

# Arihant Education Foundation's

Name of the College: ARIHANT COLLEGE OF EDUCATION

Name of the Student: JESSICA PATHAK

Roll No: 09

## DECLARATION

My self Jessica Pathak Roll No. 09 declare that the practical submitted by me is original & written by me. I have done this practical under the guidance of Prof. Rameshwari Shende. There is no ambiguity of any kind. In case of any discrepancies occurred in my practical. I will be solely responsible for the consequences. The college will not be, in any kind of responsible for my failure.

Signature of the Student: Pathak

Date: 11-05-2023

B.Ed. 208 - Reading and Reflection

## EVALUATION SCHEME

Rating Scale - Excellent: 5 Good: 4 Satisfactory: 3 Average: 2 Unsatisfactory: 1

| Sr.No.                                    | Criteria                                                | 5         | 4 | 3 | 2 | 1 |
|-------------------------------------------|---------------------------------------------------------|-----------|---|---|---|---|
| <b>Activity 1.(Group activity)</b>        |                                                         |           |   |   |   |   |
| 1.                                        | Group Discussion                                        |           |   |   |   |   |
|                                           | 1.1. Participation                                      |           | ✓ |   |   |   |
|                                           | 1.3. Listening to others                                | ✓         |   |   |   |   |
|                                           | 1.4. To the point discussion                            | ✓         |   |   |   |   |
|                                           | 1.5. Defense to Individual view                         |           | ✓ |   |   |   |
|                                           | 1.6. Body language and expression                       |           | ✓ |   |   |   |
| <b>Activity 2 ( Individual activity )</b> |                                                         |           |   |   |   |   |
| 1.                                        | Presentation                                            |           |   |   |   |   |
| 1.1                                       | Reflection as a person                                  |           |   |   |   |   |
|                                           | 1. Individual view                                      | ✓         |   |   |   |   |
|                                           | 2. Body language and expression                         | ✓         |   |   |   |   |
|                                           | 3. To the point discussion and Defense                  | ✓         |   |   |   |   |
| 1.2.                                      | Reflection as a Teacher                                 |           |   |   |   |   |
|                                           | 1. Individual view                                      | ✓         |   |   |   |   |
|                                           | 2. Body language and expression                         | ✓         |   |   |   |   |
|                                           | 3. To the point discussion and Defense                  |           | ✓ |   |   |   |
| <b>Report writing</b>                     |                                                         |           |   |   |   |   |
| 1.                                        | Description of orientation                              |           | ✓ |   |   |   |
| 2.                                        | Activity 1(Group activity)                              |           |   |   |   |   |
|                                           | 2.1. Selection of text with reason                      | ✓         |   |   |   |   |
|                                           | 2.2. Reflection on text                                 |           | ✓ |   |   |   |
| 3.                                        | Activity 2 ( Individual activity )                      |           |   |   |   |   |
|                                           | 3.1. Selection of text with reason                      |           | ✓ |   |   |   |
|                                           | 3.2.a. Reflection as a person                           | ✓         |   |   |   |   |
|                                           | 3.2.b. Reflection as a teacher                          |           | ✓ |   |   |   |
| 4.                                        | Educational implication                                 |           |   |   |   |   |
|                                           | 4.1.How to implement in school                          | ✓         |   |   |   |   |
|                                           | 4.2.What will be the benefit of reading and reflection  |           | ✓ |   |   |   |
| 5.                                        | Overall impression(Neatness, Evidences, Text, Pictures) |           | ✓ |   |   |   |
| <b>Total Marks out of 100</b>             |                                                         | <u>90</u> |   |   |   |   |
| <b>Total Marks out of 50</b>              |                                                         | <u>45</u> |   |   |   |   |

Name of Guide: Prof. Rameshwari Shende

Sign of Guide with date :

RPS  
15.5.23

# DESCRIPTION OF ORIENTATION

On 8<sup>th</sup> October, 2022 Prof. Nayana Borse oriented the students of 3<sup>rd</sup> B.Ed on the activities that were to be conducted under the course 208 - Reading and Reflection as a part of B.Ed Curriculum. She first discussed who liked reading books and the different genres. She then expanded the importance of reading and its effects.

She also explained why this course has been made a part of B.Ed curriculum. Ma'am then continued to tell what has to be done under Individual Activity. She gave us numerous examples of different texts and suggested some great books to reflect on.

She then explained the various modes of reflection. She gave total 16 modes of reflection; eg: Essay, PPT, Q+A, Flow chart, drama, thoughts / quotes, video, dialogues, drawing etc which were quite innovative and creative.



She also explained what has to be done under Group Activity and told us the writer / report writing of this course. She explained all the aspects of the practical in great detail and solved any and all doubts of the students.

It was a very interactive session and it made us excited and geared us up at the prospect of reading and reflection.

GROUP

ACTIVITY



# SELECTION OF TEXT WITH REASON

For the Group Activity, the text that we selected for reflection is PROVERBS CHAPTER 10 FROM THE HOLY BIBLE. Proverbs is written by King Solomon, Son of King David in the Bible. Proverbs contains many teachings for kings, men, women, young, old, leaders and servants etc.

As all of my group members are Christian, we decided after much thought to choose something out of the box for reflection. So we concluded that Proverbs is the best text for selection for reflection.

After going through 31 Proverbs, we decided on chapter 10 which has 32 verses altogether. This particular proverb talks about a multitude of things like honesty, wickedness, the fruit of being good and righteousness.



This text also speaks about hardwork and wisdom. after much contemplation, we decided that this is the best text for all. reflection not only due to its spiritual aspect but also because the teachings are something we all should follow to lead and live a good, fulfilling life.

Thus, we finally decided that this text is the best one to draw multiple reflections on, so my group members Jennifer and Feebyl finally decide Proverbs chapter 10 for Reading and Reflection.

# REFLECTION ON TEXT

Proverbs of King Solomon give a lot of food for thought. The proverbs began with how wise children bring joy to their parents. This gave me something to reflect on because my actions not only affect me but they especially affect my parents and my close families.

The text also talks about laziness which made me think about how I sometimes procrastinate or put off things to do later. But the king clearly says that a lazy hand leads to poverty.

The proverbs talks a lot of things good people will receive of but one struck out to me that 'good people will be remembered as a blessing'. As a teacher who leaves a mark on every student she come across, this line touched my heart because it made me realize the effort I must put



fourth to be remembered as someone's blessing.

One verse that is verse 11 talks about how a good person's words are a fountain of life and it made me understand how important are the words that come out of our mouth. There is a line that words don't hurt but words make a person bleed. Once again as a teacher, a words have a powerful impact, it is a powerful tool that must be used wisely.

The last verse talks something similar 'how the righteous know the kind thing to say but the wicked are always saying things that hurt.' It is important that we always speak kind things, that we must think a thousand times before letting a hurtful or unkind utter out of our mouths.

King Solomon's Proverbs provoked a lot of thought and each verse were worth heavy reflection. If we follow his wise teachings we will surely be able to live a happy, satisfied and fulfilling life on Earth.





Home



Friday, 12 May 2023

## SOLOMON'S PROVERBS

### KING SOLOMON OF ISRAEL



Solomon asked for **wisdom** and **knowledge**, so he could better govern God's people (2 Chronicles 1:10). As a result, God basically gave him the jackpot of divine gifts:

*"Since this is your heart's desire and you have not asked for wealth, possessions or honor, nor for the death of your enemies, and since you have not asked for a long life but for wisdom and knowledge to govern my people over whom I have made you king, therefore wisdom and knowledge will be given you. And I will also give you wealth, possessions and honor, such as no king who was before you ever had and none after you will have." —2*

# What is a Proverb?

A proverb is folk piece of advice expressed through short, brief sentences.

## PROVERBS CHAPTER 10



**Verse 1:** These are Solomon's proverbs: Wise children make their fathers proud of them; foolish ones bring their mothers grief.



**Verse 2:** Wealth that you get by dishonesty will do you no good, but honesty can save your life.



**Verse 7:** Good people will be remembered as a blessing, but the wicked will soon be forgotten.





**Verse 11:** A good person's words are a fountain of life, but a wicked person's words hide a violent nature.



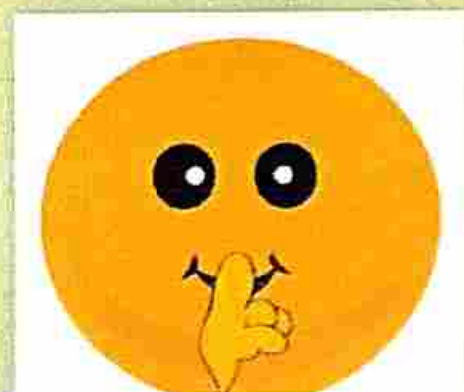
**Verse 12:** Hate stirs up trouble, but love overlooks all offences.



**Verse 17:** People who listen when they are corrected will live, but those who will not admit that they are wrong are in danger.



**Verse 19:** The more you talk, the more likely you are to sin. If you are wise, you will keep quiet.



✓

**Verse 22:** It is the Lord's blessing that makes you wealthy. Hard work can make you no richer.



**Verse 32:** Righteous people know the kind thing to say, but the wicked are always saying things that hurt.



at May 12, 2023

[Share](#)

No comments:

[Post a Comment](#)



[Home](#)

[View web version](#)

About Me

 Jessica Pathak

[View my complete profile](#)



# Proverbs 10: SOLOMON'S PROVERBS

- 1 The proverbs of Solomon: A wise son brings joy to his father, but a foolish son brings grief to his mother.
- 2 Ill-gotten treasures have no lasting value, but righteousness delivers from death.
- 3 The LORD does not let the righteous go hungry, but he thwarts the craving of the wicked.
- 4 Lazy hands make for poverty, but diligent hands bring wealth.
- 5 He who gathers crops in summer is a prudent son, but he who sleeps during harvest is a disgraceful son.
- 6 Blessings crown the head of the righteous, but violence overwhelms the mouth of the wicked.
- 7 The name of the righteous is used in blessings, but the name of the wicked will rot.
- 8 The wise in heart accept commands, but a chattering fool comes to ruin.
- 9 Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.
- 10 Whoever winks maliciously causes grief, and a chattering fool comes to ruin.
- 11 The mouth of the righteous is a fountain of life, but the mouth of the wicked conceals violence.
- 12 Hatred stirs up conflict, but love covers over all wrongs.
- 13 Wisdom is found on the lips of the discerning, but a rod is for the back of one who has no sense.
- 14 The wise store up knowledge, but the mouth of a fool invites ruin.
- 15 The wealth of the rich is their fortified city, but poverty is the ruin of the poor.
- 16 The wages of the righteous is life, but the earnings of the wicked are sin and death.

- 17 Whoever heeds discipline shows the way to life, but whoever ignores correction leads others astray.
- 18 Whoever conceals hatred with lying lips and spreads slander is a fool.
- 19 Sin is not ended by multiplying words, but the prudent hold their tongue.
- 20 The tongue of the righteous is choice silver, but the heart of the wicked is of little value.
- 21 The lips of the righteous nourish many, but fools die for lack of sense.
- 22 The blessing of the LORD brings wealth, without painful toil for it.
- 23 A fool finds pleasure in wicked schemes, but a person of understanding delights in wisdom.
- 24 What the wicked dread will overtake them; what the righteous desire will be granted.
- 25 When the storm has swept by, the wicked are gone, but the righteous stand firm forever.
- 26 As vinegar to the teeth and smoke to the eyes, so are sluggards to those who send them.
- 27 The fear of the LORD adds length to life, but the years of the wicked are cut short.
- 28 The prospect of the righteous is joy, but the hopes of the wicked come to nothing.
- 29 The way of the LORD is a refuge for the blameless, but it is the ruin of those who do evil.
- 30 The righteous will never be uprooted, but the wicked will not remain in the land.
- 31 From the mouth of the righteous comes the fruit of wisdom, but a perverse tongue will be silenced.
- 32 The lips of the righteous know what finds favor, but the mouth of the wicked speaks only what is perverse.



INDIVIDUAL

ACTIVITY





ROBIN SHARMA

The Bestselling Author of *The Monk Who Sold His Ferrari*

THE SAINT  
THE SURFER  
AND THE CEO

A REMARKABLE STORY  
ABOUT LIVING YOUR  
HEART'S DESIRES





# SELECTION OF TEXT WITH REASON

The novel, THE SAINT THE SURFER AND THE CEO by ROBIN SHARMA is a remarkable story about living your heart's desires. This book is about determining what really matters in life - not money, not material possessions, but the real stuff of life. The main character meets with three inspirational coaches who each offer a slightly different perspective and different advice on living an extraordinary life.

The reason I selected this particular novel for reflection is because I have read Robin Sharma's book, 'The Monk who sold his Ferrari' and I found it very inspiring. He writes books on topics which are relatable and helps us make most of life and rectify and change our mundane life. That is why I chose the book 'The Saint The Surfer and The CEO' by Robin Sharma.

This book has helped me when I was at my lowest. It has many aspects that speak to us, it is extremely relatable and simple to understand. I knew I would like to delve into this book deeper because reading it once simply doesn't do.

So I read the book again for this practical and it helped me to reflect on the words, the characters, the circumstance in a deeper and understanding way. The things I overlooked in the first read, were made much clearer when I read it again for 208 practical.

I am very glad I chose this inspiring novel for my reflection because I also got a chance to share its thoughts with my group members.



# REFLECTION AS A PERSON

Every word of this book gives us something to think about, something to reflect on. As a person I have come across many passages that have truly touched my heart. In the story Jack Valentini meets three life coaches namely The Saint, The Surfer and lastly The CEO. I have received many teachings from the above teachers.

## The Saint

The Saint, that is father Mike gave me a number of things to reflect on. He says that life is a journey and we have to grow by our experience. He taught me to learn more, to let go of egotism and support others.

The important question that he made me reflect on is 'Am I loving wisely?', not only the people around me but also myself. This is a question

we all should be able to answer  
when we are at the end of our  
journey.

## The Surfer

The surfer that is Hec, is  
the one who I related the most to.  
He connected with nature and taught  
in the most fantastic ways. Nature  
is something I connect with most  
naturally and easily so his teaching  
have a soft place in my heart.

He taught things to be seen  
anew. He also said that whatever  
happens, it happens for a reason  
and it is a motto I live by  
for a very long time.

His question that made me reflect  
was, 'Did I live wisely?' Am I  
only going through the motions or  
am I living, really living? Am I  
taking wise decisions and living  
my life to the fullest? He  
taught me that all the answers  
are in our heart and we will  
get the response when we are  
calm.



# The CEO

The CEO, the boss lady that is Tessa has given many important lessons that relate to our work. How to strike the perfect balance between our work and our life.

The CEO motivated me to have bigger thoughts and to develop useful habits as well. How to build work relationships, how to collaborate with family and how to use love and service as our greatest business tools were explained excellently by her.

Her final question was 'Did I serve greatly?' Through our life and work I should be able to serve people well and that should always be my greatest end goal in life.

This book has motivated me to reassess my full life and taught me to love each other with a open heart, to allow my faith to be greater than my fears, to believe that the universe is a friendly place and for me to win, no one needs to lose.

# REFLECTION AS A TEACHER

The book not only provides reflection as a person but gives a lot of scope to reflect as a teacher. A teacher is the sole inspirer, motivator of children's lives. The book has three teachers who impart knowledge to Jack.

As a teacher, I realized how and when such knowledge should be imparted to students. This book teaches us to be happy, playful and rich with a childlike heart and I believe to be able to truly connect with children, this has to be done by the teachers or parents.

Such books and such questions should be asked to students and he should be asked to reflect upon. This story highlights the importance of things like meditation, gratitude, helping others and positive thoughts. Without these life-changing techniques, we cannot lead a life that we truly love.



I believe such values should be inculcated into students and such habits should be developed into their young minds from an early age. This novel has highlighted the importance of the above things for me.

As a teacher, all the teachings of the CEO are applicable to our career and field. Because when we become servants, when we learn to serve greatly with a full heart, we as teachers will be able to grow young beautiful minds in this world.

# HOW TO IMPLEMENT IN A SCHOOL

- In the zero period or at the end of the English period, the teacher can ask students to note down their most eye-opening revelations or biggest questions. This activity lets students to reflect on learning and build writing skills.
- Teachers can ask students to make sketchnotes by mixing writing, drawing and other visual arts. It helps students to look at learning from different perspectives. It's an effective way to reflect their learning.
- To give students fresh perspectives on a presentation, performance or practical skills development, pull out your phone and make a video of the activity and watching themselves can give them incredible insights into their progress.



- Teacher can ask students before leaving the class, note down points covered in class on a sticky note and they can paste that on a common display board.

- Teacher while teaching can take a break and ask students to explain the topic in one or two minutes which will help them to reflect their view in an effective manner.

- In the English period, after each chapter or poem, students can draw illustrations based on their understanding of the text.

- Students can make graphic organizers, mind maps, concept maps etc. to demonstrate their understanding and reflection of the chapter.

- The library teacher can use different innovative techniques to effectively encourage this activity into students.

# BENEFITS

- \* Gives meaning to the experience.  
How did we do? What have we learned from the text? etc.
- \* Increases problem solving skills, empathy, empowerment and confidence.
- \* Improve his/her proficiency in reading, writing, thinking and communicating in the language of instruction.
- \* Develops an interest in reading.
- \* Improves ability to understand instruction.
- \* Reflective learning involves drawing conclusions and solving problems.
- \* Students can evaluate the importance of the text.
- \* Some text or topics can be interpreted in different way and literally thinking help students to find out different solutions.
- \* It helps in explaining or summarizing the most important message in text.



# THE SAINT THE SURFER & THE CEO



"For your life to be great, your faith must be bigger than your fears."

"What you don't own about yourself owns you."

"The best way to grow more powerful as a human being is to just keep choosing the highest most loving response in every situation."

"The universe is a friendly place, no matter what happens, it's happening for the best."

"Imagine yourself as happy, playful and rich with a childlike heart and that's what you'll eventually be."

"For you to win no one needs to lose."



"Leadership is all about personal responsibility, self-discovery and creating value in the world by the people we become."

"The best leaders are servant leaders."



Did I love well?

Did I live wisely?

Did I serve greatly?