



*2.3.4- ICT support is used by students in various learning situations such as*

- 1. Understanding theory courses*
- 2. Practice teaching*
- 3. Internship*
- 4. Out of classroom activities*
- 5. Biomechanical and Kinesiological activities*
- 6. Field sports*

**Lesson plan /activity plan/activity report to substantiate the use of ICT by students in various learning situations**




Swami Vidyamritananda  
Principal (Offg.)  
Ramakrishna Mission Sikshanamandira  
Belur Math, Howrah-711202, W.B.



## Activity Report:

The students of B.Ed. semester-I were given an assignment on the Course Code: 114: Yoga and Health Education and Course Code: 115- Visual and Performing Arts in Education. They were asked to prepare a write-up as a part of their internal assessment (practicum) in the above mentioned papers. They were also directed to use our college Moodle for getting different online resources. Orientations were also performed by our professors to show them how to use the moodle for preparing the write-up. Several relevant online materials and links were uploaded on the moodle for our trainee-teachers. Subsequently, they submitted their write-up on the given topics by using the moodle. This practice among our trainee-teachers is evident in their preparation of the write-up. Below some sample copies of their assignment is annexed to corroborate the claim.

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### RAMAKRISHNA MISSION SIKSHANAMANDIRA

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College with Potential for Excellence (CPE), College of Teacher Education (CTE) &  
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BELUR MATH, HOWRAH - 711 202, WEST BENGAL

#### NOTICE

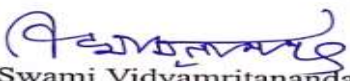
#### B.Ed. Practicum

#### Course Code:114-Yoga and Health Education


The Students of **B.Ed. Sem-I** are hereby notified that they are to submit their practicum on the given topic on yogic approaches for stress management **within a week** from the date of the issuance of this notice. Here, the students are further notified that they should **login** into their **moodle account** on the college website for preparing the practicum. The uploaded materials and relevant links on the given paper are already available on the college moodle. After going through the available online materials, students are directed to prepare their write-up on the given topic in Yoga and Health Education.

**Pathway to use Moodle Course wise:**  
RKMSM Moodle> User Login>B.Ed.1st Sem>Course code:114

Date: 16.12.2022



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A notice to encourage students to use institutional moodle for preparing their assignment



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### NOTICE

#### B.Ed. Practicum

#### Course Code:115-Visual and Performing Arts in Education

The Students of B.Ed. Sem-I are hereby notified that they are to submit their practicum on the given topic on pencil work, spray painting, poster and colour painting **within a week** from the date of the issuance of this notice. Here, the students are further notified that they should **login** into their **moodle account** on the college website for preparing the practicum. The uploaded materials and relevant links on the given paper are already available on the college moodle. After going through the available online materials, students are directed to prepare their write-up on the given topic in Visual and Performing Arts in Education.

#### Pathway to use Moodle Course wise:

RKMSM Moodle> User Login>B.Ed.1st Sem>Course code:115

Date: 16.12.2022

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RAMAKRISHNA MISSION SIKSHANAMANDIRA

BELUR MATH



NAME - SUDIPTA DAS Roll no. - F-61(1st sem.)

Class - B.Ed (1st year) Session - 2022-2024

Course name - *Yoga and Health Education - I*

Course no.- 114

Date - 22 / 12 / 2022

Teacher's signature \_\_\_\_\_

*Sudipta Das*  
EXAMINER

“Education is the manifestation of the perfection already in man.”

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Q. Write the Yogic approaches for stress management?

Stress is something responses of our body derived from various tough situations, which forbids us in our physical & mental intelligence. In the physical stage, it affects our pulse rate, blood pressure, heart beat rate & in the mental stage, if we are in stress, affects attention, memory, concentration, positivity etc. It happens when we accommodate in any imbalanced situation with psycho-physical, & psycho-social activity. Patanjali calls it, "a psycho-physical & Social disbalancement".

Anxiety is a major disorder affecting the modern world & Society at large in the 21<sup>st</sup> Century; stems from our material lifestyle, engagement in the race of earning more money & fame, a better life style lead to anxiety & stress. Simply put, our negative emotions & their encherishment leads birth to stress. Yoga is widely considered as the mental & physical discipline to restore peace & get rid of anxiety & stress. Yoga does not confine into Asana, Pranayama, Kriya, meditation but it is the perfect way of living life. It helps us to make well habit of food, thinking, activity, which decreases our mental pressure & lead a good health.

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We know that Yoga means "chitta vritti Nirodha". Only by 'nirodha' we can stop 'vritti' from our 'chitta' & by this we can know our real self. We have 5 vrittis, 'Pramana', 'Vikalpa', 'Biparjaya', 'Nidra', 'Smriti'. Yoga helps us to eradicate these vrittis to lead a healthy life. As we say earlier that Yoga is a complete life to lead. Now we discuss 5 elements to lead a healthy life, ① Ahar, ② Bihar, ③ Achar, ④ Bichar, ⑤ Byabahar.

① Ahar: It refers to our balanced diet schedule. Even in case of balanced diet, we have to be careful on not only the amount of food we intake but its nutritious quality. Even, it stresses on the mental state while eating. Yoga always refers to have fresh food & natural food. It asks for  $\frac{2}{4}$ th food,  $\frac{1}{4}$ th liquid &  $\frac{1}{4}$ th air.

② Bihar - Yoga also suggests for relaxation of body. Hatha Yoga refers us for physical exercise, Pranayamas, Krizas for body & muscles. But it also refers us for aesthetic enjoyment like painting, singing, etc. Pranayamas help us to be relaxed physically & mentally.



③ Achar → It refers to our behaviour with the external & internal aspects. Our behaviour actually is determined by our emotions, feelings, habits, attitudes, fear etc. Here Yoga plays a vital role. Yoga helps us to remove 'Klesha' - 'Abidya', 'Asmita', 'Raga', 'Dvesha' & 'Abhinivesha'. 'Yama' & 'Niyama' also help us to act accordingly.

① Yama - Satya, Acharya, Asthaya, Aparigraha, Brahmacharya.

② Niyama - Tapah, Santosha, Shoucha, Swadhyay, Ishwar Pranidhan.

④ Bichar → It refers to our thinking & analytical power. It not only helps us to differentiate between good or bad, but also the real & replica. Yoga helps us to differentiate between the original self (Purush) and world (Prakriti). Through eradicating our negative aspects of life through Yama & Niyama, we can have 'bichar' good.



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## RAMAKRISHNA MISSION SIKSHANAMANDIRA PRACTICUM

Subject: Visual and Performing Arts in Education-1

Course Code: 115



Name: Indrajit Karan

College Roll No : F-01 , Section : A

University Registration No :

Course: B.Ed. 1st year , Session: 2022 - 2024

Semester: B.Ed. 1st Semester

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## রং দিয়ে চিত্র আঁকন

■ Colour Painting বা রং দিয়ে চিত্র আঁকনের কাজ হল আঁকারে পছন্দ কাজের দ্বিতীয় কাজ, এখানে আঁকারে সেন্সিভল এবং রং-এর সংযোজ্য একটি চিত্র আঁকন কলায়, যেহেতু আঁকারে সেন্সিভল জিনিসের সংযোজ্য আঁকারে সেন্সিভল প্রকাশ করেছেন, তাই আঁকারে সেন্সিভল ছিল যে কোনো শৈল্পিক রং ব্যবহার করার, তাই কিছুটা সেন্সিভল নিয়ে আঁকারে বিভিন্ন রং দিয়ে একটি চিত্র আঁকন করার চেষ্টা করা হয়।

■ শিক্ষার নাম: প্রাকৃতিক মূল্য চিত্র আঁকন,

■ উপকরণ: সেন্সিভল, রং, স্কেল, জল-রং, আঁকা, প্রকাশ প্রভৃতি,

■ আঁকন পদ্ধতি: i) প্রথমে একটি A4 স্কেলে সেন্সিভল দিয়ে প্রাকৃতিক মূল্যের out line ট্রে নিন।

ii) তারপর একটি আঁকা আঁকার পর, একটি স্ক্রু-ড্রাইং সেন্সিভল দিয়ে সোটা করে ডান ট্রে নিন। স্কেল জায়গা বৈশিষ্ট্য লেবেল বা ড্রয়িং লেবেল সেন্সিভল রং দিয়ে স্কেলে চিত্র আঁকন করে নিন।

iii) তারপর চিত্রটিতে জল-রং-এর বিভিন্ন রং দিয়ে পূর্ণ করে চিত্রটিতে আঁকা স্ক্রু-ড্রাইং করে তোলা চেষ্টা করুন।

iv) তারপর চিত্রটি সম্পূর্ণ হবার পর, চিত্রটি চমকিয়ে সেন্সিভল দিয়ে ডান স্কেলে নিন এবং A4 স্কেলে আঁকা দিয়ে আঁকা চিত্র নিন।

■ সার্টিফিকেট: এই চিত্রটি একটি A4 স্কেলে আঁকন করা হলে সার্টিফিকেট ২৫ সেন্সিভল এবং জল-রং-এর বিভিন্ন রং এর সার্টিফিকেট।

■ স্কেল: চিত্রটিতে স্কেল ২৫ cm এবং প্রস্থ ১৪ cm.