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# TEACHING EFFICACY OF PRE-SERVICE TEACHERS IN RELATION TO ATTITUDE TOWARDS INCLUSIVE EDUCATION

Dr. Balwinder Kaur\* & Ms. Poonam Devi\*\*

## Abstract

*Inclusive education means the act of ensuring that all children of society despite their differences receive the opportunity of being the part of the same classroom as other children of their age. It is based on a system of values and beliefs centred on the best interests of the students which promotes social cohesion, belonging and active participation in learning, a complete school experience and positive interactions with peers and others in the school community. So the present study focussed on the inclusive education. The paper aimed to study the relationship of pre-service teacher's attitude and teaching efficacy towards inclusive education and to compare the attitude and teaching efficacy of pre service teachers towards inclusive education in terms of Government and private colleges of education. Descriptive survey method was employed by selecting 100 pre service teachers 50 from Government and 50 from private education colleges of Panjab university situated in urban area of Chandigarh, UT. No significant correlation was found between attitude and teaching efficacy of pre service teachers towards inclusive education and no significant difference was found in the teaching efficacy and attitude of pre- service teachers towards inclusive education in Government and private educational colleges.*

**Key Words:** Attitude, Teaching Efficacy, Pre Service Teachers, Inclusive Education

## Introduction

The term 'inclusive education' was formally introduced at the UNESCO World Conference on special needs in education held in Spain in 1994. Inclusion means enabling all children to participate fully in the life and work of mainstream settings in fulfilling their needs, seen as a continuing process of breaking down barriers to learning. Any child may experience a special need during the course of educational years (UNESCO). Making the school system flexible and adopting an inclusive approach leads to reforming the school system as an inclusive child-

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oriented approach to students to quality educational principle of no 2005 provides the diversity of areas. Given the needs in the in success or failure may pass that success of the inclusion can environment. children with Teacher education teachers (Penc and practical important elements measure the teaching professional efficacy of p

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## KNOWLEDGE OF IN-SERVICE TEACHERS ABOUT INCLUSIVE EDUCATION IN RELATION TO BACKGROUND VARIABLES

Ms. Poonam Devi\*

Dr. Balwinder Kaur\*\*

### *Abstract*

*Teacher's knowledge is the key to successfully implementing any educational program. In this study knowledge was defined as the way teachers conceptualize inclusive education. Barriers to the success of inclusive education include insufficient knowledge of the teacher. If inclusive education is to truly become effective, then there is a requirement for teachers to be able to gain more knowledge and understanding of it. Sample consisted of 200 numbers of secondary school teachers selected randomly, out of which 100 male and 100 female teachers and 100 graduate and 100 postgraduate teachers were considered. The tools used were Knowledge of Inclusive Education Scale (KIES) by Kuyini Bawa (2004) The findings revealed no significant difference between knowledge of male and female in-service teachers and similarly no such difference was found in graduate and post graduate in-service teachers.*

**Key words:** *Knowledge, Inclusive education, In-service teachers, Male, Female*

### **Introduction**

Knowledge can refer to a theoretical or practical understanding of a subject. It can be implicit (as with practical skill or expertise) or explicit (as with the theoretical understanding of a subject); it can be more or less formal or systematic.

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# Recent Trends in English Language

Dr. Balwinder Kaur\*

## ABSTRACT

English teaching has evolved and developed over the years to suit different perceptions of learners. English language has higher status in India as it has been recommended as the medium of instructions. The learners of English language have been increasing day by day. So there is a need to have different methods of teaching English to make teaching learning more effective. Technologies are having an accelerating impact on the understanding of what is to be literate and how English is to be learnt. There is need to understand the relevance of technology and language development. Technology can be used for any age group in English language learning. It is not limited to only one age group. Students of any age group benefit from the technology to develop language skills. This paper focussed on technologies that are playing an important in English Language learning and how these are helpful in the development of linguistic skills. The paper briefly discusses the role of language teachers how they can help the students in English learning through technology.

**Keywords:** English, Language, Technology, Student, Teachers

## INTRODUCTION

Technology is developed to solve problems of human beings. Applying the principles of technology would mean that educators should create and adopt technology that addresses the educational problems. The advancement of knowledge has also influenced teaching English language. Computer based instruction has been challenging traditional teaching and learning process. The computers which are used for drill and practice in language instruction nowadays with advances such as integration of speech recognition programs with multimedia software enrich student's language learning experiences. The internet provides numerous facilities for communicating via the target language and accessing text based and multimedia resources and globalised information. In the developed world, all language experts agree that it is impossible to make progress without high technology and computers.

## COMPUTER ASSISTED LANGUAGE LEARNING

CALL is a language learning and teaching approach in which the computer is used as a tool for presentation, assisting students and evaluating learning material and has an interactional element. CALL may be defined as the search for computer applications in language learning and research. Language teachers and administrators realize the tendency towards CALL, student's demand of computers through the facilities provided them for language learning. CALL has been taking advantage of advanced technological facilities to create the highest interactive learning environment for activities that develop listening, speaking, reading and writing skills. With the help of networks high transmission capabilities, it has been possible to access authentic cultural resources and bring foreign language students together with native speakers of that language.

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## INTERNET

The internet has been raised in the status of English technology. In the present, many projects are being created and used through the internet and multi-media. It is exciting and powerful. So English is rapidly so English is

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# The Initial Blueprint of Errors Similar to the Phenomenon of Deep Dyslexia: As Reflected by Children with Dyslexia during Reading Hindi Words

Subhash Chandra Basu<sup>1\*</sup> Dr. Anjali Puri<sup>2</sup>

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**Abstract** – This paper reports on the classification of Hindi (language) words with respect to deep dyslexia phenomena as found during a linguistic investigation of specific errors as shown by children with dyslexia (CWD) during reading. The analysis is based on the data collected throughout an academic year from a total of forty-six children identified as dyslexic, having Hindi as a mother tongue or first language, and studying in class second to fifth. The findings are organised under four themes; first is similar meaning and the same language, second is similar meaning but different language, third is different orthography and different meaning but share a relationship, and fourth is different words but have some resemblance in orthography but differ in 'matraa'. One another possibility was also considered as fifth theme i.e. incoherent, but no details came under this out of the data collected. It was found that despite differences in the linguistic contexts of English and Hindi, deep dyslexia crosses language boundaries. The derived considerations are discussed which will perhaps work as a foundation, provide some reflections for further research, and hope to convey comprehension to some extent of how deep dyslexia reflects in words of Hindi language.

**Keywords:** Dyslexia, Deep Dyslexia, Dyslexia in Hindi Language, Children with Dyslexia, Reading.

## INTRODUCTION

Dyslexia is a learning difficulty in the processing of reading and writing resulting in a significantly below reading ability than the person's intellectual level (Snowling, 2000) and typically delineated by problems in reading, spelling, and word recognition (Grigorenko, 2001). It has been classified into three major syndromes: surface, phonological, and deep dyslexia (Coltheart, 1987; Ellis & Young, 1988). From the psycholinguistic viewpoint, Marshall and Newcombe (1973) also distinguished three categories of acquired dyslexia. First is 'surface dyslexia', in this comprehension is mediated by grapheme-to-phoneme conversion strategies in the absence of the direct semantic route. Second is 'visual dyslexia' occurs due to an impaired discrimination of visually confusable letters, and similar to phonological dyslexia. The third is 'Deep dyslexia', occurs due to an impairment of grapheme-to-phoneme conversion rules while direct access to meaning is preserved; and the reverse pattern.

Deep dyslexia is one such disorder and is characterised by the marked production of semantic errors, and greater difficulty reading and repeating non-words over real words. Numerous neuropsychological and theoretical accounts have been proposed to explain their pattern of performance in deep dyslexia (e.g., Buchanan, McEwen, Westbury, & Libben, 2003; Colangelo & Buchanan, 2006; Coltheart, 1980, 2000; Morton & Patterson, 1980; Plaut & Shallice, 1993).

Several models account for deficient reading performance in deep dyslexia by positing multiple loci of damage in a dual-route system for which functionally distinct phonological and semantic-lexical pathways are postulated (e.g., Morton & Patterson, 1980; Plaut & Shallice, 1993). For example, Coltheart (1980, 2000) proposed that the deficit in deep dyslexia reflects reading with right hemisphere after lesions eliminate the use of the more linguistically inclined left hemisphere. Many other models of deep dyslexia suggest multiple loci of

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## 21. Mobile Phone Addiction as Related to Personality Temperament of Adolescents

Dr. Anjali Puri

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### Abstract

In this study an attempt has been made to find the relationship between Mobile Phone Addiction and various personality temperaments of adolescents. The sample of the present study consists of 100 adolescents studying in class IXth and Xth in the Govt. schools of Chandigarh (U.T). Random sampling was used to select Government schools of Chandigarh. Data were collected and scoring was done. On the basis of the scores the students were categorized in 12 subgroups. The coefficient of correlation between Mobile Phone Addiction and Personality Temperaments of adolescents were calculated. The results of the present study can help the adolescent girls and boys to know that mobile phone addiction can significantly relate to the personality temperament and they can therefore gain an insight and contribute to the society in a better way.

**Keywords:** mobile phone, addiction, personality temperaments

### Introduction

Information Communication technology resources include mainly all the online applications of mobile, computer, like email, web based applications, search engines and so on. Mobile Phone Addiction is compulsive behavior towards using mobile phone and related applications. This produces a feeling of discomfort leading to an alteration in one of the attitudes, beliefs or behaviors to reduce the discomfort and restore balance etc. For example, when people smoke (behavior) and they know that smoking causes cancer.

Although Mobile Phones allow individuals to have unlimited access to information and to connect with others in a way otherwise thought impossible, there are many harmful and disturbing effects of smartphone dependence. According to Psychguides (2018) Cell phone addiction, sometimes referred to as problematic mobile phone use, is a behavioral addiction thought to be similar to that of an Internet, gambling, shopping, or video game addiction and leads to severe impairment or distress in one's life.





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To,  
Ms.Enu Sambyal  
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Subject: Publication of paper at International Journal of Emerging Technologies and Innovative Research .

Dear Author,

With Greetings we are informing you that your paper has been successfully published in the International Journal of Emerging Technologies and Innovative Research (ISSN: 2349-5162). Thank you very much for your patience and cooperation during the submission of paper to final publication Process. It gives me immense pleasure to send the certificate of publication in our Journal. Following are the details regarding the published paper.

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Thank you very much for publishing your article in JETIR. We would appreciate if you continue your support and keep sharing your knowledge by writing for our journal JETIR.

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# Effect of Metaemotional strategies on the Educational Aspiration of adolescents in relation to their Learned Optimism

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Dr.Anjali Puri, Associate Professor, Govt.College of Education, Sector-20, Chandigarh.

## ABSTRACT

Human beings experience brief subjective responses called emotions as feelings such as joy, sadness, fear, or anger. Emotions have been studied in several scientific disciplines—e.g., biology, psychology, neuroscience, psychiatry, anthropology, and sociology—as well as in business management, advertising, and communications. As a result, distinctive perspectives on emotion have emerged, appropriate to the complexity and variety of the emotions themselves. In the present study researchers used emotion variable in the field of education and emerged with new terminology i.e. metaemotions which means to know about own and others emotions. The purpose of the study was to examine the impact of metaemotional strategies on the educational aspirations of the adolescents in relation to their learned optimism who are studying in 11<sup>th</sup> grade having commerce and arts background. 180 students were taken as a sample from two Govt.senior secondary schools of Chandigarh by using multistage sampling. The group was further divided into experimental group and control group, Experimental group was administered with the metaemotional strategies, whereas control group was not provided with any treatment. After analysing the data it was found that educational aspirations of the subjects of experimental group was improved drastically in post-test, moreover it was retained when delayed post-test was applied on the sample after 45 days.

## INTRODUCTION

Adolescence is a transitional period, from childhood to adulthood which spans the ages of 12-24 years old. Involving multiple physical, intellectual, personality, and social developmental changes. These include emotions, exploring and asserting of personal identity, peer relationships, independence, self-centred attitudes, and testing rules and boundaries. The stage marks a transition from childhood to adulthood. Adolescents' altered emotional state also results from complex social interactions including conflicts with friends, pressure from school and experimentation with relationships. Some common emotional developments include pushing limits, having more quarrelsome behaviour and sometimes being conflicted about leaving the safety of the home. Most educational institutions, schools and colleges emphasize the thinking aspect, whereas Less attention is paid to the emotional aspects. Yet, emotions are important as they play a vital part in learning and can help or hinder a child's academic commitment and success in school. Among Indian adolescent's major problem arises due to the change in emotional development, which led to anxiety, stress, career pressure, mood swings among them, main reason behind it that they remain unaware about the emotions through which they are going through as well as the solution to control those emotions. So, for the understanding of the emotions Metaemotions was emerged as a new variable, which can help adolescents to know their emotions as well as others emotions too.

### Meaning of Metaemotions

Meta-emotion is "an organized and structured set of emotions and cognitions about the emotions, both one's own emotions and the emotions of others. Meta-emotion refers to the idea that whenever we elicit a certain emotion, we also deal with subsequent emotions regarding how we experienced the primary emotion.

### Definition of Metaemotion

According to Mitmansgruber et al. (2009) metaemotion is an emotional reaction about one's "emotional self." It claim that metaemotion has a regulatory function, and that its phenomenological quality (e.g., anxiety, anger, compassion) reflects qualities of self-regulation, for example, it is associated with motivation and action tendency.





# REVIEW OF RESEARCH



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## ROLE OF METAEMOTIONAL STRATEGIES IN THE PERSPECTIVE OF PSYCHOLOGICAL WELLBEING OF ADOLESCENTS

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<sup>2</sup> Associate Professor, Government College of Education, Sector 20, Chandigarh.

### ABSTRACT:

During adolescent phase, there are rapid physiological, psychological, emotional, social changes as well as demands for new social roles take place. Teaching adolescents about their emotions and how they deal with others as well as their own actions can be very helpful in their daily life. Many problems are face by the students in this stage. With the application of Metaemotional strategies adolescents will able to understand their emotions as well as will able to regulate and control them which can further lead them to regulate and control the emotions according to situations for a good psychological well-being. The purpose of this paper is to do review of the studies which are already done in the field of metaemotional strategies and psychological wellbeing of the adolescents.



**KEYWORDS:** Teaching adolescents, metaemotional strategies and psychological.

### INTRODUCTION

Emotions are the important aspect of adolescents within the school and society as a whole that has been overlooked. Adolescent is period of emotional instability and imagination. An adolescent is highly emotional and most of his actions and decisions are based upon emotions rather on rational judgment. Without proper education and support adolescents lack the knowledge and confidence to make decisions. They experience the emotion of joy, elation, love and affection in their most powerful

form. Similarly, they experience the unpleasant emotions like fear, anger, jealousy, sadness, etc. in their most violent form. It is this stage in which emotions run very high but without having the power of sufficient control of them such excessive emotions may very often cause unhappy situation resulting in emotional maladjustment. (Webb, 2012). In India, adolescents are put under pressure to perform well in school examinations, vocational pressure, expectations of parents, aspirations, identity confusion, adjustment and relationship with peer groups

for students, academic stress, and relationship with peer group leads to a sense of distress, which is generally manifested in a variety of psychological and behavioral problems. Students are measured in terms of their performance and goals. They are observed on how well they can play, sing, act, draw and so forth. Adolescents, in their quest of forming their own identities, realize that they need to incorporate and resolve these challenges as part of themselves. Risk aspects that undermine adolescents' socio emotional development include

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# MOBILE PHONE ADDICTION AND COGNITIVE DISSONANCE OF PROSPECTIVE TEACHERS

Dr. Anjali Puri\*

## Abstract

The present study was undertaken to investigate the Mobile Phone Addiction and Cognitive Dissonance among prospective teachers. The sample of study comprised of 200 prospective teachers, who were selected from Education Colleges of Chandigarh. Attitude towards using Mobile Phone Addiction Scale by Velayudhan and Srividya (2012) and Cognitive Dissonance scale constructed by Bhagwat (2009) were used for the purpose of data collection. Findings of the study were that there was no significant difference between Mobile Phone Addiction among students in Government and private colleges of education. Significant differences were found in cognitive dissonance of prospective teachers in Government and private colleges of education and Mobile Phone Addiction of prospective teachers was found to be significantly related to their cognitive dissonance.

## Keywords :

Mobile Phone Addiction, Cognitive Dissonance, Prospective teachers

## Introduction

Information Communication technology resources include mainly all the online applications of mobile, computer, email, web based applications, search engines and so on. Mobile Phone Addiction is compulsive behavior towards using mobile phone and related applications. This produces a feeling of discomfort leading to an alteration in one's attitudes, beliefs or behaviors to reduce the discomfort and restore balance etc. For example, when people smoke (behavior) and they know that smoking causes cancer.

Although Mobile Phones allow individuals to have unlimited access to information and to connect with others in a way otherwise thought impossible, there are many harmful and disturbing effects of smartphone dependence. According to Psychguides (2018), Cell phone addiction, sometimes referred to as problematic mobile phone use, is a behavioral addiction thought to be similar to that of an Internet, gambling, shopping, or video game addiction and leads to severe impairment or distress in one's life.

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# Pedagogical Shifts in Teacher Education

Dr. Anjali Puri\*

## ABSTRACT

Teacher education is seen as imparting a set of skills, attitudes and values. The process of globalization has added various new dimensions in the education sector. Teachers need "global" knowledge about the world in general as well as content specific to the subjects they teach. It is important that teacher becomes aware of his/her pedagogical way of thinking. Thus teaching technical education and pedagogical way of thinking should be actively included in the curriculum of teacher education. Simulated as well as personal cross-cultural experiences at home and abroad are a significant part of global and international education. Content and experiences in global and international education need to be infused throughout teacher education programs. Teacher educators can prepare teachers to deal with the controversial nature of global and international education. A balanced perspective requires a careful analysis to prepare the education sector towards a global future. The important challenge for the education sections of all the countries is to reposition their traditional structure in the context of new changes and revival of teacher education for sustainable human society. Though teacher education system should incorporate technological innovations but it should also protect its identity.

**Keywords:** Teacher education, global, international, human society.

Teacher education is seen as imparting a set of skills, attitudes and values. It is considered as a tool to transform an individual to the extent of his spiritual growth. According to Ministry of Human Resource Development, India has a large number of teachers and needs many more. All processes of teacher recruitment, training, motivation, incentives, retention and feedback therefore have to be planned on a large scale. Further the ultimate goal of in-service teacher development should be to ensure that optimal learning takes place in the classrooms.

But now-a-days whole education system is being treated as an internationally traded commodity with active role of market in its co-modification. The market has started guiding academic institutions to set their priority in designing their curriculum and research work which has added few opportunities along with certain threats to education institutions.

The process of globalization has added various new dimensions in the education sector. Globalization can be defined as the intensification of world wide social relations which link distant localities in such a way that local happenings are shaped by events occurring many miles away and vice versa. The mechanism of education is now seen in terms of demand and supply especially in teacher education. The role of market, state and academic institutions is changing rapidly which has created a dichotomy between educations as a tradable good or a public good.

It is argued that the inclusion of education in the service sector of GATS will have major implications on the ownership and transmission of knowledge. Education will come directly under the control of business lobbyists who argue that schools will respond better to paying customers like any other business which in turn will duly affect the quality of teacher education.

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# GREEN CONSUMERISM IN EDUCATION FOR GLOBAL CITIZENS

\*DR. ANJALI PURI

## ABSTRACT

Green Consumerism in education for sustainability can start with a simple change in our focus or context. In order for today's students to be part of the solution of various environmental issues when they graduate, they'll need to learn new things in educational institutions. Because time is of the essence, we cannot wait for curriculum committees, curriculum review, and curriculum revision to change what we teach. We're still teaching a 20th century curriculum that ignores 21st century realities. It is possible only if our classrooms become a practical example of this urgency. The classes will green its facilities and adopt and demonstrate environmental principles such as the 3Rs (reduce, reuse, recycle), renewable energy, energy efficiency and resource conservation. This will allow for an experiential "place as pedagogy" teaching approach, and will enhance the environmental awareness of students and staff who see their classes utilizing green practices on a day-to-day basis. Greening the Classrooms and increasing green consumerism in education is a tremendous opportunity for children to learn about ecological sustainability, environmental health, nutrition, personal responsibility and leadership so that they can inherit the planet and become efficient global citizens.

*Keywords: green consumerism, sustainability, environmental health*

## INTRODUCTION

Group of consumer organizations from around the world representing various nodal agencies has formed Consumers International to provide specific guidelines to ensure that safe environment is provided in the context of the consumers' rights. Think Gandhi's maxim: "Be the change you want to see in the world." Students as green consumers learn what they live. Education should give them a place that teaches them by example how to be stewards of the planet that sustains them.

We might be feeling more than a little scared about a future defined by global warming, dwindling resources, war and injustice. Or perhaps we have a sense that what we're teaching is

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## चंडीगढ़ के विद्यार्थियों की हिन्दी योग्यता का अध्ययन

डॉ० कुसुम<sup>1</sup>

### सारांश

द्विभाषी संदर्भ को भाषाई विविधता, भाषा अधिग्रहण के विभिन्न नमूनों और संदर्भों में भाषा के उपयोग में भिन्नता की विशेषता है। हमने उत्तर भारत में प्रमुख भाषा संयोजनों (हिंदी-अंग्रेजी) में से हिंदी भाषा प्रवीणता की प्रकृति की जांच की। वर्तमान अध्ययन भारतीय द्विभाषी संदर्भ में भाषा प्रवीणता की प्रकृति की जांच करने के प्रयासों में से एक हिंदी-अंग्रेजी द्विभाषी व्यक्तियों में बोलने / समझने और पढ़ने / लिखने के क्षेत्र पर भाषा कौशल के संगठन की जांच की। अध्ययन में चंडीगढ़ के स्कूल के 100 छात्रों का चयन किया गया। इन छात्रों को लिंग और क्षेत्र के आधार पर विभाजित किया गया था। Z- स्कोर और टी-मान के विश्लेषण ने महत्वपूर्ण परिणाम दिखाए। यह शोधपत्र आयोजित शोध कार्य का विस्तृत अवलोकन प्रदान करता है।

### परिचय

बहुभाषावाद एक बहुपक्षीय घटना है। इस घटना की जटिल प्रकृति को द्विभाषी जनसंख्या को परिभाषित / रूपरेखा, द्विभाषी भाषा अधिग्रहण, द्विभाषिकता के उपायों और भाषा प्रतिनिधित्व के स्तर पर अधिक समझ की आवश्यकता है। द्विभाषावाद का वर्तमान ज्ञान मुख्य रूप से पश्चिमी मानदंडों पर आधारित है जो भारत के द्विभाषिक संदर्भ में लागू नहीं हो सकता है। भारतीय भाषाई संदर्भ में भाषाई विविधता, दो भाषाओं के विभिन्न संयोजन, अधिग्रहण के विभिन्न पैटर्न की विशेषता है। भारतीय संदर्भ में भाषा कौशल के संगठन का अध्ययन करने की अधिक आवश्यकता है। शिक्षार्थी अपने अध्ययन कौशल में सुधार करने और अपनी व्याख्याओं और विचारों को बनाने के लिए पाठ का विश्लेषण करने के लिए अपने पढ़ने के कौशल का उपयोग करते हैं। इसलिए, पढ़ना न केवल याद के बारे में है, बल्कि यह अनुमान, भविष्यवाणी और सारांश के बारे में भी है। यह भी ध्यान रखना महत्वपूर्ण है कि पढ़ने का उपयोग सीखने के साधन के रूप में किया जा सकता है। बुवेर (2004) का कहना है कि पाठकों को पुस्तकों और पत्रिकाओं और समाचार पत्रों को पढ़ने और इंटरनेट पर सर्फिंग के माध्यम से ज्ञान और दुनिया की घटनाओं की जानकारी प्राप्त होती है।

<sup>1</sup>सहायक प्रवक्ता राजकीय शिक्षा महाविद्यालय, सेक्टर- 20 डी, चण्डीगढ़



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# Metacognitive Skills and Language Achievement: A Correlational study

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## Abstract

In recent years, the field of research on language learning and metacognitive skills has received much attention and became a popular area in cognitive psychology. Metacognitive skills is believed to have significant contributions to learners' academic context in the era of technology and explosion of information. The need to regulate our own thinking patterns is felt more prominently for the secondary school students with their intense exposure to more readings. This study aimed at the correlation among language achievements and metacognitive skills of the students. The findings of present study demonstrated that there was a significant relationship among language achievements and metacognitive skills. Also, gender and level of proficiency could not make a statistically significant difference in this respect.

## Introduction

Metacognition was originated by Flavell, a child developmental psychologist. He suggested that metacognition is what organizes the learning process. It involves constant monitoring and regulation of cognitive process to accomplish cognitive goals (Flavell 1976). After Flavell, some other researchers focused their attention on MLS and offered different definitions for the term. But what can be inferred from these definitions is that MLS can simply be viewed as "Thinking about thinking" (Anderson 2002). Biehler and Snowman (1997) considered metacognition as a very broad concept which covers everything an individual can know that relates to how information is processed. Experts agree that appropriate use of this strategy set influences learning process positively (Anderson 2002) and they view it as what controls cognitive processes of learning (Livingston 1997). Research into language learning strategies began in the 1960s which was particularly influenced by developments in cognitive psychology (Williams and Burden 1997) "Early researchers tended to make lists of strategies and other features presumed to be essential for all good L2 learners" Oxford (1994:1). In most of the research on language learning strategies, the main concern has been on investigating what makes good language learners do to their learning.

## Review of related Research

Hidayat, Zulnaidi & Zamri, (2018) in Roles of metacognition and achievement goals in mathematical modelling competency: A structural equation modelling analysis explains that the relationship between metacognition and achievement goals which may influence mathematical modelling competency in students of mathematics education programs. The study employed 538 students of mathematics education program; The study followed a correlational research design to investigate and measure the degree of relationship amongst mathematical modelling competencies, achievement goals and metacognition. Results indicate that achievement goals and metacognition positively influence mathematical



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## Academic Achievement in Relation to Their Self-Concept of Class 9<sup>th</sup> Students

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**Abstract:** This study was undertaken to investigate the relationship between Academic Achievement and Self-concept. Four Government schools were selected through the lottery method and the sample consisted of 200 students of class 9<sup>th</sup> was randomly selected from Ludhiana district of Punjab. The final examination marks was taken as the academic achievement of the students and self-concept was measured by a scale which was developed by Saraswat (1984) (revalidated by the investigator) was used. For analyzing the data statistical techniques 't' test, product moment co-efficient were used. Finding revealed that there were significant gender differences also correlation was found to be significant.

**Key Words:** Academic Achievement, Self-concept, Class 9<sup>th</sup> Students.

### I. INTRODUCTION:

This present society is achievement oriented. Everywhere academic achievement is given a lot of weightage in admitting the students for higher studies and selecting the candidate for the job etc. Academic achievement of the students depends upon a number of factors. In this process of educating the students and its emphasis is to measure the school subjects, as well as teacher grades. The education of the child is not only for the purpose of knowledge but for his/her harmonious development. So the education system should be such that it can exit in preparation and development to face challenges of life as its focus is to tap the skills of learner. Academic achievement is a scale to know the capability and ability of the student, even the quality of teacher and standard of school depends upon the performance of student. The academic achievement has been provided a very high place in child's life as it builds self-esteem and self-concept as well as emotional security. It refers to the extent to which one has acquired knowledge gained by the individual that remains with him for entire life. It includes the theoretical knowledge and ability of the individual to apply his learning to life situation in an intelligent way. Academic achievement is the weightage of learning obtained by the learner in different subjects. It is also helpful for educator to understand the whether their teaching methods are fruitful or not and brings improvement to both teacher and students to know where they stand. Academic achievement is not deal with the quantity but also with the quality of learning obtained in subjects.

Good (1959) has defined "academic achievement as knowledge attained or skills developed in the school subjects, usually designated as test scores or marks assigned by teachers or by both".

Stienberg (1993) defined "academic achievement encompasses student's ability and performance. It is multidimensional. It is intricately related to human growth and cognitive, emotional, social and physical development".

### Factors affecting academic achievement

**Environment Factors:** Home environment, Community, Social environment, Class room environment, Friends, Socio economic status.

**Personal Factors:** Self-concept, Intelligence, Motivation, Creativity, Learning Capacity, Attitude.

Individual's self-concept is considered as one of the most basic and crucial component of personality. In simple words, it can be described as the imagery a person has of oneself. An individual's adjustment, academic achievement and general behavior are among the departmental features which are subjects to the influence of self-concept.

Kenneth and Irwin (2001) defined "self-concept is the basic understanding of how we define ourselves and the resources of information we use reflected appraises, social comparison and self-observation".

Ambrom (2007) defined "self-concept as the description of oneself including a person's mental image of his physical self, his expectations about his own behavior and other such expression of the person's sense of himself".



Anupam, Kusum

## Mind Mapping: An Innovative Approach to Elevate Mathematics Learning and Critical Thinking

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### Abstract

There are many possibilities how to improve mathematical education and enable students to participate in the process of the cognition of new knowledge and elevate Critical Thinking. In this paper we present mind mapping as one of graphical representation of mathematical networks which may become another efficient tool for improving mathematical achievement and boost Critical Thinking. The paper establishes the relationship between Mind Mapping, Mathematical Learning and critical thinking skills.

Key Words: Critical thinking, Mathematics Learning, Mind map.

### Introduction

Mind mapping is a visual technique that exploits the way we actually think—through synaptic connections and non-linear associations. Because mind mapping gives practitioners, be they professional or student, access to subconscious observations and connections, it is a powerful thinking tool, useful in a variety of situations in business and in education. It explains what is at work in the brain as we create new knowledge and how mind mapping exploits these processes to gain intuitive and concrete understanding in situations requiring critical thinking (Roxanne M. O'Connell, 2014). Critical thinking, as defined by Scriven and Paul at the 8th Annual International Conference on Critical Thinking and Education Reform, is the “intellectually disciplined process of actively and skilfully conceptualizing, applying, analysing, synthesizing, and/or evaluating information gathered from, or generated by, observation, experience, reflection, reasoning, or communication, as a guide to belief and action” (1987, n.p.). We also recognize these activities as those articulated in Benjamin Bloom’s taxonomy of learning, in the cognitive domain, as knowledge, comprehension, application, analysis, synthesis and evaluation (1984, p. 18). The Mind Map is an extension of Radiant Thinking and is therefore a natural function of the human mind. It is a powerful graphic technique which provides a universal key to unlocking the potential of the brain. The Mind Map can be applied to every aspect of life where improved learning and clearer thinking will enhance human performance.





# THE RELATIONSHIP BETWEEN READING COMPREHENSION IN HINDI LANGUAGE AND CRITICAL THINKING: A CORRELATIONAL STUDY

Dr. Kusum<sup>1</sup>

## ABSTRACT

*In recent years, the field of research on reading comprehension and critical thinking has received much attention and became a popular area in cognitive psychology. Critical thinking is believed to have significant contributions to learners' academic context in the era of technology and explosion of information. The need to think critically is felt more prominently for the secondary school students with their intense exposure to more readings. This paper aims at probing the role of critical thinking skills in Hindi Language reading comprehension. The findings of present study demonstrated that there was a significant relationship between critical thinking and reading comprehension. Also, gender and level of proficiency could not make a statistically significant difference in this respect.*

## Introduction

The ability to think critically is an essential life skill in Indian society today; as the world changes at an ever-faster pace and economies become global, young adults are entering an expanding, diverse job market. To help young Indians compete for jobs that did not even exist a few years ago, it is necessary now more than ever before to ensure that young adults possess the thinking power to flexibly and creatively adapt to new job markets. Developing the ability to think critically is an essential life skill; it is also clear that practicing critical thinking strategies should be a daily occurrence in classrooms across the India. The high school classroom is a logical environment in which to explicitly teach, and practice, critical thinking with the goal of developing lifelong habits of mind. A classroom environment centred on a critical thinking philosophy will better prepare students for the adult world of change and uncertainty. Paul and Elder (2009) maintained that without concerted intervention and evaluation, human thinking tends to be biased, unclear and flawed. However, —when we recognize this problem, this obstacle to quality in our lives, we use our thinking to improve our thinking. We use our capacity to think at a higher level to work on and improve our thinking. As majority of Secondary level students pursue their studies in Hindi Medium so its role in developing critical skills among students cannot be denied. The relationship between critical thinking and reading is well established in the literature.

## Review of related Research

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Dr. Kusum



## CORRELATIONAL STUDY OF LEARNING STYLES AND SECOND LANGUAGE ACHIEVEMENT AMONG SECONDARY SCHOOL STUDENTS

Dr. Kusum\*

### Abstract

One of the most significant issues in learning to learn is for individuals to take responsibility for their own learning. When learners take the responsibility of their own learning, they attach meaning to the process of learning, leading to effective learning. The purpose of this study was to determine the relationship between learning style and achievement in second language among secondary school students in Punjab. The study objectives were to: identify the learning style preference among secondary school students; and to determine the relationship between learning styles and academic achievement of male and female the students. The data collection instrument was the Kolb's on learning styles. This was used to identify the learning style preference among the students based on Visual (V), Auditory (A), Reading (R) and Kinaesthetic (K) modalities. The second language achievement referred to achievement in Hindi language in their academic performance. The findings indicate that majority of the students are multimodal learners, followed by bimodal (VA) learners and thirdly by unimodal (V), learners. The least preferred learning styles are reading and kinaesthetic modalities which were preferred by only 2 female students. There was no significant difference in learning style preference among male and female students and among high and low academic achievement groups. There was strong positive and statistically significant relationship between learning styles and second language achievement for the multimodal learners, and among male and female students.

### Introduction

Language Learning has, for the past decades, been the centre of interest in educational research. Exploring the issue of language achievement has extended beyond simple issues of intelligence and prior academic achievement into how learners interact with the learning material. Several factors have been identified in explaining academic achievement: demographic status (Bany, 2010), intelligence (Deary et.al); behavioural characteristics (Lane et.al); and psychological factors such as attributes (Erdogan et.al) self-esteem (Reasoner, 2005) self-efficacy (Olaniran, 2009) and self-concept (Holliday, 2009).

\*Assistant Professor, Government College of Education, Chandigarh



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# ENVIRONMENTAL BEHAVIOUR AND LEARNED OPTIMISM IN RELATION TO GENDER OF SECONDARY SCHOOL STUDENTS

B. Kaur\*

**Key words :** Environmental behaviour, Learned optimism, Secondary school students.

*The main objective of the paper was to study the correlation between environmental behaviour and learned optimism, to study the differences between learned optimism of boys and girls secondary school students and to study the differences between environmental behaviour of boys and girls secondary school students. The sample of 100 secondary school students from Government schools of Chandigarh was selected. Descriptive analysis like mean, median, mode and coefficient of correlation were calculated. Significant positive correlation was found between environmental behaviour and learned optimism of secondary school students. No significant difference was found between learned optimism and environmental behaviour of boys and girls secondary school students.*

Environment means those surroundings that influence the development and growth of an individual and society, living and non-living. It does not influence only the growth and development, but also the behaviour of an individual. This influence starts from birth and remains till death. Environment is responsible for each and everything like behaviour, level of confidence and attitude.

Environmental behaviour is the action or reaction towards the conservation and protection of environment. Human beings always influence the environment in one way or the other. It may be greater or small, but the interaction with the environment is constant. The behaviour of human beings towards environment is called environmental behaviour.

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**In-Service Teacher Teaching Efficacy Towards Inclusive Education Scale**

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**Abstract**

*The paper deals in detail with the development and standardization of in-service teacher teaching efficacy towards inclusive education. At the initial stage, the scale consisted of 85 items. Then number of items was reduced to 66 after extensive scrutiny by the subject experts. Subsequently item-analysis was carried out. Finally, a set of 41 items were retained for the final scale. The final version of the in-service teacher teaching efficacy towards inclusive education scale consists of 41 positive and zero negative items. The test- retest reliability was found to be 0.984. The concurrent validity of the scale was assured by evaluation from subject experts.*

**Key words: Teaching Efficacy, In-service Teachers, and Inclusive Education.**

**Introduction**

The idea is that the concept of integration should be replaced by a move towards inclusive education. Integration demand that "additional arrangements was made to accommodate pupils with disabilities "within a system of schooling that remains largely unchanged", inclusive education on the other hand, aims to restructure schools in order to respond to respond to the learning needs of all children. Thus integration calls for separate arrangements in the regular school for exceptional children mainly those traditionally labelled as disabled, through such practices as withdrawal, remedial education and mainstreaming. Inclusive education in agreement in practice at national and local level. Inclusive education in different parts of the world led UNESCO to convene, with assistance of the government of Spain, the 1994 World Conference at Salamanca. At the end of the conference, the Salamanca Statement and Framework for Action was unanimously adopted by acclamation (UNESCO, 1994).

Teaching efficacy, is a teacher's belief that effective teaching can bring about student learning regardless of external variables such as home environment, family background, and parental influences. Teacher efficacy is the conviction that an individual educator can shape student outcome in a positive manner (Barco, 2007; Brownell & Pajares, 1999). Teacher efficacy is a two-dimensional conviction about reaching students that comprises general teaching efficacy, or a belief about the general power of teaching to reach students, and personal teaching efficacy, which is a belief, that one is personally capable of reaching students (Solomon, 2007).



## FACTORS AFFECTING CONSUMER'S CHOICES AND DECISION MAKING

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### **Abstract**

*The consumer today has to play the role of consumer as well as of producer. When he is consumer, he wants to have best quality products in his life and on the other hand when he is producer he wants to have maximum profit from sale of his product. Family of the consumers can influence his choices. A family forms the environment for an individual to acquire values, develop and shape personality. This environment offers the possibility to develop attitudes and opinions towards several subjects such as social relations, society and politics. A family creates first perceptions about brands or products and consumer habits. (Kotler & Armstrong 2010, p. 169; Khan 2006, p. 68.) The consumer faces the problem what to buy as there are so many products in the market. So decisions cannot be taken in vacuum. The consumer has to judge the product on the basis of the information about the product and its brand. This paper highlights the factors affecting the consumer's choice of buying and also throws light on the concept of consumer. The objective of the paper is to discuss how to take intelligent decisions while purchasing goods and articles from the market.*

**Keywords:** Consumer, choices, decision making, consumer buyer

### **Introduction**

The ideal economy of the country always works for the welfare of the consumers. Consumers form an integral part of an economic system. Everyone is a consumer whether young or old. As soon as one is born one becomes a consumer of food, clothing, shelter, and water as a person grows older. The things which consumers use are known as consumer goods and the person who uses them is known as consumer. The consumer today has to play the role of consumer as well as of producer.



# MICRO AND SMALL ENTERPRISES (MSE) DEVELOPMENT IN HIMACHAL PRADESH

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### Abstract

Micro and Small scale industries play an important role in the national economy. Development of micro and small industries increase income, output and employment and accelerate the rate of growth of a backward area. Himachal Pradesh is least urbanized state of the country. The present study was an effort to analyse the industrial hubs development in the case of micro and small industrial enterprises of Himachal Pradesh during different years; 1991-92, 2001-2002 and 2012-13. The two parameters used for the analysis were industrial units and industrial worker employed in the state. The results of the study show a highly uneven industrial development in the state in the case of micro and small enterprises.

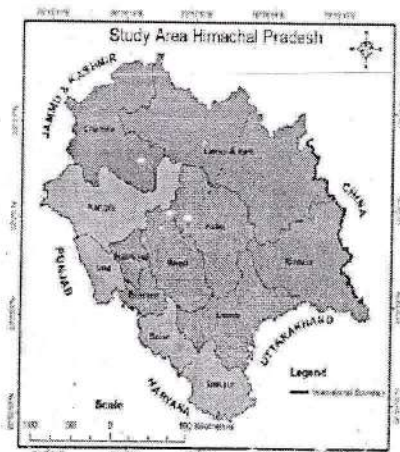
**Keywords:** Micro and Small Enterprises, Development, Hubs, Industrialisation, Units and Worker.

### Introduction

Industrialisation is not merely a technological revolution; it involves deep social changes. The impact of Industrialisation does not remain limited only to the economic sector, also influences the shaping of social life (Paul, 1961). Better industrialisation requires well framed development plans and co-coordinated efforts for the development of agriculture, mining, power, transport and other infrastructural activities. Industrialisation helps in the growth and service that are used to satisfy the basic human needs of large percentage of population. The industrial growth is being accompanied by development (Clarence, 1979). The state of Himachal Pradesh has observed a slow progress in Industrialisation during pre-independence period (Parry, 1979). After independence of the country, Himachal Pradesh came into existence on April 15, 1948 as a Chief Commissioner's province (Thakur, 1997). The employment in the industrial sector in 1951 was around 5 percent. During the last few years, the industrialisation in Himachal Pradesh has made significant progress. Micro and Small Scale Industries play an important role in boosting the overall economic growth of the state. The main industrial activities in Micro and Small Scale in the state are weaving, small scale engineering, agriculture instruments wood carding, fruit processing, lime stone, food products, fisheries, forest products like Guchi, patish, dhoop, kalazira, kesar, bharmi etc. The micro and small scale industries set-up by the entrepreneurs in different years has contributed to increase shares in the overall production, investment, exports, and employment. 38592 Small Scale Industrial Units were registered with an investment of 5579.02 crores and employment of about 2.11 lakhs persons was registered with the Department of Industries (Annual Administrative Report, 2012).

### Study Area

The study area Himachal Pradesh is located in the northern part of the country between 30° 22' 40" to 33° 12' 20" North latitudes and 75° 45' 55" to 79° 04' 20" East longitudes. The state forms part of western Himalayan Zone. It has a hilly terrain, mountainous and undulating topography with altitude ranging from 350 to 6,975 meters above mean sea level. Total geographical area of the state is 55,673 sq. kms.





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Summary



## 7E LEARNING CYCLE MODEL: A PARADIGM SHIFT IN INSTRUCTIONAL APPROACH

### Article Particulars

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### Abstract

Technology has influenced all spheres of education and science. Almost every aspect of scientific exploration has been touched in some or other way by technology and much of today's science would not be possible without it. Science is considered as the expanding, dynamic body of knowledge consisting of new domains of scientific methods and experiences. Present world is shaped profoundly by science and technology and thus bringing about scientific revolution to the society. In other words science can be defined as the practical and intellectual activity that includes the study of the behavior and structure of the universe systematically through experimentation and observation. In today's science curriculum the constructivist approach as a teaching methodology is being implemented in the classroom with an objective to provide the students ample opportunities to construct their own knowledge rather than becoming a passive absorber of science concepts. One of the constructivist approach is 7E learning cycle model which has given due importance to the concept of transfer of learning which is an essential component in science education. Present paper throw lights upon the 7E learning cycle model and review the different research studies related to it. Research studies support that with this model students' problem solving ability, achievement level and scientific process skills can be enhanced.

**Keywords:** Constructivist approach, Problem solving ability, Scientific process skills, Achievement, 7E learning cycle model, Transfer of learning.

### Introduction

We are in the era of scientific revolution where the world is shaped profoundly by science and technology. The scientific knowledge is expanding at an exponential rate and thus bringing revolution to the society. Undoubtedly the effects of scientific revolution can be seen everywhere and in every aspect of our lives right from path breaking discoveries in atomic sciences, to discovery of new vaccines in life sciences, to technological advancements in the field of communication. Science has left no

*Shalini Sharma*



## ENGLISH LANGUAGE ANXIETY IN RELATION TO ACADEMIC ACHIEVEMENT IN ENGLISH AMONG VII GRADE STUDENTS

### Article Particulars

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### Abstract

*This study aims to seek the relationship between English Language Anxiety and Academic Achievement in English. The present study was conducted on a sample of 100 students of Class VII selected randomly from two CBSE affiliated English medium private schools of Fazilka district of Punjab state of India, affiliated to central board of secondary education. Two instruments were employed to collect the data. The first one was Foreign Language Classroom Anxiety Scale (FLCAS) by Horwitz, Horwitz & Cope (1986) and secondly the students were given an Achievement Test in English. The obtained scores were analyzed by using Pearson Product Moment co- relation. It has been found that English language anxiety and Achievement in English are negatively correlated. It has also been found that most of the students fall in the categories of slightly anxious to very high anxiety.*

**Keywords-** *English Language Anxiety, Academic Achievement, Relationship, English Language.*

### Introduction

In our country every parent wants their children to get the best education. They aspire to send their children to the schools where the medium of instructions is English as English language has become the master key to acquire a good job. In this era of competition; at every step the academic record speaks for the individual. So Academic Achievement is the most important factor to judge the students' progress. Academic Achievement means the attainment level at which the students' functioning in school tasks is measured through examination. "Academic achievement represents performance outcomes that indicate the extent to which a person has accomplished specific goals that were the focus of activities in instructional environments, specifically in school, college, and university" (Academic Achievement - Education - Oxford Bibliographies - obo. , 2018). Different researchers have studied the

*Summy*



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## ENHANCING BASIC MATHEMATICAL SKILLS THROUGH TOUCHMATH MULTI-SENSORY PROGRAMME

Kirandeep Kaur Taneja<sup>1</sup> and Anurag Sankhian<sup>2</sup>

### Abstract

*Learning is the basis for the foundation of the bright future. Mathematics has always been an important part of education. Not only mathematics serves as a valuable subject of student life, but also serves as a problem solver in the life. Thus, having a good knowledge of mathematics or being able to solve mathematical problems is a need of all social beings. Mathematics, in the curriculum of education and of life, starts with recognition of numbers, basic counting with numbers and then operating with these numbers using different mathematical skills. Mathematical skills, as opposed to concepts, are fundamentally techniques or methods of procedure by which a mathematical operation or problem can be worked out. Thus, it is important for the teachers to teach these skills in a way that enable the students learn and perform well in these skills e.g. by using teaching aids and various teaching methods. Teaching mathematical skills using multi-sensory approach of teaching is one of these teaching methods. TouchMath is basically a multi-sensory approach of teaching mathematical skills using the senses and was developed in 1975 by an elementary school teacher Janet Bullock. TouchMath is beneficial for many struggling students because the use of auditory, visual & tactile strategies in it reinforce the counting techniques. The present paper highlights the significance and process of use of TouchMath programme in teaching of basic mathematical skills of number recognition, addition and subtraction.*

**Keywords:** Mathematics, Mathematical skills, TouchMath, Performance.

### INTRODUCTION

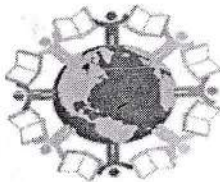
Mathematics is the mother of all science (Chiu, 2007). Every natural process moves and works in mathematical terms. Every activity of human life is also comprised of mathematics. Starting from simple numbers to Pythagoras theorem, every mathematical fact and formula can be related to daily activities. All mathematics is basically comprised of basic numbers and operating these numbers in different ways and methods to get desired results. Hiebert (1988), in his research, has shown that students must learn and understand the earlier

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## A STUDY OF EMOTIONAL INTELLIGENCE AND MENTAL HEALTH OF YOGA SPECIALISED AND GENERAL PUPIL TEACHERS

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### ABSTRACT

Emotional intelligence is the ability to monitor one's own and other people's emotions. Health is a complete state of physical, mental and social well-being and not merely the absence of disease or infirmity. Mental health means a sound mental condition or state of psychological well-being or freedom from mental diseases. Yoga play a vital role as the ancient Indian healing art while dealing with the physical, mental, emotional, moral and spiritual well-being. Yoga education is a process that helps in the all round development of a human being. The present study was conducted to compare the Emotional Intelligence and Mental Health of the yoga specialised (B.Ed Yoga students) and General Pupil teachers (B.Ed. General students). The sample of the present study comprised 80 B.Ed. course pupil teachers including 40 B.Ed. Yoga and 40 B.Ed. General Pupil teachers selected randomly. The Emotional Intelligence Inventory by Mangal and Mangal (2007) and Mental Health Inventory (M.H.I.) by Jagdish & Srivastava (1992) were administered to the sample. The results of the study show that there exist a significant difference in the Emotional Intelligence and Mental Health of the Yoga specialised (B.Ed. yoga students) and general pupil teachers (B.Ed. General students).

**Key words:** Mental Health, Emotional Intelligence, Yoga specialised.

### INTRODUCTION

The aspect of mind which most powerfully affects the body and especially the nervous and endocrine systems is its emotional side. The term Emotional Intelligence can be defined in a number of ways, comprising many personality traits such as self awareness, zeal, empathy, motivation, persistence, warmth and social skills or social adeptness. "Emotional intelligence is the innate potential to feel, use, communicate, recognize, remember, describe, identify, learn from, manage, understand and explain emotions" (Hein, 2007). Emotional intelligence enables us to make a good choice and brings inner world into focus. Emotional intelligence refers to the capacity for recognizing our feelings and those of others, and for motivating ourselves. An individual with a higher emotional intelligence (usually) gets more success, more happiness and more compassion in life. Goleman (2001) found in his study that two per cent success of life depends upon intelligence (general) and rest upon emotional



ENGLISH LANGUAGE ANXIETY: A CASE STUDY OF EXPERIENCES OF STUDENTS OF ENGLISH LANGUAGE LEARNING IN A RURAL AREA OF PUNJAB

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Abstract -This case study investigates the experiences of students of English language learning in a rural area of Punjab and also explores the techniques, students used to cope up with their anxiety and the role of English teacher as suggested by the students. To accomplish this task subjects were selected purposefully from a school of rural area of district Fazilka affiliated to Punjab school education board. The study was conducted in different phases. In the first phase, the adapted version of FLAS (foreign language anxiety scale) by Horwitz, Horwitz & Cope 1986 was used to find the level of English language anxiety. In the second phase, the technique of focused group interview was used to get the deeper understanding of students' experiences of English language and the strategies they used to cope with the problem of English language anxiety. Triangulation was done for the authentication of the data. The findings indicate that most of the student participants, experienced moderate to high levels of anxiety in English language classroom. The findings from the focused group interview further indicate that many factors lead to language anxiety.

Keywords- English Language anxiety, English Language learning, Case study, Strategies

Introduction

In this modern era, challenges in education are increasing day by day. The world is worried about the quality concerns in education. Whereas in the developing country like India , the English language is still struggling to touch many of the rural areas. English being the international language has become the important subject in our educational institutes but the students of rural areas are finding it the most difficult language and feel anxious in the English language classrooms. "Many learners express their inability and sometimes even acknowledge their failure in learning to speak a second language. These learners may be good at learning other skills but, when it comes to learning to speak another language, they claim to have a 'mental block' against it (Horwitz,1986)."

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## कहत कबीर सब आँखिन देखी

सारांश

Dr. Kamal

हिंदी साहित्याकाश में कबीर एक चमकता हुआ सितारा हैं जो आजतक भी धूमिल नहीं है। समय के थपेड़े भी उसकी चमक को कम करने में असमर्थ हैं। क्रान्तिकारी कबीर का दृष्टा और युग निर्माता के साथ-साथ यथार्थ में पुरुषार्थ के कवि हैं। उन्होंने अपनी सामाजिक, धार्मिक और राजनैतिक परिस्थितियों को अपनी मानस दृष्टि से देखा और उसके पश्चात मानव मात्र के कल्याण के लिए तत्कालीन अंधविश्वासों और रूढ़ियों से सीधे चोट की। अज्ञान रूपी अंधकार से बाहर निकलने का मार्ग प्रशस्त किया। कबीर द्वारा बनाये गये रीति रिवाजों का प्रभाव व्यक्ति के जीवन पर सीधे पड़ता है समय नहीं रहा हो मनुष्य उस से अछूता नहीं रहा उसी प्रकार कबीर के जीवन पर भी उस सामाजिक परिस्थितियों ने सीधा प्रहार किया मगर वे हारे या डरे नहीं बल्कि उनका डटकर सामना किया। यही वह काल होता है जो व्यक्ति को कालजयी बना देता है। कबीर के जीवन को पूर्व से पश्चात तक जिन-जिन परिस्थितियों ने प्रभावित किया। इस शोधक द्वारा उनकी हल्की सी झलक ही प्रस्तुत की जा रही है।

### संत कबीर के पूर्व की सामाजिक परिस्थिति:

उस समय पर सामाजिक परिस्थितियाँ अत्यधिक विषम थी भारत में सभी धर्मों के लोग रहे थे लेकिन तत्कालीन समाज में हिन्दू और इस्लाम धर्म प्रतिद्वन्दी धर्म थे। आक्रमणकारियों के रूप में मुसलमानों ने भारत में प्रवेश किया और शक्ति को धर्म प्रचार का प्रमुख साधन बनाया जिससे हिन्दू धर्म पर संकट के बादल मंडराने लगे। हेनरी इलियट की पुस्तक 'हिस्ट्री ऑफ़ इंडिया' के प्रथम भाग के उद्धरणों में मुसलमानों से संघर्ष करने वाले हिन्दुओं की हत्याओं, हिन्दुओं के धार्मिक जुलूसों, पूजा और धर्म कृत्यों के आम प्रतिबंधों के साथ-साथ कुछ असहिष्णुता पूर्ण कार्यों में- मूर्तियों का भंजन, मन्दिरों का विनाश, बलात्कार, परिवर्तन और हिन्दू स्त्रियों से मुसलमानों द्वारा दुराचार, बलात् हिन्दुओं का देश निकाला, उनकी सम्पत्ति का अपहरण, उनकी हत्याएं और कल्लेआम का आदेश देने वाले कानूनों, शराबी और अत्याचारी मुस्लिमों का उल्लेख है।<sup>1</sup> तत्कालीन समाज में साथ, सहयोग, सहानुभूति, सौहार्द्रता की भावना दम तोड़ रही थी ऐसी विषम परिस्थितियों में ही संत कबीर का आविर्भाव हुआ।

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*Dr. Kamal*



## लैंगिक असमानता समाज और शिक्षा: एक सिंहावलोकन

डॉ. कुसुम

हैं तक भारतीय परिवेश का प्रश्न है। यहाँ हर तथ्य को अपने आदि ग्रंथ वेद को बीच में रखकर उसका विवेचन, श्लेषण और मूल्यांकन करने की एक परम्परा जैसी बन गयी है। जिन लोगों ने वेदों को देखा तक नहीं है। वे भी अपने तर्कों और वितर्कों में अत्यंत स्वाभिमान के साथ उनके उदाहरण प्रस्तुत किया करते हैं। यदि समस्त भारतीय संस्कृति के आदि स्रोत वे हैं तो इस आलेख में यह आवश्यक हो जाता है की प्रथमतः उनका ही आँकलन और संकलन कर निष्कर्ष निकाला जाय। वे लैंगिकता के विषय में क्या विचारधारा रखते हैं। इन विश्व के प्राचीनतम ग्रन्थों में नारी के तिरस्कार और अपमान का जैसा घिनौना वर्णन मिलता है। ऐसा उनके समकालीन किसी भी ग्रन्थ में नहीं मिलता। नारी की भयानक दुर्दशा के लिए जिम्मेदार नियोग प्रथा, जाति प्रथा, सती प्रथा, दहेज प्रथा, कुल वधु, नगर वधु, देवदासी, बली प्रथा, बलात अपहरण जैसी अनेक कुप्रथाओं का वर्णन वेदों में बहुतायत में मिलता है। इन्हीं के माध्यम से कामी, क्रोधी, लालची और धूर्त क्रूर लोगों ने जी भर कर उनका शोषण और अपमान किया। अपनी वासनाओं के दासों ने वासनाओं की आग को उनका शोषण, तारन-प्रतारण करके बुझाया है।

**लैंगिक असमानता का वेदाख्यान:-** वेदों के अध्ययन से जात होता है की कन्या पिता की अनिच्छित सन्तान हुआ करती थी। वहाँ पुत्रवती भव के आशीर्वादों की तो बौछार की जाती है। लेकिन पुत्रीवती भव का उल्लेख कहीं पर भी नहीं है। पुत्र के पैदा होने पर उत्सवों का उल्लेख है पुत्री के पैदा होने पर 'हाय' का उल्लेख मिलता है। लड़का पैदा हो ऐसा इच्छा ऋग्वेद के (10-84-85) में देखी जा सकती है "जहाँ नव विवाहिता को दस पुत्र पैदा करने का आशीर्वाद दिया जाता है" (1) वेदों में लैंगिक असमानता चरम पर थी। लड़का पैदा करने के उद्देश्य से एक विशेष प्रकार का "पुंसवन संस्कार" किया जाता था। जिसके अनुसार प्रार्थना की जाती थी देवियों और देवों से की इस गर्भ से लड़की नहीं लड़का ही उत्पन्न हो। यथा- प्रजापतिरनुमतिः सिनी वाली चीक्लपत ॥

अर्थात् "हे प्रजापति अनुमति और सिनीवाली तुम्हीं ने इस गर्भ को बनाया है। स्त्री का जन्म कहीं और हो पर इस गर्भ से पुत्र ही उत्पन्न हो" लैंगिक असमानता को बढ़ावा, नारी को हेय मानने उनको पुरुषों से कम आंकने के सूक्त ऋग्वेद में भी हैं। यथा- इन्द्रिच्छा तद्वरीत स्त्रिया अशाम्य मनः उतो अहं क्रतुम रधुम ॥-ऋग्वेद 8-33-17 (3)

अर्थात् स्वयं इंद्र ने कहा-"स्त्री के मन को शिक्षित नहीं किया जा सकता उसकी वृद्धि तुच्छ होती है" यजुर्वेद के व्याख्यान शतपथ ब्राह्मण के अनुसार "स्त्री, शुद्र, कुत्ते और कौए में असत्य, पाप एवं अंधकार विराजमान रहता है"- यजुर्वेद 14-1-31 (4)

वेदों में दासी प्रथा का भी हर स्थान पर उल्लेख मिलता है। इस प्रथा में कबीले आपस में लड़ते थे जो कबीले भारतीय आदि वासी हार जाते तब उनको बंदी बना लिया जाता वे लोग दास और दासी कहलाए जाते थे। शक्तिशाली पुरुषों की हत्या कर दी जाती असहाय पुरुषों और स्त्रियों को एक दूसरे को उपहार के रूप में भेंट करते थे। "राजा लोग अपने परिजनों और पुरोहितों को दासियों से भरे

\*\*राजकीय शिक्षा महविद्यालय, सेक्टर-२० डी, चंडीगढ़  
रथों के रथ दान देते थे" ऋग्वेद 6-27-8, 8-68-17 (5) "राजा त्रसदस्यु ने सौभरि कण्व को 50 दासियाँ प्रदान की"  
ऋग्वेद 8-19-38, 5-47-6 (6)

वेदों में नियोग प्रथा का भी उल्लेख है। जिसको स्मृतियों ने पशु धर्म कहा है। नियोग का अर्थ है किसी नियुक्त पुरुष के साथ पुत्रोत्पन्न करना स्त्री की इच्छा के विरुद्ध केवल पुत्र प्राप्त करने के लिए उसे विवश और बाध्य किया जाता था।

*कुसुम*



## PERCEPTION ON E-LEARNING IN THE ERA OF COVID-19 PANDEMIC: IN VIEW POINT OF TEACHERS AND STUDENTS

\*Dr. Kusum

### ABSTRACT

Covid-19 pandemic created a knowledge blockage as all the education institutions were shutdown to stop the spread of virus. Formal learning was on stake. In meantime E-Learning broke all the barriers and emerged as a revolution in school system. This shift in learning process effected both the learner and the educator. In this paper the attitude of teachers and students towards E-Learning has been discussed. This paper throws light on some important aspects regarding E-Learning. This is a survey study on 150 participants from Chandigarh including teachers and students. The findings of the study revealed that E-Learning was positively accepted by the participants and it elevated their level of self-Efficacy. Participants chose movable devices and easy to use applications for hassle free Learning.

**Keywords:** Perception, Pandemic, E-Learning, Self-Efficacy.

### INTRODUCTION

Covid-19 was officially declared as pandemic on March 11, 2020. Preventive measures for Covid-19 put lock on the schools. This lock on schools opened various new gateways for teaching-learning process. Covid-19 pandemic made E-Learning essential worldwide. Teaching-Learning process flipped from offline mode to online mode of study. Several E-learning channels and Interactive web based applications to combat this deadly situation. The evaluation techniques also shifted from paper pen to digital forms and response sheets. This transition was sudden and very fast. E-Learning established a different and new relationship between student and teacher through virtual connect. Chalk and Duster are well merged with desktop, smartphone and internet and have become an essential component of teaching and learning.

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## BLEND E- LEARNING AND ACADEMIC ACHIEVEMENT: AN EXPERIMENTAL STUDY

\*Dr. Kusum

### ABSTRACT

Education is one of the sectors that have benefited most from the modern technical innovations. With this development, time and space are no more barriers to education. As a matter of fact, the concept of distance learning has been transformed to what is now known as blended-learning programs. In this paper the role of Blended E-Learning in academic achievement was studied on secondary school students in Punjab. This study revealed that Blended E-learning elevated the academic achievement of secondary school students. The difference of scores between male and female students was not found significant on the  $p < .5$  level of significance. Blended- E Learning enhanced the annual performance of secondary school students.

**Keywords:** Blended E-Learning, Achievement, Experimental, Secondary, Students

### INTRODUCTION

E-learning is essentially electronic learning and is delivered through a computer. In different sectors and with different people the meaning of e-learning differs. For instance, in the field of business it refers to the strategies used by a company network to give training to its employees. In many Universities, the term is used to mean a specific method to convey contents of course or program to the students online. Many higher education systems now a day are offering e-learning to their students. Blended E-learning is also known as mixed, sandwich, hybrid learning, is a method that conflates traditional learning environments in which led by teachers and technological based e-learning.

Academic achievement represents performance outcomes that indicate the extent to which a person has accomplished specific goals that were the focus of activities in instructional environments, specifically in school, college, and university.

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## RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND ACADEMIC ACHIEVEMENT: A DESCRIPTIVE EXPLORATION

Dr. Kusum<sup>1</sup>

### Abstract

Emotional intelligence integrates the vital aspects of interpersonal and intrapersonal relationships, malleability, temperaments and stress management skills, which have a reflective effect on the academic performance of students. Therefore, the present study was done aiming at surveying emotional intelligence and its relation with academic performance of secondary school students. A sample consisted of 100 students, 50 males and 50 females were selected from Govt. Schools of Chandigarh. The findings of the study throw light on relationship between Emotional Intelligence and Academic achievement of secondary school students.

### Introduction

Emotional intelligence is gradually discussed in psychology. In Recent years, emotional intelligence has been given much attention in research particularly in psychological research. The concept of emotional intelligence was introduced by Salovey and Mayer. They defined it as the competency of an individual to cope with his own emotions and the emotions of other individuals. Academic achievement is as much a function of a person's emotional response to a learning environment as it is to the teaching method or classroom (Flood, 2003). While Intelligence Quotient (IQ) has long been used as a predictor of a student's success, as the world enters the 21st century, research shows that EI is a better predictor of "success" than the more traditional measures of cognitive intelligence. EI is one such factor which is instrumental in situations that call upon students to adjust successfully from one environment to another (Hettich, 2000). Emotional intelligence skills are vital to human performance and the management of successful learning organizations.

### Emotional Intelligence and Academic Achievement: A Research Review

Bunyaan, Tan and Loo (2014) revealed that the female participants scored lower than male participants in EI mean score. However, the difference in EI between genders is not statistically significant. The results revealed an interesting finding that the participants in this

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## वर्तमान परिप्रेक्ष्य में बुद्ध के मानवतावादी चिंतन की प्रासंगिकता

Dr. Kusum<sup>1</sup>

सिद्धार्थ गौतम बुद्ध की आद्यांत विचारधारा तर्क, विवेक और विज्ञान के व्यावहारिक धरातल पर अंकुरित, पल्लवित, पुष्पित और फलित हुई है। उसके ताने-बाने में अलौकिकता से दूर लौकिकता, अमूर्त से परे मूर्त, काल्पनिकता से इतर स्थूल और परोक्ष से बचकर प्रत्यक्ष का स्वरूप दृष्टिगोचर होता है। उसमें देखे और सुने से दूर भोगे यथार्थ का कथ्य, पथ्य और अनुभव समाहित है। सम्पूर्ण जीवन अन्यतर इतर शक्तियों की अपेक्षा वर्तमान की आसान और जटिल पग डंडियों से होकर गुजरता है। उनका दर्शन इस वास्तविकता का सम्मिश्रण है। बिना किसी अहंकार, दम्भ अथवा सम्प्रभुता से दूर वह प्रत्येक जीव के जीवन को जीने की दिशा नितान्त व्यक्तिगत रूप से अन्य पर नहीं स्वयं पर निर्भर होती है ऐसा उनके द्वारा प्रतिस्थापित, प्रचारित, प्रसारित और विस्तारित किया गया है। बुद्ध के द्वारा जीव के जीवन को एक इकाई मानकर उसको सुखद बनाने की दिशा में स्वयं उपभुक्त अनुभवों को स्वीकार करते हुए बिना किसी लाग-लपेट के स्पष्ट उद्घोष किया गया है कि प्रत्येक जीव अपने जीवन का संचालक, स्वामी और नियन्ता स्वयं है उसके अतिरिक्त-उसके-सुख-दुःख, उत्थान-पतन, प्रेय-श्रेय का संचालक कोई दूसरा नहीं है। उनके द्वारा भाग्य, विश्वास, भय, भ्रम और भटकन से हटकर एक कठोर स्वाभिमान संस्थापक की दिशा में प्रत्येक जीव के जीवन को बैशाखियों से मुक्त किया गया है। आज से ढाई हजार साल से अधिक पहले यह अद्भुत, अनूठी और अनुपम सोच एक ओर ललकार भरी थी और दूसरी ओर इसके पथ में अनेक चुनौतियाँ भी थीं। जिनका बुद्ध ने सम्पूर्ण निष्ठा और सम्मान के साथ सामना किया। विभिन्न वर्णों, वर्गों, सम्प्रदायों के उद्भट विद्वानों द्वारा उनकी ललकार को सहन करना स्वभाविक नहीं था, इस कारण अनेकानेक समाज सुधारकों, समाज के ठेकेदारों, पीठाधीशों और धर्माचार्यों से उनकी अंतिम साँस तक शास्त्रार्थ होता रहा जो उनके सामने आता वह उनके प्रत्यक्ष व्यावहारिक, विवेकपूर्ण तर्कों से परास्त होकर उनके मानवता पर आधारित चिंतन को स्वीकार करने के लिए बाध्य हो जाता और वह ऐसा किसी विवशता की बैचैनी में नहीं करता बल्कि तथ्यों पर आधारित वैज्ञानिक चिन्तन को प्रमुदित, मुदित, प्रफुल्लित होकर सहर्ष स्वीकार करता। सारे संसार के असंख्य बुद्धिजीवियों में केवल बुद्ध ही एक मात्र ऐसे सर्वसृष्टा, सर्वदृष्टा सर्वअन्तर्यामी विचारक रहे जिनके द्वारा जीवन की दुष्वारियों से लोहा लेने के लिए व्यक्ति को केंद्रबिन्दु बनाकर मानवता का उद्धार और परिष्कार किया गया। उनके द्वारा किसी जीव पर बलपूर्वक कुछ थोपा नहीं गया बल्कि उनके चिंतन की उर्वरा भूमि ने सहज जीवन को जीने की मूलभूत अवधारणाओं और अनुभवों को आधार बनाकर रोपा गया। उनके द्वारा कहने से पृथक करने पर अधिक जोर दिया गया। जीव के जीवन को आधार मानकर उसके कल्याण, लाभ के लिए और अकल्याण, हानि के लिए किसी अन्य को नहीं उसके ही उत्तरदायित्वों को सुनिश्चित किया

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## EMOTIONAL INTELLIGENCE AS CORRELATES OF CAREER MATURITY OF THE ADOLESCENTS

\*Dr. Lilu Ram Jakhar

### ABSTRACT

Emotional intelligence is the self-awareness, managing one's emotions, level of motivation and empathy, and social management. The career maturity of the adolescents is a determining factor to choose a right career according to the one's needs and interest. The present study focused on finding out the relationship between emotional intelligence and the career maturity of the adolescents, carried over a sample of 200 students of senior secondary. The mean score of the career maturity inventory of the adolescents was found to be 59.73 whereas the mean score of the emotional intelligence was found to be 56.28. The coefficient of correlation was found to be 0.45 at 0.01 level of significance for  $df = 199$ . Thus the study indicates that there exists significant correlation between emotional intelligence and career maturity of the adolescents.

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## EMOTIONAL INTELLIGENCE OF THE ADOLESCENTS ON THE BASIS OF GENDER

Dr. Lilu Ram Jakhar<sup>1</sup>

### Abstract

*Emotional intelligence plays a significant role in the academic as well as success in the social life. This study was conducted to ascertain whether there exists difference in the emotional intelligence on the basis of the gender among the adolescents. The results of the study revealed that the mean score on the emotional intelligence Inventory of the boys was 57.44, whereas the mean score on the emotional intelligence inventory of girls was found to be 55.12. The difference in the mean scores of the there is no significant difference in the emotional intelligence of the adolescents at secondary level. However, significant difference was found in intra- personal awareness dimension of the emotional intelligence inventory scores of boys and girls of senior secondary school at 0.01 level of significance in favor of boys.*

### INTRODUCTION

The concept of emotional intelligence tells that every individual behaves differently and reacts differently in different social situations. In technical term the emotional intelligence of an individual refers to its unique ways of managing feelings of self and others. Goleman (1995) defined emotional intelligence as "the ability of realizing one's own feelings, as well as that of others in order to build up self-inducement to manage personal emotions". Salovey and Caruso (2002) interpreted emotional intelligence as "the ability to process emotional information particularly, as it involves the perception, assimilation, understanding and management of emotions." Researches have revealed that emotional intelligence encourages a person to aim high and hence become more result oriented in life with discernible emphasis on human relations, which leads to better achievement. Cooper (1997) in his studies highlighted that emotional intelligence underpins many of the best decisions, most dynamic organizations, and most satisfying and successful lives. Maulding (2002) stated in the study that cognitive intelligence is often equated with eventual success in many areas but, there are many instances where people of high intelligence quotient flounder and those of having modest intelligence quotient do exceedingly well. Buvoltz, Powell, Solan and Longbotham (2008) predicated through research that suggested that emotional intelligence might lead to student success and that autonomous learners persevere toward academic goals with more resourcefulness, initiative, and persistence than other. Afolabi, Ogunmwonyi and Okediji (2009) in their study examined the influence of emotional intelligence and its need for achievement on interpersonal relations and academic achievement of undergraduates and the results of study confirmed that emotional intelligence has a significant influence on interpersonal relations. Valadez, Borges, Ruvalcaba, Villegas and Lorenzo (2013) found that emotional intelligence has been linked to several variables, such as gender, and academic performance. Sumita (2014) found no significant difference in emotional intelligence of the pre-service teachers of government and private college. Meshkat and Nejati (2017) found no significant difference between the genders on emotional intelligence. However, they found that emotional dimensions of self-awareness, interpersonal relationship, emotional self-regard, and empathy differ



## Gender Difference in Learning Styles of the Secondary School Students

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### ABSTRACT

*Learning styles of the students plays a significant role in their academic achievement as well as success in educational field and thereby affecting their future vocational choices. The present study was carried out to explore whether there exist difference in the learning styles of the students on the basis of the gender studying at the level of the secondary stage. The results of the study revealed that the mean score on the learning style inventory of the boys was 159.13, whereas the mean score on the learning style inventory of girls was found to be 163.42. The difference in the mean scores of learning styles was determined by applying t- test and was found to be 1.465. This indicate that the there is no significant difference in the learning styles of the students at secondary level.*

**Key words:** Learning Styles, School Children, Quality Education

### Introduction

The concept of learning styles tells that every student learns differently and interacts differently with different environmental situations. In technical term the learning style of an individual refers to its preferential ways of absorbing, processing, comprehending and retaining of the information. Grasha (1996) defined “learning style as personal qualities that influence student’s ability to acquire information, to interact with peers and the teachers and otherwise participate in learning experiences”. According to Misra (2012) there are six styles of learning followed by the learners’ viz. enactive reproducing, enactive constructive, figural reproducing, figural constructive, verbal reproducing and verbal constructive. However, Kolb (1984) categories learners into four types on the basis of their learning style viz. the accommodator, converger, diverger and assimilator. Diaz and Cartnal (1999) in their study found that local health education students enrolled in an online class are likely to have different learning styles than equivalent on-campus





## Adolescent's Learning Style as Determinant of Problem Solving Ability

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### ABSTRACT

The present study was an endeavor to explore the relationship between learning style and problem solving ability of the adolescents. The study was conducted over a sample of one hundred students of tenth standard. The mean score of the learning style of the adolescent boys was found to be 159.12 whereas the mean score of the problem solving ability was found to be 9.68, the product moment coefficient of correlation was determined between the scores of learning styles and problem solving ability scores and the value was found to be 0.14 for  $df = 49$ , which is not significant even at 0.05 level of significance. Similarly, the mean score of the learning style of the adolescent girls was found 163.21 whereas the mean score of the problem solving ability was found to be 5.48, the product moment coefficient of correlation was determined between the scores of learning styles and problem solving ability scores and the value was found to be 0.04 for  $df = 49$ , which is not significant even at 0.05 level of significance. Thus the study indicates that there exists no significant correlation between learning style and problem solving ability of the adolescents.

**Keywords:** Learning Style, Problem Solving Ability, Adolescent, Significant, Correlation, Scores.

### INTRODUCTION

The concept of problem solving ability is as old as human civilization. The problem solving ability refers to the individual's capability to observe and analyze the causes of the problem at hand and to seek its solution. Problem solving is such a unique framework or pattern within which creative thinking and reasoning take place. The state of tension created by unsatiated wants that drives the individual to exercise his efforts and to use his best language techniques such as observation, prediction, and inference to control the difficulties that hinder progress towards his goal of want satisfaction is problem solving. Problem solving is a situation for which the individual has no readymade solution and the state of tension is created in mind. He exercises his great effort and uses all the abilities, intelligence, thinking etc. to seek answer to the problem situations. Some individuals are able to solve problem sooner as compared to others, which indicates that there are different levels of problem solving ability- ranging from average ability to highest ability depending upon the difficulty level of the problem. Dubey (1971) found that the persons having higher intelligence and reasoning ability can solve the complex problems quickly. The term learning style refers to the learning behavior of the student and it points to the fact that every student learns differently. Etymologically, the learning style of



## STREAM SELECTION AND EMOTIONAL INTELLIGENCE OF THE SENIOR SCHOOL STUDENTS

Dr. Lilu Ram Jakhar<sup>1</sup>

### ABSTRACT

*The academic success as well as success in social sphere of the individual depends to great extent on the emotional behavior. The study under analysis was carried out to ascertain the impact of the stream of study on the emotional intelligence of the school students. It was also planned to find out the difference in the emotional intelligence of the students opting different course of study. The results of the study revealed that the mean score on the emotional intelligence inventory of the students studying science stream was 58.31, whereas the mean score on the emotional intelligence inventory of students opting for arts stream was found to be 54.25. The difference in the mean scores of the emotional intelligence inventory for science and arts stream students was determined by applying t- test and was found to be 3.20. This indicate that the there is significant difference in the emotional intelligence inventory scores of the science and arts students at senior secondary level. The study suggests that the stream have significant bearing on the emotional intelligence of the senior secondary students.*

### INTRODUCTION

Lewkowitz (1999) in his studies analyzed the students' behaviors and concluded that teachers can help reduce the students' frustrations; they can make classroom time more useful and productive. Teachers can prevent behavioral problems and learning problems of the students by providing them with necessary information and skills so that they can make well informed, positive, and independent choices relating to their emotional, social, physical, and mental well-being. Goleman (1995) expressed emotional intelligence as the ability of fulfilling one's feelings as well as that of others so as to build up positive influence to manage the personal emotions. Salovey and Caruso (2002) also explained the emotional intelligence as "the ability to process information emotionally, since it involves the perception of emotions, assimilation of emotions, and understanding of emotions and management of emotions". Thus, emotional intelligence describes the ability of individual to deal with emotional issues, take part in interpersonal relationships and to make effective conscious decisions. Maree and Fernandes (2003) pointed out that intellectual potential cannot be the only predictor for success and stability in life and in their study found that emotional intelligence plays a significant role in optimal functioning of an individual. Adeyemo (2005) investigated the relationship between emotional intelligence and adjustment of students and found that there was a significant relationship. Gliebe, (2012) found positive relationship between emotional intelligence and academic achievement but not specifically stream was taken into consideration. Gupta and Rajak (2017) found the significant impact of emotional intelligence on the stream of study and concluded that science stream had the positive effects on the emotional intelligence of the students when compared with arts stream.

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# Gender as a Predictor of Difference in Problem Solving Ability of the Students

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## Abstract

Problem solving is one of the basic requirement for the adjustment and social well-being for an individual. The present study was conducted to ascertain whether there exists difference in the problem solving ability of the students studying at the secondary stage on the basis of the gender. The results of the study showed that the mean score on the problem solving ability test of the boys was 10.14 whereas the mean score on the problem solving ability test of girls was found to be 10.40. The difference in the mean scores of the problem solving ability was determined by applying t-test and was found to be 0.26. This indicates that there is no significant difference in the problem solving ability of the students on the basis of gender at secondary level.

**Keywords:** Gender, Difference, Reasoning, Problem Solving Ability, Secondary, Significant, t-test

## Introduction

Problem solving is a situation for which the individual has no ready-made solution and the state of tension crops up in mind as and when an individual faces a problem. The person makes great effort and uses all the abilities, intelligence, thinking, creativity etc. to find an appropriate solution. Few individuals are able to solve problem sooner than others. The problem solving ability refers to the individual's capability to observe and analyze the causes of the problem at hand and tries to seek its solution. Problem solving is a unique framework or pattern of creative thinking and reasoning that takes place in the mind. The state of tension aroused by unsatisfied wants drives the individual to make efforts and motivate him to use his language and abilities such as observation, prediction, and inference to surmount the difficulties that interfere in the progress towards his goal of problem solving. Problem solving ability ranges from average ability to highest ability depending upon the difficulty level of the problem. Dubey (1971) found that the persons having higher intelligence and reasoning ability can solve the complex problems quickly. Dubey (2010) stated that problem solving is a process of overcoming difficulties that seems to interfere with the attainment of a desired goal. Simple problems can well be solved by instinctive characteristics and habitual behavior, whereas more difficult problems require a series of serious efforts till the solution is reached. However, complex problems require a greater degree of understanding and perception of the relationship between the significant factors of a problem. Different researchers have presented different views regarding the role of gender in determining the problem solving ability of the adolescents. Results of researches in the field are quite conflicting. The results of a study by Becker and Forsyth (1994) indicated fairly consistent differences in males and females in the score distributions in problem solving in mathematics and science. The study of Ajai and Imoko (2015) found that performance in problem-solving is a function of orientation and not of gender.

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# ROLE OF STREAM ON THE OCCUPATIONAL ASPIRATIONS AND CAREER MATURITY OF THE STUDENTS OF SENIOR SECONDARY

\*Dr. Lilu Ram Jakhar

## ABSTRACT

The adolescents' occupational aspirations is affected by various factors such as intelligence, emotional stability, growth and development, peer group interest, family background, social and economic life and the cognitive maturity to select a career according to the one's interest and needs. Adolescents' career maturity is influenced by the attitude and the competencies of the individual. The study focused on finding out the relation between occupational aspirations and career maturity of the senior secondary school students according to their streams of study. The results of the study indicated no significant correlation between the occupational aspirations and career maturity of the arts stream senior secondary school students and it also shows no significant correlation between the occupational aspirations and career maturity of the science stream students of senior secondary classes.

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**Keywords:** Career Maturity, Occupational Aspiration, Correlation, Adolescents, Stream.

## INTRODUCTION

The concept of career maturity originated from the term vocational maturity and it refers to the person's degree of readiness to choose, prepare well and plan for the future vocation. Career maturity has been considered as a prerequisite essential ability to make a right choice of the occupation and fulfill career related needs. It is assumed that maturity development occurs along a continuum of thinking and cognition; higher the maturity of the person, the greater is the likelihood that person is able to cope with developmental tasks at various stages of the professional career. Therefore, the career maturity involves forming interests and developing attitude in making consistent and competent to make choices

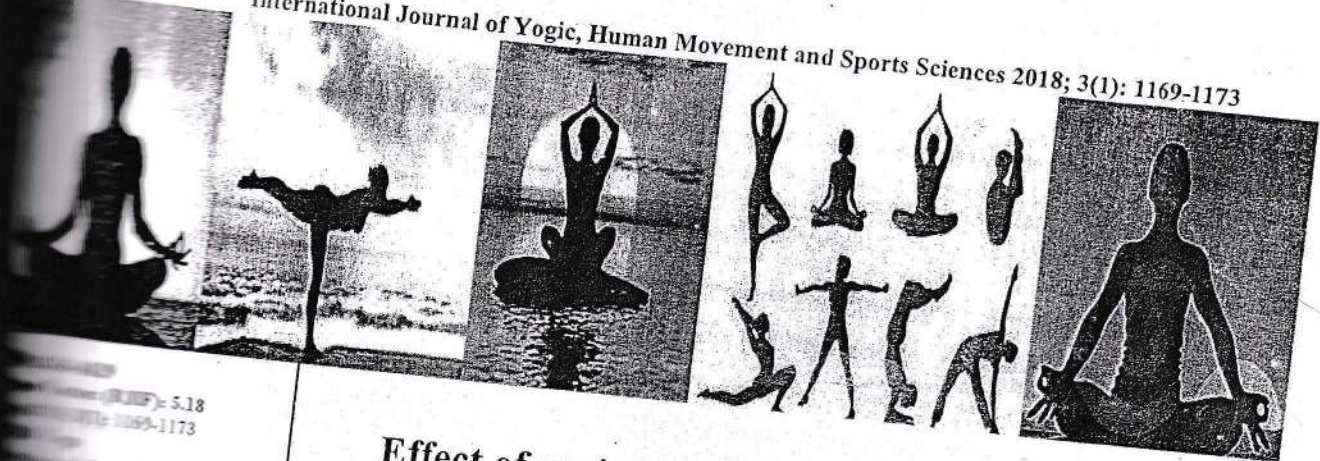
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## Effect of yogic training on selected hematological variables among college students

Sunil Rayat and Dr. Neelam Paul

### Abstract

According to medical scientists, yoga therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body. Yoga acts both as a "Curative therapy". The very essence of yoga lies in attaining mental peace, improved concentration powers, a relaxed state of living and harmony in relationship. Regular practice of asana, Pranayama and meditation can help such diverse ailments such as diabetes, blood pressure, digestive disorders, arthritis, arteriosclerosis, chronic fatigue, asthma, varicose veins, and heart conditions.

**Objectives:** The purpose of this investigation was to study the effects of Yogic training on selected hematological variables among college students.

**Methods:** Post-test (After the Yogic training of 12 weeks) design was used study group (N = 30 in which 15 subjects were act as control group and 15 subjects were act as experimental group) allowed to undergo Yogic training. The selected Hematological variables that are Hemoglobin (HB), White Blood Cells, Red Blood Cells and Platelets were examined by laboratory test. For the analysis of data paired 't' test was applied.

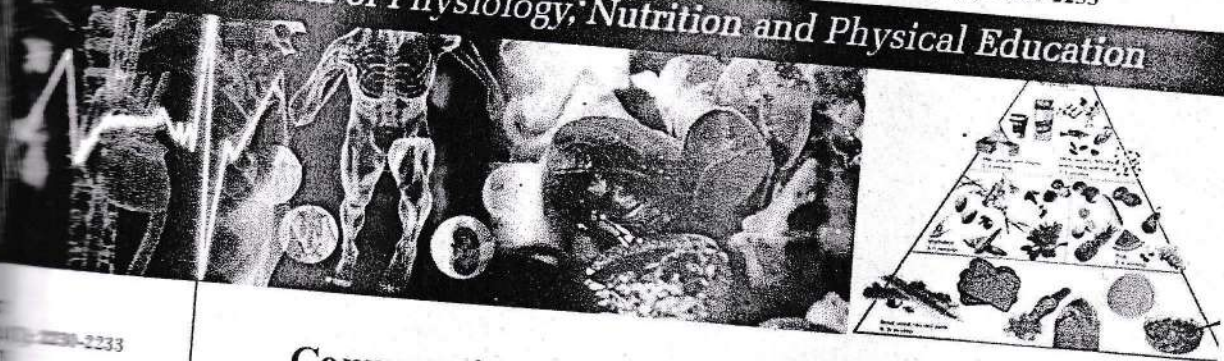
**Findings:** There was insignificant reduction of white blood cells in study group i.e. post-test value (8.66 x 10<sup>9</sup>/L), but the numbers of red blood cells, Platelets and Hemoglobin (in grams) have significantly improved in experimental group after yogic training (P<0.05). The selected hypothesis has accepted.

**Keywords:** Hematology, hemoglobin, red blood cell, white blood cells, platelets

### Introduction

The zeal for winning medals in the prominent international competitions has motivated the Physical educationist and Sports experts are supposed to take idea to explore all the aspects and potential which can be supportive to improve sports performance. The standard of Sports performance has risen to a zenith with the help taken from various sports sciences such as sports physiology, sports medicine, biomechanics, sports psychology and sports training etc. The coaches, physical fitness experts and athletes are focusing their attention on the actual process of physical training and the physiological adaptations which allow the athlete to improve his general and specific physical fitness for the enhancement of athletic ability and performance for competitive situation. The researches and sports scientist have taken enough pains to know the effect of physical training on specific components of physical fitness. Numerous techniques of sports training are used to develop sports performance. The sports scientists and Physical educationist have now started looking further than these horizons and Yogic training are also implemented at the present time to improve the performance of sports person's. Yoga is the science of appropriate existent and, as such is affianced to be fused in daily life. It works on all facts of the person's physical, vital, mental, emotional, psychic and spiritual level. In the epoch of current civilization, the wallop of industrialization technology can be envisioned on every facet of human life. This fast changing synopsis has changed every individual into a working machine as his addiction on motorized machine is developing with the passage of each day. The main reason behind this is because he always has urge to earn more and more money to deluge earlier of others and to get more sickness for himself and his family. So, consequently, he is always leading a life of enough tension and undesirable pressures. Money has become the main rover of his life.





## Comparative study of mental toughness between amateur golfers and caddie turned amateur golfers

Dr. Neelam Paul and Pardeep Kumar

### Abstract

In this study, we assessed the mental toughness between the amateur golfers and caddie turned amateur golfers. Two hundred (200) male golfers of 18 to 24 years of age group were randomly sampled to participate in the present study. They were further divided into two groups which includes one hundred (n=100) amateur golfers and one hundred (n=100) caddie turned amateur golfers. All the subjects, after having been briefed about the objective and protocol of the study, gave their consent, and volunteered to participate in the study. Participants completed the mental toughness inventory (MTI) by Middlenton *et al.* (2005) was used to measure mental toughness. To determine the difference of Mental Toughness between male golfers independent t-test was employed through SPSS package 20.0 and the significant level was set at 0.05. The findings of this research paper showed that there was non-significant mean difference for overall mental toughness between Amateur golfers and Caddie turned amateur golfers along with its domains: Rebound ability, Ability to handle pressure, concentration ability, Level of confidence and motivation. Yet Caddie turned amateur golfers presented more mental toughness.

**Keywords:** Golf, amateur golfers, caddie turned amateur golfers, mental toughness

### Introduction

An outdoor game Golf, basically a ball-stick game is played around the world. It is played on a large open-air course in which a ball is struck by a club with the aim of taking the lowest number of strikes possible to get the ball into 18 holes in the ground. The objective of golf is to get the ball into the holes in the lowest number of shots. Whether one play for fun or play competitively, golf is a complex game. Golf is intensely associated with traits like patience, persistence, skilled practice, and focused ability. To be a successful player reaching fullest potential, ongoing practice and professional instruction is needed. Psychological parameters mental toughness, adjustment, and self-concept play an important role for growth of golfers whether Amateurs or Professional. Amateur golfer is who plays for enjoyment and does not receive payment in cash or kind as a reward. Caddie is the person who carries a player's bag and clubs and gives insightful advice and moral support. Earlier a caddie and then become an Amateur Golfer is known as Caddie turned amateur golfer. The vast majority characterize mental toughness as the capacity to create steady outcomes in practices and in games paying little heed to the circumstance. Regardless of whether it's helpless climate, a physical issue, or a weight circumstance, competitors with mental sturdiness figure out how to create similar outcomes. Some eminent competitors with mental strength include:

- Michael Jordan, who has hit different match dominating shots under the most tension filled of circumstances.
- Serena Williams, the best female tennis player ever, produces a great many pros down breakpoint or match point.
- Adam Vinatieri, a future lobby of-acclaim kicker, has hit field objectives that have won his group NFL Super Bowl Championships.

These competitors could not perform at this level reliably without mental strength. Undoubtedly, mental ability is fundamental for competitors to accomplish the most ideal outcomes with regards to sports. At these times, competitors should have the drive and inspiration to push through testing and weight filled minutes and proceed to progress.



## EFFECTS OF YOGIC TRAINING ON SELECTED HEMATOLOGICAL VARIABLES AMONG COLLEGE STUDENTS

Dr. Neelam Paul\* & Sunil Rayat \*\*

### Abstract

Yoga, is a practice of mental and physical exercise techniques, aiming to acquire good health in human beings. For thousands of years, Yoga an ancient holistic relaxation practice has been used as an effective therapeutic tool that counteracts the adverse clinical conditions of human beings. However, the underlying molecular mechanisms that explain these clinical benefits are still an enigma. The efficacy of Yoga and Meditation as an adjunct to routine management of various diseases and disorder is a great challenge in the present scenario. Ayurvedic knowledge of Yoga is much more incompatible with its understanding of biochemical and hematological changes. Exploring the biochemical association with various Yogic postures and practices will definitely improve the practice as therapeutic adjuvant and thus, will improve the quality of life. The aim of present study was to investigate whether regular practice of Yoga for one month can improve hematological parameters. The study group, comprised Govt. college Nagrota Bagwan male students aged between 18 -25 years. They were trained for one month of Yoga. Assessments of various parameters were done before and after Yoga practices, were significantly modulated, statistically by using student's test. Regular practice of yoga for one month significantly improved the R.B.C., W.B.C., Platelet count and Hb content ( $P < 0.00$ ). Conclusion:- Significant effect of the one month yoga training was found on RBC and WBC and Hemoglobin content.

**Keywords :-** Yoga, hematological parameters.

### INTRODUCTION

Yoga is a practice of mental and physical exercise techniques, aiming to acquire good health in human beings. Holistic health, integrative treatment and mind, body medicine are some of the current buzz words in health care originated actually from yoga, which took its birth some 6000 years ago in India and is one of the elements of Ayurvedic medicine as the healing science. Yoga practices are gaining popularity and have the potential to make a significant contribution to the field of health sciences. Having a wide array of practice, all essentially including breathing exercises, physical postures and meditation, the science, and art of yoga is reaching new heights.

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## Comparative Study of Physical Fitness Components of Shooter and Football Players

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### Abstract

Physical fitness it is recognized that the various of fitness are closely interrelated, for purposes of discussion physical fitness is dealt with separately because of its close relationship to our professional field of endeavor. The purpose of the study was to compare the study of physical fitness components between inter college level shooter and football players components (Abdominal Strength, Shoulder Strength, Body Fat, Cardio-respiratory Endurance and Flexibility) among Inter-University level shooter and football players. For this purpose, total number of 30 players (15 shooter (Air Pistol Men) and 15 football players Men) were selected. Their age ranged between 18 to 26 years. The selected variables were assessed using sit-ups, push-up, skin fold, 1 mile run, sit and reach test. To determine the significant differences of physical fitness components between Inter-college level shooter and football players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05. The result showed that there were insignificant differences in all the selected physical fitness components among Shooter and Football players.

**KEYWORDS:** Abdominal Strength, Shoulder Strength, Body Fat, Cardio-respiratory Endurance and Flexibility.

#### Brief Introduction

The Shooter and Football players need to prepare various components of fitness. Thus, the athlete will Concurrently perform various fitness training (e.g., Muscular Strength, Muscular Endurance, Body Fat, Cardio-respiratory Endurance and Flexibility). (Lawson 2001). Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise and rest. It is a set of attributes or characteristics seen in people and which relate to the ability to perform a given set of physical activities. Physical fitness is the capacity of heart, blood vessels, lungs and muscles to function at optimum efficiency. In previous years, fitness was defined as the capacity to carry out the day's activities undue fatigue. Physical fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, to resist hypo kinetic diseases, and to meet the emergency situations (Corbin and Lindsey, 1994). Fitness concepts in elementary physical education center on children's understanding of fitness as good health, and a working knowledge of activities that promote a healthy level of fitness. However, with increased leisure time, and changes in life styles wrought by the industrial revolution, which took a large proportion of the population away from farm life and into more urban areas, this definition is no longer considered comprehensive enough. The definition for physical fitness is now defined as the body's ability to function efficiently and effectively in work and leisure activities, not only at a set point in time, but at various ages and stages within a person's life cycle. The key is in finding optimum health within the limits of one's lifestyle, in order to be able to



## Ascent of Dr. Rupa Saini: An Eminent Hockey Wizard

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**Abstract:** The Contention of this paper deals with the struggle of a Hockey Wizard Dr. Rupa Saini. The determined and dedicated player had been a recipient of Arjuna Award in the year 1975. However, this journey towards recognition and reward for the game like Hockey had been full of struggle both on personal and professional front. Hailing from a poor family with no house to live in, her father had worked hard for supporting and motivating her towards her love for ground. Not only Rupa Saini had achieved in sports even her sisters had been player of national and International repute. Dr. Saini represented her nation in Hockey both in national and International games. Her leadership shall come to limelight during her tenure as a women hockey team and her experience on the field for the 12 years may sound less but the reputation she earned through it speaks about her glory and success.

**Keywords:** *Hockey, Motivation, Leadership Skills.*

Hardwork, dedication, honesty, determination, positive attitude and the struggle- the name is Dr. Rupa Saini, Arjuna Awardee (hockey, 1975), the most experienced and most talented of the four unusual Saini Sisters as commonly known in the world of sports worldwide from Faridkot. Though the parents of Dr. Saini were not educated but they consecutively reared up and included the qualities in their children of hard work, raging rough with situations and always coming out victorious there were in total seven members in the family of Dr. Rupa Saini, mother father four sisters (including herself) and one brother. The family's economic condition was very poor as only father was the earning hand who was working as a peon in Government Barjindra College, Faridkot, the family did not have their own house, they need to reside at quarters provided by the college where her father had worked. Even family income of Dr. Saini was even not enough to fulfill the basic needs. During their childhood days, her father was interested upon the duty of upkeep of the ground. This had been coincidental for her to be in love with ground sports. Dr. Saini concurred



## Digital Educational Accessibility during Pandemic

\*M. Gayatri & \*\*Dr Neelam Paul

### ABSTRACT

From the last few years, the Internet has grown from being nearly non-existent into the largest, most accessible database of information ever created. Growing internet facilities helped us a lot in changing the traditional teaching methods in classroom making and education more accessible. COVID 19 worldwide is leading to a tremendous transition in the education system. The current pandemic brought a prodigious paradigm shift from the traditional method of teaching to modern or technological teaching. Teachers are now taking a complete virtual class where they try to input more creative use of audiovisual aids to make the class more interesting and trying to provide better conceptual learning using videos. The interaction would be a greater task in a specified time for teachers in online classes. Teachers were also not into so much technology or tech-savvy in today's era as they were feeling good to go with either only traditional methods or a combination of the traditional and smart classroom but COVID 19 made them learn technology better. Teacher's tech friendliness is of utmost importance to create successful online teaching. I, over here, assessed some basic asked from 50 teachers regarding the usage of the online platform for teaching, their tech friendliness, and whether they think this online class is productive or not. This questionnaire was prepared when online education had just started during this pandemic and every teacher was on the initial stage of flight into digital teaching and learning. The results show mixed responses of the teachers regarding the usage of the digital environment.

**Keywords:** COVID-19, Lockdown, Online education, Educational platforms, teaching skills, Productivity

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## A STUDY OF SUICIDAL THOUGHTS AMONG PROSPECTIVE TEACHERS OF CHANDIGARH

Mangat Ram<sup>1</sup> & Dr. Vijay Phogat<sup>2</sup>

### ABSTRACT

Suicidal thoughts are emerged from emotional factors. Suicidal thoughts refer to make end of life. Suicidal thoughts are connected with the circumstances of life. A number of students commit suicide due to nonattainment of their goals, family problems, and social and economic concerns. In the present study a sample of 97 prospective teachers was studied. It was found that there was an average level of Suicidal thoughts among prospective teachers. It was found that there were no significant differences in suicidal thoughts based on Gender, Locality, and stream.

**KEYWORDS:-** Victims, Inhibitor, Suicidal Ideation, Violation, Self-harm, Life.

### INTRODUCTION

Suicide is one of the most enigmatic and disturbing human behaviors, whose desire and ultimate goal is the end of life (Santos et.al., 2017). Suicide is a major concern for public health and individual well-being worldwide as it happens to be among the top three causes of death of youths and also a major threat to other age groups. According to estimates, every year, almost one million people die from suicide in the world (Pathak et.al., 2017). Homicide and suicide are acts of violence differentiated only by the direction of aggression (Bills, 2017). Drastic changes in appearance, drastic changes in mood, Self-harm, Loss of interest in activities, Fatigue and depressed mood are signs of suicide mood (Kenny, 2019). Suicide ideation emerges from the combination of psychological pain and hopelessness. Second, the persons which are experiencing both pain and hopelessness. Third, the theory views the progression from ideation that there are other practical contributors to attempt suicide (Klonsky & May, 2015). Psychoanalytic and psychodynamic principles and concepts in relation to violence towards the self are introduced and the various unconscious meanings of suicide and self-harm are explored within a relational context and attachment framework (Yakeley & Burbridge-James, 2018). The perceived social support from family, helpless and optimistic styles, seeking social support are a significant predictor of suicide probability (Cenkseven-Onder, 2018). Ego-resilience is a strong inhibitor of suicidal ideation (Cha & Lee, 2017). Failure to ego-dystonic ideation is a strong reason of committing suicides (Bradvik & Berglund, 2011). Overuse of displacement is connected with an increased risk for suicidal and aggressive behaviors, while sublimation is probably a protective factor. Several immature ego defenses possibly amplify aggression, which then is directed to suicide (Apter et.al. 1997).

### SIGNIFICANCE OF THE STUDY

Isolation may increase a high risk of suicide (Jasnosik, 2020). Every year, more than 1,00,000 people commit suicide in our country. There are various causes of suicides like professional and

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## LIFE SATISFACTION AMONG PROSPECTIVE TEACHERS OF CHANDIGARH

Mangat Ram<sup>1</sup> & Dr. Vijay Phogat<sup>2</sup>

### ABSTRACT

Life is full of adventure and struggle. Satisfaction is strong desire of every human. Life is progressive so it is very significant to know about living satisfied. Life satisfaction is affected by various internal and external factors. This study was conducted on a sample of one hundred students of B.Ed. in Govt. College of Education, Sec -20 D, Chandigarh. It was found that there was no significant difference in life satisfaction among prospective teachers based on gender, and locality. But there was a significant difference in level of Life Satisfaction between prospective teachers in Science and Arts backgrounds.

**KEYWORDS:** Satisfaction, attitude, Climate, Significant, adaptive.

### INTRODUCTION

Satisfaction refers to the fulfillment or gratification of desires, feelings or expressing pleasures, happiness, optimism. It includes the ability of relaxation in life. Life satisfaction refers to positive thinking that helps an individual to live a happy life and deal with our problems and difficulties well (Kumar & Ghorai, 2020). Satisfaction with one's life is an acceptance of one's life circumstances, and the fulfilment of own desires in life as a whole. Life satisfaction is a deep evaluation of the quality of one's life. it is inherently an judgements of life satisfaction have a large cognitive components (Patel & Shetty, 2020). Spiritual intelligence impacts the Quality of Life (Gupta & Malhotra, 2018). Life satisfaction levels vary according to income levels and place variables (Gokalp & Topal, 2019). Life satisfaction and locus of control differs by gender (Tas & Iskender, 2018). Happiness and adaptive perfectionism contribute positive impact of daily life and low magnitude of happiness and maladaptive perfectionism leads to negative impact of life satisfaction (Shaheen & Shaheen, 2015). Job Satisfaction is the fulfillment and gratification that comes from work. It is not the money, the benefits or the vacations. Many people get considerable satisfaction from doing ordinary jobs. (Banerjee, 2015). Migration and immigration provide new experiences gained while studying abroad. It makes satisfying adaptation for better life for better level of satisfaction with life (Nilsson & Stalnacke, 2019). Related studies found that mental well-being contributes to attain happiness and life satisfaction (Kadadi, 2020), effect on the Job well -being, positive effect, and life satisfaction with mediating role of strengths use (Naami et.al. 2020). Job satisfaction of the teachers have a significant effect on their life satisfaction (Aydintan & Koc, 2016), Employment instability is related to job burden and satisfaction with life and family burden, goal and satisfaction of life are also related (Jung,

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## PERCEPTION OF BULLYING AMONG PROSPECTIVE TEACHERS OF CHANDIGARH

Mangat Ram<sup>1</sup> & Dr. Vijay Phogat<sup>2</sup>

### ABSTRACT

Bullying refers to the act by someone powerful threatening or harming someone less powerful. This behaviour is found in common. Bullying has many forms. Bullying is related to personal dominating factors. In the present study, a sample of 97 prospective teachers was studied. It was found that there exists above average perception of Bullying among prospective teachers. There was no significant difference in perception of Bullying on basis of Gender, Locality, and Stream of prospective teachers.

**KEYWORDS:-** Bullying, Victims, Parental Involvement, Perception, Institutions.

### INTRODUCTION

Bullying is faced by most of the students in their classrooms and academic achievement is made low (Mbah, 2020). Bullying is present in all schools but with different levels (Al-Raqqad, et.al., 2017). Bullying is differently experienced by an individual. We need to use various strategies to know well about Bullying (Subedi, 2020). Some important forms of Bullying includes activities like physical, verbal, social, cyber, and psychological torture (Antiri, 2016). Cyberbullying consequently takes several forms. It includes sharing of derogatory remarks or spreading rumour about a person (Sharma, 2020). Students' academic performance and school attendance are lowered by Bullying. It includes the activities like- mocking, joking of the physical drawbacks of others and using filthy language, and physical bullying as- kicking, pushing, physical attack, and forcefully possession of others. It is commonly seen that victims of bullying are affected by stress, anxiety, depression, a problem with academic, suicidal ideas, and other psychosocial problems (Akasyah, et.al. 2018). Students possessing bullying behaviour required to use psychotherapeutic training as remedial of the behaviour (Olatunbosun, 2016). The related studies found that school bullying affect student's academic achievement either victims or the bullies (Al-Raqqad, et.al., 2017), Bullying and Moral Disengagement (Wang, et.al., 2017), bullying and victimization (Sudan, 2016).

### SIGNIFICANCE OF THE STUDY

The gender, region, age, and education level are influenced by Bullying. Victims rarely share their bullying and avoid the problem (Le, 2020). Anti-bullying policies might be effective at reducing bullying if their content is based on evidence and sound theory (Hall, 2017). Today, violence among school children, in the form of bullying and physical fighting, is a topic of great concern for parents, school staff, researchers and policy-makers (World Health Organisation, 2016). It has high impact on children's physical and mental health, psychosocial well-being and educational performance, and even continue in adulthood on health, well-being and lifetime earnings (Pells, et.al., 2016). Bullying has been an ongoing problem that tends to be ignored or tolerated due to institutions, and people in general, not knowing how to

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## A STUDY OF SOCIAL MATURITY AMONG PROSPECTIVE TEACHERS OF CHANDIGARH

Mangat Ram<sup>1</sup> & Dr. Vijay Phogat<sup>2</sup>

### ABSTRACT

Social maturity is a very important aspect of human life. Social maturity describes a balanced personality. Social maturity is influenced by age, and level of education. It develops social and moral values among people. It develops values like trust, honesty, and cooperation in an individual. Social maturity also influences academic achievement. In the present study, a sample of 88 prospective teachers was studied. It was found that there was an above average level of Social Maturity among prospective teachers. It was found that there were no significant differences in above average level of Social Maturity based on Gender, Locality, and stream.

**KEYWORDS-** Social Maturity, Interpersonal Relationship, Harmony, Social Problem-Solving.

### INTRODUCTION

Social maturity is a social behaviour that is used by an individual to reach the desired socially acceptable acts. Social maturity is a long process to be socially mature (Manju, 2016). A well trained teacher can prompt the students to become socially mature by using suitable efforts in a natural or artificial setting in an institution (Kaur & Chopra, 2020). The development stages of an individual are responsible for social maturity and the students should be given proper opportunities and exposure to develop social maturity (Nadaf & Patil, 2019). Social maturity is judged by the competence of an individual with regard to interpersonal relations, and social problem-solving (Shah & Sharma, 2012). Social maturity is an important factor to determine the success and perfection in the future of an individual and it is very essential for the proper adjustment of an individual in society (Punia, 2016). Social maturity produces trust, harmony, active co-operation and peace, while social immaturity produces fear, discord, confrontation (Punia, 2013). The related studies found that social maturity of adolescents belonging to single-sex education system and co-education system do not differs (Fatima & Singh, 2018), effect of socio-demographic variables on social and emotional maturity (Samhitha, et.al., 2020), social maturity in relation to vocational maturity (Verma, 2019), social maturity of workers in healthcare organizations (Vydrova & Bejtkovsky, 2018), Social maturity of children and ability problem (Herlina, 2018), self-affiliation, social maturity and academic achievement (Oroma, 2018).

### SIGNIFICANCE OF THE STUDY

Immature adolescence sometimes creates maladjustments in family and society and perform different anti-social activities (Arya, 2019). It is seen that education and training of children with delinquency on social aspects helps to make them social and in decreasing delinquent behaviour among children (Lakshmi & Anuradha, 2015). Social maturity develops socially capabilities as

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## DEVELOPING VALUE EDUCATION PROGRAMMES BASED ON MAJOR MORAL DEVELOPMENT THEORIES

Ramandeep Singh\*  
Dr. Vijay Phogat

### ABSTRACT

*Moral development is a concern since the beginning of the civilisation. It is an important part of the socialization process. The term refers to the way people learn what society considered to be good and bad, which is important for a smoothly functioning society. Due to increase in crime and violence, there is resurgence in need of value education at all levels of education, be it school or higher education. However, for developing effective value education programmes, we need to understand how moral development take place. Notions of moral development have evolved over the centuries. There are various approaches and theories, both traditional and contemporary, which explain moral development. In this article, different philosophical underpinnings about moral development, some of which are virtue ethics of Aristotle, empiricist's position on moral education, ontological and the rationalist ethics of Kant, Dewey ethics, philosophical tradition based on developing relationships of mutual respect, Kohlberg and Piaget moral development theories are discussed. In the next part of this paper, it is discussed that how the value education programmes can be developed based on the understandings of these moral development theories.*

**Keywords:** Moral Development, Moral Education, Value Education, Moral Development Theories, Value Education Programmes.

### Introduction

In the service of a cringing spirit of indiscriminate tolerance and value neutrality, the moral sensibilities have been left largely unattended in today's schooling. Schools have failed to address one of the fundamental need of today's youth and society. Moral education has been side-lined as a school subject and in some cases completely ignored from school curricula. But, by blocking out the sound of the morals, schools proceed to trivialise what is most conducive to and constitutive of human flourishing.

It remains to ask how radical changes would have to be enacted to the school system if education for well-being, became an explicit, overarching concern. Thus there is need to such a change that would call for a radically new 'vision' and a substantially changed curriculum in which we would abandon outdated practices of academic rigour, traditional subject-based learning and over dependence on examination. If we really want schools to become 'seedbeds of human flourishing', we need to remodel the whole schooling processes. There is, also a value gap – a gap in the value layer – in today's education in Western liberal democracies and based on that, in developing countries like India also. It has something to do with the post-enlightenment erosion of the traditional sources of ethics in teleology and religion, but even more to do with the deeply misguided fact-value distinction, the fact that educational institutions in the West have typically refrained from trying to fill the value gap by engaging in the development of young people's moral characters and aspiring to create better, wiser and happier people. Let us not forget that education for character has historically been one of the school's most fundamental missions. The 'demoralisation' of the school is a fairly recent aberration from that historical tradition.

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# ATTITUDE OF SCHOOL TEACHERS OF CHANDIGARH TOWARDS USING NEW TECHNOLOGY IN THE CLASSROOMS

Dr. Vijay Phogat<sup>1</sup>

## Abstract

*The structure of the education system has changed very much due to the development of technology. Technological progress helps in making the teaching learning process more effective and Comprehensive. In this era, role of teachers have become complex, multidimensional and challenging. Modern teachers are expected to have a positive attitude towards the technological approaches in teaching. Therefore, the present study was planned to find out the attitude of school teachers of Chandigarh towards using new technology. The study reveals that there is a moderate attitude of school teachers using new technology in teaching. It also shows that there is a significant difference between attitude of govt. and private school teachers towards using new technology in teaching. It also indicates that there is no significant difference between attitude of female and male school teachers towards using new technology in teaching*

## Introduction

In knowledge based society, there is a need of new technologies to access and proper transaction of this fast growing knowledge. These new technologies have a purpose of effective delivery with minimum efforts. This change in society affects our education system in terms of curriculum framework, methodology and evaluation techniques. Technology has become an integral part of today's teaching process under the changing scenario, there is need to redefine the role of new technology in teaching process. It helps the teacher and make the process of teaching learning easy and enriching the goals of education.

Educational systems around the world are under increasing pressure to use new technology to teach students the knowledge and skills they need in the 21st century (UNESCO, 2002). The new technology is seen as a cognitive tool that has the potential of encouraging inquiry based learning, reinforcing instructional concepts and fostering active and creative learning by

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## EXAMINATION ANXIETY IN RELATION TO ACADEMIC ACHIEVEMENT MOTIVATION

\*Dr. Vijay Phogat & \*\*Ms. Ramandeep Kaur

### ABSTRACT

*The present study was designed to study the relationship between examination anxiety and academic achievement motivation of students of Chandigarh studying in Class IX. 100 students were selected randomly from Class IX of one government school and one private school of Chandigarh. Students Examination Anxiety Test (SEAT) developed by Aggarwal and Kaushal (2010) and Academic Achievement Motivation Test (AAMT) developed by Sharma (2010) were used as tools for collecting the data for the study. The findings of the study show that there exists no significant relationship between examination anxiety and academic achievement motivation of students.*

**Keywords: Academic Achievement Motivation, Examination Anxiety, Relationship**

### INTRODUCTION

Education is basically a pre-specified process of nurturing the capabilities and potential of a person so as to make them ready to be successful in modern society. From this perspective, education is serving as a basic development function for every individual. As we know that the students are the pillars of the future generations but youth nowadays are facing various difficulties in life such as anxiety, stress, frustration, tension, emotional upsets in day to day life. Student's examination anxiety is almost universal. In fact, it is unusual to find a student who does not have high level of anxiety. In the present scenario, so many cases of depression among school children can be seen. In most of the cases, the cause behind depression is generally related to academic achievement and anxiety caused due to the pressure to perform well according to everyone's expectations.

Among students, a great deal of anxiety is related to academic performance. The pressure on students to definitely "succeed" or score get good grades increases anxiety levels amongst students and ultimately hampers the academic, emotional and mental condition of the students. Rizwan and Nasir (2010) found negative relationship between test anxiety and student achievement.

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## ATTITUDE OF STUDENTS TOWARDS ONLINE EXAMINATION AND OFFLINE EXAMINATION IN RELATION TO ACHIEVEMENT MOTIVATION

\*Dr. Vijay Phogat & \*\*Indu Bala

### ABSTRACT

*The present study was designed to study the relationship between attitude towards online and offline examinations and achievement motivation of graduate students who are preparing for competitive exams. 100 students were selected randomly from two private academies – one from Chandigarh and another from Mohali. Self constructed Online Examination Attitude Scale (2016), Self-made Offline Examination Attitude Scale (2016) and Achievement Motivation Scale by Deo and Mohan (1985) were used as tools for collecting the data for the study. The findings of the study show that most of the graduate students who are preparing for competitive exams have favourable attitude towards online and offline examinations and possess average level of achievement motivation. Also, the findings reveal that there exists a significant relationship between attitude towards online examination and achievement motivation of graduate students who are preparing for competitive exams but the coefficient of correlation is insignificant in case of attitude towards offline examination and achievement motivation of graduate students.*

**Keywords:** Attitude, online examination, competitive examination, achievement motivation, correlation.

### INTRODUCTION

Teaching and learning are inter-dependent aspects of entire education system. Examinations are in a great importance in the life of a student in India and it is considered as parameter to verify the understanding and knowledge of student in learnt content. There are assumptions about the fact regarding the examinations that examinations are imperatively necessary for the students for their efficiency in learning.

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ISSUES AND CHALLENGES OF ONLINE TEACHING AND LEARNING:  
A CRITICAL ANALYSIS

\*Dr. Mukhtiar Singh

**ABSTRACT**

*This paper focuses on the issues and challenges of online teaching and learning during the COVID-19 epidemic. During COVID-19 many changes can be seen in human life. We can see a lot of change in the way of eating, living and doing all kinds of work during this phase of life. The field of education and its related work is also not untouched by it. Teachers and students are facing many types of difficulties in teaching and learning process. Students are facing a number of problems to their full participation in their course work units. Till date these difficulties remains same. It is very important to have high level of technical competence and proficiency in work, both by students and teachers. Despite many problems, each type of work has been in progress by human being. Most of the countries have adopted online teaching to avoid any type of mishap related to Covid-19. The results of this educational research are formulated on the basis of the experiences of online teaching and learning during Covid-19 pandemic. During teaching learning process main issues and challenges faced are technical difficulties, network problems, curriculum study materials and transaction, lack of student and teacher interaction and time management. The results of the study show that the majority of the students faced problems sometimes related to technical issues, connectivity, lack of electronic gadgets and lack of appropriate times of teaching and learning. However there was no problem faced by the students with regard to sharing of teaching learning material, interaction between students and teacher, meeting the requirement of online evaluation. The students preferred face to face teaching over the online mode of teaching and learning.*

**Keywords:** online learning, online teaching, Covid-19 pandemic, curriculum, interaction, learning experience.

**INTRODUCTION**

We have number of technologies available today for learning. Technology has transformed the teaching learning environment for the students as well as teachers.

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## Cultural Intelligence as a Predictor of Psychological Wellbeing of School Teachers from Diverse Cultural Background

Anju Gandhi<sup>1</sup> and Dr. Anurag Sankhian<sup>2</sup>

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**Abstract:** Cultural intelligence is the ability of a person to adapt to new cultural patterns and to react appropriately. Psychological well-being is a multifaceted concept. Positive psychology defines it as a strong condition of mind without any psychological disorder. The present study was conducted with objectives to examine the relationship between cultural Intelligence and Psychological wellbeing of school teachers from diverse cultural background. The study also examined the predictive power of cultural intelligence in the psychological wellbeing of school teachers from a diverse cultural background. The study was conducted on a sample of 312 Kendriya Vidyalayas teachers who were not the bonafide residents of the state Haryana of India but serving in the state Haryana. The tools used for conducting the present study were; Cultural Intelligence Scale developed by Ang et al. (2007) which was adapted and revalidate in the Indian context and Psychological Well-Being Scale developed by Sisodia & Choudhary, 2012. The statistical analysis was done by making use of the Pearson correlation coefficient and stepwise regression analysis methods. The findings of the study revealed that psychological well-being is positively correlated with overall cultural intelligence. Regression analysis also suggests that the meta-cognitive cultural intelligence of school teachers from diverse cultural background is the most powerful predictor of psychological wellbeing than other facets of cultural intelligence.

**Key Words:** Cultural Intelligence, Psychological Wellbeing, Meta-cognition, Predictor.

### Article History

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### Introduction

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## The Effectiveness of Multi-Sensory Approach on Teaching Arithmetical Skills to Students with Difficulties in Arithmetic

Kirandeep Kaur Taneja<sup>1</sup> and Dr. Anurag Sankhian<sup>2</sup>

<sup>1</sup>Senior Research Fellow, Department of Education, Panjab University, Chandigarh, India.

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**Abstract:** Multi-Sensory education is conceived as an instructional method in which visual, auditory, kinesthetic, and tactile ways are used to educate students. Arithmetic is a part of mathematics that limits itself in numbers and basic mathematical skills of addition, subtraction, multiplication and division. Arithmetic involves recognizing numbers and symbols, memorizing facts, aligning numbers and understanding abstract concepts like place value and fractions. The deficits and difficulties in arithmetic skills is not a new problem. International Classification of diseases ICD-11 and International Classification of diseases (ICD-10) had also mentioned the similar problems with name of developmental learning disorder with impairment in mathematics and specific disorder of arithmetical skills respectively. The present study explored the effect of multi-sensory approach of teaching arithmetic skills to students of 3rd grade having difficulties in arithmetic. The results show that multi-sensory approach made a significant effect on the level of acquisition of students with difficulties in arithmetic.

**Key Words:** Multi-sensory, Mathematics, Arithmetic, Difficulties, Level of acquisition.

### Article History

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### INTRODUCTION

Mathematics is a critical component of our core school curriculum, as it provides vital skills for success with everyday tasks and in the workplace (Kingsdorf & Krawec, 2014). Concepts of number and operations with numbers are identified as being at the heart of mathematics for young children (National Research Council, 2001). Basic mathematical skills require knowledge of quantity and numbers as well as operation rules (Ehlert, Fritz, Arndt, & Leutner, 2013; Ennemoser, Krajewski, & Schmidt, 2011). Basically, it is a language of skills,



**MOBILE PHONE ADDICTION AND CYBER CRIME AWARENESS AMONG  
PROSPECTIVE TEACHERS**

**Ms. Ankita Rosy\* & Dr. Anurag Sankhian\*\***

**ABSTRACT**

*The present research was conducted to examine the relationship between mobile phone addiction and cyber-crime awareness among prospective teachers. The study is based on a sample comprised of 100 prospective teachers including 50 male pupil teachers and 50 female pupil teachers of Chandigarh, Union Territory selected through random sampling method. The tools used for conducting the present study were; Mobile Phone Addiction Scale developed by Velayudhan and Srividya (2012) and Cyber Crime Awareness Scale (CC AS-RS) developed by Rajasekar (2012). The results show non-significant coefficient of correlation between mobile phone addiction and cyber-crime awareness among prospective teachers. The study also found that there exist a non-significant difference between mobile phone addiction cyber-crime awareness among male pupil teachers and female pupil teachers of Chandigarh.*

**Keywords: Mobile phone, Addiction, Cyber-crime, Awareness, Prospective teachers**

**INTRODUCTION**

Technological advances have changed the way people live. Mobile phones have gained great importance for everyone in society. Now a day's one can easily find people carrying two or three mobile phones. It has truly become an essential part of our everyday life. As the number of people having mobile phones is rapidly growing along with the number of people that are becoming addictive to their mobile phones. When mobile phones were invented, they were intended to make life easier but due to addiction this has become a new challenge before our society. Mobile technology affects our life in both positive and negative way. Mobile phones have become a primary means of communication. One can communicate to anyone, anywhere and at any time. Its highest level of use is among adolescents, younger adults, socioeconomically disadvantaged populations and less educated young adults. Due to mobile phones the world is connected.

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## IMPROVING STUDENTS' ATTITUDE TOWARDS SCIENCE THROUGH 7E LEARNING INSTRUCTIONAL MODEL

Dr. Anurag Sankhian<sup>1</sup>

Shalini Sharma<sup>2</sup>

### Abstract

The main purpose of the study was to investigate the effect of 7E learning instructional model on ninth grade students' attitude towards science. The sample comprised of 120 ninth grade students studying in government schools of Shaheed Bhagat Singh Nagar district, Punjab. Attitude towards Science scale was used for data collection. t-test was employed for testing the hypothesis. The major findings revealed that significant difference was found out between the experimental group and the control group in terms of mean gain scores of attitude towards science. The experimental group taught with 7E learning instructional model performed significantly better in attitude towards science than control group. Hence it can be concluded that 7E learning instructional model proved to be more efficacious in enhancing the attitude towards science of ninth grade students. The present study would be helpful for the educators and curriculum developers in implementing the 7E learning instructional model in the classrooms.

**Keywords:** 7E learning instructional model, t-test, Hypothesis, Attitude towards Science scale.


### Introduction

In today's world the scope of science should not be underestimated as its impact can be seen everywhere. The practical effects of science can be seen in motion everywhere, right from ground breaking discoveries in atomic science to discovery of new vaccines in life science, to technological advancements in the field of transportation, communication and weather prediction, it has left no aspect of human's untouched (Odunusi, 2001).

Science can be defined as an practical and intellectual activity that includes systematic study of structure and behaviour of the universe via observation and experiment (NCERT, 2006). It is an expanding, dynamic body of knowledge which covers new domains of experiences and number

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## ACADEMIC ACHIEVEMENT IN SCIENCE OF CLASS IX STUDENTS OF TRI-CITY

\*Dr. Lucky Singh  
\*\*Dr. Sheojee Singh

### Abstract


The future of every country today depends on scientific and technological development. Scientific advancement brings a drastic change in the lives of the people. This has resulted in the tremendous impact of modern science on personal as well as the social life of the people. Science is being recognized as an important subject at every step of the educational ladder and also in our day to day life, especially in the present era (Singh, 2019). The present study aims at finding the comparative achievement of Class IX students studying in schools situated in the tri-city of Chandigarh, Panchkula and Mohali in the subject of Science. Using descriptive survey method on a random sample of 2005 students of class IX almost equally distributed from the government schools of the three cities of Chandigarh, Mohali and Panchkula, the study found no significant difference in achievement of students of Chandigarh and Mohali as well as for Chandigarh and Panchkula but a significant difference was found in achievement of students of Mohali and Panchkula.

**Keywords:** Academic Achievement, Descriptive Survey, Difference, Science

### Introduction

In every society whether simple or complex, education has become a basic human need. It enables one to acquire appropriate knowledge, attitudes, skills and values that would make one to contribute positively to the development of one self and the society at large. Also, education is a veritable tool used by numerous countries all over the world to enhance national development. A nation that is not taking the education of its citizens seriously is endangering her future (Panda, 2016). Also, the future of every country depends on scientific and technological development.

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## ATTITUDE OF STUDENTS TOWARDS ONLINE EXAMINATION AND OFFLINE EXAMINATION IN RELATION TO ACHIEVEMENT MOTIVATION

\*Dr. Vijay Phogat & \*\*Indu Bala

### ABSTRACT

The present study was designed to study the relationship between attitude towards online and offline examinations and achievement motivation of graduate students who are preparing for competitive exams. 100 students were selected randomly from two private academies – one from Chandigarh and another from Mohali. Self constructed Online Examination Attitude Scale (2016), Self-made Offline Examination Attitude Scale (2016) and Achievement Motivation Scale by Deo and Mohan (1985) were used as tools for collecting the data for the study. The findings of the study show that most of the graduate students who are preparing for competitive exams have favourable attitude towards online and offline examinations and possess average level of achievement motivation. Also, the findings reveal that there exists a significant relationship between attitude towards online examination and achievement motivation of graduate students who are preparing for competitive exams but the coefficient of correlation is insignificant in case of attitude towards offline examination and achievement motivation of graduate students.

**Keywords:** Attitude, online examination, competitive examination, achievement motivation, correlation.

### INTRODUCTION

Teaching and learning are inter-dependent aspects of entire education system. Examinations are in a great importance in the life of a student in India and it is considered as parameter to verify the understanding and knowledge of student in learnt content. There are assumptions about the fact regarding the examinations that examinations are imperatively necessary for the students for their efficiency in learning.

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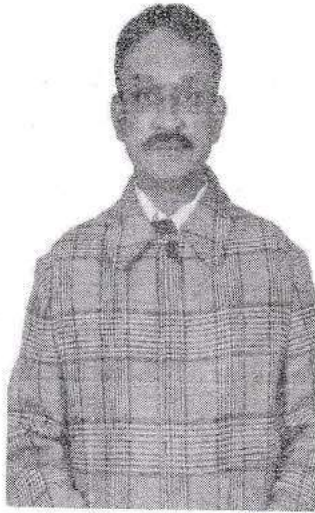
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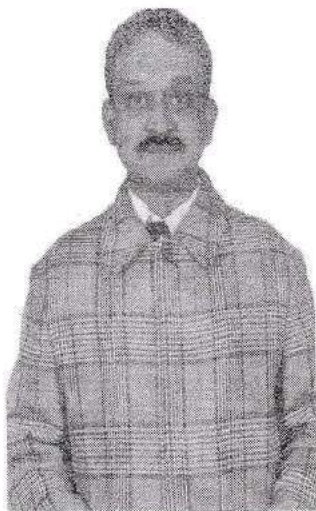
  
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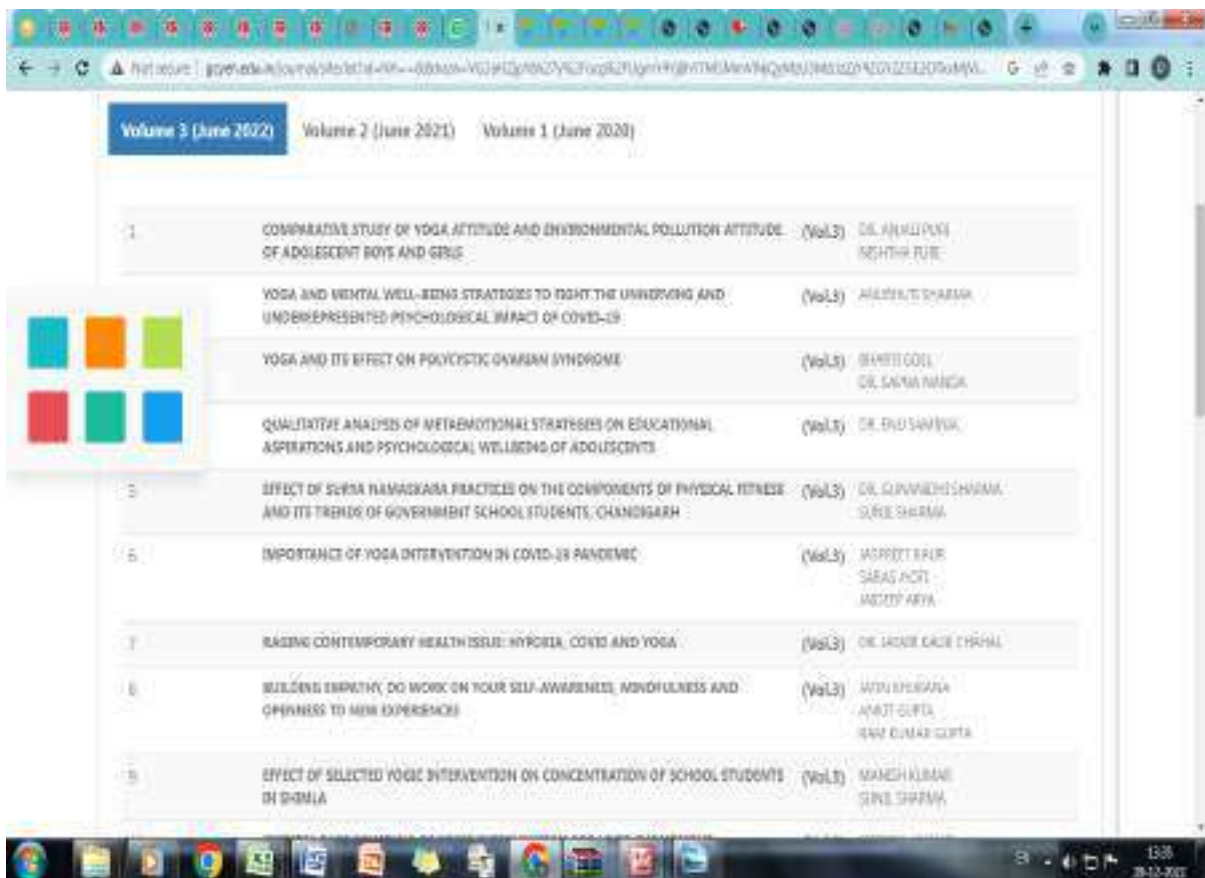
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## COMPARATIVE STUDY OF YOGA ATTITUDE AND ENVIRONMENTAL POLLUTION ATTITUDE OF ADOLESCENT BOYS AND GIRLS

\*DR. ANJALI PURI

\*\*NISHTHA PURI

### ABSTRACT

The present research is aimed at studying the comparison between yoga attitude and environment pollution attitude of adolescent girls and boys. A sample of 100 students from two government schools of Chandigarh was taken with the help of random sampling. These students were categorized into 2 subgroups of 50 adolescent girls and 50 adolescent boys with the help of random stratified sampling. Yoga attitude test by Muchhal and Environmental pollution attitude scale by Rajamanickam were used as tools for this research study. Data were collected and scoring was done. After statistical analysis it was found that there exists no significant difference between Yoga attitude of adolescent girls and boys. It was also concluded that there exists significant difference between environment pollution attitude of adolescent girls and boys.

**KEYWORDS:** Environment Pollution Attitude, Yoga Attitude, Adolescents

\*\*\*\*\*  
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PERCEPTIONS OF PROSPECTIVE TEACHERS TOWARDS ONLINE TEACHING

Dr. Vijay Phogat\* & Mangat Ram\*\*

**Abstract**

The present study was conducted in the present times in which we are facing problems due to COVID-19 pandemic. The authorities are restricted to impart education through online mode in our country as well as in other countries. The students who are pursuing pre-service teacher education programme are the future teachers for the society and nation; therefore it is very important to study the perception of these students about online teaching. The present study was conducted on a sample of 50 Prospective teachers enrolled in Colleges of Education of Chandigarh. The descriptive research methodology was used in the present study and data was collected through online mode by using a self-developed questionnaire by the researcher. It is concluded that perceptions of Prospective teachers towards online teaching are positive except the students coming from rural areas. Also, there exists a significant difference in the perceptions of Prospective teachers from urban and rural backgrounds but no significant difference was found in the perceptions of Prospective teachers from arts and science streams towards online teaching.

**Keywords:** Perception, Teachers, Online Teaching, difference.

**INTRODUCTION**

The pandemic-2019 forced various institutions to suddenly modify their workflow strategies and adopt new technologies. In most cases, these institutions did not get enough time to reflect upon how the new strategies and the associated technologies should be introduced and integrated to their existing setup (Carroll & Conboy, 2020).

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TEACHERS REFLECTIVE PERCEPTION ON ARTIFICIAL INTELLIGENCE  
INTEGRATED SCIENCE LESSON PLAN

M. Gayatri\* & Dr. Neelam Paul\*\*

*Abstract*

This study aims to disclose how artificial intelligence (AI) has been applied in the fields of education bringing the enhancement by inculcating the regular lesson plan with AI tools. This study will help to explore how AI integrated lesson plans will help the students to develop their cognitive ability and motor skills. AI integrated lesson plans are the initiative by the collaboration of the Central Board of Secondary Education (CBSE) and Intel to boost up the teaching-learning process by stepping up with the latest intensive technology. Here in this research paper, the researcher has prepared a lesson plan using the template and idea from CBSE integrated AI lesson plans for the eighth class on the science topic 'Microorganism'. The lesson plan was just an idea to make teachers aware of how AI can be integrated into our lesson plan to make the teaching and learning process more effective. The lesson plan was shared with the teachers to gather their views and reflection on the AI integrated lesson plans. The sample size for the present study was 20 teachers as participants and the questionnaire involved 12 survey questions on how AI integrated lesson plans will be helpful for students. The conclusion was way positive than assumed and teachers appreciated the recent trend brought in by the AI integrated tool in the regular classroom making the learning more interesting and creative.

**Keywords:** Artificial Intelligence, Lesson Plans, Science curriculum, Teaching-learning process, AI tools.

**INTRODUCTION**

“We’re headed for a world where you’re either going to be able to write algorithms ... or be replaced by algorithms.” —Bridgewater hedge-fund billionaire Ray Dalio  
According to Ed Burns, AI is the replication of human intelligence processes by machines, especially computer systems. Specific applications of AI include expert systems, natural language processing, speech recognition and machine learning.

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**SUPERSTITIOUS ATTITUDE IN RELATION TO ADJUSTMENT OF PROSPECTIVE TEACHERS**

**Shivani Pathania\* & Dr. Anurag Sankhian\*\***

**ABSTRACT**

*The present study was conducted to study the superstitious attitude and adjustment of the prospective teachers. This research study also examined the relationship between superstitious attitude and adjustment of prospective teachers. The sample comprised of 100 prospective teachers including 50 male and 50 female prospective teachers from the district Kangra of Himachal Pradesh. The tools used for conducting the present study were, Superstitious attitude scale developed by Dr Shailja Bhagwat (2006) and Adjustment inventory for college students developed by A.K.P. Sinha and R.P. Singh (2005). The results of this research study show that there exists no significant difference between the superstitious attitude of male and female prospective teachers. Study also found that there exist no significant correlation between the superstitious attitude and adjustment of prospective teachers.*

**INTRODUCTION**

Education plays an important role in removing the darkness from the life of the masses and in improving the quality of their life. Attitude contributes a lot in teaching and it can be defined in many ways. Attitude means the individuals prevailing tendency to respond favorably or unfavorably to an object, persons, different people in a group, or in institutions and different events etc. Hogg and Vaughan (2005) stated that, "An attitude is a relative the enduring organization of beliefs, feeling and behavioral tendencies to what socially significant objects, groups, events or symbols". Superstition is defined as a collection of unreasonable belief about the cause and effect that is the conviction that the future is affected by certain actions without any logical, casual relationship. Society shape the attitude of a person and most of the superstitious beliefs are developed through the process of socialization of an individual.

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CAREER ASPIRATIONS OF ADOLESCENTS IN RELATION TO PARENTAL  
ENCOURAGEMENT

Dr. Lilu Ram Jakhar\* & Damini Shori\*\*

**Abstract**

*During adolescence children start to give a serious thought about their future, which is certainly influenced by the encouraging attitude of the parents. The present study focuses on the relationship between career aspirations and parental encouragement of adolescents. A sample consisted of 100 students (50 girls & 50 boys) from Secondary Schools of the Union Territory of Chandigarh, was selected by using random sampling technique. The Career Aspiration Scale by Daljeet Rani (2017) and Parental Encouragement Scale by Dr. R. R. Sharma (1988) were employed to collect the data. Descriptive statistics like mean, median, Standard Deviation, Skewness and Kurtosis were computed to see the general nature of the data. Pearson Product Moment method was applied to find the relation between the variables. The outcome revealed that both, Adolescent boys and girls possess same level of Career Aspirations and there is no discrimination on the part of parents in providing encouragement to their children. Further, there is a non significant but positive relation between Career Aspirations and Parental Encouragement.*

**Keywords:** Adolescents, Career Aspirations, Parental Encouragement

**INTRODUCTION**

In modern age of fierce competition and perfection, the adolescents are facing the crucial task of making career decision which should be well matched with the successful and contended future. The role of parents in child's development is of utmost importance, with vital information about new career paths and keeping in mind the interests and ability of their ward, parents can facilitate the process of career selection for them. According to Singh (2011), "Parents play a significant role in development of adolescents- All the intellectual, moral, physical, social, emotional and educational needs are fulfilled at home".

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MENTAL HEALTH IN RELATION TO ADJUSTMENT AND SCHOOL  
ENVIRONMENT OF WARDS OF DEFENCE PERSONNEL

Mrs. Reena\* & Dr. Balwinder Kaur\*\*

**Abstract**

*It is known fact that the mental health plays a very important role in human life. The defence personnel need to perceive their health in all aspects of health i.e. physical, mental and social well-being which further determines success and the future well-being, life satisfaction and excellence in work. During 2010, the Indian Armed Forces had a reported strength of 1.4 million active personnel and 2.1 million reserve personnel. In addition, there were approximately 1.3 million paramilitary personnel, making it one of the world's largest military forces. Current statistics of Army alone shows 2/3<sup>rd</sup> of defence personnel are married and have children. The lives of families of defence personnel are unique in their own ways. The nature of demands made by defence services may increase the stress level, adjustment of both the parents and children, directly or indirectly influence their relationship with the children. Thus the curiosity of the investigator arouses to know the mental health, adjustment and school environment of wards of defence personnel. So the objectives were to find out relationship between mental health and adjustment; mental health and school environment. The result indicated that there is positive and significant relationship between mental health and adjustment, but there is no correlation between mental health and school environment.*

**Keywords: Mental Health, Adjustment, School Environment, Relationship.**

**INTRODUCTION**

One's body and mind function harmoniously; it is said that sound body presupposes a sound mind and a sound mind exists in a sound body in so much so that any understanding of personality requires proper analysis of body and mind. Mental health includes all aspects of human personality. The main aspect of personality is adjustment.

Sound mental health is an essential requirement for the harmonious personality. It plays an important role in the child growth and development. It must be taken care at school and at home with sincerity. Mental health of an individual is required for becoming a civilized and efficient member of the society.

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# THE YOGIC INSIGHT

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## COMPARATIVE STUDY OF YOGA ATTITUDE AND ENVIRONMENTAL POLLUTION ATTITUDE OF ADOLESCENT BOYS AND GIRLS


\*DR. ANJALI PURI

\*\*NISHTHA PURI

### ABSTRACT

The present research is aimed at studying the comparison between yoga attitude and environment pollution attitude of adolescent girls and boys. A sample of 100 students from two government schools of Chandigarh was taken with the help of random sampling. These students were categorized into 2 subgroups of 50 adolescent girls and 50 adolescent boys with the help of random stratified sampling. Yoga attitude test by Muchhal and Environmental pollution attitude scale by Rajamanickam were used as tools for this research study. Data were collected and scoring was done. After statistical analysis it was found that there exists no significant difference between Yoga attitude of adolescent girls and boys. It was also concluded that there exists significant difference between environment pollution attitude of adolescent girls and boys.

**KEYWORDS:** Environment Pollution Attitude, Yoga Attitude, Adolescents

  
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# THE YOGIC INSIGHT

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## EFFECT OF YOGA AND MEDITATION PROTOCOL ON THE ACADEMIC STRESS OF SENIOR SECONDARY SCHOOL STUDENTS OF CHANDIGARH

\*DR. SAPNA NANDA

\*\*SUMANT BATISH

\*\*\*MANISH KUMAR

### ABSTRACT

It is found in several studies that Yoga and Meditation have a positive effect on our body and mind and helps to control the stress. In the present study, the investigators tried to manage the academic stress of school students during the COVID-19 pandemic through yoga and meditation protocol and assess the effect of intervention both qualitatively and quantitatively.

The objective of the present study was to see the effect of Yoga and Meditation protocol on the academic stress. The subjects for this study were selected from different Government Senior Secondary Schools of Chandigarh. A total of 300 students were chosen at random for the study. The Independent Variable was Common yoga protocol, while the dependent variable was the Academic Stress. Subjects were divided in two groups. Amongst them 150 subjects were selected for control group on the basis of pre score while remaining other subjects (n=150) were selected as experimental group. There were three streams Science, Commerce and Humanities and 50 students were taken from the each stream randomly.

In this study Academic Stress Scale developed by Abha Rani Bisht (BBSS) scale was used to assess the level of students in pre and post-test of all subjects.

**KEYWORDS:** Yoga, Meditation, and Academic Stress.

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# THE YOGIC INSIGHT

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## AN ASSESSMENT OF AWARENESS REGARDING SURYANAMASKAR A PILOT SURVEY STUDY

\*DR. SAPNA NANDA

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### ABSTRACT

The presented study was undertaken to assess the awareness of population regarding Suryanamaskar before the initiation of the 75 crore Suryanamakar project. Descriptive survey method had been used in the present study. Google Survey form was developed and used for collection of data. It was mailed to 1000 participants and the responses were received from 504 respondents. Results revealed that 43.5% subjects were made aware by their yoga teachers, 28.7% were self awaren, 17.2% subjects were aware through their families and friends and only 10.6% subjects were aware through social media. Majority of the population (75.9%) subjects knew about all 12 positions of Suryanamaskar and its breathing pattern of Purak, Rechak and Behya-kumbhak as well as various asanas involved and the benefits of Astangasana for various the parts of the body. Nearly half of the subjects were aware the significance of Salutation to the Sun and the correct direction of face towards the Sun. This awareness regarding Suryanamaskar motivated the subjects to participate enthusiastically in the 75 crore Suryanamaskar initiative of Ministry of AYUSH and to create a world record with 114 crore Suryanamakar on the occasion of Azadi ka Amrit Mahotsav of India's independence.

**KEYWORDS:** Suryanamaskar, Azadi ka Amrit Mahotsav and awareness assessment.

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# THE YOGIC INSIGHT

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## COMMITMENT LEVEL OF ADOLESCENTS IN RELATION TO THEIR YOGIC LIFESTYLE

\*DR. PRABHA VIG

\*\*DR. SAPNA NANDA

\*\*\*BHARTI GOEL

### ABSTRACT

Administered questionnaires to adolescents studying in senior secondary schools of Chandigarh to determine relationship of Yoga with commitment. 100 students participated in the study. The adolescents' were assessed by using a scale developed by investigators themselves. It was a 26-item scale prepared under 3 dimensions viz, commitment as learner, commitment to achieve excellence and commitment to basic human values. The research findings observed that yoga stimulates commitment of students by contributing towards enhanced self-esteem, self-confidence, energy levels, control on fear and anxiety and so on.

**KEYWORDS:** Commitment, Yoga, Adolescence, Human Values, commitment as learner, commitment to achieve excellence and commitment to basic human values

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# THE YOGIC INSIGHT

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## YOGA AND ITS EFFECT ON POLYCYSTIC OVARIAN SYNDROME

\*BHARTI GOEL

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### ABSTRACT

PCOS is defined by polycystic ovaries, chronic anovulation, and hyperandrogenism, which results in menstrual irregularity, infertility, and hirsutism. and is linked to polycystic ovaries that are enlarged. there are various signs and symptoms such as Bloating, mood swings, pelvic pain, backaches, irregular menstrual periods. Yoga practise, cures PCOS without any side effects and at no cost. YOGA literally means "union." Union of mind with supernatural power after separation from discordant worldly objects the mind is a battleground for nature's satva (tranquil), Rajas (passionate), and Tamas (inert) qualities. Yogic practises benefit both physical and mental health by regulating the hypothalamic pituitary adrenal axis, the sympathetic nervous system, and the neuroendocrine axis. Suryanamshkar (Sun Salutation), Suptbandhkonasan (Reclining Butterfly Pose), Halasana (Plough Pose), Dhanurasan (Bow Pose), Bhujangasana (Cobra Pose), Chakki chalanasan (Moving wheel pose) , Padmasan (Lotus pose), Naukasan (Boat pose).

**KEYWORDS:** PCOS, Asana, Yoga, Syndrome

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# Integrating Traditional and Contemporary Systems for Health and Well-being

Annals of Neurosciences

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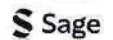
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Sapna Nanda<sup>1</sup>

Health is a dynamic and holistic concept that is affected by factors such as genetics, environment, lifestyle choices and access to the healthcare system. It encompasses not only the absence of disease or infirmity but also the state of positive well-being. Both health and well-being are interrelated and essential components of a person's overall quality of life. Maintaining and enhancing the health and well-being of an individual is a continuous process that is affected by making positive lifestyle choices, seeking appropriate health care and developing supportive nurturing relationships and a favourable environment.

An appropriate healthcare system is one which ensures high-quality healthcare to all individuals in a society and is easily accessible, affordable and equitable and also prioritises the health and well-being of individuals, families and communities at large. No healthcare system is perfect in itself and has its own merits and limitations, rather these are complementary to one another. Hence, the integration of different healthcare systems is the way out.

Integration of traditional and contemporary healthcare systems is becoming increasingly popular these days as more and more people seek out alternative forms of healthcare, especially post-pandemic. There are many benefits of integrating both traditional and contemporary healthcare systems. Traditional healthcare practices can provide complementary and alternative therapies that can help improve patient outcomes and prevent or reduce symptoms. Contemporary healthcare, which is based on Western medical practices, has its roots in science and technology and is often focused on diagnosing and treating diseases and illnesses. Thus, the traditional healthcare system focuses on promotive and preventive aspects whereas the focus of contemporary healthcare is on the curative aspect.

The traditional healthcare system, which includes practices such as herbal medicine, spices, ayurveda, acupuncture, yoga and naturopathy has been used in India for thousands of years and is still widely used today. It is often said, 'Let kitchen be your pharmacy otherwise pharmacy will be your kitchen'. Integrating traditional and contemporary healthcare systems

can help address healthcare disparities by providing a more personalised and holistic approach to healthcare that takes into account a patient's socio-cultural beliefs and practices.

India has a rich heritage of traditional knowledge systems of healthcare such as Yoga, Ayurveda, Naturopathy, Unani and Siddha. The Government of India has taken several initiatives to promote these systems globally, including establishing the Ministry of AYUSH and promoting the integration of traditional medicine with modern medicine.

India has been a pioneer in promoting Yoga as a tool for promoting health and well-being. Yoga has been practiced in India for thousands of years and has the potential of innumerable health benefits at all planes, that is, physical, mental, spiritual and emotional. Research evidence indicates that Yoga has been shown to have several health benefits, including improved flexibility, strength and balance; reduced stress and anxiety and enhanced cardiovascular and respiratory functions. It is also used as a complementary therapy for a variety of health conditions, including chronic pain, depression and anxiety disorders.

Yoga can be used as a complementary therapy to contemporary medical treatments to improve patient outcomes and reduce symptoms and illness. Integrative medical practitioners can also use yoga to help patients manage their stress, anxiety and depression as well as improve their physical and mental well-being.

The synergy of yoga education and integrative medicine is, thus, a powerful tool for promoting the health and wellness of the population. Incorporating yoga into medical education can also provide healthcare professionals with tools to improve their well-being and reduce burnout. Medical

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# A Study of the Nationalistic Vision on Education by Lala Lajpat Rai

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**Abstract:** Punjab Kasserri Shri Lala Lajpat Rai was a nationalist thinker, educationist, freedom fighter, and social reformer. He was a very brilliant student in his own time, and present his views on national education for the purpose to improve the standard of education. He gave a high place to national consciousness in his education plan. Throughout his visit to different countries like Germany, Japan, and France he observed the education system minutely, and find that the feelings of patriotism among citizens of that countries were present because they were included in the education national element. Inspired by the education model of different countries he presented his views on national education because he had thought only through education any country can promote patriotism. He wrote several books, including "Unhappy India, The political future of India, and The Problem of national education in India. The purpose of this research paper is to study the educational vision of Lala Lajpat Rai.

**Keywords:** Education, Ethics, Freedom Fighter, Knowledge, Nationalist.

## Introduction

Punjab Kasserri Shri Lala Lajpat Rai was born on 28th January 1865 at Dhudike in the Ferozepur district of Punjab. His father's name was Munshi Radha Kishan Azad and his mother was Gulab Devi. According to Lala Lajpat Rai, the educational curriculum must include the history of India, life, and the contribution of great personalities. To promote national education, he opened 1922, the national college in Lahore, and supported many D.A.V. institutions from time to time for the sake of nationalism.<sup>i</sup>

Lala Lajpat Rai got his early education from their father and partly from Raipur school in (Ambala District) where his father was a teacher in the district board school. Lala Ji was a brilliant child in school and usually hold the top position in class and teachers admired him. At the age of thirteen, he passed the middle school examination and in 1880 he came to Lahore for further study.<sup>ii</sup>

In November 1880 he appeared matriculation examination. City Lahore played a very important role in his life. He gave the entrance examination and got first rank at Calcutta University and Panjab University he got 53rd rank. At that time only one college in Lahore that he joined at the age of sixteen. In college he met Pandit Gurudutt and Lala Hansraj. There they became best friends. From that time, he took a keen interest in educational issues and time to time share his views on education.<sup>iii</sup>

He said in the education system the teaching of nationalism must include. After studying law at the government college in Lahore, he practiced at Hissar and In Lahore, he helped to establish the nationalist Dayananda Anglo-Vedic School, and became a follower of Arya Samaj. He opened the National College for the same purpose. The only aim of this institution is to produce students who have a strong feeling for the nation. The teachers of the national college were also nationalists. The role of the national college in the freedom struggle is notable. Servant of people society was founded by Lala Lajpat Rai in Lahore in 1921 with the purpose to train national youths for the service of the motherland. This society was initiated by Mahatma Gandhi and Lala Lajpat Rai



## EFFECT OF AWARENESS PROGRAM ON LEARNING DISABILITY FOR PRE-SERVICE TEACHERS IN RAIPUR, CHHATTISGARH

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### ABSTRACT

According to the survey done by National Centre for Education Statistics in 2020-21, 7.2 million kids, or 15% of all public-school pupils, aged 3 to 21 received special education services under the Individuals with Disabilities Education Act (IDEA). Specific learning difficulties were the most prevalent type of disability among kids receiving special education services (33 percent). Our schools are practicing inclusive education in view of providing equality and equity to the students irrespective of the caste, gender, race, minority, and disability. Every college of Education (B.Ed.) comprises of teaching pre-service teachers about towards inclusive education in their curriculum and wanted them to know the basics about the disabilities which they might face while joining the educational institutions for teaching. In view of this, there are awareness programmes which are held by the Rehabilitation council of India (RCI) and various other institutions to equip students with some of the common disabilities they should have knowledge about the concept, needs, characteristics and skills to help them to cope during the classes. This research was carried out to check the impact of awareness program on learning disability through experimental research where control and experimental group contained 60 pre-service teachers each. A special educator of school was appointed to conduct the awareness program as an intervention for our experimental group. The results of the present study have shown a positive effect of the awareness program on pre-service teachers. It signifies that pre-service teachers should be equipped with more awareness programmes in real life scenario other than just dealing with what' is written in course books.

**Keywords: Learning disability, awareness program, pre-service teachers**

### INTRODUCTION

The Persons with Disabilities (Equal Opportunities and Full Participation) Act, 1995 (PWD Act) was

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## METACOGNITION AWARENESS IN SPORTS AND NON-SPORTS PROSPECTIVE TEACHERS

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### ABSTRACT

*We usually have an idea about what we are doing while we are doing it, but it is difficult to enhance a process if we don't know what we are doing in present. The present study was conducted to explore the relationship between Metacognitive awareness in sports and non-sports prospective teachers. Metacognition is an individual's ability to be aware of his or her thought processes. When applied effectively, metacognition improves strategic thinking to help individual reason through a given task. The study reveals that there is no significant difference found in metacognitive awareness between the sports and non-sports prospective teachers.*

**Key Words: Metacognition, Sports and Non-sports**

### INTRODUCTION

For a variety of reasons, metacognition has become one of the most popular topics among academicians. One of the reasons for this is because metacognition is one of the most essential aspects influencing people's problem-solving habits. Also, metacognition is a critical structure that influences an individual's learning process. Learners' cognitions or their knowledge about cognition as a whole refers to how much they pick up with their own memories and acquiring methods. Monitoring of cognition refers to a set of metacognitive activities through which an individual has ability to control his or her learning and thinking, and connects the two together. In other words, it refers to strategies or skills that promote comprehension and enable the achievement of a goal.

Individuals must now plan and schedule their studies, as well as have a working knowledge of their own cognitive processes, in order to be effective while juggling their busy study schedules. As a result, all of these are aspects of metacognitive awareness. Furthermore, an individual's metacognitive awareness is seen as a vital aspect in boosting their achievement, learning throughout their lives, creative and critical thinking, and self-confidence. As a result, it's crucial to figure out what level of metacognitive awareness prospective teachers have and

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# YOGA AND GENERAL HEALTH: CONTEMPORARY EPOCH

DR. SAVITA ARYA\*

## ABSTRACT

Yoga is the best way of exercising the body as well as the mind. Yoga is a perfect art and science of healthy, happy and harmonious living for human beings. Yoga has a particularly powerful and beneficial effect on one or more of all the glands in our body. The present study was planned to examine the effect of Yoga on general health. A sample of 22 people, age range 35-55 years, was selected from Chandigarh on random basis. For the purpose of this study, the sample was divided into two groups i.e., experimental group and control group. The experimental group was given the treatment of yogic exercises and special lectures according to the specially prepared exercise schedule for three months and control group was not given any treatment. After giving the yoga treatment and special lectures for three months, scores of general health were collected from both the groups. PGI Health Questionnaire by Verma and Verma was administered for collecting health scores. Results indicated that the practice of yoga has a positive effect on general health. Both Yoga and health are positively correlated and interdependent. Yoga works on all aspects of a person - physical, mental, emotional, psychological and spiritual.

## INTRODUCTION

Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow. The awareness, knowledge and practice of yoga among people create a strong and sound base for the coming generations. So, yoga is the science of right living and as such is intended to be incorporated in daily life. The word "yoga" means "unity" or "oneness" and is derived from the Sanskrit word 'yuj' which means 'to form'. This unity or joining is described in spiritual terms as the union of individual consciousness with the universal consciousness. Yoga today has acquired global recognition and a glorious status as an ancient health-building solution. Yoga is not just a physical exercise but a holistic medical science. Modern scientific researchers in India and abroad have amply proved that Yoga is mainly practiced in two ways basically - Yogasana and Pranayama.

## YOGASANAS

Practicing of Yogasanas (postures) provide gentle stretching and movements that increase flexibility and help in correcting bad postures. It is the first step of yoga according to philosophy of Hatha-Yoga (Hatha Yoga Pradipika, Swam Muktibodhananda). But according to Patanjali, asana or posture is at the third place. Yogasanas bring steadiness, health and lightness of limb. A steady and pleasant posture produces mental equilibrium and prevents fickleness of mind. Yogasanas are not merely gymnastic exercises, they are postures. To perform them one needs a clean airy place, a yoga mat and determination, while for other systems of physical training one needs large playing fields and costly equipment. Yogasanas can be executed alone. By practicing them one develops agility, balance, endurance and great vitality. Yogasanas have been evolved over the centuries so as to exercise every muscle, nerve and gland in the body. They secure a fine physique, which is strong and elastic without

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## SCIENCE SELF-EFFICACY SCALE: DEVELOPMENT AND VALIDATION

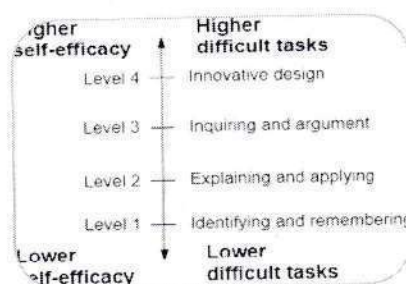
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### ABSTRACT:


This paper aimed at the development and validation of Science Self-efficacy Scale by following Likert technique. The steps for the development of the scale involved Planning of the scale, Preliminary draft of the scale, try out, item analysis, final draft of the scale, reliability, validity. Four dimensions viz. Self-confidence, Positive Attitude towards Science/ Physiological arousal, Performance Outcome Expectation and Social Persuasion were chosen. Initially, 70 items for the scale were framed in the said four domains. Collected items were thoroughly screened and edited and 42 items pertaining to the domains were included in the preliminary draft of the scale. The scale was administered on a sample of 150 VIII grade students of science of Government Model Senior Secondary School, Sector 23-A, Chandigarh. Item analysis was carried out by employing t-test for the 42 test items and finally 37 items were left. Again, the test was administered for standardization. Cronbach alpha was calculated to establish internal consistency and was found to be 0.943. Reliability of the scale was also determined by test-retest method and split-half methods and was found to be high. Face validity and content validity was established. The tool was found to be highly reliable and valid.



**KEYWORDS:** Science self-efficacy, Item analysis, Reliability, Validity.

### INTRODUCTION:

Many students have difficulty in school not because they are incapable of performing successfully- but they have learned to themselves as incapable of handling academic work. It poses the challenges to the teachers to create academically conducive environment in their classes that can improve the level of low efficacious students. Efficacious teachers create classroom climates in which academic rigor and intellectual challenge are accompanied by the emotional support and encouragement necessary to meet that challenge and achieve academic excellence. So, all teachers should seriously share their responsibility in nurturing the self- beliefs of their students. As Bandura (1986) has argued "educational practices should be gauged not only by the skills and knowledge they impart for present use but also by what they do to students' beliefs about their capabilities, which affects how they approach the future. Students who develop a strong sense of self-efficacy are well equipped to educate themselves when they have to rely on their own initiative."

  
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