

# EUPHRASIA TRAINING COLLEGE FOR WOMEN

KATTOOR

(Affiliated to the University of Calicut)



## UNDERSTANDING THE SELF

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Year 2021-2021

Reg. No. EUAVTPND05

Optional Subject Physical Science

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CERTIFIED BONAFIDE RECORD



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# Introduction

Self is the focus of our everyday behaviour and all of us do have a set of perceptions and beliefs about ourselves. This kind of self concept plays important role in motivating us and organizing our behaviors. It starts evolving in early experiences that enhance our sense of self. The self as a subject includes the person's experience of self as thinker, feeler and actor. Thus when I feel anger or think about the idea of freedom, it is 'I' - the self subject. On the other hand the self as the object is the other person's view of the self or me. In recent years researchers have tried to understand the representation or mental models of self.

As a part of B.ed curriculum understanding the self is a course including to develop understanding of teacher-student about themselves and to develop the self as a person or a teacher through ongoing conscious reflection. The course makes use of personalisation life stories which help to explore one's own dream through various forms of self experience.



# Aim

This workshop aims as key to self awareness, it allows us to look at our thoughts feelings emotions and actions. It help in gaining a good self understanding to identify our values and strength. By knowing who we are and what we do and for in life can help to give us a strong sense of self confidence. It helps or aims at reflecting our own thoughts and actions. It help or aims at experiencing ourselves as unique and separate individuals.



*J. Sak*  
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# Workshop - 1

On 9<sup>th</sup> march 2023 we gathered in college auditorium and session was guided by Reemga Miss. First of all we sit in a circle and there was a warm up session where we did basic yoga and searched for an answer for question 'What I know about my self'. Then Miss randomly called 10 students and said them to stand in a line teacher showed an action to the last one and said her to repeat it to the one in front of her. This process continued till the first one. There the action she repeated was entirely different than miss showed. Anjitha from audience corrected the action.

Then miss said to write a number from 1-6. Then she grouped us according to the number written she gave us 4 questions to discuss in group

1. Memories of the best teacher who influenced me.
2. Concept about a teacher
3. Strength, weakness, opportunity and threat
4. Future plan to attain the goal as a teacher.



  
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I was in 5th group we discussed the questions and shared our experiences. From our group Anu Maria, and sunny presented the topics. Shini was selected as best performer and 3rd group was the best group. Badriya evaluated the session.

## Workshop-2

second session was gender and upbringing. The group was formed through an interesting number game which we have to spell alternately in malayalam and english. By the game 9 groups were formed. We discussed in the group about

1. Highlights of individual experience being a girl
2. Present experience as a girl
3. Significant event or experience in life
4. Current gender issues
5. Solutions for gender issues.

We discussed in group about the points, as a girls no one had a proudful moment to share with us in our group but negative events an experience was there but not much. Because our society is developing from the older concepts of gender.



  
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Nimny and Ansha was selected as the best performers. They openly shared about the topic. The session was informative and effective. Here we concluded with the thought that its the duty of teachers to bring changes in the discriminative behavior with gender stereotypes. Then Ashlin evaluated the session. Remya Miss gave an follow up to bring an envelop with 52 pieces of paper and also should be ready with costume suitable for yoga.

## Workshop - 3

on 10th march it was the second day of workshop. We started 9.45. Teacher divided us into 9 groups by performing an funny game. 'Taken the bottle' I could perform well in that game. This session, we engaged with demonstrating the message advertising that present in the advertisement

1. Desensitization of advertisements
2. Deconstruction of an advertisement

our group had selected the advertisement of 5-star. This advertisement says do not



  
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hung and eat 5-star. This advertisement give a moral that it is good do nothing. Which is very wrong message even not to help others. This advertisement negatively influence young minds. So we deconstructed the add as when the old women face a trouble, a girl help that lady and the old women give her a chocolate. The caption was recruited as do something and eat 5-star. The main advertisement selected by other groups were 5-star, Bhima gold, Siso, comfort etc. All the presentations was very good and innovative from that. Best performance was by Badma and team of comfort. Sathy evaluated the session.

## Workshop - 4

The formation of group in this task was through an interesting game. It was done in doubles where 4 types of actions were shown and we have to do it as teacher says. It was really interesting game. Some was the winner of the game. From that 7 groups were formed. The name of session was 'Refreshment of mind'. Here 1st group performed yoga. Nimmy guided the session. It was really nice and org. 2nd group performed aerobics. 3rd group yoga.



10th group performed zumba. It was very powerful and energetic 10th group i.e. our group also performed zumba. Students together energetically participated in the performance 10th group was also performing zumba and last group aerobics. This session all students interestingly participated in the performance. Aulka evaluated the session. It help us to live our minds and refresh us. Best groups were selected as 1st group quoted by Nany and the 4th group

## Workshop 5

1st task named 'Art integrated education' here there was no game for forming groups. It was a task in option wise. We have to present a topic in science through any innovative performance which can be applied in classroom teaching. We introduced ozone depletion through role play. All students in each option participated in this task. Commerce option performed a skit through which they introduced different products. English option innovatively performed where opposites are portrayed. Maths option taught the multiplication table of 9 through innovative easy method. Social Science option showed gender inequality through a skit. This session



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was very interesting. Best performance was selected as English and maths option. Anjali evaluated the session.

Finally we sat in the circle, then Rameya miss repeated the question who am I what I know about my self is there any change. Swathy and Smithy spoke about their experience and evaluated the sessions.

In the last session we had the envelop with 50 papers and exchange it to all 50 students. In the paper we have to write good quality of each student and the behaviour we think she should change. From that we get an idea about how other the 50 students evaluate us and what is strong and weak point of us.

Sr. Chinjia and Neey evaluated the workshop. Smithy said lots of thanks. The workshop concluded by 5.15 pm.

  
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# Conclusion

By participating in understanding self, students are encouraged to further explore topics they are interested in, developing strength, and study skills. Understanding self also brings happiness, fewer inner conflicts, self control, tolerance, vitality and pleasure to a person and makes the person become the best version of herself.

Without awareness and understanding of ourselves, and a sense of self rooted in our values, it is hard if not impossible to be aware of and respond to the emotions of others. In the end of workshop miss made us think about the question who I am I and what I know about myself. These questions really helped us to reflect ourselves.

Leena



Pradeep  
Principal

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