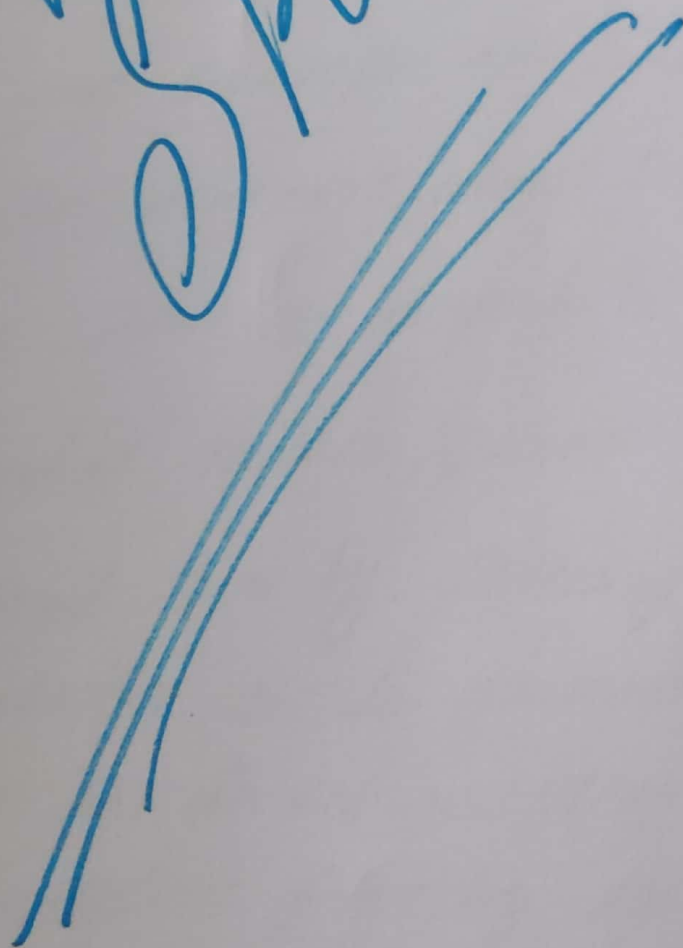
SL. NO	ACTIVITY	OBJECTIVES	LANGUAGE SKILLS	LEARNING SKILLS
3.	Story Telling	1. Understanding short stories. 2. To know the meaning 3. Develop self study habit. 4. To appreciate story telling	Listening, Speaking, writing and Reading.	1. Learn to narrate an incident / a story 2. To teach the moral stories 3. To develop self study habit.
4.	Participating in dialogue	1. Speak with a pronunciation that is acceptable and proper intonation. 2. Acquiring a vocabulary which is through limited is enough to help student.	Listening, Speaking and writing.	1. To speak good English 2. To deliver the dialogue in a proper way 3. To develop vocabulary and formation of sentences.

SL. NO	ACTIVITY	OBJECTIVES	LANGUAGE SKILLS	LEARNING SKILLS.
5	Picture reading	1. To develop interest in reading passage 2. To develop abilities to make use of grammar 3. To understand the meaning of English passage.	listening, speaking, reading and writing	1. To learn the presentation with proper stress pronunciation intonation 2. To read correctly 3. To produce oral and written discourses.
6	Listening through CD part of speech	1. To develop insight and favourable attitude 2. To know the rules of grammar & other usage. 3. To develop listening skill.	listening & writing.	1. To gain knowledge about English grammar 2. To enrich good communication skills 3. To learn proper language skills.

SL. NO.	ACTIVITY	OBJECTIVES	LANGUAGE SKILLS	LEARNING SKILLS.
7.	Kind of Nouns	1. To understand short speech and grammar 2. Interpreting materials presented in the form of a C.D. 3. To develop rules of grammar and their use in writing English	Listening, Speaking Reading and Writing.	1. To develop appropriate vocabulary and grammar in oral and written 2. To speak correctly & fluently 3. To develop vocabulary
8	Conversation	1. Interpreting materials presented in the C.D. 2. To develop listening and writing skills 3. To know the rules of Grammar	Listening & writing skills	1. To know about use of words idiom & phrases. 2. To develop listening and writing skills 3. To develop proper pronunciation in English

SL-NO	ACTIVITY	OBJECTIVES	LANGUAGE SKILLS	LEARNING SKILLS
9	Role Play	1. Understanding the message conversation 2. To develop Speaking Skill 3. To improve pronunciation and intonation.	Speaking and Reading	1. To read write and understand wide variety of stories and dramas 2. To develop appropriate vocabulary & grammar
10.	Drama	1. To develop & know the rules of grammar 2. To develop Speaking Skills 3. Speak with a Pronunciation	Speaking Reading and Writing Skills	1. To Speak good English 2. Learn to deliver the dialogues in a proper way 3. To develop pronunciation stress and intonation of words.

Listening Skills

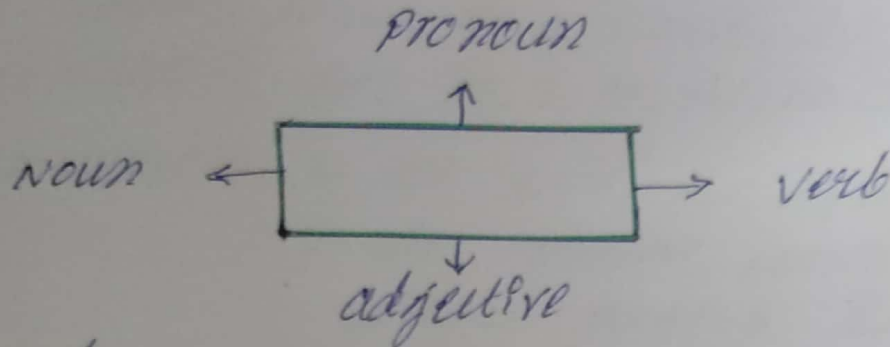


PART OF SPEECH

AFTERNOON SESSION:-

A CD parts of speech is heard by the students in the classroom. The students listen to the impact of aspects presented in the CD on the parts of speech and simultaneously take down the notes on the parts of speech by listening to the CD. Students arrange the matter on parts of speech and gather the outstanding information and examples on parts of speech. Student, Teacher, learners; about the importance to usage of parts of speech in day to day life. Student, teachers, presents the information gathered here by listening to the CD also by referring to the grammar books. Students teacher are divided according to mentor and presentation given by the Student teacher.

PARTS OF SPEECH



- words are divided into different kinds for classes called part of types.
- According to their use and according to the work they do in a sentence.
- The parts of speech are eight in number.

1. NOUN :- Noun is naming word which indicates the name of a person, place, things, Idea, quality, quantity, animal, river, mountain etc.

Example: Rama, Hyderabad, Book, cow etc.

2. Adjective :- An Adjective indicates the quality of or gives more information about people or thing.

Example :- 1). Raju is a clever boy,
2). Ashoka was a great emperor.

3. PRONOUN :- A pronoun is used to replace a noun phrase or a clause. By means of a pronoun
Ex; As, I, he, she, his, that, which, etc.

Example:- 1) we avoid the repetition of noun
2) we mention persons or things without naming them.

4. VERB : A verb is a word by mean of which something is said about a person or thing.

Example; might, have, been, sleeping, playing, going, etc.

5. ADVERB : An Adverb is used to modify a verb adjective and other adverbs;

Ex; completely, never, there, etc.

6. PREPOSITION : Preposition are used before nouns to form a phrase that show where when, how and why.

Ex; in, above, do, for, at, etc.

7. Conjunction :- Conjunction join clauses or sentences or word.

Ex; and, but, when, etc.

8. INTERJECTION :- Interjections are used to show surprise or emotions

Ex; Oh! Good lord, etc.

RADIO NEWS

— JAN - 2nd

1. 10 lakh new jobs, hefty pay hikes in 2016.
2. IIT part with Japanese experts on smart cities.
3. Inspire your student to make a difference in their lives.
4. SSC model paper - 6 mathematics.
5. Human-machine Superintelligence can solve man's problems.
6. novel technique to help drones move better in tricky hills.
7. Stop treating Google as your doctor.
8. This app will tell what baby's cries carries actually mean.
9. Lecture on Poems in American literature
10. GITAM felicitates Ph.D holders
11. The Hope Story.
12. Oh my word!! Knuck, Knucker, Knacked.

Boeing
Bills.

1 MINUTE TALK

A brief details are gives about 1 minute talk. In one minute talk students are asked to reflect on talking about self some personal and professional aspects like name hobbies, Goal in life and what is life the students were asked to effect them, Student has to talk about there things in a one minute talk.

A brief explanation is given about one minute talk aspects like stress. Information pronunciation, Pause were explained to the students importance of assimilation of points given time as said to the students.

Demonstration by the teacher educator and the other five students for better understanding in the activity done.

Students are divided according to mentor wise and presentation is given by the Student teacher according to their given topic.

1 MINUTE TALK (INDIVIDUAL ACTIVITY)

IN ONE MINUTE TALK FOLLOWING ARE THE DETAILS
GIVEN BY ME:

Name: my name is Khadeer.

Hobbies: my hobbies are reading, listening to music and cooking different items and praying to god.

Family: I enjoy with my family where we enjoy together share my problems my family is always support me. I like to hang-out with my family and help me and take suggestion from each other and growing all together happily.

Goal in life := my major goal in life is to become a good teacher. I want to full fill every students with my knowledge. I will teach good habits and good manners and how to improve your knowledge.

What is life := according to me life is not to enjoy only but it is given for purpose during our life time life is gift of God. God has given life for me to use in a right way to fulfill our desires. In life I should gain something.

3. MINUTE TALK

A brief information about 3 minute talk. As it involves two skill that are listening and speaking student are divided in to 5 member group and 20 topic were given to the 68 student by deviding a single Spic among 5 member.

A brief explanation is given about 3 minute talk aspects like stress, pronunciation Pause were explanation to the student, Importance of assimilation point is given time is said to the student.

Demonstration by the teacher Education by the other five student for better understanding activity is done.

student are divided according to mater wise and presentation is given by the student teacher according their given topic.

3 MINUTE TALK

(INDIVIDUAL ACTIVITY)

SCHOOL :

Look ! This is a school . there are many students in the compound they are running, jumping and shouting it is less time for children . they are crowding the school shop . they are pushing and cursing at each other one boy is peeling banana . he is eating it and thought it skin on the path other boy is drinking water from his water bottle . he is fluther boy some on the floor .

A girl is plucking the flowers many children are standing cross the teacher's room . they are blocking the passag of Teachers . All of them are speaking and shouting at the top of air voice .

The principal is watching all this he is calling all the students he say's "why are you behaving like this ? dont you know that you are coming here to do good manner . Now the bell is ringing breaking any of the above less attract punishment go to your class in a queue" says the principal "Thank Thanks you sir , we follow the rules we will behave well from to day" Say the student .

ROLE PLAY

student teachers learn about the stress, intonation, pronunciation, expression and pause for example student teachers learn about the doctor and patient or according to any situation. Thus helping them to learn about importance of role play and communicative skills.

student teachers learn about the assimilatory Role play at proper time according to the topic given and skill of speaking and writing in English are improving the students.

Demonstration by the teacher education and by the other 5 student for better understanding of the activity done.

Students are divided according to the mentor voice and presentation is given by the student teacher according to their topic.

ROLE PLAY (Group activity)

Characters:

Niharika : Friend
Chiti Bai : Friend
Shwetha : Friend
Shantha : Friend & Doctor
Jayalakshmi : Friend.

Niharika :- Look Chiti a baby bird has fallen
on the tree.

Chiti :- Let's pick it up and try to help it.

Shwetha : The poor bird is frightened and
trembling.

Niharika :- Yes, but we are not going to hurt it.

Jaya : What shall we do with it?

Shwetha : We'll take it to m's, Shantha will
ask her it.

Niharika : That's good Idea.

Shantha :- What help can I do for you?

Niharika : A baby bird has fallen on the
tree. did you treat it.

Shantha :- Yes I will.

Niharika : I hope the little bird will get well
soon.

STORY TELLINGS

PEOPLE AROUND US

Many People help us everyday Milk-man early in the morning paper-boy in the morning post man in the afternoon fisherman in the evening Neighbours say hello! in the evening Mummy & Daddy say good night! while going to bed. All people are important to us we should respect them. we should love them they help us many ways. If they are not there our work will be come difficult they make our work easier and simpler thank God for giving all these people Thank God for helping these loving people around you.

DIALOGUE

Student teacher learn about the stress, intonation, pronunciation, expression, and pause for example student teacher learner about the doctor and patient or according any situation. Thus helping them to learn about importance. a role play and communicative skills.

Student teacher learn about the assimilatory dialogue. at proper time according to the topic given and of speaking and writing in English are improving the student.

Demonstration by the teacher education and by the her 5 student to better understanding of the activity is done.

Student are divided according to the mentor and presentation is given by the student teacher according to their topic.

DIALOGUE

(GROUP ACTIVITY)

MOTHER DIALOGUES

Jaya lakshmi :- "No man is poor who as a
godly mother."

Chitli bai :- "The Simple path
Silence is prayer
Prayer is faith
faith is love.
love is service
The fruit of service is peace.

Niharika :- "Being mother is an attitude
not a biological reaction."

Shantha :- The best place to cry is on a
mother's arms.

Swetha :- The only love that I really
believe in is a love for her
children.

DRAMA

Student teacher learn about the stress, intonation, pronunciation, expression and pause for example teacher learner and about the doctor and patient or according to my any situation Thus helping them to learn about importance a role play Drama and Communicative skills.

Student teacher learn about the assimilatory Drama at proper time according to the topic given and skill of Speaking and writing in English are improving the student.

Demonstration by the teacher education and by the other 5 student for their better understanding of the activity done.

Student are divided according to the mentor wise and presentation is given by the student teacher according to their topic.

DRAMA

(GROUP-ACTIVITY)

Characters :

Raja : Nihatika
Artist : Chitli bai
Tenali : Swetha
1st Courtier : Jaya
2nd Courtier : Shantha.

RAJA : That is really a beautiful painting. I can almost feel the peace of the village because you are a very talented artist. Here is a bag of gold for you.

Artist : Your highness is very kind. It will be an honor to paint for your majesty.

Tenali :- I do not think they are such good painting at all!

RAJA :- How can you say that? I think they are perfectly lovely.

Tenali :- For one thing where is the other side of these two men? you can only see their one side for another where is the fall of that cow?

Raja :- What an ignorant fool you are! Everything cannot be painted you must imagine the bits that are missing

Tenali : I bet I can paint better than that well I could if I had the paints.

Tenali : I agree after a month I will show you a better painting than that one.

1st Courtier : You have really caught him out Sir, He thinks he's the smartest person in the world.

2nd Courtier : He has really painted himself into corner. I'd like to see him get out of that one.

RAJA : I wouldn't be certain of that. He really is very clever.

RAJA : So, what do we do today?

1st Courtier : Sir the day has arrived when Tenali Raman shows you his painting.

RAJA : Where's he? It's late and almost time for my lunch.

2nd Courtier : Perhaps he's so busy with his painting that he has lost track of the days.

Tenali : Well you were the one who told me that we had to use our imagination when we looked at painting. Imagine that the rest of the horse is just outside the canvas grazing at some lush green grass.

Raja : You old scascal you have got the better of me minister where is that bag of gold? Give it to Tenali Raman.

CONVERSATION

Characters :-

Devi : Chitti Bai

Gita : Jaya Lakshmi.

Devi :- Hello Gita, what are you doing?

Gita :- I am watering plants, I do it once a day.

Devi :- We drink water three or four times a day you water them at least twice a day.

Gita :- No, it is enough if we water them once a day.

Devi :- Some plants give us flowers once a year.

Gita :- Yes, you're right, our mango tree gives us mangoes once a year.

CONVERSATION

Afternoon, Sessions :-

A C.D. conversation is heard by the students in the classroom. The students listen to the impact of aspects presented in the C.D. on the conversation and simultaneously take down the notes on the parts of speech by listening to the C.D. Students arrange the matter in conversation and also gather the out stand information and examples on conversation. Student, teacher, learners about the importance of usage of conversation in day to day life. Student teachers presents the information gathered here by listening to the C.D. also by refering to the grammar books. Student teachers are divided according to mentor wise and presentation given by the student teacher.

Reading
Hills

NEWS PAPER ARTICLE

Environmental Science head defended the selection of the article

In what some scientists called another "avoidable discovery" mythology was that back centre stage at the Indian Science Congress (ISC) as a lecture on Lord Shiva as a greatest environmentalist in the world was scheduled for endesday under the invited lectures series in the environment science section. selected out of the 380 paper abstracts received by The ISC, the lecture was to be delivered by Khilash Pandey chairman of the madhya pradesh private university regulatory commission bhopal where. Mr. Pandey did not turn up to present paper, citing health reasons parts of the lecture are part of the paper abstract brought out by the Indian Science Congress Association (ISC) abstracts received by the ISC are forwarded to Section heads for selection Pandey a professor of botany told the hindu from bhopal that it was only a popular lecture aimed at highlighting the concept of conservation of biodiversity in India.

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eligibility criteria and availability of seats
in various department/disciplines, please visit
AIIM website www.aiimsexams.org.

No	DATES OF ENTRANCE EXAMINATION.	
i)	MD/MS/M.Ch (6 years) MDS	10. 11. 2016
ii)	DM/M.Ch/MHA in Delhi/NCR only	15. 11. 2016
iii)	Ph.D in Delhi/NCR only	19. 11. 2016

Mode of Examination: The precepts and application
forms will be available on AIIMS website
www.aiimsexams.org w.e.f. 17.09.2016 and must be
read carefully by the applicant before applying
the application fees i.e Rs 1000/- (Rs 800/- in
case of SC/ST candidates).

RECRUITMENT

Recruitment of Graduate Engineers through GATE-2016

Commencement of online Application process.

Refer our advertisement for recruitment of Graduate Engineers specified discipline online Registration of application candidates who are already registered for GATE-2016

Commence from 19th December 2015th onwards

Please visit website www.hindustanpetroleum.com / www.hpcl.coa-com for complete details with respect to eligibility criteria selection Process etc.

Advertisement related to Notification:-

CENTRAL UNIVERSITY OF KERALA

(Established under the universities Act, 2009)

Tejaswini Hills, Priya, P.O. Marayad - 671316

NO. COK/T-2015

Dated 18th Nov 2015

Employment NOTIFICATION (NO. BL 3/2015
(SC/ST BACKLOG VACANCIES FOR THE RECRUITMENT))

Applications in the prescribed format are invited from the eligible candidates for filling up the following teaching posts.

DEPARTMENT	NAME OF POST	NO. OF POSTS UR SC ST OBC
School of mathematical	physical Science	
computer Science	Assistant professor - - 01 -	
mathematics	Assistant professor - 01 - -	
School of Biological	Assistant professor - - - 01	
Science Plant		

The notifiical containing full particular such as Essential qualification, pay, Application format etc. are available university website www.cukerala.ac.in

The last for receipt of application the university office 30th march - 2016.

Advertisement related to Notification:-

CENTRAL UNIVERSITY OF KERALA

(Established under the Universities Act, 2009)

Tejaswini Hills, Priya, P.O. Karargod - 671316

No. COK/T-2015

Dated 13th Nov 2015

Employment NOTIFICATION (NO. BL. 3/2015)
(SC/ST BACKLOG VACANCIES FOR THE RECRUITMENT)

Application the prescribed format are invited from the Eligible candidates for filling up the following teaching posts.

DEPARTMENT	NAME OF POST	NO. OF POSTS			
		UR	SC	ST	OBC
School of mathematical	physical Science				
computer Science mathematics	Assistant professor	-	-	01	-
	Assistant professor	-	01	-	-
School of Biological Science Plant	Assistant professor	-	-	-	01

The notifiical containing full particular such as Essential qualification, pay, Application format etc. are available university website www.cukerala.ac.in

The last for receipt of application the university office 30th march - 2016.

STORY

THE MILKMAID AND HER DREAMS

A Milkmaid was going on her way to deliver milks of her customers. She was carrying a pail of milk on her head.

She said to herself "I will sell this milk and buy eggs. With the money, the eggs will give me a fine lot of hens. I will sell the hen and buy a silk dress. I will wear the dress and look very beautiful. Many handsome young men will come to me and ask for my hand in marriage. But I will toss my head and say 'No'."

As she said this, she actually tossed her head. The pail of milk fell down from her head and the milk ran out on the ground. That was the end of the eggs, the hen, the silk dress and the handsome young men.

It's no good building castles in the
Air

NOVEL :- New day new you

366 Devotions for Enjoying Everyday life

- Joyce MEYER

START WITH WHAT YOU HAVE

Do not say to your neighbor, go, and come again and tomorrow I will give it.

We can have good intentions and still be disobedient procrastination is very deceptive, we don't see it as disobedience because we intend to obey God. It is just that we are not so busy as soon as Christmas is over, after we get the kids in school this year as soon as vacation is over etc.

There are is no point praying for God to give to more money so you can be a blessing to others if you are not being blessing with what you have nothing to give, even if it is only a pack of gum or a ball point pen, start using what you have to bless others.

NOVEL :- New day new you

366 Devotions for Enjoying Everydaylife.

- Joyce Meyer

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WEBSITE

msrietry@gmail.com

Inspiring student is more challenging than imparting knowledge. Any educator can read various books, do research, create their own content, develop own teaching tool and techniques, share knowledge with their student but what is more important and challenging is inspiring student when a ship is sailing smoothly the share it requires mere expertise to sail the ship but when the ship faces storm true leaders surface to sail the ship smoothly and safely to the shore. Similarly any educator can go to classroom to share their knowledge but it requires extraordinary person and courage to go to classroom to inspire student.

Nowadays lots of information is available on search engines and student have access to them the way the education have they don't appreciate ordinary educators who believe in conventional classroom teaching pedagogy with talk and walk method. They expect extraordinary educators with more inspiring messages beyond the information available on the internet with extraordinary enthusiasm to inspire them.

READING DICTIONARY

Abacus (noun) :- a frame with beads for doing calculation.

Basement (n) :- partly or wholly under ground story of building, largest part of a structure.

care free (adj) :- without any worry or responsibility.

Diphtheria (n) :- an infectious disease of the throat.

Ebullient (adj) :- over flowing with enthusiasm and excitement.

Fabricate (verb) :-
1). construct, build, frame.
2). manufacture produce
3). Invent forge, devise, falsely.

Gumble (v) :- murmur, mutter with discontent, speak complainingly in a low voice.

Haggle (v) :-
1). Be difficult in bargaining
haggle
2). Stick at small matters.

Iconography (n) :- Study of ancient icons.

Jabber (v) :- To speak quickly and not clearly chatter.

PLAYING VOCABULARY GAMES

	9							8
		3	2		7		9	
	6					7		
								6
		5	4	3	2	1		
			7					
4		7						3
	2		9					
1								4

:ANS:

7	9	2	1	4	5	3	6	8
8	4	3	2	6	7	5	9	1
5	6	1	3	8	9	7	2	4
2	3	9	8	5	1	4	7	6
6	7	5	4	3	2	1	8	9
4	1	8	7	9	6	5	3	2
9	5	7	6	1	4	8	3	2
3	2	4	9	7	8	6	1	5
1	8	6	5	2	3	9	4	7

A mind game and a puzzle that you solve with reasoning and logic fill in the grid with digits in such a manner that every row, every column and every 3×3 box accommodates that digits 1 to 9, without repeating any. The solution to yesterday's puzzle is at left.

Education related articles :-

Impact of globalization on Education in India.

→ Santwana G. Mishra

According to Vivekananda Education signifies life-making, man making and character-building. Assimilation of ideas, education by which character is formed, strength of mind is increased, intellect is expanded, and by which one can stand on one's own feet. Education is the manifestation of the perfection already in man. Dr. A.P.J. Abdul Kalam describes education, which fosters capabilities such as spirit of enquiry, creativity, entrepreneurship and moral leadership, central to nation building in a democracy.

As per UNESCO, education should provide the skill for learning to know, learning to live together, learning to do, and learning to be. A new vision of education is required which emphasizes a holistic, interdisciplinary approach in developing knowledge, skills, values, and behaviour. Education is the primary agent of transformation towards development.

PASSAGE

Pekeo is a busy taxi driver he never finds time to read book he often taken food out side he reaches home early in the evening but he seldom goes bed early so his children always ask him for a bed time story sometime he take his children for picnics and buy toys and gifts.

Washburn
Hills

MY - FAMILY

My Family Consist of 5 Members

thes, Mother, grand mother, one younger brother and my two elder sisters got married

My brother is studying Degree find year

My father work has a farmer.

enjoying being with my family where we enjoy together have together, encourage each other strengthens in times struggles and take suggestion from each other and growing there is a small garden around the home and one side is facing a paddy field it is very beautiful place and I am very like to spend the evening in the home garden our home is very busy and rushes in the morning but we are never forgetting to have our dinner together and it is useful to keep the joy of the family.

writing about selected themes:-

STREET CHILDREN

Street children is a term for children experiencing homelessness who on the street of a city town or village the definition of street kids and street youth. The definition of street children is contested but many practitioners and policymakers use UNICEF's concept of boy and girl aged under eighteen years for whom 'the street' has become home and/or their source of livelihood and who are inadequately protected or supervised.

Street children is used as a catch all term but covers children in a wide variety of circumstances and with a wide variety of characters. Policymakers and service providers struggle to describe and assist such a sub population. Individual girl and boy of all ages are found living and working in the public spaces and are visible in the great majority of the world's urban centers.

The phenomenon of street children has been documented as far back as 1848 Alan Ball, in the introduction to his book on the history of abandoned children And Now my Soul is Hardened Abandoned children in Soviet Russia ¹⁹¹⁸⁻¹⁹³⁰ state

RESUME

Name : KHADEER
Address : H.NO. 6-8-76/11,
VISHAMBER COLONY,
TANDUR - 501141
VIKARABAD DIST
T.S.
P.hno : 9502132366.

SUMMARY : Attentive middle school English teacher with excellent communication skills organized and driven with ability to stay on task use effective & efficient methods of teaching while focusing on the individual needs of each student.

Highlight :-

- * Lesson planning expertise
- * Academic performance evaluation
- * Resource management.
- * Standardized testing.
- * Common core knowledge
- * MS-Office proficient
- * Bilingual English and Telugu
- * Conflict resolution skill.

HOBBIES :-

- * Reading books
- * playing games etc

EDUCATIONAL QUALIFICATION :-

- * Graduation from people degree college
Tandur with aggregate of 77%
- * Intermediate with "Computer Science" from
Govt. Junior College, Tandur with aggregate
of 61%.
- * B.S.C. from Vijay Vidyalaya High School
Tandur with aggregate 67%.

PERSONAL DETAILS :

NAME	:	KHADEER
FATHER'S NAME	:	HANNUMIYA
D.O.B	:	05-02-1988
NATIONALITY	:	INDIAN
RELIGION	:	MUSLIM
LANGUAGES KNOWN	:	ENGLISH, TELUGU, HINDI, URDU

Life of a
philosopher

LIFE SKILLS

INTRODUCTION :-

The world Health organization has defined life skills "The abilities for adaptive and positive behaviours that enable individuals to deal effectively with the demands and challenges of everyday life" UNICEF defines life skills as a behaviour change or behaviour development approach designed to address a balance of three areas: knowledge, Attitude and Skills " The UNICEF definition is based on research evidence that suggests that shifts in risk behaviours are unlikely if knowledge, attitudinal and skills based competency are not addressed.

expected learning outcomes

include a combination of knowledge, values, attitudes and skills with a particular emphasis on those skills that related to critical thinking and problem solving, self-management and communication and inter-personal skills.

Definition of Life Skills :-

Life Skills are psychological competences which enables an individual develop adaptive and positive behaviours so as to deal effectively with challenges and demands of everyday life. the development of life skills is a life long process that starts in early childhood and

Continues throughout ones life.

Those skills that deal mainly with the mental functions and processes, such as the problem solving skills. Social those that with ones interaction with self, others and the environment.

OBJECTIVES :-

To develop understanding about ones self.

To facilitate understanding and ease about others people for developing successful relationships. and

Build Healthy Relationships and friendships.

Facing and Adjusting with pressure and making right choices.

To foster effective Communicative Ability.

To promote Creative and critical thinking.

IMPORTANCE :-

It involves a group of psychological and interpersonal skills which are interlinked with each other. for example decision making is key to involve creative thinking.

Life Skills enable us to translate knowledge.

Life Skills are a set of core abilities some times. described as emotional intelligence.

Life Skills can be learnt through the use of certain methods and tools. Life Skills are interdependent

And some of them stand alone. To cope with changes

1. SELF - AWARENESS:-

Self awareness is the ability to perceive one's own thoughts, feelings and behaviours. It is the key life skill. Its components are identifying strengths and weaknesses without as in different contexts of life, objectivity, openness, accepting self, as it is, reflectivity and introspection.

Self awareness is an important skill to acquire because it is an attitude that will help you face problems better and along with people well when you are self-aware you have a skill set that you can build bridges so to speak rather than burn relationships down. To be self-aware is to be emotionally intelligent, you become someone who can take life turbulence in stride with a smile on your face and peace in your heart it is an important key to success.

2. COPING WITH STRESS:-

Stress is a negative mental state of extreme difficulty pressure or strain, its coping components are ability to recognize, planning ability, objectivity, empathy, resilience, reality, orientation self awareness, ability to entertain, ability to relax and stability. Everybody is exposed to stressful situations both.

Positive and negative stress is an integral element in the lives of all creatures and it plays an important role in survival. Nevertheless, stress can have negative effects on our physical and emotional health.

3. EMPATHY :-

Empathy is the ability to see the world as another person. To share and understand another person's feelings, needs, concerns and emotional states.

Empathy is a selfless act, it enables us to learn more about people and relationships with people. It is a desirable skill beneficial to ourselves, others and society. Empathy is a skill that can be developed. And as with most interpersonal skills, empathising comes naturally to most people. If you were empathetic you might try to relieve work pressures and offer to help out where you could.

Empathy is the ability to perceive the internal with the other. Sensitivity, objectivity, social inclination, social responsibility and social obligation are its components.

4. INTER PERSONAL RELATIONSHIP :-

Interpersonal Skills are the skills we use when engaged in face to face communication with one or more other people. Interpersonal skills are a set of skills, which are essential for establishing and maintaining healthy interpersonal relationships. The major components are empathy, sympathy, sensitivity, tolerance, positive attitude, helpfulness, healthy distance, accepting others as they are, lack of prejudices and stereotyped and effective communication.

Good interpersonal relationship skills enable us to work more effectively in groups and teams. which may be either formal or informal in social situations. Interpersonal relationships are essential to developing other key life skills.

5. CRITICAL THINKING :-

It is the ability and tendency to gather, evaluate and use information effectively - Bayes. Analytic and synthetic abilities. Objectivity, anticipation of consequences and logical thinking are its components. Critical evaluation can produce a growing recommendation. The quotes and links which are recommended but should not be used with an attitude of "critical thinking". Evaluation are the result of my

own critical thinking.

Critical thinking is reasonably and respectfully deciding what to believe or do. Critical thinking means making reasoned judgments. Basically it is using criteria to judge the equality of something from looking to a conclusion of research paper. In essence critical thinking is a disciplined manner of thought a person uses to the validity of something.

6. CREATIVE THINKING;

"Creative or innovative thinking is the kind of thinking that leads to new insights novel approaches fresh perspectives whole new ways of understanding and conceiving of thing. The products of creative thought includes some obvious things like music, poetry, dance, dramatic, literature, inventions and technical innovations.

Creative thinking skills is the ability to explore alternative uses, solutions to our problem as well as consequences of our actions. Its components are divergent thinking ability, novelty, fluency, flexibility, originality, elaboration, unconventionally and independence. Brain Storming technique promotes it in classroom.

7. DECISION-MAKING :-

Decision making is the ability to choose the best. on identifying as many alternatives as possible, that fits the lifestyle, learners goals, values and desires, emotional stability, objectively, self-knowledge, knowledge of situation, analytic and synthetic abilities, divergent thinking ability, anticipation of consequences rationality, logical thinking are some of its components.

Many different techniques of decision making have been developed, ranging from simple rules of thumb to extremely complex procedures this method used depends on the nature of the decision to be made and how complex it is.

- i) listening all possible solutions/options
- ii) setting a time state and deciding who is responsible for the decision.
- iii) Information gathering.
- iv) weighing up the risks involved.
- v) Deciding on values or in other words what is important.
- vi) weighing up the pros and cons of each course
- vii) Making the decision.

GOAL SETTING;

IMPORTANCE; The area goal setting helped me to set a proper goal in life and also helped me to plan how to prepare and do hard work to achieve my goal in life.

INTRODUCTION; Goals are specific, measurable action oriented realistic and have time resource constraint. The steps involved in goal setting (or) outline procedure for goal setting.

- ⇒ Life goal inventory.
- ⇒ Directions for rating goals.

OBJECTIVES; student will be able to develop.

1. The ability to understand the process of goal setting.
2. The comprehension of the process of goal setting.
3. The ability to set goals in one's life.

Goal setting is divided as two parts:-

1. Short term goal
2. Long term goals.

4. CONFLICT MANAGEMENT:-

1. conflict is tension that arises between two or more social entities because of the incompatibility of actual or desired response.
2. It occurs when individuals or groups are not obtaining what they need or want seeking their own self interest.
3. conflict can simply be defined as perceived incompatibility or opposition between two or more parties. This obviously suggests the importance of incompatibility in a conflicting relationship.
4. conflict is inevitable it develops because of our dealing with people's lives, jobs, children, pride, self-concept, ego and a sense of mission or purpose.
5. A conflict arises under a situation where it occurs when there is an usage to fulfill the two equally important objectives, needs, drives, values, tendencies, and inclinations.
6. Strategies for resolution are
 - i) Avoidance
 - ii) Diffusion
 - iii) Confrontation
 - iv) Containment

ACTIVITY: 1. Conflict between expectations of family and self 2. conflict between personal ambition and real life

10. TIME MANAGEMENT :-

1. INTRODUCTION :-

TIME BEING UNIQUE RESOURCE; Every one has the same amount of time. It is not possible to accumulate time. It is not in our control where we can switch on (or) off. It runs at the same rate of 60 seconds per minute. One needs to manage the time, i.e. with an indivisible it should be widely used with prioritization. It is important to know basically our attitude and change for our attitude for effective use. We can use our time through best and careful analysis by following criteria given below.

1. The best of necessity each activity criticized after scrutinizing what is essential is located
2. Test of appropriateness once essential task is located who should do it can it be reassigned to the same body.
3. Test of efficiency you need to ask whether you are satisfied with that what you are doing should check whether it is possible to do in better way.

OBJECTIVES :- Students will be able.

- TO know how you are using your time at present
- TO know whether you have control on your time
- TO manage the time the way you want
- TO make effective use of your time.

: KEY CONCEPTS :

TIME MANAGEMENT: Enriching practices, objectives and responsibilities for effective use of time programme Evaluation Review technique (PERT).

KEY TERMS :-

- Time management
- effective use of time

TIME REQUIRED:-

10 - 20 minutes.

Five tips to bear in mind for better time management:-

1. Discontinue low priority task (or) activities
2. move efficient at you do.
3. find some one else to take some of your work.
4. Prioritization daily for the week, for the month for the year.
5. PERT Programme Evaluation review technique should be used for better time management time line for task has to be planned.

IMPORTANCE :-

The area time management helps to know about how I am dealing with my time social interaction, perfection, acceptance, and risk avoidance I develop the quality to value the time and make efficient use of the to lead a happy life.

Sl. No.	Activity Undertaken	Group	Skills Identified	Your Role in it	Learning Out Comes
1.	Self - Awareness	Individual	Physical, Social, emotional & Intellectual	Boy	Thru this activity came to know my strengths and weakness.
2.	Coping with pressure	Individual	know to overcome adolescence stress	Self internal-tion	I learnt how to handle and cope up with emotional problems
3	Decision making	Individual	Planning and decision making	men	How to take right decision at the correct time at the correct place
4.	Conflict management	Individual	Planning and decision making	Self conflict	Know to overcome and solve the problem
5.	Goal Setting	Individual	Learning to listen and speak and writing skills	Self - Goal	I have said my major goal to all my friends and relatives.
6.	Empathy	Group	how to develop self interest and how to help others	Boy	I Learnt how to help the people in need

Sr. No.	ACTIVITY UNDERTAKEN	INDIVIDUAL/ GROUP	SKILL IDENTIFY	YOUR ROLE IN IT	LEARNING OUT COMES
7.	Critical Thinking	Group	Intellectual Skills	unknown person	Respecting all religions and promoting peace by destroying Terrorism
8.	Creative Thinking	Group	Convergent thinking focused on a creativity	Student	I have learnt how to create new things
9.	Time management	Group	Utilized time in a given time	Student	I learnt how to use time and proper way
10.	Inter personal Relationships and friendships	Group	Sharing our thoughts with others	Boy. and friend	I learnt the way making new friends.

Handwritten signature in red ink, possibly reading "A. C. Williams", with a large flourish on the right side.

ACTIVITY-I

SELF AWARENESS (I.A).

INDIVIDUAL ACTIVITY

Self Awareness is the ability to understand our strength weakness and the values our look character our needs desires our aspiration. And our selves getting to know our selves is most difficult to do.

Self Awareness is the foundation for all the other life skills we need to develop and essential to managing stress and emotions.

1. Physical	my physical strength I love my eyes & my hair	my physical weakness is my hair because I have hair fall a lot.
2. Social	Socially my strength is I want to help full to others.	my social weakness is I will believe blindly what they tell.
3. Emotions	when I will cry for every emotional movement I will forget it easily	I will think every movement in negative way.
4. Intellectual	my strength is I will loudly I can remember	If I Read once I can't get remember

ACTIVITY - II

coping with pressure And standing with strong
INDIVIDUAL ACTIVITY

stress is our bodies reaction to people and events and to our own thoughts it is universal in nature stress is unique and personal to each of us.

After my tenth standard my father told me to take Bipc in Intermediate as per my father's orders I took Bipc And I went to And I joined in Bipc Intermediate first year but After one week, I am not interested to study in Bipc group but before my father's advice I am interested in mpc group.

At that time I was dilemma whether to study Bipc or mpc. but at last I decided to take or to join in Mpc group with confidence.

ACTIVITY - III

EMPATHY - GROUP ACTIVITY

SKIT NAME: HELPING HANDS

Characters:-

Mother : Sweetha
Friend 1: Shantha
Friend 2: Lakshmi
Friend 3: Rani
Poor friend: Harika

Introduction of Sweetha:- preparation moment in hostel.

Jaya Lakshmi : Can you explain this problem to me Shantha?

Shantha : Sorry Lakshmi even I am also not getting this we will ask this to Rani.

Rani : Shantha Can you explain this formula to us?

Lakshmi : No! I am also not getting this we will ask to Harika. Harika do you know this sum.

Harika : Yes! I know this sum is like.

$$(a+b)^2 = a^2 + b^2 + 2ab$$

$$\text{i.e. } (a+b) \times (a+b)$$

$$= a^2 + ab + ba + b^2$$

$$= a^2 + b^2 + 2ab$$

Rani : OK! Thank you Harika. Lakshmi and Shantha did you brought your haltickets?

Shantha, Lakshmi : Yes! we bought, what about you m Harika?

Harika : No, I didn't bought because I have not paid Exam fees:

(Harika Calling her mother (Swetha))

Swetha : Hello! How are you my dear?

Harika : Hello maa, I am good the reason you are calling me?

Harika : I have called you that I have to pay exam fee today is the last day when you are going to send me fees.

Swetha : Sorry my dear I can't adjust money for you now.

Lakshmi, Shantha, Rani :- Don't worry Harika we will pay your fees.

CONCLUSION : "Helping hands are better than praying lips"

ACTIVITY- IV
DECISION MAKING (I.A).
INDIVIDUAL ACTIVITY

When I am studying degree 1st year in the year 2013 year my family members fixed marriage but I am not interested because I thought that after completed my studies and my family member didn't listen my words and they try to convince me to marry. but at last I told them about my studies how it is useful in my family day to day life and communication.

CONCLUSION :- After completing my studies I got married with as my parents told me.

ACTIVITY - V

CONFLICT MANAGEMENT

(Individual activity)

When I am studying 4th class I written a 5th class Gurukula Entrance test but I did not get a Seat Gurukula School I was very disappointed but our parent support me and cheer up me and once again in 7th class I wrote an Exam I and I got Seat in Gurukula Patashala.

After that I work hard in Study and get good result in all class.

ACTIVITY - VI

TIME MANAGEMENT (GROUP ACTIVITY)

SKIT NAME: Preparing a plant in given time.

We are prepare a plant when the mentors given time. Our group prepare a plant in 2 minutes. When we are preparing a plant we use chart, paper leafs, flowers first we prepare. First we took on chalk piece box. It is an empty box after we fill with a soil and put a plant in this box. We are prepare task in time. After complete our paper tree we are prepare a paper bird and past them on the tree last of all we are complete the task in time.

CONCLUSION: "Time is very important in our life we don't waste the time"

"Time is Gold"

ACTIVITY-VII

GOAL SETTING (INDIVIDUAL ACTIVITY)

Goal Setting is divided into two parts.

(i) Short term goal

(ii) Long term goal.

(i) Short term goal :- my short term goal is completing B.ed. course in short term, in this manner I prepare time-table for reading and improve my knowledge and get good marks in B.ed Examination.

(ii) Long term goal : my long term goal is become a good teacher. I become a Ideal for student, and give to him more knowledge and improve them in good work. first of all I pass B.ed Examination in good marks after that write a T.E.T Exam and qualify in and prepare for D.S.C and got a Govt. Teacher Post.

ACTIVITY - VIII

Interpersonal Relationships & Friendships (Group activity)

SKIT NAME : RELATIONSHIP WITH NEW FRIENDS.

Characters :

Swetha : madam

Say lakshmi : friend

Niharika : friend

Chiti bai : friend

Shantha : friend.

Swetha : Starting day to college;

Niharika : Hai! I'm niharika, what's your name?

Chiti bai : Hai! my name is Chiti bai.
Where from you Niharika.

Niharika : I am from Hyd. And you Chiti?

Chiti bai : I from Vikarabad

Shantha : Hai! where is the degree first year room?

Chiti bai : Yes! what is your name?

Shantha : My name is Shantha and what's
our name's

Chiti & Niharika : I am Chiti, I am Niharika

Shantha : What happen she was not telling
any thing

Niharika : Let's go we ask them what
happen to it.

Shantha : : hai ! my name is Shantha
what is your name, ? why are
you sitting alone. ?

Jaya laxmi : my name is Jayalaxmi. my village
is so far I am staying hostel
it's first time and all are new
in hear. thats it.

Chitli, Shantha, &
Niharika : Don't worry Jaya laxmi, we are
all friends, If you have any
problem you can share it. If
you have any kind of help you'll
need ask them.

In classroom madam is come :

Swetha : Good morning students

Students : Good morning madam

Conclusion : Relationship with new friends
and making friendship. is a best
part in life.

ACTIVITY - IX

CRITICAL THINKING (GROUP ACTIVITY)

When me and my friend are going to a hotel for have lunch over there so we saw a old man with dirty dress and he look like a begger. he asked hotel managers for food with his money but the manager was very rude on him by seeing he untidy dress of old man he was not ready him to allow into the ~~hot~~ hotel so he came to us and said what was happen with the mangger the old man was too hungry and he have enough money to have lunch there he asked us help that bring me poscel from that hotel come to hungry. he was very please. full to us. So we brought poscel to him and he asked blossed us we were happy for helping him.

without knowing the trust and facts. we should not hesitate people by their dressing.

ACTIVITY - X

Creative thinking (Group Activity)

Group members: Sweetha, Chitli bai, Shantha,
Baya lakshmi, Niharika.

In creative thinking we all did a chart presentation creatively by wastage of charts and chamkis. used charts and kumdan we prepared a scenery firstly we have taken a full and empty chart and we drew a hand of a girl we prepared flower with chart paper and we pasted those flower and leaves it totally looks like a girl holding a flower stem in her arm we have did creatively that.

CONCLUSION

I Khadeer bearing hall ticket no 2488-16-701-025 a student teacher of Nawab Shah Alam Khan college of Education from - 2016 to 2018.

I Khadeer having done self development on yoga, communicative English, life skills project I have gained a lot of knowledge through this project each activity I have certain experiences to share from yoga, I learn how to keep my body fit, By Surya Namaskara I learn how to do this activity by meditation. Also I have benefits of in my body how to keep my body in good health.

→ From communicative English by activity I & U one minute talk I learn how to give a good speech by three minute talk learn my reading skills from reading skill I learn how to pronounce in correct way by writing skill I learn how to improve my writing on the board by listening skill I improved my listen to learn how to speak in front of students.

→ from life skill from individual activities I learn my strength weakness from activity-I how to overcome the misunderstanding among the life how to keep help to other how to maintain good relationship in family. how to create by waste things from group activities.

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