

# GYAN BHARTI COLLEGE OF EDUCATION

Session \_\_\_\_\_

**EPC-4**

**Understanding the Self**

Name \_\_\_\_\_

Roll no. \_\_\_\_\_

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## INTRODUCTION OF SELF CONCEPT

Meaning - Every individual perceive himself in a specific way. The attributes contain traits, qualities, features, characteristics, hobbies to himself. The manner in which one perceive oneself is called as self-concept. Also called self construction, self identity, self structure. Self concept is derived from several factors including personality traits, how one looks, his personal values and life goals and the place or role in life. Self concept is an ever changing concept depends in the person system and attitudes can change when new information is shown to him.

Self concept is distinguishable from self awareness, which refers to the extent to which self knowledge is defined, consistent and eloquently applicable to one attributes and dispositions. Self concept also differ from self esteem. Self concept is

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## PERSONAL DEVELOPMENT



is cognitive or descriptive component of one self. eg. "I am a fast runner" while self esteem is valuable and evaluative and opinionable eg. "I feel good about being a fast runner."

## WHAT IS SELF CONCEPT...

Imagine yourself looking into a mirror. What do you see? Is your self or ideal self or your actual self? Your ideal or image self is the self that you aspire to be. It is the one that you hope will possess characteristics similar to that of a mentor or some other worldly figure. Your actual self however is the one that you actually are. It is the self that has characteristics that you were nurtured or in some cases, born to have.

## DEFINITION

Baumeister (1999) - provides the following definition of self concept.

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"Individuals belief about himself or herself, including the person attributes and who and what the self is"

## HOW TO NEGOTIATE BETWEEN IDEAL SELF AND ACTUAL SELF...

Think of your actual self as Rubik's cube and your ideal self as the context that surrounds Rubik's cube your actual self is like a Rubik's Cube has six faces or social roles and each 'face' is solidly present one colour. In this event your actual self is complete accordance with your ideal self and there are no threats.

In other words, your colour are seen by others in similar way in which you see your actual self, and your ideas self matches your actual self. Hence your possible roles are closely aligned with each other solidly tied to firm belief about the actual self and demonstration certification.

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## NATURE OF SELF CONCEPT THEORY

The self concept holds many of assumptions about our personal judgements towards ourselves. There are some of them as mentioned by SARAH MAE SINCERO.

## SELF CONCEPT IS LEARNED

One of very basic assumptions of this theory is that no person is born with a self concept. Self concept is believed to develop as a person grows old. This means our perceptions towards ourselves can be altered and affected by environmental factors.

## SELF CONCEPT IS ORGANISED

A person may have numerous of views of himself. He may think that he is kind, loving, rude, sweet, spoken, cruel and and stubborn.



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## SELF CONCEPT IS DYNAMIC

As a person face different situation and new challenge in his life, his insight towards himself may constantly change depending on the way he respond to such life changes we behave according to how we see ourselves in a situation.

## FACTORS OF SELF CONCEPT

Age - Between 7 years and 11 years there are significant change in regard to intellectual abilities and social environment. During range of age, children have ability to compare themselves to others. At the end of childhood there is an increase in permeability to social values.

Gender - According to current research age act as a moderating variable of differences in girls and boys. In this respect there are empirical evidence showing that girls have positive perception of themselves during primary education. Thus the observation of what happen in the surrounding take the girls to infer that their social role is secondary to that played by men.

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## ONLINE IDENTITY

- Self: Never reveal my full name online
- Family & Friends: Never reveal my family's home address
- Larger Community: Never participate in online bullying



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Media - The media has been played a fundamental role in how individual perceive themselves as marketing of advertisement has been contributed to general attitude of compulsive consumption as well as creation of ideal body image as a way to personal and professional success.

Culture - Majority of research on cultural differences in self concept is focused on the comparison between Asian and western culture but due to higher importance of positive self representation.

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## DEVELOPMENT OF SELF CONFIDENCE

### (1) Stay Away from Negativity and Bring on The Positivity -

This is time to really evaluate your inner circle including friend and family. Be positive even if you are not feeling it quite well yet. Stop focusing it quite on problems in your life and instead begin to focus on solution and making positive changes.

### (2) Change Your body language and Image -

This is where posture, smiling, eye contact and speech slowly come into play. Just simply act of puffing your shoulder back gives other impression that you confident person.

### (3) Be Prepared -

Learn everything there is to know about your field, job presentation, whatever is next on your to conquer list of if you are prepared to have the knowledge to back it up, self confident.

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#### (4) Set some Goals-

Its aim to achieve them. They do not have to be big goals can be things like baking a cake or pleasure at night put with your friends. Just little things that can be ticked off a list and helps you gain self confidence in your ability to get stuff done.

#### (5) Talk About Yourself-

Think about yourself, talk how its might be offering your self confidence have a lead of your fact sheet on self talk to get some handy tip on turning your negative self talk around.



## How To Become Self Confident

Confident friend may say, "Well just a confident man. However to a person that doesn't have full confident this may not be very helpful."

## TAKE ACTION YET IT DONE

Having once decided to achieve a certain task achieve it all cost of medium and obstacle. Thomas A. Bennett. The most important step in building self confidence is simply to take actions. sitting at home and thinking will just make you feel worse to make comb easier there are three ways.

### (1) Be Present-

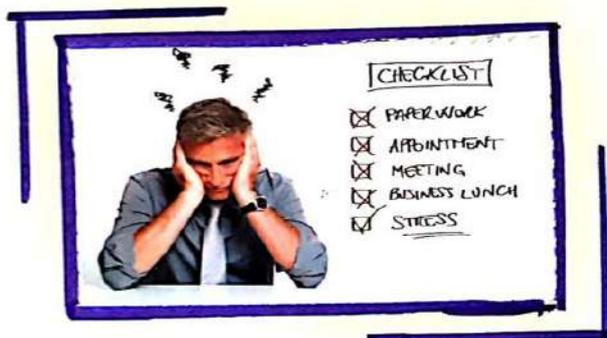
This will help you mapout of over thinking and just go and do what to get done.

### (2) Lighten Up-

On way to disuade your self from taking action is to take whatever you care about to do seriously.

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Really want it - Then taking action isn't some, if you have to force, its something it can't want to do.

(4) Really face your fear - "The way to develop self-confidence is to do things you fear" William J. Murray Ryan. You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. That is the way to make enemies for them.

(5) Be curious - When you are stuck in fear you closed up, you create barriers between you and other things, people.

(6) Realize that fear is often based on is helpful interpretation - The problem is, just that we often find negative and not so helpful pattern in our lives.

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## UNDERSTAND IN WHAT ORDER THINGS HAPPEN

Best thing is when do you think you don't feel but confidence in your ability to handle different - situation public speaking or may be first showing your leg blog spot to one audience out.

### PREPARE -

One important key to success self confidence find important key to self confidence preparation another preparing yourself and educating yourself can help then. By example rehearsing on secured speech own and own your fluency must be by heart.

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## ROLE OF TEACHER AS A FACILITATOR IN THE EDUCATION OF PUPIL TEACHER

Teacher encourages student to learn about students culture in order to meet diverse student needs. A teacher as a facilitator coaches and guides student learning in classrooms. The teacher uses curriculum and pedagogy that are relevant to the student and provide opportunities for authentic problem solving. Teacher should work to create classroom environment that promotes community and caring. Finally, provide voice and choice for students, perhaps through the use of project based learning allowing student to select their own action research.

## ROLE OF A TEACHER IN EDUCATION OF STUDENTS

- (1) Teachers play a key role in the education and a student's life.
- (2) Teacher job is a great reward than a Skilinc more job is a great reward than Designer



... can the growth and  
... of Super Mohan Malaviya a  
... it lies largely in his  
... to mould the mind of the  
... who is the father of the man. He  
... a race of patriot men and  
... who would religiously place the  
... the country about the community.

## ROLE OF TEACHER IN EDUCATION

Education is necessary for politician, businessmen, artists, farmers, student etc for their respective cases.

- (1) Teacher has to inscribe education of his subject etc for their texts possible to deliver when needed.
- (2) He has to write books, articles, conduct, to publish the knowledge needed to society.
- (3) He should avoid creating confusion to student society.

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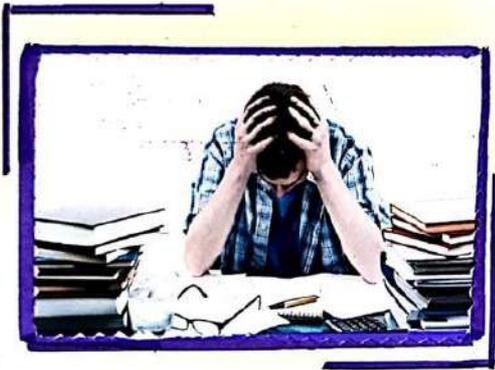
## ROLE OF A TEACHER IN STUDENT LIFE

- (1) The teacher should be done from level of the learners.
- (2) An ideal should be impartial, disciplined, affected by respect.
- (3) In classroom we should provide proper encouragement.
- (4) Teacher has to let the student understand aspects of career growth relationships.

## ROLE OF TEACHER IN SCHOOL

At school, Teacher is like parent, to the student must try to see if students are fine, healthy must try to see if students are active person. He encourage student to take up curriculum activities beside studies.

In case, parents of an student wishes to meet them the teacher must be ready to listen and co-operation with them.



## TEACHER IN THE CLASSROOM

Teacher play a vital role in line of student in their classroom. Teacher are best known for the role of educating the student that are placed in their classroom.

## CREATING CLASSROOM ENVIRONMENT

Teacher who plays a important role in classroom it comes to environment. If teacher prepare a pupil for learning then pupils as learners also taking interest in it.

## SIGNS OF TROUBLE

Teacher also played a role of protector like mother. Teacher are taught to look for sign of trouble in student when students behaviour change or physical sign of abuse are noticed. Teacher are required to look into problems.

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"When the student is ready, the teacher appears"  
Maxwell Cantive My teacher, My Hero's -

Teacher follows students through each pivotal stage of development at six or eight, how in a day. five days a week you as a teacher are praised to become one of the most important influences people student life after their parents, children listen to their problems in learn about his new phase

# SLOGAN

Who Helps you,  
Don't forget them,

Who is loving you,  
Don't forget them,

Who Trusts you,  
Don't Cheat them...

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The strongest factor  
for success is  
self-esteem: Believing  
you can do it, believing  
you deserve it, believing  
you will get it.



## POEM:- TO AUTUMN

By :- JOHN KEATS

### Introduction To The Poet -

John Keats was a famous romantic poet. He died at a very young age. But he has left behind a rich and nature poetry. It is thought by critics that if he had lived longer, he would surpassed even Shakespeare. A series of death and misfortunes in his life made him a highly philosophical poet. Keats was a great lover of beauty and liked it in all its aspects. He was a sensitive poet and his observation was very keen. In February 1820, he caught tuberculosis and went to Italy hoping that the warmer climate could help him to recover. But his health became worse and he died in February 1821 at the young age of 25.

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# To Autumn

Season of mellow fruitfulness,  
 close bosom friend of the maturing  
 sun, conspiring with him to  
 load and bless with fruit that  
 around the thatched eaves sum,  
 To bend with apples; The Moss'd cottage-towers,  
 And fill the fruit with the ripeness  
 to come.

In these lines, the poet praises the poet  
 praises the season of autumn. He says,  
 the autumn is a season of mist. It  
 is also a time when fruits are ripened  
 and matured. So, autumn is a season of  
 fruitsfulness. The poet calls autumn a  
 close friend of the sun. But the sun  
 and the autumn make a plan to load with  
 the fruits, the vines which run along the  
 leaves of thatched roofs, they also comprise  
 as how they should reside in the cottage.  
 In other words, autumn is the season  
 when fruits are ripened and matured.

To swell the gawined, plump the hazel shells  
 with a sweet kernel, to set budding moss,  
 Shilene and still more, later flower for the  
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bees. Until, they think warm days will  
come news came for the summer  
has over primord their clammy cells.

John says that autumn is the season  
when fruit are ripened and more and  
more buds are created. The autumn  
and the sun both have same function  
that is, to ripen fruits. So, they  
make a plan to hazel shells with  
sweet the gizzard and fill the cavity  
of more and more buds. In  
spring, these buds will bloom  
into flowers.

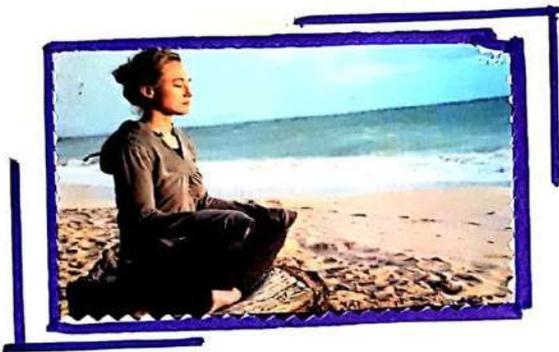




## INTRODUCTION TO YOGA

Yoga is path towards total harmony of body, mind and spirit. The word yoga comes from 'SANSKRIT' word 'YUJ' which means union. It is inherent desire in human to be happy. There are many benefits of yoga as:-

- (1) Helps in releasing toxic from the body.
- (2) Corrects the posture and alignment of the body.
- (3) Regulate the digestive, endocrine, circulatory system.



## SHIRSHASANA

### Method :-

- (1) Sit touching the knees on the ground.
- (2) Cross fingers and place them on the ground.
- (3) Keep the middle part of head on ground and support with arms.
- (4) Raise the knees from ground.
- (5) Draw the legs.
- (6) Shift body weight on elbows and raise the legs without having contact the abdominal muscles.
- (7) Keep knees bent & straighten out the thighs.
- (8) Straighten out the knees and stand in vertical position.
- (9) Follow the reverse order to return in initial position.

### Precautions :-

- (1) Perform the asana only when fully healthy.
- (2) This asana should not done after labour.
- (3) No jerks should be given in this asana.

### Advantages :-

- (1) It enhances memory.
- (2) It increases the capacity of abdominal organs.

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## PARVATI ASANA

### Method :-

- (1) Lie on the ground and raise both the legs slowly to the angle of  $90^\circ$
- (2) After this, raise the legs a little more and breast the whole body in a vertical position and give the support
- (3) Remain in the position as long as you can and then slowly remove the hand and come to the ground slowly.

### Precautions :-

- (1) Keep taking natural respiration
- (2) Taking whole body weight on shoulder.
- (3) Don't allow the elbow to spread out

### Advantages :-

- (1) It improves the diseases of piles.
- (2) It decreases slowly slowly swelling of the veins.



## Mayor Asana

### Method:-

- (1) Sit on the knees
- (2) Turn the fingers towards legs and place some on ground between the two knees
- (3) Join elbows and place them on navel and spread out both legs.
- (4) Elbow come straight as a parallel to ground and raise legs about the ground.
- (5) Try to balance body parallel to the ground
- (6) Bring hands near the legs.
- (7) Remove elbows from the navel
- (8) Raise hand and join knee.

### Precautions:-

- (1) Never try to through legs upward with a chest.
- (2) Don't keep elbow much apart with balance.

### Advantages:-

- (1) It strengthen hand muscles.
- (2) It enhances balancing capability.
- (3) It improves digestion.



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## MALASANA

### Method :-

- (1) Sit on the ground and keep hand near the body.
- (2) Raise legs to 30 degree, then to 60 degree and then to work on the abdominal muscles.
- (3) Touch the legs above head of ground.
- (4) Keep in the position for sometimes.
- (5) Cross both hand fingers and keep along hand.
- (6) Remove hands from behind the head and spread beneath.
- (7) Bow back legs to Malasana.
- (8) Bring legs back to ground.

### Precautions :-

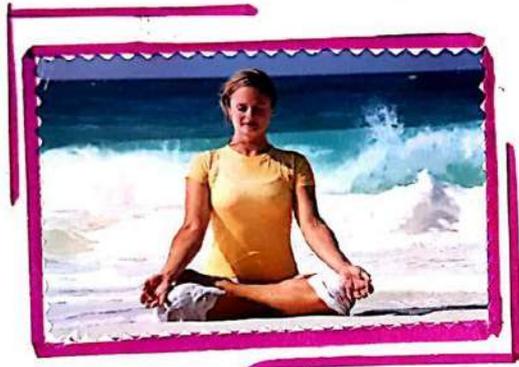
- (1) Support body with hand.
- (2) The body should be flexed.

### Advantage :-

- (1) It flexes the whole of spine.
- (2) This asana is helpful in increasing height.

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## BHJANGASANA

### methods :-

- (1) lie on the stomach.
- (2) Place hand near shoulder on either side.
- (3) Raise chest and chin.
- (4) Raise the body up to navel and sustain the position for a while.
- (5) Return to initial position in reverse order.

### precautions :-

- (1) Raise the throat and nose.
- (2) Pressure on the hand should allow be minimum.
- (3) keep leg together.

### advantages :-

- (1) It brings flexibility to spine.
- (2) Back muscles to come strong.
- (3) Backache subsides.

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## ROLE OF TEACHER IN ENHANCING CREATIVITY OF STUDENTS.

### (1) Embrace Creativity as part of learning.

Create a classroom that recognize you may want to display bulletin boards to showcase different way of solving a problem or create solution to real world scenarios.

### (2) Use the most Effective strategies.

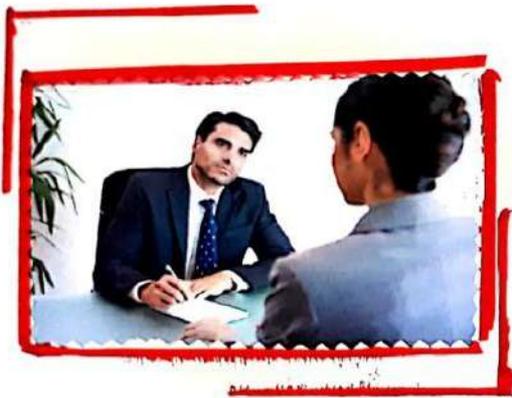
most successful approaches used creativity, arts, media oriented programmes that inco, operate cognitive and emotional functions were the most successful.

### (3) Think of Creativity As A Skill

Our job as educational dream to find way to encourage it used and breaks it down into smaller skill sets it can be included in our classroom to promote creativity.

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#### (4) Use a Creative Model-

Identify a goal or object that gather data. After that clarify the problems that generate the ideas and plans of actions for the implementation ideas.

#### (5) See Creativity in a position light-

If we are going to promote creativity we need embrace it too, reward student for thinking of problems in varied way by recognising their efforts.

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## Teach Creativity skill Implicity-

creativity skills are not just about good ideas, they are about having skills to make good idea happen. Imagination being disciplined or say motivated them.

## Understanding The Creativity Is

Important To Student future In

## The Job Market.

In today market student must largely be innovativly and create their own - fans. Teacher facous on teaching a particular skills rather than preparing students for a specific career.

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# ROLE OF MEDIA IN GENDER BUSINESS

Media and gender refers to the relationship between media and gender and also low representation of differentiate gender created for and by man made media can range from newspaper, magazine, comic book and also music video. As it is important to continue exploring interaction of media is dismiss the personal choice and advertisement and pictures in magazine carry significant message about the cultural values.

The media contribution to the production of image of aging and creation of work environment that professionals a negative version of aging woman tend to value a sexual object.



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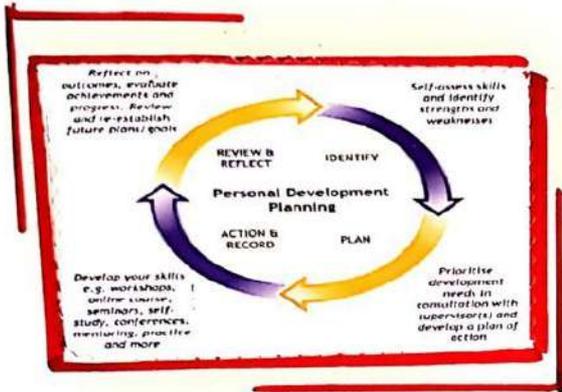


# ROLE OF MEDIA IN AWARENESS

Mass Media could have a negative influence in building our body image and self concept as security entries new technologies and technical transformation variety from media increased the different purposes agree that media perpetuates youth violence and influence risky behaviour such as body image, sex, drugs, media, and also positive influence on the people.

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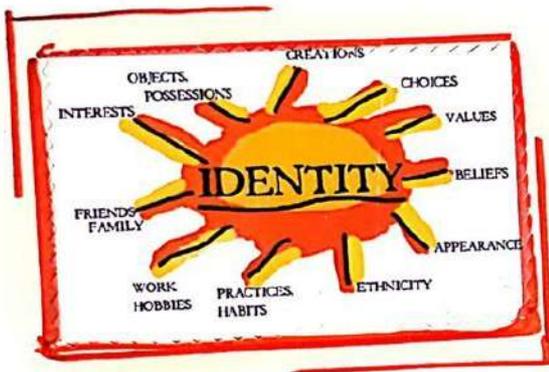


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# SELF APPRAISAL REPORT

We are regularly reminded that our students are 21<sup>st</sup> century learners. We know that we need to be infusing them with 21<sup>st</sup> century skill because 21<sup>st</sup> century to market and technology demand a different kind of worker and also the different kind of thinking.

- (1) I create and maintain an atmosphere for learning.
- (2) I encourage pupil in expressing their ideas.
- (3) I provide motivational environment for my student.
- (4) I provide written and oral assignment



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# HISTORY

The idea of Self Concept is age and it is mentioned in vedic philosophy as an Atmakara term originating approximately 3000 years ago.

The Self categorization theory developed by John-Terrence Spence states that self concept consist of, atleast two levels a personal identity and social one. In other word one's self education relies on self perception and how other perceive own self can rapidly between the personal and social identity.

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# CONCLUSION

Our self concept develop in several ways. One way is through self appraisal. Another way we develop our self concept is through social comparison. Concept is that we develop the way we value ourselves by how we compare or measure upto others. This could be our friends, co-workers, models, sports figures and so on.

For example - Everything we look in a magazine and see those perfectly sculpted bodies. These could lead to unhealthy feeling of inadequacy.

