

AEF's Arihant College of Education, Pune

Student's Name: JESSICA PATHAK

Roll No: 09

DECLARATION

I, 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 Asst. 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: 10-05-23

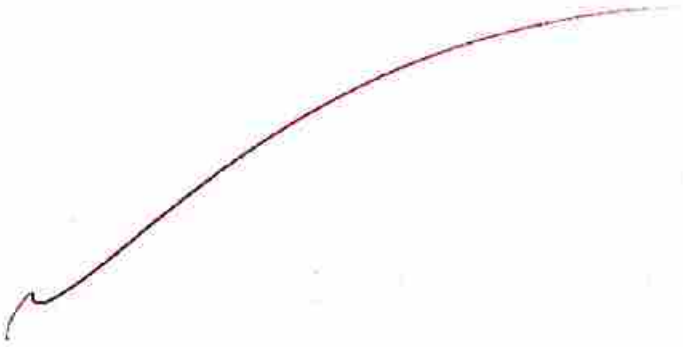
B.Ed.209 Understanding of Self

Sr. No.	Orientation/Activity		Marks (Out of 25)
	Number	Name	
1.	Orientation No. 1	SWOT Analysis	23
	& Activity No.1	SWOT Analysis	
2.	Orientation No. 2	Curriculum Vitae	23
	& Activity No.2	Curriculum Vitae	
3.	Orientation No. 3	Self Concept	22
	& Activity No.3	Self Concept	
4.	Orientation No.4	Personality Development	23
	& Activity No.4	Personality Development	
Total Marks (Out of 100)			91
Total Marks (Out of 50)			45.5 = 46

Guide Name: Asst. Prof. Rameshwari Shende Sign with date

RS
15.5.23

SWOT ANALYSIS



Orientation / Activity I/ II / III / IV

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

Sr. No.	Criteria	5	4	3	2	1
1	Orientation					
1.1	Introduction (Title, Date, Time, Resource Person / Group In charge, Objectives)		✓			
1.2	Description of the orientation session (150-200 Words)		✓			
2	Activity					
2.1	Description of Activity session	✓				
2.2	Reflection on how it has helped me as a person and as teacher(450 -600 Words)	✓				
3.	Usability in a school (How it will implement in a school as a teacher) (150-200 Words)	✓				
	Total Marks (Out of 25)	23				

Guide Name & Sign:

1. Introduction:

The activity was conducted by Arianant
 Title: College of Education i.e. SWOT ANALYSIS
 as a part of 54. B. Ed
 Curriculum

Date: 17-12-2022

Time: 10:30 - 11:30 am

Resource Person / Group Teacher: Prof. Nayana Borse

Objectives: The activity was conducted;

1. To know our innate strengths that are within us
2. To understand our weaknesses that overpower us
3. To explore the different opportunities available to us and
4. To identify the threats to us.

DESCRIPTION OF ORIENTATION

This was our first orientation of the course 209. The orientation started at 10:30 am. It was taken by our English department Professor Nayana Borse. It was for the duration of one hour. Prof. Nayana Ma'am explained in detail about the topic, how to go about the topic and what all requirements are expected at the time of presentation.

Ma'am started by explaining the meaning of SWOT, in depth explained what each letter stands for and its meaning.

S - Strengths

W - Weaknesses

O - Opportunities

T - Threats

She gave us ample of examples to guide us how to identify our

strengths, weaknesses, opportunities and threats.

She then carried out an activity where she gave us 5 minutes for reflecting on our strengths and weaknesses and later asked us to share atleast one of each. She herself pointed out few of our strengths that she observed.

At the end we asked ma'am our doubts and she shared the evaluation sheet with us.

Description Of Orientation Session

As we were directed to make a creative chart for our S.W.O.T analysis, I developed my chart by dividing the chart into four parts and pasting in the center. It started with my strengths and proceeded to my weakness followed by opportunities and lastly Threats.

I explained the reasons behind each of the attributes I mentioned in my chart. Rameshwari ma'am our group incharge was the one to observe me. She really enjoyed my presentation and then she also asked the other group members to add some points and give their inputs about me.

She also told and explained my different strengths she has observed for the past year and motivated me a lot to look into my strengths and water them daily to grow it into something beautiful.

REFLECTION

(as a person)

S.W.O.T is a method for identifying and analyzing internal strengths and weaknesses, threats that shape current and future operations and opportunities that develop us and reach our strategic goals.

As a person, S.W.O.T helps one to have a good clarity of both inner and outer aspects of the surrounding.

It provokes one to be very futuristic and have thorough knowledge of themselves.

Doing my S.W.O.T analysis for the very first time has given a life changing experience for me as it changed me for the better and helped me to truly get to know myself deeper and honestly.

At the beginning, it was difficult to think of my strengths. It was much easier to think about my weaknesses as we tend to always focus on our negatives. But, this activity helped me to explore all the things that make me better and define myself as a person.

It also helped to understand of how others' view me as I also asked my close friends and families because sometimes our closed ones know us better than ourselves.

This activity instilled a lot of confidence and increased my self-esteem. It helped me to also understand what I lack, what I can change in myself, the different opportunities life presents me with and the threats I face in my life.

While presentation, it made me very vulnerable to speak about myself in front of others but it also strengthened me in ways I cannot describe. S.W.O.T analysis has helped to truly know myself and become a better person.

REFLECTION

I as a teacher

Doing this activity, i.e. SWOT Analysis, I have discovered a lot of aspects which were related to my occupation that is being a teacher. As a teacher, I understood the various qualities I possess and the ones I need to work on.

The different opportunities have given me a clarity on how to develop myself personally in this field and career. It also helped me identify the threats that can stop me to reach to my full potential that is to be the best teacher and my best self for my students.

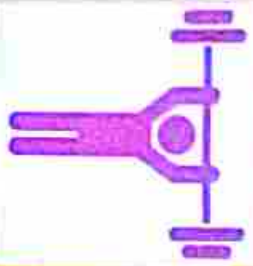
S.W.O.T analysis is an activity I can do with my children in the class too. It is something the children will enjoy and it also help them to get to know themselves better at a young age and grow into a young better person and lead a happy fulfilling life.

Implementation In School

The following ways are the ways in which S.W.O.T Analysis can be implemented in school.

- Include it as a project for the Secondary School.
- organize 'self-awareness' orientation for the students.
- Make it a compulsory activity for students of 10th.
- know self love and self growth.
- This can also be used as a group activity where students analyse each other.
- Add content which encourages students to have an insight in themselves.
- Hold seminars and presentations by teachers and experts.

- An activity where students maintain a personality development where every year they assess themselves and throughout the year work on their weakness and threats.
- Can be used as an ice-breaking activity.



STRENGTHS

- * Creative
- * Organized
- * Empathetic
- * Problem - Solver



WEAKNESSES

- * Insecure
- * Self - Critical
- * Lacks Software Skills
- * Gets hurt very easily
- * Takes time to adjust



OPPORTUNITIES

ANALYSIS



THREATS

- * Educational Qualifications
- * further Education
- * Computer Courses
- * New Job Opportunities

- * Emerging Competition
- * Poor Economy
- * Too many teachers
- * Fast - forward generation

CURRICULUM VITAE



Orientation / Activity I / II / III / IV

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

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	Total Marks (Out of 25)	23				

Guide Name & Sign: _____

1. Introduction:

dominant college of Education conducted
 Title: an orientation on how to make a
 Curriculum Vitae [C.V] and
 discussed its importance.

Date: _____ Time: _____

Resource Person /Group Teacher: Prof. Varsha Kulkarni

Objectives: The objectives are as follows:

1. To understand the meaning of a C.V
2. To understand the components of a C.V and its importance.
3. To understand the difference between a C.V, Resume and Bio-data.
4. To be able to make our own C.V.

Description of the Orientation Session

As mentioned, the orientation session took place on the 17th of January, 2023. The orientation was for an hour's time.

Varsha Ma'am was in charge to provide guidance for this particular activity. She started the session by asking us simple meaning of C.V and its importance.

With the help of a Powerpoint Presentation, she gave us a brief description about a C.V, Resume and explained us the necessary steps and objectives to build a curriculum vitae.

She ended the orientation by showing us a few examples of a good C.V. Specially, the ones relating to the educational / teaching field. She also solved the doubts of the students relating to the same.

Description of Activity

For the discussion time we were supposed to develop a C.V / Resume of our own according to the guidelines and get it checked from our group instructor. Our approved presentation was to be presented.

We got our C.V checked by Rameshwar ma'am then after suggesting the changes by her the next day I presented my C.V to her ma'am.

In the presentation I simply listed down my achievements and abilities mentioned on my C.V.

I also mentioned the site I created my C.V on and the steps I followed for my C.V development.

REFLECTION

{ as a person }

A curriculum vitae is a Latin word for "course of life." It is a simple document used when applying for jobs.

This activity has helped me as a person to summarise my educational skills, teaching skills, and experience so that I can sell my abilities to potential employers.

As the meaning applies, 'course of life,' it helped me to cumulate all my qualifications and achievements on a document with my skill and abilities.

It has also given me an insight on how much more I am supposed to achieve in life in terms of my qualifications and skills.

As a fresher, my C.V. will not be as detailed but it has encouraged me to work on myself to make it an outstanding one.

REFLECTION

{ as a teacher }

In most situations, a C.V is the first contact you have with a prospective employer and it is your chance to make a first good impression on the Principal / H.R. A C.V is to establish relevant work history and highlighting managerial experience to include:

As a student-teacher being in the last year of B.Ed course a C.V plays an important role as we all are supposed to go ahead and find ourselves good jobs to justify our ability.

This activity has helped me to professionally put my best foot forward and to have a good first impression on the school I will apply to.

Implementation in School

- Giving students knowledge about C.V.s in their secondary school level onwards will help them for career planning.
- They are mentally ready for the challenges while finding a job.
- Students of std 10th and 12th must have an activity where they develop a C.V.
- Orientation must be given to the students every year.
- During computer classes they can be given a hands on experience in developing a C.V.
- They could also prepare a chart for the requirements of a C.V./Resume.

◦ students must be encouraged to participate in activities which can be added to their C.V.

◦ at an early age, children can be given career guidance according to their interest

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Town, SV Nagar, Ramtekdi,
Hadapsar, Pune - 411013



OBJECTIVE

To work in an environment which encourages me to succeed and grow professionally where I can utilize my skills and knowledge appropriately.

EXPERIENCE

1.12.22 - 31.3.23	The HDFC School Internship English Teacher Grade III & IV
1.7.22 - 31.7.22	St. Anthony High School Internship

EDUCATION

	Arihant College of Education B.ED Pursuing
July 2021	Vidya Bhavan College of Commerce B.COM 92.91
February 2018	St. Patrick's Junior College HSC 89.38%
March 2016	St. Patrick's High School SSC 87.00%

SKILLS

- Quick and Efficient
- Responsible and Tenacious
- Diligent and Patient
- Very Creative and an Active Listener
- Good decision making and inter-personal skills

TEACHING SKILLS

- Excellent communication skills to present lessons in an interesting and fun manner.
- Have strong command over artistic and technological tools to create excellent teaching aids.
- Possessing good research skills and an enthusiastic mindset towards learning.
- Have a caring attitude to attend to children's needs and concerns in time. Makes teaching learning student centric.

ACHIEVEMENTS & AWARDS

- All Round Student of the College, Vidya Bhavan College of Commerce 2019 -2020
- Encouraging Student of the College, Vidya Bhavan College of Commerce 2018 - 2019
- Class Representative (F.Y B.COM) 2018 - 2019, Lady Representative (S.Y BCOM) 2019 - 2020. Vidya Bhavan College of Commerce
- First Place in General Proficiency in Std 12, St. Patrick's Junior College 2017 - 2018

INTERESTS

- Writing and Reading Novels
- Teaching and Learning new vocabulary
- Making creative presentations and covers
- Love looking for ways in which I can grow personally and professionally

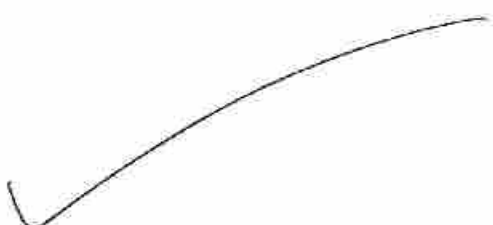
LANGUAGES

- English
- Marathi
- Hindi

PERSONAL DETAILS

- Date of Birth : 27 August 2000
- Nationality : Indian
- Age : 22

CERTIFICATION

- MS - CIT
 - Tally
- 

SELF

CONCEPT

Orientation / Activity I / II / III / IV

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

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3.	Usability in a school (How it will implement in a school as a teacher) (150-200 Words)		✓			
	Total Marks (Out of 25)	22 228				

Guide Name & Sign:

1. Introduction:

The third activity introduced for 209
Title: was SELF - CONCEPT OR KNOWING
ME as a part of S.Y. B.Ed
curriculum

Date: 15-04-2023

Time: 3:00-4:00 pm

Resource Person /Group Teacher: Dr. Sujata Adamuthe

Objectives: The objectives of this activity are:

1. To know and understand
yourself more deeply.
2. To identify what are life
goals, needs etc. are.
3. To understand our qualities
better.
4. To live a fulfilling and leading life.

Description of the Orientation Session

Dr. Sujata Adamuthe, Principal of Dhruvant College of Education, gave orientation of the topic 'Self-Concept' and 'Self-Esteem'. Ma'am began by asking us about our goals. She said that a goal is an aim towards which an endeavour is directed. It is a target which has to be reached.

She displayed a Powerpoint presentation where there was information about 'Self-Concept'. After that she gave us ten questions which she discussed one by one with us and then asked us all to write the answers and present it to our group in charge.

It was an interactive session and it is something that will help us to reflect on ourselves.

Description of Activity

Session

During the orientation, we were orientated that we had to note down the answers on the watermark pages and then present it in front of our group incharge, Prof. Rameshwari Shende.

While understanding the questions and introspecting myself and coming to terms with what to write took time, it helped me to reflect on myself on a more deeper level. After writing all the answers, I presented it in front of my group incharge i.e Prof. Rameshwari Shende.

She discussed the answers with me and gave her own insights. This activity has surely instilled confidence to believe in myself and helped me understand my life goals.

10 QUESTIONS

- Q1. What are your goals in life?
- Q2. What is your highest value?
- Q3. What is the meaning of your life?
- Q4. Who is your greatest role model?
- Q5. Who is the most important person in your life? Why?
- Q6. Who is a person that you don't like, yet you spend time with? Why?
- Q7. What have you done in your life that you are most proud of?
- Q8. How is your relationship with money?
- Q9. What is your self-limiting belief?
- Q10. What kind of legacy do you want to leave behind?

Q1] WHAT ARE YOUR GOALS IN LIFE?

ANS] My first goal in life is to be a good person, a spiritual and a kind person. My second goal is to be a good and possibly the best teacher for all my students, a light they seek when in darkness and my most important goal is to live a happy and fulfilling life full of love and happy memories.

Q2] WHAT IS YOUR HIGHEST VALUE?

ANS] My highest values are my punctuality, modesty, sensitivity and neatness. All the above values define me as a person and I also seek to inculcate them into my self daily.

Q3] WHAT IS THE MEANING OF YOUR LIFE?

ANS] For me, the meaning of life is to have peace of mind. Life is not only facing and overcoming problems in pursuit of happiness and being content. For me, I always find meaning of my life in all the little things, little joys and

little moments of my life. I find it in my classroom with my precious students, I find it when I'm reading and when I'm under the stars being grateful to God for everything in my life.

Q4] WHO IS YOUR GREATEST ROLE MODEL?

ANS] My greatest role model is life is JESUS. Ever since I was a little girl, I have wanted to be like him, to make him reflect through myself. He is the perfect role model. He has demonstrated through the Bible, how gentle and humble he is, how selfless, peaceful and helpful he is. My greatest wish is to at least be a fraction of myself like him.

Q5] WHO IS THE MOST IMPORTANT PERSON IN MY LIFE? WHY?

ANS] The most important persons in my life is my life are my family, friends and significantly myself. The former two give me great joy and are my support system and my greatest cheerleaders. I am also the most important in my life. Self-love is a real thing and nothing makes a person glow the brightest than themselves.

Q6] WHO IS THE PERSON THAT YOU DON'T LIKE YET YOU SPEND TIME WITH? WHY?

ANS] I do not like to spend with my Aunt and her daughter [from my mother's side]. It is because they are highly critical of others very snobby and put others down. But because they are my family, I have to spend time with them.

Q7] WHAT HAVE YOU DONE IN YOUR LIFE THAT YOU ARE MOST PROUD OF?

ANS] I am most proud of all the books I have written in my life. Some of them have been written when I was facing very hard times and I am incredibly proud that all those emotions were something I turned into a book I'm most proud of. I love all my characters and I am glad I could project my emotions into something so creative.

Q8] WHAT IS YOUR RELATION WITH MONEY?

ANS] My relationship with money is very neutral. I know it is

something essential to life and to fulfill our needs but I also think it is the base of people's lives and people lose themselves when they try to buy happiness with money. But it is also something that helps me to make others happy, like helping them or buying gifts to people.

Q9] WHAT IS YOUR SELF-LIMITING BELIEF?

ANS] My self-limiting belief is that 'I am not good enough', or 'Do I really deserve this', or 'Am I really going to be able to do this?', and the last one belief that stops me is my over-thinking mind.

Q10] WHAT KIND OF LEGACY DO YOU WANT TO LEAVE BEHIND?

ANS] This is a question I don't have the accurate answer for as I'm still building myself. But I can only hope that I will be remembered for my words, the impact they have on people and I hope that I influence at least one student in my life, who remembers me for the things I taught them and inspire them to pass it on to the next person.

Reflection As A Person

The activity of 'self concept' helped me to understand who I truly am, my thoughts, my beliefs and my goals. It helped me think about my core values as a person and the kind of legacy I would like to leave behind.

✓ It has helped me to become self-aware and helped to realise that if I act as if I am a person I want to be then one day I truly will be. This activity has encouraged reflection and self-inspection and helped me to understand that I am who I create.

It has helped to pen down my goals, my self-limits, my legacy, my proudest things and the people I treasure. All the things essential to my identity were noted down through this activity and I am grateful that it helped me to create a positive 'self-concept' of myself.

Reflection as a Teacher

As a teacher, it is our responsibility to mold the lives of the children. We strive to be an 'ideal teacher' but an 'ideal person' is the one who is in touch of their personality and who knows themselves inside - out.

This activity has helped me to understand the importance of setting goals. As a teacher, it has helped me to set goals for myself that will ensure that I will become the best possible version of myself for my students.

As a teacher, if I have any negative or self-limiting beliefs that stop me from reaching to my full potential, I will try to change and adjust myself so that I can be a role-model for students to follow. If a teacher develops a good/positive self-concept, she can encourage students to do the same.

As a teacher, we must accept students as they are. We must help them to develop their self-identity, encourage them to grow as a good person and instill values that will help them to make a positive difference in the world.

Teachers must make students feel proud of their progress and must praise and reinforce them whenever they perform well because it will grow and develop their self-esteem and it will form a positive self-image of themselves in their minds. To help them grow to their true self and full potentials is the kind of legacy all teachers should strive to leave behind.

Usability In A School

- Students must be given career guidance when they reach higher classes so that they can set realistic goals based on their abilities, aptitudes and interests.
- Personality development classes will help students to develop self-concept and self-respect.
- Value Education will help students to develop positive qualities in them.
- If a child develops positive self-esteem then he/she will have a happy school life.
- Guidance for stress management and facing challenges in life will help a child to live a satisfied life.
- Each student has his/her own capacity, limitations, so efforts taken by students should be appreciated.

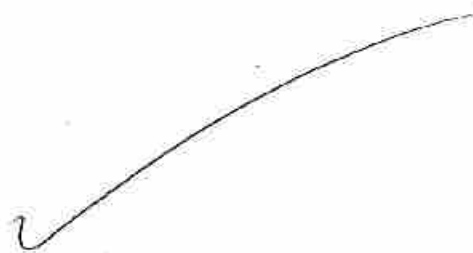
• Teachers must give worksheets to do students in which questions related to students' likes, dislikes, expectations, goals are asked and students should be asked to fill it.

• Developing self-concept will help children to be bold, confident and happy in life.

Govt

PERSONALITY

DEVELOPMENT



Orientation / Activity I / II / III / IV

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

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	Total Marks (Out of 25)	23				

Guide Name & Sign:

1. Introduction:

The last activity introduced to us was
 Title: PERSONALITY DEVELOPMENT as part
 of 209 that is understanding of
self.

Date: 28-04-2023

Time: 12:00 - 1:00 pm

Resource Person /Group Teacher: PROF. CHAITALI SINHA

Objectives: following were the objectives:

1. To understand our own innate selves better.
2. To understand our positive traits or qualities.
3. To identify our negative qualities.
4. To understand our true inner self.

Description of Orientation Session

Prof. Chaitali Sinha gave the orientation for Personality Development. Ma'am spoke about the various aspects of personality development with the help of a powerpoint presentation. It was held on 28th April, 2023.

Ma'am started the session by explaining what is personality, a quick background knowledge was given for the same.

She went through the different dimensions and attributes of personality.

She then at the end showed us an image with all possible adjectives that described one's personality and asked us to categorise ourselves through those attributes. She ended by guiding us on how to prepare the chart in short.

Description of Activity

To prepare this chart a lot of thought process was involved as most of the ideas were taken and I still tried my best to put forth my creative aspect to showcase my personality and my qualities in the best possible way.

I presented my chart to Rameshwari ma'am, our group unchange. I started by explaining the concept of my chart. I made a chart where I am sitting in a hot-air balloon. I am flying to the sky throwing all my negative qualities down on the ground. I had written them on stones, so when I threw them I portrayed that I am making myself lighter and flying towards the clouds. All my positive qualities were written on the clouds.

After the chart was done,
I presented it in front of my
group in charge. She found
the idea very innovative and
listened as I explained each of
my traits. She also added a
few of her own points and
gave her own excellent
insight.

Reflection [as a person]

This activity gave me an opportunity to go deep inside myself, to think about my thoughts, actions, feelings and qualities that describe me as a person. By looking at the sheet full of personality attributes, I realized those adjectives which describe me as a person.

As a person, I realized that I need to focus on my thoughts, words, actions because they will influence my personality, my behaviour as a person.

I was happy to see mixed attributes of good and bad traits together because it helped me to understand both sides, yin and yang of my personality. Both are deeply interwoven and give a shape to my personality that makes me unique and different from others. This activity surely encouraged self-inspection and helped me to define myself.

REFLECTION

[as a teacher]

As a teacher, before knowing about the students, a teacher should know him/herself & for this activity proved useful to know our nature. As a teacher, I realized that I have certain positive qualities which will help me to play my role well and I must strive to maintain and improve my qualities.

It also helped me to realize the areas I must improve because a teacher needs to create a favourable classroom environment and needs to be a multi-tasker and lend a patient ear to children.

A teacher is a role model for her students and I realized I need to improve my positive and negative traits so that I can be the best possible version of myself for my students.

Usability in School

As a teacher in a school, I would like to plan a 'Personality Development Workshop' for students so that they learn the importance of developing a good personality.

In a school, a skit or role play can also be performed by students showcasing negative effects of bad behaviour on our relations with others, outcome of pessimism etc on one hand and effect of positive thinking, good attitude and behaviour on our life.

After knowing personality traits of pupils, teachers can channelize them towards activities as per their traits i.e. if a child is responsible, confident he/she can be made captain or monitor etc. On the other hand, if we get to know shy children we can engage them in appropriate activities.

CONFIDANT

FRIENDLY

GRATEFUL

DEDICATED

PEACEMAKER

MY PERSONALITY
LOYAL

SUPPORTIVE

