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ACTIVITY 1

Activities that develop cognitive skills - Independent thinking to promote critical thinking and creative thinking, decision making and problem solving

SKILLS: A skill is learned ability to carry out a task with pre-determined results often within a given amount of time, energy or both. Skill usually requires certain environmental stimuli and situations to assess the level of skill.

LIFE SKILLS: Life skills are problem-solving behaviors that are used appropriately and responsibly in the management of personal affairs.

Basic Life Skills: Basic life skills, which could be called life management skills, are the strengths and skills that make us unique as individuals.

Understanding Life Skills: Life skills have been defined as, "The abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life".

Types of Skills:

Life Skills

Thinking skills

Social skills

Emotional skills.

Life skills include psychological competencies and interpersonal skills that help people make informed





elections, solve problems, think critically and creatively. They are three types of skills.

1) Thinking Skills 2) Social Skills 3) Emotional skills.

'Emotional' can be perceived, as a skill not only in making rational decisions but also in being able to make others agree to one's terms first with oneself is important. Thus self-management is an important skill including managing/coping with feelings, emotions, stress and resisting peer.

1. Critical thinking:- It is an ability to analyze information and experiences in an objective manner.

2. Creative thinking: It is a novel way of seeing or doing things. It is characteristic of four components. They are fluency, flexibility, originality and Elaboration.

3. Decision making: It helps us to deal constructively with decisions about our lives. It can teach people how to actively make decisions.

4. Problem Solving: It helps us to deal constructively with problems in our lives. Significantly that are left unresolved can cause mental stress.

WORK SHEET:

1. Egocentric thinking: It is viewing everything in relation to oneself. Such individuals





- are only concerned with their own interests.
2. Social conditioning: Each individual is unique and age, IQ, race, gender, upbringing, family, friends, genes etc have a dramatic effect on how one views the world and the people.
 3. Group Thinking - The Herd mentality: "when everyone thinks alike, no one thinks very much". The drive for acceptance from others is a strong motivating force since thinking outside the group can be uncomfortable.

Suggested Further Activity: Let students reflect on the problem. Think of a problem which you and your neighbourhood friends have faced and were not able to solve. What do you think were the reasons for not finding a solution to that problem?

CONCLUSION: Practising life skills leads to qualities such as self-esteem, sociability and tolerance, to action competencies to take action and generate change, and to capabilities to have the freedom to decide what to do and who to be. Life skills are thus distinctly different from physical or perceptual motor skills, such as practical or health.



ACTIVITY - 2

Visits to the slums and natural calamities and stories of different children to tap empathy which is inherent.

A slum areas means any areas where such dwellings predominate which by reasons of dilapidation, overcrowding, faulty arrangement of design of building, narrowness of faulty of street, lack of ventilation, light or sanitation facilities, inadequacy of open spaces and community facilities

Suggestions: According to this study both slums are suffering with environmental factors different aspects these two slums are hazardous slums because they must change to rehabilitate another area within the city for their live stocks.

- * In view of the large scale migration from the rural to urban centers necessary steps are to be taken to meet the sanitary and hygiene.
- * The residents of hazardous slum - 1 lack of basic civic amenities as they are residing in a disputed area
- * The general awareness on environment and public health issues are to be brought in





the stems by government and NGO's through street plays like drama, documentary movies etc.

HISTORY OF HUDHUD CYCLONE :- History of Hudhud cyclone was the second strongest tropical cyclone of 2014 within the north Indian ocean, as well as the most destructive tropical cyclone in the basin since Nargis in 2008.

Hudhud caused extensive damage to the city of Visakhapatnam and the neighbouring districts of Vizianagaram and Srikakulam of Andhra Pradesh.

Disaster management plan?

- * Emergency shelters should be properly maintain and more school should be earmarked for shelter purpose in future
- * It is necessary that warning should be more location specific and built up credibility
- * Research on disasters and reduction of their impact should be given priority and the output should be used in policy formulation
- * Reduce with wind velocity, disaster resistant crops should be encouraged to plant by farmers, Increase in population.

III Stories of different children.

Definition: The term 'street children' is hotly debated. Some say it is negative





it labels and stigmatizes children.

Street children are those unfortunate children who basically:-

- * Have only intermittent contact with parents/family
- * Lack of shelter, poor hygiene and overcrowding
- * Sexual abuse, they may engage in sexual activities for money or simply to survive.
- * Substance use - including glue sniffing, illegal drugs and alcohol.

About their families:

- * Have been abandoned by their families
- * The result of the breakdown of the family.
- * They give grow up to criminals.
- * They are misused by anti-social elements
- * Deprived of the basic needs of food, shelter.

Conclusions: The street children problem is a

serious problem at national and state level.

It has many dimensions. The reasons for the

prevalence are many. They have specific socio-economic background. They have many issues,

and there is a need for greater concern for these people. The present survey is an

attempt in this direction, which will help understand the socio-economic characteristics of the street children.





ACTIVITY-3

Group discussion on the current issues to develop psycho-social skills like interpersonal relationship skills and effective communication skills.

Psychosocial skills allow us to interact with, perceive, influence and relate to others. Psychological skills include our ability to appropriately experience, display and perceive emotional states.

Interpersonal Skills: Skills are the life skills we use every day to communicate and interact with other people, both individually and in groups.

A list of interpersonal skills include:

Verbal communication, Decision making
 Non-verbal communication, Effective
 Listening skills, Assertiveness
 Problem solving, Negotiation.

Effective Communication Skills: Communication is about more than just exchanging information. It's about understanding the emotion and intentions behind the information. Effective communication is also a two-way street.

GROUP DISCUSSION: TOPIC-1

Technology is killing Human Imagination →
 1. Computing has replaced creativity - Computers





and the incessant use of technology have restricted the sphere of the knowledge and creativity.

2. Technology has made mass scale replication possible - Technology has made it possible to replicate on a mass scale, and this mass market production limits the role of human creativity and imagination in every field from education to science and manufacturing.

CONCLUSION: Technology has only unleashed the power and potential of human creativity and imagination. From making films and documentaries to composing great works of music and art to even scientific innovations, technology has liberated human imagination and provided a complete scope for aiding the creativity of man.

GROUP DISCUSSION TOPIC II:

CAN SOCIAL PROBLEMS BE SOLVED IF THE ECONOMY

A Chinese newspaper 'Global Times' has used the matter of patels' reservation agitation to question PM Narendra's Modi "So called Gujarat model" of development. The newspaper highlighted if the Gujarat model was transformation and successful, why India had its witness caste-centric mobilization erupt in Gujarat.





If the economy Grows?

Yes.

It is with the advancement of the economy, the people are ready to discard the old traditional practices. They are ready to embrace globalization and move forward with the problem.

No.

People need economic development, but it should not come at the cost of environment or people. If corruption becomes rampant, no form of economic development can boost social development. In recent centuries, the human kind has made considerable developments overcoming many obstacles of nature. Even the people who are rich and prosperous are traditionally backward and stick to conventional principles like caste system and no education for girls.

CONCLUSION: The recent problem in Gujarat has showed that economic development cannot eradicate the social problems. There is a need of stronger measures to bring in a real change in society. India still suffers from many problems like population, caste system, pollution, child marriage, dowry, corruption and others.





ACTIVITY-4

Introducing yoga exercises to be done with ease and meditation which starts with self-knowledge with let go spirit to experience spells of silence for healthy body and mind and to awaken the hidden faculties.

INTRODUCTION: Yoga is a way of life. It is predominantly concerned with maintaining a state of equanimity at all costs. All yoga schools of thought emphasize the importance of the mind remaining calm, because as the saying goes, only when the water is still can you see through it.

A Universal Practical Discipline: Yoga is a psychological, physiological and spiritual discipline that has been an integral part of our Indian culture for centuries.

Process: Yoga is a process or system that maintains not only the health but also generates a sense of happiness and fulfillment.

Positive Approach to health: The health of the human being is influenced by various factors. Yoga is one of the systems that include all these factors. Thus yoga is an important, natural, preventive measure to ensure good health.





Self therapy: Yoga is a self therapy. It is a self therapy in the sense that one can perform this discipline on his own.

Types of yoga: Various types of yoga benefits the human body and mind mentally, physically and spiritually. These various ways constitute the different types of yoga.

AIM OF YOGA: In accordance with its nature atman is completely spiritual; hence spiritual culture is natural to it. However, due to the results of previous actions performed in ignorance of their consequences, the atman remains incarcerated in the physical body and its energy.

Need and Importance of yoga: who insist on continuing their yoga practices; get more and more of the taste of this great 5000+ year old wondrous way of life.

Importance of yoga:

- * Brings down stress and enhances powers of relax
- * Helps in rehabilitation of old and new injuries
- * cleanses and improves overall organ functioning.
- * Infuses a sense of balance and internal harmony
- * Boosts functioning of the immune system.



Yoga practices for Health and wellness:

The widely practiced yoga Sadhanas are: Yama, Niyama, Asana, pranayama, pratyahara, Dhara-na, Dhyana, Samdhi, Bandhas and Mudras, Shatkarma, Mantrajapa, yuktahara, yuktakarma etc.

Yoga practice and Body Awareness: In several VHPP Participants narratives the category of Body Awareness emerged. Mehling studied professionals and Patients of some practices classified as mind-body therapists, or therapeutic approaches, to identify what the concept of body awareness meant for them, mind and body were integrated entities,

Yoga practice and Self-knowledge: Yoga sutras of Patanjali, which describes the yogic steps towards transcendence. In a yoga practice, students are encouraged to observe their body, breathing, emotions and feelings with the environment.

CONCLUSION: To conclude the fundamental principle of yoga is religious freedom. Yoga is not a religion - it is the source of spirituality and wisdom, the root of all religions. Yoga transcends religious boundaries and reveals the way of unity.



ACTIVITY-5

Exercise to have inner observation for self knowing while in stress or in emotions and to develop skills of self management.

INTRODUCTION: Developing self-awareness happens when you take part in self-awareness exercises that help you increase your powers of observation not necessarily observation of the outer world, but the inner world, and the cause and effect of your beliefs, thoughts, words and actions.

Successfully mastering the art of self-awareness requires that you take time to slow down and be present. The body goes where the train tells it to move, but that doesn't always mean your mind is travelling with it.

Daily Self-Awareness Exercises: It happens when you take part in exercises that help you increase your powers of observation - not necessarily observation of the outer world, but the inner world, and the cause and effect of your beliefs, thoughts, words.

3 minutes of mindfulness: A few times a day, make a point to spend 3 minutes focusing in on each physical movement you make. Simply focus on





what it feels like physically, and really get into the experience of simple things normally take granted.

Other hand: use your non-dominant hand to perform simple tasks like writing, brushing your hair, even washing dishes.

People watching: you've probably done some people watching before, but do you ever notice that when do you find yourself either judging their appearance, their actions or concocting some story.

Meaningful contact: Spend a full day where you give deliberate, full and genuine greetings to everyone you come into contact with. Smile and say hello, shake hands with coworkers, hug your friends and relatives.

CONCLUSION: while you are forming new habits, it is important to stay positive and committed. Think about the process as becoming easier and easier every day. Just slip on your headphones, pop in your favourite omharmonics attack, and visualize yourself effortlessly doing what you want to be doing. Once the new habit is formed, it will be part of your life just as much as any other habit the way you brush your teeth! This process works with every habit you have.

