



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 evidence in respect to claim)

Submitted to

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



ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN ERNAKULAM
KOCHI-682035, KERALA

**2.7.5 Performance of students on various assessment tasks reflects how far their initially identified learning needs are catered to
(Documentary evidence Of Knowledge Management)**

Sl.No.	Need	Documents	Pages
1	Knowledge Management	Assignment	1-7
		Project	8-21
		Library reference	22
		Seminar	23-25

EDU 205.16 Curriculum and resource development
in Mathematics education.

PRACTICUM

Topic: Report on the major highlights of Mathematics
education in NCF
(ASSIGNMENT)

Submitted to
Dr. Sr. Betty P J
Assistant Professor.
St. Joseph college
of teacher education
for Women, Ernakulam.

29/6/22

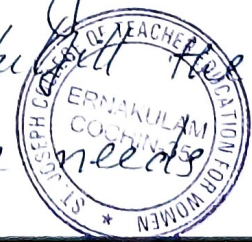


Submitted by,
Jomsol Babu
Mathematics
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INTRODUCTION :

The National Curriculum Framework 2005 (NCF 2005) is the fourth National Curriculum Framework published in 2005 by the National Council of Educational Research and Training (NCERT) in India. Its predecessors were published in 1975, 1988, 2000. The NCF 2005 serves as a guideline for syllabus, textbooks, and teaching practices for the schools in India. The NCF 2005 has based its policies on previous government reports on education, such as Learning without Burden and National Policy of Education 1986-1992 and focus group discussion. The National Curriculum Framework (NCF) provides the students as well as the society a set of plan of what students have to learn and are expected to achieve at the end of their secondary schooling. The main aims of the framework are to fulfill the needs of the students, fulfill the needs of

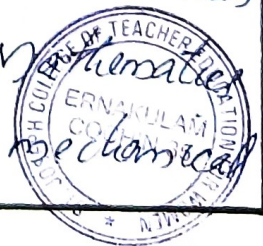


the country. The NCF 2005 has recommended five guiding principles for curricular development :-

- a) Connecting knowledge to life outside school.
- b) Ensuring that learning shifts from rote methods.
- c) Enriching curriculum so that it goes beyond text books.
- d) Making examinations more flexible and integrating them with class room life.

Major highlights of mathematics education in NCF

✓ The NCF 2005 envisions school mathematics as taking place in a situation where, children learn to enjoy mathematics rather than fear it. children learn 'important Mathematics' which is more than formulas and mechanical

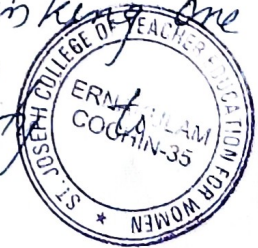


procedures. Teachers are expected to engage every child in class with the conviction that everyone can learn Mathematics.

The NCF, therefore recommends:

- Shifting the focus of Mathematics education from achieving 'narrow' goals of mathematical content to 'higher' goals of creating maths learning environments.
- Enriching teachers with a variety of mathematical resources.

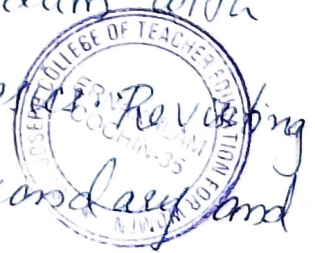
According to the NCF 2005, the main goal of Mathematics education in schools is the 'mathematisation' of a child's thinking. Clarity of thought and pursuing assumptions to logical conclusions is central to the mathematical enterprise. While there are many ways of thinking, the kind of thinking one learns in Mathematics is an ability.



handle abstractions and an approach to problem-solving.

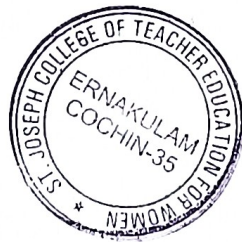
As per NCF 2005, one main goal of Mathematics education in schools is to develop numeracy skills, enhance problem solving skills and nurture analytical ability. Clarity of thought and pursuing assumptions to logical conclusions is central to the mathematical enterprise. The goals of the primary mathematics curriculum are: Stimulate interest in the learning of mathematics. Help students understand and acquire basic mathematical concepts and computational skills. Help students develop creativity and the ability to think, communicate and solve problems.

NCF 2005 says that the tall shape of mathematics can be de-emphasised in favour of a broad-based curriculum with more topics that start from the basics. Revisiting the basis of mathematics at secondary and



higher secondary stages will help children make better use of their time at school.

The emphasis for learning mathematics is that all students can learn the need to learn mathematics. pedagogy and learning environment have to be made favourable for students to develop interest by going far beyond basic skills and include variety of mathematics loving models by pedagogy which devotes a greater percentage of instructional time to problem solving and active learning. Mathematics makes learner systematic, confident, self-evaluated, self-esteem, self-reliable etc.

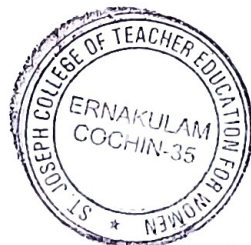


Conclusion :

We can conclude that the National curriculum for Mathematics aims to ensure that all pupils become fluent in the fundamentals of mathematics, reason mathematically by following a line of enquiry, conjecturing relationships and generalisations and developing an argument using mathematical language.

REFERENCES:

- 1) NCF 2005 - Mathematics
- 2) <https://www.imsc.res.in>
- 3) <https://www.adda247.com>



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Social Survey

Topic : Physical fitness among college students during online classes.

Introduction

The COVID-19 pandemic, also known as the coronavirus pandemic, is an ongoing global pandemic of coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The World Health Organization (WHO) declared a Public Health Emergency of International Concern on 30 January 2020 and a pandemic on 11th March 2020. As of 12 February 2022, the pandemic had caused more than 409 million cases and 5.8 million deaths, making it one of the deadliest in history. Since WHO declared it as a pandemic, avoiding face-to-face activities and engaging in social distancing have become a part of everyday life. It also changed the course of education from traditional practices to online methods. The need for the hour is inevitable, which is why schools have adopted the online teaching and learning forum for both teachers and students. Through online classes, students connect with the respective teachers. However, the pupils' critical challenge is the issue related to health, especially eyes and overall body movements. Regular exercise and physical activity promote strong muscles and bones. It improves respiratory, cardiovascular health and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart diseases, and reduce your risk for some cancers.

Whether it's the mental health, ~~physical~~ ^{physical} health or a combination of both - the children have had their share of health problems during this pandemic phase. ~~Increased~~ ^{Increased} eyesight problems with frequent headaches are attributed to prolonged screentime. In addition, increasing anxiety and depression due to home confinement along with sleep disorders are also on the rise.



Children attending online classes at home are not bound to have classroom professionalism. Hence, their physical health is deteriorating too in many aspects. Taking online classes on bed and sofas are one of the commonest reasons that we can attribute to acute rise on back pains or fibromyalgia pains. Obesity in children is on the rise either due to lack of outdoor physical activities or due to binge eating and easy availability of junk food at home. Research has shown that the more physically active a child during the growing period the better is their physical and mental health for the next 3-4 decades of life.

Children by being physically inactive are also losing their muscle tone thereby finding it very difficult to cope up with sports when they resume in future due to muscle rigidity. Physical activities play a large role in Calcium and Vitamin D levels of the body. Deficiencies are on the rise in recent times in children and their reasons are very obvious. Increasing number of injuries in children in recent times in either due to trivial injuries or due to over-enthusiasm and desperation of being isolated at home. Every child wants to get outdoors and their fitness is significantly poor due to the lockdown.

Parents need to be cautious as well as to make sure that their children remain fit and healthy.

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Background of study

Covid-19 has caused destruction and devastation worldwide in ways nobody could anticipate. The world in one way or another came to a standstill. Life as we knew it changed. And this change became the new constant.

Educational institutions took to online teaching. The start of this change felt rather very exciting for the students with not having to rush and get ready to reach the institutions and being in the comfort of their homes.

However, this peace didn't last as long. Online education has drastically changed the way we study, but the year and half of attending online classes from home have led to a string of mental and physical health issues for both students and teachers. Humans are social animals, and the most introverted ones also need to see faces and have human interactions once in a while. The children have grown to lose interest in their classes. Most of them switch off the camera and go about their other activities. The lethargy has inviolated and the loss of interest in not only the studies but everything overall. The concentration levels of students dropped online learning as the eye meanders elsewhere or the screen. This in response made it difficult for most students to keep up with the teachings. The pressure to concentrate and produce the required results has resulted in a great amount of stress and anxiety. Tests, assignments and homework slacked.

Most children were seen succumbing to the pressure. The mental fragile and tempered with. Zoom exhaustion after having attended zoom classes, or video conferences. With the screen time increasing drastically, the mind is

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overwhelmed with information and the brain finds it rather difficult to register all the information. Over involvement of parents also has added to the pre-existing anxiety and stress. Parents are confined to the walls of their houses and have taken it upon themselves to get extensively involved with their children and their online classes.

Increased screen time has increased the strain on the eyes, resulting in major headaches. This was applicable not only to the students but also to teachers. The classroom ethics have been compromised to great lengths. The posture regularity, lack of routine, attentiveness has all resulted in health hazards. Constant sitting has caused weight concerns as well. No physical activity has made the students restless and frustrated. This too took a toll on the eating habits, thus resulting in damages to the physical health. Human factors and ergonomics is the application of physiological and psychological principles to the engineering and design of products, process and systems.

Studying online has resulted in poor/bad ergonomics, thus resulting in a lot of issues as regards back pain and fibromyalgia pains. The lack of physical activities has caused children to become obese. Thanks to binge eating and watching it's only gotten worse. Muscle spasms, muscle rigidity and lack of calcium etc. are all based on lack of physical activity.

In conclusion, we can say that online education initially started as a great advantage but took a drastic turn and didn't work so much in the spirit. Physical well-being has gone for a complete toss. This appraisal is to discern the repercussions of online classes on physical fitness among college students.

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Need and significance of study

COVID 19 rampart has taken culmination in all quarter especially in educational sectors. As the coronavirus (COVID-19) pandemic rapidly spread across the country, schools and colleges have shut their doors and classes have moved online in order to slow the spread. During extended breaks from schools and colleges, such as summertime, there are significant challenges including "summer learning loss" which reflects not only stagnation of learned information but also regression. From an academic perspective, the loss is greater in their mental ability. In addition to academics, student's health suffers during these breaks as body mass index (BMI) is known to increase during the quarantine days and as well as in online classes.

The study can help students to become more aware of the importance of a healthy lifestyle. The students can also attain a higher level of knowledge and can also help them to make wise decisions concerning their safety, health and well being. Evidence suggest, that increasing physical activity and physical fitness may improve academic performance. Due to stress and poor diet in college, many students worry about gaining weight. Therefore, it is necessary to highlight the challenges faced by the students during online classes with respect to physical fitness.

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Review of Literature

The worldwide COVID-19 epidemic has led to the closure of stadiums, gyms, swimming pools, physiotherapy centers, dance and fitness studios, playgrounds and parks. As a result, many individuals have become unable to actively participate in their regular individual or group sporting activities outside their home. In this case, most people experience less physical activity, longer screentime, irregular sleeping habits, and worse diet, which lead to weight gain and loss of health. Low-income families are particularly susceptible to the negative impact of lockdown rules, as their accommodation conditions are often sub-standard and their living space is narrower, such that it is difficult for them to carry out physical activities.

The condition has led to a large-scale transformation, which has impacted the educational system in that countries all over the world quickly closed down in-person classrooms and turned to teaching in different virtual environments at the time of the COVID-19 epidemic (Healthcare 2021).

Among the many significant topics involved in previous studies are the differences between emergency and quality online learning, the value of different educational methods and giving priority to the health of students, rather than their academic performance. It has been suggested that confusing high-quality online learning with emergency online learning may impact the performance of teachers and students in the context of sports (Child Youth Serv. Rev. 2020, 11, 1052-997).

According to the World Health Organization (WHO), the first sign of community health is physical activity (Public Health 2020, 17, 7802). Obviously, physical activity plays a crucial role in the physical and social development of an individual. However, many negative effects of physical inactivity on health-related problems have been widely highlighted in various scientific studies. Non-communicable diseases, such as weight gain and chronic health conditions are mainly related to a lack of exercise (Paterson et al Appl. Physiol. Nutr. Metab. 2007, 32, 569-5108).

Online learning may produce adverse side effects, especially for students majoring in physical education, including low performance (due to a lack of or no practice), and some medical conditions such as weight gain, anxiety and so on. Therefore, it is necessary to check whether online physical education classes are being conducted to appropriately convey the values of physical education. However, previous studies on the effectiveness and efficiency of online physical education classes are limited (Bozkurt et al Distance Education. 2020).

This study is focused on the physical fitness during online classes in college students. Related studies have been conducted in Wuhan, Korea, Philippines etc. In all these studies, lack of physical activity and related health issues during online classes are pointed out.

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Statement of the problem

Statement of the study can be entitled as 'Physical fitness among college students during online classes'.

Definition of Key Terms

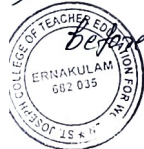
Physical fitness : Physical fitness means the body is healthy, flexible, strong and doesn't get tired easily.

Online class : Online classes are a combination of video recordings and live lectures with course reading and tests.

Covid-19 : Corona virus disease (COVID-19) is an infectious disease caused by the SARS-COV-2 virus.

Objectives of the study

- 1) To find out physical fitness among college students during online classes.
- 2) To compare the physical fitness of college students before and during covid.



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Methodology

Physical fitness among college students during online classes is a descriptive cum analysis. The study covers a span of 1-1-2022 to 10-1-2022 and the appropriate statistics procured. This study was conducted among 50 students. 15 questions were prepared and circulated via online. Responses were stockpiled within 10 days.

Method adopted : For the present study method adopted was survey method. Google form was used to conduct the survey.

Variable : Physical fitness.

Sample : Sample selected for the study was college students.

Tool : Tool used for the study was questionnaire.

Statistical technique : Simple Percentage Analysis.
t-Test Analysis (Paired t-test)



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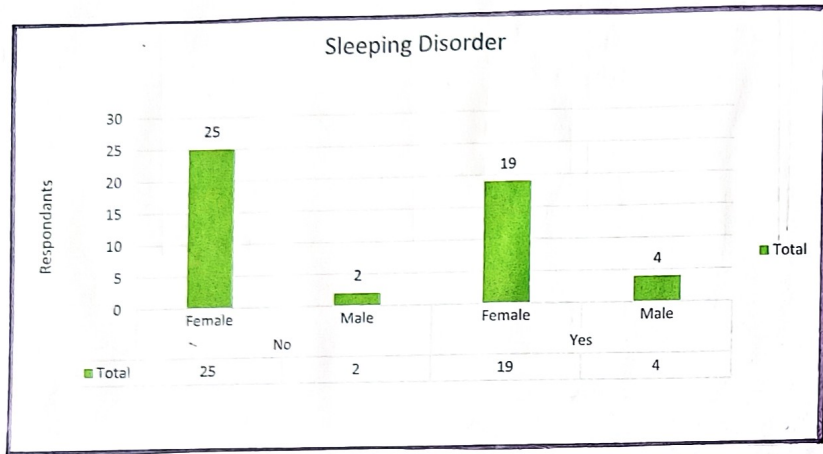


Figure 3: The figure showing the gender wise classification of sleeping disorder in respondents.

The above graph shows that in total, 54% of respondents are free from sleeping disorder, whereas 46% has sleeping disorder.

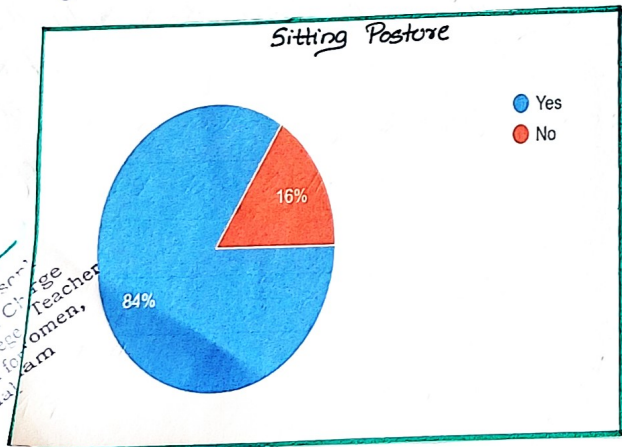


Figure 4: The figure showing the neck or back pain of respondents due to sitting posture.

From the above pie diagram, it is conspicuous that 84% of respondents are suffering from neck or back pain due to sitting posture. Only 16% of respondents are painless.

Objective: 2

To compare the physical fitness of college students before and during covid.

Table 1: The table showing the weight of respondents before and during covid.

Respondents	Weight before Covid	Respondents	Weight during Covid.
2	40	2	37
2	42	3	42
4	43	1	43
1	44	4	44
6	45	4	45
2	46	3	46
1	46.5	1	47
2	47	3	48
1	48	4	50
2	49	1	52
2	50	4	53
3	51	3	54
1	52	1	55
2	53	3	56
2	54	1	57
3	55	3	58
1	57	1	59
2	58	3	60
2	59	1	62
3	60	1	63
		2	63.5
			65

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2	65	1	67
1	69	1	73
7	70	1	79
1	83	1	82
2	85	1	85
1	99	1	95

Paired t test results

P value and statistical significance :

- The two-tailed P value is less than 0.0001.
- By conventional criteria, this difference is considered to be extremely statistically significant.

Confidence interval :

- The mean of Before Covid minus during covid equals - 1.460.
- 95% confidence interval of this difference : from - 2.109 to - 0.811.

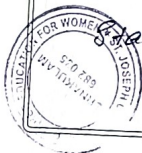
Intermediate values used in calculations :

$$t = 4.5174$$

$$df = 49$$

$$\text{Standard error of difference} = 0.323.$$

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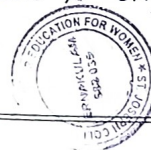
Preview of data

Group	Before Covid	During Covid
Mean	53.970	55.430
SD	12.731	12.107
SEM	1.800	1.712
N	50	50

Major findings

- 50% of respondents use phone for more than 6 hours.
- Majority of the respondents are suffering from eye strain (86%)
- 46% of the total respondents are experiencing sleeping disorder.
- 58% of the respondents have health issues.
- Only 2% of the respondents are doing workouts during leisure time.
- Half of the respondents are not doing any physical activities.
- Majority (84%) of the respondents ~~are not~~ ^{have} back pain due to sitting posture.

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Suggestions

- i) Put the mind at rest by doing meditation or breathing exercises or soulful music of your choice.
- ii) 7+ hours of sleep should be there.
- iii) Make time from your busy schedule and have regular meals comprising of healthy food items.
- iv) Create a classroom atmosphere at home to respect and maintain professionalism and good ergonomics.
- v) Set screen time for mobiles and tabs after class hours.
- vi) 30-45 minutes of sunlight exposure with a minimum of 1-1.5 hours of rigorous physical activity like gym or yoga's or outdoor physical activities whenever feasible is a must.

Conclusion

Online education has drastically changed the way we study, but the year and half of attending online classes from home has led to a string of mental and physical health issues for both students and teachers. Covid-19 has caused destruction and devastation world wide in ways nobody could anticipate.

Increased eyesight problems with frequent headaches, lack of physical activities making students obese, lack of

calcium and vitamin D levels in body etc are on the rise in recent times and their reasons are very obvious. Parents need to be cautious as well as to make sure that children remain fit and healthy. Because students are the next generation builders and wealth of the nation.

References

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Appendix

B.Ed Batch 2021 - 2023 - Social Survey.

Physical fitness among college students during online classes.

Name :

Age :

Gender :

Male

Female

Other

Course :

Height :

Weight (before Covid pandemic) :

Weight (present) :

1) Duration of online classes

Below 3 hours 3-6 hours Above 6 hours.

2) Have you experienced eye strain?

Yes

No

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3) Do you have any health issues?

Yes

No.

4) How you spend your leisure time?

Sleeping Workouts Using e-devices Others.

5) Are you suffering from anxiety / depression due to online classes?

Yes

No.

6) Have you experienced sleeping disorder?

Yes

No.

7) Duration of sleeping hours?

Less than 4 hours 5-6 hours.

7-8 hours More than 8 hours.

8) How often you drink water between online classes?

Once in an hour Once in 2 hours.

Once in 3 hours Others.

9) What type of food you consume?

Traditional foods Junk foods

Dry fruits

Others.

10) How often you exercise?

All days

Below 4 times a week

5-6 times

No exercises.



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11) Did your sitting posture cause neck or back pain?

Yes No.

12) Did the online classes affect your daily routine?

Yes No

13) How much weight you gain from past 8 years?

—

14) How much time you spend on phone?

Below 2 hours. 3-6 hours.

More than 6 hours.

15) Do you participate in sports or other activities in college?

Yes No.

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Report

Survey on germane was directed from 1-1-2022 to 10-1-2022 on the issue 'Physical fitness among college students during online classes'. This inquiry was conducted among 50 college students. Main intension of the study was to find out physical fitness among college students during online classes and to compare the physical fitness of college students before and after covid.

Study method adopted was Survey method. Tool used for the study was questionnaire. It was created through google form and then circulated via social media. Feedbacks collected within 10 days. The data was summarized by two statistical techniques - Simple Percentage Analysis and Paired T-Test Analysis. The specifics was then submitted by 15-2-2022.



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Reflective Journal

2021 - 2023

Semester : I

EDU:107-1

Name of the Event : Social Survey

Name of the Trainee: Meen Shajao

Optional Subject : Natural Science

Date : 16/2/2022

Description

Survey was conducted from 1-1-2022 to 10-1-2022 on the issue 'Physical fitness among college students during online classes'. This inquiry was directed among college students. It helped me to gauge the representativeness of individual views and experiences. Questionnaire prepared and circulated. Data then scrutinized by simple percentage and T-Test analysis.

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When I started the survey, I had no idea about the analytical part. I was totally confused. My guide helped me to overcome the puzzlement and steered through the right path. After finishing each step



of the survey, I felt wholeness in my mind.

Evaluation

Evaluation is something that provides systematic method to study a programme or practice. This was my first survey. Of course I had no idea about the action plan. Suggestions and corrections from my mentor helped me a lot to ameliorate each stage.

Analysis

By appropriate analysis and interpretation, I could make informed decisions. From beginning to end, I found improvisation in policy. The analytical part was utterly tough for me to do. I was feeble in handling the social media, but I overcame those.

Conclusion

Since I was oblivious about the statistical tool, which was quite arduous, I had to drop one statistical side. I have to improve my knowledge about statistical tool.

Action plan

Action plan is a sequence of steps that must be taken for a strategy to succeed. This survey gives clear ideas on loss of physical fitness and incentive



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to act. feeling of spontaneity was there throughout the survey.

Teacher - in - charge :

Signature : HR

Date : 16/2/2022.

[Red handwritten signature]

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Library Reference

St. Joseph College of Teacher
Education for Women, Ernakulam

SEMINAR REPORT

Topic: Advantages and Disadvantages
Of Software and System
Approaches

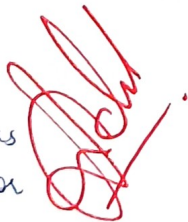
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Submitted to:

Mrs. Anu Cleetus
Assistant Professor

St. Joseph College of
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Submitted by:

Jesna Joseph
English

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Introduction

Topic : Advantages And Disadvantages of Software and System Approaches
Venue : Multipurpose Hall, St. Joseph College of Teacher Education for Women Ernakulam
Date : 13.12.2022
Mode of Event / Activity : Seminar

Content In Brief

Software Approach

Advantages:

- * It uses principles of psychology and cater to individual needs
- * Helps to maximise the effects of teaching and learning
- * Helps in task-analysis, writing precise objectives, selection of appropriate learning strategies and constant evaluation.

Disadvantages:

- * Making revisions to design is difficult
- * Managing time and cost with accuracy is difficult
- * Designs will look well in practice, but difficult to implement.



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System Approach

- * It is a rational problem solving approach
- * Helps to plan and execute the projects by acting as a link between hardware and software approaches.
- * Helps to identify suitability of resources to achieve specific goals.

Disadvantages :

- * Old ways are difficult to erase, There is always resistance to new approaches.
- * Requires hard work and it is time consuming.
- * Follows defined set of processes and it is difficult to implement changes.

Conclusion

In the era of technological innovations and improvements, adaptation of technology to educational context is of great importance. The three educational technology approaches are Hardware, software and system approaches. In order to adequately incorporate educational technology it is essential to understand both its advantages and disadvantages. My Seminar aims at to impart awareness and information about both the advantages and disadvantages of educational technology - particularly software and system approaches.



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