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**TWO YEAR B.Ed COURSE
SEMESTER**

I

YEAR: 2017 -18

Subject: *Psychology*

Assignment Topic : *The Study on Problems of
Adolescent girl*

Submitted to : *Dr. Manjun N. D.
Asst. Professor*

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This is to Certify that Sri/Smt./Kum... *Tanya P. Kammal*
has done a practicum in year 20 -20 in..... *Psychology*
.....the work has been valued by the following
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Signature of the Teacher Educator

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INTRODUCTION

Girls' Education;

Education is very important for every child whether a boy or a girl.

There was a time when people thought that it was not necessary to educate girls. Now we have begun to realize that girls' education is essential. The modern age is the age of awakening of girls. They are trying to compete with men in all spheres of life. There are many people who oppose girls' education. They say that the proper sphere of girls is the home. So, they argue that the money spent on girls' education is wasted. This view is wrong, because girls' education can bring about a silent revolution in the society. Offering girls basic education is one sure way of giving them much greater power of enabling them to make genuine choices over the kinds of lives they wish to lead.

Educating the girl child refers to every aspect of education that aims at developing the skill and knowledge of girls and women. This includes the general education at colleges, schools, professional education, technical and vocational educations, health education, etc. The education of the women encompasses both non-literary and literary education. The education of the girl

child has the ability of bringing socio-economic changes. Democratic countries including India have a constitution that guarantees equal rights to both women and men. Primary education is a key right. When a girl is protected through her rights, the society is assured of its sustainability. Realizing how important education is, both government and non-government have taken various projects to strengthen girls' child education.

Importance of Girls' Education:

There are several advantages of girls' education. Grown up educated girls can play an important role in the development of their country.

1. Future educated generations:

A proverb says, "If we educate a boy, we educate one person. If we educate a girl, we educate a family - and a whole nation." By sending a girl to school, she is far more likely to ensure that her children also receive an education.

2. Decrease infant mortality:

Children of educated women are less likely to die before their first birthday. Girls who receive an education are less likely to contract HIV & AIDS, and thus less likely to pass it onto their children. Primary education alone helps reduce infant mortality significantly.

3. Decrease maternal mortality:

Educated women are less likely to die during pregnancy, childbirth, or during the postpartum period. Increased education of girls also leads to more female health care providers to assist with prenatal medical care, labor and delivery, delivery complications and emergencies, and follow-up care.

4. Decrease child marriage:

Child marriage - in some cases involving girls as young as 6 or 8 - almost always results in the end of a girl's schooling. The result is illiterate or barely literate young mothers without adequate tools to build healthy, educated families. On average, for every year a girl stays in school past fifth grade, her marriage is delayed a year. Educated girls typically marry later, when they are better able to bear and care for their children.

5. Decrease population explosion:

Educated women tend to have fewer babies.

6. Increase involvement in political process:

Educated women are more likely to participate in political discussions, meetings and decision making which in turn promotes a more representative, effective government.

7. Decrease domestic and sexual violence:

Educated girls and women are less likely to be victims of domestic and sexual violence or to tolerate it in their families.

8. Decrease support for militancy:

As women become more educated, they are less likely to support militancy and terrorism than educated men.

9. Improve socioeconomic growth:

Educated women have a greater chance of escaping poverty, leading healthier and more productive lives, and raising the standard of living for their children, families and communities.

Fluorescents

The word adolescence comes from Latin word 'adolescere' which means 'to grow'. It means adolescence is a period of intensive growth and change in nearly all aspects of a child's physical, mental and social and emotional life.

According to Stanley Hall, "Adolescence is the period of storm and stress of human life".

According to A.T. Jersild Adolescence is a span of years during which boys and girls move from childhood to adulthood, socially, mentally, physically, emotionally, sexually and intellectual development.

It is a very crucial period of one's life which covers roughly from 12-18/19+ years. The most important fact about adolescence is that a period of transition from childhood to adulthood.

Transition from one period to another always is associated with some problems. Adolescence is not an exception and it is also associated with some problems.

It is divided into 2 parts:-

1. Early adolescence (12/13 to 16/17)
2. Late adolescence (17 to 18/19)

Late adolescence is thus a very short period and it is the age of legal maturity. Early adolescents is usually referred to as the teens.

Late adolescents are also strictly speaking, "Teenagers". But the teenager is popularly associated with the characteristic pattern of behaviour of the younger adolescents and is rarely applied. Instead they are usually referred to as "young men" and "young women" or even "youths" - indicating that the society recognizes in them a maturity of behaviour not found during the early of adolescence.

Characteristics of Adolescence:

- Adolescence is the crucial and significant in an individual's life.
- A period of rapid physical / Biological changes, has psychological repercussion too.
- Adolescence is the period of rapid revolution - any changes in new learning, anxieties and worries, conflicts and complexity, self assertion and boldness, more complex, emotions of admiration, aesthetics, contempt, gratitude, sorrow, hate, respect, disrespect and shame develops.
- It is a period becoming independent, acquiring great ideals, interests in adult life and in vocation develops.
- Appearance - consciousness
- Attraction towards the opposite sex.

- Cognitive development
- Career - consciousness
- Emotional conditions
- Fight or imagination
- Hero worship
- Adopt a number of hobbies
- Self role identity
- Impact of the peer-group is the strongest.

Characteristics features of Adolescents:

Physical development:

- * It is a period of physical changes and development.
- * Physiological development primarily converts the boy into a man and a girl into a woman and provides a basis for emotional, social, intellectual and economic maturity.
- * The most important changes occur in the glandular system which has great influence not only on the physical development, but also in
- * Bio-chemical changes in the body make the endocrine glands more active and there is increase in height, weight, changes in voice muscular growth, appearance of pubic hair, growth of hair on the face, arms, legs etc.

- * The most striking physical changes in this growth period is attainment of puberty which leads to development of reproductive capacity. Respiratory, circulatory and digestive system are also developed that give more physical energy and vigor.
- * All these changes often lead to confusion, feeling of inadequacy, insecurity and in some cases abnormal behaviour.
- * You must understand the fact that all the aspects of adolescent development are basically conditioned by physical changes.

Intellectual / Mental development:

- * As compared with children, adolescents develop greater insight, better understanding and can perceive relationship more easily.
- * They develop the ability to generalize and can think of the solution of more difficult problems.
- * This indicates that the thought process becomes more logical, scientific and systematic, during adolescence.
- * It is an accepted fact that the ability of intelligence reaches its maximum at the age of 16 to 17 years.
- * Memory power also develops tremendously and adolescents can retain facts for a longer period. They can anticipate the future needs and can

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plan for it.

- * Another important change in intellectual orientation is the adolescent's ability to identify with the circumstances and people outside his own immediate environment.
- * The imitative tendency of childhood disappears during adolescence.
- * The adolescent develops certain amount of independence in thinking and can critically examine and things to make the decision of his own.

Emotional Development:

- * We have already said that adolescence is a period of "Storm & Stress".
- * Psychologists have regarded it as a period of heightened emotionality.
- * Continuous physical changes mainly give rise to emotional uncertainty and instability.
- * Emotions of anger, fear, shame, disgust give rise to variation in moods, nervousness, sensitivity, stubbornness, disobedience.
- * Sex drive is also a prolific source of emotional disturbance in adolescence. Beside these, adolescent's striving for independence gives rise to emotional conflicts.
- * Their ideas and views often appear contradictory with that of their parents and other members of the society.
- * At many times, therefore the adolescent suffer from emotional detachment from their parents and other members of the society.

- * So they are very prone to emotional maladjustment.

Social Development:

- * The period of adolescence is pre-eminently a period of social development and adjustment.
- * The most important social development during this period is the increased influence of the peer group.
- * The type of peer group shapes the behaviour of the adolescent to a great extent.
- * His interests, attitudes and values are influenced by his peers.
- * The adolescent boys and girls become self-conscious about their place in society and they gradually enlarge their spheres of social activities and conducts.
- * An adolescent also develops sense of patriotism in his mind and wants to join any type of social services.

Moral Development:

- * The development of morality contributes a great deal to the general development of personality.
- * Family is the main place where the adolescent receives the moral training and which exerts influence on his attitudes and behaviour.
- * As the child grows older his capacity for independent thinking develops.
- * He can distinguish b/w right and wrong, true or false, virtue and vice and the desirable

and the undesirable.

- * Adolescents in general, cannot tolerate immoral or illegal activities. Interest in their own religion also develops.
- * Their moral sense may make them God fearing but sometimes they also develop religious doubts, conflicts uncertainties regarding religious beliefs and practices etc.
- * This may puzzle the thinking of the adolescents.

Hero Worshipping:

- * Hero-worshipping is a tendency of the adolescent stage.
- * It means that the adolescents start to identify themselves with an ideal hero, whom they obey and follow.
- * They admire and respect him.
- * They organize their thoughts and activities in conformity with the 'ideal' of the hero.
- * The hero becomes the source of inspiration for the adolescents to aim for their future.
- * For this reason, the adolescent should be encouraged to study biographies of great men so that they can shape their own life following the ideals of these great men.

Hetero-sexuality:

- * Hetero-sexuality is another important characteristic of adolescents.

- * It means the attraction for the opposite sex.
- * At this stage adolescents develop greater interest for the opposite sex.
- * Adolescents become very much eager to know about the opposite sex. But unfortunately the knowledge which they may receive be harmful for their mental and physical health.
- * Many boys and girls suffer from worries because of the wrong information about sex and lack of proper guidance.
- * All teachers, social workers and psychologists agree that sex education should be provided to the adolescents.

Creative Imagination:

- * During adolescence the imaginative faculty of an individual undergoes considerable development.
- * Imagination added with intellectual elements become artistic and creative and finds expression in literature, art, poetry, fiction and even musical and artistic creations, indicating the power of their creative imagination.
- * Imagination thus enriches and transforms experience and contributes to artistic appreciation and production during adolescence.
- * Adolescents should be provided with opportunities for the development of their creative talents through music, dance, art & culture.

Divergent thinking should be encouraged.

Development of personal independence:

- * One of the most important things that an adolescent wants is independence from the adult authority.
- * It becomes important for the young persons to establish convictions about their identity. They develop faith in their own capability of doing things and demand self respect from the elder members of the society.
- * They want psychological freedom and do not like adult interference in their own personal business and they want to take decision themselves.
- * A sense of dignity, honour and freedom prevails in their thoughts, attitude and behaviour.

Basic needs of adolescents:

The basic needs of adolescents are divided into two groups.

- Physiological needs
- Psychological needs

Physiological needs:

Need for activity:

Activity of one kind or another is an integral part of the adolescent behaviour.

* The physical changes of puberty, the greater muscular power and the surplus of energy, all contribute towards strengthening the need for activity.

* This surging need must be controlled and guided into the proper channels such as dancing, swimming, playing football or other types of games and sports.

Need for freedom:

* The young adolescents also need freedom in their life.

* They do not like to maintain a strict routine life.

* They do not like disciplined life which is imposed on them by their parents.

* They love freedom regarding taking decisions related to their life.

Need for social life:

* This is an important need of adolescent.

* They want company of their equals.

* They love to live with their peers, which has a direct influence in their life.

* They want to talk, discuss and come to some conclusions.

* This goes a long way towards satisfying their social needs.

- * The young adolescent wants to be something among his friends and in the total social set up.
- * They want to approval of their actions and recognitions in any form by their parents, class fellows, teachers and the community at large.

Need for security:

- * The adolescent depends on his parents for the satisfaction of these needs.
- * He wants their affection and attention.
- * He wants some ideals which may help him in the conduct of his life.
- * He wants inspiration from a hero, whom he worship, and who can guide him.
- * This need can be fulfilled if the adolescent is given opportunity of studying the biography of great men like Gandhi, Nehru, Tagore, Vivekananda, Lakshmi bai, Sarojini Naidu.

The need of adventure:

- * Thirst for adventure is strong in this age.
- * The adolescent wants to do something which others do not know.
- * The answer is exploring something which others do not know.
- * Sometimes he is misunderstood and sometimes misdirected.

Need for self dependance or need for a vocation:

- * want to be independent
- * of high school age begin to think seriously about future.
- * Boys are more concerned about occupation than girls.
- * Boys, typically want glamorous and exciting jobs, regardless of the ability required or the chances for such jobs being available for them.
- * They also want jobs of high prestige and of higher social status.
- * Girls give preference for occupations with greater security and less demands on their time.
- * Girls put stress on teaching or nursing.

Significance of Adolescence Stage:

Rapid physical development:

- * It is a period of vital physical as well as physiological changes and development of all the external and internal body parts and organs.

Rapid mental development:

- * During early adolescent period, rapid mental development.
- * These gives rise to the need for later mental adjustments and the necessity for establishing

new attitude, value and interest.

- * The adolescent is mentally alert at this stage.
- * He not only develops his intellectual power but also his capacity to critical thinking.

Rapid social development:

- * It is a period of social development & adjustment.
- * The child enters a new field of social responsibilities.
- * The adolescents become socially conscious, self-assertive and loyal towards their group, they develop co-operation and friendship and become responsible.

Stage of emotional development:

- * Traditionally adolescence has been thought of as a period of heightened emotionality resulting from glandular and other changes.
- * The heightening is characterised by high degree of instability.
- * The adolescents also develop dependency and sometime independency.

Rapid moral development:

- * It is also a period of moral development and changes in morality.
- * Their moral outlook becomes progressively more

abstract. Moral convictions becomes more concerned with "what is right" and justice emerge as a dominant moral.

- * Their moral judgement becomes less egocentric at this stage.

Problems of adolescence stage:

Emotional problems:

- * Sensitive emotionality is a major problem of adolescence.
- * Adolescents experience excessive emotion and they do not have sufficient control of violence.
- * Excitability and anger may find expression in its destructive form may lead to law and order problem.
- * Emotional immaturity is a major problem of adolescence.

Social problems:

- * Every society has its own customs and traditions which it wants to maintain.
- * Every individual has to follow these social values but often the adolescents think all these are out dated and they are not willing to obey. This leads to conflicts.
- * The denial of this desire often makes them discontented and restless. Thus, a number of social problems disturb the adolescent.

Educational problems:

- * The environment of the school is also not conducive to meet the interests of the students.
- * Defective method of teaching, curriculum, examination, repressive measures adopted by school, unattractive condition of the school campus are largely responsible for creating frustration among the students.

Problem of leisure:

- * Lack of proper recreational facilities or having nothing to do in their free time leads the adolescents to involvement in some unsocial and criminal activities.
- * Their thoughts and attitudes may turn to be destructive and create serious problem for the society.

Sexual problem:

- * Physical changes
- * Onset of puberty gives physical excitement never experienced before.
- * The adolescent reacting to these experiences is excited, often.

Psycho social problems:

- * Dependency v/s independency
- * Lack of control of emotions
- * Separation from parents
- * Social conflicts / culture - follow or not to follow.

Delinquent behaviour:

- * socially unaccepted behaviour
- * missing ~~schools~~, running away from home.
- * develop negative self identity
- * decreased trust, low level of achievement.

Drug abuse, smoking and alcohol:

- * Some common psychological problems are anxiety, stress, frustration, sadness, boredom, irritability, mood fluctuations.
- * Student activism:
 - strikes, collective walk out, destroying to many vehicles
 - rebellion against authority.
- * Peer pressure:
 - Regarding smoking, alcohol, drug use, breaking parental rules.

Remedial measures:

- * Have proper knowledge of adolescent psychology.
 - Parents and teachers should know.
- * Provide friendly environment for their development.
- * Should develop desirable life skills.
- * Provide sex education.
- * Proper dealing with adolescents.
- * Take of special interests of adolescents.
- * Provide value education at schools and homes.
- * Training of ~~emotions~~ of adolescents.
- * Provide vocational education.
- * Arrange guidance programme.

Role of parents and teachers towards the adolescents:

For proper physical development:

- * Provisions should be made for compulsory physical exercise at morning and evening.
- * Monthly ~~health~~ check-up by the school doctor must be done.
- * Scope for some manual work for every adolescent must be provided at home and at school.

- * Provision of various types of indoor as well as outdoor games and sports for all students in school.

For proper social development:

- * Many informal functions may be organised in the school. These would enable the adolescents to come closer to each other and understand the interests and aspirations of each other. These functions must cater to the needs of all types of adolescents.
- * Excursions and field trips may be organised. These lead to informal conversations and close contact between the members of the group.
- * Group games, debates, seminars, conference may be organized. These will help the adolescents to participate in social activities.
- * The teacher should try to find out the socio-economic conditions, social interests of every adolescent and organize various activities accordingly.
- * In the social field, every adolescent has to enter particular vocation in his later.

For proper emotional development:

- * Parents and teachers must be able to understand the nature of the adolescents as a proper manner.
- * The adolescent must be able to control the emotions and also be control the emotions which are not usually acceptable.
- * Most of the adolescents accept problems of life in a negative way they are afraid of facing difficult situations in life.
- * Parents and teachers should encourage the adolescents not point out some of their plus points.
- * They may also suggest more and methods of achieving success. This will increase the self-confidence of the adolescents.
- * It should be brought into the notice of the adolescent that life is a mixture of failure and success and he must build a power of resistance face failure in life.
- * Proper guidance and counselling should be provided by parents, teachers and school guidance counsellor.

For proper sexual development:

- * More special contacts between boys and girls.
- * Freedom with proper guidance must be provided to the young adolescents to make friends with the opposite sex.
- * Proper sex education on a scientific basis should be provided by teachers.
- * Parents and teachers should impart the right information about sex to the adolescent boys and girls.
- * Information about HIV and other sex related diseases should be provided on a scientific manner by the parents and teachers to the young adolescents.

Problems of Adolescent Girls:

Fortunately, most adolescents enjoy good physical and mental health. However, the incidence and prevalence of chronic diseases in adolescence are not the rise and likely are due to an earlier onset of obesity-associated disorders, longer survival after serious childhood disorders, and other unknown factors.

The most common problems among adolescents relate to growth and development, school, childhood illness that continue into adolescence, mental health disorders and the consequences of risky or illegal behaviours, including injuries resulting from motor vehicle crashes and injuries resulting from interpersonal violence are leading causes of death and disability among adolescents.

1. Appearance:

This probably features as the number one problem on every teenage girl's problem list. This is the time when her body is constantly changing and she has to cope with it. To top it, she keeps seeing and hearing about these figure-perfect bodies. Media and peer pressure also play havoc.

2. Education:

This is a time when the teenage girl has to constantly prove her mettle by scoring high, doing well in exams and on other educational fronts. This creates immense pressure on the young girl and leads to stress and undue pressure.

3. Dating:

Teenage already comes with a lot of problems and challenges. The sudden increased flow of sex hormones inside the body makes it even worse. You might find the girl falling for her first crush and vulnerable to romantic distractions. A lot of teenage girls experience healthy crushes and early age love too. However, peer pressure, changing times and the advancement of media has sort of associated sex to such teenage romantic relationships. This makes your teenager girl feel that sex is but natural in romantic relations even at an early age. Also this is an extremely confusing time for her, in terms of precautions, safe sex and how much involvement is okay and by choice.

4. Bullying:

Bullying is another teenage girl issue, which bothers them a lot. This starts affecting their personality and behaviour. The

teenage girl might also feel depressed and react strangely by keeping to herself.

5. Friendship:

Teenage makes every relation seem complex. Even the beautiful bond of friendship often meets shaky grounds. This is because as a teenager, the child is developing social skills. She might love her best friend one moment and might pick an ugly fight the next. This may result in aggression and mood swings.

6. Self-esteem:

Teenage girls have this habit of comparing themselves, their body and their appearance to other girls of their age. This unconsciously creates a pressure on them. The changes in teenage girls' body might make her doubt herself. She might get extremely conscious about everything she does, wears or even talks about. This might adversely affect her self-esteem.

7. Peer pressure:

Peer pressure forces teenage girls to behave a certain way that gives them a sense of belongingness. By giving in to peer pressure they feel one with the peers. This even leads them to take up habits that they otherwise aren't

supposed to or are interested in.

8. Substance use:

This is a major problem that most teenagers, girls and boys, face across the world today. In most cases, peer pressure introduces teenage girls to this dangerous habit. Teenage girls resort to substance use to ease their stress, feel secure and assured from within.

9. Menstruation:

This is the time the teenage girl will enter her menstruation phase for the first time. She might develop a lot of misconceptions and queries too in regard to her menstruation cycle.

10. Depression:

Teenage girls can get affected by any random thing. When things don't go their way, or when they don't meet the standards that their peers have maintained, they feel pressured and go into depression. Low grades, break ups, high parental expectations, weight gain, substance use, these are some of the many factors that trigger depression and are the major teen girl issue.

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TWO YEAR B.Ed COURSE
SEMESTER



YEAR : 2018-19

Subject : ಶಿಕ್ಷಣದ ಮನೋವಿಜ್ಞಾನ

Topic : ಎಂಬನೀ ಆರೋಗ್ಯ ಅಭ್ಯಾಸಗಳು

ಶಿಕ್ಷಣದ ಆರೋಗ್ಯ ಅಭ್ಯಾಸಗಳು

Guide : ಡಾ|| ಮಾಯಾ ಎಂ.ಎಸ್.ಎಸ್. ಶಿವಮೊಗ್ಗ.

ಹೆಸರು

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Roll/ No. 20

Value
Date
25/3/19

NATIONAL EDUCATION SOCIETY(R.,)

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Certificate

This is to Certify that Sri/Smt./Kum..... ನಂದಿ ಬಿ.ಎಂ.

has done a **Assesment** in year 2018-2019 in.....

..... ಶಿಕ್ಷಣದ ಮನ್ನಣೆಯನ್ನು ಪಡೆಯಿತು.the work has

been valued by the following Teacher Educator.

Date: 14/03/19
Shimoga:


Signature of the Teacher Educator

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ਪ੍ਰਿਥਵੀ

ಮಗು ಒಡ್ಡಲಾ ವೈದಿ ಬಿಡು ವಸ್ತು ಒಡ್ಡಲಾ ಘಟನೆ.

ಹಿಡೆದಾ ಲಿಪಿಯಿಂದ ಬಗ್ಗೆ ಕಿಚ್ಚು ಗಮನವಹಿಸುತ್ತಾನೆ? ಈಗ ಹಿಂದೆ
ಬಗ್ಗೆ ಬಸತ್ತಿ ಇದೆ ಒಂದು ಕಿಚ್ಚುಬಸತ್ತಿ. ಹಿಂದೆ ಯಾವುದೇ
ಲಿಪಿಯ ಕಲೆಯು, ಹಿಡೆದಾ ಕೆಂದ್ರಕರಿಸಲು ಶಕ್ತಿಯನ್ನು ನೀಡುವ
ಯೋಗ್ಯತೆಯೇ 'ಬಸತ್ತಿ'. ನಿದ್ರೆಯೇ ಬಸತ್ತಿ ಬಸತ್ತಿ ಕಾರಣ ಇಂಥವುಗಳು
ಕಡೆಗೆ ಬಸತ್ತಿ ಬಸತ್ತಿ ಕಾರಣವೆಂದರೆ ಯಾವ ಕಾರಣಕ್ಕೂ ಬಸತ್ತಿ.
ಬಸತ್ತಿಯ ಕಲೆಯೇ ಯಾವ ಪ್ರಕಾರದ ಬಸತ್ತಿಯ ಬಸತ್ತಿಯೇ ಬಸತ್ತಿಯೇ
ಬಸತ್ತಿಯೇ. ಬಸತ್ತಿ ಬಸತ್ತಿಯೇ ಬಸತ್ತಿಯೇ ಬಸತ್ತಿಯೇ
ಬಸತ್ತಿಯೇ ಕಲೆಯು ಸಾಧ್ಯವಾಗುವುದಿಲ್ಲ. ಕಲೆಯ ಸಂದರ್ಭದಲ್ಲಿ
ಬಸತ್ತಿಗೆ ಯಾವುದಾದರೂ ಬಸತ್ತಿ ಬಸತ್ತಿ ಬಸತ್ತಿ ಬಸತ್ತಿ
ಬಸತ್ತಿಯೇ ಕಲೆಯು ಬಸತ್ತಿ ಕಲೆಯೇ ಬಸತ್ತಿಯೇ
ಬಸತ್ತಿಯೇ ಬಸತ್ತಿಯೇ. ಬಸತ್ತಿ ಬಸತ್ತಿ ಕಲೆಯೇ ಬಸತ್ತಿಯೇ ಬಸತ್ತಿಯೇ.

ಏಕಾ:- ಏವ್ಯಾಥೀತೇನಾ ಏತ್ಯಾನ ಏಶಂಯದ ಬಗ್ಗೆ ಕೆಚ್ಚು
ಆಸಕ್ತಿ ಇರುತ್ತದೆ. ಸಮೂಹಏಶಂಯದಲ್ಲಿ ಆಸಕ್ತಿ ಇರುವುದಿಲ್ಲ.
ಆದರೂ ಪರಿಶ್ರಮದಂತೆ ಸಮೂಹಏತ್ಯಾನ ಏಶಂಯವೆತ್ತು ಕಲಿಯುವ
ಅಭಾವವಿದೆ. ಇದಕ್ಕಾಗಿಯೇ ಸಮೂಹ ಏತ್ಯಾನದ ಇಕ್ಷೇಪರು ಮತ್ತು
ಪೋಷಕರು ಜಾರಗಿನಿಂದ ಬಲವಾಗಿ ಗ್ರಾಹಿಸುತ್ತಾರೆ. ಇಂತಹ
ಬಲವಂತರಿಂದ ಕೂಡ ಸಮೂಹಏತ್ಯಾನ ಏಶಂಯ ಹೊಸ ಯಜ್ಞದ
ಕೆಳಗೆ ಮೇಲೆ ಬೃಹದಾಯವಿದೆ. ಅದರಿಂದ ಕಲಿಕೆಗೆ ಆಸಕ್ತಿ ಹೆಚ್ಚುತ್ತದೆ.

ಚಿಸ್ತಿಯು ಹೋದನೆ ಮತ್ತು ಘಂಟನಾಶ್ವರ . ಒನುಕ್ರಿಯಗ್ರಾಸ್ತು
 ಲಿವಲಂಬನಿರುತ್ತದೆ. ಇವೈಸ್ಯಂದಾಗಿ ಪೈರಿ ಯಾಪ್ರದಾದಯಾ ವಸ್ತುಯಲ್ಲ
 ಒಡೆಯಾ ಕ್ರಿಯೆಯು ತನ್ನ ಗಮನವನ್ನು ಕೇಂದ್ರಕರಿಸುತ್ತಾನೆ.

ಬಸತ್ತಿ ಒಂಬದಕ್ಕೆ. ನಮಗೆ ಯಾವುದರಲ್ಲಿ ಅಭಿಮಾನಿ ಇರಬೇಕೋ, ಇಷ್ಟು
 ಇರುತ್ತೇವೆ. ಅದು ಬಸತ್ತಿ ಒಂಬ ಅಥವಾ ಅನೇಕರು ಇದ್ದಾರೆ. ಸಾಮಾನ್ಯವಾಗಿ
 ಇದ್ದವನಿಗೆ ಸಾಕಷ್ಟು ಬಸತ್ತಿಯಿರುತ್ತದೆ, ಕೆಲವರು ಅಭಿಮಾನಿ ಇರುವವರಾಗಿ
 ಕೆಲಸದಿಂದಿರುತ್ತದೆ. ಈ ಕಾರಣದಿಂದಾಗಿ ಅಭಿಮಾನಿಯನ್ನು ಅಧಿಕಾರದಿಂದಿರುತ್ತದೆ
 ಬಸತ್ತಿ ಒಂಬದರ ಹೊಣೆಯನ್ನು ನೀಡುವ ಪ್ರಯತ್ನ ಮಾಡಲಾಗಿದೆ. ಯಾವುದೇ
 ಪ್ರಯೋಗದಿಂದಲೂ ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು ಅದೇ ಅಧಿಕಾರದಿಂದ
 ಅನುಭವಿಸುವುದು ಮಾಡಬಹುದು. ಯಾವುದು. ಹತ್ತಿಕೊಂಡಿರುತ್ತದೆ ಅದನ್ನು
 ಇಷ್ಟಪಡುತ್ತೇವೆ. ಏನು ಅಧಿಕಾರವನ್ನು ಆಧರಿಸಿ ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು
 ಅಗಲಿಸುತ್ತೇವೆ. ಅಧಿಕಾರದಿಂದ ಅಧಿಕಾರವನ್ನು ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು
 ಸಹಾಯದಿಂದ ಅಥವಾ ಸಹಾಯ ಮಾಡುವುದರಿಂದ ಉಂಟಾಗಿರುತ್ತದೆ. ಇಂತಹ
 ಇಷ್ಟಕ್ಕಾಗಿ ಬಸತ್ತಿ. ಸಹಾಯದಿಂದ ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು
 ಬಸತ್ತಿಗಳು. ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು.

ಬಸತ್ತಿ ಕೆಲಸ ಪ್ರೇಮ, ಪ್ರತಿ ತಾನು ಬದುಕುವುದರಲ್ಲಿ ಅನೇಕ
 ಮಾಡುವುದು ಸ್ವತಂತ್ರವಾಗಿ ಅನೇಕರು ಮಾಡುವುದರಿಂದ ಮಾಡುವುದರಿಂದ
 ಮಾಡುವುದಕ್ಕೆ ಬೆಂಬಲವಿರುತ್ತದೆ. ಬಸತ್ತಿ ಒಂಬದು ಪ್ರತಿ ಅಧಿಕಾರದಿಂದ.
 ಬಹಳವಾಗಿ ಕುಳಿತಿದ್ದು, ಇಷ್ಟಪಡುತ್ತದೆ. ಇನ್ನೂ ಹೆಚ್ಚಿನ ಇರುತ್ತದೆ. ಕೇವಲ
 ಏನು ಇಷ್ಟ ಪ್ರಯೋಗವನ್ನು ಮಾಡುತ್ತದೆ ಕೇವಲವಾಗಿ. ಸಾಮಾನ್ಯವಾಗಿ
 ಮಾಡುತ್ತದೆ. ಹತ್ತಿಕೊಂಡು ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು. ಹತ್ತಿಕೊಂಡು.
 ಕೆಲವು ಬಸತ್ತಿಯು ಮಾಡುತ್ತದೆ. ಹಾಗಾಗಿ ಹತ್ತಿಕೊಂಡು ಮಾಡುತ್ತ ಕೆಲವರು
 ಮಾಡುತ್ತದೆ. ಬಸತ್ತಿ ಪ್ರತಿಷ್ಠೆಯನ್ನು ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು. ಹತ್ತಿಕೊಂಡು
 ಬಸತ್ತಿಯ ಬದುಕು ಮಾಡುತ್ತದೆ. ಹತ್ತಿಕೊಂಡು. ಹತ್ತಿಕೊಂಡು ಹತ್ತಿಕೊಂಡು.
 ಅನೇಕರು ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು ಹೊಣೆಯನ್ನು ಹೊತ್ತಿಕೊಂಡು
 ಬದುಕುತ್ತದೆ.

ಚಸತ್ತಿ ಲಂಬದಕ್ಕೆ. ನಮಗೆ ಯಾವುದರಲ್ಲಿ ಅಭಯ ಇರುತ್ತದೋ. ಇಷ್ಟು
 ಇರುತ್ತದೋ. ಅದು ಚಸತ್ತಿ ಲಂಬ ಅಥವಾ ಅಥವಾ ರೆಂಡುಬರುತ್ತದೆ. ಸಾಹಿತ್ಯವು
 ಇದ್ದರೂ ಸಾಹಿತ್ಯವಲ್ಲ ಚಸತ್ತಿಯಂತೆ, ಕಲೆಯಲ್ಲಿ ಅಭಯ ಇರುವುದಿಲ್ಲ
 ಕಲಾಸತ್ತಿಯಂತೆ. ಈ ಕಾರಣದಿಂದಾಗಿ ಅಭಯವನ್ನು ಅಥವಾ ಗಿಟ್ಟುಕೊಂಡು
 ಚಸತ್ತಿ ಲಂಬದರ ಸ್ವಾಭಾವವನ್ನು ನೀಡುವ ಪ್ರಯತ್ನ ಮಾಡಲಾಗಿದೆ. ಯಾವುದೇ
 ಪ್ರಯೋಗದಿಂದಲೂ ಪುಕ್ತಿಯಲ್ಲಿ ಉತ್ತರವಾದ ಅಥವಾ ಉತ್ತರವಾದ
 ಅನುಭವವುಂಟು ಆದರೂ. ಯಾವುದೇ. ಉತ್ತರವಾಗಿರುತ್ತದೆ ಅದನ್ನು
 ಇಷ್ಟಪಡುತ್ತೇವೆ. ಏನು ಅಂತರವನ್ನು ಏನು ಹೈಗ್ಲೋಬರವಾದ
 ಅಗಲಿಸುತ್ತದೆ. ಅಂತರವಾಗಿ ಅಂತರ ಏನು ಮಾಡುವುದು
 ಸಾಧ್ಯವೆಂದು ಅಥವಾ ಸತ್ಯವು ಮಾಡುವುದೆಂದು ಖಚಿತವಾಗಿದೆ. ಇಂತಹ
 ಇಷ್ಟಕ್ಕೂ ಚಸತ್ತಿ. ಸುತೋಷಿ ತಾನು ನೋಡುವಂತೆಗೆ ಸಹಜವೆಂದಿದ್ದರಿಂದ
 ಚಸತ್ತಿಗಳು. ಏನನ್ನಾಳಿಕೆ ಮಾಡುವುದು ಅದೇನುಂಟು.

ಚಸತ್ತಿ ಕಲೆ ಪ್ರೇಕ್ಷಣೀ, ಪುಕ್ತಿ ತಾನು ಏನು ಮಾಡಬಲ್ಲೆಯೆಂದು ಅಂತಿಮ
 ಮಾಡಿಕೊಳ್ಳಲು ಸ್ವತಂತ್ರವಾಗಿ ಅದನ್ನು ಮಾಡುವುದಾಗಿ ಮಾಡಿಕೊಳ್ಳಲಾಗಿ
 ಮಾಡುವುದಕ್ಕೆ ಬತ್ತೇಬಿಡುತ್ತದೆ. ಚಸತ್ತಿ ಲಂಬದ ಪುಕ್ತಿ ಅಭಿವ್ಯಕ್ತವಾಗಿದೆ.
 ಬಹುಶಃ ಕುತೂಹಲ, ಇಷ್ಟವಾದದ್ದು. ಇನ್ನೂ ಬಹು ಇರುತ್ತದೆಂದು. ಕೀಳುಗಾಡು
 ಮತ್ತು ಇಷ್ಟೇ ಪ್ರಯೋಗವೆಲ್ಲವೆಂದು ಕೀಳುಗಾಡುವುದು. ಸಾಮಾನ್ಯವಾಗಿ
 ಬಿಡುತ್ತದೆ. ಉತ್ತರವಾಗಿರುತ್ತದೆ ಯೇ ಇಷ್ಟಪಡುತ್ತೇವೆ. ಉತ್ತರವಾದದ್ದು.
 ಕಡೆಗೆ ಚಸತ್ತಿಯೇ ತೋರುತ್ತದೆ. ತಾಗಿನ ಉತ್ತರವಾದದ್ದು ಯಾವ ಕಲೆಯಾಗು
 ತದೆ. ಚಸತ್ತಿ ಪುಕ್ತಿವಾದ ಲಕ್ಷಣವಾಗಿ ಗುರುತಿಸಲ್ಪಟ್ಟಿದೆ. ಉತ್ತರವಾದ ಅನುಭವವೇ
 ಚಸತ್ತಿಯ ಲಂಬ ಎನ್ನಲಾಗುವುದು. ಬಹಿರಂಗ. ಅನೇಕ ವೇಳೆ ಉತ್ತರ.
 ಅನುಭವ ದೊರಕಿಸಿಕೊಟ್ಟಿರುವ ಪ್ರಸಂಗವೂ. ನಮ್ಮ ಅನುಭವವನ್ನು
 ಬಿಡುತ್ತದೆ.

ಅಸತ್ತಿಂಯ ಅರ್ಥ

ಅಸತ್ತಿಂಯಯು ಪುತ್ರಿ ಹೀಯನದ ಯತ್ತು ಕಿರ್ತದ ಕೇಂದ್ರ ಕತ್ತಿ. ಅಸತ್ತಿ ಇಹಯನ ಹೀಯನಯ ಹೀರಿ, ಅಸತ್ತಿಂಯರದಯನ ಹೀಯನಯ ಹೀರಿ. ಖಾಣಾಗಿ. ಅಸತ್ತಿಂಯು ಯಶ್ವಶ್ವ ಶಲಕೆಗೆ ಪ್ರೋತ್ಸಾಹ ನೀಡುತ್ತಿದ್ದುದು ಪುತ್ರಿತ್ವದ ಅಶಾಸ್ತ್ರದಲ್ಲಿ ಪ್ರಯುಖ ತಾತ್ಪರ್ಯವನ್ನು ಹೇಳುತ್ತದೆ. ಪುತ್ರಿಂಯ ಅಪಧಾನವು ಅತನ ಅಸತ್ತಿಂಯನು ಅಪಲಂಬಿಸಿರುತ್ತದೆ. ಅಕ್ಕಿಂಯ ಅಪರಿಯ ಅಸತ್ತಿಗನುಸರಿಯಾಗಿ ಶಲವು ಸಾಗಬೇಕು.

ಅಸತ್ತಿ ಅಂಯ ಹದಯವನ್ನು ನಾವು ಲಕ್ಷ್ಯವು ಕಡೆಗೆ ಲಂಬರಿಯಾಗಿಸುತ್ತೇವೆ. 3 ಹದಯ ಇಂಗ್ಲೀಷ್ ಹದದ 'I'ನಲ್ಲದೆ "ಎನ್ನವ ಹದಕ್ಕೆ ಸೇರುತ್ತದೆ. ಇದು ಪ್ರಾಚೀನ ಭಾಷೆಯಲ್ಲಿ "ಅಯಿಂಯ ಸಂಬಂಧವಾದ" ಎನ್ನುವ ಅರ್ಥ ಕೊಡುತ್ತದೆ. ಸಂಸ್ಕೃತ ಭಾಷೆಯಲ್ಲಿ ಅಸತ್ತಿ ಅಥವಾ ಅಭಯವಿಗೆ ಅರ್ಥವು ಅರ್ಥವಾದ ಹೇಳುವುದು. ಅಸತ್ತಿಂಯಂದರೆ "ಇಚ್ಛೆ"ಯು ಅಭಯವಿಂಯಂದರೆ ಅರ್ಥವಾದ ಹೇಳುವುದು ಎಂದು ಅರ್ಥವಾಗುತ್ತದೆ. ಅಕ್ಕಿಂಯವು ಇಚ್ಛೆ ಅಥವಾ ಅರ್ಥವಾದ ಹೇಳುವುದು ಇದುವೆ. ಕಡೆಗೆ ಯಶ್ವಶ್ವ ನಯನವನ್ನು ಕೇಂದ್ರಕರಿಸಲು ಪ್ರಯತ್ನಿಸಬೇಕು.

ಯಶ್ವಶ್ವ ಅಸತ್ತಿಂಯ ಯು ನಡೆಯುವುದು ಹೆರಳಿನೆಗಳಿರುತ್ತದೆ. ಅಪಯ ಕೇವಲ ಬಣ್ಣ, ಅಪರ, ಚಲನೆ, ಕಬ್ಬು, ಅಶ್ವಮೇಧ, ಯುಂತ್ರಾದಿಗಳನ್ನು ನೋಡಿ ಅ ಹೇಳುತ್ತವೆ. ಅಯನವರು. ಯಾವುದು. ಅದರವರಿಯದ. ಆದರೆ ಅಸತ್ತಿಂಯ ಕಡೆಸದಿಂದ ಹೇಳುವುದು ಸಾಗುತ್ತದೆ. ನಂತರ. ಸ್ಥಿರವಾಂಡು ನಡೆಯದ ಅಸತ್ತಿಂಯ ಕಡೆಗೆ ಅಪರ ಗಯನ ಕೇಂದ್ರಕರಿಸುವಾಗುತ್ತದೆ.

ಬ್ರಹ್ಮರಂಭಾಗಿ ಅಸತ್ತಿ ಅಂದರೆ. ನಡೆಯುವುದು ಹೇಳುವುದು, ಪುತ್ರಿ, ಕಾಯದ ಇಂಥವುಗಳ ಕಡೆಗೆ ಪುತ್ರಿ ಅಶ್ವಮೇಧನಾಗುವಂತೆ ಮಾಡುವ. ಶಾಕಗರ್ಭಿ ಅಸತ್ತಿ. ಎನ್ನಬಹುದು.

ಚಿಪ್ಪುರಿಯ ವ್ಯಾಪ್ತಿಗಳು

- [illegible]

[illegible]

	SC ₁	EN ₁	ME ₁	AG ₁	HA ₁	HS ₁	FA ₁	CO ₁	TOTAL →	COMBINED TOTAL
SC ₂	1. Chemistry ✓ 2. Weather- Forecast ✓ 1. Physics ✓ 2. Mining Engineering ✓ 1. Botany ✓ 2. Radiology ✓ 1. Zoology ✓ 2. Agriculture ✓ 1. Mathematics ✓ 2. Hindi ✓ 1. Statistics ✓ 2. Knitting ✓ 1. Geology ✓ 2. Photography ✓ 1. Gen. Science ✓ 2. Sale- Purchase ✓	1. Civil Engineering ✓ 2. Physiology ✓ 1. Mechanical Engineering ✓ 2. Naval Engineering ✓ 1. Electrical Engineering ✓ 2. Bio-Chemistry ✓ 1. Radio Engineering ✓ 2. Soil Chemistry ✓ 1. Television Engineering ✓ 2. Logic ✓ 1. Wireless Engineering ✓ 2. Sewing ✓ 1. Metalurgy Engineering ✓ 2. Art ✓ 1. Telephone Engineering ✓ 2. Shop Management ✓	1. Anatomy ✓ 2. Zoology ✓ 1. Pharmacology ✓ 2. Aeronautic Engineering ✓ 1. Gyanacology ✓ 2. Medicine ✓ 1. Ophthalmics ✓ 2. Agricultural Economics ✓ 1. Pediatrics ✓ 2. History ✓ 1. Surgery ✓ 2. Kitchen Garden ✓ 1. Pathology ✓ 2. Textile Art ✓ 1. Cardiology ✓ 2. Modern Transport ✓	1. Agricultural Engineering ✓ 2. Bio-chemist ✓ 1. Veterinary Surgon ✓ 2. Physics ✓ 1. Agri. Irrigation ✓ 2. Neurology ✓ 1. Farming ✓ 2. Milk Production ✓ 1. Agriculture Business ✓ 2. Geography ✓ 1. Animal Breeding ✓ 2. First-Aid ✓ 1. Agri. Entomology ✓ 2. Architecture ✓ 1. Farm Machinery ✓ 2. Import ✓	1. Psychology ✓ 2. Space Science ✓ 1. Criminology ✓ 2. Practical Math ✓ 1. Sociology ✓ 2. Electro-Surgery ✓ 1. Anthropology ✓ 2. Crops Science ✓ 1. Education ✓ 2. Economics ✓ 1. Philosophy ✓ 2. Health Science ✓ 1. Political Science ✓ 2. Painting ✓ 1. Social Psychology ✓ 2. Factory Management ✓	1. Home Art ✓ 2. Computer Science ✓ 1. Knithing ✓ 2. Chemical Engineering ✓ 1. Home Decoration ✓ 2. Homeopathy ✓ 1. Home Management ✓ 2. Agricultural Extension ✓ 1. Child Rearing ✓ 2. English Literature ✓ 1. Art Cooking ✓ 2. Child Training ✓ 1. Family Budget ✓ 2. Modern Art ✓ 1. Home Cleaner ✓ 2. Tax Law ✓	1. Music Art ✓ 2. Health Science ✓ 1. Vocal Art ✓ 2. General Technology ✓ 1. Statue Art ✓ 2. Mental Hygiene ✓ 1. Book Craft ✓ 2. Horticulture ✓ 1. Carpentry ✓ 2. Sanskrit ✓ 1. Instrumental Art ✓ 2. Toy Maker ✓ 1. Dance Art ✓ 2. Sculptor Art ✓ 1. Fine Art ✓ 2. Commercial Correspondance ✓	2. Commercial Math ✓ 2. Atomic Science ✓ 1. Elements of Business ✓ 2. Engineering Business ✓ 1. Theory of Transport ✓ 2. Aurvedic ✓ 1. Export ✓ 2. Agricultural Chemistry ✓ 1. Banking ✓ 2. Linguistics ✓ 1. Accountancy ✓ 2. General Home-science ✓ 1. Shorthand ✓ 2. Handicraft ✓ 1. Typing ✓ 2. Insurance ✓	SC ₂ = 08 EN ₁ + EN ₂ = 08 ME ₁ + ME ₂ = 08 AG ₁ + AG ₂ = 08 HA ₁ + HA ₂ = 08 HS ₁ + HS ₂ = 08 FA ₁ + FA ₂ = 08 CO ₁ + CO ₂ = 08	
EN ₂										
ME ₂										
AG ₂										
HA ₂										
HS ₂										
FA ₂										
CO ₂										
TOTAL ↓	SC ₁ = 08	EN ₁ = 06	ME ₁ = 00	AG ₁ = 04	HA ₁ = 02	HS ₁ = 03	FA ₁ = 04	CO ₁ = 05		

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EDUCATIONAL INTEREST RECORD

INSTRUCTIONS

- Two subjects are allotted in each section of this Interest Inventory. You are required to point out the subject of your choice in following noted manner:
- If you prefer the first subject as indicated in the first section, you are required to put down the tick (✓) mark on the number '1'.
- If you prefer the second subject as indicated in the first section you are required to put down the tick mark (✓) on the number '2'.
- If you prefer both subject, you are required to put down the tick mark (✓) on both '1' and '2'.
- If you do not prefer the both subject then leave both '1' and '2'.
- You have to fill in other blanks given in different section as in same manner.
- You are required to answer on these queries carefully and without hesitation.
- If you are not able to understand anything you may please clarify everything without least hesitation.

Name: **DARSHAN, A.U.**
 Institution's Name: **...**
 Address: **...**
 Home Address: **...**
 Father's Occupation: **...**
 Family Monthly Income: **...**
 Date: **...**

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Constructed and Standardized by: **Prof. D. N. Srivastava**
 Department of Psychology
 Bhatnagar, Govt. College of Education
 Bhatnagar, (HARYANA)

	SC ₁	EN ₁	ME ₁	AG ₁	HA ₁	HS ₁	FA ₁	CO ₁	TOTAL	COMBINED TOTAL
SC ₂	1. Chemistry ✓ 2. Weather-Forecast	1. Civil Engineering ✓ 2. Physiology ✓	1. Anatomy ✓ 2. Zoology	1. Agricultural Engineering ✓ 2. Bio-chemist	1. Psychology 2. Space Science ✓	1. Home Art 2. Computer Science ✓	1. Music Art ✓ 2. Health Science	2. Commercial Math ✓ 2. Atomic Science	SC ₂ = 50 EN ₁ + EN ₂	SC ₁ + SC ₂ = 8
EN ₂	1. Physics ✓ 2. Mining Engineering	1. Mechanical Engineering ✓ 2. Naval Engineering	1. Pharmacology 2. Aeronautic Engineering ✓	1. Veterinary Surgeon 2. Physics ✓	1. Criminology ✓ 2. Practical Math	1. Knitting 2. Chemical Engineering ✓	1. Vocal Art ✓ 2. General Technology	1. Elements of Business 2. Engineering Business ✓	EN ₂ = 06 ME ₁ + ME ₂	ME ₁ + ME ₂ = 8
ME ₂	1. Botany ✓ 2. Radiology	1. Electrical Engineering ✓ 2. Bio-Chemistry	1. Gynaecology 2. Medicine ✓	1. Agri. Irrigation ✓ 2. Neurology	1. Sociology ✓ 2. Electro-Surgery	1. Home Decoration ✓ 2. Homeopathy	1. Statue Art ✓ 2. Mental Hygiene	1. Theory of Transport 2. Aurvedic ✓	ME ₂ = 06 AG ₁ + AG ₂	AG ₁ + AG ₂ = 8
AG ₂	1. Zoology 2. Agriculture ✓	1. Radio Engineering 2. Soil Chemistry ✓	1. Ophthalmics 2. Agricultural Economics ✓	1. Farming ✓ 2. Milk Production	1. Anthropology 2. Crops Science ✓	1. Home Management 2. Agricultural Extension ✓	1. Book Craft ✓ 2. Horticulture	1. Export 2. Agricultural Chemistry ✓	AG ₂ = 06 HA ₁ + HA ₂	HA ₁ + HA ₂ = 8
HA ₂	1. Mathematics 2. Hindi ✓	1. Television Engineering 2. Logic ✓	1. Pediatrics 2. History ✓	1. Agriculture Business ✓ 2. Geography	1. Education ✓ 2. Economics	1. Child Rearing 2. English Literature ✓	1. Carpentry 2. Sanskrit ✓	1. Banking ✓ 2. Linguistics	HA ₂ = 02 HS ₁ + HS ₂	HS ₁ + HS ₂ = 8
HS ₂	1. Statistics 2. Knitting ✓	1. Wireless Engineering 2. Sewing ✓	1. Surgery 2. Kitchen Garden ✓	1. Animal Breeding 2. First-Aid ✓	1. Philosophy 2. Health Science ✓	1. Art Cooking ✓ 2. Child Training	1. Instrumental Art 2. Toy Maker ✓	1. Accountancy 2. General Home-science ✓	HS ₂ = 04 FA ₁ + FA ₂	FA ₁ + FA ₂ = 8
FA ₂	1. Geology 2. Photography ✓	1. Metallurgy Engineering 2. Art ✓	1. Pathology 2. Textile Art ✓	1. Agri. Entomology ✓ 2. Architecture	1. Political Science 2. Painting ✓	1. Family Budget ✓ 2. Modern Art	1. Dance Art ✓ 2. Sculptor Art	1. Shortland 2. Handcraft ✓	FA ₂ = 05 CO ₁ + CO ₂	CO ₁ + CO ₂ = 8
CO ₂	1. Gen. Science 2. Sale-Purchase ✓	1. Telephone Engineering 2. Shop Management ✓	1. Cardiology ✓ 2. Modern Transport	1. Farm Machinery ✓ 2. Import	1. Social Psychology 2. Factory Management	1. Home Cleaner 2. Tax Law ✓	1. Fine Art 2. Commercial Correspondance	1. Typing ✓ 2. Insurance	CO ₂ = 03 TOTAL	TOTAL = 55
	TOTAL ↓ SC ₁ = 03	EN ₁ = 02	ME ₁ = 02	AG ₁ = 06	HA ₁ = 04	HS ₁ = 03	FA ₁ = 05	CO ₁ = 03		

EDUCATIONAL INTEREST RECORD

	SC ₁	EN ₁	ME ₁	AG ₁	HA ₁	HS ₁	FA ₁	CO ₁	TOTAL	COMBINED TOTAL
SC ₂	1. Chemistry ✓ 2. Weather-Forecast ✓	1. Civil Engineering ✓ 2. Physiology ✓	1. Anatomy ✓ 2. Zoology	1. Agricultural Engineering ✓ 2. Bio-chemist	1. Psychology ✓ 2. Space Science ✓	1. Home Art ✓ 2. Computer Science ✓	1. Music Art ✓ 2. Health Science ✓	2. Commercial Math ✓ 2. Atomic Science ✓	SC ₁ = 05 SC ₂ = 05	SC ₁ + SC ₂ = 10 3 + 5 = 8
EN ₂	1. Physics ✓ 2. Mining Engineering ✓	1. Mechanical Engineering ✓ 2. Naval Engineering ✓	1. Pharmacology ✓ 2. Aeronautic Engineering ✓	1. Veterinary Surgeon ✓ 2. Physics	1. Criminology ✓ 2. Practical Math ✓	1. Knitting ✓ 2. Chemical Engineering ✓	1. Vocal Art ✓ 2. General Technology ✓	1. Elements of Business ✓ 2. Engineering Business ✓	EN ₁ = 05 EN ₂ = 07	EN ₁ + EN ₂ = 12 = 08
ME ₂	1. Botany ✓ 2. Radiology	1. Electrical Engineering ✓ 2. Bio-Chemistry	1. Gynaecology ✓ 2. Medicine	1. Agri. Irrigation ✓ 2. Neurology	1. Sociology ✓ 2. Electro-Surgery	1. Home Decoration ✓ 2. Homeopathy	1. Statue Art ✓ 2. Mental Hygiene ✓	1. Theory of Transport ✓ 2. Aurvedic ✓	ME ₁ = 05 ME ₂ = 07	ME ₁ + ME ₂ = 12 = 08
AG ₂	1. Zoology ✓ 2. Agriculture ✓	1. Radio Engineering ✓ 2. Soil Chemistry ✓	1. Ophthalmics ✓ 2. Agricultural Economics ✓	1. Farming ✓ 2. Milk Production ✓	1. Anthropology ✓ 2. Crops Science ✓	1. Home Management ✓ 2. Agricultural Extension ✓	1. Book Craft ✓ 2. Horticulture ✓	1. Export ✓ 2. Agricultural Chemistry ✓	AG ₁ = 05 AG ₂ = 04	AG ₁ + AG ₂ = 09 HA ₁ + HA ₂ = 08
HA ₂	1. Mathematics ✓ 2. Hindi ✓	1. Television Engineering ✓ 2. Logic ✓	1. Pediatrics ✓ 2. History ✓	1. Agriculture Business ✓ 2. Geography ✓	1. Education ✓ 2. Economics ✓	1. Child Rearing ✓ 2. English Literature ✓	1. Carpentry ✓ 2. Sanskrit ✓	1. Banking ✓ 2. Linguistics ✓	HA ₁ = 04 HA ₂ = 04	HA ₁ + HA ₂ = 08 HS ₁ + HS ₂ = 08
HS ₂	1. Statistics ✓ 2. Knitting ✓	1. Wireless Engineering ✓ 2. Sewing ✓	1. Surgery ✓ 2. Kitchen Garden ✓	1. Animal Breeding ✓ 2. First-Aid ✓	1. Philosophy ✓ 2. Health Science ✓	1. Art Cooking ✓ 2. Child Training ✓	1. Instrumental Art ✓ 2. Toy Maker ✓	1. Accountancy ✓ 2. General Home-science ✓	HS ₁ = 05 HS ₂ = 05	HS ₁ + HS ₂ = 10 FA ₁ + FA ₂ = 08
FA ₂	1. Goology ✓ 2. Photography ✓	1. Metalurgy Engineering ✓ 2. Art ✓	1. Pathology ✓ 2. Textile Art ✓	1. Agri. Entomology ✓ 2. Architecture ✓	1. Political Science ✓ 2. Painting ✓	1. Family Budget ✓ 2. Modern Art ✓	1. Dance Art ✓ 2. Sculptor Art ✓	1. Shorthand ✓ 2. Handicraft ✓	FA ₁ = 05 FA ₂ = 03	FA ₁ + FA ₂ = 08 CO ₁ + CO ₂ = 08
CO ₂	1. Gen. Science ✓ 2. Sale-Purchase ✓	1. Telephone Engineering ✓ 2. Shop Management ✓	1. Cardiology ✓ 2. Modern Transport ✓	1. Farm Machinery ✓ 2. Import ✓	1. Social Psychology ✓ 2. Factory Management ✓	1. Home Cleaner ✓ 2. Tea Fan ✓	1. Fine Art ✓ 2. Commercial Correspondance ✓	2. Insurance ✓	CO ₁ = 03 CO ₂ = 05	CO ₁ + CO ₂ = 08
	TOTAL + SC ₁ = 03	EN ₁ = 01	ME ₁ = 03	AG ₁ = 04	HA ₁ = 01	HS ₁ = 05	FA ₁ = 05	CO ₁ = 02		

EDUCATIONAL INTEREST RECORD (ENGLISH FORM)

Prof. D. N. Srivastava
Department of Psychology
Agrs College, AGRA

Prof. V. P. Bansal
Principal, Govt. College of Education
Bilwari, (HARYANA)

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Name: Kamlesh M
Age: 18 Class: 8th
Institution's Name: Agri. College Date: 12/05/2019
Father's Occupation: Govt. Employee Family Monthly Income: 10000
Home Address: P.O. Munjwara, Dist. Agra

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Department of Psychology
Agra College, AGRA

Principal, Gov. College of Education
Bilwani, (HARAYANA)
Prof. V. P. Bansal

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EDUCATIONAL INTEREST RECORD

	SC ₁	EN ₁	ME ₁	AG ₁	HA ₁	HS ₁	FA ₁	CO ₁	TOTAL	COMBINED TOTAL
SC ₂	1. Chemistry ✓ 2. Weather-Forecast	1. Civil Engineering 2. Physiology ✓	1. Anatomy ✓ 2. Zoology	1. Agricultural Engineering 2. Bio-chemist ✓	1. Psychology ✓ 2. Space Science	1. Home Art 2. Computer Science ✓	1. Music Art ✓ 2. Health Science	2. Commercial Math ✓ 2. Atomic Science	SC ₂ = 03 EN ₂ = 05 ME ₂ = 06 AG ₂ = 05 HA ₂ = 03 HS ₂ = 03 FA ₂ = 04 CO ₂ = 03	SC ₂ + SC ₁ = 8 EN ₂ + EN ₁ = 8 ME ₂ + ME ₁ = 8 AG ₂ + AG ₁ = 8 HA ₂ + HA ₁ = 8 HS ₂ + HS ₁ = 8 FA ₂ + FA ₁ = 8 CO ₂ + CO ₁ = 8
EN ₂	1. Physics ✓ 2. Mining Engineering	1. Mechanical Engineering 2. Naval Engineering ✓	1. Pharmacology 2. Aeronautic Engineering ✓	1. Veterinary Surgeon 2. Physics ✓	1. Criminology ✓ 2. Practical Math	1. Knitting 2. Chemical Engineering ✓	1. Vocal Art ✓ 2. General Technology	1. Elements of Business 2. Engineering Business ✓		
ME ₂	1. Botany ✓ 2. Radiology	1. Electrical Engineering 2. Bio-Chemistry ✓	1. Gynaecology ✓ 2. Medicine	1. Agri. Irrigation ✓ 2. Neurology	1. Sociology ✓ 2. Electro-Surgery	1. Home Decoration ✓ 2. Homeopathy	1. Statue Art 2. Mental Hygiene ✓	1. Theory of Transport 2. Ayurvedic		
AG ₂	1. Zoology 2. Agriculture ✓	1. Radio Engineering 2. Soil Chemistry ✓	1. Ophthalmics 2. Agricultural Economics ✓	1. Farming ✓ 2. Milk Production	1. Anthropology 2. Crops Science ✓	1. Home Management 2. Agricultural Extension ✓	1. Book Craft ✓ 2. Horticulture	1. Export 2. Agricultural Chemistry ✓		
HA ₂	1. Mathematics 2. Hindi ✓	1. Television Engineering ✓ 2. Logic	1. Pediatrics 2. History ✓	1. Agriculture Business ✓ 2. Geography	1. Education ✓ 2. Economics	1. Child Rearing 2. English Literature ✓	1. Carpentry 2. Sanskrit ✓	1. Banking ✓ 2. Linguistics		
HS ₂	1. Statistics 2. Knitting ✓	1. Wireless Engineering ✓ 2. Sewing	1. Surgery 2. Kitchen Garden ✓	1. Animal Breeding ✓ 2. First-Aid	1. Philosophy 2. Health Science ✓	1. Art Cooking ✓ 2. Child Training	1. Instrumental Art 2. Toy Maker ✓	1. Accounting 2. General House-works ✓		
FA ₂	1. Geology 2. Photography ✓	1. Moulding Engineering 2. Art ✓	1. Pathology 2. Textile Art ✓	1. Agri. Entomology 2. Architecture ✓	1. Political Science 2. Farming ✓	1. Family Budget ✓ 2. Modern Art	1. Dance Art ✓ 2. Sculpture Art	1. Sketching 2. Handicraft ✓		
CO ₂	1. Gun Science 2. Sales-Purchase ✓	1. Telephone Engineering 2. Shop Management ✓	1. Cardiology ✓ 2. Modern Transport	1. Farm Machinery ✓ 2. Import	1. Social Psychology ✓ 2. Factory Management	1. Home Cleaning 2. Tax Law	1. Print Art ✓ 2. Commercial Correspondence	1. Typing ✓ 2. Dictation		
TOTAL	SC ₁ = 03	EN ₁ = 02	ME ₁ = 03	AG ₁ = 05	HA ₁ = 05	HS ₁ = 04	FA ₁ = 05	CO ₁ = 03		

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Name: Sudhanshu
Age: 13
Class: 8th
Institution's Name: ST. JOSEPH'S (HIGHER) SCHOOL (SECTION)
Date: 13/11/2018
Father's Occupation: Monthly Income
Home Address: D/O. JALP
Signature: Sudhanshu

* REV. AGRA

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Agri College, AGRA

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Bilwani, (HARYANA)

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EDUCATIONAL INTEREST RECORD

	SC ₁	EN ₁	ME ₁	AG ₁	HA ₁	HS ₁	FA ₁	CO ₁	TOTAL +	COMBINED TOTAL
SC ₂	1. Chemistry ✓ 2. Weather-Forecast ✓	1. Civil Engineering ✓ 2. Physiology ✓	1. Anatomy ✓ 2. Zoology ✓	1. Agricultural Engineering ✓ 2. Bio-chemist ✓	1. Psychology ✓ 2. Space Science ✓	1. Home Art ✓ 2. Computer Science ✓	1. Music Art ✓ 2. Health Science ✓	2. Commercial Math ✓ 2. Atomic Science ✓	SC ₁ = 04 SC ₂ = 04	SC ₁ + SC ₂ = 8
EN ₂	1. Physics ✓ 2. Mining Engineering ✓	1. Mechanical Engineering ✓ 2. Naval Engineering ✓	1. Pharmacology ✓ 2. Aeronautic Engineering ✓	1. Veterinary Surgeon ✓ 2. Physics ✓	1. Criminology ✓ 2. Practical Math ✓	1. Knitting ✓ 2. Chemical Engineering ✓	1. Vocal Art ✓ 2. General Technology ✓	1. Elements of Business ✓ 2. Engineering Business ✓	EN ₁ = 04 EN ₂ = 04	EN ₁ + EN ₂ = 8
ME ₂	1. Botany ✓ 2. Radiology ✓	1. Electrical Engineering ✓ 2. Bio-Chemistry ✓	1. Gyanacology ✓ 2. Medicine ✓	1. Agri. Irrigation ✓ 2. Neurology ✓	1. Sociology ✓ 2. Electro-Surgery ✓	1. Home Decoration ✓ 2. Homeopathy ✓	1. Statue Art ✓ 2. Mental Hygiene ✓	1. Theory of Transport ✓ 2. Aurvedic ✓	ME ₁ = 06 ME ₂ = 06	ME ₁ + ME ₂ = 8
AG ₂	1. Zoology ✓ 2. Agriculture ✓	1. Radio Engineering ✓ 2. Soil Chemistry ✓	1. Ophthalmics ✓ 2. Agricultural Economics ✓	1. Farming ✓ 2. Milk Production ✓	1. Anthropology ✓ 2. Crops Science ✓	1. Home Management ✓ 2. Agricultural Extension ✓	1. Book Craft ✓ 2. Horticulture ✓	1. Export ✓ 2. Agricultural Chemistry ✓	AG ₁ = 05 AG ₂ = 05	AG ₁ + AG ₂ = 8
HA ₂	1. Mathematics ✓ 2. Hindi ✓	1. Television Engineering ✓ 2. Logic ✓	1. Pediatrics ✓ 2. History ✓	1. Agriculture Business ✓ 2. Geography ✓	1. Education ✓ 2. Economics ✓	1. Child Rearing ✓ 2. English Literature ✓	1. Carpentry ✓ 2. Sanskrit ✓	1. Banking ✓ 2. Linguistics ✓	HA ₁ = 06 HA ₂ = 06	HA ₁ + HA ₂ = 8
HS ₂	1. Statistics ✓ 2. Knitting ✓	1. Wireless Engineering ✓ 2. Sewing ✓	1. Surgery ✓ 2. Kitchen Garden ✓	1. Animal Breeding ✓ 2. First-Aid ✓	1. Philosophy ✓ 2. Health Science ✓	1. Art Cooking ✓ 2. Child Training ✓	1. Instrumental Art ✓ 2. Toy Maker ✓	1. Accountancy ✓ 2. General Home-science ✓	HS ₁ = 05 HS ₂ = 05	HS ₁ + HS ₂ = 8
FA ₂	1. Geology ✓ 2. Photography ✓	1. Metallurgy Engineering ✓ 2. Art ✓	1. Pathology ✓ 2. Textile Art ✓	1. Agri. Entomology ✓ 2. Architecture ✓	1. Political Science ✓ 2. Painting ✓	1. Family Budget ✓ 2. Modern Art ✓	1. Dance Art ✓ 2. Sculptor Art ✓	1. Shorthand ✓ 2. Handcraft ✓	FA ₁ = 04 FA ₂ = 04	FA ₁ + FA ₂ = 8
CO ₂	1. Gen. Science ✓ 2. Sale-Purchase ✓	1. Telephone Engineering ✓ 2. Shop Management ✓	1. Cardiology ✓ 2. Modern Transport ✓	1. Farm Machinery ✓ 2. Import ✓	1. Social Psychology ✓ 2. Factory Management ✓	1. Home Cleaner ✓ 2. Tax Law ✓	1. Fine Art ✓ 2. Commercial Correspondence ✓	1. Typing ✓ 2. Insurance ✓	CO ₁ = 03 CO ₂ = 05	CO ₁ + CO ₂ = 8
	TOTAL + SC ₁ = 04	EN ₁ = 04	ME ₁ = 06	AG ₁ = 03	HA ₁ = 02	HS ₁ = 03	FA ₁ = 01	CO ₁ = 03		

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 - If you prefer both subject, you are required to put down the tick mark (✓) on both '1' and '2'.
 - If you do not prefer the both subject then leave both '1' and '2'.
 - You have to fill in other blanks given in different section as in same manner.
 - You are required to answer on these queries carefully and without hesitation.
- If you are not able to understand anything you may please clarify everything without least hesitation.

Name.....
Age.....
Class.....
Institution's Name.....
Case.....
Religion.....
Father's Occupation.....
Family Monthly Income.....
Home Address.....

ಗ್ರಂಥಮಾಲಾ

- ಬಾಬುಹೆಬ್ಬಾಳೆ H.V. 1995, ಕೃಷ್ಣೇಶ್ ಯನೋಬಿಟ್ಟಾನೆ, ಕ್ರೀಡಾಪಟು ಪುಸ್ತಕಗಳನ್ನು. ಆರೋಗ್ಯಕರ ಮತ್ತು ಆರೋಗ್ಯಕರ.
- 1995 ರೇವಣ್ಣಯ್ಯ H.V. 1995, ಕೃಷ್ಣೇಶ್ ಯನೋಬಿಟ್ಟಾನೆ, ಅಧ್ಯಾತ್ಮಿಕ ಪ್ರಕಾಶನ, ಸದನ
- 1995 ರೇವಣ್ಣಯ್ಯ H.V. 1995, ಕೃಷ್ಣೇಶ್ ಯನೋಬಿಟ್ಟಾನೆ, ಅಧ್ಯಾತ್ಮಿಕ ಪ್ರಕಾಶನ ಸದನ
- ಪ್ರಾ. ಚ. ಬಿ. ಪುಟ್ಟ, 2004 - 05, ಕೃಷ್ಣೇಶ್ ಯನೋಬಿಟ್ಟಾನೆ, ಅಧ್ಯಾತ್ಮಿಕ ಪ್ರಕಾಶನ ಸದನ.
- ಸತೀಶ್ ಕೆ. ಕುಮಾರ್, 2007. ಕೃಷ್ಣೇಶ್ ಯನೋಬಿಟ್ಟಾನೆ, ನಿರ್ದೇಶನದ ಪ್ರಕಾಶನ, ಸರಸ್ವತಿ ಗೋಪಾಲಯ ಗುರುಗಳ.
- 1995 ರೇವಣ್ಣಯ್ಯ H.V. 1995, ಕೃಷ್ಣೇಶ್ ಯನೋಬಿಟ್ಟಾನೆ, ಅಧ್ಯಾತ್ಮಿಕ ಪ್ರಕಾಶನ. ಸುಪ್ರಸನ್ನ ನಗರ
- ಇಂದಿರಾ ಪ್ರಕಾಶನ, 1998, ಕೃಷ್ಣೇಶ್ ಯನೋಬಿಟ್ಟಾನೆ, ಗಂ. ಕೆ. ಎ. ಪುಸ್ತಕಗಳನ್ನು
- ಪ್ರಾ. ಚ. ಬಿ. ಪುಟ್ಟ, 2004 - 05, ಕೃಷ್ಣೇಶ್ ಯನೋಬಿಟ್ಟಾನೆ, ಪ್ರಕಾಶನ. ಸುಪ್ರಸನ್ನ ನಗರ.
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- 1995 ರೇವಣ್ಣಯ್ಯ H.V. 1995, ಕೃಷ್ಣೇಶ್ ಯನೋಬಿಟ್ಟಾನೆ, ಅಧ್ಯಾತ್ಮಿಕ ಪ್ರಕಾಶನ, ಸದನ

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ಎನ್.ಇ.ಎಸ್.ಕ್ಯಾಂಪಸ್, ಬಾಲರಾಜ್ ಅರಸ್ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ-577201

**TWO YEAR B.Ed COURSE
SEMESTER**

2

YEAR: 2018

Subject: *Personality Development*

Assignment Topic: *Coping With Stress*

Submitted to: *Dr. N.D. Manju.*

- Assistant Professor-

ಹೆಸರು

Name: *Noorain Zahra*

ಹಾಜರಿ ಸಂಖ್ಯೆ

Roll/ No: *ED180025*

*Valued
8004
80/12/18*

NATIONAL EDUCATION SOCIETY(R.)

S.V.K.National College of Education,
Balaraj Urs Road, Shimoga-577201

Certificate

This is to Certify that Sri/Smt./Kum...[✓] Noorain Zahra
as done a Assignment in year 2018-2019 in Personality
Development (Coping with Stress) the work has
been valued by the following Teacher Educator.

12/18

ga:

Signature of the Teacher Educator

Sl. No	Contents	Page No.
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02	Categories of life skills	2
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04	Meaning and definition of Coping.	4
05	Coping with Stress	5
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Introduction

Life Skills are abilities which enable an individual to develop adaptive and positive behaviours. These skills enable individuals to deal effectively with challenges and demands of everyday life.

Development of life skills is a lifelong process that starts in early childhood and continues throughout one's life. These skills are required by young people as they grow up so that they can cope with life challenges and avoid many pitfalls they are likely to encounter in life.

A learner who is equipped with the necessary life skills is likely to lead a more successful life than one who does not have them.

Life Skills comprises of competencies that can enable the youth cope with challenges and manage that lives in a healthy and productive manner.

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Categories of Life Skills

Life skills are classified into three broad categories namely:-

- Skills of knowing and living with oneself.
- Skills of knowing and living with others.
- Skills of making effective decision.

Skills of knowing and living with one Self

This category entails skills that are closely linked to each other which aim at enhancing understanding, growth, coping with challenges of life and developing potential. They include:

- Self Awareness
- Self Esteem
- Coping with Emotions
- Coping with Stress.

Meaning of Stress:

In psychology; Stress is a feeling of strain and pressure. Stress is a type of psychological pain. Small amounts of stress may be desired, beneficial and even healthy. It also plays a factor in motivation, adaptation and reaction to the environment.

Stress is a subjective sensation associated with ~~varied~~ varied symptoms that differ for each of us. Stress is not always a synonym for distress. Mental and physical health are aspects of functioning that are most strongly influenced by exposure to stress.

Definition of Stress:

H. Selye defined Stress as, "non-specific responses that be resulted from a variety of different kinds of Stimuli".

Lazarus and Folkman defined stress as, "Stress occurs when people perceived that the demands from external situations were beyond their coping capacity."

R.S. Lazarus defined Stress as, "a circumstance, external to a person, which makes unusual or extraordinary demands on him, or threatens him in some way."

Meaning of Coping:

In psychology, coping means to invest own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict.

In psychology coping mechanisms are commonly termed as coping strategies or coping skills.

Coping is the process of spending mental, conscious energy on dealing with problems in life. The term coping generally refers to reactive coping, i.e. the coping response which follows the stressor.

Definition of Coping:

Lazarus and Folkman (1984) defined coping as "constantly changing cognitive and behavioural efforts to manage specific external and/or internal demands that are appraised as taxing or exceeding the resources of the person".

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Coping with Stress:

Coping with Stress is the process by which a person consciously attempts to master, minimize, or tolerate stressors and problems in life.

Coping is the process of spending conscious effort and energy to solve personal and interpersonal problems. In case of stress, coping mechanisms seek to master, minimize, or tolerate stress and stressors that occur in everyday life. These mechanisms are commonly called coping skills or coping strategies. All coping strategies have the adaptive goal of reducing or dealing with stress, but some strategies can actually be maladaptive or merely ineffective. Maladaptive behaviours are those that inhibit a person's ability to adjust to particular situations. This type of behaviour is often used to reduce one's anxiety, but result in dysfunctional and non-productive.

The term "coping" usually refers to dealing with the stress that comes after a stressor is presented, but many people also use productive coping strategies to eliminate or avoid stressors before they occur. Personal choice in coping strategies is determined by personality traits and type, social context, and the nature of the stressor involved.

Role of Parents in Coping with Stress:

Parents play an important role in coping with the stress of their children by following ways:

*) Maintain a normal Routine:

Helping children wake up, go to sleep, and eat meals at regular times provide them a sense of stability. Going to school and participating in typical after-school activities also provide stability and extra-support.

*) Talk, listen, and encourage expression:

Create opportunities to have your children talk, but do not force them. Listen to your child's thoughts and feelings and share some of yours.

*) Watch and Listen:

Be alert for any change in behaviour. Any changes in behaviour, even small ones, may be signs that your child is having trouble and may need support.

*) Connect with others:

Make an on-going effort to talk to other parents and your child's teachers about ways to help your child cope. It is often helpful for parents, schools and health professionals to work together for the well-being of all children in stressful times.

Role of Students in Coping with Stress:

Students can cope up their stress by the following tips:

* Talk to and stay connected to others:

This might be: Parents, Relatives, Friends, Neighbors, Teachers etc. Talking with someone can help student to make sense of out of their experience and figure out ways of feel better.

* Get active:

Go for a walk, play sports, write a play or poem, play a musical instrument. Volunteer with a community group that promotes non-violence or another school activity that you care about.

* Take care of your Self:

Try to get plenty of sleep, eat right, exercise, and keep a normal routine. By keeping yourself healthy, you will be better able to handle a tough time.

* Take information breaks:

Pictures and stories about a disaster can increase worry and other stressful feelings. Taking breaks from the news, internet, and conversations about the disaster can help calm you down.

Role of Teachers in Coping with Stress:

Teachers can help the students to cope up with stress by the following ways:

* Reach Out and talk:

Create opportunities to have students talk, but do not force them. When children talk about their feelings, it can help them to cope and to know that different feelings are normal.

* Watch and listen:

Be alert for any change in behaviour. These changes may be early warning signs that a student is struggling and needs extra support from the school and family.

* Maintain Normal routines:

Encourage students to keep up with their schoolwork and extracurricular activities but do not push them if they seem overwhelmed.

* Take Care of Yourself:

Teachers are better able to support their students if they are healthy, coping and taking care of themselves first:

- Eat healthy, well-balanced meals
- Exercise on a regular basis
- Get plenty of sleep
- Give yourself a break if you feel stressed out.

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ಎನ್.ಇ.ಎಸ್.ಕ್ಯಾಂಪಸ್, ಬಾಲರಾಜ್ ಅರಸ್ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ-577201

TWO YEAR B.Ed COURSE
SEMESTER

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YEAR : 2018-2019

Subject : ಕೇಂದ್ರೀಯ ಯೋಜನೆ

Topic : ೨ನೇ ತರಗತಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಬಹುಮುಖ
ಬುದ್ಧಿಶಕ್ತಿ ಅಭ್ಯಯನ

Guide : ಡಾ|| ಮಂಜು. ಎನ್.ಡಿ.

ಹೆಸರು

ಪಲ್ಲವಿ ಬಿ. ವಾಲ್ಮೀಕಿ

Name :

ಹಾಜರಿ ಸಂಖ್ಯೆ

ED190021

Roll/ No.....

Valid
1000
25/3/29

NATIONAL EDUCATION SOCIETY(R.)

S.V.K.National College of Education,
Balaraj Urs Road, Shimoga-577201

Certificate

This is to Certify that Sri/Smt./Kum... ಹೆಲ್ಮಿ ಬಿ. ಎಸ್

has done a ನಿಯೋಜಿತ ಕಾರ್ಯ in year 2018-2019 in.....

ಕೆಲಕಾರ್ಥಿಯ ಮನೋವಿಜ್ಞಾನthe work has
been valued by the following Teacher Educator.

Date: 20/03/2019
Shimoga:

Merryh. S.D
Signature of the Teacher Educator

ಪೊರವಿಡಿ :-

ಕ್ರ.ಸಂ	ವಿಷಯಗಳು
01.	ಹೀರಿಕೆ
02.	ಬುಡ್ಧಶಕ್ತಿಯ ಉರ್ಥ
03.	ಬುಡ್ಧಶಕ್ತಿಯ ವಿಧಗಳು
04.	ಬುಡ್ಧಶಕ್ತಿಯ ಸಿದ್ಧಾಂತಗಳು
05.	ಬುಡ್ಧಶಕ್ತಿ ಮಾರ್ಪೆ
06.	ಬುಡ್ಧಶಕ್ತಿಯ ಸೂಚ್ಯಂಕ
07.	ಬುಡ್ಧಶಕ್ತಿ ಪರೀಕ್ಷೆಗಳ ವಿಧಾನಗಳು :
08.	ಬುಡ್ಧಶಕ್ತಿ ಪರೀಕ್ಷೆಗಳ ಶೈಕ್ಷಣಿಕ ಉಪಯುಕ್ತತೆ.
09.	ಉಪಸಂಹಾರ
10.	ಸಿದ್ಧಾಂತಗ್ರಂಥ

ವೀರಣ್ :-

ಬುಡ್ಧಶಕ್ತಿ ಎಂಬ ಪದವನ್ನು ಹೊಂದಿರುವ ಜೀವನದಲ್ಲಿ ಜನಪ್ರಿಯವಾಗಿರುವುದು ಹೊರತು, - ಅದು ಮನೋವಿಜ್ಞಾನ, ಶಿಕ್ಷಣ ಮತ್ತು ಮಕ್ಕಳ ವಿಕಾಸ ಮುಂತಾದ ಕ್ಷೇತ್ರಗಳಲ್ಲಿನ ಸಂಶೋಧಕರ ಗಮನವನ್ನು ಸೆಳೆದಿದೆ. ಬುಡ್ಧಶಕ್ತಿ ಎಂಬ ಪದಕ್ಕೆ ಇಲವಾರು - ಅರ್ಥಗಳನ್ನು ಕಾಣುತ್ತೇವೆ. ಆದ್ದರಿಂದಲೇ ಸಾಮಾನ್ಯ, ಆರೋಗ್ಯ ಮತ್ತು ಪ್ರಾಣ ಸಾಮಾನ್ಯ, ವೇಗವಾಗಿ ಕಲಿಯುವವರ, ಮಾನಸಿಕ ಸಾಮಾನ್ಯ ಮುಂತಾದ ಪದಗಳನ್ನು ಬಳಸಲಾಗುತ್ತದೆ.

ಹೀಗೆಯೇ ಸಮಸ್ಯೆಯನ್ನು ವೇಗವಾಗಿ ಮತ್ತು ಸುಲಭವಾಗಿ ಪರಿಹರಿಸಿದರೆ ಅಥವಾ ಸಂಭಾಷಣೆಯಲ್ಲಿ ಏಕೆ ಮತ್ತು ಚಿಂತನೆಯನ್ನು ತೋರಿಸಿದರೆ ಪದವನ್ನು ಬುಡ್ಧವೆಂದೆಂದು ಕರೆಯುತ್ತೇವೆ. ಇದು ವೈದ್ಯಕೀಯ ಕ್ಷೇತ್ರದಲ್ಲಿ ಮಾತ್ರವೇ ಸಾಧನೆ ಮಾಡಿದ್ದು. ಇದು ಕೇವಲವಾಗಿ - ಅದನ್ನು ಬುಡ್ಧವೆಂದೆನ್ನುತ್ತೇವೆ.

ಅರ್ಥ :-

ಮನೋವಿಜ್ಞಾನಿ ಹಾಗೂ ಶಿಕ್ಷಣ ಕ್ಷೇತ್ರದಲ್ಲಿ ಬುಡ್ಧಶಕ್ತಿ ಎಂಬ ಪದವನ್ನು ಬಳಸಲಾಗಿದೆ. ಇಲವಾರು ಮನೋವಿಜ್ಞಾನಿಗಳು 'ಬುಡ್ಧಶಕ್ತಿ'ಗೆ ಐದು ಅರ್ಥಗಳನ್ನು ನೀಡಿರುತ್ತಾರೆ. ಕೆಲವು ಪ್ರಮುಖವಾಗಿ ಹೀಗಿವೆ:

*. ಉತ್ತಮವಾಗಿ ನೋಡುವ ಕೈಗಳು, ಉತ್ತಮವಾಗಿ ಸೆಳೆಯುವುದನ್ನು ಮಾಡುವ ಮತ್ತು ಉತ್ತಮವಾಗಿ ಆರೋಗ್ಯವನ್ನು ಸಾಮಾನ್ಯವಾಗಿ ಬುಡ್ಧಶಕ್ತಿಯಾಗಿ.

- ಬೇನೆ ಮತ್ತು ಸ್ವಯಂ

*. ವೈದ್ಯಕೀಯ ಉದ್ದೇಶಪೂರ್ವಕವಾಗಿ ಪರೀಕ್ಷಿಸುವ, ಆರೋಗ್ಯವಾಗಿ ಬಿಡುವುದು ಮತ್ತು ಪರಿಸರದೊಂದಿಗೆ ಸಮರ್ಪಕವಾದ ರೀತಿಯಲ್ಲಿ ದೃಢೀಕರಣ ಮಾಡಿಕೊಳ್ಳುವುದು. ಅದರಲ್ಲಿ ಒಬ್ಬ ಸಾಮಾನ್ಯವನ್ನು ಸಮಗ್ರವಾಗಿ ಬುಡ್ಧಶಕ್ತಿ ಎನ್ನುವರು.

*. ಇದು - ಅಥವಾ ಹೆಚ್ಚಿನ ಸಾಂಸ್ಕೃತಿಕ ಸೆಳೆಯುವಿಕೆಯನ್ನು ಮೆಚ್ಚುವುದು. ಅಥವಾ ಕೆಲವು ವೈದ್ಯಕೀಯ ಬುಡ್ಧಶಕ್ತಿ ಎನ್ನುವರು.

- ಕೋಡ್ ಹೆಚ್ಚು

- ಕೋಡ್ ಹೆಚ್ಚು

ಬುಧ್ಧಶಕ್ತಿಯ ವಿಧಗಳು :-

ಧಾರ್ಮಿಕರವರು ಬುಧ್ಧಶಕ್ತಿಯನ್ನು ಶ್ರೇಯೋಪಯೋಗಿ 3 ವಿಧಗಳಾಗಿ ವಿಂಗಡಿಸಿದ್ದಾರೆ. - ಅಪ್ರಗಲ್ಬಂದರ ಮೊರ್ತೆ, ಅಮೋರ್ತೆ ಮತ್ತು ಸಾಮಾಜಿಕ

ಬುಧ್ಧಶಕ್ತಿ.

೧. ಮೋರ್ತೆ ಬುಧ್ಧಶಕ್ತಿ :-

ಮೋರ್ತೆ ಬುಧ್ಧಶಕ್ತಿಯಿಂದರೆ ಸರಲ ವಸ್ತುಗಳೊಡನೆ ಸಂಬಂಧವನ್ನು ಕಟ್ಟುವುದಾಗಿದೆ. ಬಿಬ್ಬು ಹೈರಿ ಜೀವನದ ಸ್ವಲ್ಪ ಸ್ವಲ್ಪವೇಶಗಳನ್ನು ಗ್ರಹಿಸಿ ದೈವ ಸ್ಮಾರಕವಾಗಿ ಶ್ರೇಷ್ಠಿಯವು ಸಾಮರ್ಥ್ಯವಾಗಿದೆ. ಮೋರ್ತೆ ಬುಧ್ಧಶಕ್ತಿಯು ಪ್ರವೇಶಿಸಿ ಜೀವನದ ಹಲವಾರು ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಕಂಡುಬರುತ್ತದೆ.

೨. ಅಮೋರ್ತೆ ಬುಧ್ಧಶಕ್ತಿ :-

ಇದು ಪದಗಳು, ಸಂಖ್ಯೆಗಳು ಮತ್ತು ಉಚಾರಗಳಿಗೆ ಶ್ರೇಷ್ಠಿಯವು ಸಾಮರ್ಥ್ಯವಾಗಿದೆ. ಅಮೋರ್ತೆ ಬುಧ್ಧಶಕ್ತಿ ಪರೀಕ್ಷೆಗಳು ಸಾಂಕೇತಿಕವಾಗಿ ನಿರ್ವಹಣಾ ಸಾಮರ್ಥ್ಯವನ್ನು ಪರೀಕ್ಷಿಸುತ್ತವೆ. ಇದು ಶಾಲಾ ಉತ್ತರಗಳ ಕೆಲಕೆ - ಅಗತ್ಯವಾದ ಮತ. ಇದು ಗಣಿತದ ತರ್ಕ ಸಾಮರ್ಥ್ಯ ಮತ್ತು ಲಾಜಿಕ ಬೆಂಬಲವನ್ನು ಕಂಡುಬರುತ್ತದೆ.

೩. ಸಾಮಾಜಿಕ ಬುಧ್ಧಶಕ್ತಿ :-

ಸಾಮಾಜಿಕ ಬುಧ್ಧಶಕ್ತಿಯಿಂದರೆ ದಿನನಿತ್ಯದ ಸಾಮಾಜಿಕ ಸ್ವಲ್ಪವೇಶಗಳಲ್ಲಿ ಶ್ರೇಷ್ಠಿಯು ಶ್ರೇಷ್ಠಿಯವು ಸಾಮರ್ಥ್ಯವಾಗಿದೆ. ಇತರರ ಭಾವನೆಗಳನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವ ಮತ್ತು ಅವರೊಂದಿಗೆ ವರ್ತಿಸುವ ಸಾಮರ್ಥ್ಯವಾಗಿದೆ. ಸಾಮಾಜಿಕ ಸ್ವಲ್ಪವೇಶಗಳಲ್ಲಿ ಹೈರಿಯ ಸಮರ್ಪಕ ಕ್ರಿಯಾಣಿತಿ ಸಾಮಾಜಿಕ ಬುಧ್ಧಶಕ್ತಿಯ ಸೂಚಕವಾಗಿದೆ.

ಬುಧ್ಧಶಕ್ತಿಯ ಸಿದ್ಧಾಂತಗಳು :-

ಮನೋವಿಜ್ಞಾನಿಗಳು ಬುಧ್ಧಶಕ್ತಿಯ ಸ್ವರೂಪವನ್ನು ಕುರಿತು ಹಲವಾರು ಸಿದ್ಧಾಂತಗಳನ್ನು ಮಂಡಿಸಿದ್ದಾರೆ. ಬುಧ್ಧಶಕ್ತಿಯ ಸಿದ್ಧಾಂತಗಳನ್ನು ಸಾಂಪ್ರದಾಯಿಕ ಸಿದ್ಧಾಂತಗಳು ಮತ್ತು ಸಮಕಾಲೀನ ಸಿದ್ಧಾಂತಗಳು ಎಂದು ಎರಡು ರೀತಿಯಲ್ಲಿ ವಿಂಗಡಿಸಬಹುದಾಗಿದೆ. ಅಪ್ರಗಲ್ಬಂದರ -

1. ಬುಧಶಕ್ತಿಯ ಸಾಂಪ್ರದಾಯಿಕ ಸಿದ್ಧಾಂತಗಳು :

• ಬುಧಶಕ್ತಿಯ ಉದ್ಭವ ಸಿದ್ಧಾಂತ :

ಬ್ರಿಟಿಷ್ ಮೆನೋಲಿಜ್ಞ್ ಜಾರ್ಜ್ ಸ್ಟೀಯರ್ಸ್‌ನವರು 1934 ರಲ್ಲಿ ಬುಧಶಕ್ತಿಯ ಉದ್ಭವ ಸಿದ್ಧಾಂತವನ್ನು ಪ್ರತಿಪಾದಿಸಿದರು. ಇವರ ಪ್ರಕಾರ ಬುಧಶಕ್ತಿ ಎರಡು ಕಾರಣಗಳಿಂದ ಹುಟ್ಟಿತು. ಒಂದು '೨' ಕಾರಣ ಎಂದು ಹೇಳುವುದು ಸಾಮಾನ್ಯ ಮಾನವರಿಗೆ ಸಾಮಾನ್ಯ ಮತ್ತು ಇನ್ನೊಂದು '೩' ಕಾರಣ ಎಂದು ಗುರುತಿಸಲ್ಪಡುವ ನಿರ್ದಿಷ್ಟ ಮಾನವರಿಗೆ ಸಾಮಾನ್ಯಗಳು. ಈ ಸಿದ್ಧಾಂತದ ಪ್ರಕಾರ ನಮ್ಮ ಎಲ್ಲಾ ಬುದ್ಧಿ ಬೆಳೆವಣಿಗೆಗಳು '೨' ಎಂದು ಗುರುತಿಸಲ್ಪಡುವ ಮಾನವರಿಗಾಗಿದೆ ಮಾತ್ರ ಅವಲಂಬಿಸಿದೆ. ಈ ಸಿದ್ಧಾಂತದ ಪ್ರತಿಪಾದಕರಾದ ಮತ್ತೊಂದು ಅಂಶ '೩' ಕಾರಣ ಎಂದು ಗುರುತಿಸಲ್ಪಡುವವರು ನಿರ್ದಿಷ್ಟಕಾರಣಗಳು.

• ಪ್ರಾಥಮಿಕ ಮಾನವರಿಗೆ ಸಾಮಾನ್ಯವಾಗಿ ಸಿದ್ಧಾಂತ :

—ಬ್ರಿಟಿಷ್ ಮೆನೋಲಿಜ್ಞ್ ಲಾರ್ಡ್ ಥರ್ಸ್ಟನ್‌ನವರು 1938 ರಲ್ಲಿ ಬುಧಶಕ್ತಿಯ 4 ಪ್ರಮುಖ ಉತ್ಪತ್ತಿಗಳನ್ನು ಗುರುತಿಸಿ ಪ್ರಾಥಮಿಕ, ಮಾನವರಿಗೆ ಸಾಮಾನ್ಯವಾಗಿ ಸಿದ್ಧಾಂತವನ್ನು ಪ್ರತಿಪಾದಿಸಿದರು. ಇವರ ಪ್ರಕಾರ ಬುಧಶಕ್ತಿ ಕೇವಲ '೨' ಮಾತ್ರ ಸಾಮಾನ್ಯ ಮಾನವರಿಗೆ ಸಾಮಾನ್ಯವನ್ನು ಹೊಂದಿದೆ, ಅಷ್ಟು ಪ್ರಮುಖವಾದುದು ಹಲವಾರು ಕಾರಣಗಳು ಅಥವಾ ಸರಳ ಸಾಮಾನ್ಯವಾಗಿವೆ.

• ಪ್ರತಿಜ್ಞೆಯ ಸಿದ್ಧಾಂತ :

ಬ್ರಿಟಿಷ್ ಮೆನೋಲಿಜ್ಞ್ ಜಿ. ಹೆಚ್. ಥಾಮ್ಸನ್‌ನವರು 1939 ರಲ್ಲಿ ಬುಧಶಕ್ತಿಯ ಪ್ರತಿಜ್ಞೆಯ ಸಿದ್ಧಾಂತವನ್ನು ಪ್ರತಿಪಾದಿಸಿದರು. ಈ ಸಿದ್ಧಾಂತದ ಪ್ರಕಾರ ಮಾನವರು ಹಲವಾರು ಸ್ವತಂತ್ರವಾದ ಮಾಲಾಂಶಗಳು ರಚಿಸಲ್ಪಟ್ಟಿವೆ. ಯಾವುದೇ ಒಂದು ನಿರ್ದಿಷ್ಟ ಪದಕ್ಕೆ ಅಥವಾ ಬೆಳೆವಣಿಗೆಯೂ ಹಲವಾರು ಬಂಧಗಳನ್ನು ಹೊಂದಿದೆ ಈ ಸಿದ್ಧಾಂತದ ಪ್ರಕಾರ ಬುದ್ಧಿ ಸಾಮಾನ್ಯಗಳು ನಿರ್ದಿಷ್ಟ ಗುಣಗಳನ್ನು ಹೊಂದಿವೆ ಮತ್ತು ಬುದ್ಧಿ ಸಾಮಾನ್ಯಗಳು ಒಂದು ಸಾಮಾನ್ಯವಾದ ಮಾತ್ರ ಅವಲಂಬಿಸಿದೆ. ಸಾಮಾನ್ಯ ಸಾಮಾನ್ಯವಾಗಿ ಮಾತ್ರ ಅವಲಂಬಿಸಿರುತ್ತದೆ.

೪. ಬುಧಶಕ್ತಿಯ ರಚನಾತ್ಮಕ ಮಾದರಿ ಸಿದ್ಧಾಯ್ತೆ ?

ಈ ಸಿದ್ಧಾಯ್ತೆವನ್ನು ಜೆ.ಪಿ. ಗರ್ವಾಡ್‌ರವರು 1966 ರಲ್ಲಿ ತಮ್ಮ ಸಿದ್ಧಾಯ್ತೆವನ್ನು ಪ್ರಕಟಗೊಳಿಸಿದ್ದಾರೆ. ಈ ಸಿದ್ಧಾಯ್ತೆ ಪ್ರಕಾರ 'ಅನೇಕ' ಸಂಖ್ಯೆಯ ಬುಧಶಕ್ತಿ ಸಾಮರ್ಥ್ಯಗಳ ವಿಶಿಷ್ಟ ಸಂಕೇತನೆಯೇ ಬುಧಶಕ್ತಿ. ಇವರು ಪ್ರಕಟಗೊಳಿಸಿದ ಪೆಟ್ಟಿಗೆಯಾಕಾರದ ರಚನಾತ್ಮಕ ಮಾದರಿಯಲ್ಲಿ ಬುಧಶಕ್ತಿ ಸಾಮರ್ಥ್ಯಗಳು ಕ್ರಿಯೆಗಳು, ವಿಶ್ರಾಂತಿಗಳು, ಮತ್ತೆ ಉತ್ಪನ್ನಗಳು ಎಂಬ ಮೂರು ವಿಭಾಗಗಳನ್ನು ಉಳಿಸಿವೆ. ಮತ್ತೆ ಯಾವ ರೀತಿ ಪ್ರತಿಕ್ರಿಯಿಸುತ್ತವೆ ಎಂಬುದನ್ನು ಕ್ರಿಯೆಗಳು ಪ್ರತಿನಿಧಿಸಿದರೆ, ಯಾವುದರ ಮೇಲೆ ಪ್ರತಿಕ್ರಿಯಿಸುತ್ತವೆ ಎಂಬ ವಿಷಯವನ್ನು ವಿಶ್ರಾಂತಿಗಳು ಪ್ರತಿನಿಧಿಸುತ್ತವೆ.

೫. ಬುಧಶಕ್ತಿಯ ಸಮಕಾಲೀನ ಸಿದ್ಧಾಯ್ತೆಗಳು :-

ಬುಧಶಕ್ತಿಯ ಸಮಕಾಲೀನ ಸಿದ್ಧಾಯ್ತೆಗಳನ್ನು ಪ್ರಕಟಗೊಳಿಸಿದವರು ಬುಧಶಕ್ತಿಯನ್ನು ಒಂದು ಸೂಚಕವೆಂದು ಅರ್ಥೈಸುವುದಾದ ಬುಧಶಕ್ತಿ ಸಾಮರ್ಥ್ಯವೇ ಬುಧಶಕ್ತಿ ಹೆಚ್ಚುವುದು. ಇವರು ಬುಧಶಕ್ತಿಯಲ್ಲಿನ ಕಲಮರು ತೀತಿಯ ಬುಧಶಕ್ತಿ ಸಾಮರ್ಥ್ಯಗಳನ್ನು ಪ್ರಕಟಗೊಳಿಸುತ್ತಾರೆ.

ಬಹುಬುಧಶಕ್ತಿಯ ಸಿದ್ಧಾಯ್ತೆ :-

ರೋಮ್‌ನ ಗರ್ವಾಡ್‌ರವರು ಯಾವ ಪ್ರಯತ್ನ ತತ್ವಗಳನ್ನು ಧರಿಸಿ ಬಹುಬುಧಶಕ್ತಿಯ ಸಿದ್ಧಾಯ್ತೆವನ್ನು ಪ್ರಕಟಗೊಳಿಸಿದ್ದಾರೆ. ಆ ತತ್ವಗಳೆಂದರೆ -

1. ಬುಧಶಕ್ತಿ ಎಂಬುದು ಒಂದು ಸಾಮರ್ಥ್ಯವೆಂದು ಕಂಡುಬಂದಿದೆ. ಆದರೆ ಬಹು ಬುಧಶಕ್ತಿಗಳು ಕಂಡುಬರುತ್ತವೆ.

2. ಈ ಎಲ್ಲಾ ಬುಧಶಕ್ತಿಗಳು ಒಂದು ಏಕೀಕರಣದ ಸ್ವತಂತ್ರವಾಗುತ್ತವೆ. ಉದಾಹರಣೆಗೆ ಒಂದು ರೀತಿಯ ಬುಧಶಕ್ತಿಯಲ್ಲಿ ಉತ್ಪಾದನಾಗಿದ್ದರೆ, ಏಕೀಕರಣದ ರೀತಿಯ ಬುಧಶಕ್ತಿಯಲ್ಲಿಯೂ ಸಹ ಉತ್ಪಾದನಾಗುತ್ತಾನೆಂದು ಕೇಳಲು ಸಾಧ್ಯವಿಲ್ಲ.

3. ಯಾವ ರೀತಿಯ ಬುಧಶಕ್ತಿಗಳಲ್ಲಿ ಉತ್ಪಾದನೆಯನ್ನು ಕಂಡುಬಂದಿದೆ. ಒಂದು ಸಮರ್ಥನೆ ಹೊಂದಿ ಯಾವ ರೀತಿಯ ಬುಧಶಕ್ತಿಗಳಲ್ಲಿ ಉತ್ಪಾದನೆಯು ಮುಂದುವರಿದಿದೆ.

ಗಾಡನರ ರಮೆಯ ೩ ರೀತಿಯ ಬುಧ್ಧಿಶಕ್ತಿಗಳನ್ನು ಪ್ರತಿಪಾದಿಸಿದ್ದಾರೆ.

ಅಪ್ರಾಕೃತಿಕ -

೨೬. ಭಾಷಾ ಬುಧ್ಧಿಶಕ್ತಿ : ಇದು ಓದುವಿಕೆ, ಬರೆಯುವಿಕೆ, ಅಲಕುವಿಕೆ, ಮೊಟೆನಾಡುವಿಕೆ, ಉತ್ಪಾದಿಸುವಿಕೆ, ಐಕ್ಯೋಕ್ತಿಗಳ ಸಂಬಂಧವಿದೆ.

೨೭. ತಾಣಿಕೆ - ಗಣಿತದ ಬುಧ್ಧಿಶಕ್ತಿ : ಈ ರೀತಿಯ ಬುಧ್ಧಿಶಕ್ತಿ ಗಣಿತದ ಸಮಸ್ಯೆಗಳನ್ನು ಬಿಡಿಸುವಲ್ಲಿ, ಅನುಮಾನ ಹಿಡಿಸಿ ಮತ್ತು ಸಂಕೀರ್ಣ ಬಳಕೆಯ ಸಾಮರ್ಥ್ಯವನ್ನು ಬಳಸುತ್ತದೆ. ವೈಜ್ಞಾನಿಕ ಕಾರ್ಯಗಳಲ್ಲಿ ಈ ಸಾಮರ್ಥ್ಯ ಪ್ರಶ್ನಿಸುತ್ತದೆ.

೨೮. ಸ್ವಭಾವಿಕಾತ ಸಂಬಂಧದ ಬುಧ್ಧಿಶಕ್ತಿ : ಈ ರೀತಿಯ ಬುಧ್ಧಿಶಕ್ತಿ ಸ್ವಭಾವಿಕಾತ ಸಂಬಂಧಗಳನ್ನು ಕಂಡುಹಿಡಿಯುವಲ್ಲಿ, ಮಾನವರಿಗೆ ಹಿಡಿಸುತ್ತವೆ ಮತ್ತು ರೂಪಿಸಿಕೊಳ್ಳುವಿಕೆ, ಮಾರ್ಗದರ್ಶಿ ಮತ್ತು ಬಳಕೆ ಮಾಡುವಿಕೆಯಲ್ಲಿ, ಅಂತರರಾಷ್ಟ್ರೀಯ ಕಂಡುಬರುತ್ತದೆ.

೨೯. ಸಂಗೀತದ ಬುಧ್ಧಿಶಕ್ತಿ : ಈ ಬುಧ್ಧಿಶಕ್ತಿ ಕುರಿತು ಹೇಳುವುದು ವೈಯಕ್ತಿಕ ದಾಖಲೆಗಳಿಗೆ ಅನುಗುಣವಾಗಿ ರಾಗ, ತಾಳ, ಮತ್ತು ಲಯಗಳು, ಸಂಗೀತದ ಮಾದರಿಗಳನ್ನು ಮೆಚ್ಚುವಿಕೆ, ರಾಗ ಸಂಯೋಜನೆ ಮತ್ತು ಸಂಗೀತದ ಪ್ರಕಾರದ ಮುಂತಾದವುಗಳಿಗೆ ಸಂಬಂಧಿಸಿದ ಶಿಕ್ಷಣವನ್ನು ಪ್ರಶ್ನಿಸುತ್ತದೆ.

೩೦. ದೈಹಿಕ - ಗತಿಶೀಲವಾದವನುಳ್ಳ ಬುಧ್ಧಿಶಕ್ತಿ : ಈ ಬುಧ್ಧಿಶಕ್ತಿಯು ನಾಟ್ಯ, ಕ್ರೀಡೆ, ಶಸ್ತ್ರಚರ್ಮ, ಕೆಲಸ-ಕುಶಲತೆ ಮುಂತಾದ ಸಮನ್ವಯವಾದ ಕಂಡು ಗತಿಶೀಲವಾದ ಚಟುವಟಿಕೆಗಳಿಗೆ ಅನುಗುಣವಾಗಿ ಕೆಲಸಗಳು ಮತ್ತು ಸೃಷ್ಟಿಶೀಲವನ್ನು ಕಂಡುಬರುತ್ತದೆ.

೩೧. ಅಂತರ ಪ್ರೀತಿ ಸಂಬಂಧದ ಬುಧ್ಧಿಶಕ್ತಿ : ಇಂತಹ ಭಾವನೆಗಳು, ಪ್ರೀತಿಗಳು, ದಾಖಲೆಗಳನ್ನು ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳುವಿಕೆಯನ್ನು ಬಳಸುತ್ತದೆ. ಇಂತಹ ಅಂತರ ಪ್ರೀತಿ ಸಂಬಂಧದ ಸಾಮಾಜಿಕ ಬುಧ್ಧಿಶಕ್ತಿ ಶಿಕ್ಷಣ, ಮನೋವೈಜ್ಞಾನ, ತಾರಾಜಗದೇಶಗಳ ವ್ಯಾಖ್ಯಾನಗಳು ಮತ್ತು ಧಾರ್ಮಿಕ ನಾಯಕರುಗಳಲ್ಲಿ ಹೆಚ್ಚಿನ ಕಂಡುಬರುತ್ತದೆ.

೩೨. ಪ್ರೀತಿಯಂತೆಗಲೆ ಬುಧ್ಧಿಶಕ್ತಿ : ಈ ಬುಧ್ಧಿಶಕ್ತಿ ಪ್ರೀತಿ ತನ್ನನ್ನು ತಾನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವಿಕೆ ಮತ್ತು ಅನುಗುಣವನ್ನು ರೂಪಿಸಿಕೊಳ್ಳುವಿಕೆಗೆ ಸಂಬಂಧಿಸಿದೆ.

೩೩. ಸ್ಪರ್ಶಿಕ ಬುಧ್ಧಿಶಕ್ತಿ : ಕುರಿತು ಪ್ರೀತಿಯಿಂದಲೂ ಪ್ರೀತಿಗಳನ್ನು ಗುರುತಿಸುವ ಮತ್ತು ಕಂಡುಬರುವ ದಾಖಲೆ ಸ್ಪಷ್ಟಪ್ರೀತಿಗಳನ್ನು ಗುರುತಿಸುವ ಸಾಮರ್ಥ್ಯಗಳನ್ನು ಬಳಸುತ್ತದೆ.

ವಾಕ್ಯಲಿಪಿ	ನಾಡು ಪ್ರತ್ಯಯ	ಪ್ರತ್ಯಯ	ನಾಡು ನು,	ಪ್ರತ್ಯಯ -ಯ	ನಾಡು ಪ್ರತ್ಯಯ
ನಾನು ಹೈಕಾಕ್ ನ್ಯಾಯಾಲಯವನ್ನು ವಿನಾಶಕ್ಕೆ ಒಡ್ಡಿದಾಗ ಕೇವಲ ಹಿಂದೂ ಧಾರ್ಮಿಕ ಲೋಕ - ಕೊಂಡಿದ್ದೇನೆ.	✓				
ನಾನು ಸ್ವಲ್ಪ ಮೊದಲಿನಿಂದಲೂ ಕೊಪ್ಪಳಕ್ಕೆ ಯೋಜಿಸಿದ್ದನ್ನು ನಿರ್ವಹಿಸಿ ಅಲ್ಲಿಂದ ಕೊಂಡಿದ್ದೆ - ಎನ.		✓			
ನಾನು ಸಮೀಪಕ್ಕೆ ಬಂದು ಹೈಕಾಕ್ ಕೆಲವು ಕೆಲಸಗಳನ್ನು ಮಾಡಿ ನಡೆದಾಗ ಕೆಲವು ಸಂದರ್ಭದಲ್ಲಿ ಚಿಂತಿಸುತ್ತೇನೆ.	✓				
ನಾನು ನಾಟಕ ಮಾಡಲು ಮುನಾದಿ.				✓	
ನಾನು ಬಾಹ್ಯದಿಂದ ಬಂದಾಗ - ಹೊರಗೆ ಬಂದಾಗ ಪ್ರಯಾಣ ಮಾಡುವುದು ಅನುಕೂಲವಾಗಿರುತ್ತದೆ - ಹೆ.	✓				
ನಾನು ಕೆಲವು ಸಂದರ್ಭಗಳಲ್ಲಿ ಅಧಿಕಾರವನ್ನು ವಹಿಸಿದ್ದನ್ನು ಹೈಕಾಕ್ ನು ನೋಡುವುದು ಅನುಕೂಲವಿದೆ.		✓			

ಹೆಸರು :- ರೋಹಿಣಿ.ಕೆ.ಬಿ.

ವಿಧ :- ಹೆಣ್ಣು

ಶಾಲೆಯ ಹೆಸರು :- ಇಂಡಿಯನ್ ಫೈಥರ್ ಶಾಲೆ

ತರಗತಿ :- ೧^{ನೇ} ತರಗತಿ.

ಮಾಹಿತಿ :- ಈ ಶೈಕ್ಷಣಿಕ ನಡೆದಿರುವ ಹೆಣ್ಣುಗಳನ್ನು ಗಮನಿಸಬೇಡಿ

ಓದಿ. ಪ್ರತಿಯೊಂದು ಹೆಣ್ಣುಗೂ ಒಂದು ಅಭಿಪ್ರಾಯವಾಗಿದೆ,

ಅವಕಾಶ ಕಲ್ಪಿಸಲಾಗಿದೆ. - ಉಪಗ್ರಹದಿಂದ ಖಂಡಿತ ಬಿಪ್ಲವೇ,

ಬಿಪ್ಲವೇ, ಯಾವುದೂ ಇಲ್ಲ, ಬಿಪ್ಲವೇ, ಖಂಡಿತ

ಬಿಪ್ಲವೇ. ಇದರಲ್ಲಿ ನಮಗೆ ಸರಿಯಾದ ಬಂದಿ

(✓) ಸುರುತ್ತಾಹಿರುವ ಮೂಲಕ ನಮ್ಮ ಅಭಿಪ್ರಾಯವನ್ನು
ಪ್ರಕಟಿಸಬೇಕಾಗಿದೆ. ಪ್ರತಿಯೊಂದು ಹೆಣ್ಣುಗೂ ಪ್ರತಿಭೆಯಿದೆ

ಇಲ್ಲ ಯಾವುದೇ ಸರಿ ಮತ್ತು ತಪ್ಪು ಉತ್ತರಗಳು ಎಂಬುದಿಲ್ಲ.

ನಮ್ಮ ಅಭಿಪ್ರಾಯವನ್ನು ಸಾಬ್ಯವಾಗಿಡಲಾಗುವುದು ಹಾಗೂ ಈ

ಹೆಚ್ಚುವರಿಯನ್ನು ಸಂಶೋಧನೆಗೆ ಮಾತ್ರ ಬಳಸಿಕೊಳ್ಳಲಾಗುವುದು.

ಹತ್ತರಿಗಿತ್ತು	ಇದರ ಪ್ರತ್ಯಯ	ಪ್ರತ್ಯಯ	ಪ್ರತ್ಯಯ	ಪ್ರತ್ಯಯ	ಪ್ರತ್ಯಯ
ತೆರಿಗೆಯಲ್ಲಿ ಕಟ್ಟಿದ ಪಾಡವನ್ನು ಪಾಡುವಾಗ ಆಗಾಗೆ ವಿದ್ಯಾರಣ್ಯನು ಮಾಡಿದ ಉಪದೇಶವನ್ನು ನೀಡಬೇಕು ?					✓
ಜೀವವಿಜ್ಞಾನ ಬೋಧನೆಯಲ್ಲಿ ಸುಸೂತ್ರವಾದ ವಿಧಾನದ ಬಗ್ಗೆ ಅಗತ್ಯವಿದೆ.	✓				
ಮಕ್ಕಳಿಗಾಗಲಿ ಅಥವಾ ಹಿರಿಯರಿಗಾಗಲಿ -ಗೆ ನಾನು ಹಿರಿಯನಾದೆ ಎಂದು ತಿಳಿಸಿ.					✓
ನಾನು ಕೂಡಿದಾಗ ಕೆಲವು ಅನುಭವವನ್ನು ಕೊಡುವೆನೆ ಮಾತ್ರವೇ ಈ ಸಮಾಜದ ದೃಷ್ಟಿ ನೋಡುವುದರ ಮೂಲಕ ಕೆಲಸಮಾಡುತ್ತೇನೆ.		✓			
ನಾನು ಶಾಲೆಯಲ್ಲಿ ಅಧ್ಯಾಪಕರಾಗಿ ಇರುವೆನೆ & ಸಮಾಜದ ಅಭಿವೃದ್ಧಿ ಮಾತ್ರವೇ ಈ ಸಮಾಜದ -ತೆನೆ.		✓			
ನಾನು ಜಿಜ್ಞಾಸು ಈ ಸಮಾಜದ ವಿವಿಧವಾದ ಮೇಲೆ ಕಾಣಿಸಿ ಕೊಡುತ್ತೇನೆ.		✓			

ವ್ಯಕ್ತಿಗಾಗಿ	ನಿರ್ದೇಶ ಹಿಡಿದಿರುವ	ಹಿಡಿದಿರುವ	ಪಾಠ್ಯ ಪುಸ್ತಕ	ಪಾಠ್ಯ ಪುಸ್ತಕ	ಪಾಠ್ಯ ಪುಸ್ತಕ
ನಾನು ದೈವದ ಸ್ವಾಮ್ಯವನ್ನು ವಿವರಿಸುವ ಬೋಧಕರೊಂದಿಗೆ ಹೊಸ ಭಾವನೆಗಳನ್ನು ತೋರಿಸಿ ಕೊಂಡಿದ್ದೇನೆ.		✓			
ನಾನು ಸ್ವಲ್ಪ ಮೊದಲಿನಿಂದಲೂ ಕುಳಿತುಕೊಂಡು ಯೋಚಿಸುತ್ತಿದ್ದೆ ನಿನ್ನೊಂದಿಗೆ ಉತ್ತರಿಸಿಕೊಂಡಿದ್ದೆ - ನೆ.		✓			
ನಾನು ಸುಲಭವಾಗಿ ಬಹು ದೊಡ್ಡ ಬೆಳವಣಿಗೆಗಳನ್ನು ಉದಾಹರಣೆ ಸಹಜವಾಗಿ ಕಂಡುಬಂದಲ್ಲಿ ಹಿಂತಿರುಗುತ್ತೇನೆ.	✓				
ನನ್ನ ನಾಟಕ ಮೊದಲನೆಯ ಮನಸ್ಸಿನಲ್ಲಿ.					✓
ನನ್ನ ಅನುಭವದಿಂದ ಉದಾಹರಣೆ ಮಾಡುವುದು ಅನುಭವದಿಂದ - ಹೆ.	✓				
ನಾನು ಕುಳಿತುಕೊಂಡು ಸುಲಭವಾಗಿ ಅರ್ಥವನ್ನು ವಿವರಿಸುತ್ತಿದ್ದೆ ದೈವದಿಂದ ಸುಲಭವಾಗಿ ಅರ್ಥವನ್ನು.	✓				

[illegible]

કુરુક્ષેત્ર : ૧

೩೦. ತ್ರಿಲೋಕಂ ದುಃಖೈಃ ಸಂಪನ್ನಂ - ಅಭಿಪ್ರಾಯಾಃ,

ಹಿಪ್ಪುಲೇನೆ, ಯೋಪ್ರಯಾ ಇಲ್ಲ, ಬಿಪ್ಪುಲೇಯಲ್ಲ, ಖಂಡಿಲೇ

(✓) ಸರಪಳಿ ಸಮಸ್ಯೆಗಳನ್ನು ಪರಿಹರಿಸಲು ಸರ್ಕಾರವು ಕೈಗೊಂಡ ಕ್ರಮಗಳು

(✓) ಸಂಪ್ರದಾಯವು ಯಾಲಿಕೆ ಸುಖ ಲಭ್ಯವಾಗಿದೆ. ಪ್ರತಿಯೊಂದು ಮಕ್ಕಳಿಗೆ ಪ್ರೀತಿಯಿದೆ.

ಇಲ್ಲಿ ಯಾವುದೇ ಇತರ ಮತ್ತೆ ಆಸ್ತಿ ಒಡೆತನಗಳು ಎಂಬುದಿಲ್ಲ.

ಇದೇ ಅಭಿಪ್ರಾಯವನ್ನು ಸೌಖ್ಯವಾಹಿನಿಡಲಸುಪ್ರದು ಹಾಗೂ ಈ

ಹತ್ತೊಂಬೆಯನು ಸಂತೋಷದೊಡನೆ ಮಾತ್ರ ಬಿಟ್ಟುಕೊಳ್ಳಲಾಗುವುದು.

ಹಾಸ್ಯಕಾವ್ಯ	ಪ್ರಾಕೃತ	ಪ್ರಾಕೃತ	ಪ್ರಾಕೃತ	ಪ್ರಾಕೃತ	ಪ್ರಾಕೃತ
ಪ್ರಾಕೃತದಲ್ಲಿ ರಚಿಸಿದ ಪಾಪವನ್ನು ಮಾಡುವಾಗ ತಾನು ಎಷ್ಟು ಸುಖ ವಿರಿಸಿದ ಉಪದೇಶವನ್ನು ನೀಡಬೇಕು ?					✓
ಜೀವವಿಲ್ಲದ ಮೃದುವಾದ ಸುಮಾರದವನು ಮೃದುವಾದ ಬಳ್ಳಿ ಅಗಲುತ್ತಾನೆ.	✓				
ಮೆಕ್ಕಳುಗೂಡಾಗಿ ಬಿಡುವುದು -ಗೆ ನಾನು ಬಿಡಬೇಕೆಂದು ಎಂದೇನೆ.					✓
ನಾನು ಕೂಸಾದರೆ ಕೆಲವು ಅನುಭವವನ್ನು ಕೊಡುವೆನು ಮೊದಲೆ ಈ ಸುಖವು ದ್ರವ್ಯ ಮಾಡುವುದರ ಮೊದಲೆ ಕೆಲವು ಕೇಳಿ.		✓			
ನಾನು ಶಾಲೆಯಲ್ಲಿ ಬಿಡುವುದು ಒಂದು ೬ ಸುಖವು ಉದ್ಯಮವು ವ್ಯಯವುಗಳಿಗೆ ಕ್ರಿಯೆಗೆ ನಾನು -ಕೇಳಿ.	✓				
ನಾನು ಬೇರೆ ಈ ಶಾಲೆಯಲ್ಲಿ ವಿಜ್ಞಾನವು ಮೇಲೆ ಉದ್ಯಮ ಕೂಸಾದೇನೆ.	✓				

ವ್ಯಕ್ತಿ	ಸಾಕಾರ ಪ್ರಕಾರ	ಪ್ರಕಾರ	ಪ್ರಕಾರ	ಪ್ರಕಾರ	ಪ್ರಕಾರ	ಪ್ರಕಾರ
1. ನಾನು ದೈಹಿಕ ವ್ಯಾಯಾಮವನ್ನು ಎನಿಸಿದ್ದೇ ಬೆಂಟುಮಾಡಿಕೊಂಡು ಹೊಸದಾಗಿ ಕೊಡು ಕೊಡಿದ್ದೇನೆ.		✓				
2. ನಾನು ಸ್ವಲ್ಪ: ಮೊಡವೆಂತಹ ಕುರಿಕೆ ಯೋಜನೆಯನ್ನು ಯಶಸ್ವಿ ಅಭಿವೃದ್ಧಿಗೊಳಿಸಿದ್ದೇ - ನೆ.		✓				
3. ನಾನು ಸಮೀಕ್ಷೆಗಾಗಿ ಬಂದ ದೈಹಿಕ ಬೆಂಟುಮಾಡಿಕೊಂಡು ಅಂದರೆ ಸಹವಾಸದ ಸಂದರ್ಭದಲ್ಲಿ ಜಿಂಟಿಮೆಂಟ್.				✓		
4. ನಾನು ನಾಟಕ ಮಾಡುವ ಮನಸ್ಸು.	✓					
5. ನಾನು ಉದ್ದೇಶದಿಂದ ಎರಡು -ಬೆಂಟುಮಾಡಿಕೊಂಡು ಪ್ರಯತ್ನ ಮಾಡುವುದು ಅನುಸರಿಸುತ್ತಿ - ದೆ.	✓					
6. ನಾನು ಕೆಲವು ಸಂಪನ್ಮೂಲ ಅಭಿವೃದ್ಧಿ ಅಭಿವೃದ್ಧಿಗೊಳಿಸುತ್ತಿ ದೈಹಿಕವಾಗಿ ಸುರಕ್ಷಿತವಾಗಿ ಅಭಿವೃದ್ಧಿ.		✓				

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ಶಾಸ್ತ್ರೀಯ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆ (ರ.).

ಎಸ್.ವಿ.ಕೃಷ್ಣಮೂರ್ತಿರಾವ್ ರಾಷ್ಟ್ರೀಯ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ, ಶಿವಮೊಗ್ಗ

ಎಸ್.ಎ.ಎಸ್.ರಸ್ತೆ, ಬಲರಾಜ್ ಅರ್ಸ ರೋಡ್, ಶಿವಮೊಗ್ಗ-577201

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Guide : Dr. Manju N. D.

Assistant Professor

S.V.K. National College, Shivamogga

ಹೆಸರು

Name : Bhagyashree K.A.

ಪಾಠ್ಯ ಸಂಖ್ಯೆ

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NATIONAL EDUCATION SOCIETY(R.,)

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Balaraj Urs Road, Shimoga-577201

Certificate

This is to Certify that Sri/Smt./Kum... Bhagyalaxmi. K. A ...
has done a I Sem B. Ed in year 2018-2019 in.....
..... Psychology of the learner the work has
been valued by the following Teacher Educator.

Date: 25/03/19
Shimoga:

M. N. D.
Signature of the Teacher Educator

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A Case Study on learning disabled student [Child]

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CASE

STUDY

: Introduction :

Case study involves the intensive investigation of the particular case on individuals. This method is used to collect detailed information on the behaviour problems of maladjusted and deviant cases. The maladjustment may be in the form of antisocial behaviour or emotional disturbance, or in the area of learning and backwardness in the school subjects.

The maladjustment may be in the school, in the home or society. The objectives of the case study is to detect the causes for maladjustment in the individual or the behaviour problems seen and to suggest treatment.

i.e. remedial measures, This method is used very much in abnormal psychology, social psychology, clinical psychology, and educational psychology.

In institutional case studies are conducted now a days. To improve the sick institutions in the qualitative improvement of institutions.

The credit of case study method introduced by the English philosopher - Frederic Leplay.

Meaning of case study

A case study is a description of an actual administrative situation involving a decision to make on a problem to be solved.

In other words, Case studies are indepth investigations of a single person, group-event or community. The case study research method originated in clinical medicine. Typically, data are gathered from a variety of sources and by using several different methods. The research may also continue for an extended period of time. So process and developments can be studied as they happen. The case study method simply involved observing what happens to or reconstructing the case study history, of a single participant or group of individuals. The case study allows a researcher to investigate a topic in far more detail than might be possible if they were to deal with a large number of research participants with the aim of average.

Case study are widely used in psychology & among the best known were the ones carried out by "Sigmund Freud". he conducted very detailed investigations into the private lives of his patients in an attempt to both understand and help them overcome their illness.

Definitions :

1) P. V. Young :

"Case study is a comprehensive study of a social unit, be it a person, a group of persons, an institution, a community or a family."

2) Goode & Hatt :

"Case study is a method of exploring & analysing the life of a social unit."

3) Johoda :

"Case study is a small inclusive & intensive study of an individual in which investigators bring to bear their skills and method."

4) Mearns - Webster :

"An intensive analysis of an individual unit (as a person or a community) stressing developmental factors in relation to environment."

5) Dictionary. com :

"A study of an individual unit, as person, a family, or social group, usually emphasizing developmental issues & relationships with the environment, especially in order to compare a larger group to the individual unit."

History of the case study:

As a distinct approach to research, use of the case study originated only in the 20th century.

The popularity of the case study as research tools has developed only in recent decades. One of the areas in which case studies have been gaining popularity is education and in particular educational evaluation.

The case studies have of course also been used as a teaching method and as part of professional development. They are well-known in business and legal education. The problem-based learning movement is one of the examples. Case study is used in a teaching method and professional development.

Herbert Spencer adopted it & Healey was the first supporter of this method. & studied Juvenile Delinquency. Later on sociologists, Anthropologists, Ethnologists & other researchers were interested in the study of various culture.

Characteristics of Case Study:

1. The number of unit to be studied is small.
2. It studies a social unit deeply and thoroughly.
3. It is qualitative as well as quantitative.
4. It covers sufficient wide cycle of the time.
5. It has continuity in nature.
6. It provides detailed (rich qualitative) information.
7. It provide insight for further research.
8. It permitting investigation of otherwise impractical situations.
9. It engage a challenge with initiative and enthusiasm.
10. It reason effectively, accurately and creatively from an integrated, flexible, usable knowledge base.
11. The monitor and asses their own adequacy to achieve a desirable outcome given a challenge.
12. It is collaborate effectively as a member of a team working to achieve a common goal.

Because of their in depth, multisided approach, case study often shared light on aspects of human thinking and behaviour that would be unethical or impractical to study in other ways.

Types of case study :

In case study method, we get 7 types. The types are follows.

- 1> Enterprise level case study.
- 2> Organization level case study.
- 3> Functional level case study.
- 4> Successful story case study.
- 5> Cases of failure.
- 6> Cases regarding mergers & acquisitions.
- 7> Subject related case study.

In all types of case study helps us to organization of the new things, marketing product, finance product. etc... Also we are study this method helps us motivation in child failure things in life., inspiration, improvement in human values, etc...

Does the subject remain discipline in the classroom.
✓
Yes / No. - Yes.

Behaviour on play ground:

Does the subject demonstrate a social responsive behaviour on playground - ✓
Yes / No. - Yes.

Does the subject remain aggressive and asertive on the playground - ✓
Yes / No. - Yes.

XII. Personality traits:

Sl No	Traits	High level	Average level	Low level.
1.	Self confidence	-	✓	-
2.	Emotional stability.	-	✓	-
3.	Sociality.	-	✓	-
4.	Leadership.	-	-	✓

XIII. Education & vocational plan:

a) what the subject prepared for his further studies after class 10th?

→ No idea about it.

b) what are the occupation would the subject prepared to

entire after his studies?

→ Teacher, Banta worker.

c) Ambition

→ Teacher

Follow-up work :

When I go to first study the case (Sneha), she was not give good response to asking some details about family & his problems. But after some days, again go to ~~study~~ the case, sees some difference in her behaviour as well as give good response to me. First time visit, she written words are not correct, in simple word she say to written words.

After 5 days ago, she is confident and written words, some letters correctly. She answers asked question to me. She has written as well as reading from textbook. In ~~examination~~, she most answers are wrong. In azadomically, she is not so good because of writing problem. She is too much interest in Sports.

Probable cause of his present behaviour

In a case study, she was suffering from writing problem, one of the learning disabled child case. It was first time in our family coming to the school for education. She doesn't get proper childhood basic education because of his family economic state.

Probable Causes

She does not get any children schools for preliminary education.

Family did not encourage any types of writing and reading.

Illiterate persons in the family. So family members does not support for his educational work.

Stressful life of family members.

Poor economic states in society. So the family does not give any resources for his work. such as notebook, Pen etc.-

Remedial work & Suggestions:

Sheha, was not too good in academic purpose. She is suffering mainly in writing problem. She was quickly and answers by talking but she does not write in talking form. She was unable to write a single letter as well as words. She combining the letters are confusingly in not correct form.

Suggestions:

She uses four-line books for daily written words, sentences.

She read a notebooks and try to write words correctly and loud speaking the words.

Teacher helps us to write words are overwriting

Teacher tells some words and she was combine the letters written in notebooks.

Teacher help to teach them writing word using different letters.

She sees a some object or things then try to write in names.

Conclusion :

The Case study is originated in the 20th century. This method is used to collect detailed information on the behaviour problems of maladjusted and deviant cases. The learning disabled child (Sheha) as writing problem. Writing problem is major influence in academic purposes and her career. So she tries to solve writing problem.

Sheha's details study helps to study her problem and know her family, friends. She was good in sports. But not so much interested in classroom teaching. She likes to talking her friends, She also achieve in school level 3rd prize in race competitions.

Sheha's writing problem not so complex. She tries to minimise her problem for handwriting. Teachers and her family make give opportunity to solve problem and make good achiever.

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Appendix :

Interview with student



Identify the student (Sheha) problem
on writing.



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**TWO YEAR B.Ed COURSE
II SEMESTER**

ASSIGNMENT

YEAR : 2019 -20

valued
for

Subject : Biology

: Role of Biotechnology in our day to day life

**Guide : Pallavi.D
Lecturer**

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Certificate

This is to Certify that Sri/Kum./Smt.....Nayana. U.....
has conducted Action research as prescribed by the Kuvempu
University for the year2019-20.....

Date: 20/01/2021
Shimoga

20/01/2021
Signature of the Teacher Educator

ROLE OF
BIOTECHNOLOGY
IN OUR
DAY TO DAY LIFE

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Abstract

Biotechnology is multidisciplinary field which has major impact on our lives. The technology is known since years which involves working with cell-derived molecules for various applications. It has wide range of uses and is termed "technology of hope" which impact human health, well being of other life forms and our environment. It has revolutionized diagnostic and therapeutic; however, the major challenges to the human beings have been threats posed by deadly new infections as flu, chikungunya, Ebola, influenza, SARS, Zika virus.

It has also impacted the environment which is loaded by toxic compounds due to human industrialization and urbanization. The development of insect & pest resistant crops & herbicide tolerant crops has greatly reduced the environmental load of toxic insecticides & pesticides. The increase in crop productivity for solving world food & feed problem is addressed in agricultural biotechnology.

The technological advancements have focused on development of alternate, renewable, and sustainable energy sources for production of biofuels. As with every research area, the field of biotechnology is associated with many ethical issues and unseen hazards. These are important in defining laws governing the feasibility and approval for the conduct of particular research.

INTRODUCTION

Biotechnology is a broad area of Biology, involving the use of living systems and organisms to develop or make products. Depending on the tools & applications, it often overlaps with related scientific fields.

In the late 20th and early 21st centuries,

Biotechnology has expanded to include new & diverse sciences, such as genomics, recombinant gene techniques, applied immunology, & development of pharmaceutical therapies & diagnostic tests.

The term Biotechnology was first coined by "Karl Ereky" in 1919, Although not normally what first comes to mind, many forms of human-derived agriculture clearly fit the broad definition of "utilizing a biotechnological system to make products". Indeed, the cultivation of plants may be viewed as the earliest biotechnological enterprise.

Before the time of Charles Darwin's work and life, animal and plant scientists had already used selective breeding. Darwin added to that body of work with his scientific observations about the ability of science to change species. These accounts contributed to Darwin's theory of natural selection.

In the early twentieth century scientists gained a greater understanding of microbiology and explored ways of manufacturing specific products. In 1917, Charles Weixmann first used a pure microbiological culture in an industrial process, which the United Kingdom desperately needed to manufacture explosives during World War.

In 1953, James Watson and Francis Crick were discovered the structure of DNA. The field of modern biotechnology is generally thought of as having been born in 1971 when Paul Berg's experiments in gene splicing had early success.

Herbert W. Boyer & Stanley N. Cohen significantly advanced the new technology in 1972 by transferring genetic material into a bacterium, such that the imported material would be reproduced.

In 1978, Boyer was able to take pieces of human DNA and isolate a gene for insulin using biotechnology. In the 1980s, testing of biotechnology-derived goods began, & after its FDA approval in 1994, the FlavrSavr tomato gave consumers a more flavorful tomato that stays fresh longer. Today's biotechnology has its "roots" in chemistry, physics and biology.

Meaning and Definitions

Biotechnology, as the word suggests, is combination of biology and technology. Biotechnology is the use of technology to use, modify / upgrade the part / whole of biological system for industrial & human welfare.

Biotechnology is defined as ;

- * "Biotechnology is the application of biological organisms, system, & process to manufacturing and service industries."
- * "Biotechnology is the integrated use of biochemistry, microbiology and Engineering sciences in order to achieve technological application of the capabilities of micro-organisms, cultured tissue cells."
- * "Biotechnology is the controlled use of biological agents, such as microorganisms & cellular components."
- * "Biotechnology is the use of living things especially cells and organisms for production of various products for benefiting man beings."

Objectives of Biotechnology

The goal of Biotechnology is to produce drugs by using living organisms such as bacterial cells, yeast, mammalian cells, etc., that are placed in culture

① produce substances with pharmacological activity, such as monoclonal antibodies for the treatment of tumors.

- * Establishment of Infrastructure and Facilities for Life Science and Biotechnology in Universities & Institutions.
- * Encouraging the Utilization of the Established Infrastructure on Shared / Service Basis
- * Establishment of National Repositories: Repositories for Biomaterials Reserve
- * A continuous supply of high-quality viruses, Bacteria, And Fungi, As well as cell lines
- * Genetic Stocks and Advanced sequencing facilities
- * Promotion of development of Indigenous Biochemical Reagents.

* Clinical and Field trial facilities

Access to synchrotron Beamlines

Animal House facilities

National primate Research centres

Bioclusters

Viral & Regulatory Testing facilities

Laboratories for ~~for~~ Biosafety Assessment

Agricultural Objectives ;

Stacked products - a crop containing two or more biotech
genes

traits directed toward different pests

For example, pest resistance plus herbicide tolerance

incorporate disease and pest resistance in
local plants

increase tolerance to drought, salt etc

improve the nutritional quality of crops (eg.,
golden rice)

produce ~~pharmaceutical~~ products (Pharma crops)

Types of Biotechnology

According to the Biotechnology Innovation Organization, Biotechnology is technology based on biology - biotechnology harnesses cellular & biomolecular processes to develop technologies & products that help improve our lives and the health of our planet.

1) Medical Biotechnology

Medical biotechnology is the use of living cells and other cell materials to better the health of humans. Primarily, it is used for finding cures as well as getting rid of and preventing diseases.

The science involved includes the use of these tools for research to find different / more efficient ways of maintaining human health, understanding pathogens, and understanding human cell biology.

The technique is used to produce pharmaceutical drugs as well as other chemicals to combat disease.

It involves the study of bacteria, plant & animal cells, to first understand the way they function at a fundamental level.

It heavily involves the study of DNA to get to know how to manipulate the genetic makeup of cells to increase the production of beneficial characteristics that humans might find useful. Such as production of Insulin.

Examples of Medical Biotechnology :-

* Vaccines :- Vaccines are chemicals that stimulate the body's immune system to better fight pathogens when they attack the body. They achieve this by inserting attenuated versions of the disease into the body's bloodstream.

When the individual becomes exposed to the actual disease, the body of the individual immediately recognizes it & quickly forms a defence against it since it already has some information on it.

An example is the development of an anti-lymphoma vaccine using genetically engineered tobacco plants made to exhibit RNA from malignant B-cells.

* Antibiotics :- Strides have been made in the development of antibiotics that combat pathogens for humans. Many plants are grown & genetically engineered to produce the antibodies.

The method is more cost-effective than using cells @ extracting these antibodies from animals as the plants can produce these antibodies in larger quantities.

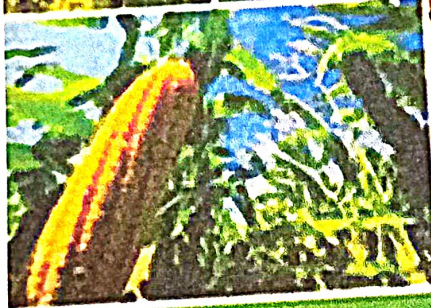
2) Agricultural Biotechnology :-

Agricultural biotechnology focuses on developing genetically modified plants to increase crop yields. In some of the cases, the practice involves scientists identifying a characteristic, finding the gene that causes it, & then putting that gene within another plant so that it gains that desirable characteristic, making it more durable & having it produce larger yields than it previously did.

Example of Agricultural Biotechnology :-

* Pest Resistant Crops :- Biotechnology has provided techniques for the creation of crops that express anti-pest characteristics naturally. An example of

at top of and so phyla all involve
the process of manipulating the genetic
material of plants to produce new
varieties of plants. This is done by
using techniques of genetic engineering
to insert or delete specific genes
from the DNA of a plant.



Agricultural Biotechnology
(A Lot More than Just GM Crops)



Agricultural Biotechnology
[Crop production]

the 2nd have been made in the
of antibiotic that control biological for



Industrial Biotechnology.

[Fermentation process]

Biotechnology is a branch of science that deals with the use of living organisms to produce products.

It is a process of growing microorganisms in a controlled environment to produce a specific product.

The process involves the use of various equipment and techniques to monitor and control the growth of the microorganisms.

g transferred to crops.
Plant and Animal Breeding :-

selective breeding has been a practice humans have engaged in since farming began. The practice involves crossing the animals with the most desirable characteristics breed with each other so that the resulting offspring would also express these traits.

Industrial Biotechnology :-

Industrial biotechnology is the application of biotechnology for industrial purposes that also include industrial fermentation.

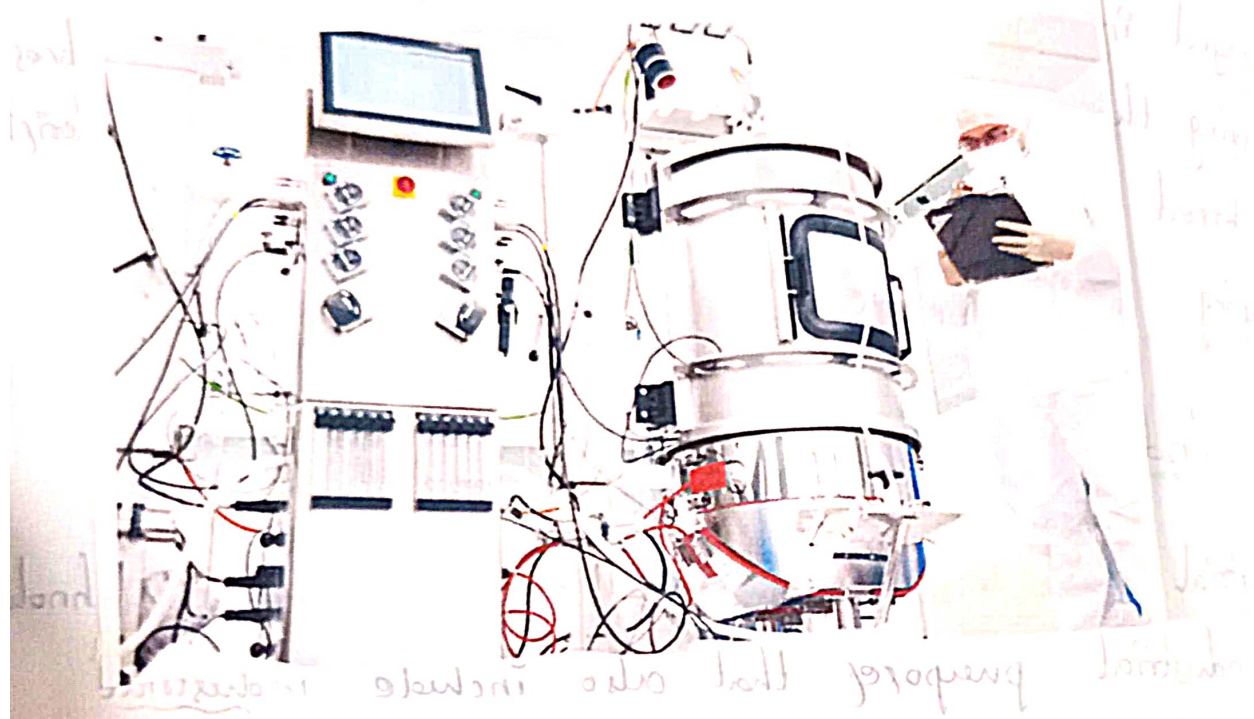
Applying the techniques of modern molecular biology, it improves efficiency & reduces the multi-faceted environmental impacts of industrial processes including paper & pulp, chemical manufacturing & textile.

Examples of Industrial Biotechnology :-

Biocatalysts :- Biocatalysts have been developed by the industrial biotechnology companies such as

It would be the jumping barrier through which we
are progressing to work

the main thing is -
which has been a process through



Industrial process that also include
the technique of modern technologies
it improves efficiency & reduces the waste
of environmental impact of industrial process
of paper & pulp, chemical manufacturing

Industrial Biotechnology
Biotransformation have been developed
Industrial biotechnology companies such as

Enzymes, to synthesize chemicals. Enzymes are proteins produced by all organisms. The desired enzyme can be manufactured in commercial quantities using biotechnology.

* Fermentation

The crop's sugar can be fermented to acid, which can then be used as an intermediate to produce other chemical feedstocks for various products. Some plants, such as corn, can be used in place of petroleum to produce chemicals.

* Microorganisms

Microorganisms find their use in chemical production for the design & manufacture of new plastic | textiles & the development of new sustainable energy sources such as biofuels.

4) Environmental Biotechnology :-

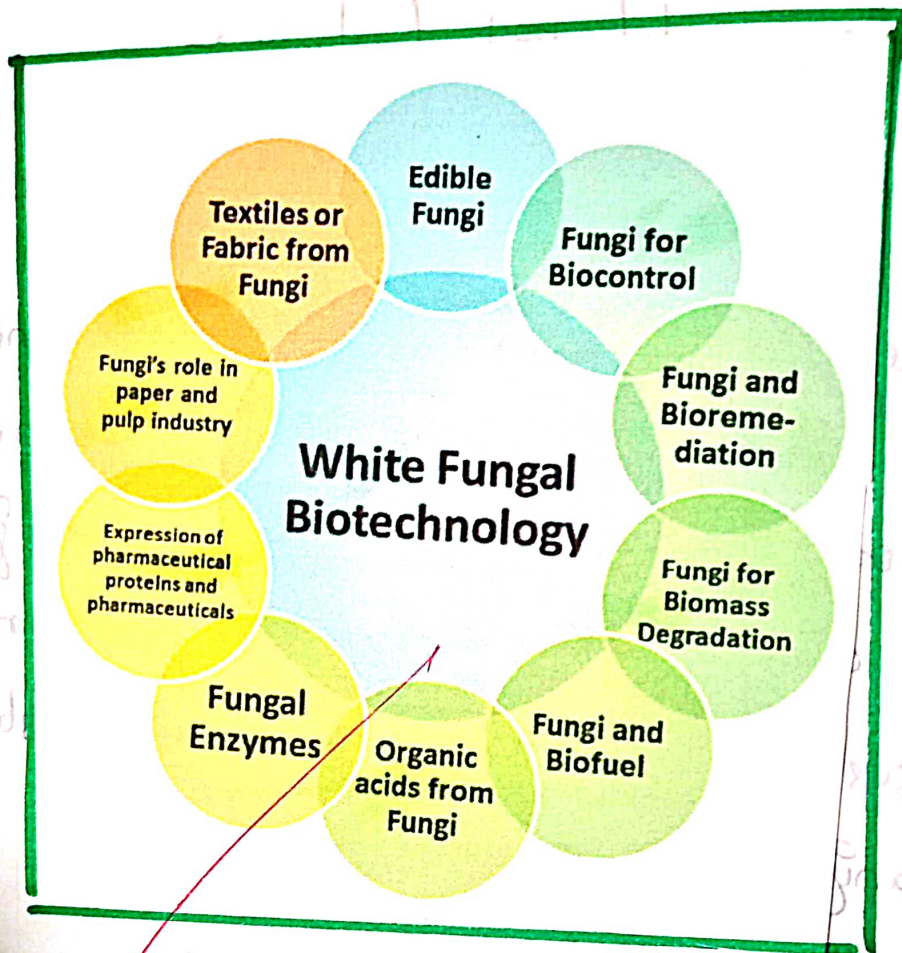
Is the technology used in waste treatment & pollution prevention that can more efficiently clean up many wastes compared to conventional methods & significantly reduce our dependence on

methods for land-based disposal. Every organism
-ingests nutrients to live & produces by products as a
result. But different organisms need different types of
nutrients. Some bacteria also thrive on the chemical
components of waste products.

Examples of Environmental Biotechnology :-

* Bioremediation :-

Bioremediation refers to the application of biotechnical
methods which help in developing enzyme bioreactors
that will not only pretreat some industrial & food waste
components but also allow their efficient removal
via sewage system without using solid waste
disposal mechanisms.



white Biotechnology

Importance of Biotechnology

Biotechnology is the basis for numerous processes for the production of food & feed, pharmaceuticals, chemical products & energy sources. It is also the technology that prepares new biological materials & systems for use in such processes.

Gold biotechnology / Bioinformatics

Referred to as computational biology & can be defined as "conceptualizing biology" to address biological problems using techniques & makes the rapid organization as well as analysis of biological data possible.

Red Biotechnology (Biopharma)

Relates to medicine & veterinary products. It can help developing new drugs, regenerative therapies, produce vaccines & antibiotics, molecular diagnostic techniques, & genetic engineering techniques to cure diseases applying genetic manipulation.

White Biotechnology

Draws inspiration from industrial biotech to design more energy-efficient, less polluting, & low resource-

Importance of Biotechnology

Biotechnology is the use of living organisms or their products to develop new products and processes. It is also the application of scientific and technological principles to the production of goods and services. Biotechnology is used in many fields, including agriculture, medicine, and industry.



Environmental Biotechnology

Environmental biotechnology is the application of biotechnology to the study and management of the environment. It involves the use of living organisms to clean up pollution, produce renewable energy, and improve the environment. Environmental biotechnology is a rapidly growing field with many applications.

Environmental biotechnology is used in many ways, including the production of biodegradable plastics, the treatment of wastewater, and the restoration of damaged ecosystems. It is also used to develop new methods for monitoring and managing the environment. Environmental biotechnology is a key area of research and development in the 21st century.

Concerning processes and products that can beat traditional ones.

Yellow Biotechnology

Relates to the use of biotechnology in food production, for example, in making wine, cheese, and beer by fermentation.

Grey Biotechnology

Refers to Environmental applications to maintain biodiversity & the removal of pollutants @ contaminants using microorganisms & plants to isolate & dispose of many kinds of substances such as heavy metals and hydrocarbons.

Green Biotechnology

Emphasizes on Agriculture that involves creating new plant varieties of biopesticides & biofertilizers.

This area of biotech is exclusively based on transgenics (genetic modification).

The additional gene may come from the same species @ a different species.

Blue Biotechnology

It is based on the use of marine resources to create products and applications in the potentially huge range of sectors to benefit from the use of this kind of biotechnology.

Violet Biotechnology

Deals with the law, ethical and philosophical issues around biotechnology.

Dark Biotechnology

It is associated with bioterrorism (A) biological weapons and bio warfare using microorganisms, and toxins to cause disease & death in humans, domestic animals and crops.

Biotechnology is most important for its implications in health and medicine. Biotechnology is expected to be the engine of global economy during the 21st century. The growing biotechnology industry & its sectors considered the new directions for long-term economic growth.

Role of Biotechnology in our day-to-day Life

Now a day's biotechnology is an integral part of our life. Almost everything that we use connect somewhere from biotechnology. And the best part is it makes our life easy & more comfortable.

Biotechnology is the combination of two words that are biology & technology. We use living organisms as source & we manipulate them to make them as we desired. In this manipulation process we use different technologies to make process simple.

Now we move towards the use of biotechnology in our life,

So start from start today when a child is not entering in the world, biotechnology is entering in his/her world as in developed countries parents follow the concept that we should test the fetus DNA before birth for confirmation of his/her health & parents try that their baby

must be completely healthy when enter in the world.

* Next when a child enters in the world a health comes first there is a course of vaccination that compulsory for every child. And these vaccines are made with the help of biotechnology as health and industrial biotechnology involve in this.

* Move towards the good source. It is also priority of human being. Today people prefer processed food for children than natural food. For example, different processed milk & children food items. Not only health & food of children use biotechnology, but today in markets there are many things introduced that use by children especially like specific cloth material that only design for children as per their skin requirement so this specific Polymer also made by use of technology.

* Next important part of life is Education in which we also use biotechnology like in Paper industry we use different enzymes that help in the process & purification of material.



Agricultural Biotechnology

* Biotechnology plays a vital role in agricultural field to enhance our food production. And not just increase amount of food but also quality matter for biotechnology.

* As population of world increase day by day so also it's important that it could be store for a long time. This is the Era of processed food so it is necessary that food not spoil before its use. And for storage & long term Preservation biotechnology play an important role.

* The best Example of germented food that is usually used today. Also we use different nutrient supplements that also made by Enzymes that Extract through biotechnology.

* Next important use of biotechnology is Biofuels that is use in many fields of life as an energy source.

* First generation biofuels is produce by converting plant oil into biodiesel through fermentation process. This biofuel helps to prevent pollution from environment & also help to maintain natural resources of gases on earth that are non-renewable.

* There is another use of biotechnology is formation of Bioplastic. Plastic is the major component of our daily life.

In most of the things plastic is present and with the increasing number of people use of plastic is also increase.

Problem is that natural plastic not degrade easily.

It effect the human health & sea animals too.

That's the reason we move towards bioplastic that is degradable and ecofriendly.

So through biotechnology techniques we are able to

remove waste from environment.

* Biotechnology is also part of cosmetic based products that we use almost daily for example shampoo, different skin creams and lotion and make-up products.

In every product different enzymes and proteins are used in which some are extracted from natural sources and some are ~~synthesized~~ artificially. And industrial biotechnology plays a major role in making these products.

* Sometimes, biotechnology has the biggest impact in places you never notice when we made coffee this morning, probably we didn't realize the filter was made with a biotechnology process that uses enzymes to bleach the paper, reducing the amount of chlorine & energy used in manufacturing.

* The cornflakes in the cereal bowl were made with corn grown using fewer pesticides, the development of corn that is resistant to insects & disease.

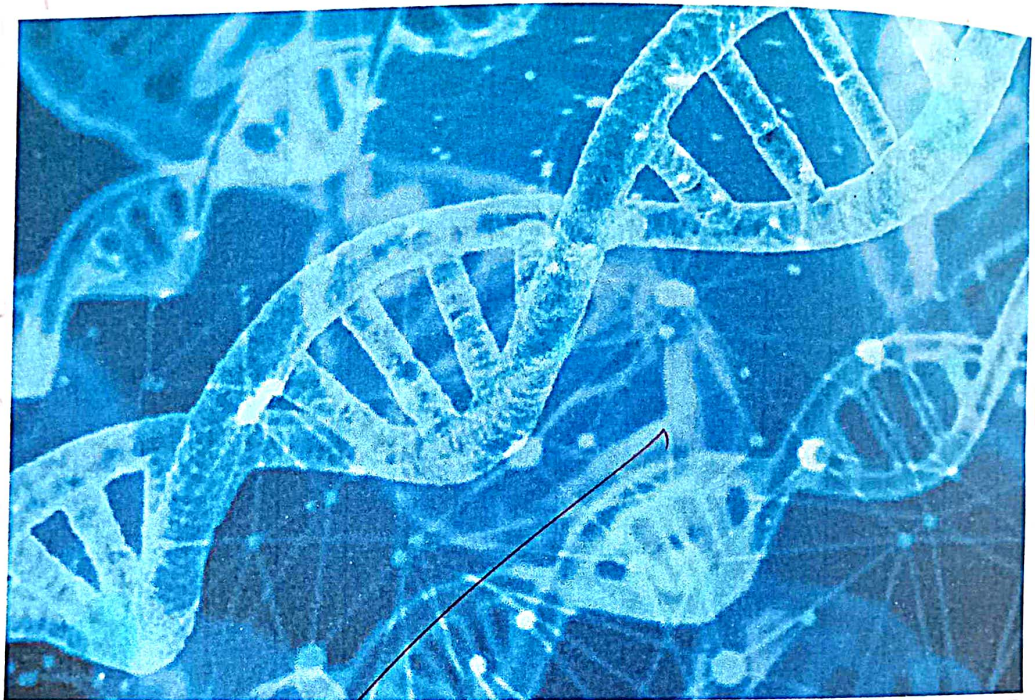
- * The bread of toast contains natural biotech good Enzymes that help the bread rise and keep it fresh.
 - * Biotech Enzymes are used to remove lactose from milk to help people who are lactose intolerant. other Enzymes are used in brewing beer @ in making flavors like vanilla.
 - * Take a look on the shelves of our kitchen cabinets. we will find products made with candoo oil that contains virtually no trans fats and comes from plants grown with fewer Pesticides applications, thanks to biotechnology.
 - * For more than 20 years, the cheese you eat has been created with a biotech Enzyme, chymosin. Using biotechnology to make the Enzyme results in more plentiful & purer supplies, while eliminating the need to use animals for this purpose.
- The biotech Enzyme is used in approximately 60% of all hardcheese products.

In fact, more than 70% of the processed goods purchased in the supermarket contain ingredients improved through biotechnology; oil and meal from Soybeans, corn and cotton seeds, Biotech crops improve yields, cut costs and reduce pesticide applications. Not only does that improve farmers' bottom lines, but it also saves time - improving farmers' quality of life.

Tomorrow, biotechnology will bring better health and treatments for disease using agriculture, the ultimate sustainable manufacturing process. Right now, scientists are developing plants that produce medicines.

Back here at home, take one more look around. There are biotechnology benefits everywhere we look.

These benefits are just a small sampling of the enormous improvements brought by biotechnology over the past 50+ years. Since the scientists around the globe are imagining even more solutions, big & small, for the challenging world in which we live.



Medical Biotechnology

Applications of Biotechnology

Biotechnology has application in four major industrial areas, including health care, crop production and agriculture, non food uses of crops and other products and environmental uses.

Applications of Biotechnology in Medicine.

There are some applications of biotechnology which are playing their part in the field of medicine & giving good results;

Biopharmaceuticals :- The drugs are being developed with the use of microorganisms without using any synthetic materials & chemicals.

Gene therapy : It is used in detection and diagnosis of diseases like cancer & parkinson's.

Pharmaco-genomics : Pharmaco-genomics is an additional genetically modified method which is used to learn the genetic information of a personality.

Genetic Testing : It is a technique of heredity is used to conclude the genetic diseases in parents, sex & carrier screening.

History of Microbiology

Microbiology is the study of organisms that are too small to be seen with the naked eye. It includes the study of bacteria, viruses, fungi, and protozoa. Microbiology has many applications in medicine, agriculture, and industry.



Figure 1: A laboratory setting showing a person wearing blue gloves using forceps to hold a small, round, yellowish object, possibly a petri dish or a small container, over a petri dish containing a green, leafy plant. A microscope is visible in the background.

Microbiology is a branch of science that deals with the study of microorganisms. It is a multidisciplinary field that involves the study of the structure, function, and interactions of microorganisms. Microbiology has many applications in medicine, agriculture, and industry.

Applications of Biotechnology in Agriculture

- * Vaccines
- * Antibiotics
- * Flowers : Gene recognition & transfer techniques to improve the color, smell, size & other qualities of flowers.
- * Biofuels : For fermentation & cleaning of bio-oil, bio-diesel & bio-ethanol is concerned.
- * Plant and Animal Reproduction : Traditional methods like cross-breeding, cross pollination, grafting is time consuming.

Pesticide Resistant Crops : Not to be confused with pest-resistance, these plants are broadminded of pesticides, low farmers to selectively kill nearby weeds without harming their crop.

Nutrient Supplementation : In an attempt to get better human health, creating hereditarily distorted food. Ex: Golden Rice.

Application of Biotechnology in Food processing:-

The method, by which the microbial organisms and their derivatives are used to increase the edibility and the shelf life of foods, is known as Fermentation.

Yoghurt

Microorganism - *Lactobacillus bulgaricus* & *Streptococcus thermophilus*.

Buttermilk

Microorganism - *Streptococcus lactis* & *Streptococcus*

Cheese

Microorganism - *Streptococcus lactis*
for acid formation

Application of Biotechnology in Environment.

Bio marker: This type of application of Environmental helps to measure the level of damage caused.

Bio Energy: The collective purpose of Biogas, Bio-mass, fuel, & hydrogen are called Bio Energy.

Bioremediation: It is used in the manufacturing where toxic substances are converted into Bi-products.

Educational Implications

Biotech is helping to heal the world by harnessing nature's own toolbox & using our own genetic makeup.

Biotech improves crop insect resistance, enhances crop herbicide tolerance & facilitates the use of more environmentally sustainable farming practices.

Biotechnology is;

- * Reducing rates of infectious disease
- * Tailoring treatments to individuals to minimize health risks and side effects.
- * Creating more precise tools for disease detection combating serious illnesses & everyday threats confronting the developing world.
- * Improving manufacture process efficiency
- * Reducing use of & reliance on petrochemicals.
- * Using biofuels to cut greenhouse gas emissions.
- * Decreasing water usage & waste generation.
- * Generating higher crop yields with fewer inputs.

- * Developing crops with enhanced nutrition profiles that solve vitamin and nutrient deficiencies.
- * Producing foods free of allergens & toxins.
- * Improving food and crop oil content to help improve cardiovascular health.
- * Help in increasing productivity and in improving energy production & conservation by conducting research & development work.
- * Find new ways to design/treat industrial waste for recycling of sewage sludge.
- * Find new ways to design & use antibiotics and pesticides.
- * Use genetic modification and genome mapping to improve crop production.

Drawbacks of Biotechnology

Uncertainty

The biggest concern over biotechnology is the uncertainty in its long term effects.

The immediate advantages are clear in many circumstances, but they may directly / indirectly impact the future in unforeseen ways.

* Cost

Balancing benefits of biotechnology with cost, especially in the field of medicine, can be one tricky aspect. In terms of investment, the value of biotech products is often miscalculated with failure to include the factors of risk & product development periods, which can ultimately lower the return on profit.

* Biotech products are often more expensive & less practical than alternatives.

* Too much altering of crops is destroying the soul of natural farming.

* Genetically modified species can damage the natural ecosystem.

CONCLUSION

With today's biotechnology, traditional medications are improved efficiently with reduced risk and provide cost-effective alternatives.

Biotechnology has tremendous potential for increasing food production & improving food processing although the real impact will only be felt after the year 2000 & it will differ from country to country. Productivity must first increase in developed countries before real benefits can be reaped in developing countries.

Biotechnology has been accepted in the laboratories & the farm fields. If it will be readily accepted in the grocery store & on our dining room table, Biotechnology will help us make critical decisions about how biotechnology affects in the future.

Biotechnology is set to play a pivotal role in the future of the medical, agricultural, Environmental, food pharmaceutical & industrial sectors of the Economy.

Future innovations in biotechnology research will bring exciting new advances to help millions of more people worldwide.

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പ്രൊ. വി. ജി. ജെയിംസ്, അസിസ്റ്റന്റ് പ്രൊഫസർ, കോളേജ് ഓഫ് എഡ്യൂക്കേഷൻ, മലപ്പുറം

YEAR : 2019 - 2020

Assignment

Valued

NATIONAL EDUCATION SOCIETY (P.)

S.V.K. National College of Education,
Balaram Urs Road, Shimoga-577201

Certificate

This is to Certify that Sri/Smt./Kum.....Shashikala.M.....

has done a Assignment in year 2019-2020 in.....

.....Environmental...Education...the work has
been valued by the following Teacher Educator.

Date: 11/03/2020
Shimoga:

Signature of the Teacher Educator

CE-12 13/3/2020

A REPORT ON PROGRAMMES ORGANISED BY LOCAL NGO WORKING ON ENVIRONMENTAL -AL ISSUES

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Introduction

The term environment refers to our surrounding which includes physical, biological and socio-cultural aspects. The nonliving things like air, water, land, etc. come under physical aspects and plants and trees comes under biological aspects and man-made aspect like culture, religion, customs, etc. come under socio-cultural aspects. There is a harmonious relationship among the status of soil, water and other elements determines the biodiversity because different animals and plants have special adaptability cyclic relationship. Environmental condition determines our health also.

Environment Education is the educational process that teaches everything about the environment. It teaches us the way to keep our environment clean and preserve the environmental elements. Environment helps us to fulfill all our demands. Human activities have resulted into natural calamities, environmental degradation, environmental pollution and many other problems. Environment education plays a significant role to control these problems and maintain the balance environment.

ENVIRONMENT

The word Environment is derived from the French word "Environ" which means "surrounding". Our surrounding includes biotic factors like human beings, plants, animals, microbes, etc and abiotic factors such as light, air, water, soil, etc.

Environment is a complex of many variables, which surrounds man as well as the living organisms. Environment includes water, air and land and the inter-relationships which exist among and between water, air, and land and human beings and other living creatures such as plants, animals and microorganisms. She suggested that environment consists of an inseparable whole system constituted by physical, chemical, biological, social and cultural elements, which are interlinked individually and collectively in myriad ways.

The natural environment consist of four interlinking systems namely, the atmosphere, the hydrosphere, the lithosphere and the biosphere. These four systems are in constant change and such changes are affected by human activities and vice-versa.

Environmental issues and Ways to Combat Them

For years now, humans have mistreated and contaminated the very environment that sustains them. But the broad concern for the environment can be so so overwhelming that people don't know what ~~do~~ do or where to start making a difference.

The list of issues surrounding our environment go on, but there are three major ones that affect the majority of them overall; global warming and climate change; water pollution and ocean acidification and loss of biodiversity. These three issues need immediate attention and proactive action on our part to ensure conservation of the ~~only~~ habitable planet which we call our home. And, focusing attention on these three major topics will have a ripple effect on a number of smaller environmental issues like ~~inefficient~~ recycling systems and food waste.

Let us look at the major environmental issues and some solutions which can help combat them.

Global Warming and Climate change

Human activities have made global warming and climate change a global threat. The rising levels of CO_2 and other greenhouse gases have caused an increase in average global temperatures, extreme weather events, rising sea levels and other negative changes. These changes are directly and indirectly affecting all life forms. Pollution of air, land and water through excessive deforestation, industrialization and overfilling landfills which emits CO_2 and adds to greenhouse gas emissions are all top most causes of these environmental issues.

Here are some effective solutions to these problems.

- Invest in and encourage production of sustainable technology.
- Commercial and residential buildings should aim to achieve zero-emission or zero waste
- Improve waste compaction in landfills with smart technology like stationary compactors which helps free up space for other handling different volume of trash
- Increase forest cover, restore sea grasses and boost use of agricultural cover crops to reduce the CO_2 in atmosphere

Water Pollution and Ocean acidification

Rapid urban development, improper sewage disposal by industries, oil spills, disposal of chemical and radioactive wastes and plastic pollution are some of the major causes of water pollution. Today, water scarcity and polluted water are posing a big threat to the human existence across many nations of the world.

Ocean waters absorb around 30 percent of the carbon dioxide that is released in the atmosphere. Ocean acidification occurs when the carbon dioxide (CO_2) absorbed by the seawater undergoes a series of chemical reactions leading to increased concentration of hydrogen ions, thus making the seawater more acidic. This decreases the carbonate ions in the seawater which makes it difficult for clams, deep sea corals, oysters etc. to build and maintain their shells and other calcium carbonate structures. These changes in the ocean water chemistry can affect the behavior of other organisms also. This puts the entire ocean web at risk.

Some of the measures to prevent water pollution and ocean acidification:

- Practice more effective measures to contain spills.
- Curtail storm water runoff and plant trees near water bodies to reduce soil erosion.
- Expand the network which monitors the measuring of acidity levels to provide researchers and shellfish farmers with long-term and real-time pH data.
- Increase marine protection measures.

Loss of Biodiversity

Biodiversity helps maintain the balance of the ecosystem and provides biological resources which are crucial for our existence. Habitat destruction, climate change, pollution, secondary extinction and introduced species are a few ways in which humans are wreaking havoc on the biodiversity of this planet. Loss of biodiversity of this planet. Loss of biodiversity can be countered in a number of ways:

- Practice Sustainable Living
- Reduce invasive Species

→ Government should create and implement stricter policies and laws related to conservation of biodiversity.

→ Stop habitat destruction and encourage its restoration.

→ Research innovative ways to preserve biodiversity and educate the populace about it.

Soil Contamination

According to the Science Daily website, man-made chemicals released into the dirt either by accidental or through poor disposal techniques cause soil contamination. Rupture of underground storage tanks, acid rain, leaching of hazardous waste from landfill pesticides and herbicides, and discharge from industrial chemical wastes all can contaminate the soil in which farmers grow crops or graze livestock that people eventually eat. Laws against such contamination need to be stringent, and the appropriate agencies have to be tough in the enforcement of those laws to help keep soil safer for humans and animals.

Ozone Depletion

According to the Environmental Protection Agency there are several airborne materials that can lead to ozone pollution. Ground-level ozone, particulate matter, lead, sulfur dioxide, nitrogen oxide and carbon monoxide are all dangerous when released into the air. These pollutants can cause human health problems and damage to plants and animals. The EPA enforces laws controlling the release of these substances into the atmosphere. Controlled air quality leads to less stress on the outer ozone layer of the planet that helps protect us from sun.

Awareness and adaptation are two key steps towards conserving this boon called Environment. Each one of us can and should do their bit to curb the effects of these environmental issues and ensure that our future generations have a healthy planet to live.

Environmental issues in our locality

Shivamogga city is an important city of Karnataka state and situated on the banks of river Tunga spreading over an area of 50 km^2 with total population of 2,13,976 as per 2001 census. The city is adversely affected by continuous growth of small scale industries and motor vehicles. The highways NH-13, NH-206 and other state highways pass through the city. The heavy traffic on these highways has also been significantly contributed to pollution in the city. The earth moving activities related to the construction of flyovers and widening of roads in the congested areas further add to this menace. The reasons for increased Air pollution in the city are the high concentration of Suspended particulate Matter (SPM), Sulphur dioxide (SO_2) and oxide of nitrogen (NO_x), mainly due to the increased volume of traffic, high rate of automobile pollution and the problem is further aggravated by the absence of proper dust control measures.

The major problem in Shivamogga is the pressure exerted by supply and demand on water resource have caused several environmental problems in drinking water supply, categorized as : 1) inadequate quantity of drinking water supply, a problem of scarcity and governance

2) scarcity of drinking water in summer months, a problem of natural factors, seasonality, governance and management

3) Depletion of drinking water sources

4) Deteriorating quality of drinking water, a direct environment problem.

These are the environmental problems in drinking water supply of rural and urban Shivamogga.

Shivamogga district, known as the 'Gateway of Mal' has lost a whopping 49.22 sq km of forest, as per India state of forest report 2019. While Karnataka is cheering for topping the list of states increasing forest cover, Shivamogga's loss of forest cover to encroachment and development projects are causing headache to environmentalists.

Non Governmental Organizations (NGOs)

A non-governmental organization (NGO) is any non-profit, voluntary citizen's group which is organized on a local, national or international level. Task-oriented and driven by people with a common interest, NGOs perform variety of service and humanitarian functions, bring citizen concerns to Governments, advocate and monitor policies and encourage political participation through provision of information. Some are organized around specific issues, such as human rights, environment or health. They provide analysis and expertise, serve as early warning mechanisms and help monitor and implement international agreements. Their relationship with offices and agencies system differs depending on their goals, their venue and the mandate of a particular institution.

Many of these organizations have interacted with heads of government to achieve their objectives. Different means and methods are adopted to realize their goals. They have their success and failure stories.

The world Bank defines NGOs as private organizations that pursue activities to relieve suffering, promote the interests of the poor, protect the environment, provide basic social services or undertake community development (World Bank Operational Directive 14.701).

According to Asian Development Bank (ADB) In the broadest sense the term Non Governmental Organization refers to Organizations

- 1) Not based on government.
- 2) Not created to earn profit.

Characteristics of NGO's:

- Providing basic social services.
- Environment monitoring and reporting.
- Protecting the environment.
- Awareness-raising, campaigning and advocacy.
- Education, training and capacity building.
- Regional cooperation and networking.
- Engaging in suffering relief activities.
- Advocating community development.
- Promoting interest of the poor.
- Management of resource and environment.
- Biodiversity and wildlife Conservation.

Role of NGOs in protection for Environment

The NGOs that work to save the environment conduct campaigns across the country to create awareness among the people about the depleting natural resources. Moreover, due to the increasing number of factories, chemical waste gets mixed with clean drinking water causing health problems. NGOs for environment in India have helped reduce deforestation, soil erosion and they educate the people on the significance of segregating waste material into biodegradable waste. NGOs for environment, take steps to educate people and make them aware of the perishing environment.

There are NGOs that help in preserving the environment:

Creating awareness among the public on current environmental issues and solutions. and facilitating the participation of various categories of stakeholder in the discussion on environmental issues.

- Conducting participatory rural appraisal.
- Being involved in the protection of human rights to have a clean environment.
- Protecting the natural resources and ensuring the equitable use of resources.
- Data generation on natural resources, time line history of villages.
- Analysis and monitoring of environmental quality.
- Transferring information through newsletter, brochures, articles, audio visuals etc.
- Organizing seminars, lectures and group discussion for promotion of environmental awareness.
- Helping the villages administrative officials in preparation, application and execution of projects on environmental protection.

List of NGOs in Karnataka.

- Diya Foundation, Chalkere, [Environment & Forest]
- Akhanda Sava for International Shanti, Mysore.
- Centre for Wildlife, Bengaluru.
- Field Services and Inter cultural Learning, Bengaluru.
- Mantra Social Services
- Rajanet Yegneswaran Charitable Trust [ReforestIndia].
- Sankalpa Rural Development Society
- VRUTTI [Environment and Forests], Bengaluru.
- Rainwater Club, Bengaluru.
- Say Trees, Bengaluru.
- Swaccha Eco Solutions, Bengaluru
- Greenpeace India, Bengaluru
- Green Dot Trust, Mysore
- Akshaya Patra Foundation, Mysore
- The Wishing Tree Foundation.
- Pragathi Organisation, Mysore
- Charithanya Rural Development Society, Shimoga
- Malenadu Kala Tanda, Shivamogga.
- Aranya Vikasa, Shivamogga.

A REPORT ON PROGRAMMES ORGANISED BY LOCAL NGO WORKING ON ENVIRONMENTAL ISSUES.

When was your NGO started?

What are the main objectives of your NGO regarding environment?

What inspire you to work within this sector?

How many volunteers are working with your NGO?

Do you have any experience, volunteering or working on social cause?

What according to you is the biggest environment threat today? How can we overcome from that?

According to you what are the major causes for the pollution in Shivamogga.

How your NGO celebrated environmental day this year?

What are the programs conducted by your NGO so far?

What are the works conducted by your NGO in this year regarding environmental issues?

What are the steps or procedures you are following in conservation of environment.

Have you conducted any environmental programs in school or colleges?

How your NGO helped flood affected areas.

How periodically your NGO work on environmental issues.

What are the methods you used to create awareness among the people regarding environmental issues?

What are your key achievements in environmental conservation?

Have you using any technologies to overcome the environmental problems?

According to you what are the steps have to be taken by our government to conserve environment.

What do you think commoner can do to help the environment?

According to you what happen to our future if we still not aware of current global issues and local issues.

A Report on Programmes Organised by Local NGO working on environmental issues.

Interview with Mr. Ganesh K. president of
Malenadu Kala Tanda (R), which is Non government
organization in Shivamogga. The team working from
many years to conserve environment.

1) When was your NGO started?

Malenadu Kala Tanda started in 2006, and registered
in 2010.

2) What are the main objectives of your NGO regarding
Environment?

Objectives:

- 1) Social development and social wellness
- 2) Planting and to increase the percentage of trees
- 3) And to creating awareness among the people
towards nature.

3) What inspires you to work within this sector?

Basically I am a theatre person the main object
of the theatre is that social wellness. Social wellness

is not only through the art, social wellness means a healthy environment, cleanliness, health, hygiene etc that's why we are working in this sector. mainly in my degree I'm N.S.S volunteer it inspire me to do these work.

4> How many volunteers are working with your NGO?
12 members.

5> Do you have any experience, volunteering or working on a social course?

Yes, as a theatre person we play street plays to create awareness among the people regarding social causes, importance of health. from past few years we are conducting these programmes.

6> what according to you is the biggest environment threat today? How can we overcome that?

All developing technologies based on the name of social development but we have to concentrate on environment. The social developmental activities should help the society but must not affect the peace of environment. For example - For better transportation we are making wider roads in order to increase the economy also. but due to this we are making deforestation

As a human being we should have the sense to save, protect our surrounding. Reforestation is the solution for all environmental hazards. Development should be in the positive sense & it should concentrate on what are the effects impact on environment before starting the projects.

7. According to you what are the major causes for the pollution in Shivamogga?

The main thing is urbanization, industrialization, wider transportations, increasing vehicles, improper waste management and massive use of chemical fertilizers.

8. How your NGO celebrated Environmental day this year?

Each and Every year we are celebrating Environmental day with one objective. Before two days we prepare a plan for the day i.e we select either park, or slums areas and we clean that area. We play street plays about saving environment to create awareness among them. This year also we choose one slum area we cleaned the area and planted.

9. What are the programmes conducted by your NGO so far?

Most programmes we conducted through street plays about health hygiene, maintaining cleanliness, population control, and to create awareness regarding the plans & measures taken by the Government for better health and environment.

⇒ We have conducted one month programme at Bedarahosahalli village, every day we conduct programmes with different themes like dramas, street plays, debates, speech programmes by resource persons.

⇒ We demonstrated the use and benefits of Bio-Gobar gas, i.e. collecting biodegradable wastes, and made it as agricultural fertilizers.

10. What are the works conducted by your NGO in this year regarding environmental issues?

⇒ Short movie about the concept given by central government under Swachh Bharat Mission.

First we search the places, where awareness needed. Then we give service to them.

The main importance is to create awareness among people. Everyone should get knowledge regarding environmental issues and how to control them.

11) Have you conducted any environmental programmes in school or colleges.

Yes, more often we are conducting programmes in schools in rural areas. Because the young minds should know about the society, surroundings, importance of environment and measures to conserve the environment. Till today we have conducted programmes in more than ten schools.

12) What are the steps or procedures you are following in conservation of environment.

First we plan the work and then we try to execute them in different ways to reach the people. We search the place and there we will conduct programmes. We are planting trees on the sides of the roads and we involve people of the locality in our work. And we are distributing plants to the people who were attend our programme.

13) How your NGO helped flood affected areas.

We collected money from the various organizations and donors and helped the victims by providing food, cloth and Bedsheets.

14) How periodically your NGO work on environmental issues

Basically our NGO registered at central government. So each and every month we conduct programmes on the Government's new plans regarding environmental protection.

5) What are the methods you used to create awareness among the people regarding environmental issues?

- Creating awareness through street plays.
- Showing short films related to environmental Hazards and to prevent them.
- Through speech programmes by Resource persons.
- We used to clean their areas and ask them to be hygienic.

6) What are your key achievements in environmental conservation?

In 2016 - District level "Best volunteer's Association" award from central Government which was selected by District officer and the team was honoured by "Nehru Youth Association" for our environmental achievement in implementing Bio-Gobar gas in many houses of rural areas.

The short movie based on "waste management" topic was awarded under "Swachh Bharat Mission" which was taken ^{3rd} prize at state level.

17) Have you using any technologies to overcome the environmental problems?

We are using facebook, whatsapp, to reach many people as possible to reach our messages concern towards environment.

18) According to you what are the steps have to be taken by our government to conserve environment?

- ⇒ By increasing number of plants & trees along Road side
- ⇒ Plastic should be completely banned in the country.
- ⇒ Vacuum cleaning of roads.
- ⇒ Every village should have waste management
- ⇒ Maintenance of rivers and water bodies to save water.

19) What do you think of a Commoner can do to help the environment?

As a part of the environment, we have to be.

And we should care and love the nature.
Commoner will try to attend and show some
interest in the environment related programmes.
Participation of commoner in awareness programmes
is important. By this they will aware of effects
which would caused by man made activities on
environment.

According to you what happens to our future
we still not aware of current global issues and
local issues.

It is more important to know that if we still
not aware of the environmental issues. in future
face many problems like water crisis, energy
crisis, and health related problems. It leads to
extinction of living beings. So It is not late we should
concentrate on conserving our environment and
make it healthy for our existence and for
next generation.


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Data Analysis

Matanadu Kala Tarada working from 1996 to 2000. It is basically Theatre team, which works on conservation environment, and creating awareness regarding health, social issues, hygiene, cleanliness and waste management programmes. This team creates awareness in the people through street plays. They performed play, dramas, in many rural and urban places to create the awareness.

It shows that how Non government organizations (NGO) plays important role in the society. By voluntarily they are participating and conducting programs to improve mentality of people and to make them aware of their surrounding environment. This type of organizations makes awareness in the rural areas, And they are conducting other programmes like planting trees, and distributing plants, and selection of slum areas make their surroundings clean and to conserve environment and they taught about importance health.

Every time they are searching new place

to spread their messages to more people. They are taking initiatives to help people suffering from health issues and they provided basic needs of the people affected in flood last year.

It shows that a team with 12 member is giving for the sake of society and inspiring many to conserve environment. We should understand the importance of conserving environment. Today we are facing environmental issues like water pollution, global warming, Ozone depletion. To overcome these issues we need more NGO's like this. As a responsible citizen, human being it is our duty to take care of our environment, conserve natural resources, and improve them by avoiding the use of plastics and other non-degradable wastes.

Everyone should take inspiration from this and volunteer to try to serve & save environment.

Conclusion

Environment allows all living organisms to survive in its lap. It cares all of us, and it has ability to fulfill our needs. Here we can remember the famous quote by Mahatma Gandhi - "Earth provides enough to satisfy every man's needs but not every man's greed". So we have to conserve our planet earth by protecting it from pollution and other Hazards.

Now a days NGO's play an important role in conserving environment through their service and also they are creating awareness among the people. There are many NGO's working on environment. Here we should thank to have NGO's like 'Malenadu Kala Tanda' serving our locality from last 14 years.

Here I conclude that "protect the nature for the sake of future; because Environment is no one's property to destroy; It's every one's responsibility to protect".

Appendix:



'Male Nadu Kala Tanda (R)'

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TWO YEAR B.Ed COURSE
SEMESTER

Assignment

Valued

YEAR : 2020 - 2021

Subject : ಶಿಕ್ಷಣದ ಮಹತ್ವ

Topic : ಶಿಕ್ಷಣದ ಮಹತ್ವ ಮತ್ತು ಶಿಕ್ಷಣದ ಮೂಲಕ
ಕಲ್ಪಿಸಬಹುದಾದ ಸುಖ - ಶಾಂತಿ ಮತ್ತು ಸಮೃದ್ಧಿ
ಅಭಿವೃದ್ಧಿ

Guide : ಡಾ|| N.K. ಚಿದಾನಂದ್ ಶಿರ
- ಪ್ರಾಂಶುಪಾಲರು

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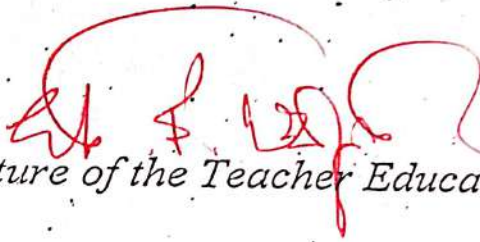
Certificate

This is to Certify that Sri/Smt./Kum.....ಶ್ರೀ.ಎಚ್.ಎ.ಎ......

has done a Assignment in year 2020-2021 in.....

.....ಶ್ರೀ.ಎಚ್.ಎ.ಎ......the work has
been valued by the following Teacher Educator.

e: 27/8/21
oga:


Signature of the Teacher Educator

ಪರೀಕ್ಷೆ

ಕ್ರ.ಸಂ.	ಪ್ರಶ್ನೆ	ಉತ್ತರ
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ತ್ರಿಕುಲದಲ್ಲು ಲಸ್ಯತೆ ಸ್ಥಾನವನ್ನು ತೆಡೆದಿದೆ. ಇತಿಹಾಸವು
 ಮಾನವನ ಜೀವನ ತ್ರಿಕುಲವನ್ನು ಎಂಬುದು ಎಷ್ಟು ಸಾಧನವು
 ದಿಂದ ತ್ರಿಕುಲವು ಮುಖ್ಯವಾಗಿ ಈ ಸ್ಥಾನವನ್ನು ತೆಡೆದುಕೊಳ್ಳುತ್ತದೆ
 ಕಾರಣವು ಅತ್ಯಂತವಾಗಿ. ಸ್ಥಾನವನ್ನು ತೆಡೆದುಕೊಳ್ಳುವುದು
 ಎಲ್ಲಾ ವಾಣಿಜ್ಯ ಜನಾಂಗವು ಲಕ್ಷಣ. ಇತಿಹಾಸ ಬಿಂದುವು
 ತ್ರಿಕುಲದೊಳಗಿಂದಲೂ ಅದು ಸ್ಥಾನವನ್ನು ಅತ್ಯಂತ
 ಎಂಬುದು. ತ್ರಿಕುಲವು ಅದು.

* ಇತಿಹಾಸದ ಅರ್ಥ:-

ಇನ್ನಷ್ಟು ಭಾಷೆಯ History ಎಂಬ ಹೆಸರು ಸ್ವಲ್ಪ ಮೊದಲು
 Historica ಎಂಬ ಹೆಸರಿನಿಂದ ಸ್ಥಾನವಾಗಿದೆ. Historica ಎಂಬ
 ಲಕ್ಷಣವು / ಅಕ್ಷರವು ಮೊದಲನೆಯದು / ತ್ರಿಕುಲವು /
 ಲಕ್ಷಣವು ತ್ರಿಕುಲದ ತ್ರಿಕುಲವು / ಲಕ್ಷಣವು ತ್ರಿಕುಲವು
 ತ್ರಿಕುಲದ ತ್ರಿಕುಲವು ಎಂದು ಅರ್ಥವಾಗುತ್ತದೆ.

'ಇತಿಹಾಸ' ಎಂಬ ಹೆಸರು ತ್ರಿಕುಲದ ಮೊದಲನೆಯದಾಗಿ
 ಬಂದಿದೆ. ಇತಿಹಾಸ ಎಂಬ ಹೆಸರು ತ್ರಿಕುಲದ ಮೊದಲನೆಯದಾಗಿ
 ಇತಿಹಾಸವೆಂದಾಗುತ್ತದೆ. ಇದರ ಅರ್ಥ ಈ ಲಕ್ಷಣವು / ಲಕ್ಷಣವು
 ಅದು / ಲಕ್ಷಣವು ತ್ರಿಕುಲದ ಮೊದಲನೆಯದಾಗಿ.

* ಇತಿಹಾಸದ ಪ್ರಾಪ್ತಿಗಳು:-

ಈ ಮೊದಲನೆಯ ಅರ್ಥದ ದೃಷ್ಟಿಯಲ್ಲಿ ಇತಿಹಾಸವನ್ನು
 ಇತಿಹಾಸಕಾರರು ಕೆಲವರೂ ಎಂಬ ಹೆಸರು ದೃಷ್ಟಿಯಲ್ಲಿ ಎಂಬ
 ಲಕ್ಷಣವು / ಲಕ್ಷಣವು ತ್ರಿಕುಲದ ಮೊದಲನೆಯದಾಗಿ.

1) ಪೂರ್ಣ ಬೆಲ್ಲಾಚೆ :-

'ಎಣ್ಣೆ ಕಾಲುಗಲ್ಲು ಮಾಸು ಹೀಗೂ ಎಂಬುದರ ಸ್ವಭಾವಕ್ಕೆ
ಪ್ರಿಯವೆನಿಸಿ ಇತಿಹಾಸ'

2) ಹೆನ್ರಿವಾನ್‌ಲಾನ್ :-

'ಮಾಸು ಕುಲದ ಕೆತ್ತಿಯೇ ಇತಿಹಾಸ'

3) ಬರ್ಕ್‌ಡಾಟ್ :-

'ಓಡು ಯೋಗದ ಜನತೆ ಯಾವುದೆನ್ನು ಎತ್ತಿಮೆಂದು ತಿಳಿದು
ಕೊಡು ತಿಳಿದುಕೊಳ್ಳಿ ಇತಿಹಾಸ'

4) ಕಾರ್ :-

'ಇತಿಹಾಸವೆಂಬ. ಇತಿಹಾಸ ಮತ್ತು ಔದಾರ್ಯದ ಹೆರಿತೆರ ಉತ್ತರ
ತಯ ಹಾಸಾ ಮತೆಯೋನ. ಭೂತಕಾಲಗ್ನು ನಡುವೆ ನಡೆಯುವ
ಹರಿತು ಕುಬ್ಜಾತ್ಮಕ'

5) ಹಿಯೆರ್ಸ್ :-

'ಯೂನ ಯೂನಗ್ನು ನಡೆದು ಮಾನವ ಜೀವಿಸದೆ ಕೋರಾಕೊಳ್ಳಿ
ಇತಿಹಾಸ'

6) ಕಾರ್‌ಮಾಕ್ಸ್ :-

'ಒಬ್ಬವರು ಮತ್ತು ಇಲ್ಲದವರ ನಡುವಿನ ಕೋರಾಕೊಳ್ಳಿ
ಇತಿಹಾಸ'

7) ಪ್ರೀಮೆನ್ :-

'ಭೂತಕಾಲದ ರಾಜಕೀಯವೆನಿಸಿ ಮತೆಯೋನ ಕಾಲದ ಇತಿಹಾಸ
ಇಂದಿನ ರಾಜಕೀಯವೆನಿಸಿ ಭೂತಕಾಲದ ಇತಿಹಾಸ'

* **ಇತಿಹಾಸ** ಡೈರಿಯಾಡ್:-

ಇತಿಹಾಸದ ಈ ಒಂದು ಮುಖವಿದೆ. ಅದರ ಕಾಲದಿಂದ
ಅಂದಿನವರೆಗೆ ಇತಿಹಾಸವು ಮುಂದುವರಿದು ಹೋಗಿರುವ ಮತ್ತೆ
ವಾಡೆ ಮೂಲದ ಫೈಲ್ಸ್‌ಗಳು. ಅದೇ ನೋಟ - ಸೂಚನೆ
ನೋಟ - ಕೆಲವು. ಇವುಗಳನ್ನು ಬ್ರಹ್ಮನಾಥಂಗೆ ಅದೇ
ಕೊಡುತೋರಿಸುವುದಾದ ಜೊತೆಗೆ ಅದೇ ಕಾಣ ಬಂದಿದೆ? ಎಂದು
ಅಭಿಪ್ರಾಯಪಟ್ಟಿದೆ. ಹಾಗೆಯೇ ಅದೇ ಒಂದು ಅಭಿಪ್ರಾಯವಿದೆ
ಇತಿಹಾಸವು ಬ್ರಹ್ಮನಾಥಂಗೆ. ಅದೇ ಕೊಡುತೋರಿ ಅದೇ
ಅದೇ ತನ್ನ ಮತ್ತೆ ಬರದಾಡುತೋರಿ ತೋರಿಸುವ ಮೂಲಕ
ತೋರಿಸಿದೆ.

ಇತಿಹಾಸವು ಎಂಬ ಕಾಲದ ಜನತೆಯನ್ನು ಕೊಡು ಅಭಿಪ್ರಾಯವಿದೆ
ತೋರಿಸಿದೆ. ಕಾಲಕಲ್ಪನೆ ಇತಿಹಾಸದ ಒಂದು ಅಂಶ. ಇದು
ಅದೇ ಫೈಲ್ಸ್‌ಗಳು ಕ್ರಮವಾಗಿ ಅಭಿಪ್ರಾಯವಿದೆ ಮೂಡುತ್ತಿದೆ
ಇತಿಹಾಸವು ಕೆಲವು ಕಾಲದ ಫೈಲ್ಸ್‌ಗಳು ಮೇಲೆ ಬಿಟ್ಟು
ಅದೇ ಮೇಲೆ ಇರಬಹುದು. ಮುಂದೆ ಇತಿಹಾಸವೆಂದರೆ
ಕಾಲಗಳನ್ನು ಮುಂದುವರಿಸಿ ಬಿಟ್ಟುಕೊಡುವ ಇತಿಹಾಸವು
ಎಂಬ ಫೈಲ್ಸ್‌ಗಳು ಕೊಡುತ್ತದೆ. ಜರುಗುವುದು. ಫೈಲ್ಸ್
ಕೆಲವು ಇರುವ ಅಂತರ ಕೊಡುವುದನ್ನು ಇತಿಹಾಸವು
ಕೊಡುತ್ತದೆ.

ಇತಿಹಾಸ ಎಂಬ ಫೈಲ್ಸ್ ಜನತೆಯನ್ನು ಬ್ರಹ್ಮನಾಥಂ
ಕೊಡುತ್ತದೆ. ಫೈಲ್ಸ್ & ಬ್ರಹ್ಮನಾಥಂ ಕೊಡುತ್ತದೆ
ಫೈಲ್ಸ್ ಫೈಲ್ಸ್ & ಕೊಡುವ ಫೈಲ್ಸ್‌ಗಳು ಕೊಡುತ್ತದೆ

ಅದ್ವೈಯವನು ಯೋಚಿಸುತ್ತಿದ್ದ.

ತೊಂದರೆ ಈ ಯೋಗವೆಂಬ ವಿಶೇಷವಾದ ಯೋಗವು ಒಳಗೆ ಅಂತರಂಗದಲ್ಲಿಯೇ
ಯಾವ ತೋರಿಸುವಂತಿರುವುದು ತಿಳಿದುಕೊಳ್ಳಬೇಕು. ಬೇರಾರ್ಥದ ದೇವತೆಯಾದ
ಯಾವ ಅಂತಃಕರಣದ ರಾಜಕೀಯ. ಅದೇ, ದೇವತೆಯೇ
ವಾಚ್ಯವಾಗಿ. ದೇವತೆಯೇ ಈ ಅಂತಃಕರಣದ ಕೇಂದ್ರವೆಂದು ಯೋಗವೆಂಬ
ವಿಶೇಷವಾದ ಯೋಗವು ವಾಚ್ಯವಾಗಿ ಬಂದಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು.

ಇದೇವೆಯು ನಡೆಸುವುದು ವಿಶೇಷವಾಗಿ ವಿಶೇಷವಾದ ಕಾಲದ
ವಿಶೇಷವಾಗಿ ಯಾವ ಒಳಗೆ ಅಂತಃಕರಣವಾಗಿ ಬಂದು ಬಿಡುತ್ತ
ತದೆ. ಹಾಗೆ ಅಂತಃಕರಣವು ವಿಶೇಷವಾದ ಕಾಲದ ಕಾಲದ
ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು ಯೋಗವು ವಾಚ್ಯವಾಗಿ ಬಂದು ಬಿಡುತ್ತ
ತದೆ.

ಇದೇವೆಯು ವಿಶೇಷವಾಗಿ ಬಿಡುತ್ತದೆ. ವಿಶೇಷವಾಗಿ ಈ ವಿಶೇಷವಾಗಿ.
ವಿಶೇಷವಾಗಿ ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು ವಿಶೇಷವಾಗಿ.
ವಿಶೇಷವಾಗಿ ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು. ಈ ಒಳಗೆ ವಿಶೇಷವಾಗಿ
ವಿಶೇಷವಾಗಿ ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು.
ವಿಶೇಷವಾಗಿ ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು.
ವಿಶೇಷವಾಗಿ ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು.

ಹೀಗೆಯೇ ಇದೇವೆಯು ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು.
ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು - ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು. ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು
ತಿಳಿದುಕೊಳ್ಳಬೇಕು ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು. ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು
ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು. ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು
ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು. ವಿಶೇಷವಾಗಿ ತಿಳಿದುಕೊಳ್ಳಬೇಕು

ತೋರಿಸಿದ ಪ್ರಕಾರ ಪ್ರಾರಂಭವಾದ ಚಿಂತನೆಗಳು. ಇತ್ತೀಚಿನ
ಕೆಲಸ ಆಗುತ್ತದೆ. ಹಾಗೆಯೇ ಯಾವ ಯಾವಾಗಲೂ
ನಮ್ಮ ಶ್ರಮದಿಂದ ಬಂದಿರುವ ತಿಳುವಳಿಕೆ ಮತ್ತು ಬುದ್ಧಿವಂತಿಕೆ
ಈಗ ಮುನ್ನಡೆದರೆ ಮಾರುತು ಮಹಾಪ್ರೀತಿಯ ಕಾರಣ
ತೋರಿಸಿಕೊಟ್ಟಿರುವ ವಿಧಾನವು ಮುಂದುವರಿದು ಇತಿಹಾಸವು
ಆಗುತ್ತದೆ. ಹೀಗಾಗಿ ಇತಿಹಾಸವು ನಿತ್ಯವೂ ಸ್ಥಿರವಾಗಿರುತ್ತದೆ
ನಿತ್ಯವೂ ಕಾಲದ ಸ್ಥಿರವಾಗಿರುತ್ತದೆ ಯಾವ ಅತಿಯಾದ ಅತಿಶಯ
ಯಾವ. ಹಾಗೂ ಅದನ್ನು ಮತ್ತೆ ಇರುವ ಕಾರಣಕಾರಣ
ಮುಂದೆ ಆಗುತ್ತದೆ. ಇಂತಹದೇ ಅಂತಹದೇ ಮುಂದೆ
ಕುರಿತು ಯಾವ ಸ್ಥಿತಿಯೂ ಕಾಣದೇ ಬಿಡುವುದು
ಮುಂದುವರಿದು ಆಗುತ್ತದೆ. ಇದರ ಇತಿಹಾಸವು ನಿತ್ಯವೂ
ತಿಳುವಳಿಕೆ ಮತ್ತು ಬುದ್ಧಿವಂತಿಕೆಯನ್ನು ಪ್ರಕಟವಾಗುತ್ತದೆ. ಕಾಲದ ದಿವ್ಯವಿಜ್ಞಾನ
ಅದೇ ವಾಸ್ತವವನ್ನು ವಿಶ್ಲೇಷಿಸಿ ಬಗ್ಗೆ ಆಗುವುದು
ಮುಂದೆ ದೂರದ ಅದ್ವೈತ ಮತ್ತು ದೂರದವನ್ನು
ಮುಂದುವರಿದು. ವಿಜ್ಞಾನ ಪ್ರಾಂತೀಯ. ವಾಸ್ತವವು
ಪ್ರಾಂತೀಯ ಅಂತರಾಷ್ಟ್ರೀಯ ವಿಜ್ಞಾನವು ಬಗ್ಗೆ
ತಿಳುವಳಿಕೆ ವಿಧಾನವನ್ನು ಅನುಸರಿಸಿಕೊಂಡು
ವಿಜ್ಞಾನವಾಗಿದೆ.

ಇತ್ತೀಕೆ ಕೆಲವು ಇತಿಹಾಸವನ್ನು ಬರೆಯುವುದು
ವನ್ನು ಕೃತ್ಯವೆಂದು" ಎಂದಿದ್ದಾರೆ.

* ಇತಿಹಾಸ ಇತ್ತೀಕಿನ ಸುಣ್ಣುಪ್ರಾಕಾರಗಳು:-

1 ಬರೆಯುವುದು ಎಷ್ಟು ಕುಂದು ಆಗುತ್ತದೆ ಎಂದು
ದೃಷ್ಟಿಯಿಂದ ಇತಿಹಾಸವನ್ನು ಬರೆಯುವುದು
ಪ್ರಾಚೀನ ಜ್ಞಾನವನ್ನು ಇತ್ತೀಕೆ ಕಂಡುಬಂದಿದೆ. ದಿನ ಎಷ್ಟು
ವಿಶ್ವಕೀರ್ತಿಯನ್ನು ಇತಿಹಾಸದ ಬಗ್ಗೆಗೆ ಎಷ್ಟು ಕುಂದು
ಜ್ಞಾನವನ್ನು ಕಂಡುಬಂದಿದೆ.

2 ಪ್ರಯಾಣ ಎಷ್ಟು ಕುಂದು ಬರೆಯುವುದು ಸುರಿ & ಲಕ್ಷಣಗಳನ್ನು
ಪರಿಚಯಿಸುವುದು ಜ್ಞಾನವನ್ನು ಕಂಡುಬಂದಿದೆ:-

3 ತ್ರಿಕೋನವನ್ನು ಎಷ್ಟು ಕುಂದು ತಿಳಿದು ಸಹ ಸುರಿ & ಲಕ್ಷಣ
ಗಳನ್ನು ಅನುಸರಿಸುವುದು ತಿಳಿಯುವುದು ಅಂತು ಇತ್ತೀಕೆ ಎಷ್ಟು
ಗಳನ್ನು ತಿಳಿದುಬಂದಿದೆ.

4 ಎಷ್ಟು ಬರೆಯುವುದು ಎಷ್ಟು ಬಗ್ಗೆ ಅಂತು ಕಂಡುಬಂದಿದೆ
ಯಾವುದು ಸಹ. ಅಂತು. ಎಷ್ಟು ತಿಳಿದುಬಂದಿದೆ
ಇತ್ತೀಕೆ ಎಷ್ಟು ಎಷ್ಟು ಅನುಸರಿಸುವುದು ಮೂಲ
ಬರೆಯುವುದು. ಪ್ರಯಾಣ ಎಷ್ಟು ಇತ್ತೀಕಿನ ಎಷ್ಟು
ಅಂತು ಬರೆಯುವುದು ಬಗ್ಗೆಗೆ ತಿಳಿದು ಮೂಲ
-ಯನ್ನು ಯಾವುದು ತಿಳಿದುಬಂದಿದೆ.

೫ ಉತ್ತಮ ಸಂಪದನಕಾರನಾಗಬೇಕು:-

ಸಮಾಜ ಲಿಪ್ಪಿನನ್ನು ಇತ್ತೀಚೆಗೆ ಬೋಧಿಸಿ ಮಾಡುವ
ವಂದೇಶಗಳನ್ನು ಸುಕ್ಷ್ಮವಾಗಿ ಅರ್ಥೈಸಿ ಬರುವ ಅತೀವ ಉತ್ತಮ
ಫಲಿತಾಂಶಗಳು ಉತ್ತಮ ಸಂಪದನಕಾರನಾಗಿ ಲಿಪ್ಪಿನ
ಲಿಪಿಗಳು.

೬ ತಾಯಿ ತಂದೆಗಳನ್ನು ಬಲವಾಗಿ ಕೌಶಲ್ಯವನ್ನು ಹೊಂದು
- ಪ್ರೀತಿ:-

ಸಮಾಜದಿಂದಲೇ ಕೆಲವು ಪ್ರಶ್ನೆಗಳಿಗೆ ತಿರುಗುವುದು ಉತ್ತಮವಾಗಿ
ಇತ್ತೀಚೆಗೆ ದೃಢ ಪ್ರವರ್ತನೆಯನ್ನು ಬಲವಾಗಿ ಕೌಶಲ್ಯ
ವನ್ನು ಪ್ರತಿಬಿಂಬಿಸಿ ಇತ್ತೀಚೆಗೆ ಕೆಲವು ಸಾಧನಗಳಾಗಿರುತ್ತವೆ.

ಪ್ರೀತಿಯು ಸಮಾಜದ ಬಗ್ಗೆ ಉತ್ತಮವಾಗಿ ಹೊಂದಿರುತ್ತವೆ:-

ಉತ್ತಮವಾಗಿ. ಸಾಮಾಜಿಕವಾಗಿ. ಪ್ರೀತಿಯು ಉತ್ತಮವಾಗಿ
ಉತ್ತಮವಾಗಿ ಬರುವುದು. ಇದನ್ನು ಬಗ್ಗೆ ಉತ್ತಮವಾಗಿ
ಉತ್ತಮವಾಗಿ ಕೆಲವು ಹಿರಿತನವಾಗಿರುತ್ತವೆ.

ಉತ್ತಮವಾದ ಪ್ರೀತಿಯನ್ನು ಹೊಂದಿರುತ್ತವೆ:-

ಸಮಾಜ ಲಿಪ್ಪಿನ ಇತ್ತೀಚೆಗೆ ಉತ್ತಮವಾದ ಪ್ರೀತಿಯನ್ನು
ಹೊಂದಿರುತ್ತವೆ. ಸ್ವಲ್ಪವಾಗಿ 4 ಸಮಾಜದಿಂದಲೇ
ಉತ್ತಮವಾಗಿ ಸಮಾಜದಿಂದಲೇ ಹಿರಿತನವಾಗಿರುತ್ತವೆ.
ಉತ್ತಮವಾಗಿ ಸಾಮಾಜಿಕವಾಗಿ ಹೊಂದಿರುತ್ತವೆ.

ಉತ್ತಮವಾಗಿ ಸಾಮಾಜಿಕವಾಗಿ ಹೊಂದಿರುತ್ತವೆ. ನೆಲೆ-ಸುಲಭ
ಉತ್ತಮವಾಗಿ ಸಾಮಾಜಿಕವಾಗಿ ಹೊಂದಿರುತ್ತವೆ.

ತೆಕ್ಕನೆ ಕೆತ್ತಿನೆಂಬ ಪಡೆನ ನಾಡಿನಂತೆ. ಅದೊಂದು
 ಸಿಂಹಾಸನವೆಂಬುದು ಕೆತ್ತಿನೆ ಅದೊಂದು ಅದೊಂದು
 ಅದೊಂದು ಅದೊಂದು ಅದೊಂದು.

1 ರೀತಿಕೆ ಎತ್ತಿರುವುದು ಬಗ್ಗೆ ಆಳುವುದು ಜ್ಞಾನ ಕೊಂಡಿರಬೇಕು:-

ಅಧ್ಯಾಪಕರಿಗೆ ಈ ವಿಷಯ ಎದ್ದುಕಾಂತವಾಗಿರಬೇಕು. ಎಂಬ ಪ್ರಯತ್ನ
ಮಾಡಬೇಕು. ಇದರ ಜೊತೆಗೆ ಎತ್ತಿರುವುದು ಬಗ್ಗೆ
ಆಳುವುದು ಅನುಭವ. ಜ್ಞಾನ & ಸಂಶೋಧನೆಯಿಂದ
ಮಾಡಬೇಕು. ಯಾವ ರೀತಿಕೆಗೆ ಆಳುವುದು ಜ್ಞಾನ ಬೇಕಾದರೂ
ದೇವತೆ ಅಂತಹವರು ಮಾತ್ರ ಅಧ್ಯಾಪಕರಾಗಿ ಯೋಗ್ಯರಾದ
ಮಾಡಬೇಕೆಂಬುದನ್ನು ಮಾಡಬೇಕು. ಆದ್ದರಿಂದ ಲಕ್ಷ್ಯವನ್ನು
ರೀತಿಕೆಗೆ "Olean of knowledge" ಅತ್ಯಗತ್ಯವಾಗಿರಬೇಕು.

2 ರೀತಿಕೆ ಎತ್ತಿರುವುದಕ್ಕೆ ಜ್ಞಾನ ಪ್ರಕಾರದ ಸುರಿ ಕೊಂಡಿರಬೇಕು

ಇದರಲ್ಲಿ ರೀತಿಕೆ ಈ ವಿಷಯ ಬಿಡುಗಡೆ ಎತ್ತಿರುವುದನ್ನು ಅಧ್ಯಾ
ಪಕರಾಗಿ ಪ್ರಕಾರ ಮಾಡಬೇಕು. ಇದಕ್ಕೆ ಬದಲಾಗಿ
ರೀತಿಕೆ ಎತ್ತಿರುವುದು ಸಂಶೋಧನೆ ಜ್ಞಾನವನ್ನು ತಾನೇ ತಿಳಿದುಕೊ
ಂಡು ಅದನ್ನು ಅಧ್ಯಾಪಕರಾಗಿ ತಿಳಿಸುವುದು ಎಂಬುದು ಜ್ಞಾನ
ಪ್ರಕಾರವಾಗಿದೆ.

3 ರೀತಿಕೆ ಅಧ್ಯಾಪಕರನ್ನು ಕೆಲವು ಕೆಲಸಗಳನ್ನು ಬಿಟ್ಟು
ತಾನು ಬಿಟ್ಟು ಬಿಡಬೇಕು:-

ಇದರಲ್ಲಿ ಬಿಡಬೇಕು ತನ್ನ ಬಿಡಬೇಕು ಜೊತೆಗೆ ಬಿಟ್ಟು
ಬಿಡಬೇಕು ಕೆಲಸವನ್ನು ಬಿಟ್ಟುಬಿಡಬೇಕು. ಅಧ್ಯಾಪಕರಾಗಿ ಈ ವಿಷಯ
ಎತ್ತಿರುವುದನ್ನು ಜ್ಞಾನವಿಡಬೇಕು. ಜ್ಞಾನವಿಡಬೇಕು
ಮಾಡಬೇಕು ಕೆಲವು ಬಿಡಬೇಕು ತಿಳಿದುಕೊಂಡು ಬಿಡಬೇಕು.
ಇದರಲ್ಲಿ ಕೆಲವು ಕೆಲಸವು ಎಂಬುದು ಮಾಡಬೇಕಾದ ರೀತಿಕೆ.

ಇದೇನು ಬರೆಯಬೇಕು. ಇದು ಒಂದು ಬರೆಯಬೇಕು ಇದು ಒಂದು ಬರೆಯಬೇಕು

ಇದೇನು ಬರೆಯಬೇಕು. ಇದು ಒಂದು ಬರೆಯಬೇಕು ಇದು ಒಂದು ಬರೆಯಬೇಕು

Effective teaching requires a constant and delicate adjustment. There is no method which is usually applicable. Least of all to the teaching of history.

History is a subject which is usually taught by rote learning. This is a very bad method. It does not help the student to understand the events and the people involved. The teacher should try to make the subject interesting and relevant to the students' lives. He should use various methods such as discussion, dramatization, and the use of maps and globes. He should also encourage the students to do their own research and to express their own views on the events they are studying.

5) ಕೆಳಕಿನ ಚಾಂದ್ರಿಕ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ವಿವರಿಸಿ

ಸಂಗ್ರಹಣೆಯಲ್ಲ ಈ ತಿಕ್ಕಿ ಬಿಕ್ಕಿ:-

ಕೆಳಗಿನ ಕೊಡಿಸಿರುವೆಲ್ಲ ಲಿಪಿ ಸುಲಭ ಶಬ್ದಗಳಿಂದ
 ಸುಲಭ ಶಬ್ದ: ತಯಾರಿಸಿದ ಸುಲಭ ಶಬ್ದಗಳಿಂದ ಸುಲಭ
 ಶಬ್ದಗಳು. ಸುಲಭಗಳು. ತುಲನಗಳು. ಸುಲಭಗಳು. ಸುಲಭ. ಕಾಲಕಾಲ
 ಕಾಲ ಸುಲಭ. ಸುಲಭಗಳು. ಸುಲಭಗಳು. ಸುಲಭಗಳು. ಸುಲಭ
 ಸುಲಭಗಳು. ಸುಲಭಗಳು. ಸುಲಭಗಳು. ಸುಲಭಗಳು.

* ಉಪಪಂಜಾಯಿ:-

ಬೆಳ್ಳು ಲತ್ತೆಯು ಇತಿಹಾಸ ಮತ್ತು ತಾರೀಖೆಯು
ಇತ್ತೀಕೆ ತನ್ನ ಮತ್ತೆಯನ್ನು "ಕಾಯಕಿಣಿ ಕ್ರೀಲಾತೆ" ಎಂದು
ಪ್ರಸಿದ್ಧ. ಇನ್ನೂ ಇತ್ತು. ತಿರುಮಲ. ಶ್ರೀಮಾಣಿಕೇಶವರು
-ದ. ಇನ್ನೂ ಇದೆ ಮನೋಭಾವದಿಂದ ಮಾಡಬೇಕು.

ಒಂದು ಕಾಲದಲ್ಲಿ ಇತಿಹಾಸ ಮತ್ತು ತಾರೀಖೆಯನ್ನು
ಯಾವ ಬಳಕೆಗಾಗಿ ಬೋಧಿಸಬಹುದೆಂಬ ಭಾವನೆ ಇತ್ತು. ಆದರೆ
ಇತ್ತೀಚೆಗೆ ಈ ಭಾವನೆ ಬದಲಾಗಿದೆ. ಇತಿಹಾಸ ಮತ್ತು
ತಾರೀಖೆ. ಬೋಧಿಸಲು ಸುಲಭವು. ಇತ್ತೀಚೆಗಾಗಿ. ಬೋಧಿಸಲು
ಅಧಿಕ. ಬೋಧಿಸುವುದಕ್ಕಿಂತಲೂ ಅಧಿಕವಾಗಿ ಅಧಿಕತೆ ತೆಲ
ಕೊಡಬೇಕಾದರೆ ಅಧಿಕವಾಗಿವೆಯು ತಿಳಿದುಕೊಳ್ಳಲು ಅಧಿಕವಾಗಿ
ಮಾಡಬೇಕಾಗಿವೆಯು ಇತ್ತೀಕೆ ಮುಂದೆ ಅಧಿಕವಾಗಿ. ಇತಿಹಾಸ
ಸಂಕಟ ಅಧಿಕವಾಗಿ ವ್ಯಾಪ್ತಿಯಾಗಿ ಅಧಿಕವಾಗಿ ಬೋಧಿಸಲು
ಅಧಿಕವಾಗಿ ಇತ್ತೀಕೆಗೆ ಅಧಿಕವಾಗಿ. ಇತ್ತೀಕೆಗೆ ಇತ್ತೀಕೆಗೆ
ಅಧಿಕವಾಗಿ ನೋಡಿಸಂತೆ. ಅಧಿಕವಾಗಿ ಬೋಧಿಸಿ ತಿಳಿಸುವುದಾಗಿ
-ಯಾಗಲು ಇತ್ತೀಕೆಗೆ ತನ್ನದಾಗಿ ಆದ ಗಾಣಿ ಮತ್ತು ತಾಮ್ರ
-ಕೃಷ್ಣವು ತಿಳಿಸುವುದಾಗಿವೆಯು ಅಧಿಕವಾಗಿ.

* ಆಧಾರ ಗ್ರಂಥಗಳು :-

- * "ಪ್ರೀತಿಯಾದ್ಯಂತ ಬೋಧನಾ ವಿಧಾನ ಇತರರ ಸಾಕ್ಷಿ
ಹಾಕಿ" - ಪ್ರೊ. ಎಂ. ಸಿ. ಮೂರ್ತಿ, ಅಧ್ಯಾಪಕ, ಕ್ರಿಕೆಟ್
ನಿರ್ದೇಶಕ, (೨೦೦೪).

* ಎಸ್. ಕೆ.ಎಸ್. - ಇರಾನ್ ಬಂದಿದೆ

* വി. വി. രാമചന്ദ്രൻ - അക്കാദമിക് അംഗം
കാർഷിക വിഭാഗം

* ഓർ. ഖ. തിരുവിതാംകൂർ - താഴെപ്പറയുന്ന വിവരങ്ങൾ
 ലഭിച്ചിട്ടുണ്ട്.

* ജി. വിജ്. ശങ്കരകൃഷ്ണമൂർ - അഞ്ചാം ധാതു കോളി
ചുരുക്കി.

* ಎ. ಎಸ್. ಕಾಲಕಿಣ್ಣ - ಇತಿಹಾಸ ಮತ್ತು ಪ್ರಾಚೀನ
ಚರಿತ್ರೆ.

4. അ. ഓ. ഓ. ചരിത്ര - രണ്ടു കാലിക മാസം
- 900 വർഷം

* ಸರ್. ಡಿ. ಮಹಂದಾರ್ - ಇನ್ನೂ ಕೊಡೆಯ.



ರಾಷ್ಟ್ರೀಯ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆ(ರಿ),

ನ್.ವಿ.ಕೃಷ್ಣಮೂರ್ತಿರಾವ್ ರಾಷ್ಟ್ರೀಯ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ, ಶಿವಮೊಗ್ಗ.

ಎಸ್.ಇ.ಎಸ್.ಕ್ಯಾಂಪಸ್, ಬಾಲರಾಜ್ ಅರಸ್ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ-577201

TWO YEAR B.Ed COURSE
SEMESTER

Assignment

Valued

YEAR : 2020-21

Subject : Drama and Art in Education

Topic : Life History and Theatre
Contributions of a Great
Dramatist T. P. Kailasam

Guide : Dr. N. K. Chidamanda
Principal

ಹೆಸರು
Name : Balachandria C. S.

ಕಾಜರಿ ಸಂಖ್ಯೆ

Roll/ No : ED200005

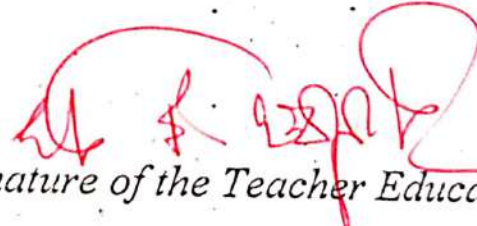
NATIONAL EDUCATION SOCIETY(R).

S.V.K.National College of Education,
Balaraj Urs Road, Shimoga-577201

Certificate

This is to Certify that Sri/Smt./Kum.....Balachandria C.S.
has done a Assignment in year 2020-2021 in.....
.....Drama & Art in Education.....the work has
been valued by the following Teacher Educator.

Date: 28/8/21
Shimoga:


Signature of the Teacher Educator

INTRODUCTION

- * Theatre is the basis of all the arts. The awareness of drama & art can assist teacher to become chalcen-tric in the profession.
- * According to the Nobel playwright B. V. Karanth "Drama is meant for experiment rather than entertainment."
- * This definition can be followed by a variety of perspective in the teacher's profession.
- * Because education is a representative of continuity theory.
- * In teaching and learning process teachers must continually expose themselves to the experiment.
- * Innovative teaching methods must be followed by the teacher.
- * Information should not be unnecessary burden for the child to provide

Meaning & Concept of Art

* Art is a diverse range of human activities in creating visual, auditory
⑧ performing artifacts - artworks, expressing the author's imaginative ⑧ technical skill, intended to be appreciated for their beauty ⑧ emotional power.

* In their most general form these activities include the production of works of art, the criticism of art, the study of the history of art, and the aesthetic dissemination of art.

* The oldest form of art are visual arts, which include creation of images ⑧ objects in fields including painting, sculpture, print making, photography and other visual media.

History of Karnataka Theatre

* History of Kannada Theatre (9)

theatre of Karnataka, is rich with cultural heritage that speaks volumes about the vastness of the performing art called Drama in Kannada language.

* Earliest evidence of Kannada theatre, perhaps, dates back to the twelfth century.

* As it was during this time that development and nurturing of various folk theatrical elements like; Yakshagana, Bayalata, Sannata and Talamaddale took place.

* Puppetry also formed a significant part of the Kannada theatre folklore.

* History of Kannada theatre also covers momentous chapters on Folk

theatre of Karnataka - ritual possession (99) Gombeyata, which were part of worship like; Koriaga & Bhutaradhane. Also, there were few devotional narratives by and for specific religious sects, as in Kamale and Viragase.

* History of Kannada theatre is blessed with bountiful flow of Kannada literature & classics in Kannada language, from the time of Kavisramajama of Nripatunga of the 9th century A.D.

* This era also clearly indicate the growth of the theatre in two branches - one at the court under royal patronage and the second, flourishing among the common people, mostly perhaps in the country-side.

* A march into the past would reveal the important milestones of literary & epigraphical evidences.

* History of Kannada theatre tells the unique of "Court Theatre".

* It must be carefully noted that the earliest existing written play belonged to the last phase of the 17th century A.D.

* It was a play written by Narasimha-gararya, named Mitravinda Govinda.

* The history of Kannada theatre, at least, the post folk era - the modern Kannada theatre - begins during nineteenth century, when the British Empire already set up its rule in present day Karnataka.

* The printing & publishing houses had been established & educational institutions were completely functional.

* This of course helped in the development, expansion & spread of Kannada language.

* The period between 1880 & 1920 is often termed as the "Kannada Renaissance".

* Amateur theatre, however, underwent a change after 1915.

* Talented playwrights emerged, & also new theatre troupes came to the fore.

* New theatre practitioners also appeared to the scene.

* T. P. Kailasam contributed greatly to Amateur theatre in Bengaluru.

* Like-wise K. Shivarama Karanth made quite a few experiments in Dakshin Kannad & later, Srisranga (8) Adya Rangacharya involved himself deeply in the amateur movement in north Karnataka while Parvathavani wrote entertaining comedies.

* Literature helped in popularizing Kannada theatre in a major way.

* With the 'Kannada Renaissance' many novelists, poets, writers & dramatists started to write closest drama than as theatre pieces.

information in a global state of education.

Early life of T. P.

Kailasam

* Kailasam was born in a Tamil family in southern Karnataka, India.

* His father T. Paramasiva Iyer, was employed as munsif in the Mysore state service and progressed to become the Chief Justice of the Mysore High Court. His father's brother was the Madras High Court Judge, Sir T. Sadasiva Iyer.

* Kailasam had a good education & was supported by the Maharaja of Mysore to study geology in Royal College of Science London.

* His close friends and classmates included K. V. Iyer and V. Setharamaiah.

* Kailasam repeated several classes to

have an excuse to extend his stay in England.

* He spent six years in school there, participating in theatre whenever possible.

* Soon after his return, he joined the government geology service.

* He became disillusioned with government job and quit to write plays and live a bohemian life.

* His father's failed ~~ambitious~~ plan that he would become the Director General of the Geology Department led him to stop talking to him.

* On his return to Karnataka he worked to improve the literary scene there.

* His life was dedicated to local theater & his contributions revolutionised it.

His application of humor to his plays left an everlasting impression on

Kannadigas.

- * He opposed the company theatre obsession with mythology and stories of royalty & shield away from overloading his plays with music.
- * Instead, he introduced simple, realistic sets.
- * Kailasam chaired the Kannada Sahitya Sammelana held at Chennai, then called Madras, in 1945.
- * His speech was short but effective.
- * Kailasam came from a family of scholars and professionals.
- * He had benefited from a good education in his youth & was sponsored by the Maharaja of Mysore to move on to higher studies in geology at London.
- * He was enchanted with life in the United Kingdom & took the time to repeat several classes, one at time, in order to have a excuse.

Life in Theatre for T. P. Kailasam

- * Kailasam came on the Kannada literary and dramatic stage in 1919.
- * And was criticised to begin with, for modern use of the Kannada language in his plays, but with time, his work gained popularity.
- * His play, Namkampini, a satire which poured ~~ridicule~~ on the excesses of the professional theatre, was symbolic of his whole work in a way.
- * The old professional stage never really recovered from the blow he dealt to it.
- * Before his advent, the normal language of the drama was stilted & pedantic, the colloquial being almost.

exclusively reserved for 'vulgar' situations and characters.

* Kailasam felt that the professional stage debased poetic themes;

* Its actors were affected, stilted and hysterical.

* Kailasam jeered at the professional plays and at the audiences who crowded to see them.

* Like a true revolutionary, he desired a change from all that was deep rooted and monotonous.

* Thyagaraja Paramasiva Kailasam is a popular figure in the Kannada theatre scene.

* He contributed greatly towards Kannada literature. He was also so popular in the Kannada theatre that he earned the title Prahasana rapitamaha, 'the father of humorous plays'.

Revolution Brought to Theatre by T. P. Kailasam

* The old theatre, with its "meaningless" mythological plays its tinsel spectacles and 'transfer scenes', its strutting ranting and moaning heroes, repelled him.

He dismissed it with a supreme gesture and created a new, simpler and more dynamic stage with his own hands.

The 'great' hero of old was replaced by an ordinary lower middle class individual, often a victim of social tyranny or domestic conflict.

Kailasam saw drama in every home, in every individual; he saw

dramatic possibilities in each aspect of middle class life and used these possibilities in each to portray and criticise the society he knew well.

* He made his characters speak as they might have spoken in real life.

* This met with the opposition of some who considered the stage too sacred for domestic themes and colloquial speech, but soon the audience realised that Kailasam had come to stay for their own benefit and delight, and that no opposition to him was possible. With perhaps the expectations of Sattavana Santapa, Bahiskara and Soole, all the other plays of Kailasam (more than about twenty of them).

Successful Plays

Written by T. P.

Kailasam

* Plays written by T. P. Kailasam came to be widely read for their humour if not for the significance of their social criticism. More than in the construction of plot, the genius of Kailasam is seen in the brilliant wit and humour that shine through his dialogues; but there is an ever-flowing under-current of serious thought that adds to the significance of the play. These characteristics, typical of Kailasam, could be seen in plays like Ammaiyida Ganda, that provided.

parallel pictures of two
, Talikatto kkidine, that provided
parallel pictures again, of the ways
of a god-fearing traditionalist
family with the ways of a
dishonest sophisticated family.
* Bandvalvillada Badayi and Home
Rule scathingly parodying artificial
town-life: Nam Clubbu, poking fun
at high-brow fashions: Nam Brahmani
-ke, exposing the hollowness of
the claims of our priesthood and
-uttadalli Hutta, picturing the urban
phenomenon of the exploitation
the dull by the clever.

All the plays of Kailasam exhibit
remarkable ability in portraying
secret twists and turns of
social mechanism and in magni-
fying them from the angle of
our.

coupe with a friend on an overnight train journey.

* On reaching his destination, when he was asked, 'Hope you had a sound sleep?' Kailasam answered, 'I had sound, he had sleep'.

* T.P. Kailasam used pun to introduce himself by announcing: 'I am Typical Ass'! , Kailasam interspersed dialogues in his Kannada plays with liberal doses of English, ~~for~~ which he was criticised by orthodox authors.

* He was given the title of 'Father of Modern Kannada Theatre'.

* Apart from the sense of humour, Kailasam was a great humanist and compassion was an innate quality with him.

* Kailasam wrote several plays in English and Kannada & has left a huge legacy which is alive even today.

Pattern of Plays Written by T. P.

Kailasam

* Kailasam wrote different kind of variety of plays which were 'The Purpose Fulfilment', 'The Burden', 'The Brahmin's Curse'.

* The Poems wrote by Kailasam was 'The Dramatist Eternal Cain', 'Truth Naked', 'The Lake', 'Mother Love', 'The Sixth Columnist 1943', 'A Monologue', 'The Recipe', 'The Smilin Seven', 'The Artist', 'Kaikayee', 'Commiseration' (Karna), 'Drona', 'Krishna' and 'Subhadra'.

* The evergreen works of Kailasam are a rage with young & old.
→ Naanu kolike Ranga ko-nu, li-nu, ke-

CONCLUSION

* Here, we conclude that the drama is a complex art consisting of several arts, such as dance, music and expression.

Thyagaraja Paramasiva Kailasam is a popular figure in Kannada theatre. He has greatly contributed towards Kannada literature.

He was also a popular figure in the Kannada theatre that he earned the title 'Prahasana Prapitamaha', the father of humorous plays.

Plays written by T. P. Kailasam cannot be widely read for the humour but for the significance of their social criticism.

Kailasam was a moralist, but turned his hand to mythological themes also.

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TWO YEAR B.Ed COURSE
SEMESTER

Assignment

YEAR : 2020-21

Value

Subject : Gender School and Society

Topic : A descriptive report on major article
Indian constitution in the aspect of social
and economical upgradation of women

Guide : Dr. N.K Chidamband Singh
[Principal]

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Name :Charitra L.....

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Roll/ No.....ED200006.....

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has done a Assignment in year 2020-2021 in.....
..... Gender School and Society..... the work has
been valued by the following Teacher Educator.*

*Date: 26/08/2021
Shimoga:*

Signature of the Teacher Educator

Assignment

Topic :-

A descriptive
report on major
articles of indian
constitution in the
aspect of social &
economical Upgrad-
ation of Women

INDEX

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MEANING AND CONCEPT OF UPGRADATION OF WOMEN

Upgradation is the process of improving the quality or usefulness of something. or of giving a person a more important job.

Upgradation is the action or process of raising something to a higher standard, grade, or rank.

According to ~~the~~ UN definitions, women upgradation has five components

- women's sense of self-worth
- Right to have and to determine choices.
- Right to have access to opportunities and resources.
- Ability to influence the direction of social change to create more social & economical upgradation of women.

Important Constitutional & Legal Provisions for Women.

The principle of Gender equality is enshrined in the Indian constitution in its Preamble, Fundamental Rights, fundamental duties, and directive principles. The constitution not only grants equality to women, but also empowers the state to adopt measures of positive discrimination in favour of women. Within the framework of a democratic polity, our laws, development policies, plans and programmes have aimed at women's advancement in different spheres. India has also ratified various international conventions and human rights instruments committing to secure equal rights of women. Key among them is the ratification of the convention on Elimination of All forms of Discrimination against women (CEDAW) in 1993.

1. Constitutional Provisions

The constitution of india not only grants equality to women but also empowers the state to adopt measures of positive discrimination in favour of women for neutralising the cumulative Socio-economic, educational and political disadvantages faced by them. Fundamental Rights, among others, ensure equality before the law and equal protection of law; prohibits discrimination against any citizen on grounds of religions, race, caste, sex or place of birth, and guarantee equality of opportunity to all citizens in matters relating to employment. Articles 14, 15, 15(3), 16, 39(a), 39(b), 39(c) and 42 of the constitution are of specific importance in this regard.

The constitution of india not only grants equality to women but also empowers the state to adopt measures of positive discrimination against any political disadvantage by them.

vi) To promote justice, on a basis of equal opportunity and to provide free legal aid by suitable legislation or scheme or in any other way, to ensure that opportunities for securing justice are not denied to any citizen by reason of economic or other disabilities (Article 39(A))

vii) The state to promote with special care the educational and economic interests of the weaker sections of the people and to protect them from social injustice and all forms of exploitation (Article 46)

viii) The state to make provision for securing just and humane conditions of work and for maternity relief (Article 42)

ix) The state to raise the level of nutrition and the standard of living of its people (Article 47)

x) To promote harmony and the spirit of common brotherhood amongst all the people of india and to renounce practices derogatory to the dignity of women (Article 51(A)(e))

as the legislature of a state may by law provide (Article 243 T(4)).

Legal Provisions :-

To uphold the constitutional mandate, the state has enacted various legislative measures intended to ensure equal rights, to counter social discrimination and various forms of violence and atrocities and to provide support services, especially to working women. Although women may be victims of any of the crimes such as 'murder', 'Robbery', 'cheating' etc, the crimes, which are directed specially against women, are characteristic as 'crime against women'. These are broadly classified under two categories.

The crimes identified under the Indian Penal code (IPC)

Rape (Sec. 376 IPC)

kidnapping and abduction for different purposes (Sec. 363 - 373)

xii) Not less than one-third (including the number of seats reserved for women belonging to the scheduled castes and the scheduled tribes) of the total number of seats to be filled by direct election in every Panchayat to be reserved for women and such seats to be allotted by rotation to different constituencies in a Panchayat (Article 243 D(3))

xiii) Not less than one-third of the total number of offices of chairpersons in the panchayat at each level to be reserved for women (Article 243 D(4))

xiii) Not less than one-third (including the number of seats reserved for women belonging to the scheduled castes and the scheduled tribes) of the total number of seats to be filled by direct election in every municipality to be reserved for women and such seats to be allotted by rotation to different constituencies in a municipality (Article 243 T(3))

xiv) Reservation of offices chairpersons in municipalities for the scheduled castes, the scheduled tribes and women in such manner as the

as the legislature of a state may by law provide (Article 243 T(4)).

Legal Provisions :-

To uphold the constitutional mandate, the state has enacted various legislative measures intended to ensure equal rights, to counter social discrimination and various forms of violence and atrocities and to provide support services, especially to working women. Although women may be victims of any of the crimes such as 'murder', 'Robbery', 'cheating' etc, the crimes, which are directed specially against women, are characteristic as "crime against women". These are broadly classified under two categories.

1. The crimes identified under the Indian Penal code (IPC)

- Rape (Sec. 376 IPC)
- Kidnapping and Abduction for different purposes (Sec. 363 - 373)

- iii) Homicide for Dowry, dowry deaths or their attempts (Sec. 302/304-B IPC).
- iv) Torture, both mental and physical (Sec. 498-A IPC)
- v) Molestation (Sec. 354 IPC)
- vi) Sexual Harassment (Sec. 509 IPC)
- vii) Importation of girls (up to 21 years of age)

2. The crimes identified under the Special laws (SLI)

Although all laws are not gender specific, the provisions of law affecting women significantly have been reviewed periodically and amendments carried out to keep pace with the emerging requirements. Some acts which have special provisions to safeguard women and their interests are.

- i) The Employees State Insurance Act 1948
- ii) The plantation Labour Act, 1951
- iii) The family courts Act, 1954

- iv) The special marriage act, 1954
- v) The Hindu marriage Act, 1955
- vi) The Hindu Succession Act, 1956 with amendment in 2005
- vii) Immoral traffic (prevention) Act, 1956
- viii) The Maternity Benefit Act, 1961 (Amendment in 1995)
- ix) Dowry prohibition Act, 1961
- x) The medical Termination of pregnancy Act, 1971
- xi) The contracter ~~Labour~~ (Regulation & Abolition) Act, 1976.
- xii) The Equal Remuneration Act, 1976
- xiii) The prohibition of child marriage Act, 2006
- xiv) The criminal Law (Amendment) Act, 1983
- xv) The Factories (Amendment) Act, 1986
- xvi) Indecent Representation of women (prohibition) Act, 1986.
- xvii) Commission of sati (prevention) Act, 1987
- xviii) The protection of women & Domestic violence, 2005

Special Initiatives for Women :-

i> National commission for women :-

In January 1992, the Government set-up this statutory body with a specific mandate to study, and monitor all matters relating to the constitutional and legal safeguards provided for women, review the existing legislation to suggest amendments wherever necessary, etc.

ii> Reservation for women in Local self-Government :-

The 73rd constitutional Amendments Act passed in 1992 by parliament ensure one third of the total seats for women in all elected offices in local bodies whether in rural areas or urban areas.

iii> The National plan of Action for the Girl child (1991 - 2000)

The plan of action is to ensure survival, protection and development of the girl child with the ultimate objective of building up a better future for the girl child.

iv> National Policy for the empowerment of Women, 2000 :-

The Department of ~~women~~ and child Development in the Ministry of Human Resources Development has prepared a "National policy for the Empowerment of Women" in the year 2001. The goal of this policy is to bring about the advancement development and empowerment of women.

Government and other Agencies :-

The program of Nayaroshni this is the program of minority women. it comes under the act of 1992.

National minority commission and also it give prominence to OBC and physically challenged.

I. Moulana Azad National Fellowship

Moulana Azad National Fellowship for minority women / student.

- It is fellowship for Ph.D and emphil student. This is the fellowship lower 30% minority women.
- Moulana Azad Scholarship it is the scholarship for talented students for purchase textbook for academic.

Mahila Samridhi Yojana :-

This program for self co-operative system under this program for 6 months government give 5000 Rupees stipend after completion of this training government give 50% loan with 5% interest for continue in that profession.

Encouraging fund for Secondary School Girl

programme was initiated in 2008.

It is central government programme.

Beneficiaries are Girls studying in Government schools and Government aided schools.

for this programme there is no caste barriers i.e all girls are eligible for this

Government fixed sum of the amount for Girl.

Residential Schools for Girls.

In india several deprived class women have residential schools for SC, ST & OBC minorities and tribal girls.

Residential schools established in are of below 30 % of illiterate and 25% seats of below poverty goal in all deprived classes.

Women Employment Training Programme [1986] :-

This programme was started in 1986.

The main vision of this programme is to develop skills and practice skill for women.

Train women for salary, and train for profession.

It covers area of health education and child protection.

This gives awareness regarding gender equality.

Training centres are established in rural, Semirural, and urban area.

open hostel for unmarried, divorced and widow women.

Some of the seats are reserved for physically challenged women.

Sukanya Samriddhi Yojana :-

Sukanya Samriddhi Yojana is a government fixed deposited schemes in post office launched for the girl child.

It started with the aim of improving the welfare of female children.

This scheme is also known as Sukanya Samriddhi Saving Account can be opened in post-office.

withdrawal shall be allowed only when the account holder ~~girl~~ child attains the age of 18 years.

Ujjwala Yojana :-

Supportive programme for abused and refused women.

The vision of the programme was to create public awareness

This programme gives social and economical support to socially refused women.

Rajiv Gandhi National Care Scheme :-

- It is a day care centre established in 2006.
- Vision of this programme was to improve quality life of employee women and child for 0-6 years.
- Child vaccination, nutritious food, i.e. to improve health status of children.

Employment of Adolescent women

- It was established in the year 2010-11.
- It is initially Government select 205 district for this. It is the programme for the skill development of girls in the year of 11 to 18 years.
- Majorly this programme concentrated school dropout girls.
- This programme provides 6000 calorie food for adolescent girl.
- It gives education and health program for adolescent girl.

CONCLUSION

The moment to assure women's economic social as basic human rights to just emerging in India.

Women's economic opportunity in India is a rapidly changing landscape. Women are increasingly entering the workforce - particularly women professionals - and are creating change. But there remains large numbers of invisible women workers in unorganised and volatile sectors. However, organising at the local level. His inclusion on. Implementation of national and state level

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TWO YEAR B.Ed COURSE
SEMESTER

Assignment

YEAR: 2020-21

Subject: Yoga and Health Education

Topic: Sthira Sana : Tanu Sthira Sana Simha Sana
Padmasana Ardha Matsyendrasana

Guide : Dr. Shashana Nayaka
Assistant Professor

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Name : ..Kanchana Y.....

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*.....the work has
been valued by the following Teacher Educator.*

*Date:
Shimoga:*

Signature of the Teacher Educator

Yoga and Health Education

Important Asanas of Yoga २२

Sinvarasana

Janu Sinvarasana

Sitkikasana

Padmasana

Ankha Matsyendrasana

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Introduction

Yoga is essentially a Spiritual discipline based on an extremely subtle science. which focuses on bringing harmony between mind and body. it is an art and science of healthy living. the word "Yoga" is derived from Sanskrit root "Yuj" meaning to "join" or "to yoke" or "to unite" as per yogic scriptures the practice of yoga leads to the union of individual consciousness with that of the universal consciousness. indicating a perfect harmony between the mind and body man and Nature. according to modern scientists everything in the universe is just a manifestation of the same quantum field. one who experiences this oneness of existence is said to be in yoga and is termed as a yogi, having attained to a state of freedom referred to as mukti. nirvana or moksha. Thus the aim of yoga is self-realization. to overcome all kinds of sufferings leading to the state of liberation or "freedom" living with freedom in all walks of life. health and harmony shall be the main objectives of yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga being widely considered as an immortal cultural outcome of Indus Saraswati valley civilization - dating back to 2700 BC.

has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of yoga sadhana.

The practice of yoga is believed to have started with the very dawn of civilisation. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born, in the yogic lore. Shiva is seen as the first yogi, Adhiyogi and the first Guru or Adhi Guru.

Several Thousand years ago, on the banks of the lake Kantaravaram in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishi or "Seven Sages". The sages carried this powerful yogic science to different parts of the world including Asia, the middle East, Northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe.

However, it was in India that the yogic system found its fullest expression, Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life. The number of seals and bones remains of Indus and figures performing yoga sadhana suggest the presence of yoga in ancient India.

Meaning and Definition of Yoga

yoga is originated from Veda, oldest scripture of India (4000 BC) and systematically presented by sage patanjali in Yoga Sutra around 150 BC

Rishabhdev is the founder of yoga.

Patanjali, an Indian Sage is the compiler of yoga science. He wrote "Yoga Sutra" containing 195 verses divided in 4 chapters.

* The word yoga has been derived from the Sanskrit word "YUJ" which means to join or to unite

* Yoga is the union of the individual soul with Absolute or Divine soul

* Yoga is the science of development of a person's consciousness.

According to Yoga Sutra of Patanjali

"yoga is restraint of the activities of the mind"

According to Bhagavad-Gita Yoga:

Evenness of mind is yoga.

"yoga is skillfulness in action"

Importance of Yoga

Yoga is a form of exercise that originated in ancient India. many people have practiced it for thousands of years. the art of yoga consists of many poses known as "asana" that have different physical benefits

- * yoga is mental, physical, and spiritual practice which helps in attaining a great mind, body and soul
- * yoga helps fight against stress & it improves the immune system, flexibility, health and overall personality
- * Improves muscle flexibility
- * corrects body posture and alignment
- * provides better digestive system
- * Strengthens internal organs
- * Treats asthma
- * helps in the treatment of heart problems
- * helps in skin glow
- * promotes strength and stamina
- * Improve concentration
- * Control helps control the mind and thoughts
- * Helps reduce stress
- * Helps in blood circulation and relaxation of muscles

Meaning of Asana

An asana is a body posture. Originally and still a general term for sitting meditation pose and later extended in hatha yoga and modern yoga.

The yoga Sutra of ~~patanjali~~ defines "asana" as a position that is steady and comfortable. ~~patanjali~~ mentions the ability to sit for extended periods as one of the eight limbs of his system. Asanas are called "yoga" poses or yoga postures.

The term ~~Asana~~ is derived from Sanskrit root "Aas" means "to sit" or "Asi" means "To be".

* They are yoga postures which when practiced regularly the body stays healthy, flexible, strong and hardy.

* They also help in preventing and curing diseases.

Simhanasana

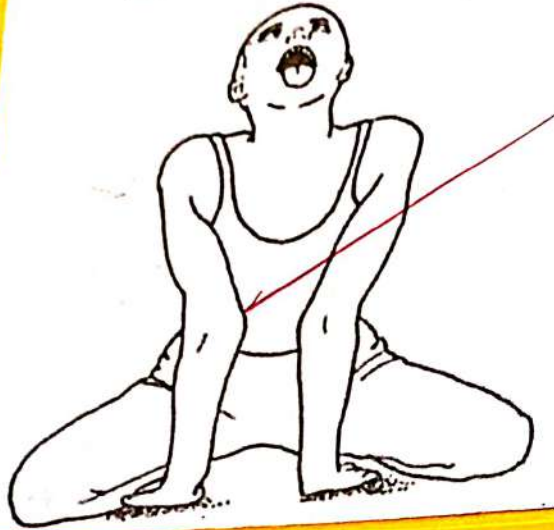
* "Simhanasana" commonly known as "Lion Pose" is one of the most unique yoga poses. It is probably the only asana that requires you to make a sound. The Sanskrit word Simhanasana is derived from two words.

"Simha" stands for 'lion' and 'asana' as well known means 'posture'. The sound that is created during Simhanasana resembles the roaring sound of a lion.

Steps of Simhanasana

- * Starting position Vajrasana (Thunderbolt Pose)
- * Distance your knees as far as you can comfortably
- * The tops of both the feet must be touching each other just as in Vajrasana.
- * Move the body slightly forward. Place the palm of your hands on the floor right between the knees.
- * Turn the wrists outward so that the fingers point toward the body. Keep the arms straight

Lion Pose



Open your eyes wide and focus your gaze on the eyebrow center

Tongue out possible

The toes of the feet must be touching each other

Lift your chest up

Straighten the arms

Cross your right ankle over your left

Place your palms between your legs

Importance of Simharana

- * Simharana maintains the good health of nose, throat and eyes. practicing it in front of rising sun makes it more beneficial.
- * Simharana ~~effectively~~ reduces emotional stress and diminishes frustration
- * Useful for people who are phy. often nervous or introverted in nature
- * Exercises the face & neck muscles keeping the skin tight
- * ~~Beneficial~~ for those who stutter
- * Develops a deep and clear voice
- * Removes tension from chest
- * ~~Useful~~ for those having halitosis
- * Prevents soreness of the throat.
- * Useful for tonsils, thyroid and other problems related to throat.
- * It cures bad breath.

Padmasana

* Padmasana is a cross-legged sitting meditation pose from ancient India. in which each foot is placed on the opposite thigh. it is an ancient asana in yoga. The name padmasana is from the Sanskrit padma - Lotus and Asana "posture" or seat. In Asian cultures the sacred lotus is used as a symbol of growth towards perfection and enlightenment as it is rooted in mud at the bottom of the pond, but rises and blooms above the water. and it is also known as "Kamalāsana".

Steps of Padmasana

Starting stage:

Sit on the floor and stretch the legs.

First stage:

Now hold the right leg in both the hands. Hold the legs slowly and place it on the left thigh.

make sure that the feet touch the navel.

Like wise hold the left hand hold it with both the hands and place it on the right thigh close to the other.

At this point both the knees should touch the floor and the foot should face upwards the spinal cord should be straight at this point.

* if you feel difficulty in sitting in the posture for a long time you can ~~change~~ the legs and then sit on the same position.

Importance of Padmasana

* Padmasana is the highly preferred asana by yoga practitioners for increase the power of mind and concentration.

* It helps ~~calms~~ the brain

* helps to relax the body

* It stretches the ankles and knees

* Helps to stimulate the abdomen, spine and bladder

* This asana is the base for all asanas and it strengthens the hip and knee joints of the female and can get painless peaceful mind.

* The unwanted fat will be reduced in hip and the thigh

* it stretches the spine

* This is the easiest asana which can be done by all the age group of men and women.

Sihrasana

Sihrasana is often referred to as the king of all yoga poses and rightly so. Since it is one of the practice's most difficult to master, Sihrasana which means roughly "headstand" in Sanskrit is a complete inversion in which the body is held upright by the arms with the feet in the air while the head rests on the ground. With the practice and concentration, you can master the pose and perform one of yoga's most complicated inversions.

The name Sihrasana is derived from two Sanskrit words:

Sihra - head

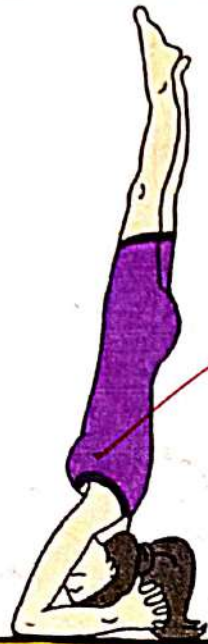
Asana - posture

The weight of the whole body is balanced on the head. Hence the name headstand pose.

* Sihrasana improves strength & cools the brain and helps relieve stress and mild depression.

* Sihrasana is described as an very important asana.

SIRSASANA
THE YOGIC HEAD STAND



Procedure

interlock your fingers and move your body forward placing the forearms on the floor. Spread the elbows slightly more than shoulder-width apart forming an equilateral triangle.

place the crown of your head in the space between your palms. Gently press your hands against your head to get a firm grip.

Raise your buttocks off the floor making the knees and legs straight.

walk a few steps towards your head as much as you possibly can without shaking.

Slightly bend the knees tuck your thighs in your abdomen and chest.

Slowly shift the weight of your body from toes to head and arms. Balance the body.

carefully lift one foot off the ground maintaining the balance and then the other foot.

slowly raise the legs either one by one or together in the vertical position. the body must be straight in the final position.

Indications of Tai Chi

It calms the brain and eliminates mild depression
It stretches the spine, liver, spleen, hamstrings
groins, and shoulders

stimulates the kidneys and liver

Reduces pain in the waist and legs

Improves digestion

Relieves symptoms of menopause

Effectively strengthening rib bones

asana also makes the spine flexible

The asana is therapeutic for insomnia, high
blood pressure

Can ease arthritis

Forward Extensions bring our awareness to the
back body and this creates a more reflective
and then an outward mind.

Ardha Matsyendrasana

* The name Ardha Matsyendrasana is derived from four Sanskrit words. They are Ardha, matya, Indra and Asana which mean Half, Fish, God or king and Mudra respectively. Also known as a half-spinal twist. It is one of the twelve basic asana in Hatha yoga. When done regularly, it helps to strengthen the spine and stimulate the digestive system.

Steps:

Starting position: Sit straight, keeping the legs outstretched in front of the body.

Position the legs first: Bend the right leg over the left leg, placing the right foot on the outside of the left knee. Keep the toe of right foot face forward.

* Bend the left leg, bringing the left foot near the right buttock. Keep left foot's outside edge in contact with the floor.

Ardhamatsyendrasana (half Spinal Twist)

Step-1



Step-2



Step-3



Step-4



Step-5



ARDHA MATSYENDRASANA HALF SPINAL TWIST POSE



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Now position arms and hands

3. There is a space between your chest and right knee pass the left arm through that space bringing the left hand close to the right foot.
 4. Grab a firm hold of the right foot with the left hand bringing the right knee closer to left armpit. Try to keep the spine erect. make the twist.
 5. slowly twist the trunk to the right along with moving the neck.
 6. Wrap the right arm around the waist placing the fingers on the left inner thigh.
 7. Use the left arm pressing it against the right leg to move the trunk as far as you can comfortably.
 8. Gaze straight over the right shoulder at a fixed point. Relax the body taking deep and slow breaths.
- To return, reverse the movements one by one.
- Repeat on the opposite side.
- Practice once on both the sides by interchanging the position of arms and legs.

Importance of Ardha Matsyendri -asana

- * This is one of the best yoga pose for spinal health as it provides excellent compression and extension to the nerves and muscles of the spine. The compression and extension squeezed out sluggish blood of the spinal region to the heart and lungs thus keep the spine in optimal condition.
- * A large number of people are suffering from back problems. practicing this yoga pose will help you to get rid of all the back-related problems.
- * Practicing this yoga at the elderly stage, reduces the tendency of adjoining vertebrae to bore together, which is quite rampant at this stage thus minimizes the vertebral problems at this stage.
- * It is good to relieve headache because alternative compression helps to circulate blood to various organs of the body including the brain thus good for refreshing the mind.

Conclusion

Yoga is not a theory but a practical way of life. If you have ever tasted honey no matter how often it tell you that honey is good for us and yoga is a spiritual workout that connects the mind, body and soul. This is done by elevating the life force of "Kundalini" at the base of the spine that captures the essence of yoga.

The life force is activated through a series of physical or mental exercises known as yogic techniques. At the physical level, the methods comprises of various yoga postures known as "asanas" and the mental yoga techniques include breathing exercises or pranayama and meditation or dhyana.

"Yoga as a mindfulness practice, can help correct basic limitations of the body and mind by improving self awareness. Self control and self esteem."

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