



St. Joseph College of Teacher Education for Women Ernakulam



CRITERION II

2.7.5 Performance of students on various assessment tasks reflects how far their initially identified learning needs are catered to

(Documentary evidences of activities done and monitored to attain PO1 of PEO2)

Submitted to

**National Assessment and Accreditation Council (NAAC)
3rd Cycle of Assessment**



**2.7.5 Documentary evidences of activities done and monitored to attain PO1
of PEO2**

Sl.No	Documents	Pages
1	Preparation of a material for a theme on any one adolescent problem	2-7
2	Rubrics of “Preparation of a material for a theme on any one adolescent problem”	8
3	Awareness class on adolescent problem	9-17
4	Rubrics of “Awareness class on adolescent problem”	18
5	SUPW service and product	19-30
6	Rubrics of SUPW service and product	31

Preparation of a material for a theme on any one adolescent problem, Awareness class on adolescent problems, SUPW Service and product are the activities done and monitored to attain the **PO1**(Our graduates will apply the principles and practices related to the varied psychological, sociological, philosophical and pedagogical dimensions of Education to address the social needs) of **PEO2 (Our graduates will flourish as socially just and responsible citizens)**

PEO2: Our graduates will flourish as socially just and responsible citizens
PO1(Our graduates will apply the principles and practices related to the varied psychological, sociological, philosophical and pedagogical dimensions of Education to address the social needs) **Activities:**

Preparation of a material for a theme on any one adolescent problem

Awareness class on adolescent problems

SUPW Service and product

Preparation of a Learning Material Regarding

Any Adolescent Problem.

PEO2: Our graduates will flourish as socially just and responsible citizens
PO1: Our graduates will apply the principles and practices related to the varied psychological, sociological, philosophical and pedagogical dimensions of Education to address the social needs.

Adolescence is the period of transition between childhood and adulthood. Children who are entering adolescence are going through many changes (physical, intellectual, personality and social developmental). Adolescence begins at puberty, which now occurs earlier, on average, than in the past. The term adolescence is derived from the Latin word *adolescere*, which means "to ripen" or "to grow up". Education is viewed as critical to improving many aspects of the transition of adolescents to adulthood and quality of life. Improvements in health and survival have ensured for a great many more infants and children the opportunity to enjoy life into adolescence and beyond. An understanding the psychology of teenagers is an invaluable asset for teachers to be able to develop effective teaching and behaviour-management strategies. Education is must to do any work in a correct way. In case of adolescents there are many new things to do and they have lots of problems. If they have proper knowledge they can decrease some problems. Since a teacher is the second mother of a student and stays in the heart of the child, she can help the student to choose the right path.

Selected Topic :

Substance Use and Abuse among Adolescents

Relevance of the selected topic :

Teenagers are vulnerable and can be easily swayed to the wrong side. Substance abuse is one of the biggest problems that parents of adolescents around the world have to deal with. Peer pressure is one of the significant factors that drive adolescents to take up smoking and drinking or to do drugs. The tendency to take risk encourages most teens to try smoking or drinking even before they are of legal age. What may start as a 'thrill', can become a habit if it remains unchecked. If there is somebody who smokes or drinks at home, there is a chance that they can be the teen's role models. Poor self-esteem and the need to be 'cool' can push adolescents to smoke or drink. Easy access to substances like cigarettes, alcohol, drugs and anabolic steroids may increase the temptation to try illicit substances.

Procedure :

As a part of B.Ed curriculum, I have prepared a learning material on the theme 'Substance Use And Abuse among adolescents'. The preparation was mainly based on news, short films and videos.

Previous month's news articles were collected online. It includes national and international news on substance use and abuse. Two Review studies were considered as a part of my practical work. Short films and videos on the same was also helped me to understand the depth of the selected topic.

As a learning material Power Point Presentation was made. I selected power point presentation because it will help to improve the audience's focus. And it will make the audience more interactive. Animation videos that says the significance of selected topic is also included. It can communicate emotions and ideas in a unique, easy-to-perceive way that both small children and adults can understand.

Description about the Learning Material:

The topic of learning material is 'Substance Use and Abuse among adolescents'. It is a power point presentation. The collected data is integrated into the 24 slides presentation. Definition of the main title, legal and illegal drugs with examples are given in the first 8 slides. The next 6 slides are about the factors that influence substance use and abuse. Symptoms, effects, danger and solutions are given in next 3 slides. The rest of the slides deals with the signs, symptoms, effects, solutions and prevention of drug abuse.

The use of illegal drugs or the use of prescription

Conclusion :

Adolescent changes are quite normal. But if we found something unusual, then we have to note.

Keep an eye on child's erratic behavior and change in their appetite, sleep patterns, and moods. We should not spy on them or accuse them of any wrongdoing.

Encourage them to talk and be honest. Tell them the concerns about them and discuss the problem. If the child is not willing to talk, then the doctors can ask confidential questions to know if they are abusing any substances. Avoid going as far as a drug test, as that may come across as confrontational and threaten the child. If necessary, get adolescent appropriate treatment.

Appendix :

CD that comprises videos and powerpoint presentation.

Sources of the collected matter

- <https://www.jbenschool.edu.in>
- <https://www.slideshare.net>
- <https://dailyasianage.com>
- <https://www.ncbi.nlm.nih.gov>
- <https://www.webmd.com>
- Animated videos :- Teen health : Substance Use and Abuse

or over-the-counter drugs or alcohol for purposes other than those for which they are meant to be used, or in excessive amounts. Substance abuse may lead to social, physical, emotional and job-related problems. These are the most summarized contents in the presentation. It took almost two hours to complete the presentation. Along with this two videos are taken from the you tube which will help the learners to visualise more.

Personal Benefit :

I was shocked when I heard about the drug and alcohol consumption in school students. Ten years back, there were only rare cases reporting such incidences. But nowadays it is quiet normal. The ability to choose right and wrong is lost in learners. That's why I felt to take this topic as my practical work. This helped me to understand much deeply on the theme, signs, symptoms, factors, solutions etc. This work assists me to give awareness to my cousins and my students. What I understand that, children's capabilities develop over time, a teacher needs to understand what is developing and tailor the instruction to the learner. As a teacher, I will try my maximum to provide proper guidance and understand & solve their (student's) problems. This practical work shed light on my knowledge on substance use and abuse.

:- Avoid Teens Peer Pressure Guide.

:- What is Substance Use and Abuse, Teen



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SEMESTER I

COURSE CODE	COURSE NAME	NAME OF PRACTICAL	FIELD	DOCUMENTS TO BE MAINTAINED	CRITERIA FOR ASSESSMENT	MARK DISTRIBUTION	TOTAL MARKS	CREDIT
EDU 107.1	Core:	Project on socially/educationally relevant issue (Edu 101)	Community	Project report	Report writing (10 pages) -9 Marks <ul style="list-style-type: none"> • Relevance of the topic -2Marks • Creativity /Novelty -4 Marks • Procedure adopted -3 Marks Timely Submission -1 Mark	10	40	2
		Preparation of a material for a theme on any one adolescent problem (Edu102)	College	Record & Evidence	Theme - 2 Marks Learning Material - 5 Marks Report - 2 Marks Timely Submission - 1 Mark	10		
		Creation of blog and uploading of any learning material in the blog (Edu 103)	College	Report & Hard copy of the blog page	Creation of blog - 6 marks Learning material - 2 Marks Hard Copy -1 Mark Timely Submission - 1 Mark	10		
	Associate: Elective	Study on prevailing practices of respective elective course in schools/community	College	Report	Report writing (10-15 pages)- 9 Marks <ul style="list-style-type: none"> • Identification of Essential Components /Prevailing practices in school/community - 4 Marks • Depth of analysis -3 Marks • Suggestions/recommendations -2 Marks Timely Submission - 1 Mark	10		
EDU 107.2	Pedagogic :	Micro teaching lesson plans-3 skills for each student	College	Record	Lesson Plan - 2 Marks Skill components -3 Marks Total - 5x3 (skills) =15Marks	15		

PEO2: Our graduates will flourish as socially just and responsible citizens

PO1: Our graduates will apply the principles and practices related to the varied psychological, sociological, philosophical and pedagogical dimensions of Education to address the social needs.

Semester
II

AWARENESS CLASS ON ADOLESCENT PROBLEMS

Name of the Teacher : Mein Shajan
Name of the School : St. Mary's CATHSS, Ernakulam
Name of the Topic : Substance Use and Abuse
Name of the Subject : EDU 202
Mode of class : Offline

Standard : VIII
Date : 11/08/2022
Duration : 40 minutes
Period : 4th
Strength : 47

INTRODUCTION

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to adulthood. Adolescence is not an easy time for children or parents. The only way to deal with needs and problems at this age is to know about them and be ready to face them.

Parent-adolescent conflicts that cause insecure and unstable feelings have a linear association with pubertal maturity. It is also a vulnerable time for children since they may experience several adolescent problems, such as unhealthy physical, mental and social behaviours, which leads to significant problems later in life. Understanding and dealing with these conflicts positively could help your child be more responsible and social.



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OBJECTIVES

- 1) To make students understand the long and short term effects of substance abuse.
- 2) To help students to critically think about how drugs affect different parts of the body.
- 3) To give awareness on how an individual's drug abuse can affect family and society.
- 4) To provide prevention strategies for substance abuse.

KEY POINTS

Substance Use and Abuse, Drug, Alcohol.

MATERIALS REQUIRED

- 1) Picture on drug and alcohol usage
- 2) News paper cutting on drugs.
- 3) Powerpoint presentation on substance use and abuse.
- 4) Video on remedial measures
- 5) Reading material on effects of drugs and alcohol.

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PRE-REQUISITE

The pupil already knows that drugs and alcohol will destroy bodily function and creates family problems.

LEARNING ACTIVITIES

Activity No:1 (Introduction)

Teacher and students conduct a discussion on adolescence and adolescent problems.

Points for discussion

- * Definition of adolescence
- * Adolescent problems.

Teacher consolidates the discussion by explaining about adolescence and adolescent problems.

Activity No:2

With the help of a picture, students complete the activity card to understand the terms drug and alcohol.

RESPONSE / EVALUATION

- 1) Participation in the activity
Students actively participated in group discussion and expressed their views on adolescent problems.
- 2) Communication and coordination
Students contributed their ideas.
- 3) Acquisition of skills
Students developed their skills like, communication, critical thinking and problem solving.
- 4) Presentation and performance
Students presented their ideas and performed well.

1) Participation in the activity

Students were eager to understand the reasons for drug and alcohol use. By adolescents.

- 2) Communication and coordination of ideas
All students gave the answers



Activity 1
Principal
St. Joseph's College
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LEARNING ACTIVITIES

Find out the terms: Drug, Alcohol.

A	W	O	Q	P	A	R
X	L	B	E	S	W	D
Q	F	C	I	J	U	R
Y	O	Z	O	T	U	U
X	P	M	F	H	P	G
Z	H	K	G	L	O	V
T	F	C	S	E	A	L

Teacher consolidates the class by saying about Substance abuse, drugs and alcoholism.

Activity No: 3

With the help of newspaper cutting, students complete the activity card to understand the cause of substance use and abuse.



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RESPONSE / EVALUATION

correctly and discussed among themselves.

1) Acquisition of skills:

Students develop skills like observation, questioning, inferring and classifying.

1) Participation in the activity

Students actively engaged in analysing newspaper cutting and gave the answers.

2) Communication and coordination of ideas.

Students discussed the causes for drug usage.

3) Acquisition of skills.

Students acquired skills like communication, identification and observation.

LEARNING ACTIVITIES

List out any 3 causes for drug usage, by observing the news paper cutting.

- 1)
- 2)
- 3)

Teacher consolidates the activity by explaining the causes and symptoms of substances used and abuse. Showing powerpoint presentation.

Activity No:4

By completing the activity card, students understand the effects of drugs and alcohol.

Substance Use and Abuse



Addiction is a disease that affects your brain and behaviour. When you're addicted to drugs, you can't resist the urge to use them.

Mrs. Joseph
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RESPONSE / EVALUATION.

- 4) Presentation and performance:
Students carefully observed the slides and discussed the causes and symptoms of substance use and abuse.
- 5) Documentation.
A completed document on the causes & symptoms of substance use and abuse was prepared by the students.

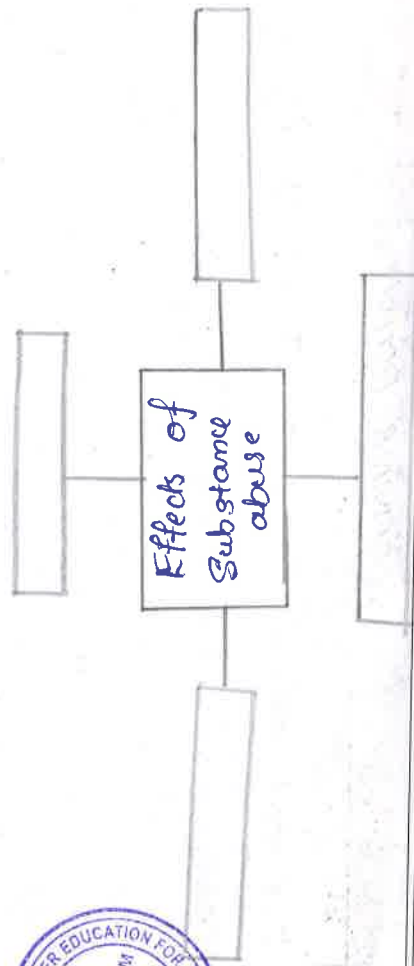
- 1) Participation in the activity
Students were eager to read the activity card and answered the questions.

- 2) Communication and coordination of ideas.
Students discussed the effects of drugs and alcohol and communicated their ideas in groups.

LEARNING ACTIVITIES

no matter how much harm. When you use drugs for a long time, it can cause changes in brain chemical system and circuits as well. More than 7 million people suffer from illicit drug use disorders and one in four deaths can be attributed to alcohol, tobacco and the illicit or prescription drug use. Substance abuse effects skeletal system by causing osteoporosis, poor bone density etc. whereas it effects nervous system by causing mental struggle, bad posture, addiction and special infection.

Complete the columns by reading the material



RESPONSE/EVALUATION

- 3) Acquisition of skills.
Students acquired skills like communication, identification and critical thinking.
- 4) Presentation and performance:
Students carefully read the powerpoint presentation and completed the activity card.
- 5) Documentation
A completed document on the effects of using drugs and alcohol was prepared by the students.

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LEARNING ACTIVITIES

Teacher consolidates the activity by saying about the effects of using drugs and alcohol by showing Powerpoint presentation.

Activity No: 5

With the help of a picture student complete the activity on remedial measures on substance use and abuse.

Write a slogan by observing the picture in the powerpoint presentation.

Teacher consolidates the activity by explaining various remedial measures by showing a video.

Activity No: 6

Teacher completes the activity by taking an on substance use and abuse.



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RESPONSE / EVALUATION.

1) Participation in the activity
Students were very interested in watching the video to complete the activity card.

2) Communication and coordination of ideas
Students communicated their views on remedial measures on substance use and abuse.

3) Acquisition of skills.
Students acquired skills like critical thinking and communication.

4) Presentation and performance.
Students wrote the slogan creatively.

5) Documentation
A completed document was prepared on remedial measures was prepared by the students.

LEARNING ACTIVITIES

PLEDGE

We, the undersigned, hereby express our concern over the growing substance abuse problem among the adolescents. We agree to speak out publicly whenever possible to encourage adolescents to be drugs and alcohol-free. We pledge ourselves from not using such substances.

Teacher consolidates the overall class by saying about the importance of keeping an healthy mind and body.

EVALUATION



with
with

RESPONSE / EVALUATION.

Students were very responsive for pledge taking. Students discussed the importance of keeping an healthy mind and body.

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		Awareness class on adolescent problems (based on the learning material prepared in first semester) (Edu 202)	School	Record & Supervision diary cum Reflective journal	Lesson Plan -5Marks Report -2Marks Supervision diary cum Reflective Journal -2Marks Timely Submission -1Mark	10	80	4
EDU 206.1	Core :	Critical Analysis of the status of exceptional children in the school (Statistics of Children with special needs and their characteristics) (Edu 202)	School	Record & Reflective journal	Report Writing(10-15 pages) -15Marks <ul style="list-style-type: none"> • Identifying the exceptional children using appropriate psychological test - 5Marks • Analysis and Interpretation of the test -7Marks • Sociogram -3 Marks Reflective Journal -4Marks Timely Submission -1 Mark	20		
		Analysis of prevailing assessment practices in schools (Edu 203)	School	Record & Reflective journal	Report writing (5-10 pages) - 7 Marks <ul style="list-style-type: none"> • Identifying the prevailing assessment practices in school - 2 Marks • Analysis and interpretation -3 Marks • Comprehensiveness of the report - 2Marks • Reflective journal - 2 Marks Timely submission -1 Mark	10		

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REPORT OF SUPW PRODUCTS

SUPW or Socially useful Productive work is a purposive work and services related to the needs of the child and the community which will be proved meaningful to the learner. Such works must not be performed mechanically but must include planning, analysis and detailed preparation, at every stage so that it is educational in essence.

Students learn to work as team and to work with skill and deftness. It was introduced in 1978, by the ministry of education to promote Gandhian values and educational ideas of Mahatma Gandhi.

It is conducted by Indian Certificate of Secondary Education (ICSE), Indian School Certificate (ISC) and Central Board of Secondary Education (CBSE). Along with developing individual skills, SUPW aims to help develop among students the habit to work as community, encourage community thinking, increase awareness of scientific advancements and develop a scientific outlook. This type of training can help the students to

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tackle day-to-day problems of the community.

In most of the schools SUPW starts in the higher secondary classes and students show a great enthusiasm.

PREPARATION OF CLOTH MASK

As part of our B.Ed. curriculum we were supposed to do an SUPW practical work. The teacher in charge of our work was Dr. Hemalatha P.K. We were assigned with the work on 26 November 2021. We selected to make masks as we found it as the most relevant product during the pandemic. Mask has become an important accessory in our outfit due to COVID-19.

Before starting the work we were given instruction on how to make the product and how much of the product has to be made. We agreed to make atleast three masks per person. A sanitized and well protected masks has become a need in this time. The due date for the completion of making masks was given on 6 December 2021.

For making mask I used pure cotton cloth. For each mask almost half meter of cloth was used. ~~Michael~~ Joseph I cut out an appropriate semicircle

REPORT OF SUPW PRODUCTS [ECO-FRIENDLY PRODUCTS]

Sustainable products are those products that provide environmental, social and economic benefits while protecting public health and environments over their whole life cycle, from the extraction of raw material until their financial disposal.

Due to pressures of overconsumption, population growth and technology, the biophysical environment is being degraded, sometimes permanently. This has been recognised and governments have begun placing restraints and activities that cause environmental degradation.

Environment friendly (also eco-friendly, nature friendly and green) are terms that refer to objects that people buy. services, laws and rules that either don't harm the environment or do any harms to it. To make people who buy the goods or services know that they are eco-friendly, these goods are marked with eco-labels. To ensure the

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successful meeting of Sustainable Development Goals (SDG) companies are advised to employ environment friendly processes in their production.

As part of B.Ed. curriculum, we made some eco-friendly products which are paper pen, paper pen stand and paper file. We used waste products for making the materials. It included paper from magazines, newspapers and old calendars.

On 14th March 2022, we were given time to learn how to make various eco-friendly products as part of SUPW product making. The timing was from 10:00 am to 1:30 pm. Our class was divided into three groups and each group was provided with a peer instructor. The classes were talking by the instructor using the demonstration method. The entire session was very productive and we really enjoyed learning new things.

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1. Colourful hexagonal Pen holder from magazine paper

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This is very attractive and brightly coloured pen-stand. The materials used were magazine paper, scissors and

and glue.

Step 1: First cut six equal sized square shaped paper. Keep in mind to set aside the left over rectangular paper which will be used to insert into the folds in the paper stand.

Step 2: Take one of the square sheets and fold into half and then into quarters. Do the same in opposite direction also. Now open the folded paper and we can see sixteen square crease in the paper. Fold the squares present in the four corners diagonally. Now fold through the quarter rectangle on both the ends. Now fold through the centre towards backwards so that diagonally folded area is present towards outside.

Step 3: Glue all the triangular tube with the inserted paper facing outside. After joining them together we will get a hexagonal stand.

Step 4: Measure the bottom of the hexagonal stand and cut out a cardboard piece and glue it on the lower side of the stand.

Now we have obtained the paper pen stand.

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2. Paper seed Pen

Paper seed pen is a great alternative for our routinely used plastic pen. The seeded pen has an extra benefit having a seed inside the pen that will grow into a plant when the pen is thrown after the use. The seeds are kept inside include vegetable and fruit seeds, flower seeds, herbs etc. After the pen refill has finished the seeded pen can be buried in the garden so that the seeds sprout to give rise to a new plant. This is a very productive and cause no harm to nature.

The materials required are colour paper, refill, glue, scissors and seed.

Procedure

We should cut the paper according to the size of the refill. The width of the paper must be cut as required for our interested thickness of the pen. Now apply glue on the starting end of the paper and begin rolling the pen. Now when

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appropriate thickness is obtained finish by rolling the end and apply glue to fix ends. Prepare a cap of same or different colour according to your imagination. For the cap take a piece of paper of width 5.5 cm and appropriate length and roll around the pen that we have already made. Cut 1 cm from the upper end of the cap and glue the cut end together. Now place a seed on the bottom end of the pen and press down the seed and finally glue the bottom end of the pen. You can design your pen according to your interest.

3. Paper file using calender

In order to make a paper file we need an old calender, glue, scissors and waste colour paper. An entire calender is used to create a paper file. The first step involves folding the calender in such a way that we get two rectangles in which one is larger than the other. Folding is followed by gluing each paper of the calender in order to make the

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calendar stronger. Make a small cut at both sides of the paper through the fold. The next step involves sticking of all the sides leaving one side open. A diagonal cut is made at both sides of the large rectangular portion which is at the top edges. That extra area is folded to the front in order to create a flap. Once the file is created we can do creative works on it in order to decorate the file.

The products that I made was beautiful as well as useful. I realised that this could be replaced with the products that I buy from market. The added advantage of being eco-friendly gave me a relief that I am not harming the environment.



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Dmc
 28/3/2022

SUPW SERVICE REPORT

Social services are a range of public services intended to provide support and assistance toward particular groups, or community. They may be provided by individuals, private and independent organisations. Social services are connected with the concept of welfare. Social services are employed to address the wide range of needs of the society.

The term 'social services' is often substituted with other words like social welfare, social protection etc. The most central aspect of social services include education, health services, housing programmes, transport services etc. Social service can be both communal or individual based. This means that they may be implemented to provide assistance to the community broadly such as economic support for unemployed citizen, basic necessity provision for disadvantage and also mental as well as emotional support to citizens.

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Teaching a 'best out of waste' product for a self help group

"The best way to find yourself is to lose yourself in the service of others." As part of B.Ed. curriculum we were given the opportunity to set aside some time for providing service for the needy. On 12th March 2022, the students of the Mahatma group from St. Joseph College of Teacher Education for Women, Ernakulam undertook the responsibility to teach the members of the Kairase group of women to make mats out of old saree as part of women's day program. The program took place at St. Mary's School, Ernakulam. We reached the venue by 2 pm and we were welcomed by humble smiling faces of the Kairase group members. Sr. Liza CMC gave a beautiful speech on the topic of international women's day. We also honored an eminent member of the group Ms. Anne. The program was arranged by Sr. Sajena and was brilliantly organized by our group teachers Sr. Josephine Joseph and Sr. Betty P.J. The introductory function concluded with the vote of thanks by Ms. Theresa Thankachan.

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After this session the whole group of 25 members were divided into two groups. And the students from Mahatma group were also divided. Each member of the Karase group of Women was guided by one of our students in two different classrooms. The materials used to make mat were old saree, scissors, needle and thread.

Each Saree was cut into three pieces length-wise. Then to enhance the appeal of the mat, one of the cut pieces was exchanged with other members of the group so that each mat get different colours. Now the three pieces of the saree were stitched together at one end and started pleating using the three cut pieces. Finally, the end of the pleated saree was carefully stitched. Now the pleated cloth is rolled and stitched simultaneously so that it forms a circular-shaped mat. We really enjoyed teaching them. The session ended with some snacks and tea by 4:30 pm. All the members from the group gave us positive feedback on the session.

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I got really inspired by the attentiveness of the elders to learn new things. I got some comforting moments while spending time with the elders. I realised that doing a good deed for the society can really bring some peace of mind and also a fulfillment in heart. I would love to continue this kind of activities further in the future.



Diya
28/3/2022

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EDU 107.4	Drama and Art in Education(E PC2)	Theatre Practice - Participation in workshop/training	College	Record & Evidence	Attendance - 1Mark Script writing -2 Marks Performance - 3 Marks Report writing -3 Marks Timely Submission - 1 Mark	10		
		SUPW- Service-1 & Product -1	College	Record & Evidence	Involvement in service - 3 Marks Quality of the product - 3 Marks Report - 3 Marks Timely Submission -1 Marks	10	2 0	1
Semester Total						160	160	8

SEMESTER II

COURSE CODE	COURSE NAME	NAME OF PRACTICAL	FIELD	DOCUMENTS TO BE MAINTAINED	CRITERIA FOR ASSESSMENT	MARK DISTRIBUTION	TOTAL MARKS	CREDIT
EDU 206.1	Core :	School Profile and practices (student support systems like P.T.A., Alumni, various forums and Clubs, NCC/NSS, SPC, JRC, Scouts and Guides, School Assembly and the like) (Edu 201)	School	Record & Reflective journal	Report Writing(10-15pages)- 25 Marks <ul style="list-style-type: none"> • Details of School profile and practices -10 marks • Description of all practices -10 Marks • Concluding remarks - 3Marks • -Presentation style - 2Marks Reflective Journal Writing -4 Marks Timely Submission - 1 mark	30		