

**KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY**

**D.El.Ed. Programme**

**Guidelines for the workshop**

**WORKSHOP – I: Towards Understanding the Self**

**1. Introduction:**

Classroom instruction requires mastery of various methods and modes of communication with the students. This also includes proper planning of instruction, special techniques associated with teaching specific subjects and also general management strategies needed for organizing the teaching in a classroom. The teacher also has a multifaceted role as a manager, adviser, social welfare individual, etc. etc. With a view to prepare the teacher trainees to fit in all these roles, this course is designed in the format of workshops. To conduct the workshop outsourcing is proposed. For this purpose resource persons may be invited who are reputed teacher educators and also preferably persons involved in the areas of personal development.

**2. Rationale and Aim:**

The main aim of this course is to facilitate the development of individuals who can take responsibility for their own learning and give a conscious direction to their lives. The teacher trainees are to be encouraged to explore and develop through self-reflection a greater insight into their aims of life, strengths and weaknesses and dynamics of formation of identity and a true individuality. The teacher trainees are required to develop a capacity for social-relational sensitivity, effective communication skills and ways to create harmony within one's own self and society. The workshop also aims at equipping the teacher trainees with positive attitudes, attributes and skills that help in facilitating the personal growth of their own students while teaching.

### **3. Specific Objectives:**

The workshop will enable the teacher trainees to-

- build an understanding about themselves, i.e. the development of self as a person as well as a teacher
- discover and develop a positive attitude towards teaching as a profession and a broader outlook and open mindset towards educational innovations
- develop the capacity for sensitivity, sound communication skills and ways to establish peace and harmony
- develop the capacity for facilitating personal growth and social skills in their own students
- develop self-control, self-confidence and human values
- learn to live holistically a healthy, happy and prosperous life as a teacher as well as a student and
- learn and use yogic techniques to unfold latent talents to the optimum.

### **4. Schedule of the workshop:**

- (i) The schedule of workshop activities is given in the '**Annexure A**'. (To be held during Summer Vacation, 2016)
- (ii) Guidelines for conducting yoga sessions are given in the '**Annexure B**'.

## ANNEXURE A

### Schedule of the Workshop Activities

Day	Session-I	Session-II	Session-III	Session-IV
1	Welcome Address and discussion on the D.El.Ed. programme (aims, objectives, necessity, etc.)	A detailed idea on the purpose of the Workshop, expected learning outcomes of the trainees and distribution of the workshop schedules.	A significant event or experience in life (to make the teacher trainees aware of one or more significant events/experiences/factors that helped in moulding their lives)	<b>Activity</b> Sharing of view points of the trainees (to learn from each other's experience)
2	Roles, responsibilities and professional ethics of a teacher	<b>Activity</b> (Group Discussion) Contribution of teachers towards the community society at large	Relevance of Value Education in today's world	<b>Activity</b> (Group Discussion) How values can be inculcated in the young students through different subjects in school curriculum
3	Understanding the Child (growth, development, intelligence, etc.)	<b>Activity</b> (Group Discussion) Importance of co-curricular activities for growth and development of the students	Understanding individual differences in children in terms of social, economic and cultural background	<b>Activity</b> (Group Discussion) How to create suitable environment in a classroom to meet the individual differences.
4	Use of teaching aids and multimedia	Demonstration on self made teaching-learning material (TLM) using locally available resources		<b>Activity</b> (Group Discussion) Proper use of TLM in various subjects

5	Teacher-Taught (Guru-Sishya) relationship in Yoga and Indian Traditional System of Education	*Practical Sessions (Learning and Practicing of Yoga)	<b>Activity</b> (Group discussion) Role of community and parents in the context of education
6	Health Benefits of Yoga	*Practical Sessions (Learning and Practicing of Yoga)	Classroom communication and management
7	Role of Yoga in Lifestyle Modification (Modern Lifestyle – its good and evil effects ; Yogic Lifestyle – its good effects; Eradication of evil effects of Modern Lifestyle by adopting Yogic Lifestyle)	*Practical Sessions (Learning and Practicing of Yoga)	<b>Activity</b> Demonstration by the teacher trainees on how they will manage a problematic classroom situation given to them.
8	Yoga for Human Resource Development	Practice and Demonstration by the trainees	Continuous and Comprehensive Evaluation
9	Physiological and Psychological Aspects of <i>Astanga</i> Yoga.	Practice and Demonstration by the trainees	Socio-metric test and sociogram
10	<b>Activity</b> Demonstration by the teacher trainees on conducting a socio-metric test		Unit plan and lesson plan

11	Preparation of blue print and Construction of Test/Question paper	<b>Activity</b>	
12	Child Centered Education	Sharing of experiences by the trainees on their acquired learning outcomes	Valedictory

**\*Details of the practical sessions are presented in Annexure B.**

## **ANNEXURE B**

### **Guidelines for conducting the yoga sessions during Workshop-I**

The first two sessions for five consecutive days, with effect from, the fifth day to the ninth day, shall be earmarked for Yoga Education – Theory and Practical.

The first session shall be devoted to theory and the second session for practical i.e. for learning and practicing yogic asanas.

During these days Yoga Programme shall start with chanting of 'Om' three times, followed by any one of the three 'Yoga Prayers' given below and end with chanting of 'Om' one time, followed by the 'Shanti Mantra'.

**Yoga Prayers:** 1. *Ajnana timirandhasya jnananjana salākaya,  
Saksurunmilitam yena tasmai Sri gurave naham.  
Om Shānti, Shānti, Shāntih.*

2. *Yogena cittashya padena vāsām  
Malam sarirashya sa vaidyakena  
Upākaruttam pravaram muninām  
Patanjalim pranjalirānotusmi.  
Om Shānti, Shānti, Shāntih.*

3. *Om sahanā babatu, sahanou bhunaktu*

*Sahaviryam karabābahai,*

*Tejaswinā wadhitamastu*

*Mā vidvisābahai.*

*Om Shānti, Shānti, Shāntih.*

**Shanti Mantra:** *Sarve bhavantu sukhinah,*

*Sarve santu nirāmayāh:*

*Sarve bhadrāni pashyantu*

*Mā kacchit dukhahbhāg bhabet.*

*Om Shānti, Shānti, Shāntih.*

### **Theory Sessions:**

As already mentioned above, the first session shall be devoted to the Yoga theory where discussions on the topics given against each session in Appendix A are to be held.

### **Practical Sessions: Learning and Practicing Yoga**

- During the practical sessions, the yoga movements and asanas to be learned and practiced by the teacher during the first, second and third day of the yoga sessions respectively are as follows:

❖ **First Day:**

- Learning of the following movements and asanas:
  1. Jogging -Joint Movements-Energizing Exercises;
  2. Surya Namaskār – 12 poses;
  3. Resting Posture- Savāsana;
  4. Preparation for Padmāsana – Ardha Padmāsana;
  5. Bhadrāsana-dynamic (Butterfly);
  5. Veerāsana;
  6. Padmāsana;
  7. Swastikā

*Conclusion of the session with Shanti Mantra (Sarve Bhabantu Sukhinah . . . . .)*

❖ **Second Day:**

- Practicing of the following movements and asana (learned in the first day).
  1. Jogging –Joint Movements- Energizing Exercises and
  2. Surya Namaskār
  
- Learning of the following standing asanas
  - (i) Tādāsana ( three varieties),
  - (ii) Vriksānana ,



- (iii) Garudāsana,
- (iv) Ardha Kati Chakrāsana,
- (v) Ardha Chakrāsana,
- (vi) Uttānasana,
- (vii) Trikonāsana,
- (viii) Parivarta Trikonāsana

*Conclusion of the session with the Shanti Mantra*

❖ **Third Day:**

- Practicing of the movements and asanas (learned during the first two days)
- Learning of the following asanas
  - 1. Parivarta Trikonāsana
  - 2. Vira Bhadrāsana and
  - 3. Rest in Savāsana

*Conclude the session with the Shanti Mantra*

- On the fourth and fifth days the trainees are required to practice and demonstrate all the movements and asanas learned during the above three days.

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