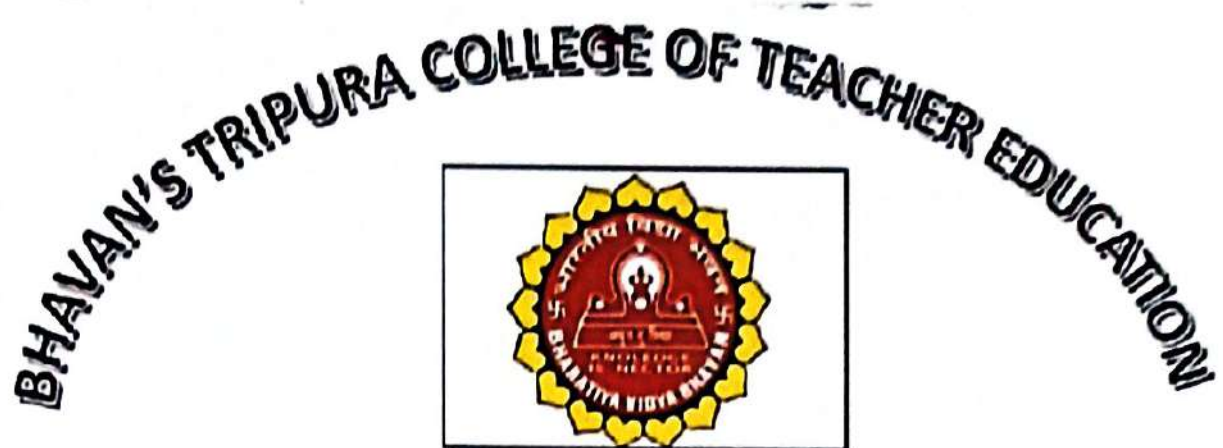




NARSHINGARH, AGARTALA

WEST TRIPURA, PIN: 799015

SCHOOL BASED ACTIVITIES

NAME OF THE TEACHER : SAYANIKA SAHA
ROLL NO : 72
NAME OF SUPERVISOR : MRS. MADHURIMA DEY
SCHOOL OBSERVED : BHARATIYA VIDYA MANDIR
NAME OF UNIVERSITY : TRIPURA UNIVERSITY (A CENTRAL UNIVERSITY)
ACADEMIC SESSION : 2022 – 24
SEMESTER : 2ND
COURSE : B.Ed
DATE OF SUBMISSION : 03-04-2023

Sayanika Saha
03/04/23
SIGNATURE WITH DATE



Sayanika Saha
6/4/23

ACKNOWLEDGEMENT

I, Sayanika Saha, would like to give my special thanks of gratitude to my guide and supervisors, who gave me the golden opportunity to do the wonderful project of "School Based Activities", who also help me in completing my work. I am really thankful to her. I would like to thank my parents, friends, team-members and all the people of "Bhavesiya Vidhya Mandir" school who helped me a lot of finalizing this project within the limited time. I would also like to thank to almighty God being able to complete this project with success.

Thank you!

Sayanika Saha

Signature of the
Trainee

DECLARATION

I have worked on my project entitled "School Based Activities" under the guidance of Mrs. Madhusima Dey ma'am. I declare that this report represents my view in my own words and ideas as reference. I am satisfied with my work.

Layanika Saha
Signature of the Trainee



CERTIFICATE

This is to certify that Sayanika Soha has completed her project "School Based Activities" under my supervision. The trainee has sincerely and honestly performed her work for B. Ed course under Tripura University (A Central University). I wish her success in life.

Signature of Supervisor
BTCTE, Narsingpur,
Agartala,

West Tripura
Pin :- 799015.



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Activity - 1

— "Maintenance of School Records."

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Activity - 2

— "School Assembly"

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Activity-1

MAINTENANCE OF SCHOOL RECORDS

Objectives of making such report :-

- (i) To keep an account of each pupil on its roll and submit periodic reports, which contain the necessary information about the pupils.
 - (ii) To judge the progress of the pupil on rolls, their strength and weakness and help the teacher and parents to bring about desirable changes.
 - (iii) To know the educational achievements of a particular locality and even of the state.
 - (iv) To submit to the Department of Education.
 - (v) To keep an account of each pupils ~~etc~~ academic records.
- 

Needs and importance of such a report :-

- School records helps for undertaking educational research
- Research scholars get a complete picture on pupils progress, instructional materials, promotion practices, different tests etc.
- Academic performance records, such as grades and report cards, provide insight about student progress and help parents and teachers make important decisions regarding students' learning needs.
- It helps to know about a student's growth and progress as well as any areas of weakness.
- It is especially important to document successes and failures in the classroom so that student can get support when needed.
- This records helps to know about the progress of the students every year.

Records of
Bhartiya Vidya
Bhavan's
Madhyamik
Candidates
2021

4

ROLL F S NAME OF CANDIDA
COMP
NO L X
SUB

SCHOOL : - 35374 BHAVAN'S

16168835 F ALOSHI SARKAR

A

16168836 F ADRITA DE 4

A

16168837 M AJAY PAUL 4

A

16168838 F ANKIYA DAS 3

A

16168839 M ANIKET BHATTAG

A

16168840 M ANIRBAN KAR 3

A

16168841 F ANUSHKA DASGUPTA

A

16168842 M AMI DEBBARMA

A

16168843 F APURBA BANIK 2

A

16168844 M ARGYADIP BAISHY

A

10

168845 M BIBEK DEB 402

A

16168846 M BIJOY PAUL 46

✓

A

16168847 F BIPASHA PAUL 34

A

16168848 M BIPRAJIT ROY 43

✓

A

16168849 M DEBAJYOTI ACHARJEE

A

16168850 F DIKSHA DEBBARMA

A

16168851 F DIYA BAIDYA

✓

A

16168852 F DURBA DAS

A

16168853 F DURBANJALI GHOSH

A

16168854 M JIHAN SAHA

A

16168855 M KAUSHIK BANIK

A

16168856 M KOUSHIK SARKAR

A

16168857 F MANABIKA PODDER

A

DATE:- 03/08/2021 C.B.S.E.

6

OLL F S NAME OF CANDIDAT
OMP
O L X
SUB

SCHOOL : - 35374 BHAVAN S

16168858 , M NISHANT BANIK

16168859 F OIKANTIKA NAMA

16168860 M PRANAIJIT DHAR

16168861 M RAJ SUTRADHAR

16168862 M RAHUL DEB ROY

16168863 F RIYA DAS

16168864 M SAIKAT DEBNATH

16168865 M SHAHIL ACHARJEE

16168866 F SAYANTIKA DAS

16168867 M SOMRAJ LASKAR

16168868 M SNIGDHENDU SAHA

16168869 M SUBHA DEEP SAHA

16168870	M SOUMYADEEP BHOWMIK	4
16168871	F SUCHAITA BHATTACHARJEE	
16168872	M SUMAN DEY	345
16168873	M SUBHROJYOTI DATTA	4
16168874	M SHUBHAJIT GHOSH	4
16168875	M SYED SAJJAD PORSHIAVI	
16168876	M TUSHAR SAHA	318
16168877	M UJJAYANTA SAHA	363
16168878	M ABHINAV SINHA	41
16168879	M AMLAN DUTTA	403
16168880	M ANIRBAN DUTTA	471

♀
DATE:- 03/08/2021 C.B.S.E. - S

ROLL
COMP
F S NAME OF CANDIDATE
L X
Photography

MOOL : - 35374 BHAVAN'S TRIP

16168881	F ARITRA PATARI	41
16168882	F ARPITA DEBNATH	4
16168883	M AVIKSHIT SINHA	4
16168884	F NIKITA CHOUDHURY	
16168885	M PRIYO JYOTI CHAKMA	
16168886	M ROHIT KUMAR RAY	
16168887	M SADESH KUMAR YADAV	
16168888	M SHIBALIK PAL	
16168889	M SHUBHAM GHOSH	
16168890	M SHIB PRASAD ROY	
16168891	M SHUBHRANIL BASAK	
16168892	F SIMANTINI GUPTA	
16168893	M SOMUEL DEBBARMA	
16168894	M SUPRATIM DEBNATH	

168895 M RAHUL SHARMA ✓
 168896 M SHUBHADEEP DATTA ✓
 16168897 M DEBAJYOTI DEY ✓
 16168898 F BIPASHA DAM ✓
 16168899 F ABRILL DEBBARMA ✓
 16168900 F ANKITA GHOSH ✓
 16168901 M ANURAG DEB ✓
 16168902 F ANUSHKA CHANDA ✓
 16168903 M APURBA BHAUMIK ✓

DATE:- 03/08/2021 C.B.S.F

ROLL NO SUB F S NAME OF CANDIDATE L X

SCHOOL : - 35374 BHAVAN'S
 16168904 M BISWANATH DAS

- 8905 M BETIHOTRA MITRA
- 16168906 F DALLIA JAMATIA
- 16168907 F ELIZA SHARMA SARKAR
- 16168908 M HRIDINARAYAN DAS
- 16168909 M NANDAN GHOSH
- 16168910 M PRABHAKAR SARKAR
- 16168911 F SAMADRITA SAHA
- 16168912 M SHUBRAJIT MAJUMDER
- 16168913 M SOUMYADEEP ROY
- 16168914 F SNEHA SARKAR
- 16168915 F SOMDATTA BHATTACHARJEE
- 16168916 M SUBHRANIL DEBNATH
- 16168917 M TANNIVRA MAJUMDER
- 16168918 M SAFIQU L ISLAM
- 16168919 M USPRANGSU DEBBARMA

3920 M ANIKETH GHOSH 441

68921 M ALIK BARUA 442

16168922 M ANAL SARKAR 35

16168923 F ANNESHA DUTTA 460

16168924 F ANUPAMA SARKAR 39

16168925 F ANURIMA SAHA 459

16168926 F AYESA MURASING 38

DATE:- 03/08/2021 C.B.S.E. - SECO

ROLL F S NAME OF CANDIDATE
COMP NO L X
SUB

SCHOOL : - 35374 BHAVAN'S TRIPURA

16168927 F BISHAKHA GHOSH 44

16168928 M BISWAJIT PAUL 42

16168929 M DEBANGSHU DEB 48

930 M DEBESHRA DEBBARMA
68931 M DIPAYAN DAS 44
168932 M DIPTANU CHAKRABORTY
16168933 F DIYA DEBNATH 30
16168934 M GAURAV SAHA 30
16168935 F HANGSHIKA SAHA 4
16168936 M JALANDEEP SUTRADHAR
16168937 F JANNAT AKHTAR 47
16168938 M JOYDEEP MAJUMDER 4
16168939 M MD AZAHAR UDDIN
16168940 F MRITTIKA BHATTACHARYY
16168941 F NIHARIKA AKHTAR 30
16168942 M PANTHADEEP MAJUMDER
16168943 M PRADYOT DEBBARMA 6
16168944 M PRANAY SAHA 45
16168945 M PRITAM SARKAR 3

all c

168946 M PRIYANGSHU DATTA
 168947 M RAHUL SUTRADHAR
 16168948 M SAIKAT ROY
 16168949 F SAYANTIKA DAS

DATE:- 03/08/2021 C.B.S.E. -

ROLL F S NAME OF CANDIDATE
 COMP
 NO L X
 SUB

SCHOOL : - 35374 BHAVAN'S TRIP

16168950 M SHAN PAUL 34

16168951 M SOMNATH ACHARYA

16168952 M SOUGATA ROY 42

16168953 M SOUMYADEEP ROY

16168954 M SOUMYATIRTHA BHOWMI

16168955 M SOUNAK KUMAR CHOUDH

all C₁

168956 M SOURADIP SARKAR —
72.6

16168957 M SOUTIK CHOUDHURY
61.2

16168958 F SREYANGSHI DE —
82.89

16168959 M SHUBHADIP DEBNATH
81.6

16168960 M SUBHRADEEP PAUL —
93.6

16168961 M SUBIR NATH BHOWMI
89.6

16168962 M SUDIP BISWAS —
67.4

16168963 M SUJAN KUMAR GHOSH
72

16168964 M SURESH JAMATTA —
58.8

16168965 M SWAPNADEEP SAHA —
93.8

16168966 M SWARUP CHANDA —
79.6

16168967 F TAMANNA SARKAR —
90.4

16168968 F TIYA PAUL
74.8

16168969 F TRISHA CHAKRABORTY
99.4

16168970 F ADDRIJA DATTA
80.2

upto this

(*)

(D)

(XD)

12/11

8971 M ANKUSH SAHA

401

68972 M ARAJEET DEBNATH

41

DATE: - 03/08/2021 C.B.S.E. - SE

ROLL F S NAME OF CANDIDATE
 COMP
 NO L X
 SUB

SCHOOL : - 35374 BHAVAN'S TRIPURA

16168973 M ARKAPRABHA GHOSH

4

16168974 F ARPITA PAUL

42

16168975 F APSARIA SAHA

446

16168976 M AYAN NAG

435

16168977 M BIBEK DEBNATH

42

16168978 F BABHRABEE CHAKRABORTY

16168979 M DEBAJYOTI KAR

486

16168980 F GANGOTRI DEB

41

all D. sub

X1 6
A2 2

(16)

- 8981 F JOYSREE GOP
- 168982 M JOYASMIT CHAKRABORTY
- 16168983 M JAYESH MAJUMDER
- 16168984 F KANKANA SHIB
- 16168985 F KATHAKALI BHATTACHAR
- 16168986 F MADHURIMA DEB
- 16168987 F MRINMAYEE DEBNATH
- 16168988 M PRITAM ROY
- 16168989 M SAGAR DAS
- 16168990 M SAHIL DEBNATH
- 16168991 F SAPTADIPA ROY
- 16168992 M SHIBANGA-BHAUMIK
- 16168993 F SRIJANI DHAR
- 16168994 F SRISTI PAUL
- 16168995 M SUBHAM SAHA

ay D 161

A1: 2

(17)

A 2: 2

:- 03/08/2021 C.B.S.E.

ROLL F S NAME OF CANDIDATE
COMP
NO L X
SUB

SCHOOL : - 35374 BHAVAN'S TR

16168996 M SUBHADIP SOM

16168997 M SOURADEEP DATTA

16168998 M SUPRATIM ACHARJEE

16168999 M TRIDEEP DHAR

16169000 M USHAB DEBNATH

16169001 M YUVARAJ DAS

16169002 M SWAPNADWIP SAHA

16169003 F AARATRIKA ROY CHOV

16169004 M ABHINANDAN SARKAR

16169005 M ANUP DEBNATH

X A

17

A1

A2

9006 M BIJOY SANKAR JAMA
169007 F DEBANJALI RAHA
16169008 M MANJIT SINGHA
16169009 M RAHUL SARKAR
16169010 M ROHIT DEB
16169011 F RUPA BHATTACHARJEE
16169012 F PRITI SAHA
16169013 F AMBESHA DAS
16169014 M ANKIT SAHA
16169015 F ANURADHA PODDER
16169016 F DEBAPRIYA BAISHYA
16169017 M DEEPTANIL DEBNATH
16169018 M NABAJYOTI BHATTACHA
4
DATE:- 03/08/2021 C.B.S.E. -

A 1

A 2

(19)

F S NAME OF CANDIDATE

L X

SCHOOL : - 35374 BHAVAN'S TRI

16169019 M SANKHA DEEP NATH -

16169020 M UTPAL SUTRADHAR —

16169021 F BAISHALI PAUL —

16169022 F CHANDI DEB —

16169023 M SANDIP SARKAR —

16169024 F AMRITA BHOWMIK X

16169025 M ABICHAL ROY X

16169026 M ADITYA GOPE X

16169027 M ADITYA DEBBARMA

16169028 M ANKUR DAS X

16169029 F ANNATAMA CHAKRABO X

16169030 M ANIRBAN RAY X

169031 M DEEPCJOY BANIK -4
XD

16169032 M DIPTANU NANDI -
XD

16169033 M DRISHAYAN SARKAR -
XD

16169034 M LOSON DEBBARMA -2
XD

16169035 M RAHUL BARMAN -37
XD

16169036 M RUPANTAR MAJUMDER -
XD

16169037 M SHASHANKA DEBBARMA.
XD

16169038 F SNEHA DEBNATH -31
XD

16169039 F SRISHA CHAKRABORTY.
XD

16169040 M SOUYET SARKAR -3
XA

16169041 M UDIT CHOWDHURY -3
XD

DATE:- 03/08/2021 C.B.S.E. -

ROLL F S NAME OF CANDIDATE
COMP
NO. L X
SUB

A1
R2 1

OL : - 35374 BHAVAN'S TRI

69042 M SATIRTHA DEB 3

X D

6169043 M SAGAR DEBBARMA 28

X D

16169044 M SALKAHAM DEBBARMA

X D.

TOTAL CANDIDATES : 210 TOTAL P

210

Analysis of the report :-

I have collected the records of Madhyamik Candidates of 'Bharetiya Vidhya Mandir' of the year 2021. All the information that I could find is discussed below -

2021

Exam - Madhyamik Examination (2021)	
Total number of students - 210	
Grade	No. of students
A	53
B	42
C	50
D	65
Total →	210
Total No. of Female candidates	Total no. of Male Candidates.
68	142

Total number of Failed Candidates
— 0 zero.

According to the report provided by 'Bharans' Tripura Vidya Mandir'. Total number of students appeared in the Madhyamik Examination of 2021 was 210. Among them, 53 students passed with grade A, 42 students passed with grade B, 50 students passed with grade C and 65 students passed with grade D.

Among them there were 68 female candidates and 142 male candidates.

The school is affiliated to the Central Board of Secondary Education (CBSE).

Overall, the result was good and I wish them good luck for more better results in future.

According to the report provided by 'Bharani Tripura Vidya Mandir'. Total number of students appeared in the Madhyamik Examination of 2021 was 210. Among them, 53 students passed with grade A, 42 students passed with grade B, 50 students passed with grade C and 65 students passed with grade D.

Among them there were 68 female candidates and 142 male candidates.

The school is affiliated to the Central Board of Secondary Education (CBSE).

Overall, the result was good and I wish them good luck for more better results in future.

Problems faced in making such report :-

While making this report I had to go through some problems. School administrative were not willing to share the merit records as those records were confidential.

According to them, those records are not to be shared with anyone.

They said that they can only share the list of the students with their names but not the marks.

After requesting them and assuring them that those records will be concealed within me. Our college principal personally sent them a application requesting them to share the reports with us.

We assured them those reports will be concealed with us and we respect their decision.

Curriculum of Computer Education

Level : B.Ed (Secondary Level)

**Course : DCTCT (Diploma in
Computer
Training Course for Teachers)**

**Bhavan's Tripura College of Teacher
Education**

Effective From Session July 2023 - 2025

**Issued by
The Computer Point**
An ISO 9001 : 2015 Certified Institute
BG 17, Salamar Bag, New Delhi.
e-mail : tcpointdelhi@gmail.com
Web address : www.tcpoint.org



Diploma in Computer Training Course for Teachers(DCTCT) is an information technology computer science course. Computer Teacher Training mainly focuses on the basis and fundamental aspects of computer both for the purpose of teaching and training. **Diploma in Computer Training Course for Teachers** course prepares the learners for a specialized career in Teaching and Training. The contents are designed in such a way that it not only provide the learner computer knowledge but also learn how to transfer this knowledge to his students effectively. The duration of the course is two year and the course divided into two modules.

CLOs: (Course Learning Outcomes)

1. Diploma in Computer Training Course for Teachers will increase the efficiency of trainees.
2. Trainees will be able to gain the knowledge about computer.
3. Diploma in Computer Training Course for Teachers will improve the research skills for trainees.
4. Diploma in Computer Training Course for teachers will help in enhancing technical skills.
5. Trainees will learn how to connect with online world.


(DR. RAJAT DEY)
Principal
Bhavan's Tripura College of
Teacher Education
Narsingarh, Agartala-799015

Syllabus

Sl No	Subjects	Marks			Total Marks
		Theory	Practical		
1 st Semester (July to December)					
1.	Computer Organization and system designing with OS	25	100	-	300
2.	Office Tools	50		100	
	Word, Excel, Access, Power Point				
3.	Digital Technology with Networking System and Security	25		50	
4.	Project	Viva = 20 Project work = 20 Sessional = 10		50	
Time Schedule : 1 st Semester (July to December) Examination Schedule : 3rd week of December					

4th Semester (January to June)					
	EPC 3	-	-	-	-
	Theory : 50 Project : 25 Assessment : 25				
	Computer Programming Language	-		100	100
Time Schedule : 4th Semester (January to June) Examination Schedule : 1st week of April					

1st Semester (July to December)

Compute Organization and System Designing

Theory Class : 8 Classes 2 Hours.

Practical Class : 2 Class 2 Hours

Data, Information, Type of Computers, Computer system, Computer Generations, I/O Devices, Memory, Units of Memory, Storage devices, Software, Type of Software, Computer Languages, Virus, Anti virus, Hacking concept, Numbering System, Basic Concepts of Operation System and its functions, Type of OS, CUI and GUI, Folder, File, Computer Network system and designing, Communication Media: (Wired Technologies- Co-Axial, Ethernet Cable, Optical Fiber, Wireless- Blue Tooth, infrared, Microwave, Radio Link, Satellite Link), Network Devices : (Modem, Hub, Switch, Repeater, Gateway and their functions), Type of network, Network Topologies, Protocols.

Word Processing (Msword)

Theory Class : 3 Classes 2 Hours.

Practical Class : 5 Class 2 Hours

Introduction to a word Processor, Creating and Saving a document, Editing and Formatting a document, Header Footer, Page setting, Tab Setting, Inserting picture, document etc, Printing , Mail Merging and all Short cut key commands.

Spreadsheet (Ms-Excel)

Theory Class : 2 Classes 2 Hours.

Practical Class : 5 Class 2 Hours

Introduction to Ms Excel, Addressing Cells, Save worksheet and workbook, Manipulation of Cells, Function and Charts, Shortcut Keys.

Database (Ms-Access)

Theory Class : 2 Classes 2 Hours.

Practical Class : 4 Class 2 Hours

Introduction to Ms-Access, Database, Type of Database, Create Table, Form, Quarry, Report, Relationship.

Making Presentations

Theory Class : 1 Classes 2 Hours.

Practical Class : 3 Class 2 Hours

Introduction, Creation of Presentation, Preparation of slides, Slide Show.

Digital Technology with Networking System and Security

Theory Class : 2 Classes 2 Hours.

Practical Class : 4 Class 2 Hours

Introduction, Surfing, Create e-mail account, Send e-mail, receiving email, Attachment, Online banking system, Make webpage withHTML.

Viva Voce

The questions can be asked from any portion of the syllabus covered during all tropics.

Project works

Submit a good presentation programme.

Sessional

Minimum 75% percentage in the classes.

Examination Date for 2nd Semester :

Paper II : 1st Week or April (Theory)
/ / (Practical)

4th Semester (January to June)

Accordingly NCTE Syllabus of EPC 3

Theory : 50,

Project : 25

Assessment : 25

Computer Programming Language

Theory Class : 8 Classes 2 Hours.

Practical Class : 8 Class 2 Hours

Introduction of Programming Language, Flowchart, Data Types, Variables, Basic Program, Control Structures (If, if -else, Switch) looping structure (while, do..while and for).

Types of Questions and Distribution of Marks

1st Year : (PST : Problem Solving Test)

MCQ type questions :

1 x 150 = 150

Prescribed Books:

- A) Fundamental and OS, P.K Sinha,
- B) O-Level, Satish Jain
- C) Information Technology, Sumita Arora
- D) CCC computer Concepts, BPB publication, Prof. Satish Jain


(DR. RAJAT DEY)
Principal
Bhavan's Tripura College of
Teacher Education
Narsingari, Agartala- 799015

TRIPURA UNIVERSITY



(A CENTRAL UNIVERSITY)
**BHAVANS TRIPURA COLLEGE OF
TEACHER EDUCATION**

Course: Bachelor of Education (B.Ed)
Session: 2021-2023



Name : **MAMPI DEBNATH**
Roll No. : **39**
SEMESTER : **2ND**
Date: : **08/07/2022**
Submitted to : **SMT. RUNA GUHA**

Runa
19/07/22

Acknowledgement

I take the opportunity to record my sincere thanks to my project guide Smt. Runa Guha, Professors Bhavan's Tripura College of Teachers Education, for her innumerable suggestions and guidance. I would also like to express my special thanks of gratitude to HM of Mutannagar Girls A/S school Smt. Jhulan Halder, who gave me the golden opportunity to do this wonderful SDA project on the topic "Activity 6 (organizing cultural activities) and Activity 7 (sport activity / Co-curriculum activity)", which help me to know about so many new things. I am happy to acknowledge the invaluable help and moral support of my brilliant fellow mates. Finally would like to thank my teachers for their great encouragement and sharing their knowledge with me.

In spite of my honest effort, there may be some mistake, for which I apologize in advance.

Identifying Caret of the trainee

I have done the SBA project work entitled "Activity 6 (Organizing Cultural activity), Activity 7 (Sports activity/ Co-curriculum activity) under Shri/Smt/Dig .. Runa Guha, professors, Bhawan's Tripura college of Teachers Education, Narasingh and I am satisfied in my work.

Place:- Agartala

Date: 08/07/2022.

Signature of the trainee

Mampi Debnath

Tree plantation

Activity 7 (Sport Activity / Co-Curriculum activity)

Introduction :-

Tree planting is recognised as one of the most enjoyable and environmentally friendly activities that people can engage in to benefit the earth. Trees offer several long- and short-term advantages. They not only look good, but they help minimise the risk of floods, enhance air quality, and lessen the urban heat island effect by reflecting sunlight and giving shade.

Tree plantation on school grounds also provide opportunities for environmental education, getting young children thinking about environmental conservation early.

Children who have always had access to proper formal education are taught about how planting trees is going to create a better environment for them to live in. From a young age they know that greenery keeps the air pure and the soil fertile gives fruits and vegetables and adds to the beauty of the land. With proper education, children learn the good that trees do for us and the good that we can do for the planet by protecting them.

• Benefits of planting tree:-

1) Trees make life nice. It has been shown that spending time among trees and green spaces reduces the amount of stress that we carry around with us in our daily lives.

2) Trees give off oxygen that we need to breathe.

3) Trees improve our air quality by filtering harmful dust and pollutants such as ozone, carbon monoxide and sulfur dioxide from the air we breathe.

4) Trees reduce the urban heat island effect through evaporative cooling and reducing the amount of sunlight that reaches parking lots and buildings.

5) Many species of wildlife depend on trees for habitat.

6) Trees can be placed on screen unwanted views or noise from busy highways.

7) Trees and shrubs improve soil and water conservation, regulate temperature extremes and also act as air purifiers.



① plantation



② plantation

Organizational Activity

A properly organized ~~cultural~~ activities will be a valuable to the children for their teaching and also a means of motivating them to participate actively. Students of this school ~~are~~ shows their interest for doing the activity.

1) Throughout my observation period, I decided to organize a tree plantation program as the part of my activity.

2) Before the program, I get the permission from the AM Madam to plant trees.

3) My colleagues / other trainees helps me for ~~the~~ the preliminary activity of the program.

4) From 23 June - 25 June, this 3 days we goes ^{to} every classroom and told the students about the benefits of trees and create an awareness among them.

5) They realize that ~~how~~ tree plantation conserve environment and how it save our world.



③ planting mango tree in
the garden

Feedback and its implementation

The overall activity was done very well and a positive awareness was spread among the student.

- ① A proper active NSS unit were must be set up in the school where all the members are actively and enthusiastically doing their work.
- ② The students have lack of awareness about how to conserve the environment. For growing awareness, the school authority have to arrange some educational program, celebration some special days such as Earth day, water day, Environment day, world forestry day, world wildlife day, World Ozone day, world biodiversity day, National Science day ~~etc~~ World Cleanup day etc.
- ③ Arranging parents-teacher meeting in every month.
- ④ The regular cleaning of classroom, garden, playing ^{ground} ~~field~~ was not done properly. For that, A proper school time table and class routine has to be set up where the students after their assembly



④ planting



⑤ planting

Outcome of the activity :

The program was started after the 2nd period of class. Students from class VI, VII, VIII and some teachers participated in this program. The aim of the program is to plant at least 20 saplings on the school campus. We pasted banners and posters in the area around our school. After this program, we noticed that the student showed very much interest to know ~~how~~ to conserve the environment and how to control pollution. The school authority arranged proper dustbin system and we taught them to throw plastics and garbage in proper place. We all know that spending time among trees and green spaces reduces the amount of stress that we carry around with us in our daily lives. The school environment looks more beautiful after planting the growing plants. The principle of our school also appreciates for such activity. Our goal of planting trees and aware everyone is achieved.



⑥ planting



personal observation while
undertaking the activity.

While undertaking the activity some student shows their interest, in how to dig the soil, how to watering the plant and how to take care of them. But some show less interest in this program. Students of class ix, & did not co-operate with us.

The NSS unit of this school have not much concern about cleanliness, garden maintenance, water the plant. Self-confidence level also increase who are activity participate in the activity. Overall the activity was organized very well and the teachers and the other trainee are very helpful.

Yoga Activities

Activity-7 (sport activity / Co-Curriculum activity)



:- Introduction :-

Yoga is a way to learn and understand the spiritual India. Also, yoga is associated with the culture and heritage of India. In Sanskrit, yoga means 'to unite' and describes a way to live a healthy life. In yoga, the mind is disciplined through meditation and the body is aligned and strengthened.

Participating in yoga and mindfulness activities at school helps relieve stress and anxiety in young children, improving their wellbeing and emotional health, a study has found.

Students attended the small group activities at the beginning of the school day. The sessions included breathing exercises, guided relaxation and several traditional yoga poses appropriate for children. Yoga helps them to deal with their stress and bring back some peace of mind. Those who regularly practice yoga not only report lower levels of stress and anxiety and ~~subsequently~~ improved academic performance. ~~Yoga~~ education can supplement school and university education. It can prepare the student physically and mentally for the integration of their physical, mental and spiritual faculties.

∴ Brief Description of the Activity ∴-

Yoga education means teaching of Yoga postures or asanas and such other Yoga exercises as would promote the control of the body by bringing in flexibility, strength and endurance and of the mind by enhancing alertness and meditation. Through yoga practice student possess emotional stability. It is an ancient practice that builds strength and awareness and brings together the mind and body. It includes breathing exercises, meditation and asanas or poses that stretch and flex various muscle groups.

Yoga education can supplement school and University education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Teachers and parents should acquaint themselves with Yoga; they could attend a short introductory course on Yoga.



Yoga practice



Yoga practice

Feedback and its implement

On the Occasion of World Yoga day, student performed some Yoga asanas. Teachers also appreciate them very much.

① Students are very good in doing Yoga. If proper training will be given, they will perform their level best.

② Some of the students does not have proper dress for doing Yoga. If school authority arrange some money and arrange dresses for them.

③ The practice room should be clean properly.

④ Arrangement of Yoga mat, water bottle, towel etc which is very useful during practice.

⑤ By giving proper training, their performance level will increase more.

⑥ Maintenance of hygiene is a most important things.

⑦ Teacher's have to more concern about the timing of their practice.

⑧ A proper room with air passing, proper lighting system, drinking water will be very helpful for them.



practice time



performance

personal observation while undertaking the activity

⑥ Hence there are some points which I observed during the activity:-

- 1) Confidence level grew up very much. Lots of students showing their interest and also very concern about physical health.
- 2) One student from class 7 performed yoga in Delhi. An All India Yoga Olympiad, and got gold medal. It's a proud moment for Tripura.
- 3) More and more practice sharpening their performance level.
- 4) During practice, they learn new things, about hygiene and health.
- 5) ~~The most important~~ which I observed that's the environment and the practice room was not good for their practice.
- 6) Some student wanted to practice yoga but they don't have proper dress.
- 7) Some students feel shy to perform in front of everyone.
- 8) Parents are not allowing their child for regular practice.
- 9) Teachers have less concern about the physical health of the students.

Dance
Activity 6 (Organizing Cultural Activity)

Introduction :

Today's education system is not just confined to academics but modern-day schools focus on imparting skills to students like personality development, confidence building, communication skills, etiquettes etc. Cultural activities come into play in instilling these skills in the students.

Encouraging students to participate in cultural activities is the most effective way to inculcate activities like dancing, singing, sports etc. Unfortunately, many parents and students find these activities enable students to gain confidence and understand their culture in a much better way.

When students get successful in cultural activities, it gives a boost to their self-esteem. This self-esteem helps them to face the outer world more confidently.

Some of the important cultural activities in schools are.

- Local festival celebration
- Parades
- Painting competitions
- Debates and Speeches
- Exhibition and workshop
- Dance and music competitions.
- Dramatics
- Recitations.

Objectives :

The Cultural activities has the following objectives :-

- i) To develop general interest of the students in cultural field.
- ii) To assimilate the cultural of her own community through its conservation, transmission and renewal. To grow in appreciation of all cultures, regional, national, natures etc.
- iii) To vanish stage fears, stage fear is a common problem faced by many students and even adults.
- iv) To develop the skills of Co-operation and dialogue, unity of the group members.
- v) Culture is to be a dynamic, challenging and independent force based on the freedom of expression. Everyone is to have the opportunity to participate in cultural life. Creativity, diversity and artistic quality core to be integral parts of society's development.

Need and Importance of Such report :-

On the occasion of World Yoga day, 21 June 2022 we organized a cultural activities in Nutan nagar hiri's H/S School. Students of class VI, VII and VIII are participated here actively. Many students performed song, dance, recitation, speech quiz etc. The teachers of this school also participate here. And our trainee teacher also performed a song and a dance.

• These cultural activities have various importance :-

- (i) Cultural activities enhance the confidence level of the students thereby allowing them to perform better.
- (ii) Through cultural activity students personality also developed.
- (iii) Students participating in cultural activities tend to score better. That is because their minds are refreshed and they do not suffer from the boredom of studying all the time.



Student's dance performance



¹⁹ Dance performance ²⁰