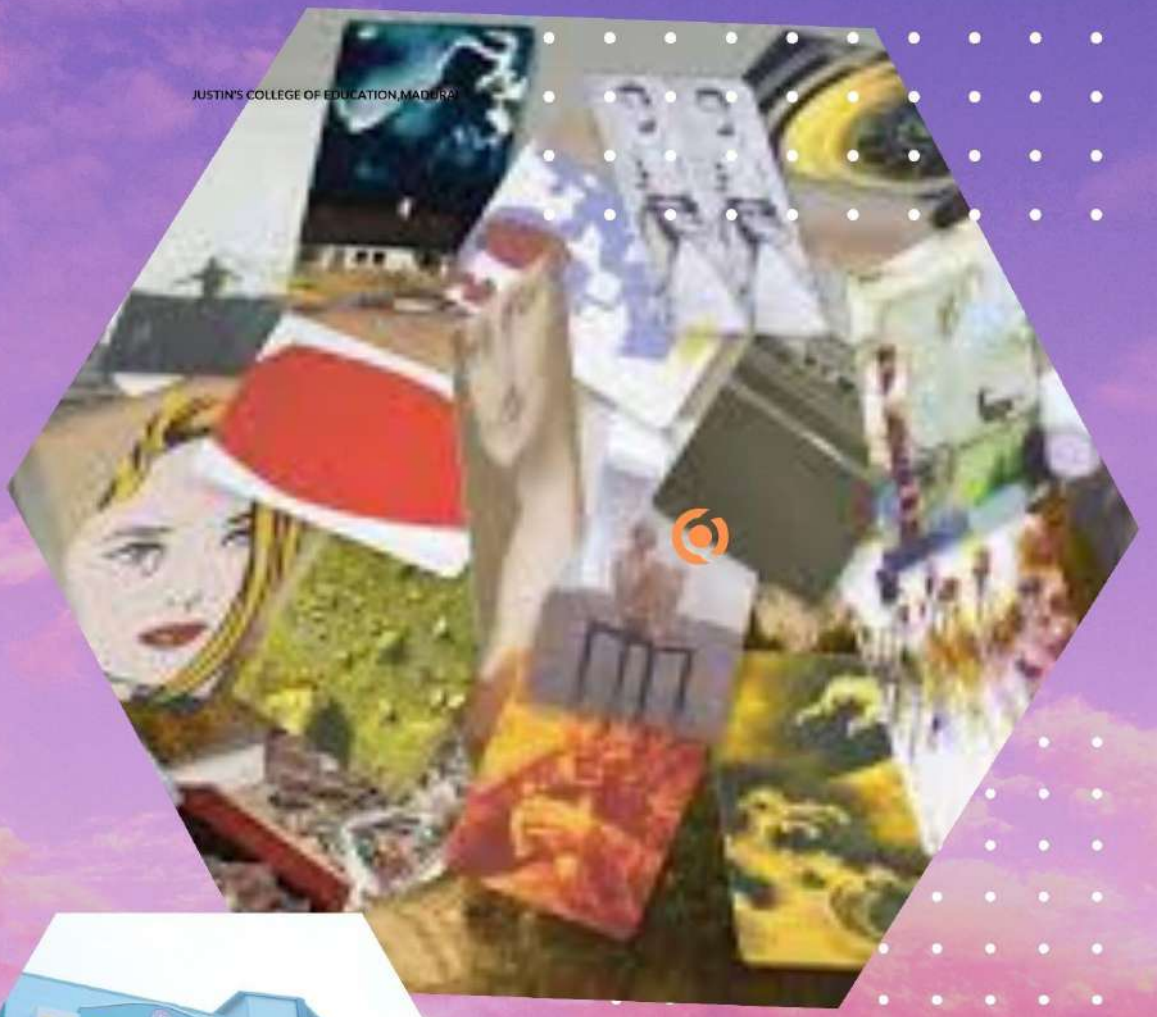
ST .JUSTIN'S COLLEGE OF EDUCATION,MADURAI



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EDITORIAL

The COVID-19 pandemic has brought significant changes in almost all areas of life. In organisations, these challenges include rising stress levels among key employees around the world a greater need to protect the mental health and well-being of employees and a transition to remote and hybrid work, which redefines the approach to well-being and mental health. However, the mode of work and the factors that affect the well-being of employees differ depending on the industry. The medical industry has become particularly important because of the pandemic.

During the pandemic, healthcare professionals suffered from deteriorating health, including symptoms of depression, anxiety and general psychological distress—e.g., burnout. Therefore, protecting the mental health and well-being of medical professionals became a key task of the public health sector .This task should be implemented at the organisational level, primarily by management, as it is mainly the superiors and managers of medical institutions who have an influence on the well-being and health of their employees It is especially important to study the leaders' impact on the well-being of employees in the face of changes such as redefining the model of work from classic to hybrid, which already applies to many medical employees who—in addition to physical contact with patients—can also provide online consultations and perform other duties outside the workplace using telecommunications tools. While remote working gives greater autonomy in time and space, it also requires self-discipline and normative regulations, which leads to putting more effort into workThe transition to the digital work environment has created an urgent need

to deal with data overload, employee alienation and increasingly weaker relationships within teams, as well as a declining sense of trust and influence on work Moreover, hybrid and remote work affect the well-being of medical workers differently than traditional work. During online consultations, it is often difficult or impossible to accurately diagnose a disease (by examining signs and taking accurate measurements), and this may cause more diagnostic errors, patient dissatisfaction and a reduced sense of self-efficacy. This is why it is important to examinethe leadership strategies that support the affective well-being of healthcare employees who work remotely and in a hybrid model.

In many countries, the pandemic has stabilised, with protective measures helping to control the number of cases. Although the restriction regimen has been relaxed, we should not ignore the fact that healthcare professionals are facing new challenges and threats—for instance, new waves of COVID-19 and other communicable diseases that may affect society in a similar manner. The hybrid model will most likely remain a standard in the healthcare sector, at least for some professionals. Therefore, we should not only ensure employees' well-being in relation to the pandemic, but should also redefine leadership and introduce e-leadership elements in order to provide long-term support for the well-being of hybrid educationists. St.Justin's College takes all care to establish the wellness of its inmates . Thanks be to the almighty for having protected all our stake holders .

REV.Dr. A. Mary Delphine

Principal

HEALTHY RELATIONSHIPS LEAD TO BETTER LIVES

Unless you're shipwrecked on a deserted island, you probably enjoy a handful of close relationships. From spouses to children to friends, parents, siblings and significant others, healthy relationships, build self-esteem, improve mental and emotional health and help you live a fuller life.

"Relationships are ,not surprisingly enormously important for health, and there are lots of studies on the biological processes that account for the link between relationships and health," says psychology professor Arthur Aron, PhD, director of the Interpersonal Relationships Laboratory at New York's Stony Brook University.

The quality of our personal relationships also has an enormous impact on our physical health, as evidenced by a hefty number of research studies. "We support each other in getting enough exercise, eating right, flossing all the things that make for better health can be supported or undermined by close relationships," Aron says.

In the movie "Cast Away." Tom Hanks' character stranded on an uninhabited island-creates a face on a volleyball and talks to the ball, which he names "Wilson," as if it were a person. Though fictional and funny, the gesture illustrates something very basic about us: Relationships are important - so important, in fact, that our brains are hardwired to form them. "Evolution has set us up to be very good in relationships and to make them happen," says Aron, who also teaches an undergraduate course on close relationships. "We have evolved to form relationships and to keep them together to raise children."

That said, have you ever wondered why some of your relationships are more effective than others? Researchers have learned a lot in the last 30 years about what makes good relationships tick, and it boils down to just a few things.

Unfortunately, most folks are only minimally aware of those elements, Aron says, and therefore aren't doing everything they could be doing to improve their relationships.

Mind your mental health

Without question, the mental health of all parties is the most important element of a good relationship. If you suffer from depression, anxiety, insecurity or low self esteem, seek help from a health professional right away, because it's not just you, but also your relationship,

that will suffer.

You can't always control the stressors in your life, but for your relationships to be effective, try to keep stress to a minimum. Also, be understanding when others are going through a tough time. Someone who loses her or his job, for example, might behave negatively for a little while. But things should get better eventually.

Keep the lines open

"We just don't communicate!" is a common refrain in relationships-too common in fact, because after mental health, effective communication is the second most important ingredient in a healthy relationship. Communication is important because conflicts are inevitable in relationships, and "most people are poorly prepared to deal with them well," Aronsays. But there's plenty of help out there. If you're planning to wed, take advantage of the preparation courses offered through places of worship or community programs.

If you are already in a relationship, think about registering for a weekend seminar or marital enrichment course, often offered through churches, synagogues and community recreation departments.

And if you think the communication between you and your partner needs some extra help, consider couples counseling or marital therapy. **Watch for unhealthy relationships**

Not all relationships are going to be perfect all the time, but for the most part, a good relationship makes you feel secure, happy, loved, respected and free to be yourself. If you are in a relationship that makes you feel fearful, humiliated or controlled, or are a victim of physical, emotional or sexual abuse, call 911 or contact the National Domestic Violence Hotline at 800-799-7233.

Learning to recognize unhealthy relationships should start early. The Centers for Disease Control and Prevention's Choose Respect initiative, online at www.cdc.gov/chooserespect,_is available to help teens learn how to make decisions about relationships with their friends, family and dating partners.

Build a bridge of support

Support from family and friends is an ingredient that repeatedly surfaces in good relationships. You might need someone to take the kids for the night, or help with carpooling. If you have a support system in place, or live near friends and family, don't be

afraid to ask them for a helping hand, a sympathetic ear or advice.

"All relationships require effort and attention," Aron says. "Sometimes that effort and attention is automatic, such as with an infant. Beyond what is automatic, for most relationships, we usually need to put attention and effort into them, and it pays off."

SR. DR. M. AMALORPAVAM
ASST. PROFESSOR IN TAMIL EDUCATION

OLD AGE – ADJUSTMENT

Old age is the closing period in the life span. It is a period when people "move away" from previous more desirable periods- or times of "usefulness". Age sixty is usually considered the dividing line between middle and old age.

Characteristics of Old Age

Like every other period in the lifespan, old age is characterized by certain physical and psychological changes. The effects of these changes, determine, to a large extent, whether elderly men and women will make good or poor personal and social adjustments.

- Old Age is a period of Decline
- Individual Differences in the effects of Aging
- Many stereotypes of Old People
- Social Attitudes toward Old Age
- The Elderly have a minority- group status
- Aging requires Role changes
- Poor Adjustment
- The desire for rejuvenation is widespread in old age

Common physical hazards characteristic of old age

- Diseases and physical handicaps
- Malnutrition
- Dental Disorders
- Sexual Deprivation
- Accidents

Psychological Hazards

- Acceptance of cultural stereotypes of the elderly
- Effects of physical changes of aging- inferiority and inadequacy
- Changes in life patterns
- Tendency to slip mentally- suspicion or realization than mental decline

- Feelings of guilt about idleness- not working while others still are working
- Reduced income- after retirement less income reduces their life style.
- Social Disengagement- no participation in social activities, contacts and telephone conversations.

Conditions affecting adjustment to retirement

- Workers who are retiring voluntarily adjust better than those who are forced to retire, especially if they want to continue to work.
- Poor health at the time of retirement facilitates adjustment.
- Most workers find that tapering off is better than abruptly ending patterns of work.
- Preretirement counselling and planning aid adjustment.
- Extra interests among the retirement people satisfied and adjusted.
- Social contacts aid in adjusting to retirement.
- A good economic status,which makes it possible to live comfortably and enjoy meaningful reactions is essential to good adjustment to retirement.
- A happy marital status aids adjustment to retirement.
- There is an inverse relationship between work satisfaction and retirement satisfaction.
- Place or residence affects adjustment to retirement.
- The attitudes of family members toward retirement have a profound effect on workers' attitude.

Adjustments to changes in Family life in old age

- Relationship with spouse- the first important adjustment centering around family relationships, elderly people must make is establishing good relationships with their spouses.
- Changes in sexual behaviour- elderly people must make changes in their sexual behaviour.
- Relationship with offspring- when parents are willing to their attitudes toward their child's age and developmental level, the chances are that the parent- child relationship will be a wholesome one as the years go on, and that the elderly person will find much satisfaction in the companionship of sons and daughters.

- Relationships with grandchildren- the fun seeking role, the surrogate-parent role, the reservoir of the family wisdom role, the formal role and distant figure role.
- Adjustment to loss of a spouse in old age
- Remarriage in old age
- Cohabitation in old age

Vocational and family life hazards of old age

- ❖ Prevention from working
- ❖ Lack of vocational opportunities
- ❖ Laid off situation
- ❖ No new jobs getting
- ❖ Retirement
- ❖ Unfavourable attitude towards retirement
- ❖ Boredom in home
- ❖ Family life hazards
- ❖ Sexual deprivation
- ❖ Loneliness
- ❖ Living arrangements
- ❖ Role changes

Some factors influencing adjustment to old age

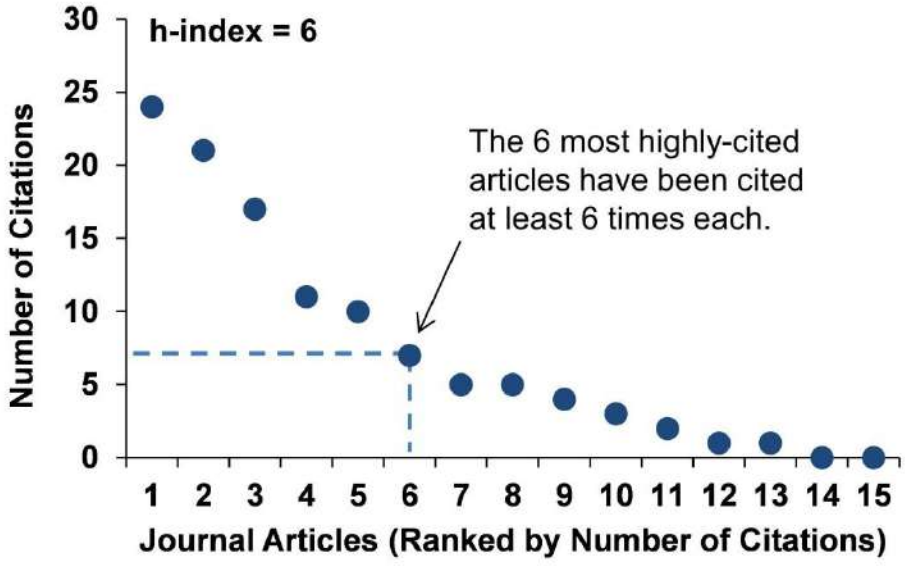
- ❖ Preparation for old age
- ❖ Earlier experiences
- ❖ Satisfaction of needs
- ❖ Retention of old friendship
- ❖ Grown children
- ❖ Social attitudes
- ❖ Personal attitudes
- ❖ Method of adjustment

DR.C.MEENAKSHI,

ASSOCIATE PROFESSOR IN EDUCATION

The concept of H-index

The h index was proposed by J.E. Hirsch in 2005 and published in the Proceedings of the National Academy of Sciences of the United States of America. The h index is a quantitative metric based on analysis of published data using publications and citations to provide "an estimate of the importance, significance, and broad impact of a scientist's cumulative research contribution." It is the highest number of publications of the scientists that received 'h' or more citations. It has immediately been recognized as an easily computable indicator for a scientist's achievement because it incorporates both publication quantity and citation quality. It also Provides good representation of the scientific lifetime achievement of the scientists as well as the simple calculations of the 'h' index using a common literature database that leads to the danger of improper use of indexes. The h index serves as an alternative to more traditional journal in the evaluation of the impact of the work of a particular researcher. Because only the most highly cited articles contribute. In order to calculate the h-index there are databases which often show you how an article has been cited. According to Hirsch, the h index is defined as: "A scientist has index h if h of his or her Np papers have at least h citations each, and the other (Np – h) papers have ≤h citations each."



How Calculated: Number of papers(h) that have received at least h citations

As an example, a *h* index of 10 means that among all publications by one author, 10 of these publications have received at least 10 citations each.

Hirsch argues that the *h* index is preferable to other single-number criteria, such as the total number of papers, the total number of citations and citations per paper. However, Hirsch includes several caveats:

- A single number can never give more than a rough approximation to an individual's multifaceted profile;
- Other factors should be considered in combination in evaluating an individual;
- There will be differences in typical *h* values in different fields, determined in part by the average number of references in a paper in the field, the average number of papers produced by each scientist in the field, and the size (number of scientists) of the field; and
- For an author with a relatively low *h* that has a few seminal papers with extraordinarily high citation counts, the *h* index will not fully reflect that scientist's accomplishments.

Hirsch stressed that the full career publications for an author should be used for the h index

Since Hirsch introduced the *h* index in 2005, this measure of academic impact has garnered widespread interest as well as proposals for other indices based on analyses of publication data such as the *g* index, *h (2)* index, *m* quotient, *r* index, to name a few.

Several commonly used databases, such as Elsevier's *Scopus*, Clarivate Analytics' *Web of Science*, and Google Scholar provide h index values for authors.

Resources to Find the h index

- **Google Scholar**

  Google Scholar provides the h index for authors who have created a profile.

- **Publish or Perish**

Publish or Perish is a software program that retrieves and analyzes academic citations from Google Scholar and provides the h index among other metrics. Publish or Perish is handy for obtaining the h index for authors who do not have a Google Scholar profile.

- **Scopus**

  Scopus provides a Citation Tracker feature that allows for generation of a Citation Overview chart to generate a h index for publications and citations from 1970 to current. The feature also allows for removal of self-citations from the overall citation counts.

- **Web of Science**

  Web of Science allows for generation of the h index for publications and citations from 1970 to current using the "Create Citation Report" feature.

MRS.RETHI.M

LIBRARIAN

APPLICATIONS IN THE AGE OF ARTIFICIAL INTELLIGENCE

Applications of Artificial Intelligence in Education:

Although the education sector is the one most influenced by humans, Artificial Intelligence has slowly begun to seep its roots in the education sector as well. Even in the education sector, this slow transition of Artificial Intelligence has helped increase productivity among faculties and helped them concentrate more on students than office or administration work.

Some of these applications in this sector include:

Administrative Tasks Automated to Aid Educators

Artificial Intelligence can help educators with non-educational tasks like task-related duties like facilitating and automating personalized messages to students, back-office tasks like grading paperwork, arranging and facilitating parent and guardian interactions, routine issue feedback facilitating, managing enrollment, courses, and HR-related topics.

Creating Smart Content

Digitization of content like video lectures, conferences, and text book guides can be made using Artificial Intelligence. We can apply different interfaces like animations and learning content through customization for students from different grades.

Artificial Intelligence helps create a rich learning experience by generating and providing audio and video summaries and integral lesson plans.

Voice Assistants

Without even the direct involvement of the lecturer or the teacher, a student can access extra learning material or assistance through Voice Assistants. Through this, printing costs of temporary handbooks and also provides answers to very common questions easily.

Personalized Learning

Using AI technology, hyper-personalization techniques can be used to monitor students' data thoroughly, and habits, lesson plans, reminders, study guides, flash notes, frequency or revision, etc., can be easily generated.

Applications of Artificial Intelligence in Lifestyle

Artificial Intelligence has a lot of influence on our lifestyle. Let us discuss a few of them.

Autonomous Vehicles

Automobile manufacturing companies like Toyota, Audi, Volvo, and Tesla use machine learning to train computers to think and evolve like humans when it comes to driving in any environment and object detection to avoid accidents.

Spam Filters

The email that we use in our day-to-day lives has AI that filters out spam emails sending them to spam or trash folders, letting us see the filtered content only. The popular email provider, Gmail, has managed to reach a filtration capacity of approximately 99.9%.

Facial Recognition

Our favorite devices like our phones, laptops, and PCs use facial recognition techniques by using face filters to detect and identify in order to provide secure access. Apart from personal usage, facial recognition is a widely used Artificial Intelligence application even in high security-related areas in several industries.

Recommendation System

Various platforms that we use in our daily lives like e-commerce, entertainment websites, social media, video sharing platforms, like YouTube, etc., all use the recommendation system to get

user data and provide customized recommendations to users to increase engagement. This is a very widely used Artificial Intelligence application in almost all industries.

Applications of Artificial Intelligence in Human Resource

Did you know that companies use intelligent software to ease the hiring process?

Artificial Intelligence helps with blind hiring. Using machine learning software, you can examine applications based on specific parameters. AI drive systems can scan job candidates' profiles, and resumes to provide recruiters an understanding of the talent pool they must choose from.

Applications of Artificial Intelligence in Gaming

Another sector where Artificial Intelligence applications have found prominence is the gaming sector. AI can be used to create smart, human-like NPCs to interact with the players.

It can also be used to predict human behavior using which game design and testing can be improved. The Alien Isolation games released in 2014 uses AI to stalk the player throughout the game. The game uses two Artificial Intelligence systems - 'Director AI' that frequently knows your location and the 'Alien AI,' driven by sensors and behaviors that continuously hunt the player.

Applications of Artificial Intelligence in Social Media

Instagram

On Instagram, AI considers your likes and the accounts you follow to determine what posts you are shown on your explore tab.

Facebook

Artificial Intelligence is also used along with a tool called Deep Text. With this tool, Facebook can understand conversations better. It can be used to translate posts from different languages automatically.

Twitter

AI is used by Twitter for fraud detection, removing propaganda, and hateful content. Twitter also uses AI to recommend tweets that users might enjoy, based on what type of tweets they engage with.

DR.D VANI MAHESWARI

ASSOCIATE PROFESSOR IN MATHEMATICS

TEN MOST SIGNIFICANT WORLD EVENTS IN 2021

Here are my top ten world events in 2021. You may want to read what follows closely. Several of these stories will continue into 2022 and beyond.

10. The AUKUS Deal Debuts. On September 15, President Joe Biden, Australian Prime Minister Scott Morrison, and British Prime Minister Boris Johnson jointly announced a new trilateral security partnership named AUKUS. The most significant part of the deal was the U.S. pledge to provide Australia with technology to build eight nuclear-powered (but not nuclear-armed) submarines. The only other country to receive similar access to U.S. technology is the United Kingdom.

9. Migration Crises Test Rich Countries. The downturn in international migration flows in 2020 triggered by COVID-19 continued into 2021. That didn't translate, however, into the end of migration crises. A case in point was the southern U.S. border. By October, the number of people entering the United States illegally had hit 1.7 million over the prior year, the highest number since 1960.

8. Iran's Nuclear Program Advances. The year began with optimism that the Iran nuclear deal might be revived three years after President Donald Trump quit the agreement. Joe Biden came to office calling Trump's Iran policy a "self-inflicted disaster" and pledging to return to the deal if Iran returned to compliance. Making that happen was easier said than done, however. In February the Biden administration accepted an invitation from the European Union to rejoin negotiations.

7. Supply Chains Falter. "Supply chains" became a household term in 2021. For decades businesses believed that outsourcing production was the key to success. That strategy worked: companies that honed their supply chains saw their costs drop and profits rise. Then came COVID-19. It exposed the downside of supply chains: shortages and stoppages far away create shortages and stoppages at home. When the pandemic first hit, factories closed and many companies let inventories dwindle to avoid being stuck with unsold goods.

6. The Taliban Return to Power. The U.S. war in Afghanistan ended as it started twenty years earlier: with the Taliban in power. In 2020, President Donald Trump struck a deal with the Taliban that required withdrawing all U.S. troops by May 1, 2021. Two weeks before that deadline, President Joe Biden ordered that a complete U.S. withdrawal be concluded by no later than September 11, 2021—the twentieth anniversary of the 9/11 attacks. As the withdrawal proceeded, the Afghanistan national army collapsed and the Taliban overran the country. Kabul fell on August 15, trapping thousands of foreigners in the capital city.

5. Ethiopia's Civil War Worsens. Ethiopian Prime Minister Abiy Ahmed was awarded the 2019 Nobel Peace Prize for brokering peace with neighboring Eritrea. Less than two years later, Ethiopia is embroiled in a bitter civil war. The immediate pretext for the fighting came in November 2020 when Abiy ordered the Ethiopian military to attack the northern province of Tigray after forces linked to the Tigray People's Liberation Front (TPLF) looted a federal army base. But bad blood between Abiy and the TPLF predated that incident; upon coming to power in 2018 Abiy drove the TPLF out of the ruling political party, ending its decades-long domination of Ethiopian politics.

4. The Global Democratic Erosion Continues. The global erosion of democratic governance that has been underway since 2006 continued in 2021. The United States, long the champion of democracy, saw its peaceful transition of power disrupted for the first time in its history by the January 6 insurrection. That event, coupled with efforts in many red states to restrict voting rights and give legislatures the right to overturn election results, led to what was once unthinkable—the United States being named a "backsliding democracy." It had plenty of company on that front.

3. Joe Biden Becomes President. "America is back." Joe Biden made that point repeatedly in 2021. He moved quickly upon taking office to fulfill his promise to strengthen relations with America's allies. He returned the United States to the Paris Climate Agreement and the World Health Organization, renewed New START for five years, sought to revive the Iran nuclear deal, and ended U.S. support for offensive military operations in Yemen. These moves away from former President Donald Trump's America First policies drew applause overseas; initial polls showed a sharp improvement in the U.S. image abroad.

2. COVID-19 Vaccines Arrive as the Virus Mutates. The vaccines created to address the novel coronavirus may join the smallpox, polio, and measles, mumps, and rubella vaccines as major advances in saving lives and diminishing morbidity. The speed at which COVID-19 vaccines were developed was stunning. Vaccines historically took ten to fifteen years to develop. The quickest any vaccine had been developed previously was the four years it took to create the mumps vaccine. COVID-19 vaccines were created in less than a year.

1. Countries Fail the Climate Change Challenge—Again. "A code red for humanity." That's how UN Secretary General António Guterres' described the UN report released in August that concluded that humanity faces catastrophic climate change unless the emission of heat-trapping gases is slashed. But one didn't need to read the 4,000-page report to know that. Extreme weather dominated the news in 2021, as it has for much of the past decade. Record drought wracked the American southwest. Record flooding devastated Belgium and western Germany. Epic wildfires tore through Greece. Late season monsoons ravaged India and Nepal.

SR.MARTHAL

ASST.PROF.IN HISTORY EDUCATION

BENEFITS OF SOCIAL MEDIA IN EDUCATION

What is social media?

Social media is an internet-based form of communication. Social media platforms allow users to have conversations, share information and create web content. There are many forms of social media, including blogs, micro-blogs, wikis, social networking sites, photo-sharing sites, instant messaging, video-sharing sites, podcasts, widgets, virtual worlds, and more.

What are the benefits of using social media?

Billions of people around the world use social media to share information and make connections. On a personal level, social media allows you to communicate with friends and family, learn new things, develop your interests, and be entertained. On a professional level, you can use social media to broaden your knowledge in a particular field and build your professional network by connecting with other professionals in your industry. At the company level, social media allows you to have a conversation with your audience, gain customer feedback, and elevate your brand.

What Are Educational Apps?

In layman's terms, an education app platform is all about integrating learning management systems and technologies to offer a customized, end-to-end learning solution. In other words, an educational app is a software that enables and encourages virtual teaching, especially self-learning.

An educational app helps individuals with remote learning of any kind. Today, educational apps are used by school kids, college students, and even professionals.

The 21st century has a place for technology. And we all know that the advent of technology has greatly affected the education industry as well. These ever-evolving technologies have been reshaping the education field for so long.

Educational apps are adding feathers to the cap in today's e-learning era. Learning apps are making learning easier for students and even making learning entertaining to the core. If you ask how educational apps are transforming the education system, the answer will be simple. Educational apps are interactive and fun for everyone to use.

There are several benefits of learning app development, including knowledge enhancement, personalized learning experiences, improved interaction, accessibility to online study material, ease of communication, and most importantly, providing remote access. So yeah, educational apps are ever-evolving and have been transforming today's digital learning system tremendously.

Social media in the classroom

There are many social media tools for education that can be taken advantage of for students of any age, from elementary all the way through college.

1. Use a Facebook Page to broadcast updates and alerts.

Facebook can be the perfect social media platform to incorporate into the classroom. Instead of putting instructors and students alike through a new learning curve when dealing with a traditional online classroom dashboard, stick to something everyone already knows.

Have students follow the class's **Facebook Page**, and the instructor can use it to post class updates, share homework assignments and encourage discussion.

Even if a student isn't active on Facebook, these Pages are still accessible when signed out. However, keep in mind Facebook Page are public and anyone with a Facebook account can comment on the posts.

2. Use Twitter as a class message board.

Twitter can be great as a discussion board or message board for a class. Teachers can create a single Twitter handle per class and reuse it every year, or they can create a new handle each school year. The 280 character limit makes students think critically on communicating concisely and effectively, a beneficial skill to develop.

Teacher can use Twitter to post reminders for assignment due dates or share inspirational quotes and helpful links to practice quizzes or resources.

Teacher can also create discussions and Twitter chats surrounding a specific hashtag that they create.

3. Use Instagram for photo essays.

In a visual heavy class, students can use Instagram to present a series of photos or graphics in a visually appealing manner. Instagram allows students to practice digital storytelling in ways that other social media platforms may fall short.

Students can create class-specific Instagram accounts and may delete them after the course is over if they so choose.

4. Create a class blog for discussions.

Writing blog posts gives students another outlet for digital content that they can then easily link back to class social channels. There are many different platforms available, such as WordPress, SquareSpace, Wix, Blogger, Tumblr or Medium, where teachers can create a class blog. Students can create their own user accounts to make discussion posts or add comments on class prompts.

The course syllabus and any assignments, updates and resources can be shared on a blog as a central location as well.

5. Assign blog posts as essays.

Having students create in their own blog for essays or short-form writing is another strategy for combining social media and learning. Blogs as a semester- or year-long assignment can improve students' short-form writing and critical thinking. Have students responded to weekly prompts, making it as informal and loosely structured as possible. Don't feel limited to just an English or writing class; this use of social media in education can be transferred across all subjects.

6. Create a class-specific Pinterest board.

Instructors can create Pinterest boards for each of their classes and save pins that are relevant to the lessons.

Pinterest is a great social media platform for teachers to use to prepare and organize resources, lesson plans and worksheets for their classes in one place. Create boards according to class or subject, and create sub-topic boards for weekly units or all worksheets.

Pinterest can also be useful for students to curate a digital bibliography for research projects, papers or group assignments. Students can pin websites, books or videos to a board on a single topic and refer back to it when it's time to write.

7. Include social media links on your school website.

Make it easy for parents and students to find your school's social media profiles by adding links to the website's main navigation or **creating a social media directory** that houses them all in one place.

Many parents and prospective students will check a school's website first if they're interested, and offering even more ways to follow the school creates a different insight into campus life.

8. Create a social media crisis strategy.

How would you communicate with the entire campus during an emergency? Whether it's a fire, tornado or other immediate campus emergency, determine how your school will incorporate social media into their crisis **communication plan**. Keep parents and students updated on the situation by sharing information about the crisis and if the authorities are involved.

Many campuses have automated messaging alerts set up, but using social media will keep even more people updated and informed.

9. Manage your accounts all under one roof.

Social media marketing for your school or university should focus exclusively on making your school seem like the best option for prospective students or parents.

All you need is a social media management tool that makes it easy for you to publish content for each of your school's social media platforms.

A tool like Sprout Social can help make social media management a breeze, regardless of whether you're a solo marketer or a full marketing department. Multiple users can use the Sprout platform to create content with consistent messaging and **schedule posts across all networks**.

Summing It Up

Using educational apps is a double-edged sword as it has several advantages, but multiple shortcomings as well. However, the world is advancing with the advent of technology; therefore, developing a learning app (keeping the importance of educational apps in mind) can be a smart move to attract more learners and make education efficient.

From mobility to better engage, personalized learning, and round-the-clock availability, educational apps have a lot to offer to learners as well as businesses developing them. So go ahead develop an immersive learning app that will win your learners' hearts.

SR. A.SASIKALA

ASSISTANT PROFESSOR IN EDUCATION

TOOLS FOR TEACHING ENGLISH

(Incorporate technology into the ESL classroom)

English is a West Germanic language that originated in Anglo-Saxon England. As a result of the military, economic, scientific, political, and cultural influence of the British Empire during the 18th, 19th, and early 20th centuries and of the United States since the mid-20th century, it has become the lingua franca in many parts of the world. It is used extensively as a second language and as an official language in Common wealth countries and many international organizations.

This Article mainly focus on English Language Tool to develop English language proficiency. These tools describe how ESL classroom use English Language easily and how to equip our language smoothly for students as well as faculty members.

Alloy Multimedia

ESL Reading Smart is a web-based English language learning environment founded on a unique instructional design. It is easily implemented as a student-centered, stand-alone application or a blended learning environment, integrating online student work and classroom instruction. The program offers individualized, content-based instruction to develop English language proficiency with emphasis on literacy and cross-curricular vocabulary development for newcomers, beginners, intermediate, early advanced, and advanced English learners. It monitors student progress, and tracks students' readability and grade gains based on The Lexile Framework for Reading, providing daily, weekly, and on-demand student reports. Tracking is at individual, class, school and district level. Several independent studies have shown that ESL Reading Smart is an effective intervention program that raises students' reading and language scores. This year's independent study was presented in the National Forum of Teacher Education Journal in April. The authors stated, "by working with culturally appropriate text at their functional reading level, students were able to demonstrate gains while experiencing literature that may not otherwise have been available to them." The program's user friendly interface is backed by a team of professionals always available to answer questions and provide support. New content is regularly added so students and teachers are never saddled with static software.

Califone

Podcasts provide new ways for students to interact with the content matter as well as to demonstrate their learning. By creating podcasts, students can display and extend their creativity using audio as a means of self-expression. In addition, teachers can use podcasts to communicate regularly with parents by posting school updates on their web site. They can also publish lesson guides in a podcast format to help students who many have missed sections, or who simply need reinforcement when completing homework assignments. MP3 players are especially useful in language learning and ELL classrooms, where students may need additional reinforcement or teacher guidance outside the classroom. Recording a podcast in a language learning environment can illustrate to the teacher how well a student's pronunciation, diction and understanding have progressed over time. Plus, it allows teachers to keep a digital file of each student's progress, which is helpful for long-term assessment. The easy-to-use MP3 player includes a built-in microphone and dual headphone jacks — both industry firsts — making it ideal for learning centers, language labs and libraries. The playback volume is also capped at 85dB for hearing safety.

MRS. D. THILAGAVATHI,

ASSISTANT PROFESSOR IN ENGLISH.

நம்பிக்கை மற்றும் ஆசாரங்கள்

படுக்கையை விட்டு எழும் போது ஜெபம் சொல்லி எழுவது எதற்கு?

சங்க கால எளிய மக்கள் உழைக்கும் வர்க்கத்தினைச் சார்ந்தவர்கள். இவர்கள் சூரியன் உதயமாவதற்கு முன் விழித்தெழுந்தனர். துயில் எழுவதற்கு சேவலின் கூவலும் பிற பறவைகளின் ஒலியும் துணை செய்தன.

"நான் மறைக்கேள்வி நவில் குரல் எழுப்ப
ஏம இன்துயில் எழுதல் அல்லதை
வாழிய வஞ்சியும் கோழியும் போலக்
கோழியின் ஏழாது எம்பள் உயிர் துயிலே

- என்பதை பரிபாடல், மதுரைக்காஞ்சி நூலில் அதிகாலை துயில் எழுதலை கூறுகின்றன.

அவ்வாறு, விழித்தவுடன் இருகைகளையும் மலர விரித்து அதைப்பார்த்து லட்சுமி, சரஸ்வதி, கௌரி என்ற தேவிமாரை தரிசித்து மந்திரம் சொல்ல வேண்டும்.

கராக்ரேவாசதே லட்சுமி,
கரமத்யே சரஸ்வதி
கரமூலே ஸதிதா கௌரி
பிரபாதே கரதர்சனம்

தூக்கம் நீடித்திருக்கும் போது மனிதனின் இரத்த ஓட்டத்துக்காக இருதயம் மிகக்குறைவான சக்தியே பயன்படுத்தப்படுகிறது. திடீரென குதித்தெழுந்து செல்லும் போது இருதயம் மிகக்கடினமாகச் செயல்பட வேண்டிய நிலை உருவாகின்றது. இது இதயத்துடிப்பை அதிகரித்து நிலை தடுமாறச் செய்கின்றது. படுக்கையை விட்டு எழும்பியிருந்து சிறிது நேரம் பதிந்த குரலில் மந்திரங்கள் சொல்லிக் கொண்டிருக்க வேண்டும் என்று நம் முன்னோர்கள் கற்பித்துள்ளனர். இது நம் இரத்த ஓட்டத்தை நிலை நிறுத்துவதற்காகவே என்று விஞ்ஞானம் கூறுகின்றது.

இன்றைய மக்கள் பல பேர் நம் முன்னோர்கள் சொன்ன வி'யம் என்று சொன்னால் முகம் சுளிக்கின்றார்கள். அதையே விளம்பர உத்தியாக யோகா என்று சேர்க்கும் போது அதை வரவேற்கிறார்கள். இறந்த காலத்தில் நம் முன்னோர்கள் பயன்படுத்திய ஒரு சில நிகழ்வுகளை நாம் நிகழ்காலத்தில் பயன்படுத்தினால் வாழும் காலத்தை காக்க முடியும்.

- திருமதி.ச.மணிமேகலை
உதவி பேராசிரியர் தமிழ்துறை

AUGMENTED REALITY IN EDUCATION

Augmented Reality

Augmented reality superimposes sounds, videos, and graphics onto an existing environment. It uses four main components to superimpose images on current environments: cameras and sensors, processing, projection, and reflection. Each of these components provides an individual function. For example, cameras and sensors can detect an image's depth or calculate the distance between two objects before superimposing digital content atop the user's view. Projection and reflection add virtual information over what a user sees; for example, a method known as projection mapping enables AR apps to digitally overlay video onto any physical surface.

As for processing and transmitting data, limited bandwidth and latency wireless networks have typically posed challenges to wide-ranging adoption of AR. But thanks to faster wireless connectivity through 5G cellular networks and next generation devices' improved processing power, opportunities to explore AR's full potential are expanding. With these core AR components, educational institutions can incorporate interactive classrooms into their curricula. Using AR in the classroom can improve learning by helping educators create interactive classrooms that increase student engagement. Incorporating AR components into daily work practices can also help businesses solve problems and improve inefficiencies.

Augmented Reality in Education Examples

- Math

AR tools can help teachers create engaging and educational math content that sparks students' curiosity, helping them achieve academic success. Smartphone AR app Photo math allows students to scan a math problem from a physical worksheet, then virtually walks them through calculation steps using animation. AR apps can also help students understand mathematical concepts through visualization and interactive 3D models. For example, the Merge Cube enables students to hold, view, and rotate a virtual cube, offering an interactive way to learn about geometry.

- Chemistry and biology

With AR apps, teachers can help make learning about science more engaging through interactive lessons. By combining AR elements, videos, and animation, teachers can aid students in their scientific inquiries. For example, Chem101 AR helps students to understand complex compounds such as acids and oxides. Through special cards, students can virtually modify molecular structures and create new substances.

- History

Teachers can take advantage of AR tools to help students experience history interactively. Tools such as 360Cities and Timelooper enable virtual visits to sites worldwide to teach about cultural and historical perspectives. At museums and historical sites, students and teachers can use their Smartphone to access AR apps that provides additional information and context about historical pieces on display.

- Coding

A key benefit of AR technology is that it allows students to get involved in the process of developing lesson plans in collaboration with teachers. Teachers can also use platforms to develop coding lesson plans with AR technology. For example, Tynker provides teachers with tools to teach coding for video games. It also allows students to build AR classroom projects.

Augmented Reality in Higher Education

In higher education, augmented reality is used for a wide range of applications. Faculty use AR platforms to incorporate gamification into curricula and create educational material. Through AR technology, teachers can materialize abstract concepts to help students visualize and understand challenging subjects.

- Theater

With theaters embracing technologies such as the ARShow platform, which allows producers to add AR elements into live performances, university drama departments are incorporating augmented reality into their curricula. For example, one college developed an AR app to visualize stage design and allow virtual walk-throughs before set construction.

- Science, technology, engineering, and math

AR in higher education is gaining traction in science, technology, engineering, and math departments across the U.S. For example, a hands-on, collaborative lab enables students to use AR technology to operate a chemical plant and experiment with different chemical reactions.

- Medicine

AR is transforming medical training. It can provide medical students with opportunities to watch live surgeries taking place in real time. AR applications can also help medical students learn about the human anatomy through simulations and models. One innovative app allows surgeons to take a walk-through of a patient's organs before performing a procedure.

- History

Students and faculty, enhanced the experience of a digitized history project highlighting the events of a World War II Japanese-American internment camp. They used drone image capture technology and AR to create a 3D reconstruction of events during this significant moment in U.S. history.

Augmented Reality Apps for Education

- Human Anatomy Atlas 2021 — 3D models and simulations of male and female anatomy help students and healthcare professionals understand how the human body works. Users can perform virtual dissections, view animations, explore muscle action, and more.
- Holo-Human — This AR app provides users with a collaborative environment to explore human anatomy models, including internal and 360-degree views. Teachers can also create lesson plans.
- VR Frog Dissection: Ribbit-ing Discoveries — In biology classes everywhere, students dissect frogs to learn about bodies. Through a fully immersive experience, this app substitutes this practice to allow teachers and students to study the anatomy of a frog through virtual dissection.

- GeoGebra Augmented Reality — From geometry and algebra to statistics and calculus, this interactive tool supports science, technology, engineering, and mathematics (STEM) education through AR features that allow students to explore shapes and 3D functions, use critical thinking skills, and more.
- Expeditions — With hundreds of AR tours, this versatile app enables teachers and students to create and explore interactive, virtual environments.
- Exoplanet — This app, developed by a professional astronomer, provides an interactive catalog of known planets orbiting stars in the Milky Way.
- Star Walk — Users of this AR app can see and identify constellations and stars in real time and learn about interesting astronomy facts and daily statistics.
- Touch Surgery — Doctors and surgeons can use this app to prepare for surgical cases and learn about different procedures.
- 4D Interactive Anatomy — Students can test their knowledge and faculty can create custom quizzes using this 4D interactive anatomy app.
- Visible Body — For those with limited access to a lab, this app with AR dissection features allows students to see 3D models of the human anatomy in the real world.
- Plantale — Study a plant's life journey and plant anatomy with this interactive AR app.
- Boulevard AR — This AR app brings artwork from the National Portrait Gallery to life to provide a museum-style experience from anywhere.
- 3DBear — This app combines AR, VR, 360-degree photos, scanning, and 3D printing to enhance remote and in-person learning.
- zSpace — This AR platform allows faculty to create immersive academic experiences and create content for a wide range of courses.

MRS.L.VINNARASI

ASSISTANT PROFESSOR OF MATHEMATICS EDUCATION

FUTURE OF WORK

Your mindset is a set of beliefs that shape how you make sense of the world and yourself. It influences how you think, feel, and behave in any given situation.

There are two basic mindsets: fixed and growth. If you have a fixed mindset, you believe your abilities are fixed traits and therefore can't be changed. You may also believe that your talent and intelligence alone lead to success, and effort is not required.

On the flip side, if you have a growth mindset, you believe that your talents and abilities can be developed over time through effort and persistence. People with this mindset don't necessarily believe that everyone can become Einstein or Mozart just because they try. They do, however, believe that everyone can get smarter or more talented if they work at it.

Here are some fixed vs. growth mindset examples.

Fixed Mindset	**Growth Mindset**
Either I’m good at it or I’m not.	I can learn to do anything I want.
That's just who I am. I can't change it.	I'm a constantly evolving work in progress.
If you have to work hard, you don't have the ability.	The more you challenge yourself, the smarter you become.
If I don’t try, then I won’t fail.	I only fail when I stop trying.
That job position is totally out of my league.	That job position looks challenging. Let me apply for it.

What Is My Mindset?

Do you have a fixed or growth mindset? To find out, start by reading the following statements and decide which ones you agree with most:

1. You're born with a certain amount of intelligence and it isn't something that can be changed.

2. No matter who you are, there isn't much you can do to improve your basic abilities and personality.
3. People are capable of changing who they are.
4. You can learn new things and improve your intelligence.
5. People either have particular talents, or they don't. You can't just acquire talent for things like music, writing, art, or athletics.
6. Studying, working hard, and practicing new skills are all ways to develop new talents and abilities.

If you tend to agree most with statements 1, 2, and 5, then you probably have a more fixed mindset. If you agree most with statements 3, and 4, 6, however, then you probably tend to have a growth mindset.

How to Unfix a Fixed Mindset

While people with a fixed mindset might not agree, Dweck suggests that people are capable of changing their mindsets. Here's how.

- **Focus on the journey**. An important factor when building a growth mindset is seeing the value in your journey. When you're fixated on the end result, you miss out on all the things you could be learning along the way.
- **Incorporate "yet."** If you're struggling with a task, remind yourself that you just haven't mastered it "yet." Integrating this word into your vocabulary signals that despite any struggles, you can overcome anything.
- **Pay attention to your words and thoughts**. Replace negative thoughts with more positive ones to build a growth mindset.
- **Take on challenges**. Making mistakes is one of the best ways to learn.[4] So, instead of shying away from challenges, embrace them.

Became growth mindset ambassadors

Before teaching anything, we must embrace it ourselves. When you experiment new things in class the student see you as partners in their learning journey. Even as educators we can inspire

our students to be lifelong learners by sharing stories of how or what we are currently learning. Your students will be more open to challenges when you tell them how you are learning mixed material arts, learning to play the ukulele or writing a novel. When they see you learning new things, it will become part of the school culture.

MISS. C.ILAVARASI

ASST. PROF. IN PHYSICAL SCIENCE

ENABLING STUDENTS TO IMPROVE THEIR RESILIENCE

INTRODUCTION

All students will experience difficult situations at some point in their educational career, both academic and social. For children in the later years of primary school, for example, common sources of stress are teasing and bullying, conflict with teachers or parents, competition with peers, homework, tests and class presentations, and the transition to high school.

RESILIENCE

Resilience is the capacity to adapt well when faced with adversity or stress. Resilience helps students stave off potential negative psychological effects of challenging experiences. Resilience involves more than continuing to persist despite difficulty. Resilient students interpret academic or social challenges in a positive way (such as increasing effort, developing new strategies, or practising conflict resolution).

There are several critical abilities associated with resilience, including

- Emotional regulation (the ability to keep calm and express emotions in a way that helps the situation)
- Impulse control (making a conscious choice whether to act on a desire to take action, and the ability to delay gratification and persevere)
- Causal analysis (to analyse problems and identify causes accurately)
- Empathy (the ability to understand the feelings and needs of another person)
- Realistic optimism (keeping a positive outlook without denying reality)
- Self-efficacy (belief in one's ability to solve problems and handle stress)
- Opportunity seeking (the ability to take new opportunities and reach out to others)

Resilient people also display courage and motivation to face problems and difficulties accurately (rather than denying or exaggerating them) and they maintain a positive mindset and confidence to persevere. In general, students with higher resilience tend to have more positive

outcomes, including better psychological well-being, higher self-efficacy, and less problem behaviour. Resilience is identified as one of the NZ Curriculum's key competencies for "managing self".

Resilience fluctuates at different ages and developmental stages, and also varies across different contexts. Resilience is not a character trait that children are born with, but is a developmental process mostly influenced by children's experiences and relationships. This means that psychological resilience can be learned and developed.

RESILIENT MINDSETS

Resilience (like its opposite, vulnerability) is produced as a consequence of a particular way of interpreting problems (rather than just the presence of social or academic adversity). Resilience is significantly influenced by people's mindsets — their patterns for interpreting events, including why they happen, who is to blame for the difficulty, and what impact a problem will have. In addition, people's thinking about the permanence of the problem and its pervasiveness across various aspects of their life affects their ability for resilience.

BEHAVIOURS THAT THREATEN RESILIENCE:

Jumpingto conclusions, personalising issues, making assumptions about what others know or think, allowing emotions to dominate reasoning, over-generalising, magnifying the negative features or minimising the positive features of a situation, and catastrophising or exaggerating the likelihood or extent of negative outcomes.

COPING STRATEGIES

Key to resilience is the use of positive coping strategies that promote internal well-being in times of stress, risk and adversity. Coping strategies involve implementing a wide set of skills and responses to manage external demands perceived as challenging or conditions perceived as adverse.

Coping strategies can be problem-focused, where individuals seek to address the source of the issue and implement actions aimed at a solution. Or coping strategies can be emotion-focused, regulating internal processes; for example, through processing, acknowledging,

expressing and understanding emotions. (However, be wary of students overly focusing on negative emotional responses, as this can potentially undermine the development of resilience.)

Not all coping strategies are equally effective, nor do they all promote the development of resilience. Some coping strategies, such as ignoring the problem, worrying or passively accepting the situation, undermine student resilience. However, coping strategies such as positive reinterpretation of the problem, and problem solving are resilience-enhancing.

Therefore teaching students about productive choices and methods of coping and encouraging them to use them can have beneficial outcomes for resiliency. Developing a repertoire of productive coping strategies which can be flexibly employed in different situations is key.

RESILIENCE-ENHANCING

- Positive reinterpretation
- Reinterpreting a stressful event in positive terms
- Humour
- Finding aspects to laugh at in order to minimise stress
- Active coping Initiating direct action to mitigate the stress
- Planning
- Selecting a series steps to best handle the problem
- Seeking help and social support
- Seeking advice, assistance or information, moral support, empathy or understanding
- Resilience-undermining
- Focus on, and venting, emotions
- Focusing on what is distressing or upsetting and releasing those feelings
- Mental disengagement
- Choosing activities which distract the student from thinking about the stress
- Behavioural disengagement
- Reducing effort applied to dealing with the stressful event
- Denial Denying or acting as though the stressor isn’t real
- Acceptance

- Accepting the reality of a situation

Resilience teaching tips

Positive reinterpretation and humour

- Teach children not to exaggerate problems or jump to conclusions but to look on the bright side of things and laugh at their mistakes. Find positive meaning in obstacles. Help students to normalise, rather than personalise or catastrophise, stressful events.
- Practise using positive self-talk using scripts, and practise using humour. Greater levels of humour are associated with more positive self-concept and higher levels of self-esteem, and more positive responses to both positive and negative life events.
- Ask children "What are you saying to yourself?" and "What are you thinking inside your head?", and if necessary, help them to reframe these thoughts. Teach students to think "What's wrong with this situation?", not "What's wrong with me?" or "Why me?".

Planning and active coping

- Teach students ways to calm themselves down when stressed, and plan for positive outcomes.
- Teach students how to take the initiative in dealing with problems. Develop a framework for problem solving involving stages such as: identifying the problem, analysing the cause or contributing factors, determining who might be able to help, and seeking other ways to think about the problem that invite different solutions.
- Support resourcefulness by providing students with opportunities for problem solving and organising their own learning. Develop students' skills in creative problem solving and decision making.

Help-seeking and self-disclosure skills

- Ensure students know who to talk to if they have a problem or are experiencing difficult emotions. Teach them how to tell someone how they are feeling, and to reach out to ask for support from others when they need it.

- Provide opportunities for students to recognise and manage their own emotions, and to recognise and respond with empathy to the emotions of others.

- Practise naming and talking about emotions with others.

- Help students identify situations that make them feel distressed, anxious or angry, and talk about ways of dealing with these feelings and identifying these feelings in other people. Being able to control one's feelings and behaviour is a big part of resilience. Also being able to intuit others' feelings in order to get along well with others provides a sense of social support necessary for feeling resilient.

Conclusion

Resilience is one of the needed virtue which needs to be cultivated in the minds of the children very consciously and deliberately in the present scenario where a lot of stresses and conflicts emerge as mushrooms. It is definitely one of the most important duties of the Parents and teachers to make the children to be strong enough.

SR.IGNACIAMMAL

ASST PROF IN BIOLOGICAL EDUCATION

PHYSICAL ACTIVITY, EXERCISE AND HEALTH

"The human body was designed to walk, run, or stop; it wasn't built for coasting." - **Cullen Hightower**

Physical activity refers to any bodily movement produced by skeletal muscle contraction that increases energy expenditure above a basal level. In the Guidelines, physical activity generally refers to the subset of physical activity that enhances health.

"Movement is the medicine for creating change in a person's physical, emotional, and mental states." - **Carol Welch**

Exercise is a form of physical activity that is planned, structured, repetitive, and performed intending to improve health or fitness. Although all exercise is physical activity, not all physical activity is exercise. Some physical activity is better than none.

"This atma is not attainable by a weak man." **- Swami Vivekananda**
"The first wealth is health." **- Emerson.**

Health is a human condition with physical, social, and psychological dimensions, each characterized by a continuum with positive and negative poles. Positive health is associated with a capacity to enjoy life and withstand challenges; it is not merely the absence of disease. Adverse health is associated with illness, and in the extreme, with premature death. Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes.

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"Fitness is not about being better than someone else...
It's about being better than you used to be."

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DR.G.REDEMPTA NISHANTHI,
DIRECTOR OF PHYSICAL EDUCATION,

GREEN CONSUMERISM IN THE COMING YEARS

Over time, "sustainability" has evolved from a simple buzzword to a mindset that has driven the consumption landscape to change. The breadth of available environmental data clearly points to an urgent need for collective action to minimize and reduce the harm that we have already inflicted on our planet. Therefore, **Green consumers** are making consumption choices amongst an ever-growing selection of 'green products'.

The origin of this necessity to behave in an environmentally friendly way goes back to the '60s and '70s. Since then, there has been a steady rise in global initiatives dedicated to **sustainability**. For example, the UN Intergovernmental Panel on Climate Change (1988), Kyoto Protocol (1997), Paris Climate Agreement (2016) are all milestones on the path towards reducing the harmful human impact on our environment.

Green Consumerism has **increased the demand for goods and services based on their pro-environment benefits**. Today, we are facing incredible environmental challenges. Rising sea levels, increasing global temperatures and deforestation to name just a few. All of these factors are raising awareness amongst us as consumers and reiterate the importance of making sustainable choices.

We can define this 'green consumer behaviour' through the following characteristics that are considered as major factors too:

- Ethical purchase choice, product use and post-use;
- Purchase and use of products with lower environmental impacts; and
- Use of organic products, made with low impact processes and can then easily be disposed of through recycling, biodegradability.

The importance of green consumerism, therefore, includes:

- Reduced waste in packaging
- Increased energy efficiency

- Decreased release of emissions and other pollutants during production and transportation processes
- Consumption of healthier, less environmentally harmful, foods.

MILLENNIALS DRIVING THE CHANGE

Clearly, sustainable materials are more of a consideration for younger generations. In fact, they are more conscious about their purchases reflecting their values, as emerged in the Global Web Index data. **Millennials** (aged 22-35) are more likely than any other generation to say that they would pay extra for sustainable products.

The consumers that Global Web Index surveyed in the UK and U.S. admitted they felt most responsible for the future of the planet. However, 52% believed **responsibility lies with manufacturers** or production bodies. This is an important point and, although the consumer can drive some of this change, there is also a need for multiple stakeholders to engage in sustainability across the supply chain and beyond, including regulatory bodies and Governments.

SUSTAINABLE PACKAGING: FROM A NICE-TO-HAVE TO A MUST-HAVE

As the Green consumer has become an increasingly important customer segment for a number of retailers and Brands, aspects such as packaging need to be reassessed and re-engineered with the environmental impact considered. Characteristics such as function, materials, end use all need to be addressed in line with specific market regulations and trends.

Clearly, a huge variety of innovative packaging solutions emerged to reduce the environmental impact and meet customer demand for sustainable and eco-friendly options. We have identified **3 key trends in Sustainable Packaging** this year:

i. Design for recycling/reuse
ii. Replace plastic with bioplastic
iii. Increased use of paper packaging

SUSTAINABILITY HAS A COST

While Consumers are genuinely concerned about the future of the environment, they are also price-conscious. This presents a significant challenge for manufacturers and brands to overcome. As we explained previously, environmentally-friendly alternatives tend to have a higher cost attached to them.

The relationship between affordability and sustainability is a complex one. As illustrated any studies my researchers, the gap between affordability and eco-consciousness grows larger with age. This is no doubt due to younger generations being more engaged in green consumerism for their own future in comparison with the mindset of their elder relatives.

However, there are also issues with the **'e-comm. age'**. For example, the younger generations have grown up in the age of e-commerce and have an expectation that all goods can be delivered to your doorstep at the click of a button. This should sit awkwardly in the context of sustainability given the carbon footprint of all these packages being sent to their door. However, ultimately, green consumerism will lead to more companies and their stakeholders engaged across all aspects of their product offer from delivery, manufacturing through to packaging, which will further address the broader sustainable spectrum.

SUSTAINABLE SOLUTIONS

At ET2C, industries are serious about sustainability and its benefit on the environment as well as the ultimate commercial benefits for purpose-driven companies. For this reason, sustainability will be a central part of our strategic initiatives in 2021. In particular, industries will look for sustainable options across factories, products, and packaging for our clients. The industries have already attained FSC certification and are continuously assessing other opportunities to continue our sustainability journey.

MRS. M.MEENAKSHI

ASST PROF OF COMMERCE

There is always a hidden repetition
In the junction of education.
The train of learning surpasses the he
Previous earning of learning
It is a nostalgic yearning
About the process of learning
In the journey, there are no mourning's
I see only colourful mornings
Also they are evenings
That formeth many pleasant endings
Earning and learning
Are they independent?
No interdependent
This interdependence completes the journey of life too
But Things make difference
Yet in this decade of diligence,
The changes change me
The range of change lies
Or lies on what?
Am I the one who
Earns to learn or
Learns to earn!

Dr.V.K.Karpagam

ASST.PROF OF EDUCATION

வேற்றுமையில் ஒற்றுமை

முன்னுரை:

பல்வேறு மதங்கள், வகுப்புகள், மொழிகள், மாநிலங்கள், பண்பாடுகள், கட்சிகள், பொருளாதார ஏற்றத்தாழ்வுகள் காணப்பட்டாலும் இவற்றையெல்லாம் கடந்து "இந்திய மனம்" என்ற பேருணர்வே வேற்றுமையில் ஒற்றுமை காண்பதாகும் (Unity in Diversity). இந்தியாவில் பல்வேறு இனத்தவர்களும், பல்வேறு மொழி பேசுபவர்களும் காணப்பட்டாலும், பல்வேறு மாநிலங்களில் பல்வேறு சமயத்தவரும், பல்வேறு வகுப்பினரும் வசித்தாலும், இவர்களிடம் பல்வேறு பண்பாடுகளும், பழக்க வழக்கங்களும் உள்ளதாயிருந்தாலும் இத்தனை வேற்றுமைகளுக்கிடையே அனைவரையும் இந்தியராக பாவிக்கும் உணர்வே வேற்றுமையில் ஒற்றுமை காண்பது என்பதாகும்.

பல்வேறு மதங்கள்:

இந்தியாவில் நூறு கோடிக்கும் மேற்பட்ட மக்கள் சாதி, மதம், மொழி மற்றும் இனத்தால் பல பிரிவுகளாக பிரிக்கப்பட்டுள்ளனர். இத்தகைய பிரிவுகளால் இந்தியா மனித இனத்தைப் பற்றி படிக்கக்கூடிய "அருங்காட்சியகமாகவும், ஆய்வகமாகவும்" திகழ்கிறது. எனவே இந்தியாவை "மனித இனங்களின் அருங்காட்சியகம்" என கூறுவது சரியே.

இந்தியா என்பது பல மதங்களின் பிறப்பிடமாகவும், சில மதங்களின் வாழ்விடமாகவும் விளங்குகிறது. இந்தியாவின் பழமையான மதம் வேத சமயமாகும் (இந்து மதம்). கி.பி முதலாம் நூற்றாண்டில் இயேசு கிறிஸ்துவின் 12 சீடர்களில் ஒருவரான புனித தாமஸ் (தோமா) என்பவரால் இந்தியாவில் கிறிஸ்தவ மதம் பரப்பப்பட்டது. இந்தியாவை விட்டு வெளியேற்றப்பட்ட பாரசீகர்களால் பாரசீக மதமான ஜொராஸ்டிரிய மதம் பரப்பப்பட்டது. இந்தியாவைக் கைப்பற்றிய இஸ்லாமியர்களால் இஸ்லாம் மதமும் மேலும் புத்த மதம், சமண மதம், சீக்கிய மதங்களும் இந்தியாவில் தோன்றின. இத்தகைய சமய வேறுபாடுகள் பல இருந்தாலும் நமது சமய சகிப்புத் தன்மையால் சமய பூசல்களுக்கு இடமளிப்பதில்லை.

பல்வேறு மொழிகள்:

இந்தியா முழுவதிலும் பல்வேறு மொழிகள் பேசப்படுகின்றன. ஆனால் அனைவராலும் ஏற்றுக் கொள்ளும் பொது மொழி ஏதும் இங்கில்லை. இந்திய மக்கள் தமிழ், தெலுங்கு, கன்னடம், மலையாளம், இந்தி, உருது, சமஸ்கிருதம், குஜராத்தி, வங்காளம் மற்றும் பல அந்நிய வட்டார மொழிகளையும் பேசுகின்றனர்.

இந்தியாவைப் பொறுத்தவரை ஏறத்தாழ 845 மொழிகள் பேசப்படுகின்றன. அவற்றுள் 22 மொழிகள் அரசாங்கத்தால் அங்கீகரிக்கப்பட்ட மொழிகளாகும். தேவநாகரி வடிவிலான இந்தி அலுவல் மொழியாகவும், ஆங்கிலம் அலுவலக

தொடர்பு மொழியாகவும் பயன்படுத்தபடுகிறது. நம் மொழியைப் போன்றே பிற மொழிகளையும் உயர்வாக கருதினால் அவை நம்முடைய முன்னேற்றம், சகோதரத்துவத்திற்கு வளர்ச்சி, உதவியாக அமையும்.

பல்வேறு வகுப்புகள்:

இந்தியா முழுவதிலும் பல்வேறு சாதிகள் உள்ளன. சாதி பற்றிய குறிப்புகள் பண்டைய இந்திய நூல்களில் அடிக்கடி குறிப்பிடப்படுகிறது. பிராமணர்கள் (சமய மக்கள்). சத்ரியர்கள் (ஆட்சியாளர்கள், நிர்வாகிகள் மற்றும் வீரர்கள்). வைசியர்கள் (கைவினைஞர்கள், வியாபாரிகள், வர்த்தகர்கள், விவசாயிகள்). சூத்திரர்கள் (அன்றாட கூலி வேலை செய்பவர்கள்) என்ற நான்கு வகுப்புகள் இருந்ததாக கூறப்படுகிறது.

பல்வேறு பண்பாடுகள் மற்றும் பழக்கவழக்கங்கள்:

இந்தியா முழுவதிலும் பல்வேறு பண்பாடுகள், பழக்கவழக்கங்கள் நிலவுகின்றன. ஒரு நிலையில் பண்பாடு என்பது ஒரு குழுவின் வரலாறு, போக்குகள், பண்புகள், புரிந்துணர்வுகள், அறிவு பரம்பல்கள், வாழ்வியல் வழிமுறைகள், சமூக கட்டமைப்பு என்பவற்றை சுட்டி நிற்கின்றது. ஒருவருக்கொருவர் உறவுகள், உணவு, பழக்கவழக்கங்கள், திருவிழாக்கள் வெவ்வேறாக இருந்தாலும் அவற்றினிடையே ஒற்றுமையாக காணப்படுவது மேன்மையான பண்பாகும்.

முடிவுரை:

இந்தியா தன்னகத்தே பல்வேறு விதமான மதங்களையும், வகுப்புகளையும், மொழிகளையும், பண்பாடு மற்றும் பழக்கவழக்கங்களையும், பொருளாதார ஏற்றத்தாழ்வுகளையும் உடையதாய் காணப்பட்டாலும் அவற்றில் ஒற்றுமையுடனும், சகிப்புத் தன்மையுடனும், விட்டுக் கொடுத்தும், பிறர் குற்றங்களை மன்னித்தும், அன்பு பாராட்டியும் வாழ்வதே வேற்றுமையில் ஒற்றுமை காண்பதாகும்.

அ. ஆரோக்கிய கிரேஸி.

(உதவி பேராசிரியை வரலாற்றுத்துறை)

THE POWER OF EDUCATION

"Education is the power to think clearly, the power to act well in the worlds work, and the power to appreciate life". Says Brigham Young.

Education is power I explain with an example that "scientific cultivation", a person is collecting a lot of information from different country and applying in our agricultural system to enhance the cultivation is the power of education. If S(He) does not educate how can he/ she collect the information from another country. Hence Nelson would say that the "Education in the most powerful weapon which you can use to change the world"

Education is knowledge and knowledge is power. The most powerful people are the one who has worldwide knowledge of different things. It's all through their education. For example, like Socrates, Aristotle, Plato, Swami Vivekananda, Dr. Radhakrishnan, Dr. Ambathkar, Dr. APJ Abdul Kalam etc.. were the people of knowledge, of power, though they are no more, but their ideas, opinions, inventions discoveries and philosophy is valid even today. There we say that the education is power. The power of education is much powerful than the political power because, for example the politicians can execute their power till they in the position or power ,but an IAS

officer can execute his/her power much more even after one's retirement he/she is respected. It is very much fitting to say that "Pen is mightier than sword".

Education is a long term investment. The time and money you put in, the courage you have to move through challenges and persevere… it will all keep paying off for the rest of your life. The importance of education is undeniable. Education has revolutionized our world and living conditions. Education has the power to change our lives from economic as well as intellectual point of view. Progress of a nation depends on its literacy rate because it enables us to improve our environment and society. Here are some quotes on benefits of education to better understand its importance.

Education is **B**roaden the mind / **B**rainpower
Education is **D**ecision maker / **D**evelopment
Education is **R**esources / **R**espect
Education is **S**trength / **S**ocial Process
Education is **U**nique/ **U**tility / **U**nderstanding
Education is **V**ictory / **V**isualization

As a conclusion I would say "The beautiful thing about learning is that no one can take it away from you" – B. B. King. Education is the power remains forever, walks with us, sleeps with us, eat with us, works with us, but doesn't die with us if we utilized for betterment of usefulness to others in their future.

Charles Mary C

II M.Ed.

“THE UNEXPECTED JOURNEY OF LIFE”

In a small village there was a school named “The ruler”, Students studying in this school were blissful. In the ruler school there were two friend’s name Public and Cops, they were enjoying their school life with little fights at times. In the meantime, after a few months there came a new student named Covid. From the beginning of the day, Covid was a super active student, Even though at times his classmates became exhausted. Covid would never be down, thus he became the talk of the school. His peers hated him. Though Covid was enthusiastic on the other hand, he often fights with Public, whenever they fight there came Cops to distance both of them from injuring further. Their battle continued even though they distanced themselves at times. Students were more afraid of Covid for his harsh attitude. Covid fought with everyone in the school due to which ‘The ruler' school’s headmaster Lockdown ordered the students to stay in home, Promising that measures would be taken Covid’s indisciplinary attitude. The following year in the Ruler school came a new student named Vaccination who with his kindness and knowledge became the school people leader on the following election, and under his guidance there were no more fights and to our surprise Covid became the most silent one in the school.

THE END....

...This is the story neither of you nor of me but of 2019

"HUMANS LIFE RACE"

M.AFFRIN

I B.ED (ENGLISH)

MY ROOM

In my room

There were a lot of things

Everything is a special thing

If a person shared a feeling with not everyone

Everybody has a one private space is a room

A person who they are the four walls alone know

With a room we shared our thoughts, feelings, emotions and confusion

The room has a mirror it will show whom you are it will give you a confident

The room will fill with a lot of pros and cons

Each day we woke up with a lot of dreams

The room is the only place we never act like for others

No place gave a peace as much as our room will gave

Everything in one place Bed, mirror, clothes, doll, accessories, self-love, pain,

Four walls are owned by us

The Pillow is the mothers lap for many people

Only comfortable place it will build you day by day

I.CIYANA CATHERINE

I B.ED(ENGLISH)

BECAUSE I AM A TEACHER

I dream big.

I work hard.

I don't let mistakes stop me.

I solve problems with grit.

I reflect and seek to improve.

I collaborate with others.

I share my thinking.

I set goals for myself.

I help others reach their goals.

I learn relentlessly every day.

I NEVER GIVE UP

R.GOWSALYA

I B.ED (ENGLISH)

WHAT DID YOU ACHIEVE?

Caste what have you achieved?

Your achievement is to fool the people,

Your achievement is to make the people beasts

Divide the people who lived together into halves is that your achievement

Caste what have you achieved?

Those who give, are respected

Those who do not give, are disgraced

That is, your achievement

Your achievement is that the Superior is Inferior

Of Birth and All Life in Valluvan Kural

Where is the vile act of dividing man on the basis of Birth?

Caste, Casteism, Caste fire the conspiracy of your caste

That is Crushing the head of today's growing generation is sure.

A.JENIFER STELLA

I B.ED (ENGLISH)

CHANGE YOUR MIND

My mind is looking here to see the ruined world

Even the mind that has seen change the boulder here!

Everything about the learning we saw yesterday is going to cast a shadow here

The human heart saw the disease and climbed into the rubbish itself

Mix the sewage and forget their duty for the day!

The God of wind transforms and destroy the poisonous air!

Beats to fall after giving awareness!

The Next generation people suffer to show in difference to everything!

The good work for cleanliness is drowning in the sea!

This world for something to do its duty itself!

A. JENITH PRIYA

I B.ED (ENGLISH)

The essay for Internet safety insurance for kids

Synopsis

- Introduction
- Children and teens get online
- Kids doing online
- Using teach and apps to protect your kids online
- Child's first smartphone 5 things to think about
- Tips for teen safety on social media
- About sexting in student
- Explaining internet safety to your kids
- Online dangers to discuss with your kids
- About upside and down side
- Parents can do to keep their kids safe online
- Conclusion

Introduction:

Threats to children's internet safety include invasions of privacy, cyber bullying sexting and harassments options to product your children include parental controls up and tracking software, but the most effective way to keep your kids safe is to talk with them about online rick how to avoid then and how they can come to you when something goes wrong.

Children and teens get online:

Ninety – five percent of teens have access to a smart phone and 45 percent of teens say they are online almost constantly according to the pew research center every child/teen use the mobile phone and computer in our private places e.g.: bedroom

According to the 2016 children inter usage study conducted by the centre for cyber safety and education

Kids doing Online:

- 30% have used the internet in ways their parent wouldn't approve
- 21% have visited sites where they can chat with strangers
- 17% have visited porn sites
- 11% have visited sites that offer ways to cheat on homework
- 4% have visited online gambling site

Using teach and apps to protect your kids online:

you can find technology that will help you monitor what your child seen on the internet filter out inappropriate web content and track what your child does not online there is a wide selection of options from software you can buy to features build into your internet browser

But remember that these are simply extra tools they won't replace open communication between you and your child

Child's first smartphone 5 things to things to think about:

Set Rules:

Just like you did with the family computer, have a conversation about guidelines for your child's first smart phone and risks unique to it

Set up password protection:

Help your child set up password protection before using the phone this will keep anyone except you and your child from using it or accessing personal information

Update the operating system:

Making sure the phone is always running the latest operating system will ensure it has the newest security fixes

Tell your child not to download new apps without your approval:

Understand what the app does and review its privacy policy to protect your child's privacy

Talk about location services.

GPS can give away your child's location when posting online from the phone before buying the phone, ask how to disable location services for photos and other posts while still using GPS for maps

Tips for teen safety on social media:

a) Don't post picture or comments that are inappropriate. Avoid post about drugs and alcohol, or those featuring nudity, bigotry, violence or threats

b) Get your friends agree that none of you will post any comments or pictures that would hurt each other

c) Block anyone who posts harassing threatening or **inappropriate comments about you and repot them to app**

d) Understand the privacy settings and read through privacy agreements before using any app. You may be giving away too much information

e) Be wary of new friends you meet through social media they may be trying to get something from you

f) Don't talk about sex with strangers, they may not be who their profile says they are if sexual comment continues, contact the police or report it to cyber tipline.com.

g) Avoid in person meetings with someone you have only met on social media

About sexting in student:

Most teen will never take send or post explicit picture of them. But you need to explain the consequences of doing so sharing an explicit image of a minor is a crime 5 thing to tell your teens about sexting

1. Think about asking for help
2. Think about yourself
3. Think about others
4. Think about the consequences
5. Think about where it will go

Explaining internet safety to your kids:

Teaching your children about the online risks they may face and how to avoid or report threats is one of the most important steps you can take to ensure their safety online

But first, you have to understand that risk for yourself. This means keeping up-to-date on the latest technologies, apps and social media trends. It can be challenging, but it better prepares you talk to your kids about what to expect online

Online dangers to discuss with your kids:

- Dangerous or inappropriate websites
- Malware and how it can be downloaded onto computer and phones o Online fraud and scams
- Sexual predators

- **About upside and down side:**
-

Upside	Downside
81%feel more connected to friends	45%feel overwhelmed by social media dram
69%believe that it let them interact with a diverse group of people	43% feel pressured to post only content that makes them look good
68% believe they have people who will support them when times are tough	30% feel pressured to post content that will win lots of likes and comments

-

Parents can do to keep their kids safe online:

- Keep your children's computer in a common area of the home to monitor their internet activity
- Check your child's browser history frequently
- Use security software or tool
- Activate privacy features through your browser or internet service provider
- Know what other computer devices your child is using
- Know your children's password

Conclusion:

If all people could protect themselves and use the right software, they would be much safer, and it would be harder to have personal information.

- **R.KEERTHANA**
I B.ED (ENGLISH)

FRIENDSHIP

I am truly delighted,

That's you're my dear friend

These words are from my heart;

I wish to extend.

Time when we are lonely;

We may cover with fear.

A good friendship

Will, always be near.

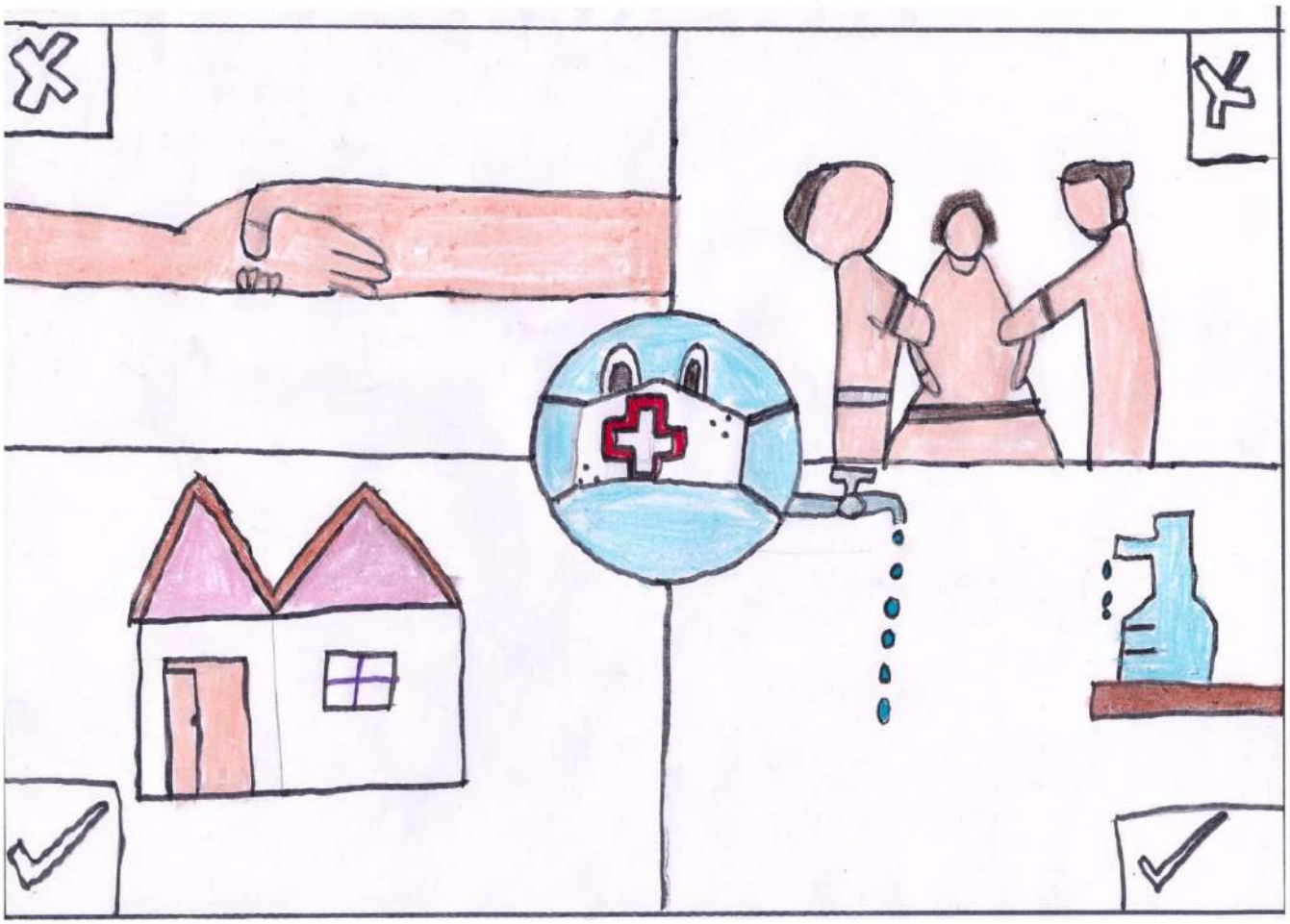
I wish you my dear; you are there,

In each and every thought in my life.

I know that you bring me,

The smile is always for me.

- **V.KERAL JENIFER**
I B.ED (ENGLISH)



1. Please put vaccination for your safe
2. Please put mask on your face
3. Please stand in the social distance
4. Please wash your hands every day

- **C. KEZIAH CLARIBEL**

I B.ED (ENGLISH)

BIRD FLIGHT

Bird flight is the primary mode of locomotion used by most bird species in which birds take off and fly. Flight assists birds with feeding, breeding, avoiding predators, and migrating. Bird flight is one of the most complex forms of locomotion in the animal kingdom. Each facet of this type of motion, including hovering, taking off, and landing, involves many complex movements. As different bird species adapted over millions of years through evolution for specific environments, prey, predators, and other needs, they developed specializations in their wings, and acquired different forms of flight.

Various theories exist about how bird flight evolved, including flight from falling or gliding (the trees down hypothesis), from running or leaping (the ground up hypothesis), from wing-assisted incline running or from previous, (pouncing) behaviour. There are two main types of bird flight: soaring/gliding flight and flapping flight.

Several bird species use hovering, with one family specialized for hovering the hummingbirds. Hummingbirds beat their wings at some 43 times per second, while others may be as high as 80 times per second. Hummingbirds, kestrels, terns and hawks use this wind hovering.

V. NANDHINII

I B.ED (ENGLISH)

TEAM WORK

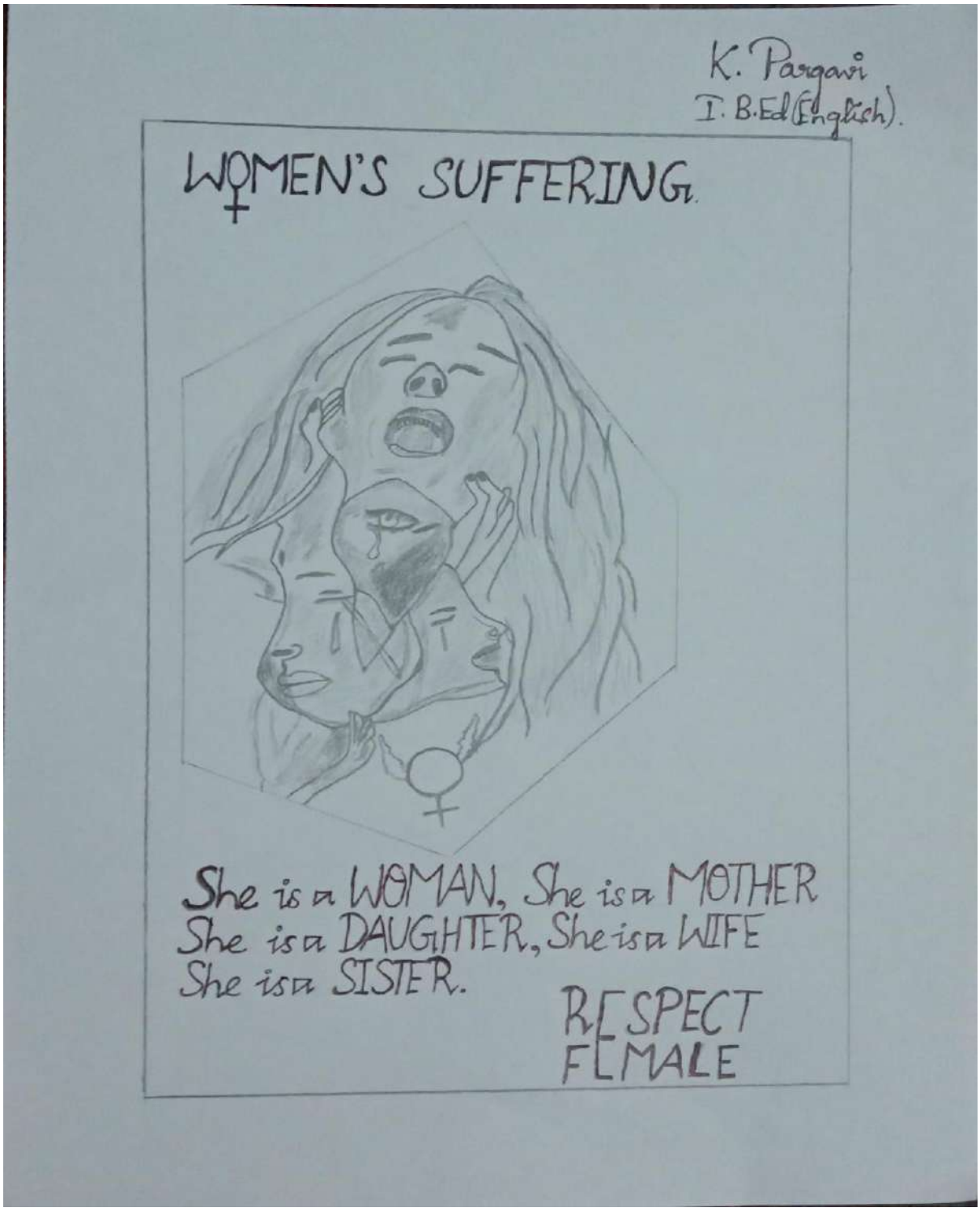
Once a manager had a team of around 40 people and most of them were bright, enthusiastic, and hardworking young people. But the manager had a problem in the team, individually everyone is excelling. But as a team, they are not sharing the information with each other which is very important for the team's growth. Then the manager decided to solve this issue by arranging a team outing. During the outing, he invited everyone to a big room for a game consisting of 3 rounds. He told everyone to blow a balloon which was kept on the table and write their name on the balloon without bursting it. Hearing this all team members were able to blow a balloon and write their names on it.Then he told everyone to wait outside for the next round. After some time, he calls them back to the room. After entering, team members could see there were more balloons without names being added and scattered around. The manager told them, they will be given 15 minutes to find the balloon they left behind with their name on it, among the scattered balloons. The first three persons who find their balloons will be winners and the one who pops the balloon will be disqualified.

Everyone started searching for their balloons and after 15 minutes Manager stopped the round as no one was able to identify their balloons. For the next round, the manager told them, if any team member finds a balloon with a name on it, give the balloon to the person whose name was on it. Everyone started searching and within a couple of minutes, every member of the team had their balloon with their own name on it. After that, Manager went to the dais and told, "You see, in the 2nd round no one was able to find their balloons as we were working on individual targets. But in the final round within a couple of minutes, everyone had their balloon with them, that's the power of teamwork and sharing to each other"

.**Moral of the story:** Most of the time people hide information, avoid collaboration, and distance themselves from their team members. This kind of mindset creates obstacles for the growth of the team and in the long run, it affects the individual career growth also. So, everyone in the team should share and care for each other for the success of the team.

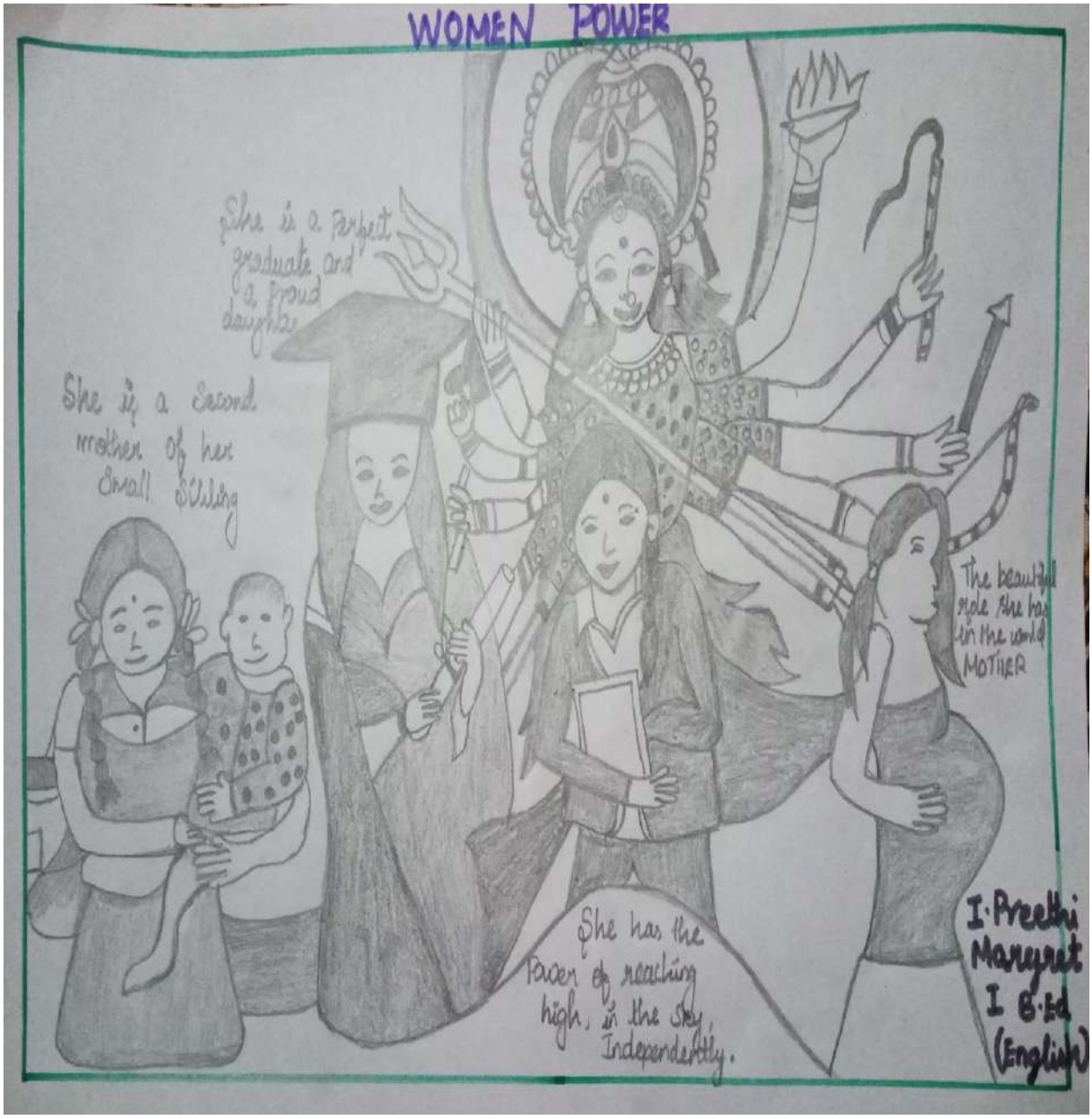
A. NIZAR FATHIMA

I B.ED (ENGLISH)



- K.PARGAVI

I B.ED (ENGLISH)



I.PREETHI MARGARET

I B.ED (ENGLISH)

WOMEN'S HIDDEN INTUITION

Her drowsy eyes and dazzling smile,

Her intuition wants her to take some slumber,

But she has no time to think about ease off,

All in her mind is about her children, husband and office,

No one asks her after twenty five what she really wants to do,

She needs almost a morality without having any next day’s schedule,

A complete rest!

Everyone around her tell her you are doing this only for your children, husband, and for all

The people around her happy is her happiness,

There is no one absolutely anyone there to tell her "do this for you",

No time to think about herself,

Why? Why? She has no right to think for herself,

All her sacrifices are her devoted family,

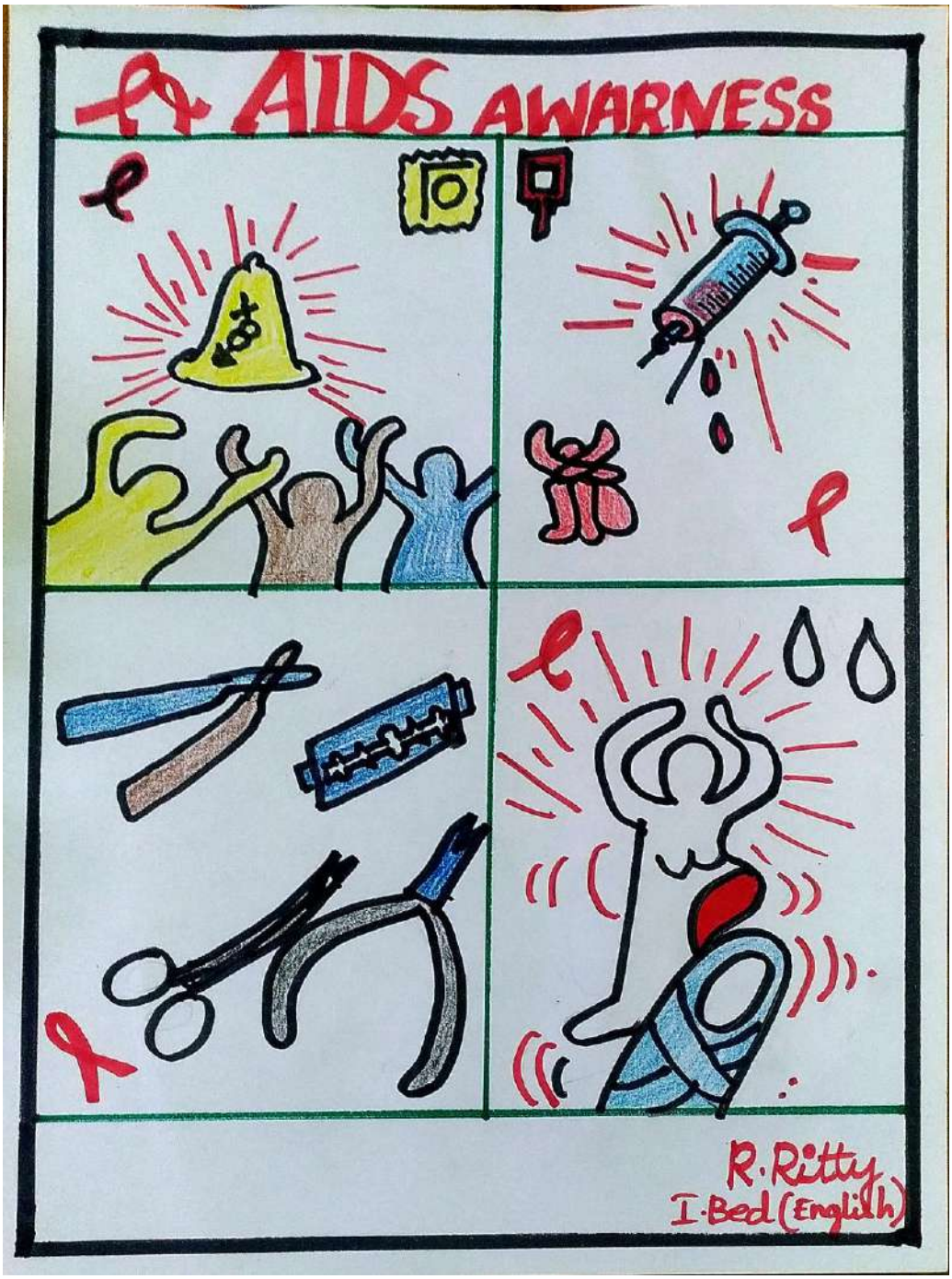
But why her family has no idea what's her intuition

All she wants is "freedom"

Freedom to think,what she really wants.

- A.RHIYACHIN

I B.ED (ENGLISH)



R.RITTY

I B.ED (ENGLISH)

WOMEN EMPOWERMENT

The world laughs

When she cries

It ignores her

When she tries something nice

When the world humiliates her

She simply smiles

But when it needs a guide

She leads them for miles.

P.SELVA SILVIA

I B.ED (ENGLISH)

TO MY DAUGHTER

Your Birth That Gives

Meaning To My Life

Your Beautiful Eyes

That Is My Future

You Are My Entire Treasure

The Meaning Of My Life

Your Innocent Smile

That Decides My Day

My Heart Is Filled By

Your Everlasting Love

Your Precious Words

That Gives Me A Hope

Your Smile Is My Pain Killer

That Gives Light In My Dark

My World Is Too Short

That Is Only You And Me

My Day Starts With You

And Ends With You

You Are the Guardians Angel

Sent By God for Me

You Made My Life More Beautiful

My Arms Always Hold Your Back

My Entire Life Is To

Fulfil Your Desires

Your Eyes Are Alike Angel's

That's Blessing Me Every Second

Moreover You Are the First

And Best Gift In My Life

SEPRICA. I,

I B. ED (ENGLISH)

SEEK HIGH!!!


SEEK HIGH!
The higher your desire is,
the easier is your achievement.
When you hunt for stars,
you will earn the moon as well.
When you seek wholly,
the rest of the world is yours.
Its your life your risk,
never doubt your worth;
Just seek the highest.
- R. SNEHA I B.ED (ENGLISH)

CORONA WARRIOR

You! The ruler of our mind, our nation

To the doctors and nurses, our humble

Salutations

Amidst the pandemic, your prized oblation

Leaving your family to serve the nation

Oh! Real hero...we salute you.

You! The real owner of our land, our soil

To feed the nation, so hard you toil

You ceaseless labour betwixt this turmoil

Without you, the Earth will spoil

Oh! Real hero...we salute you.

You! The incarnation of God on the Earth

To save humans and humanities

To spread love and prosperity.

To bless us and reduce mortality

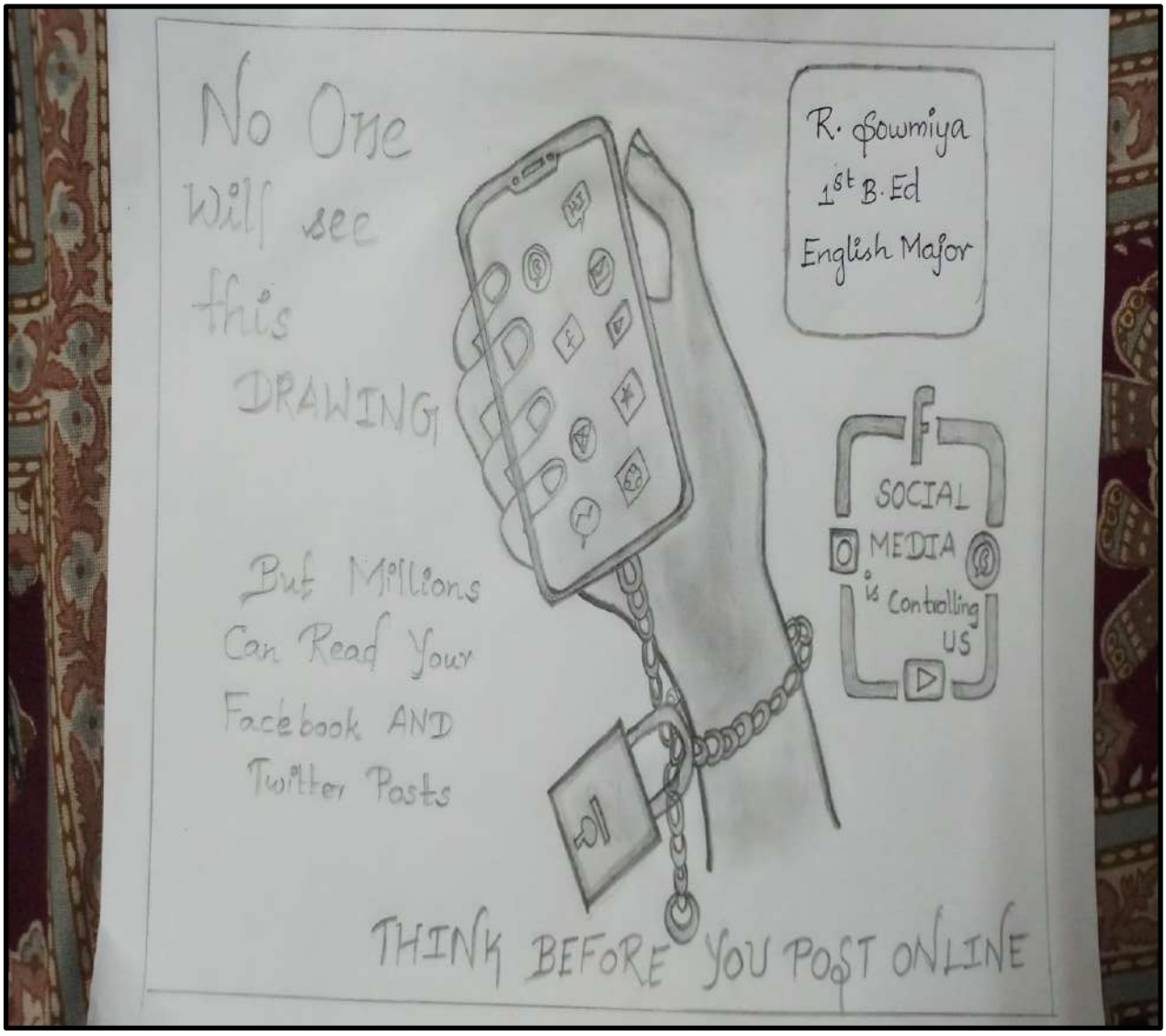
Oh! Real hero...

We salute you…

We salute you…

- G.SNEKHA

I.B.ED (ENGLISH)



- **R.SOWMIYA**

I B. ED (ENGLISH)

CHILDREN'S RIGHTS AND RESPONSIBILITIES

MY RIGHTS GO HAND IN HAND WITH MY RESPONSIBILITIES

My rights go hand in hand with my Responsibilities

My rights to having a perfect childhood

My Responsibilities of being a good child

A brighter and an excellent way to my adulthood

As a child it is not acceptable to be wild

My rights go hand in hand with my Responsibilities

This is marvelous for my future

This is good for my future

My rights go hand in hand with my Responsibilities

My rights to quality education

My Responsibilities to study

A brighter future for our generation

This can be achieved by everybody

If we let our rights go hand in hand with our Responsibilities

This is super for our future

This is good for our future

- P.THARANI

I B .ED (ENGLISH)

EDUCATION FOR SOCIAL CHANGE

Education is a treasure

One cannot significantly measure

Relieves earning pressure

Make bright future.

Education is power

To build success tower

Education is in abundance

Provide life's insurance.

Education is priority

To live in today's society

Education is key

To set us tension free.

- **K.VIRGINI**

I B.ED (ENGLISH)

ELDER SISTER – THE TEACHER

- INTRODUCTION
- THE ELDER SISTER
- TRACHER ROLE
- ELDER SISTER – THE TEACHER
- CONCLUSION

INTRODUCTION

Teacher plays a vital role in everyone life. Teacher brought up everyone's professions. He/she brings out the students hidden talents. They outcomes our hidden talents. A teacher is a person who helps people to learn. Most teacher uses variety of methods to teach. Teacher often explains new knowledge, write on a blackboard or a white board, stand behind their desks and helps students with their work, or mark student's work. In this is essay we are going to be seeing about the role of elder sister as a teacher.

THE ELDER SISTER

A newborn baby gives a motherly hood to her mother. When a girl get promoted into elder sister, she gets a high level responsibility in her life as a elder sister to her younger one. Elder one plays as a role model for the younger one. She acts a mother to the younger one. She starts to teach pronunciation and end her life with a meaningful sentence. She teaches the younger one everything and automatically the younger starts his / her lesson by looking and following the elder one. They start to believe the elder one. When an elder one says NO for something… younger gets anger instantly ,but later they realize the truth. Most of the elder one chooses their profession as a teacher. Because, they had brought out their younger one, in a successful manner. So they treat everyone has their own children and they hope themselves.

TEACHER ROLE

A Teacher was seen as a learner or someone who delivered knowledge and conducted tests. A teacher was perceived as someone who had answers to every question possible and also impossible questions. As a teacher, one must bring out the best in students and inspire them to strive for greatness. Students are considered as the future of the nation and humankind, and a teacher is believed to be a credible guide for their advancement. Not only they guide students in academics or extracurricular activities, but teachers are also responsible for shaping a Childs future, making him or her a better human being. A teacher imparts knowledge, good values,traditions, modern-day challenges and ways to resolve them within students. A good teacher is an asset to the students.

TEACHER MUST POSSESS CERTAIN QUALITIES :

- The Teacher should be impartial, he/she must treat all the students equally.
- Must be an embodiment of patience. Since the pace and speed of learning are different from one student to another, it is very important to understand students, their skills, talent, memory and treats them individually to guide them towards the best.
- A teacher must have problem solving skills to helps students overcome their challenges.

Role of a teacher in education:

BE A LEADER TO RAISE MORE LEADERS

- A teacher must enhance civilization while giving people the right rules to make informed decisions.
- They are there to be stow the power of " PROBLEM SOLVING SKILLS "to the students.
- They are here to build up a bunch of "CREATIVE", "INDEPENDENT", "INFORMED", "INCISIVE" and " INNOVATIVE" individuals who can contribute to the society and build a better place for next generation.

ELDER SISTER – THE TEACHER

- You teach how to share (although perhaps not willingly).
- You teach the importance of setting an example.
- You teach how to be a leader.
- You practice teaching skills and ideas to someone else.

YOU TEACH HOW TO SHARE (ALTHOUGH PERHAPS NOT WILLINGLY)

As an elder sibling, at the beginning of your life, you enjoy all of the privileges and benefits of having everything to yourself! But,somewhere along the line that all changes. All of the things you called "YOURS" now belong to you and another tiny little human.

YOU TEACH THE IMPORTANCE OF SETTING AN EXAMPLE

As the elder sibling, you are an example. Your younger sibling will copy everything you do, even on a subconscious level. From the what they speak, to the books they read, to even the way they write the letters “T”-all of can be traced back to you. This is very important as it means that,for better or for worse, you have and you will to have a tremendous impact on them.

YOU TEACH HOW TO BE A LEADER.

You are the first one into the dark, the one who the other sibling except to come up with the plan, which activates for the night. Eventually, you figure out that, as a leader, things do not always go according to plan, and you learn how to figure things out on the fly. You learn to be delegate.

YOU PRACTICE TEACHING SKILLS AND IDEAS TO YOUR SIBLINGS

As an elder sibling, you are an educational television show that your younger sibling watches from down till dusk. They teach how to talk, how to write, and how to act in all part by watching how you do these. You also get the added bonus of getting better as you practice.

CONCLUSION.

T-Team captain

E-Elegant

A-Awesome

C-Charming

H-Helpful

E-Efficient

R-Receptive

“The best teachers are those who show you where to look but don’t tell what to see”.

A.S. SARIKA VARCINE

IB.ED (MATHEMATICS)

A gratitution to Ramanujan….. a great Mathematician

Math's week is celebrated to give Ramanujan gratitude

All Maths lover give him a big salute

$\sqrt{10404}$ All Math's formulas have some fun

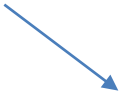
chaba lo in ko samjhke bun

It will give you lots of fun

Geometry is full of mystery 6 cm

Algebra has a big history

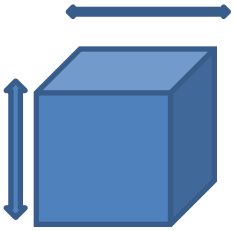
Children give me your devotion



X=25% I will give you all solution 7 CM

Give me your full heart and soul

As in our lives, Maths plays a vital role 7CM



I will practice maths with my heart and soul

One day I will Achieve my goal….

Area=?

ABINAGA K

I B.ED (Mathematics)

GIRL EDUCATION

To educate a Girl,

She will change the world.

Set a Goal,

to educate a Girl.

When you educate a woman,

You educate a nation.

Educate all girls in our country,

to break the cycle of poverty.

Education is power and

Makes a girl powerful.

A.AFRIN REXANA

I.B.Ed (MATHEMATICS)

Women empowerment

Introduction

Women are treated as slaves for several decades. Women did not get any chance or opportunities to express their ideas or opinion. Women are considered as the weakest part in the society. But the Great leaders like Gandhi, Periyar etc. understood the women's power and work for the women empowerment, Gandhi's words to encourage the women by his lines…

"Nobody can hurt me without my permission"

So let see this essay in detail as follows

Types of women empowerment:

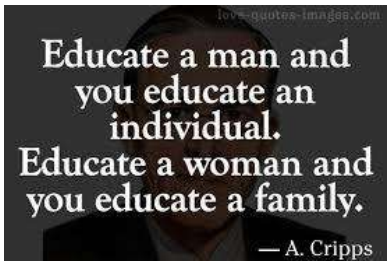
To empower the women, then the focus to be done in the five ways or path. The ways or categories are social, educational, economic, political, and psychological

1. Social:

In social path, the women should be allowed and mingled with society for better contributions to the society. Women are not to be simply siting of the home and do household work. The creativity of women should be encouraged for the improvement of society.

2. Educational:

Education plays an important role in the society. But still, there is a deny for the education to girls. Education to women will them the skill and knowledge what they have to do in their life. Not only this, but also to boost their self -confidence, self- esteem, and self -motivated. Education to women will help their family to get a good life in many ways. Education gives the women in the development of political, intellectual, and religious conscious.



3. Economic:

If you don't have money, people will treat them badly. Being a woman and also weak in economic status, then they face many difficulties in their day to live. By helping women, to improve their economic background using Self Help Group. By involving this type of group, women can get help to gain money for their needs. So women can obtain the economic status and economic development.

4. Political:

Like all other fields, political path also denied to women. The political involvement of women, helps them to decentralize the power and authority to deprive the powerless people who are not able to participate in political life. In political life, the women have the freedom to help other people, especially women freely because women have the power and authority.

5. Psychological:

Psychological empowerment also a very important role for women. If the mind is strong, the human body also is strong. If women have a good psychological environment, then they have good health and good surroundings. The psychological empowerment of women helps themselves and the family members. The best psychology, behavior of women attains a good development within oneself.

Conclusion

Therefore, the above five ways help the women to get participate in all areas to improve themselves as well as the society. If these five categories boost in the right direction, the society as well as the community will prosper in an effective way.

"A Woman with a voice is , by definition, a strong woman" - Melinda Gates

N.AMALI JENIFER
I.B.ED (MATHEMATICS)

TEACHERS' DAY WISH

You were our support in our failure

Guide in our behaviour

All time favour.

You were with us

When obstacles passed by

When doubts arose

When failure was felt

When victory vanished

Except in the exam hall

"Thank you" we tell you is not a word but a wish from

Our side to continue your holy work ever...

With your great power!

Lockdown could not pull you down as we

Took our notes down even in the hardships

Thank you!

ANITA SAROJINI J

I B.Ed (MATHEMATICS)

LIFE CHANGING SYSTEM

(EDUCATION)

Synopsis:

* Introduction

* Education as a life

* Education for all

* Importance of Education

* Sources of Education

* Life changing system

* Conclusion

Introduction:

“Education is not the preparation for life education is life itself "

- Albert Einstein

Education plays an important role in our day to day life. We are all educated not only through school, collage or educational institution but also by different nature of human beings and culture.

Education as a life:

"All of life is a constant education"

- Eleanor Rooswell

Education is the foundation of human developments. It is said that education is the **third eye** of human beings. It is continuous and lifelong process. Education teach as to be people polite to others. They are always **helpful, honest and hardworking**. Education modifies the properly which cannot be stolen. Education modifies the people be enhances he behavour of a person through rigorous learning and development.

Education for all:

"The Best Education for the Best is the Best education for all"

- Robert M. Hutchins

It ancient period, only a particular group of people are educated and get permission to be study. But few years later, the government ordered **"Education is equal for all"** So all of them have an equal opportunity to get education, to being education. Some of them utilize it and plays an important role in society and some other misuse it and decreasing their importance in our society.

Importance of Education:

"Education is the single most importance job of the human race".

- George Lucas

Education is the most important thing for human beings. Education is the property, we can take this property wherever you go. Educated people are always respected. They are respected wherever they go. Education teach us to be civilized. They can understand the problem of other people. Education provides manpower like doctors, mechanics, piolets, teachers etc. They can play an important role for development of the country. Education must be imparted from an early age to get the maximum advantage out of it.

Sources of Education:

"The great aim of education is not knowledge but action".

- Herbert Spencer

In this technological world, so many sources are there for education. Like apps, online education, technological library, E-books, Swayam, technological Educational Institution and Qualified teachers. Wherever you are in the world you have a great opportunity to get education through so many ways. Because education spread everywhere and everything.

Life Changing System:

"Education enhances the power of experiences and the beauty of life"

- Debabsish Mridha

Education brings a great change in our life. Life becomes prosperous and meaningful. An educated people can solve any problems easily and efficiently. He can easily and efficiently. He can easily found out what is good and bad. Educated people can change the whole society. Education is a tool to tackle many fundamental problems like poverty, unemployment, crime rate, gender disparity etc. Educated people are respected not only during his life but also after his death.

Conclusion:

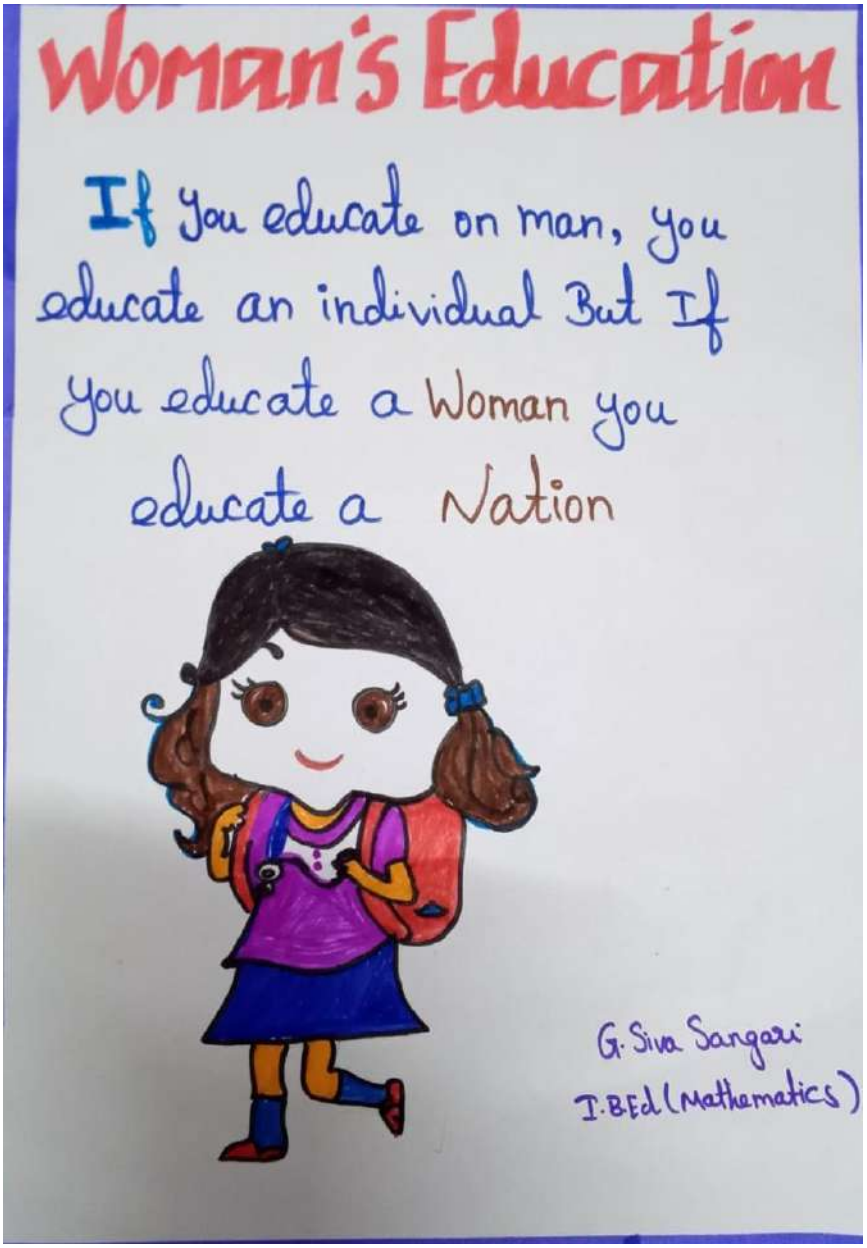
"Education is not the learning of facts, our the training of the mind to think".

- Albert Einstein

Education takes a significant place in shapping our life and carrier as well. Education not only opens the opportunity in a person's life but also it makes a person more civilized and social as well. Moreover education also uplifts a society socially & economically. Education provides a vision of the **future and wings to achieve it.**

S. ANU SELVA RADHA

I .B.Ed (MATHEMATICS)



WOMAN'S EDUCATION

Girls are great and the spirit of the nation! Let's them grow through proper education.

An educated girl has a ripple effect on her family, community and country.

Let girls change the world. It's time to act.

G.SIVA SANGARI

I.B.Ed (MATHEMATICS)

MISSILE MAN OF INDIA

The BIOGRAPHY OF APJ ABDUL KALAM

Dr.APJ ABDUL KALAM was a great scientist, an ideal teacher and the president of India. His full Name was Dr.Avul Pakir Jainulabdeen Abdul Kalam. Born on (15th October 1931) in Rameshwaram, Tamilnadu. He Joined the Defense Research and Development organization (DRDO) as a scientist after graduation. Abdul Kalam was popularly known as "Missile Man of India" his last breath on (21th July 2015.) ABDUL KALAM life is great inspiration for all of us "**The purpose of education is to make good human beings with skill and expertise enlightened human beings can be created by the teacher".**

S.JANOFIYA RAHMAN

I.B.ED(MATHEMATICS)

WOMEN EDUCATION

Synopsis:

* Introduction
* Education for women
* Importance of women education
* Women Education in India
* Benefits of Women Education
* Conclusion

Introduction:

"With guns you can kill the terrorists, with education you can kill terrorism".

- Malala Yousafzai

Education is very essential for everyone because it is the only education by which we can differentiate between human beings and animals. Education tells us that how can we live in society.

Education for Women:

"There is no greater pitter of stability than a Strong free & Educated women".

- Angelina Jolie

In the past, Women did not receive any education at all. They were not allowed to come out of the four walls. Domestic works were their only education. But now we are living in 21st century where there is no any difference between man and women's

education. In this century women have the same respect as men have. They help each other in every sphere. So education should be given to both men and women properly.

Importance of Women Education:

"You educate a man; You educate a man.

You educate a woman, you educate a generation".

- Brigham Young

In this modern world, education of women is very necessary for the development, we human has made a lot of differentiation among the people. In the world, all the education is a big opportunity for the world to be develop socially and economically. Educated women are the weapon who yields positive impact on the society through their contribution at home and professional fields. One educated male ,educated for himself. But one educated female can educate her own. So, we should contribute in the education.

Women Education in India:

"The education of women is the best way to save the environment".

- E. O. Wilson.

Women's education in India is a long standing necessity. Women are often stereotypically viewed as caretakers of the house. However ,in the modern age, Women need to be given equal opportunities as men, especially when it comes to education. Educated Women in India can also contribute to India's developing economy as well as making India a more socially developed country as well. There are many schemes in India to help women receive education, which would empower women.

Benefits of Women Education:

"One child, One teacher, One book, One pen can change the World".

- Malala

Education can make girls self-reliant which the society used to think a burden. Education helps to empower women and fight for gender discrimination. Education improves the overall quality of a women's life with critical thinking and enhanced learning. An educated women always receives dignity & respect & remains a source of inspiration for other women. An educated mother more likely sends her children to schools to increase the literacy of a country.

Conclusion:

"Education is the most powerful weapon which you can use to change the world".

- Nelson Mandela

Women's education is the need the hour. Without educating the women of the country we can't hope for a developed nation women play a vital role in the all round progress of a country. If we want to make democracy successful women must be educated.

G. JOAN LINCY

I B.ED (MATHEMATICS)

TECHNOLOGY

Introduction:

Technology is the scientific knowledge to create and invent new devices and machines to facilitate humans. The arrival of different devices and machines has made life easier. Technology is defined as the use of scientific knowledge to create and produce something to enhance and improve life. The arrival of different devices and produce something to enhance and improve life. Science and technology are interdependent on each other, advance in the field of science of science brings advances in technology.

The research, experiments and observations that are conducted I the field of science help to design and produce technological products ad devices that benefit humanity.

Now a day's people have become accustomed to the use of technological inventions, humans cannot do without them. If we will remove technology. Life will become difficult.

5 Gadgets we use every day:

- **Computer/Laptops:**

  Computers and laptops are considered the primary source of information. They have the ability to access the internet, create content, store files, and much more. Computers are the most influential tech devices on the market today, computers and the internet have shaped how we do everyday tasks.

- **Smart phones:**

  Phones were primarily invented as a means of communication. Apart from that, currently smart phones are much more closely used the same way computers are. They too have the ability to access the internet almost anywhere in the world, access and store files, take photos and tons more.

- **Smart TV's:**

  You no longer have to leave the house to get the viewing quality of the theater, although I do enjoy going to the movies, you can easily replicate that

experience in your own home with smart TV's. They offer a wide range of quality products with endless options that can create the ultimate viewing solution.

- **Tablets:**

  Much like smart phones with features like a computer tablet are amazing devices that many people use every day. They have tons of apps that make day to day tasks much easier. People use Tablets to play games, manage schedules, entertain young children and much more.

- **Gaming Consoles:**

  Provide some of the most enjoyable content of all of the devices. Whether you have played one before or know about gaming you know how big this industry is. Many people use gaming daily as a away of stress relief and others have used gaming a career path making many dreams come true.

Advantages of technology in life:

- ♣ It has helped in the growth and development of humans.
- ♣ Inventions and discoveries have made life easier and more effective and convenient.
- ♣ Technology has connected whole world and have made the world a global village.
- ♣ It is used in every walk of life, simply it is a boon to mankind.
- ♣ Technology has not only made our life easier and comfortable, but it has contributed a lot in the growth of the economies of the world.
- ♣ Industrial technology has also benefited the industry.
- ♣ Creative technology, which includes art, designing and advertising through some software applications has helped a lot to promote art and designing.
- ♣ The architectural technology has made it easier to design and build buildings, bridges and plazas.

Disadvantages of technology:

- Technology borne diseases like visual impairment and obesity are on the rise.
- It has made people socially isolated.
- The labor class is suffering due to advancement in technology because it has decreased employment opportunities.
- The horn of vehicles and sounds produced from machines has increased noise pollution.
- Many natural resources are at the risk and are being depleted to produce and prepare technological equipment; it is a unalterable threat to the environment.
- The use of machines and devices has reduced physical activities which ultimately cause health problems.
- Using technology the world has made nuclear weapons and automatics bombs which are a silent threat to the lives of humans.
- The addiction of mobile phones and devices is very disastrous for humans, especially for the new generation.
- Smart phones have left many negative impacts on the new generation.
- The use of vehicles has also become an addiction, people have forgotten to walk.
- The use smart phones is increasing gender gap, isolation and mental disorders

Conclusion:

On the whole technology is a blessing in disguise. It offers ease and comfort and makes life more comfortable, it is more addictive too. The use of machines and devices has made our life more convenient and easy on the other hand it has made us suffer too. Technology is taking us away from nature. We have become machine men with machine minds, we hardly find time to enjoy the nature around.

K.MALARVIZHI.

I.B.ED(MATHEMATICS)

To My Mother

I spoke without words

Enjoyed without the eyes

I breathed without air

I lived without worries

Only in my Mother's womb.

No magic words!

There is no magical smile!

We are going to be mesmerized, though, she is in love! Mom!

K. SRISANGEETHA

I B. Ed (MATHEMATICS)

IMPACT OF COVID-19 ON THE EDUCATION SECTOR

Introduction:

Covid-19 pandemic affected almost every aspect of our lives, including the way we Learn. It reshaped the education sector and some changes are that were brought During the pandemic are going to stay.

Changes in the education sector due to covid-19:

- Schools had to close down, fearing the further spread of the virus. So, to continue the education of students, many schools and colleges shifted to an online mode of education. Even though e-learning was there before pandemic too, the pandemic accelerated the usage of e-learning.
- Even though e-learning is a boon for the education sector, especially in the pandemic time, it increased stress in students as they had to sit in front of screens for a long time with no physical interaction with teachers and other students. Some students faced eye problems and headaches too. So, that slowed down some students and they lagged behind in studies.
- As the children had to stay at home, some children felt isolated and that affected their mental health.
- The gender divide was deepened in education in the pandemic time. As many lower income groups were affected by the pandemic negativity, they had to opt for budget cuts. And as there was a low priority on girls' education in many lower-income groups, their education was stopped. And some girl children are forced into child marriages.
- As the internet and smart phones are not available to all, the education gaps widened between the haves and have notes. Several children had to stop education and had to go to work because they do not have access to other benefits of school such as the midday meal scheme. People and the government had to struggle hard to bring several children into schools. And now, this pandemic reversed all these

changes. Teachers too were stressed as they had to teach children online and that comes with its own challenges. Teachers couldn't concentrate on all students and couldn't understand whether they understood the concepts or not. Moreover, they had to learn many new things while opting to teach in online mode.

- As schools and colleges are now reopening, many educational institutions are opting for hybrid learning methods to include both e-learning and offline mode of teaching.

Conclusion:

Covid-19 pandemic forced many changes in the education sector, and some changes will not go even after the pandemic. Some changes like blended learning are helping to make education more accessible, and some other changes affected students negatively. There is a need to bridge the digital divide and to make e-learning accessible for all. And we must immediately take steps to bring back the children, who had to quit education into schools.

S.KALAIARASI

I.B.ED.(MATHEMATICS)

NATURE – POEM

You give the pleasure

To forget the pressure

You are a treasure

Human beings can’t measure

You help humans to survive

And make their life to revive

You are a big wealth

To human being’s health

You give us a future

Forever we love you, NATURE!

L.SOUNDARYA MERIN CHRISTY,

I B.Ed (MATHEMATICS)

STUDENT

Where there is a student

There is a birth of revolution.

Where there is a student

There is a unity in diversity.

Where there is a student

There is a trend setting.

Where there is a student

There is a home of happiness.

Where there is a student

There is a form of stress buster.

Where there is a student

There is a development of intelligence.

Where there is a student

There is a standard of discipline.

Where there is a student

There is a blossom of friendship and love.

Where there is a student

There is a way for a blissful life.

Proud to be a **STUDENT.**

M.HARINI

I.B.ED.(MATHEMATICS

I AM MALALA

Malala Yousafzai, (born July 12, 1997, Mingora, Swat valley, Pakistan), Pakistani activist who, while a teenager, spoke out publicly against the prohibition on the education of girls that was imposed by the Tehrik-e-Taliban Pakistan (TTP; sometimes called Pakistani Taliban). She gained global attention when she survived an assassination attempt at age 15. In 2014 Yousafzai and Kailash Satyarthi were jointly awarded the Nobel Prize for Peace in recognition of their efforts on behalf of children's rights.

"One child, one teacher, one book and one pen can change the world" – Malala Yousafzai

M.PRASANNADEVI

I.B.Ed (MATHEMATICS)

NATURE

Nature is the most beautiful and attractive surrounding around us which make us happy and provide us a natural environment to live healthy. our nature provides us variety of beautiful flowers, attractive birds, animals, green plants, blue sky, land, running rivers, sea, forests, air, mountains, valleys ,hills and many more things. Our God has created a beautiful nature for the healthier living of us. All the things we use in our living are the assets of nature which use should not spoil and damage.

We should not destroy the originality of the nature and should not imbalance the ecosystem cycle. Our nature provides us a beautiful environment to live and enjoy so it is our responsibility to keep it clean and away from all the damages. But we all should try to maintain our nature's beauty.

"Join hands to save environment"

RAGUNA.M

I.B.ED (MATHEMATICS)

THINK BEFORE

Think before you listen
Think before you Vision
Think before you write
Think before you wait
Think before you Speak
Think before you Work
Think before you Plan
Think before you Earn
Think before you Share
Think before you were
Think before you cry
Think before you try
Think before you Gone
Think before you won
This will learn you something
You didn’t make-up yourself
When time just tends to shrink
You have no time to blink
Just stop a While,
And THINK BEFORE.

R.MERLIN JERINA
I.B.ED (MATHEMATICS)

CHILD LABOUR

"There can be no keener revelation of a society's soul than the way in which it treats its children".

-Nelson Mandela.

The World Day against Child Labour, which is held every year on June12, is intended to foster the worldwide movement against child Labour in all of its forms. This year's theme looks to shine a spotlight on the global need to improve the safety and health of young workers and end child labour.

Two years after governments set a 2025 target to end child labour, delegates from 100 nations at a recent conference in Buenos Aires were told that they will miss the deadline. The implication is also that realizing the objective could take well over 20 years after the expiry of the 2030 Sustainable Development Goals(SDGs).

MOHANAPRIYA,

I BED.(MATHEMATICS).

WITHOUT MATHEMATICS

Business is just an illusion,

Traveling is just an approximation,

Cricket is just an imagination,

Technology is just a fascination,

Cooking is just an interest,

Music is just a dream,

Universal is just a speculation,

Life is just a fantasy,

Languages all the parts of life,

“Mathematics” is the” GIFT OF LIFE”.

“Let’s enjoy the gift with joy”.

R.MEENAKSHI

I.BED (MATHEMATICS)

WOMEN'S EDUCATION

INTRODUCTION:

"To Educate Girls Is To Reduce Poverty"

India is one of the developing countries in the world. There have been many developments and achievements in the country after independence. This has been possible because of the effort of both genders.

Education is defined as learning or studying existing knowledge and cultural legacy. It is a fundamental human right accessible to all genders or sexes.

Women's education is essential in urban and rural areas. The education of women will help to remove the social stigma that surrounds it. It's the key to eliminating social problems such as dowry, child marriage, harassment, etc.

SETBACKS OF THE WOMEN EDUCATION SYSTEM:

Women's literacy rate is increasing day by day but still due to some reasons the growth is hampered. The main reason for this is a crime against women. Various crimes against women take place every day. Because of which women are not able to roam freely on the roads.

In some rural areas like small villages, girls are not allowed to go to school. They are confined at home to take care of the house. Because of the people there still consider that women are only made to take care of the house by staying back at home. Also, gender discrimination and male superiority are still common. One of the main reasons for the reduced women literacy rate is the population of women in the entire country. In a recent survey, for 1000 men there were only 936 women. This represents the scarcity of female gender in our society. There are many steps that the government is taking to promote women's education.

IMPORTANCE OF WOMEN'S EDUCATION:

Women are another half of society and they should be educated to make cumulative advancement. Women are the other pillar of the economy of the country that should be strengthened. When one of the pillars is weak, it can bring down the integrity of our systems. Women's education will also matter when it comes to the education of the next generation. Women will also learn about their birthrights and gender-based equal rights to become more independent and bring economic stability to their families. They can also pursue their goals and compete with men in every phase of life. The cumulative rate of literacy in the country will increase effectiveness.

A well educated woman is capable of managing both her personal and professorial lives. The physical and intellectual growth of the child is the moral goal of education. Educations true objective is to provide students with "full knowledge" or "greater information."

ADVANTAGES OF WOMEN'S EDUCTION IN INDIA:

Educating women could be the key to remove many social evils of the Indian society dowry system, workplace harassment, etc. Educating women will definitely lead to the economic development of the nation as more women join the work force.

An educated won will contribute financially to the needs of her family and relatives. Two earning parents provide better growth prospects for the children as well as a raised living standard of the family.

More educated mothers mean fewer mother and child deaths and illnesses. The loss of a mother can be disastrous for the changes of her children's survival and future welfare. Children with educated mothers are more likely to attend school and pursue higher levels of education than their peers with uneducated mothers. A cross country study in India found women's educations more of an impact than men's education on children's education. Educated women provide a better starting point for the next generation.

SCHEMES FOR WOMEN'S EDUCATION:

The right of education is granted to every Indian citizen. We need to ensure that learning is available for all and not just for men. Spread of education in rural areas is vital as urban areas to empower women all over the country.

The government has introduced many schemes for women's education in India. Some of the programs are:

1. Beti Bacho Padhao Yojana
2. Sarva Shiksha Abiyan
3. Rashtriya Mahila Kosh
4. Mahila Shakthi Kendra
5. Indra Mahila Yojana.

CONCLUSION:

"You Educate A Man; You Educate A Man. You Educate A Woman; You Educate A Generation"

The level of women's education has increased considerably in all the urban and rural areas. However, separate special schemes have been introduced for women in rural areas. Along with educating women in the villages, employment opportunities should be increased for them so that they can earn a good income and live well for their families.

An educated woman is like a magic wand which brings prosperity, health and pride. We just have to unleash her potential and see the magic happen. We have improved a lot on women education since our independence, but still a lot remains to be improved.

A well-educated woman provides the skills, knowledge, and self-assurance necessary to be a better mom, worker, and citizen. A well-educated woman will also be more productive and well paid at work.

R.ROSELINE

I B. ED (MATHAMATICS)

OPEN BOOK EXAMS

Introduction :

An open book exam is simply an examination in which a student is allowed to consult his books, notes or any other source material approved by the examiner while the exam is being conducted. Basically, in this exam, a student can take his study material along with him and consult the study material to answer the questions appearing in the exam.Open book exams quite commonly practiced in law education. Very rarely, they are used for other streams such as Engineering, Finance etc. For the most part, students are generally not familiar with or have not even heard about the concept of open book exams.

Theme:

Delhi University conducted online open-book exams in 2020 due to COVID-19 pandemic.

In open-book exams, students are allowed to have their textbooks and other approved reference materials. They can check the material while writing their answers. The ability to find, analyses and apply the information will be tested through this type of exams.

Central Board of Secondary Education (CBSE) has also tested open-book exams from 2014 to 2018 to make the exams suitable for all the students, who have different abilities & strengths.

Karnataka state too tried implementing open-book exams.

Pros:

Open-book exams can eliminate the rote learning, which is deeply ingrained in the Indian education system. As they will analytical skills, students will be encouraged to be analytical & creative.

Without the fear of memory-based tests, students can peacefully learn concepts. At present, students are concentrating more on preparing themselves for exams rather than on conceptual understanding.

Open-book exams can reform the method of teaching and can improve the quality of education.

It can also eliminate cheating & copying.

Many are of the opinion that students will just copy the content from the textbook. But the questions in open-book exams are formulated in such a way that analyzing the content is required.

Cons:

Fear of exams encourages many students to study. With open-book exams, students may not focus much on their studies.

Memory training is also important, especially for children. Open-book exams may discourage students in memorizing even the basic things.

As the evaluation in open-book exams will be tough, it may put even more pressure on students.

Fear of forgetting the content will be eliminated.

Challenges:

If students are not guided well to give open-book exams, they may just copy what is in the textbook.

Training a large number of evaluators in the new evaluation method is also a challenge.

Conclusion:

Open-book exams can bring a revolutionary change in the Indian education system by reforming the method of teaching. Not just open-book exams, but testing different kinds of exams as an alternative to memory-based exams is much needed to improve the quality of our education system.

S. NANCY FATHIMA

I B. ED (MATHEMATICS)

SCIENCE IS A GOOD SERVENT BUT A BAD MASTER

Introduction:

Science is a friend or a blessing when we use it wisely but science is a enemy or a curse if it is used foolishly. Science has given as powers fit for the gods, yet we use them like small children. Science is a boon to mankind.

Advantage:

Science has changed the face of our world. It has made our life full of comfort and happiness. Scientific inventions like electricity, computers, satellites, x-rays, radium, plastic surgery, cellular phones, photography and machines have proved to be very useful. They have given much comfort ease a convenience.

Science is a good servant but a bad master:

We feel happy to think that we are living in a world of science and its wonders. We have

Really been provided with lots of comforts in our homes by electricity. In the field of medicine and surgery, great advancement has been made and so it is in the field of industry and communication.

- **Electricity:**

  Electricity is one of the invaluable gifts of science. It has been proved to be a boon in the modern world. It gives us light. It keeps our rooms warm. It keeps our rooms warm. It moves our fans. It boils water for us. A crane lifts up heavy weight easily.

- **Machines:**

Machines are our extra limits. Computer and calculators do the work of accountants and clerks. Gun and firearms save our lives in danger. Radio and television give us joy.

- **Medicines:**

  In the medical field new drugs have been invented. They save our lives. Sometimes a single dose at a drug ends our pain. A weeping child begins to smile.

Science's wonders in recreation:

Ten hundred years ago. People did not know the possibilities of great service that a lifeless matter can do .Who knew photos wall talk, walk and sing, Today television and radio have given new smiles to us. They serve as bales for our dullness after a day's work.

Science's industrial and agricultural inventions:

Science has also done true service in "Industry and agriculture". It had not invented tractors. Industrial machine, and new ways of production, a good portion of our increasing population would have died of a shortage of food and preventive clothing against biting cold ad heat.

Science's other services:

In the addition to the above science is doing great service than a human servant can do. It cools and warms our rooms. It coos and serves our food, it washes our clothes. It lights up our life. Only press the right button you can get your coffee with or without sugar. The day is ot far when science will make homes on the moon.

Conclusion:

The proper use of scientific inventions is really a boon, while its wrong use is a curse.

“Science is an angel in peace but

Devil in war”

S.SANKARESWARI.

I B.ED (MATHEMATICS)

AN INSPIRING MATH STORY

I happened to come across an interesting math story that I like to share.

It about a young German boy,who did math in a unique and creative way, by simply using simple principles.

I hope that with this inspiring story, anyone reading this story will find math a very amazing creation of mankind.

Here's the story ...

There was a boy in a class studying math with, of course, a math teacher. This boy's name is **Carl Friedrich Gauss (1777 - 1855).** One day this math teacher presented a challenging mathematical problem to the class where Gauss is in.

The math problem is to add up all the numbers starting from 1 and ending with 100.

Every student picked up a piece of paper and started to add up the numbers one after another from number 1 onwards.

Within a short span of time, while his fellow students were still struggling, Gauss went forward to the teacher and submitted his answer.

That action surprised not only his math teacher but the whole class. But that is not all.....

The interesting thing is that his answer is correct.

How did he do that so fast?

He came out a different way of analyzing the mathematical problem. Instead of the normal way of adding the first numbers onwards, Gauss looked at the problem with a different angle.

What he did was to split the range of number from 1 to 100 into two equal halves, 1 to 50 and 51 to 100. He noticed that if he flipped the last half to start from 100, and adding it the two ranges together, he will get something stunting.

He discovered that by adding the first pair, 1 + 100, he got an answer of 101. For the second pair, 2 + 99, he again got the same answer 101.

This answer of 101 was still valid for the rest of the number pair addition. And since there were 50 pairs of numbers, the final total is 101 x 50 which gave Gauss an answer of 5050.

The way he perceived and analyzed the mathematical problem surprised everyone.

From this story, you can see that math is a very interesting subject that tests the limitation of human mind. With different approaches, math solving can achieve a new dimension completely different from convention. This shows that math can be fun and exciting if we choose it to be.

SATHYA. S

I B. ED (MATHEMATICS)

EDUCATION SYSTEMS IN DIFFERENT COUNTRIES

Introduction

We think of going to school as a universal experience, but it varies greatly depending on where in the world you are. Setting aside the tragedy of the millions who are still denied any form of education, what schooling means and what it's for depends a whole lot on a country's history and culture. Some might say that the purpose of education is learning valuable facts. Others would argue it's primarily about becoming an effective critical thinker. Others still see it as a process for creating the citizens and workers of the future. Most of us, of course, believe it to be some combination of the three – but which country you live in is a significant factor in determining which of the three will take priority.

There are less fundamental differences too – in the shape of the school year, the number of hours students are expected to work for, and how much of their lives their school is expected to be involved in. We've taken a look at the school systems in ten different countries around the world – here's what you should know about them.

Chinese education emphasises memorisation and learning by drill

Of the different beliefs about what education is for, Chinese schools lean very strongly towards the memorisation and retention of facts. This is demonstrated in the gaokao, the university admissions exam, which depends on what a student can memorise and repeat; analysis and critical thinking are not tested. This is one of the reasons why China excels so much in producing scientists, engineers and mathematicians – while these subjects do still require a good deal of critical thinking, rote learning is certainly more helpful here than in arts subjects.

German schools are strongly opposed to uniforms

School uniforms are a popular choice across the globe. In some cases, it's because of the belief that wearing the same thing makes the school population feel more unified, contributing to a positive sense of school spirit and belonging. But just as often, it's for practical reasons, such as uniforms allowing students from different schools to be identified more easily, or that they provide a cheaper clothing option for poorer families, or they make it easier for parents to get their children ready for school in the mornings. There are plenty of countries where schoolchildren don't usually wear uniforms, such as the USA or France, but few are so vociferous about it as Germany, where uniforms have uncomfortable militaristic associations. Where branded school clothing does exist, it is carefully designed to look as unlike a military uniform as possible – branded hoodies and t-shirts in a range of bright colours are the usual choice – and it is very seldom compulsory to wear it.

The South Korean school day is very long

Most school days around the globe last for five or six hours. In Brazil, that involves starting school at 7am and going home for lunch; in France, it can involve starting at 8.30am and going home at 4.30pm, but enjoying a two-hour lunch break (often with a three-course meal) in the middle. British state schools usually start lessons at 9am and finish by 3.30pm. There may be after-school clubs or homework, but about six hours formally in the classroom is judged to be plenty, particularly for younger students.By contrast, South Korean students in secondary school can be at their desks for 14 to 16 hours. The standard school day is 8am until 4pm, which in its own right is long by international standards. But students in the last couple of years of school will then go home for some dinner, and head out again to a private school from 6pm to 9pm for intensive revision. There may well be another couple of hours of homework to do even after all of that. South Korean students are among the most successful on international league tables, but it requires a remarkable amount of work.

Bangladeshi schools are sometimes on boats

70% of the total land area of Bangladesh is less than a metre above sea level. It's hit by a triple whammy of bad luck being situated on the Ganges Delta, prone to flooding during the monsoon season, and affected by rainfall from the Himalayas. All of this in combination means around a fifth of the country floods every year. The country is demographically unusual, too – of Bangladesh's population of 165 million, 32% are under the age of 15, so the school-age population is huge and places a significant financial burden on state finances. Conventional schools have to close during flooding, leaving millions of children with no access to education, so Bangladesh has had to come up with an innovative solution: flood-proof schools on boats. Non-profits working in Bangladesh have played a significant role in providing these floating schools, often powered by solar panels that mean children can get an education even when the floods are at their worst.

Religious dress is banned in French schools

A core principle of French society is *laïcité*, roughly translated in English as secularity, though it goes rather further than secularity normally would do in English-speaking countries. It's the belief that religion and public life should be kept as far apart as possible. It is not in principle an opposition to religion – atheists are a minority in France, albeit a sizeable one – but the belief that religion and public life, especially politics, should not mix, and especially that religious justifications for political decisions should be avoided. One of the more controversial aspects of this was that in 2011, it became illegal to hide your face in public places in France, a move that effectively banned Muslim women from wearing the burqa or niqab.

Similarly, French public schools ban the wearing of any religious dress, a move that was seen as principally targeted at Muslim schoolgirls wearing headscarves, but that also affects Sikhs wearing turbans, Jews wearing yarmulkes, and Christians wearing crucifixes. The law has been controversial and drew protests when it was first announced, but

nonetheless remains in force. Based on the same principle of *laïcité*, French schools also don't provide any form of religious instruction, though some are prepared to allow their buildings to be use for religious after-school clubs and societies.

Japanese schools teach moral education

Of the different approaches to education outlined above, Japan's school system appears to prioritise producing good citizens. Moral education has been taught informally in Japan for decades, but it is gaining ever more prominence in the Japanese curriculum, being taught in some schools on a par with subjects such as Japanese or Mathematics. The subject covers many topics that seem uncontroversial, such as compassion, persistence, and some life skills. In this way, it isn't dissimilar to subjects such as Citizenship or Personal, Social and Health Education (PSHE) in British school, except that much more classroom time is devoted to it. However, there is also an emphasis on diligence, endurance and generally working hard to an extent that might seem excessive in other cultures, as well as topics such as national heritage that could be seen to have nationalistic overtones when taught in the context of morality, rather than more neutrally in a subject such as history.

Conclusion

Every country has a different approach to education and ideas of the best philosophy for schools and students can vary quite significantly across the globe. The history and culture of a place can play a huge part in what schooling means to them.

SENTHAMIZH KANI. S

I B. ED (MATHEMATICS)

FUN CHEMISTRY FACTS

You probably agree with me on the first fact: **chemistry is fascinating**. There are plenty of unanswered mysteries within this science, but there are also many **interesting and fun chemistry facts** which have been explained. The so called central science offers us so many awesome things to think about. From chemistry facts of daily life to recent scientific discoveries. Therefore, it is not an easy task to put together an objective list of the most interesting questions and facts that you can find out there. But we did a great deal of research to finally come up with a **massive list of facts about chemistry and explanations**. It has been cooking slowly for weeks, but it is finally here!

Most popular fun chemistry facts!

We consulted chemistry forums, and typical questions that people ask on search engines. Of course, we also used our own personal experience on what kind of chemistry questions we keep getting asked as chemists.

This is a long list of chemistry facts, so feel free to use the table of contents to navigate through it. Start reading about whatever catches your attention, and come back later to the list! If something strikes you as an interesting fact about chemistry, we have succeeded in our mission!

We like a lot the result, and we want this to serve as a scientific outreach resource, so if you like it too, make sure to link or share this website among your students, friends, colleagues or any potential chemistry enthusiast!

By the way, if you are interested in learning more fun chemistry with your kids, get your hands into one chemistry set now, and start enjoying the best part of chemistry: **experiments**!

What Kind of Chemistry Facts Are We Going to Learn About in This Article?

This research resulted in a selection of **one hundred interesting and fun chemistry facts** that can be explained and enjoyed by most audiences (don't worry, you don't need a PhD in chemistry to understand the explanations!).

We present them in the form of questions and also try to explain them in the most concise, and clear way as possible, for a broad audience, but without compromising scientific rigor.

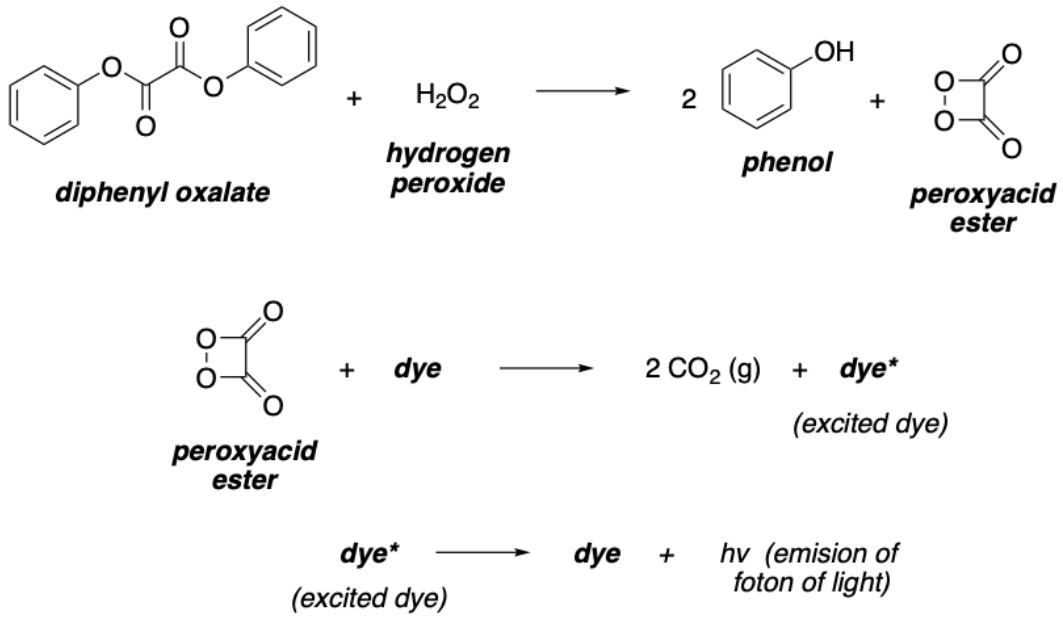
You will find also many facts that can be even interesting for young students or kids. If you are taking care of those, maybe you want to add some more fun to their scientific education and play with a chemistry set with them!

We have previously looked into some essential basic chemistry concepts, we suggest you to take a look at them if you are not very familiar with chemistry. We hope you enjoy the chemistry and we guarantee that you will learn something cool out of it!

1. How Do Glow Sticks Glow?

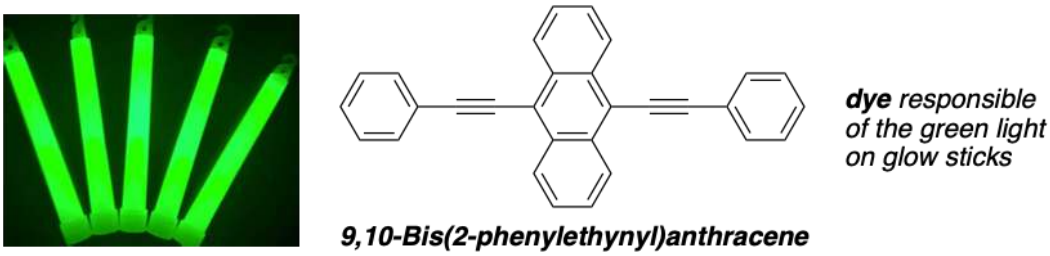
A **glow stick** is a self-contained light source. It is basically a plastic tube, in which different substances are contained: mainly a basic catalyst and a dye. Inside the plastic tube, there is a glass vial is filled with the other required component: hydrogen peroxide (H_2O_2).

When the glass vial within the plastic stick tube is broken by the user, all the components are mixed together. Then, a series of chemical reactions take place. This results in the excitation of the "dye" molecule, which upon relaxation releases light through a process known as chemiluminescence.



Chemical and photochemical processes happening inside a glow stick.

Hydrogen peroxide reacts with biphenyl oxalate giving peroxyacid ester. This molecule decomposes spontaneously, giving CO_2 and releasing energy that can excite the dye molecules. The excited dye molecules can relax back, releasing photons of light of different colors. Depending on the nature of the dye, the color (wavelength) of the emitted light will be different.



Structure of the dye responsible of the green color on glow sticks

For example, typical green glow sticks use 9,10-bis(2-phenylethynyl)anthracene as dye.

2. How Do You Make Fireworks of Different Colors?

Two thousand years ago, a cook mixed three ingredients very common in any kitchen: potassium nitrate (food preservative), sulphur and charcoal. Mixed and heated, they go off exploding on a huge bang. This is basically gunpowder.

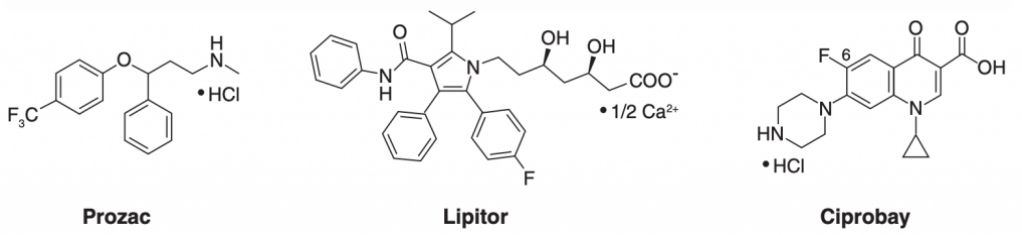
If this mixture is put on a cane, pressure builds up giving rise to a bigger explosion. Originally, potassium nitrate was used. Potassium cations are responsible of a white color. If different salts are used instead, with different metals as cations, you get the different colors. For example, strontium salts give red colors. Iron compounds give gold-colored fireworks. Also, sodium gives yellow; barium gives green and copper gives blue. There is a great inorganic by Compound Interest about this.

Fireworkcolors. Credit to Deanna Conners *via* Human World

3. Why Do We Add Fluorinated Groups to Many Drugs?

This goes beyond basic knowledge, but sometimes you see that medicinal chemists decide to “randomly” put a F atom in a molecule. This is a common pattern in drug design, which is weird because fluorine appears very rarely in naturally occurring molecules.

Fluorine in Pharmaceuticals. Credit to F. Diederich and coworkers, *via* Science



Fluorine is a element that is usually added to drug molecules because it can increase its selectivity. Also, adding fluorine atoms increase the solubility of the drug in fats, making it easier for it to go through body barriers. Furthermore, the simple exchange of a H atom by a F atom in a certain position, make it much more stable, and less prone to degradation by oxidation. This may have a significant positive effect in the dosage of the drug.

4. What Are Olympic Gold Medals Made Of?

They Olympic gold medals are not completely made of gold. In fact, they are made of at least 95% of silver, containing a minimum of 6 g of gold.

Chemical composition of Olympic medals. Credit to Visual capitalist

Gold is much more expensive than silver. However, thanks to this “tricky” alloy, a golden medal is just worth about $550, while silver medal is around $300.

Gold is around 100 times more expensive than silver, so a full-gold Olympic medal would cost $30.000! That's why they only add enough amount of gold to give the medal the characteristic golden color.

A bronze medal, made of cheap copper and zinc, is actually worth only $2.

5. Do Chemists Know How to Make Drugs?

This is actually one of the most typical questions chemists get asked whenever they disclose what they do. Especially after the release of certain TV show…Breaking Bad title card. Fair use.

And the short answer is clear: Yes, they do. Easily, in many cases.

That being said, it depends on the degree of experience and on the field in which you work on. Any undergraduate, working in any field, could probably follow experimental preps or "recipes" to make a common biologically active compound.In case of somebody working on synthetic organic chemistry, with a MSc or PhD in that field, they can probably look up how to efficiently make any drug or derivative out there, with enough resources provided and access to a scientific database. This is obviously not limited to recreational drugs, but also to most small-molecule drugs that you take when you are sick.

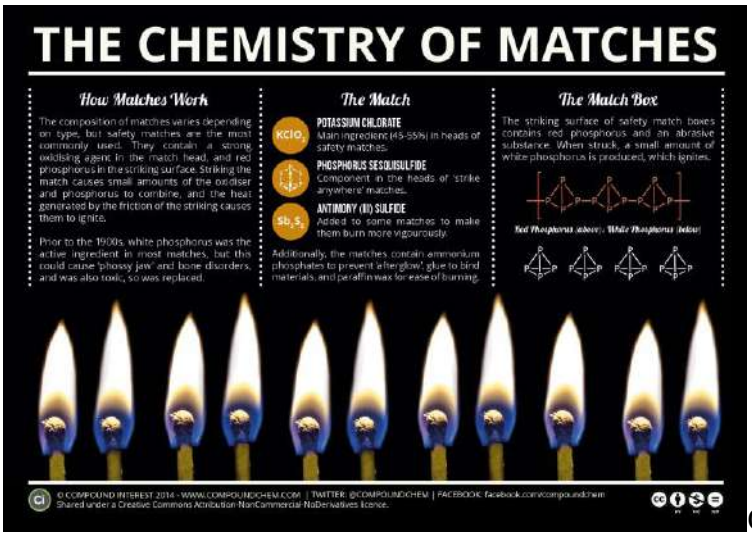
6. How do Matches Work?

Match-heads are made of a combination of chemicals. The main ingredients are potassium chlorate, sulfur and glass. No phosphorus in the match head. Red phosphorus is basically what makes up the striking surface, along with more powdered glass or sand.

The main goal of the sand/glass present in both the match head and the striking surface is to cause heat through friction.

This amount of heat promotes the transformation of red phosphorus into white phosphorus. White phosphorus is incredibly pyrophoric. It can ignite spontaneously in the presence of oxygen from air, or from potassium chlorate itself. Sulfur (along with oxygen) keeps the flame burning. The wooden stick of the match does the rest.

Make sure to check out this info graphic by Compound Interest:



Chemistry of matches. Credit to Compound Interest

7. What is an Alloy?

Alloys are basically combinations of two or more different metals, or metals with non-metals. Alloys are generally produced to obtain metallic materials with a given set of desired properties.

One of the most typical alloys out there is steel. Steel is basically a combination between iron (metal) and carbon (non-metal), which present very attractive properties.

Another example is the mixture of gold and silver used in Olympic golden medals. The resulting alloy is much cheaper than pure gold, but keeping the desired golden color for the medal.

8. How Does the Coke+Mentos Experiment Work?

This experiment went viral a couple of years ago. Adding “Mentos” to a bottle of Coke causes a large amount of pressure to build up. This basically makes the coke go flying as a soda geyser. You probably have heard of it:

But how does it work?

Why this happens has more of a physical explanation than a chemical one. The responsible process is called “nucleation”.

Coke, or soda, is filled with carbon dioxide (“fizz”). This contained CO_2 is dissolved into the liquid, and it wants out (it is a thermodynamically favorable process).

In the absence of Mentos (o whatever nucleation source you might use), this process goes on slowly. That’s why if you put the coke into a glass (which doesn’t have a lot of nucleation points, since it has an even surface), it doesn’t release a lot of CO_2 at once.

Your own mouth and tongue have a fair amount of nucleation sites: irregular spots where CO_2 bubbles can be easily released from the solution, that’s how you get the “fizzy” taste when you drink soda.

The surface of a Mentos is build up from a lot of microscopic layers of sugar, making it extremely irregular, full of crannies and nooks, which make up the perfect “nucleation weapon”. In contact with soda, this extremely irregular surface will make **a lot** of bubbles rapidly form, building up a huge pressure that results in the well-known geyser!

9. Why Are Graphite Rods Used in Nuclear Reactors?

Graphite is used in nuclear reactors as a moderator. Basically, a nuclear moderator decreases the speed of neutron release, allowing controlling the nuclear chain reaction.

Carbon atoms in graphite can absorb the high kinetic energy that neutrons have when emitted in a fission process.

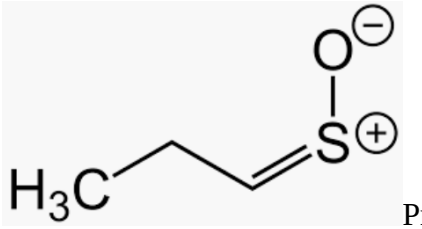
Nuclear fission reactors are based on the production of neutrons via fission processes.

Why would we want to slow down the release of neutrons? We want the neutrons to be captured by active nuclei such as uranium-235. For this to happen efficiently, without a nuclear moderator, we need to use enriched uranium (>3–5% of U-235). With a moderator, we can use natural or un-enriched uranium (LINK), much easier to access.

An alternative nuclear moderator is D_2O (heavy water), but graphite rods are usually preferred, since they are solid, cheap and occupies less volume.

10.Why Do Onions Make You Cry?

A relatively complex process takes place when you cut an onion. This results on the release of propanethial-*S*-oxide, which is an irritant of the lachrymal glands, which release tears.



Propanethial-S-oxide

In 2002 (Imani et al), it was reported that, upon cutting, onions release an enzyme called lachrymatory-factor synthase. This enzyme transforms sulfoxides present in the onion into sulfenic acid.

Sulfenic acid gets spontaneously rearranged into propanethial-*S*-oxide, which through the air, goes into your eye and irritates your lachrymal glands.

11. Why Does Ice Float on Water?

Ice floats on water because it is the less dense of the two.

As a general rule, out of two different substances or materials that do not react with each other, the less dense will float on top of the denser. The density of ice is around 10% lower than the one for water.

This property is extremely important for life. Rivers and lakes freeze from the top, so animals can still survive in the liquid water below. If ice was denser than water, it would sink, displacing water to the top, freezing as well as a result. This would result on the whole river/lake freezing, killing most forms of life living within.

12.How Do You Make Soap?

As mentioned above, classical soaps are made of fatty acid carboxylates. These are typically obtained from “saponification” of fatty acids with sodium hydroxide (NaOH), also known as lye.

One source of fatty acids is virgin olive oil, or coconut oil. Heating those up to around 100 ºC, and adding a water solution of NaOH gives the corresponding mixture of sodium carboxylates. Then, fragrances are usually added before the soap mixtures are poured into a mold and slowly cooled down to room temperature.

13.What Happens to Food While Cooking it?

If you have heard that cooking is chemistry, it is totally correct. Cooking is basically bringing chemical changes to food, mostly through heating.

When you cook a piece of meat, as you heat it up, proteins start to denature. As a result, you observe the typical color change, among other things. Also, collagen starts shrinking, pushing water out. This results in meat getting drier and drier the more time you cook it.

Another cool example is the use of baking soda while baking. This is basically sodium bicarbonate ($NaHCO_3$), which releases CO_2 upon heating, helping mixtures increase in volume or "rise" while baking them.

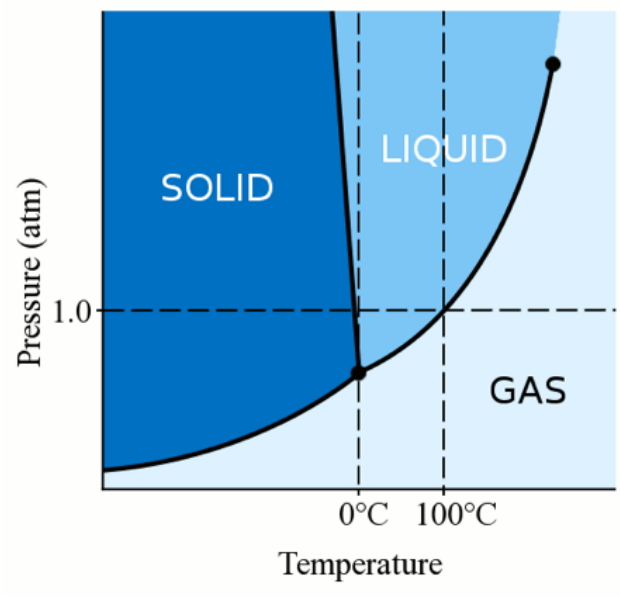
14.Can You Burn a Diamond?

Diamonds are made of pure carbon, so it makes sense to think that they could burn under a oxygen atmosphere to produce carbon dioxide. But since the three dimensional arrangement of the diamond is so tight and difficult to disrupt, very high temperatures (in the order of 1000 ºC) would be required.

15. Can You Cool Pure Liquid Water Below Zero Degrees?

We have seen that adding other compounds to water, such as salts, allow us to decrease its freezing point. But what about pure water?

Yes, you can cool liquid water below zero degrees Celsius if you increase the pressure.



Water phase diagram

As you can see in the diagram, as soon as you go up from 1 atm of pressure, the melting point of water decreases.

16.Why Do Fresh Eggs Sink, and Rotten Eggs Float?

A classical trick to know whether we can still eat an egg (if they are fresh enough) is putting them in a bowl of water. If the egg sinks, it means that it is still denser than water, which is the natural state if they are still fresh.

As decomposition takes place, solid and liquid matter is transformed into gas. Gaseous pressure builds up, and since the egg shell is porous, this gas starts escaping. This loss of mass, eventually leads to the density of the egg being lower than water's. This makes the egg float. This represents an easy way to tell if an egg has undergone too much decomposition to be eaten (if it is rotten).

Lightning is incredibly hot! They can reach temperatures of around 30.000 ºC, which is around 5 times the temperature of the surface of the Sun. Keep in mind that this is just its surface, the core of the Sun reaches several million degrees, which is **17.. How Hot Does a Lightning Strike Get? Is it Hotter than the Sun?**

much more than lightings.

would fit in a cube sized around 21×21 meters.

18. Why Do Coins Have a Smell?

Coins, and metals in general, actually don't have a smell. Our own bodies are responsible for the typical "metallic odor" that we associate with them.

Upon contact with some metals (including iron), 1-octen-3-one is formed as a result of the decomposition of oils present in our skin. This chemical is the real responsible of the smell that we associate coins or metals with.

19. Why Gold Does not Present a Silvery Shine as Most Metals?

This is not an easy question to break down in a few lines. The answer relies on quantum chemistry and relativistic effects.

Most metals have no color, in the sense that they do not absorb photons on the visible light wavelength range. They reflect all the visible light, resulting in the typical silvery shine. Further reading.

Typical metallic shine.

However, due to relativistic effects, some of the outer electrons of gold atoms move much faster than usual. This quantum effect shifts the absorption range of gold so it covers some of the visible spectrum. Like so, gold can absorb some blue light while it reflects the rest of the visible light, resulting in this shinning yellow or golden color.

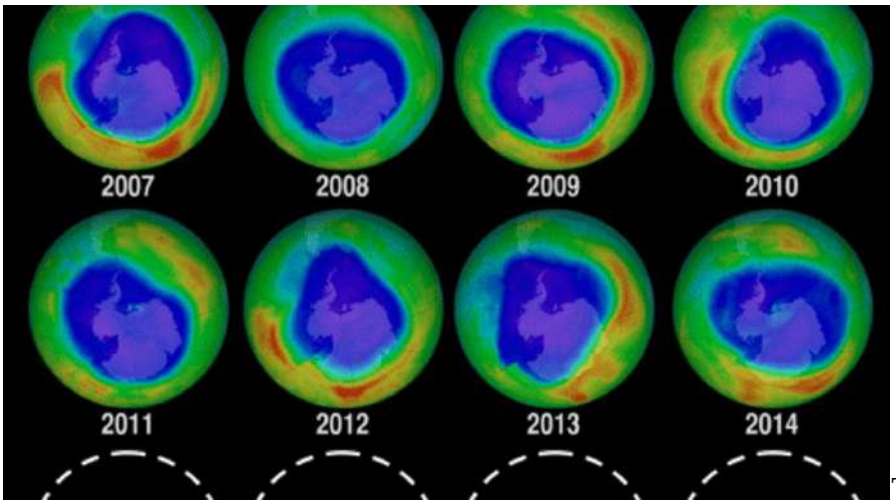
20.How Many Water Molecules Are in a Bucket?

Let's say we have a 1 L bucket of water. One liter of water is roughly 1000 grams, which translates into 56 (1000 g/18 g/mol) moles of H_2O. If we know that each mole of a compound contains around $6.022 \cdot 10^{23}$ molecules of that compound (Avogadro's constant), we will have $3.37 \cdot 10^{25}$ water molecules inside the 1 L bucket. This number is around 4000 times larger than the estimated number of grains of sand on the entire Earth!

21. Does the Hole in the Ozone Layer Still Exist?

The layer of ozone present on the stratosphere protects us from most dangerous UV radiation coming from the Sun.

Over the 1980's and 1990's, a hole (more accurately, a zone of partial depletion or lower ozone concentration) in this layer was dangerously growing in size, as a result of people abusing the use of CFC (chlorofluorocarbons) compounds.



The ozone hole evolving over the years. Check it out at NASA

Fortunately, after prohibition of many substances that were damaging the ozone layer, the hole present over Antarctica started to shrink, going back to the size that it had before the 1980's.

22 What Is the First Time that Chemistry Has Been Used?

Modern chemistry, together with modern science in general, it's a relatively new thing. But human kind has been using chemical processes even by 1000 BC! Technologies such as extraction of metals from ores, medicine from plants or fermenting wine, are nothing more than chemical processes, discovered by people thousands of years back.

23. How Did They Come Up with Coca-Cola?

John Pemberton, an American Civil War veteran, who was wounded during this period, dedicated the rest of his life to the development of a new medicine to use as painkiller. Most of his attempts were unsuccessful, expect for a beverage based on the coca plant, which helped calming nervousness. Pemberton sold the recipe to a businessman before he died, who turned into the drink that we all know today.

24. What is More Complex, the Universe or Chess?

As it is agreed by most physicists, the entire universe is made up of about 10^{80} atoms. This is a 10 followed by a lot of zeroes. **A gigantic number**. However, a mathematical estimation of the possible moves that could happen in a game of chess, found it to be 10^{120}. This points to chess not being so boring as it may seem…

25. What Happens if You Clean Your Hands with Bleach?

When you make alkalis as lye react with fatty acids, you get soap. If you use alkalis, such as bleach to wash your hands, something similar is happening. You are turning the fatty acids in your hands into soap, making your hands weirdly smooth and slippery. Now you are turning your hands into soap!

Now its your turn to interact! Make sure to **share** this content with everybody who could enjoy this gigantic compilation!

Our only mission with this compilation is **making people interested in chemistry**. Therefore, any help that you can provide for making this post reach any audience that could appreciate it, will be more than appreciated!

PACKIALAKSHMI.C

I.B.ED (PHYSICAL SCIENCE)

CHANDRAYAAN

INTRODUCTION:

- *Chandrayaan 2 is the Second lunar exploration mission developed by the INDIANSPACE RESEARCH ORGANISATION.*
  - *After chandrayaan 1 it consists of a lunar orbiter*
  - *It also includes a VIKRAM LANDER and the PRAGYAN LUNAR*
- *Over all of which developed in India*
- *Chandraayan 2 space craft was performed successfully in september(3rd 2019)*
- *Its begging at 0850 hours. IST as planned.*
- *Using the onboard propulsion system.*
- *Scientist uded the **solar** x **ray monitor** onboard chandrayaan 2 In september 2019 to stusythe sun .*

LAUNCHED DETAIL:

Launch Date	***: 22 July 2019***
Launch site	***: Satish Dhawan Space Centre***
Rocket	***:GSLV Mark 3 M1***
Space craft	***: Rover***
Power	***: Orbiter 1000 watts***
Orbital insertion	***: a p o c y s t h i o n***
Altitude	***: 100 km 62 (mi)***

M.MAHALAKSHMI

I. B.ED(PHYSICAL SCIENCE)

Invention	subject	Innovation
Katie grace carpente	Environment	A new way to make plastics could keep themfrom littering the seas.
Silke schmidt	Tech	Someday soon smattwatches may know you'resick before you do.
Kendra redmond	Physics	Future cars mayoffer personal soundzones-noearphones needed.
Maria temming	Material science	These colorful butterflies wereprinted with transparent ink.
Shi en kim	Tech	Scientists find a'greener' way tomake jeams blue.
Manasee wagh	Material science	Bacteria make 'spider silk' that'sstronger than speed.
Sid perkins	Material science	Synthetic treescould tap underground water in arid areas.
Stephen ornes	Tech	Tiny swimming robots may helpclean up a microplastics mess.
Sid perkins	Tech	Headphones or earmuffs could replace needlesin some disease testing.
Shi en kim	Chemistry	New glue offers to turn any smallwalking robot into spiderman.
Stephen ornes	Tech	No animal diedto make this steak.
Sid perkins	Material science	Copper 'foam' could be used asfliters for COVID 19 masks.
Kathryn hulick	Physics	Light levitationmight help explore earth's'ignorosphere'.
Silke schmidt	Material science	Bandages madefrom crab shell speed healing.
Kathiann kowaski	Material science	Super-absorbentswab could curberrors in COVID 19 testing.
Silke schmidt	Genetics	Gene editing canalter body fat and may flight diabetes.
Alison pearce stevens	Material sceince	Will bacterial "wires" one day power yourphone?.
Stephen ornes	Material science	Micro-barbscould makeshots less painful.
Sid perkins	Physics	Heat signatureshelp track downold and still deadly land mines.
Dan garisto	Science and society	New somke alarm tests a mother's touch.

P.ROSHINI

I.B.ED(PHYSICAL SCIENCE)

Amazing Chemistry Facts that will Blow Your Mind

Oh yeah, chemistry!

The football-shaped carbon cluster C60 has been called ‘the most beautiful molecule’, and if you have an eye for symmetry it’s easy to understand why. But if you ever liked chemistry in school, or actually have a career working in chemistry, you know chemistry goes beyond ‘beauty’..

1. Superfluid Helium defies gravity and climbs on walls

helium superfluid

A remarkable transition occurs in the properties of liquid helium at the temperature 2.17K (very close to absolute zero), called the “lambda point” for helium. Part of the liquid becomes a “superfluid”, a zero-viscosity fluid which will move rapidly through any pore in the apparatus.

2. If you pour a handful of salt into a glass of water, the water level will go down

water and salt

When you step inside a bathtub, the water level will immediately go up, per Achimedes’ law. But when you add a volume of sodium chloride (salt) to a volume of water, the overall volume actually decreases by up to 2%. What gives? The net reduction in observed volume is due to solvent molecules which become more ordered in the vicinity of dissolved ions.

3. Diamond and graphite are both entirely made of carbon and nothing else

diamond

Though made of the same stuff, the difference between a crown jewel and pencil lead is given the form. Namely, diamond and graphite are arranged differently in space ,making them allotropes of carbon.

4. The rarest naturally-occurring element in the Earth’s crust is astatine

Astatine

Named after the Greek word for unstable (astatos), Astatine is a naturally occurring semi-metal produced from the decay of uranium and thorium. In its most stable form, the element has a half-time of only 8.1 hours. The entire crust appears to contain about 28 g of the element. If scientists ever have to use it, they basically have to make it from scratch. Only 0.00000005 grams of astatine have been made so far

R.NISHA

I.B.ED (PHYSICAL SCIENCE)

Famous Inventors and discoveries list

INVENTION	INVENTER	COUNTRY
Tooth brush	Wiliam Addis	England
Instant Noodles	Momofuku Ando	Japan
Color Television	Hovannes Adamian	Armenia/Russia
Modern Digital Computer	John Vincent Atanasoff	Bulgaria/USA
Video game console	Ralph H.Baer	Germany
Telephone	Alexander Graham Bell	UK/Canada/USA
Stainless Steel	Harry Brearley	United Kingdom
Sewing Machine	Philip Diehl	USA
Compact Disc	Toshitada Doi	Japan
Diesel Engine	Rudolf Diesel	Germany
Microprocessor	Federico Faggin	Italy
Liquid crystal Display	James Fergason	USA
Contact Lens	Adolf Gaston eugen fick	Germany
Penicillin	Alexander Fleming	Scotland
Aspirin	Felix Heffmann	Germany
Aeroplane	Karl Jatho	Germany
Hard disk drive	Reynold B.Johnson	USA
Stethoscope	Rene Laennec	France
Telescope	Hans Lippershey	Netherland
Fire Extinguisher	George William Manby	United kingdom
Ethernet	Robert Metcalfe	USA
Atomic Bomb	J.Robert Oppenheimer	United States
Elevators	Elisha Otis	USA
Fountain Pen	Petrache Poenaru	Romania
Electron Microscope	Ernst Ruska	Germany
Saxophone	Adolpha Sax	Belgium
Celestial Globe	Lala Balhumal Lahuri	India

S.REGINA THERASA

1 B.ED(PHYSICAL SCIENCE)

SCIENCE POEM BY MARTIN DEJNICKL

Everyday works,

Because of science.
Even your old Kitchen appliance.
What about your Moms car?
Without science ,
It couldn't go far.
With science we could makeA
computer or phone ,
If you want a twin,
Just asked for alone.Science will explain,
Nature and trees .
It's also used,
To find cures or disease.
Science is cool,

The evidence is clear,
It's so much fun,
Enjoy it my dear.

P. ILAKKIYA

1.B.ED(PHYSICAL SCIENCE)

TOP 10 UNKNOWN SCIENTISTS WHO CHANGED THE WORLD

IBN AL- HAYTHAM (CA. 965- 1039) - Introduced the scientific methodology of xperimentation and observation. His book "The Book of Optics" was revolution in optics and visual perception. He also laid foundations for the "Development of theMicroscope ".

AVICENNA (CA. 980-1037) - He wrote almost 450 texts on a wide variety of subjects. His books "The canon of medicine "and " the book of healing " were used as universityacross Europe for 100 years. He also introduced Quarantine to avoid spreading infections.

FRITZ HABER (1868- 1934) - Invented the process for the industrial synthesis of Ammonia an important component of fertilizer in Modern agriculture. He was heavily involved in the development of chemical weapons such as chlorine gas. His work helped the development of cyanide gas, used by the Nazis for some of worst atrocitiesin Human history. He is named as" The father of chemical warfare ".

JAMES CLERK MAXWELL (1831-1879) - Regarded as "The father of modern physics".His discovery of the Electromagnetic spectrum led to the development of TV, Radio, andMicrowaves. He also produced first color photograph.

KARL LANDSTEINER (1868-1943) - He was partly responsible for Identification of thePolio virus. He played integral part in identification of blood groups. His work vastly improved survival rates in surgery.

JOSEPH LISTER (1827-1912) - He was first to use carbolic acid as antiseptic to treatpatient wounds. He is considered as the "Father of Antiseptic medicine ". His work saved countless lives all around the world.

THOMAS MIDGLEY (1889-1944) - Made a Massive contribution to the modern world. His contribution was not positive one. He was responsible for development of CFCS. One of the most destructive compounds in our atmosphere.

LEO SZILÁRD (1898- 1964) - He was the one who initiated Manhattan Project. He worked on the idea of Nuclear chain reaction, the process which allowed the Atom Bomb to be developed. Contributed to the Dawn of the Nuclear age and changed theworld dramatically.

JOHN BARDEEN (1908- 1991) - He won two Noble prizes. He developed the Electrical transistor.

TIM BERNERS-LEE (1955) - His invention was truely Revolutionary moment incommunication and internet. He introduced World Wide Web.

M. APARNAA

I.B.ED(PHYSICAL SCIENCE)

Amazing Chemistry Facts that will Blow Your Mind

Oh yeah, chemistry!

The football-shaped carbon cluster C60 has been called ‘the most beautiful molecule’, and if you have an eye for symmetry it’s easy to understand why. But if you ever liked chemistry in school, or actually have a career working in chemistry, you know chemistry goes beyond ‘beauty’.

Like physics, there’s an inherent romance to chemistry the stems from ‘truth’, rather than classic aesthetic features. Hopefully, these quick chemistry facts and tidbits will spark or renew interest in this noble field of science.

1. Lightning strikes produce Ozone, hence the characteristic smell after lightning storms

Lightning Ozone, the triple oxygen molecule that acts as a protective stratospheric blanket against ultraviolet rays, is created in nature by lightning. When it strikes, the lightning cracks oxygen molecules in the atmosphere into radicals which reform into ozone. The smell of ozone is very sharp, often described as similar to that of chlorine. This is why you get that “clean” smell sensation after a thunderstorm.

2. Water expands when freezes, unlike other substances

water ice

Typically, when something is cold, it shrinks. That’s because temperature describes the atomic vibration — the more vibration, the more space it takes, hence expansion. Water is an exception. Even though it vibrates less when it’s frozen, the ice occupies more volume. That’s due to the strange shape of the water molecule.

If you remember your Chemistry 101, the water molecule looks like Mickey Mouse, the oxygen atom sitting at the center (the face) and two hydrogen atoms each at an angle (Mickey’s ears). Because of how oxygen and hydrogen bond, the water molecule is an open structure with a lot of space. When water freezes it releases energy because a lot of extra strong bonds can be made. But it does take up more space. And so, ice expands when it freezes. Another interesting fact worth mentioning is that hot water freezes faster than cold water.

3. Glass is actually a liquid, it just flows very, very slowly

Mr. Freeze

It’s actually true, Mr. Freeze.

Being neither liquid, nor solid, explaining glass is a lot harder than some might think. In a glass, molecules still flow, but at a very low rate that it’s barely perceptible. As such, it’s not enough to class glasses as a liquid, but neither as a solid. Instead, chemists classify glasses as amorphous solids— a state somewhere between those two states of matter. There’s also a thing called metal glass – a class of materials that are three times stronger than titanium and have the elastic modulus of bone, all while being extremely lightweight

V.DIVYA VARSHA
I.BED(PHYSICAL SCIENCE)

What quantum physics teacher as is

That everything we through was physical

Is not physical.

_bruce H. Lipton.

Physics is experience. Arrange in economical

Order.

_Ernst much.

Physics is hopefully simple physicists are

Not.

_Edward teller.

Physics does not endeaver to explain nature.

In fact the great success of science is due to a

Restriction of objectives. It only endeavours to

Explain the regularities in the behavior of object.

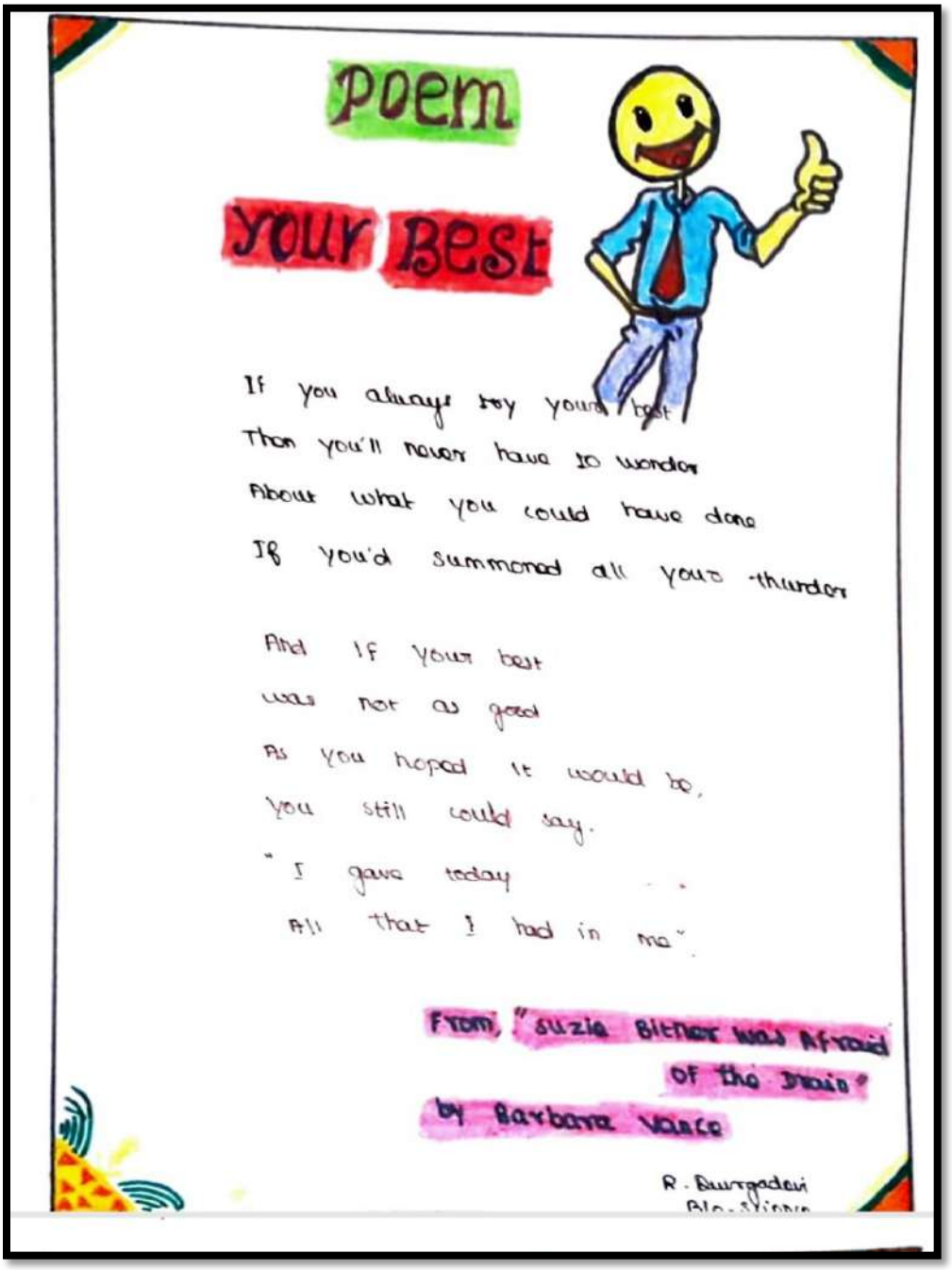
_Eugene wigner.

Until you multiply your self time the speed of light

Squared then you energy.

A.JENO,

I.B.ED(PHYSICAL SCIENCE)



R.DURGADEVI

I.B.ED(BIO-SCIENCE)

SPECIAL NEEDS POEM

They say that I have "Special need "

and while that's partly true,

the needs that matter most to me

are the same ones you have too.

' TO BE ACCEPTED '

I need friends that makes me smile

I need a chance to learn and grow

Feelings valued all the while.

Sure, I need some extra help

and some things I can't do,

But, I hope you'll see beyond all that.....

Inside I'm just like you.

- JANNATUL FIRTHOUSE . M

I.B.ED(BIO-SCIENCE)

SAVE WOMEN'S

"Be proud to be a parent irrespective of the sex of your child"

"Save girl child educate yourself"

"The girl child is a human, and so are you save humanity."

Save

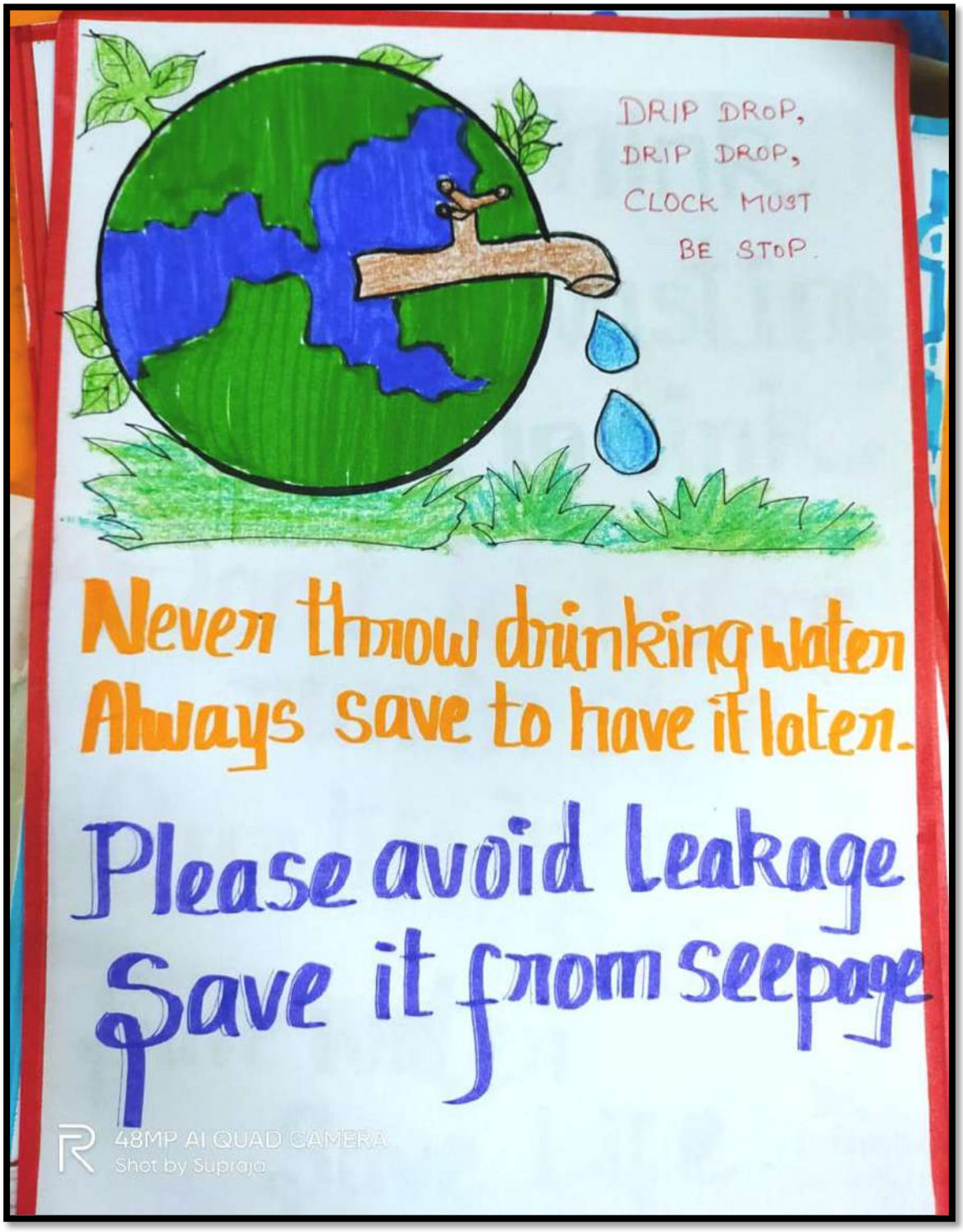
"Say no to girl child marriages say yes to girl child Education"

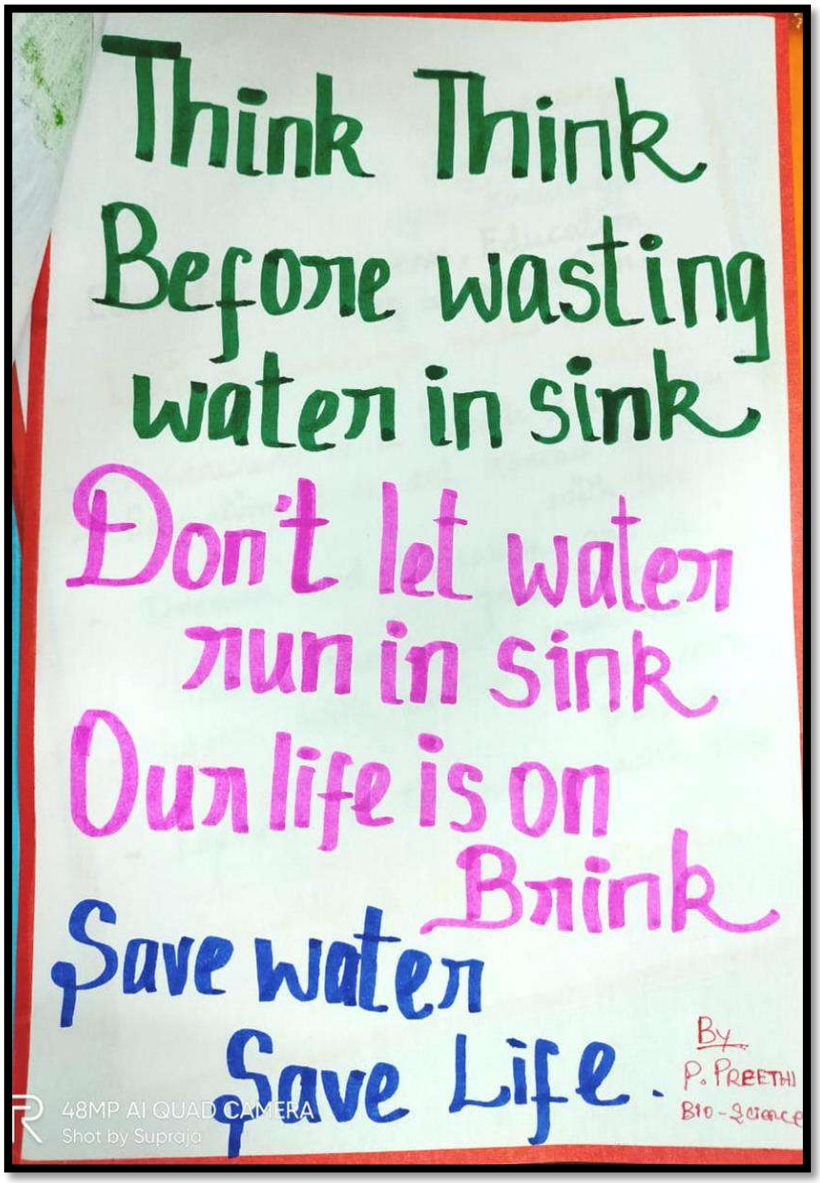
"Save girls space needs more astronauts why do you want a daughter in law when you killed your girl child?"

"Every girl born things good faith upon you."

"Every girl is depiction of the goddess your worship killing your girl child is killing a goddess."

Kiruthika . R
Bio science

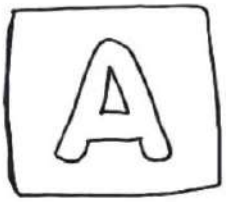

DRIP DROP,
DRIP DROP,
CLOCK MUST
BE STOP.
Never throw drinking water
Always save to have it later.
Please avoid Leakage
Save it from seepage
48MP AI QUAD CAMERA
Shot by Supraja



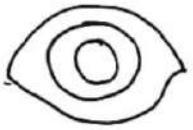
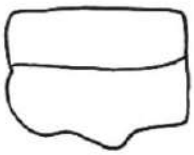
P.PEETHII.

I.B.ED (BIO-SCIENCE)

Can you Guess the Country

 + 

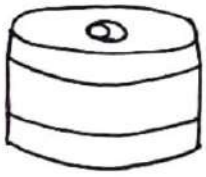
Ans : ZAMBIA

 +  + 

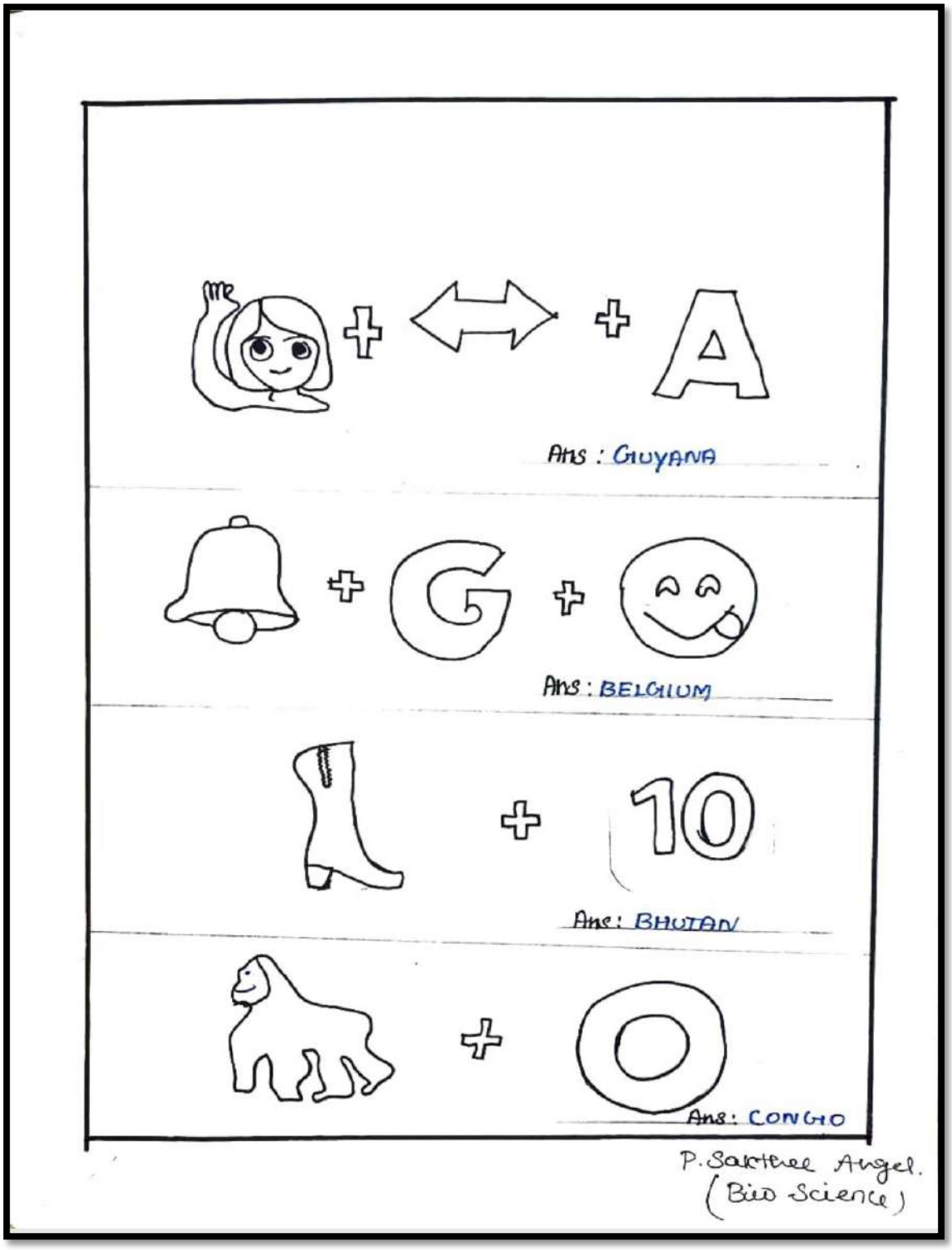
Ans : IRELAND

 + 

Ans : SPAIN

 + 

Ans : KENYA.


Ans : GUYANA
Ans : BELGIUM
10
Ans: BHUTAN
Ans: CONGO
P. Sakthee Angel.
(Bio Science)

Equal.....

Everyone is aware of equality.....

But do everyone follows it?

It's Jigsaw puzzle....

There lies discrimination among.....

Womb to Tomb.....

If Poor, go to work.....

If Rich go to abroad.....

If Boy, go to office.....

If Girl, go to kitchen.....

If Transgender, Don't say it aloud.....

If Beauty, go to contest.....

If Ugly , go to parlour.....

God created everyone equal.....

But we humans have swapped it.....

As seasons change, we humans have to change.....

Shout and say.....

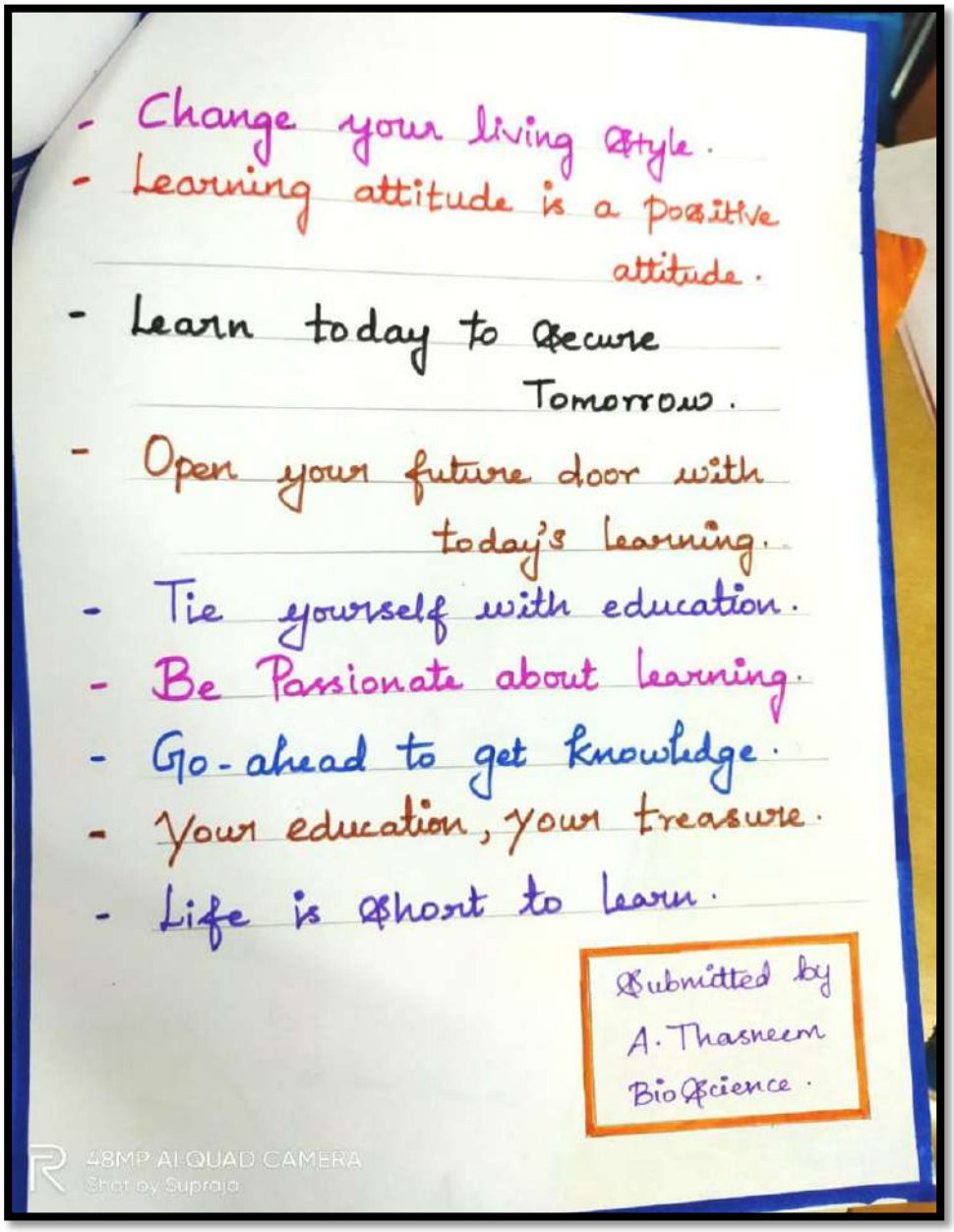
All are equal before GOD (LAW).....

SOUMMITHA. K

I.B.ED(BIO – SCIENCE)

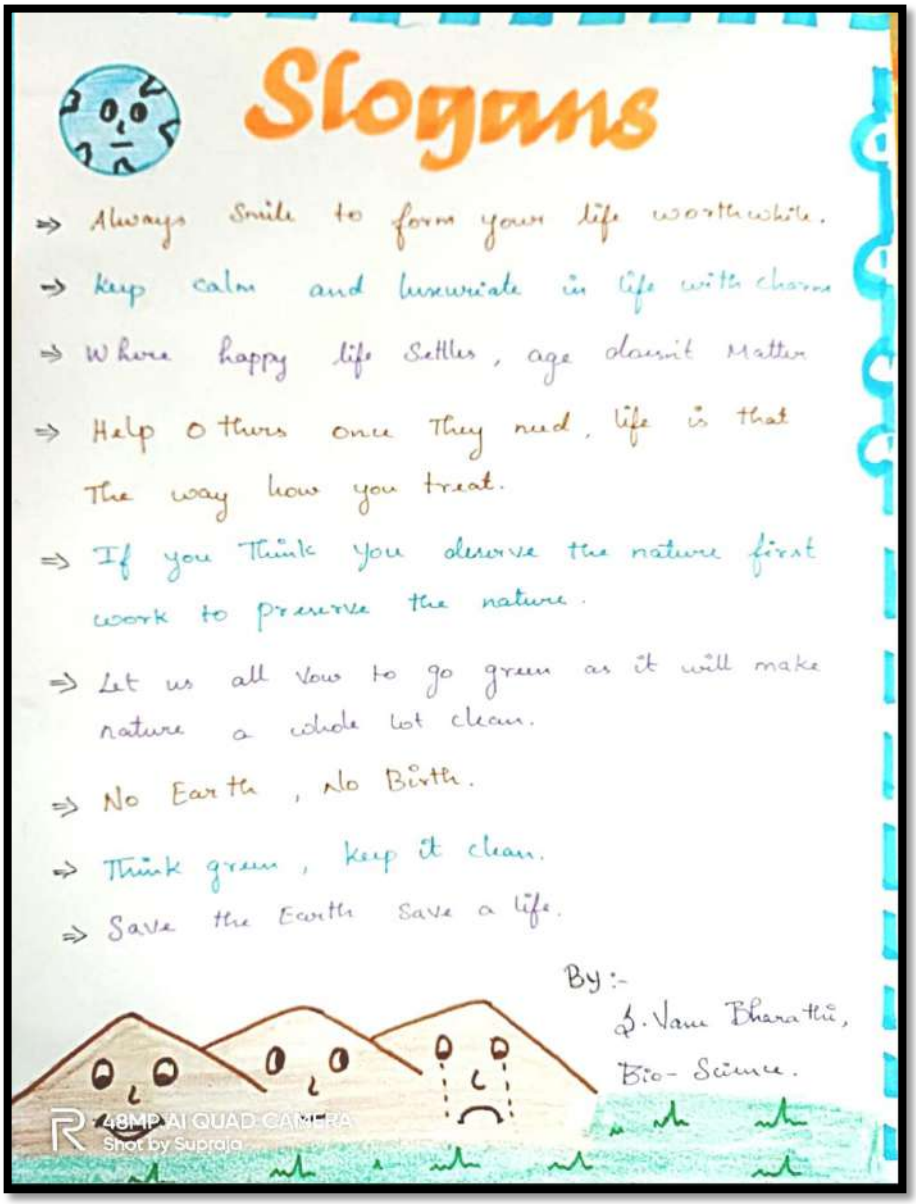
SLOGANS...

- Without an aim, Life is Unnecessary.
- Learnt not for a degree, Only for Knowledge.
- Education of Women, Education of a generation.
- Lack of knowledge makes men broken.
- Awareness is a branch of education.
- Education is an art Spread it with love.
- Dreams and Education are a good partner.
- Children learn with your act.
- Learn with passion to live with purpose.
- Looking to the future with Hope.
- Education is a key to Success.



A.THASNEEM

I.B.ED(BIO-SCIENCE)



S.VASU BHARATHI

I.B.ED(BIO-SCIENCE)

தமிழ் மொழியின் இனிமை

தமிழே இனிமை! தமிழே அருமை...

தமிழின் பெருமையை இலக்கியமும்இ

இலக்கணமும் உணர்த்துகிறது அல்லவா...

தமிழ் மக்களின் பெருமை மேலோங்கும்

போது தமிழும் இனிக்கிறதே!

தமிழினைக் கற்க செவியும் தென்றலாய்

பரவுகிறது அல்லவா...

தமிழே உனது பெருமையை நினைக்கும்

போது என் மேனிச் சிலிர்கிறதே!

உயிர் நாவில் உருவான உலகமொழி

நம் செம்மொழியான தமிழ் மொழியே... !

எங்குமாய் புகழ் மணக்கும் இன்பத்தமிழே!

ஆதி முதல்மொழி எங்கள் அன்னைத்தமிழே!

இரண்டு ஆயிரம் ஆண்டுகள் தாண்டியும்

தரணியில் வாழும் எங்கள் தாய்மொழி!!

S.DIVYA

I.B.ED(TAMIL)

இயற்கையின் இயல்பு

உயிர்காக்கும் மழைநீரை

உறியும்வரை உள்வாங்கி

பச்சைவண்ண பட்டுடுத்தி

பருவமெனப் பூத்திருப்பாள்

அசைந்தாடும் அவள்மேனி லூஅதிகாலைக் காற்றோடு

உருவாக்கும் சாரலிலே

உதி(ர)ருமிந்த பனித்துளிகள்

பார்ப்பதற்கு பளிங்குப்போல

பாசாங்கு செய்தாலும்

பகலவனின் பிறப்பிற்கு

பணிக்கூலி யிம்முத்துக்கள்..

அழகான இயற்க்கைக்கு

அரிதாரம் பூசிவிட்டான்

அயராத உழைப்புக்கு

ஆண்டவனும் துணையென்று....!

P.DIVYA

I B.ED(TAMIL)

ஆசாரக்கோவை

ஆசாரம்-ஒழுக்கம், கோவை-அடுக்கிக் கூறுதல். மனித வாழ்க்கைக்கு இன்றியமையாத ஆசாரங்களை அதாவது ஒழுக்கங்களை எடுத்துக்கூறும் ஒரு நூல் ஆசாரக்கோவை. பண்டைக்காலத் தமிழ் நூல்களின் தொகுப்புகளில் ஒன்றான பதினெண்கீழ்க்கணக்கில் ஒன்றாக வைத்து எண்ணப்படும் இஃது ஒரு நீதி நூல். வண்கயத்தூரைச் சேர்ந்த பெருவாயின் முள்ளியார் என்னும் புலவர் இதனை எழுதினார்.

செல்லாமை முதலியன

(இன்னிசைச் சிந்தியல் வெண்பா)

இரு தேவர், பார்ப்பார், இடை போகார்; தும்மினும்,

மிக்கார் வழுத்தின், தொழுது எழுக! ஒப்பார்க்கு

உடன் செல்க, உள்ளம் உவந்து!

தும்மினும் - ஒருவர் தும்மினாலும், உள்ளம் உவந்து - மனம் மகிழ்ந்து

இரண்டு தெய்வங்களுக்கு இடையிலும், பார்ப்பார் பலர் நடுவும் போகக் கூடாது. தும்மும்போது பெரியார் வாழ்த்தினால் அவரை வணங்க வேண்டும். வெளியில் செல்லும் போது நண்பர் எதிர்பட்டால் மனம்மகிழ்ந்து அவருடன் செல்ல வேண்டும்.

சான்றோர் இயல்பு

(இன்னிசைச் சிந்தியல் வெண்பா)

உயர்ந்ததின் மேல் இரார்; - உள் அழிவு செய்யார்,

இறந்து இன்னா செய்தக்கடைத்தும்; - குரவர்,

இளங் கிளைகள் உண்ணும் இடத்து. 40

இளம் கிளைகள் - புதிய சுற்றத்தார், குரவர் – பெரியோர்

புதிய சுற்றத்தார் தம்மொடு சேர்ந்து உண்ணும் போது பெரியார் உயர்ந்த இடத்தில் அமரமாட்டார், துன்பம் தரும் செயல்களைச் செய்ய மாட்டார், முறை கடந்து இன்னாதவற்றைச் செய்யமாட்டார்.

வீட்டைப் பேணும் முறைமை

(பஃறொடை வெண்பா)

காட்டுக் களைந்து கலம் கழீஇ, இல்லத்தை

ஆப்பி நீர் எங்கும் தெளித்து, சிறுகாலை,

நீர்ச் சால், கரகம், நிறைய மலர் அணிந்து,

இல்லம் பொலிய, அடுப்பினுள் தீப் பெய்க-

நல்லது உறல் வேண்டுவார்! 46

நல்லது உறல் – நன்மையடைதலை, இல்லம் - வீடு

நல்லது நடக்க வேண்டும் என்று நினைப்பவர்கள் அதிகாலை துயில் எழுந்து, வீடு பெருக்கி, கலங்களைக் கழுவி நீர் நிறைக்கும் சாலையும், கரகங்களையும் பூ அணிவித்து அடுப்பினுள் தீ உண்டாக்க வேண்டும்.

M.LOGESWARI

I.B.ED(TAMIL)

அப்பா

தன் வியர்வைத் துளிகளை தந்தையின் மறு உருவம் கண்டிப்பு

கண்டிப்பால் நம்மை ஆழ்பவர் அப்பா

எப்போதும் விரைப்பாய் இருப்பவருள்ளே

ஆழமாய் சுரப்பது தாய்ப்பாசம்

தன் பிள்ளை சிறக்க வேண்டுமென

அல்லும் பகலும் அயராது உழைத்து

பொருட்படுத்தாது

நமக்காக உழைப்பவர் அப்பா

கண்களில் கண்ணீர் கண்டதில்லை – அவர்

வார்த்தைகளில் வலி அறிந்தது இல்லை

தன் வேதனை வெளித் தெரியாமல்

தன் குடும்பத்திற்காய் உருகும் மெழுகுவர்த்தி அப்பா.

அப்பா என்ற சொல்லிற்கு

அர்த்தங்கள் பல அகராதியில் இருந்தாலும்

என்றும் ஆழமான அவர் பாசம்

அன்பு என்பதே அவர் தாரக மந்திரம்

கை பிடித்து மெதுவாய் நடை பயின்று

இந்த உலகத்தை நமக்கு காட்டி

தான் கற்ற பாடங்களை

எமக்கு கற்று தருபவர் அப்பா

அவருள் அத்தனை அன்பு என்னிடம் சொல்லாமலே மறைந்திருக்கும். எத்தனை துயர் வந்தும் எனக்கென அதை தாங்கியிருக்கும்..!

S.MEENAKSHI

I.B.ED(TAMIL)

குறுந்தொகையில்

இது குறுந்தொகையில் 40 ஆவது பாடல், தலைவனும் தலைவியும் எதிர்பாராமல் சந்திக்கின்றனர்.காதலிக்கின்றனர், அங்கே சாதி, மத வேறுபாடில்லை. ஆனால், தலைவிக்கு தலைவன்மேல் ஒரு சந்தேகம் வருகிறது. இவன் நம்மைப் பிரிந்துவிடுவானோ என்பதுதான் அது! அவளின் இந்த உள்ளக் குறிப்பைக்கூட, அவள் கூறாமலே உணர்ந்து கொள்கின்றான் தலைவன். அவர்கள் கண்ணெதிரே, மழை நீர் மண்ணோடு கலந்து ஓடுகிறது. தலைவியின் அச்சத்தை, எதைச் சொல்லி, எப்படிச் சொல்லித் தெளிவிப்பது? என்று நினைத்தத் தலைவனுக்குக் கண் முன்னே தோன்றும் நீரும் நிலனுமே கைகொடுக்கிறது. "இந்த நிலத்தோடு பிரிக்க முடியாதவாறு மழைநீர் சேர்ந்துவிட்டதல்லவா? அதைப் போன்றதுதான் நம் அன்பும்" என்கிறான் தலைவன். தலைவனின் அன்பு மொழிக்கு முன் தலைவியின் அச்சம் காணாமல் போவது இயல்பு தானே?

யாயும் ஞாயும் யார் ஆகியரோ?

எந்தையும் நுந்தையும் எம்முறைக் கேளீர்?

யானும் நீயும் எவ்வழி அறிதும்?

செம்புலப் பெயல் நீர் போல

அன்புடை நெஞ்சம் தாம் கலந்தனவே.

பாடலைப் பாடியவர்- செம்புலப் பெயல்நீரார்

பாடலின் பொருள்:

என் தந்தையும் உன் தந்தையும் எம்முறையில் உறவானார்கள்? எந்த உறவின் வழியாக நானும் நீயும் அறிந்துகொண்டோம்? அன்புடைய நம் நெஞ்சம் தாமாக ஒன்றுபட்டனவே! இப்படி செம்மண் நிலத்திலிருக்கும் நீர் போல் தலைவனும் தலைவியும் ஒன்றுபட்டிருந்தனர் என்று குறிஞ்சித் தலைவன் பாடுவதாக அமையப்பெற்றது இதன் பொருள்.

A.REENA

I.B.ED(TAMIL)

தாய்மை எனும் காதல்!

தாய்மையைப் போன்ற ஒரு அருமையான காதல் உலகில் எங்குமே காண முடியாது.. தட்ட வேண்டிய நேரத்தில் தட்டியும், தட்டிக் கொடுக்க வேண்டிய நேரத்தில் தட்டிக் கொடுத்தும், தழுவ வேண்டிய நேரத்தில் தழுவுவதும் தாய்மைக்கு மட்டுமே உரிய அம்சங்களாகும்.

ஒவ்வொரு பெண்ணின் வாழ்வைப் பூர்த்தியடையச் செய்வது தாய்மை தான். பிள்ளை உண்டான நாள் முதல் அதன் வளர்ச்சியை அணு அணுவாக அனுபவித்து பிள்ளை பெறும் வலியைக் கூட பொருட்படுத்தாது குழந்தை பத்திரமாக வெளியே வந்தால் போதும் என்று நினைப்பாள். பத்து குழந்தை இருந்தாலும் தாயின் அன்பில் வேறுபாடு கிடையாது. குழந்தையை உச்சி முகர்ந்து கொஞ்சி மகிழ்வாள்.

ஒருபிடி சோறும்
அதில் ஒரு படி நீரும்
ஏழைக் குழந்தைகளின்
காலை உணவு
அதுவும் இருக்காது
அதை வார்த்த தாய்க்கு....

V.SWATHIKA

I.B.ED(TAMIL)

அம்மா "

" சுமப்போம் என்று தெரிந்தே சுமக்கும் 'சுமைதாங்கி' !

அறுப்போம் என்று உணர்ந்தே குலை தள்ளும் ' வாழை '

மிதிப்போம் என்று அறிந்தே கிடக்கும்

' மிதியடி ' !

இறுதியில் வெறுப்போம் என்று தெரிந்தே ' அழுதூட்டும் பிறவி ' !

இன்றும் பொறுப்போம் என்றாவது சிரிப்போம்,

என நம்பி ஏமாறும் ' விசித்திர துறவி '!

அவள் தான் ' தாய் ' என்னும் அற்புதப் பிறவி

உனக்காக கவிதை எழுத எண்ணினேன் தீர்ந்தது எனது பேனாமையும் புத்தகங்களும் மட்டுமே. நான்கு எழுத்தில் "உலகம்" என உச்சரித்தேன். மூன்று எழுத்தில் "அன்னை" என அழைத்தேன். இரண்டு எழுத்தில் "தாய்" என எழுதினேன். ஓர் எழுத்தில் எழுத எண்ணினேன் வரவில்லை எனக்கு வார்த்தைகள் கீழே "ஆ" என அழுதேன் ஓடி வந்தால் என் அன்னை, அப்போது தான் உனக்கு அப்படியும் ஒரு பெயர் உள்ளது என தெரிந்தது... நான் பிறக்கும்போது உன் தொப்புள் கொடியை வெட்டியது நம்மை பிரிக்க அல்ல ... என்னை பெற்ற உன்னை பாராட்டி வெட்டும் ரிப்பன் "அம்மா".

R.SWATHIKA

I.B.ED(TAMIL)

MULTIPLY YOUR SUCCESS!

Every job requires mathematics, to solve problem's related to **calendar test** in competitive exams, here are some tricks.

BASICS TO KNOW

- ✓ 1 week = 7 days
- ✓ 1 year (normal) = 52 weeks + 1 odd day
- ✓ 1 year (leap) = 52 weeks + 2 odd days
- ✓ Ordinary year has only = 28 days in February
- ✓ Leap year has = 29 days in February

CODING'S

Now code the days of week, year and months of the year as follow:

DAYS:

- ✓ Sunday =0
- ✓ Monday =1
- ✓ Tuesday =2
- ✓ Wednesday =3
- ✓ Thursday =4
- ✓ Friday =5
- ✓ Saturday =6

YEAR'S

- ✓ 1600-1699 = 6
- ✓ 1700-1799= 4
- ✓ 1800- 1899=2
- ✓ 1900-1999=0
- ✓ 2000-2099=6

MONTH'S

- ✓ January =0
- ✓ February =3
- ✓ March=3
- ✓ April=6
- ✓ May=1
- ✓ June=4
- ✓ July=6
- ✓ August=2
- ✓ September=5
- ✓ October=0
- ✓ November=3
- ✓ December=5

STEPS TO FIND THE SOLUTION

1. Take last 2 digit of the year given in the question.
2. Divide it by 4 and take the quotient.
3. Take the date given in the question.
4. Take the coded no of the year.
5. Take the coded no of the month.
6. Add all these number and divide it by 7.
7. The reminder is the answer.

PROBLEM TO SOLVE

What was the day of the week on 26th January 1947?

Solution:

Now to solve it within a minute, use the steps as follows.

S.NO	STEPS	TOTAL
1	Take last 2 digit of the year given in the question.	47
2	Divide it by 4 and take the quotient.	11
3	Take the date given in the question.	26
4	Take the coded no of the year.	00
5	Take the coded no of the month.	00
6	Add all these number and divide it by 7.	84
7	The reminder is the answer.	84/7=0

Now the answer is “0”, the coded day of the week is “Sunday”. In case the leap year is given in the question, then deduct 1 along with reminder we finally got (it’s because leap year has 1 extra odd day, that of a normal year).

K RAGASUPRAJA

I B.ED (COMMERCE)

TRAVEL

I wanna fly miles away, just to have a change in climate. “Its not that safe to travel overseas”, said my friend. But my mind still wants a change to beat the heat. As I am fond of singing, splashing in water, moving across the moist faster and faster just to make myself cool. I need a break. But again, my mind said something to my surprise, “lockdown was only to humans, now are we too under the same???

“Hope to recover (fully) the world soon.”

With loads of hope, “A

winged visitor”

Many people say, I love to travel. But I would always say them, earn little bit more to travel. Because when you go for your first ever destination, it intimates you to go again and again. So, follow the travel mantra **“Earn, save, travel and enjoy”.** Take yourself somewhere you have never gone before.

In process of choosing destination,

“A traveller to be”

“My dream destination was Maldives, but still I haven’t got a chance to visit it once”, he said in a longing voice under the oxygen mask. “I even have lot of dream destinations to go for, where I want to loosen and lose myself”, he added. Few seconds later, the nurse told him, “pray god for your speedy recovery”. “Definitely I’ll pray, but will I travel back home alive?”, he asked her in advance.

Eyes filled with tears,

“Doctor, on (Covid-19)- duty”

K.Rajasuprabha

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