Farook Training College

Research Centre in Education.

Farook College, Kozhikode, Kerala.

Cycle 3
NAAC Re-accreditation 2023.

SSR - Criterion II

2.4.10. Sample copies for each of selected activities claimed

Affidavit

I do here by certify that, all the pages in this document are duly authenticated by me, under my privilege as the Head of the Institution of Farook Training College Kozhikode, Kerala

FAROOK TRAINING COLLEGE P.O. Farook College Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

1. Classroom Teaching

FAROOK TRAINING COLLEGE

Farook College (P.O.), Kozhikode - 673632
farooktc06@gmail.com
Ph: 0495 2440662

B.Ed. COURSE-2021-23

RECORD OF INTERNSHIP
PHASE I

Certified that this is a bonafide Record of

Name of the Student : SINOBIYA PUTHEN THERUVIL

Roll No. : 13

Optional Subject : ENGLISH

MEMBER OF THE FACULTY

Place: FTC

Date: 11/1/23

PRINCIPAL
Principal
Farook Training College
P.O. Farook College, (Calicut)

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin 673632

INDEX

FAROOK TRAINING COLLEGE
PO Farook College

Principal
Farook Training College
P.O. Farook College, (Calicut)

Sl. No	TOPIC	Standard	Date	Page No.
16	LISTEN TO THE MOUNTAIN (Curtain rises fast.... along the slope?)	IX	28/09/22	101
17	THE LIGHT ON THE HILLS (Regular and Irregular Verbs)	VIII	06/10/22	108
18	LISTEN TO THE MOUNTAIN (There is nothing,.... felt about it)	IX	06/10/22	113
19	THE LIGHT ON THE HILLS (Prefix, Suffix)	VIII	07/10/22	120
20	LISTEN TO THE MOUNTAIN (Don't make me.... late. Curtain falls)	IX	07/10/22	125
21	THE LIGHT ON THE HILLS (Language Activities) (ICT)	VIII	10/10/22	131
22	LISTEN TO THE MOUNTAIN (Grandmother hobbles into.... a bird's wings?)	IX	10/10/22	138
23	THE SOWER (Introduction) (ICT)	VIII	11/10/22	145
24	LISTEN TO THE MOUNTAIN (Now, Ajji (grandmother).... petition to Dixit)	IX	11/10/22	150
25	THE SOWER (Sitting in a.... are well-nigh past)	VIII	12/10/22	156
26	LISTEN TO THE MOUNTAIN (What is this.... care to listen)	IX	12/10/22	163
27	THE SOWER (Shadows shoot across.... feel a thrill)	VIII	13/10/22	169
28	LISTEN TO THE MOUNTAIN (Consolidation)	IX	13/10/22	175
29	THE SOWER (Black and high.... time to reap)	VIII	14/10/22	180
30	THE JUNGLE AIR CRASH (Introduction)	IX	14/10/22	186
31	THE JUNGLE AIR CRASH (In clear weather,.... I lost consciousness)	IX	18/10/22	193
32	THE SOWER (Marches he along.... see him stride)	VIII	29/10/22	198
33	THE SOWER (Darkness deepens. Gone.... the starry skies)	VIII	31/10/22	205
34	[illegible] SAT STILL (Introduction)	VIII	07/11/22	211

Principal
Farook Training College
P.O. Farook College, (Calicut)

LESSON PLAN-34

PRELIMINARY DETAILS

Name of the Teacher : Sindhiya Puthen Theruvil
Subject : English
Unit : Seeds and Seeds
Lesson : Rosa Parks Sat Still
Topic : Introduction

Name of the School : Kunnamangalam HSS
Standard : VIII-E
Strength : 33
Duration : 45 minutes
Date : 07 November 2022

LEARNING OUTCOMES

The learner listens to the English language spoken by the teacher.
The learner reflects on the video screened.
The learner prepares profile of Rosa Parks.
The learner prepares slogan against racism.
The learner reads a sensible group of words as meaningful sentences.
The learner uses 'refused' and 'vacant' in real sentences.

FAROOK TRAINING COLLEGE

Farook College (P.O.), Kozhikode - 673632
farooktc06@gmail.com
Ph: 0495 2440662

B.Ed. COURSE-2021-23

RECORD OF INTERNSHIP
PHASE II

Certified that this is a bonafide Record of

Name of the Student : Sinobiya Puthen Therivil

Roll No. : 13

Optional Subject : English

MEMBER OF THE FACULTY

Place FTC

Date 2/2/23

PRINCIPAL

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE P.O. Farook College Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

INDEX

Principal
Farook Training College
P.O. Farook College, (Calicut)

Sl. No.	TOPIC	Standard	Date	Page No.
16	Gooseberries ('He used to.... like a pig)	C1A	05/12/22	121
17	The Trip of Le Horla (The sun, which.... perfuming the air)	B1A	06/12/22	128
18	Gooseberries ('We embraced and.... to try one!')	C1A	06/12/22	136
19	The Trip of Le Horla (At times, we.... world of stars)	B1A	07/12/22	143
20	Gooseberries (It was hard... I were young!')	C1A	07/12/22	150
21	The Trip of Le Horla (A silvery light.... as the wind)	B1A	08/12/22	156
22	The Trip of Le Horla (We are now.... under our feet)	B1A	09/12/22	162
23	Gooseberries (Ivan Ivanich walked.... all night long)	C1A	03/01/23	168
24	The Trip of Le Horla (And, indeed, far.... through the skies)	B1A	03/01/23	174
25	The Serang of Ranaganji ('Look, my dear!.... to the bridge) (ICT)	B1A	04/01/23	181
26	The Serang of Ranaganji (Captain Hamble was.... the other cases)	B1A	05/01/23	188
27	The Serang of Ranaganji (And now, who.... could not sleep)	B1A	06/01/23	195
28	The Serang of Ranaganji (And there, where... to disregard tomorrow)	B1A	09/01/23	204
29	The Serang of Ranaganji (Standing with him,.... were all outside)	B1A	10/01/23	211
30	The Wreck of the Titanic (Out of Southampton.... soon did learn)	B1A	17/01/23	220

FAROOK TRAINING COLLEGE
PO Farook College
Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

2. Mentoring

REMEDIAL TEACHING

Remedial teaching is providing instructional correctives. It is a process of removing the pupil's learning distortions or subject matter difficulties that have crept into the understanding and concept and use of that subject while learning. Remedial activity is one that is meant to improve a learning skill or rectify a problem area. Remedial teaching is the next natural step carried out after diagnostic testing. It may be required even by gifted children also and it helps the students realize their maximum potential and capability. It is important to never criticize or insult any of such students.

There is no set pattern or formula for remediation. In some cases it might require simple re-teaching and in other cases more extensive efforts such as motivation and correction of emotional insecurities may require. Remedial teaching involves using individualized teaching of students who are experiencing difficulties in specific subject areas. Remedial teaching will be effective only when the teacher give concrete examples before proceeding to abstract concepts by way of simple and easy steps at a pace in line with the learning abilities of students. Likewise the teacher may teach new concepts from different perspectives by various approaches so that pupils can grasp the idea through meaningful and repeated illustrations. During remedial teaching the teachers should encourage pupil's active participation by more frequent use of teaching games and activities

the use of ICT, models and other teaching resources would be more helpful. Also the remedial teachers should give pupils short and clear instructions to avoid confusion. And at the course of teaching, teachers should always sum up the main points in teaching and write the key phrases on the board to enhance pupil's audio visual memories

Every student aspires to learn at the same pace as everyone else in the class room, but normally this is not really the case. There are students who lag behind and it is here that remedial teaching comes into the picture. This practice is there to provide support and assistance to the students so that they do not fall behind and avoid acquiring a "failure" mind set.

Need and Significance of Remedial Teaching

- Remedial teaching creates confidence in the students and help them realise their full potential
- Remedial teaching provides necessary and correct foundation to rectify past mistakes and improve future learning
- It provides re-inforcement of learning especially for those areas which are forgotten by the students or which were learned in a faulty manner earlier
- It rectifies concepts that have been confused or misunderstood.
- It fills in the gaps that have crept in to student's learning
- By remedial teaching, under achievers are promoted to update their learning and gifted students are promoted to update their learning.

Procedure

Remedial teaching is actually an immediate treatment or activity just after the diagnostic test. It is to identify the students who face problems in learning a particular topic or area. Also to identify students who have difficulty grasping lessons in a classroom. As a part of my B.Ed teaching practice, I have conducted a post diagnostic test for the topic "breath" in the unit "breath and blood" for 7th standard students. This diagnostic test was done after completing the topic "breath" while taking the unit on "breath and blood". For this I prepared a diagnostic test paper it contain 15 questions for 15 marks. After I conduct the test in the class 7th_I in A.M.M.H.S, Pulikkal. While I assess their answer sheets and prepare the diagnostic chart and analyze the answers or results. While I assessed their answer sheet and diagnostic chart I found many of the students have made mistake in certain area of "breath"

From the diagnostic chart question numbers 2, 6, 7, 14 are four questions which students attended more weakest from the diagnostic test. In question no 2 there is 14 wrong answers. Only 7 students attend it correctly. The question no. 6, 15 students attended wrongly. Only 7 students respond it correctly. Question no. 7 also difficult for students. There is wrong answers for this question. Question no 14 is the other difficult part. 16 students wrote wrong answers for that question.

Thus I decided to give them a remedial class on the difficult areas. They faced difficulty in three main areas. They are explanation of expansion and contraction of lungs, experiment to show the presence of CO_2 in expirated air, Gas exchange system in plants. For that, I had brought slaked lime from market for the experiment before teaching the concepts. I taught these 3 topics in a class. The working model of lungs is used for the explanation of expansion and contraction of lungs. The model given to the hands of students, and the pictorial representation of the model, draw in the black board. The inspiration and expiration process are demonstrated using the model by students self. Through the activity they said the relation between volume of thorax, pressure inside the thorax and inspiration & expiration process and the movement of diaphragm with inspiration & expiration. Then I have shown three videos related to this process with the help of ICT. It made them interesting and helpful. A flowchart be presented related to this.

After that the experiment related to the presence of CO_2 in expirated air is done. The experiment is done by students. The clear lime water is taken in 5 beakers and 5 straw is kept in it. Teacher called 5 students to do the experiment. Before the experiment teacher shows the quick lime ($Ca(OH)_2$) to all students and also lime water and also shows chalk which is $CaCO_3$. The teacher repeat the chemical name of the substance more times, to strike the names in student's mind and write or note it in black board in coloured

chalk. After students do experiment, they get result. when blow through the straw in to lime water it turns milky colour. Then teacher explain the mechanism or chemical reaction taken place in the experiment with chemical equation in black board. To make sure CO_2 react with lime water ($(CaOH)_2$) to give $CaCO_3$. The same experiment is repeated with atmospheric air. Through these students are aware about chemical name of substance and the experiment.

Also, through the discussion the gas exchange system in plants also explain. Then I have shown them some videos about the photo synthesis (role of CO_2 in plants) and also the gas exchange system (stomata) in plants. Teacher explain the each part of videos by steping the videos while showing. It make them more interesting and not bored and helpful.

After the remedial teaching I grouped them in to three groups. and each group was given these three difficult topic. Also 3 activity cards is given to each group. Each of it is related to each topic. The card contain certain questions related to each topics. Teacher told the students to discuss each questions in the card and after discussion, split the group in to 3 sub group. The each sub group present the one topic out of three. If one group present the lung's contraction and expansion, then other is experiment & third group is gas exchange in plants. The students initially faced some confusion about grouping, but each group solve it greatly. They discussed

thoroughly and presenting each topic confidently with clear explanation of questions given by teacher. I think the best way to teach the students without any confusion and difficulty is to give them real experience as possible or by ICT resources and illustrate the concepts in different approaches. Also, the group discussion, cooperative learning make them confident and generate a helping mentality in it.

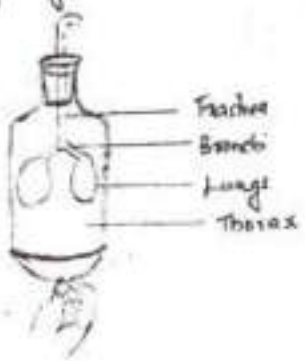
A teacher's role is crucial in remedial programs, and it has been observed that there can be governing principles for designing effective remedial programs. Here we go through preparation, learning activities, learning situations, teaching approaches and clear instructions. Remedial teachers deploy requisite teaching activities and strategies to ensure the students perform to their full potential by overcoming and learning barriers. Remedial teaching consists of tailor-made teaching strategies designed to meet the unique learning needs of your child. The remedial teaching will be very helpful for both gifted students and underachievers.

TEACHING POINTS

CONTRACTION AND EXPANSION OF LUNGS

- Lungs - Situated in the thorax inside the rib cage.
  - Do not possess muscles, they cannot expand or contract on their own.
- There are certain mechanism in our body that enable the expansion and contraction of lungs

- Diaphragm : Layer of muscles at the base of the thorax.
- working Model of Lungs used for this, each students used the model of lungs prepared by them to explain the contraction and expansion of lungs
- Pictorical representation model draw in black board
- Comparing the model with lungs, that is representing in black board.



- working of this model is demonstrated by each students using their model.
- working is compared with the lungs contraction and expansion, through these process students reach the conclusion of relation between volume of thorax, pressure inside the thorax, movement of diaphragm in inspiration and expiration process

- Inspiration :- Diaphragm move to downward
  - Thorax expand
  - Air pressure in the thorax decreases
  - Air enters the lungs
- Expiration - Diaphragm returns to the original position
  - Air pressure in the thorax increase, thorax contract
  - Air is expelled from the lungs
- show video related to the contraction and expansion of lungs
- Show flow chart related to it

PRESENCE OF CO_2 in EXHALED AIR

- Teacher shows quick lime ($Ca(OH)_2$), lime water ($Ca(OH)_2$) and chalk ($CaCO_3$) to all students - Teacher repeat the chemical name of substance more times to state the names in student's mind and write it in black board in coloured chalk. These help the student to remember the chemical name of substance.
- Experiment done by students, teacher give instructions for it
- clear lime water in 5 beakers and 5 straw is kept in it
- 5 students come from to do experiment ; they blow through the straw into the lime water - it turns milky colour
- mechanism: Chemical Reaction

Lime Water + Exhaled Air ⟶ Milky Colour

$$Ca(OH)_2 + CO_2 \longrightarrow CaCO_3 + H_2O$$

- Teacher thoroughly explain the reaction and mechanism written in black board
- Same experiment with atmospheric air; lime water contain dropper, using it producing bubbles in it - It turns milky colour

Lime water + Atmospheric Air ⟶ Milky Colour

$$Ca(OH)_2 + CO_2 \longrightarrow CaCO_3 + H_2O$$

Students are already know the presence of CO_2 in atmospheric air

- Through these 2 experiments students know lime water turns milky by passing CO_2 and also the presence of CO_2 in exhaled air

GAS EXCHANGE IN PLANTS

- Plants also take in oxygen from their surroundings and release carbon dioxide
- Photosynthesis - The process used by plants. In presence of sunlight the water and carbon dioxide combine to form carbohydrates (sugars) and give off oxygen
- Videos - Photosynthesis
  - Gas exchange in plants
- Stomata - Minute pores in the leaves
  - Gas exchange in plants occurs through stomata
- Teacher explain the role of CO_2 in photosynthesis and in gas exchange
- Through these the importance of stomata and gas exchange in plants are understand by students

ACTIVITY CARD - 1	ACTIVITY CARD - 2	ACTIVITY CARD - 3
• Is it lungs expand or contract on their own?	• Is it CO_2 present in exhaled air?	• what is "stomata"?
• what is the role of diaphragm in expansion and contraction of lungs	• Lime water chemically known as what?	• what is the role of stomata in gas exchange in plants?
• what are the changes take place during inspiration & expiration	• How to prove the presence of CO_2 in exhaled air?	

3. Timetable Preparation

Internship Timetable (Sample)

	AUP school Azhinjilam							
	1	2	3	4	5	6	7	8
	10.30-11.15	11.15-11.50	12.00-12.40	12.40-1.15	2.15-2.50	2.50-3.25	3.30-4.00	4.00-4.35
Monday	Swathi (6B)	Harsha (5B) Swathi (7A)	Harsha (6A)					
Tuesday	Swathi (6B)	Harsha (5B) Swathi (7A)	Harsha (6A)					
Wednesday	Swathi (6B)	Harsha (5B) Swathi (7A)	Harsha (6A)					
Thursday	Swathi (6B)	Harsha (5B) Swathi (7A)	Harsha (6A)					
	9.30-10.15	10.15-10.50	11.00-11.40	11.40-12.15	2.15-2.50	2.50-3.25	3.30-4.00	4.00-4.35
Friday	Swathi (6B)	Harsha (5B) Swathi (7A)	Harsha (6A)					

FAROOK TRAINING COLLEGE P.O. Farook College Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

	10 - 10:45	10:45 - 11:26	11:35 - 12:15	12:15 - 12:55	1:55 - 2:35	2:35 - 3:15	3:15 - 3:55
DAY	1	2	3	4	5	6	7
MONDAY	AA-9C SB-9H	AA 9F			MB-9B	MS-9A MB-9B	MS-9A
TUESDAY	AA-9C	MS-9A	SB-9F	MB-9B	SB-9H MB-9B		
WEDNESDAY ~~THURSDAY~~	MB-9A		SB-9F MS-9A	MS-9A MB-9B			AA-9F
THURSDAY	AA-9C	SB-9B			SB-9H MS-9A		AA-9F
FRIDAY	9B-10:5 AA-9C	9:15-9:55 SB-9H MB-9B	9:55-11:45 SB-9F MB-9B	11:45-12:25	MS-9A		AA-9F MS-9A

AA - ASHIRA-A, SB - SUBISHA E, MS - MARIYA MB - BAHL

FAROOK TRAINING COLLEGE P.O. Farook College Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

6. Assessment of Student Learning – Home Assignments & Tests

FAROOK TRAINING COLLEGE

Farook College (P.O.), Kozhikode - 673632
farooktc06@gmail.com
Ph: 0495 2440662

B.Ed. COURSE
2021-23

RECORD OF ACHIEVEMENT TEST AND DIAGNOSTIC TEST

Certified that this is a bonafide record of

Name of the Student : ANAGHA P

Roll No. : 04

Optional Subject : Physical Science

MEMBER OF THE FACULTY

Place: Farook College

Date: 1/03/2023

PRINCIPAL
Farook Training College
P.O. Farook College, (Calicut)

Dr. MUNEER V
Assistant Professor
Physical Science Education

FAROOK TRAINING COLLEGE P.O. Farook College Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

ACHIEVEMENT TEST- I

A test of educational achievement is one that designed to measure knowledge, understanding, skills in a particular subject or a group of subjects taught in schools. Achievement test is used to assess the achievement of each student in each of the learning points. Since same teaching point might have been learnt by different students at different level, the teacher assess the achievement using achievement test.

Steps in the construction of Achievement Tests

I. Planning of the Test

Name of the teacher	Anagha.P
Subject	രസതന്ത്രം
Unit	ലോഹങ്ങൾ
Major Topics	* ധാതുക്കൾ * ധാതുവിഭവം * താഴിനും * ലോഹവൃത്തി * രാസപ്രവർത്തനം * വൈദ്യുതപ്രവർത്തനം * സ്വർണ്ണശുദ്ധീകരണം * ദ്രവണാങ്കം, തിളനില, സാന്ദ്രത * അന്തരീക്ഷവായുവുമായുള്ള പ്രവർത്തനം

	* അറിവുമെച്ചപ്പെട്ട പ്രവർത്തനം * ആസൂത്രണമെച്ചപ്പെട്ട പ്രവർത്തനം * ലോജനാത്മകം
Maximum marks	20
Maximum time	40 minutes

II. Preparation of Design of the Test

a) Weightage to Objectives

Sl No	Objectives	Marks	Percentage
1	Remembering	3	15 %
2	Understanding	4	20 %
3	Applying	4	20 %
4	Analysing	4	20 %
5	Evaluating	3	15 %
6	Creating	2	10 %
	Total	20	100 %

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin: 673632

b) Weightage to Content

Sl. No	Content	Marks	Percentage
1	മാലിന്യങ്ങൾ	2½	12.5%
2	ഖരമാലിന്യം	2	10%
3	കാഠിന്യം, ലോഹവ്യവസ്ഥ	½	2.5%
4	താപചാലകത	1	5%
5	വൈദ്യുതചാലകത	2½	12.5%
6	സൗണ്ടറിങ്	3	15%
7	ശബ്ദം, നിശ്ശബ്ദത, സാന്ദ്രത	½	2.5%
8	അന്തരീക്ഷവായുവുമായുള്ള പ്രവർത്തനം	1	5%
9	ജലവുമായുള്ള പ്രവർത്തനം	2	10%
10	ആസിഡുമായുള്ള പ്രവർത്തനം	2	10%
11	ലോഹനാശനം	3	15%
	Total	20	100%

C) Weightage to form of Questions

Sl. No	Form of Question	No. of Questions	Mark	Percentage
1	Objective type	8	5	25%
2	Short Answer type	10	12	60%
3	Essay type	1	3	15%
	Total	19	20	100%

FAROOK TRAINING COLLEGE P.O. Farook College Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

d) Weightage to difficulty level

Sl No	Form of Question	Mark	Percentage
1	Easy	6	30%
2	Average	11	55%
3	Difficult	3	15%
	Total	20	100%

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE P.O. Farook College Pin: 673632

III. Preparation of Blue Print

O - objective
S - Short Answer
E - Essay

- Number inside the bracket denotes marks
- Number in the superscript denotes the no. of questions

Sl No	Thinking Skills / Objectives / No. of Questions / Content	Lower Order Thinking Skills: Remembering O	Remembering S	Remembering E	Understanding O	Understanding S	Understanding E	Applying O	Applying S	Applying E	Higher Order Thinking Skills: Analysing O	Analysing S	Analysing E	Evaluating O	Evaluating S	Evaluating E	Creating O	Creating S	Creating E	Total item	Total mark
1	മാലിന്യങ്ങൾ, കാലഗണിതി	$(\frac{1}{2})^1$				$(2)^1$			$(1)^1$			$(2)^1$								4	5.5
2	ഘടനാവിധി, നാവുകളുടെ ചലനം	$(1)^1$ $(\frac{1}{2})^1$			$(1)^1$													$(1)^2$		5	4.5
3	ഖനിജം, ലോഹവുതി	$(\frac{1}{2})^1$																		1	½
4	നാപചലനം								$(1)^1$											1	1
5	ഭൂവസ്ത്രം, നിർമ്മിതി, സ്ഥലം	$(\frac{1}{2})^1$																		1	½
6	അന്തരീക്ഷവായുവുമായുള്ള പ്രവർത്തനം								$(1)^1$											1	1
7	ജലവുമായുള്ള പ്രവർത്തനം										$(\frac{1}{2})^2$	$(1)^1$								3	2
8	അമ്ലവുമായുള്ള പ്രവർത്തനം					$(1)^1$			$(1)^1$											2	2
9	ലോഹസങ്കരം														$(3)^1$					1	3
	Total item	5			3			4			4			1			2			19	
	Total mark	3			4			4			4			3			2				20

A M M HIGH SCHOOL, PULIKKAL

ACHIEVEMENT TEST, NOVEMBER 2022

രസതന്ത്രം

Std : VIII | Time : 40മിനുട്ട്

Unit : ലോഹങ്ങൾ | Max Marks : 20

നിർദ്ദേശങ്ങൾ:

- എല്ലാ ചോദ്യങ്ങൾക്കും ഉത്തരമെഴുതുക
- ഓരോ ചോദ്യത്തിനുമുള്ള മാർക്ക് ചോദ്യത്തിന് നേരെ നൽകിയിരിക്കുന്നു

PART A

1. ലോഹങ്ങളെ വലിച്ചുനീട്ടി കനംകുറഞ്ഞ കമ്പികളാക്കി മാറ്റാൻ കഴിയുന്ന സവിശേഷതയാണ്_____ (1)

2.

A	B
സ്വർണം സോഡിയം പ്ലാറ്റിനം മെർക്കുറി	മൃദുലോഹമാണ് ഏറ്റവും മികച്ച താപചാലകം താഴ്ന്ന താപനിലയിൽ ഉരുകുന്നു മാലേബിലിറ്റി ഏറ്റവും കൂടുതൽ ഡക്ടിലിറ്റി ഏറ്റവും കൂടുതൽ ഏറ്റവും മികച്ച വൈദ്യുതചാലകം

(2)

PART B

3. X,Y,Z എന്നീ മൂന്നു ലോഹങ്ങളുടെ പ്രത്യേകതകളാണ് ചുവടെ നൽകിയിരിക്കുന്നത്. ഇവയിൽ വൈദ്യുതക്കമ്പികൾ നിർമിക്കാൻ അനുയോജ്യമായ ലോഹം കണ്ടെത്തുക (1)

A) ഉയർന്ന താപചാലകത, മാലിബിലിറ്റി

B) ഉയർന്ന താപചാലകത, ഡക്ടിലിറ്റി

C) ഉയർന്ന വൈദ്യുതചാലകത, മാലിബിലിറ്റി

D) ഉയർന്ന വൈദ്യുതചാലകത, ഡക്ടിലിറ്റി

4. കൂട്ടത്തിൽ പെടാത്തതിന് കാരണം വിശദീകരിക്കുക:

(സ്റ്റീൽ, കോപ്പർ, ഇരുമ്പ്, സിങ്ക്) (1)

5. എന്താണ് സോണോറിറ്റി? സോണോറിറ്റി പ്രയോജനപ്പെടുത്തുന്ന രണ്ട് സന്ദർഭങ്ങൾ എഴുതുക. (2)

6. കാരണം എഴുതുക:

(a) പെയ്ന്റ് പാത്രങ്ങൾ കൂറ്റി പിടിക്കുന്നു

(b) അലൂമിനിയം പാത്രത്തിൽ മോർ സൂക്ഷിക്കാറില്ല. (2)

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE P.O. Farook College Ph: 6736325

7.

ഉപയോഗം	സവിശേഷത
(a) അലുമിനിയം ഫോയിൽ നിർമിക്കാൻ	
(b) പാത്രങ്ങൾ നിർമിക്കാൻ	

(2)

8. രണ്ട് ബീക്കറുകളിൽ മുക്കാൽ ഭാഗം വീതം ജലമെടുക്കുക.ആദ്യത്തേതിൽ ഒരു ചെറിയ കഷ്ണം സ്വർണവും രണ്ടാമത്തേതിൽ ചെറിയ കഷ്ണം കാൽസ്യവും ഇടുക.

(a) ജലവുമായി പ്രവർത്തിച്ച ലോഹമേത്? (1/2)

(b) പ്രവർത്തനഫലമായുണ്ടായ വാതകമേത്? (1/2)

(c) സോഡിയവും ജലവുമായുള്ള പ്രവർത്തനത്തിന്റെ സമവാക്യം എഴുതുക. (1)

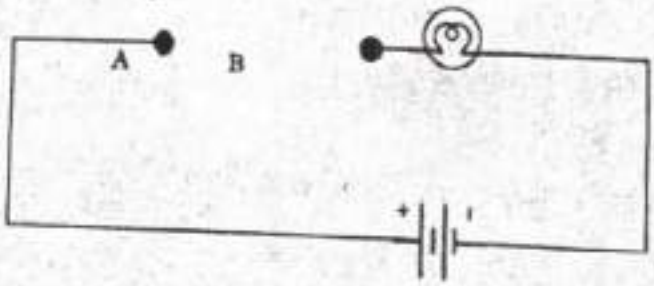
9. നാം ഉപയോഗിക്കുന്ന ചില വസ്തുക്കളുടെ പേരുകൾ നൽകിയിരിക്കുന്നു കൂട്ടത്തിൽ പെടാത്തത് ഏത്? കാരണമെന്ത്? (2)

അലുമിനിയം ഫോയിൽ,ചിലങ്ക, ബ്ലേഡ്,കോപ്പർ തകിട്

PART C

10. അനുവും സനയും ഒരുമിച്ചാണ് സൈക്കിൾ വാങ്ങിയത്. എന്നാൽ സനയുടെ സൈക്കിൾ വേഗത്തിൽ തുരുമ്പ് പിടിച്ചു. സനയുടെ വീട് കടൽത്തീരപ്രദേശത്തായത് കൊണ്ടാണ് സൈക്കിൾ വേഗത്തിൽ തുരുമ്പിച്ചതെന്ന് അനു അഭിപ്രായപ്പെട്ടു.(a)അനുവിന്റെ അഭിപ്രായത്തോട് നിങ്ങൾ യോജിക്കുന്നുണ്ടോ? എന്തു കൊണ്ട്? (b) സൈക്കിൾ തുരുമ്പ് പിടിക്കാതിരിക്കാൻ എന്തൊക്കെ മാർഗങ്ങളായിരിക്കും അനു നിർദ്ദേശിച്ചിരിക്കുക? (c) ലോഹാനാശനം എന്നാലെന്ത്?

11. ജോൺ ചിത്രത്തിൽ കാണിച്ചിരിക്കുന്നത് പോലെ LED ബൾബ്, ബാറ്ററി എന്നിവ വയർ ഉപയോഗിച്ച് പരസ്പരം ബന്ധിപ്പിച്ചു. അവന്റെ കൈവശമുള്ള മറ്റു സാധനങ്ങൾ താഴെ നൽകിയിരിക്കുന്നു. (മരക്കഷ്ണം, പ്ലാസ്റ്റിക് കുപ്പി, അലുമിനിയം സ്കെയിൽ)



(a) ബൾബ് പ്രകാശിക്കണമെങ്കിൽ ഏത് വസ്തുവാണ് A ക്കും B ക്കുമിടയിൽ ഘടിപ്പിക്കേണ്ടത്? ചിത്രീകരണം പൂർത്തിയാക്കി വരക്കൂ (1)

(b) ഈ വസ്തു ഉപയോഗിക്കാൻ കാരണമെന്ത്? (1)

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin 673632

Scoring key and Marking Scheme

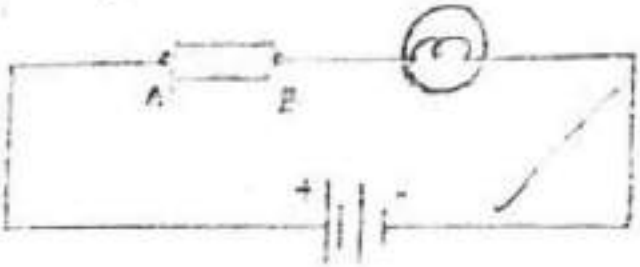
1. Scoring Key

Question No.	Answers	Mark	Total
1.	ഡക്ടിലിറ്റി	1	4
2.	സ്വർണം — മലിയബിലിറ്റി കൂടുതൽ കാണുന്നു സോഡിയം — മൃദുലോഹമാണ് പ്ലാറ്റിനം — ഡക്ടിലിറ്റി കൂടുതൽ കാണുന്നു മെർക്കുറി — താഴ്ന്ന താപനിലയിൽ തിളക്കുന്നു	½ ½ ½ ½	
3.	D) ഉയർന്ന വൈദ്യുത ചാലകത, ഡക്ടിലിറ്റി	1	

2. Marking Scheme

Question No.	Value Points	Mark	Total
4.	• കോപ്പർ • കോപ്പർ നേർപ്പിച്ച ആസിഡുമായി പ്രവർത്തിക്കാത്ത ലോഹമാണ്. എന്നാൽ മറ്റ് ലോഹങ്ങളായ Mg, Fe, Zn എന്നിവ നേർപ്പിച്ച ആസിഡുമായി പ്രവർത്തിക്കുന്നു.	½ ½	1
5.	• തട്ടിയുള്ള വസ്തുക്കൾക്ക് ലോഹത്തിന്റെ പ്രതലത്തിൽ തട്ടുമ്പോൾ ശബ്ദം പുറപ്പെടുവിക്കാനുള്ള ലോഹങ്ങളുടെ കഴിവാണ് സോണോറിറ്റി • - ഇലക്ട്രാമം, മണികൾ, ചിലങ്കകൾ, - ബെൽ (ഏതെങ്കിലും 2 ഉപയോഗങ്ങൾ)	1 1	2

6.	a) ചെമ്പ് അന്തരീക്ഷവായുവുമായി പ്രവർത്തനത്തിലേർപ്പെടുന്നു	1	(2)
	b) അലൂമിനിയം ലോഹം മോരിലടങ്ങിയ ലാക്റ്റിക് ആസിഡുമായി രാസപ്രവർത്തനത്തിലേർപ്പെടുന്നു. അതിനാൽ അലൂമിനിയ പാത്രം കേടുവരുന്നു.	1	
7.	a) അലൂമിനിയം ഫോയിൽ നിർമിക്കാൻ - മാലിയബിലിറ്റി - ലോഹങ്ങളെ അതിസൂക്ഷ്മ കനം കുറഞ്ഞ തകിടുകളാക്കുന്നു.	1	(2)
	b) പാത്രങ്ങൾ നിർമിക്കാൻ - താപചാലകത - ലോഹങ്ങൾ താപത്തെ കടത്തിവിടുന്നു.	1	
8.	a) കാൽസ്യം (Ca)	½	(2)
	b) ഹൈഡ്രജൻ (H_2)	½	
	c) സോഡിയം ജലവുമായി പ്രവർത്തിച്ച് ഒരു ആൽക്കലിയും, ഹൈഡ്രജൻ വാതകവും ഉണ്ടാകുന്നു $2Na + 2H_2O \longrightarrow 2NaOH + H_2$	1	
9.	• ചിലത് - അലൂമിനിയം ഫോയിൽ, ബ്ലേഡ്, കോഫർ തകിട് തുടങ്ങിയവ ലോഹങ്ങളുടെ മാലിയബിലിറ്റി സവിശേഷത പ്രയോജനപ്പെടുത്തുന്നു. കണ്ടക്ടർ ചിലത് ലോഹത്തിന്റെ സാന്ദ്രതാസവിശേഷത പ്രയോജനപ്പെടുത്തുന്നു.	½ 1 ½	2
10.	a) അനുവിന്റെ അഭിപ്രായത്തോട് യോജിക്കുന്നു. കടൽജലത്തിൽ വാലിയിൻ ഇനിഷ്യത്തിന്റെയും ലവണങ്ങളുടെയും അളവ് വളരെ കൂടുതലായിരിക്കും. അതിനാൽ രക്തത്തിൽ പ്രവേശിച്ച് നീരിറക്കം പിടിക്കുന്നു.	1	

	b) • പെയിന്റടിക്കുക • എണ്ണ, ഗ്രീസ് മുതലായവ പുരട്ടുക • ഗാൽവനൈസിംഗ് – ഇരുമ്പിന്റെ മുകളിൽ സിങ്ക് ലോഹത്തിന്റെ ആവരണമുണ്ടാക്കുക • ക്രോമിയം ആവരണം നൽകി പ്രതിരോധിക്കുക (ഏതെങ്കിലും രണ്ട് മാർഗങ്ങൾ	1	3
	c) ലോഹങ്ങൾ അന്തരീക്ഷവായുവിലെ വിവിധ ഘടകങ്ങളുമായി രാസപ്രവർത്തനത്തിലേർപ്പെട്ട് പുതിയ പദാർഥങ്ങളായി മാറുന്നു. ഈ പ്രക്രിയയാണ് ലോഹനാശനം	1	
II	a)  	1	2
	b) അലൂമിനിയം സ്ട്രക്കിൽ ഒരു ലോഹവസ്തുവാണ് അലൂമിനിയം ഏണി ലോഹം നൽകാണ് നിർമ്മിതമാണ് ലോഹങ്ങൾ നല്ലവൈദ്യുത ചാലകങ്ങളാണ്. അലൂമിനിയം സ്ട്രക്കിൽ വൈദ്യുതിയെ കടത്തിവിട്ട് ബൾബ് പ്രകാശിക്കുന്നു	1	

Questionwise Analysis

Qn No	Content	Objective	Specification	Form of Question	Difficulty Level	Mark	Time (minute)
1	ഡയറിലിറ്റി	Remembering	Recalling	Objective	Easy	1	2
2	a) ഡയലക്ടിലിറ്റി	Remembering	Recognizing	objective	Average	½	1
	b) ഡൈനാമിക്	Remembering	Recognizing	objective	Average	½	1
	c) ഡയറിലിറ്റി	Remembering	Recognizing	objective	Average	½	1
	d) ട്രാൻസ്ഫർ	Remembering	Recognizing	objective	Average	½	1
3	നവീനാചാലകത, ഡയറിലിറ്റി	Understanding	Inferring	objective	Easy	1	2
4	ലോഹങ്ങളുടെ ആന്തരികഘടനയുമായുള്ള പ്രവർത്തനം	Understanding	Inferring	Short answer	Difficult	1	3
5	സാന്ദ്രതാരിതി	Understanding	Explaining	Short answer	Easy	2	4
6	a) താപനിലയുമായുള്ള പ്രവർത്തനം	Applying	Implementing	Short answer	Average	1	2
	b) ആന്തരികഘടനയുമായുള്ള പ്രവർത്തനം	Applying	Implementing	Short answer	Average	1	2
7	a) ഡയലക്ടിലിറ്റി	Applying	Implementing	Short answer	Easy	1	1
	b) നാപചാലകത	Applying	Implementing	Short answer	Easy	1	1
8	a) ജലവുമായുള്ള പ്രവർത്തനം	Analysing	Organizing	objective	Average	½	1
	b) ജലവുമായുള്ള പ്രവർത്തനം	Analysing	Organizing	objective	Average	½	1
	c) ജലവുമായുള്ള പ്രവർത്തനം	Analysing	Organizing	Short answer	Average	1	2
9	ഡയലക്ടിലിറ്റി, സാന്ദ്രതാരിതി	Analysing	Differentiating	Short answer	Average	2	3
10	ലോഹനാശനം	Evaluating	Critiquing	Essay	Average	3	8
11	a) വൈദ്യുതചാലകത	Creating	Planning	Short answer	Difficult	1	2
	b) നവീനചാലകത	Creating	Planning	Short answer	Difficult	1	2

17½/20

ഫിസിക്സ്

അസൈൻമെന്റ്
ഷീറ്റ്-01
27

1 1 ചാർജ്ജിംഗ്

2 സ്വയം - ഇലക്ട്രോസ്റ്റാറ്റിക് ഇന്റഡക്ഷൻ മൂലം
നേരിട്ട് - ചാലകങ്ങൾക്ക്

2 ചാലകം - ചാർജ്ജിംഗ് ഇന്റഡക്ഷൻ മൂലം
നോൺകണ്ടക്ടർ - തെറ്റായ ഡൈഇലക്ട്രിക്കിൽ ഇന്റഡക്ഷൻ

5 കട്ടിയുള്ള ഒരു വസ്തുവിന്റെ ഉപരിതലത്തിൽ തുടർച്ചയുണ്ടാകുന്ന ചാർജ്ജ്

2 ഉദാ: • ചാർജ്ജിംഗ്
• ഡൈപോൾ

1 3 ഉയർന്ന വൈദ്യുതചാലകത, ചാർജ്ജിംഗ് (ഏ)

6 a) ഫ്രെഡ് ഗ്രേ കോൺ വയ്ക്കുമ്പോൾ ഉണ്ടാകുന്ന പ്രവർത്തനം
b) പോയന്റഡ് കണ്ടക്ടറുകൾക്ക്

11

Principal
Farook Training College
P.O. Farook College, (Calicut)

MARK SHEET

Roll No.	Name of the Student	Marks	Percentage	Grade
1	Ashika	8	40	C
2	Anamika	5	25	D
3	Ananthika	Absent		
4	Archana	3	15	E
5	Ayana	10	50	C+
6	Devanandha	1	5	E
7	Jeni	Absent		
8	Keerthana	12	60	B
9	Malavika	5	25	D
10	Nayana	3	15	E
11	Niveditha	Absent		
12	Parvathi	2	10	E
13	Sadhika	8	40	C
14	Sandhya	6	30	D+
15	Sivanya	4	20	D
16	Sivathmika	7	35	D+
17	Sreelakshmi	3	15	E
18	Sreya	12	60	B
19	Adarsh	Absent		
20	Adithyan	8	40	C
21	Adwaith	2	10	E

FAROOK TRAINING COLLEGE P.O. Farook College Pin-673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

22	Akash	9	45	C
23	Alphi	11	55	C+
24	Amandev	6	30	D+
25	Ananthu	9	45	C
26	Arjun C P	Absent		
27	Arjun V	18	90	A+
28	Arinath	9	45	C
29	Hridev P	17	85	A
30	Jinu P	5	25	D
31	Koushik	6	30	D+
32	Ranjal Raj	9	45	C
33	Sanandhu	12	60	B
34	Sayeej. V.P	16	80	A
35	Sreehari. V	13	65	B
36	Sreehari. K K	4	20	D
37	Sreehari. V K	12	60	B

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

STATIBTICAL ANALYSIS AND INTERPRETATION

Frequency Distribution

It is the systematic arrangement of raw measures into classes revealing the frequency of measures in each classes.

Following Scores are obtained by the students, after conducting an exam in VIII th -G standard at A.M.M.H.S, Pulikkal.

8, 5, 3, 10, 1, 12, 5, 3, 2, 8, 6,
4, 7, 3, 12, 8, 2, 9, 11, 6, 9, 18,
9, 17, 5, 7, 9, 12, 16, 13, 4, 12

Step-1

Highest Score = 18

Lowest Score = 1

Step-2

Range = Highest Score − Lowest Score
= 18 − 1
= 17

Step-3

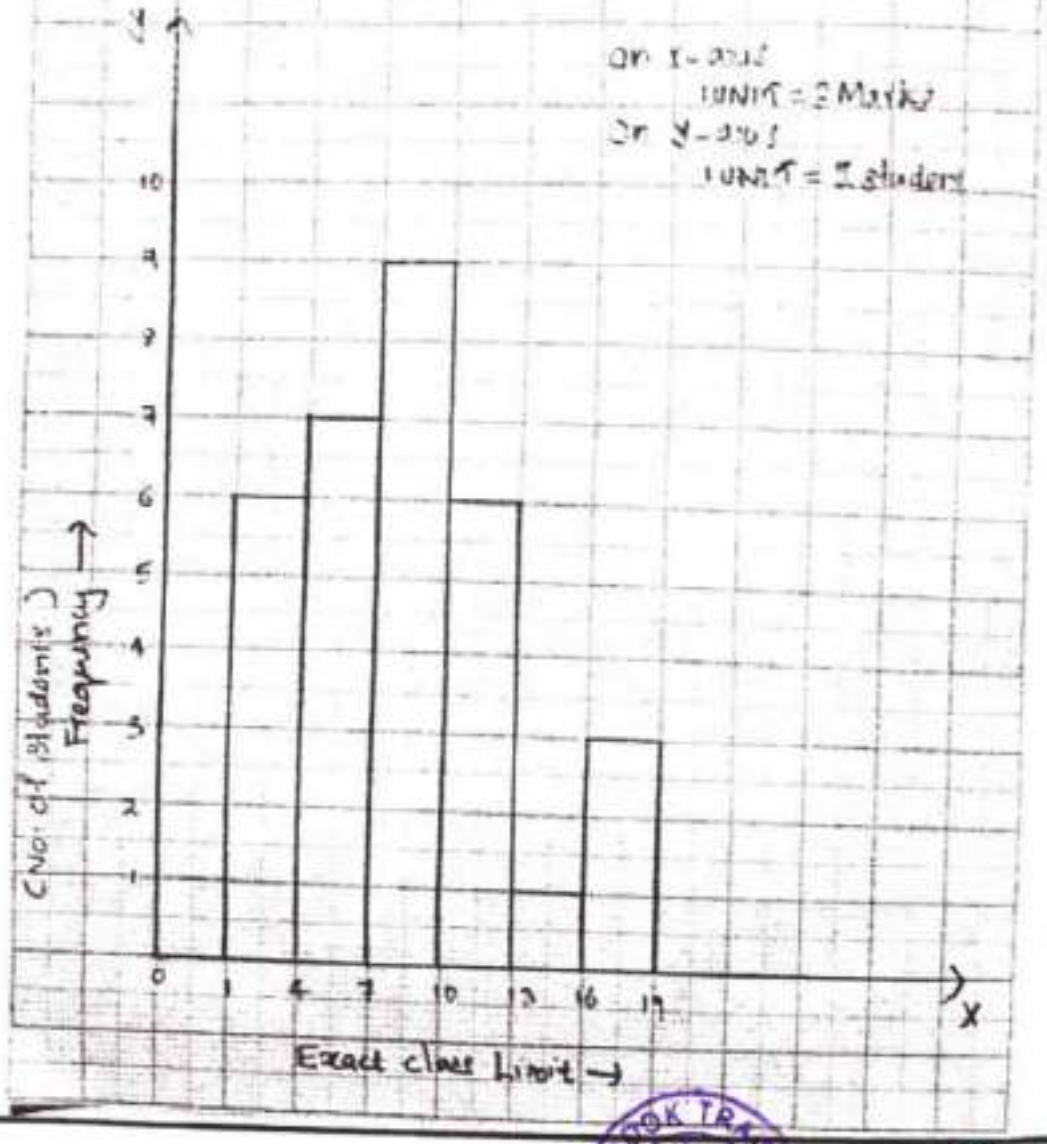
Number of Classes = 6

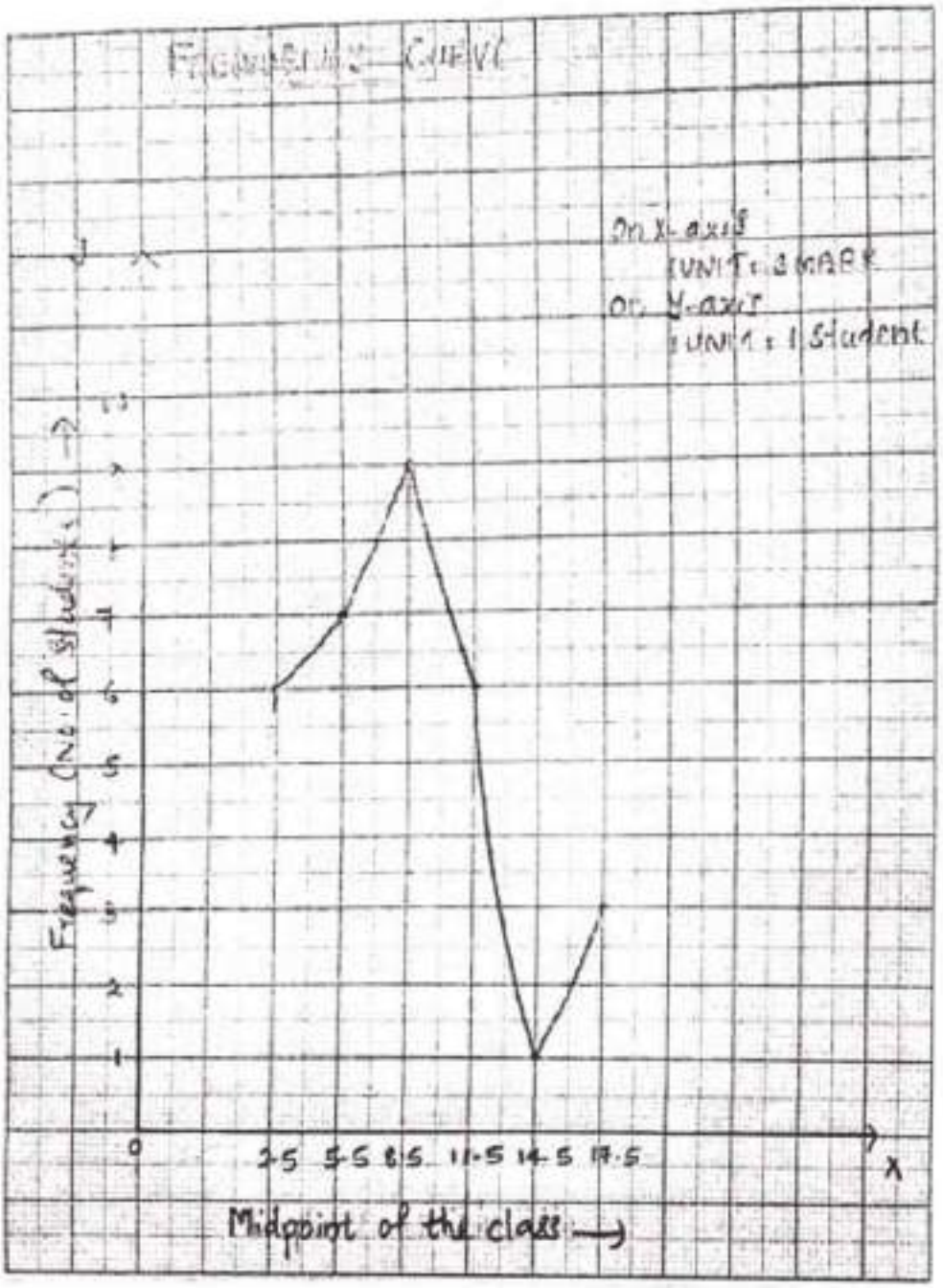
Step-4

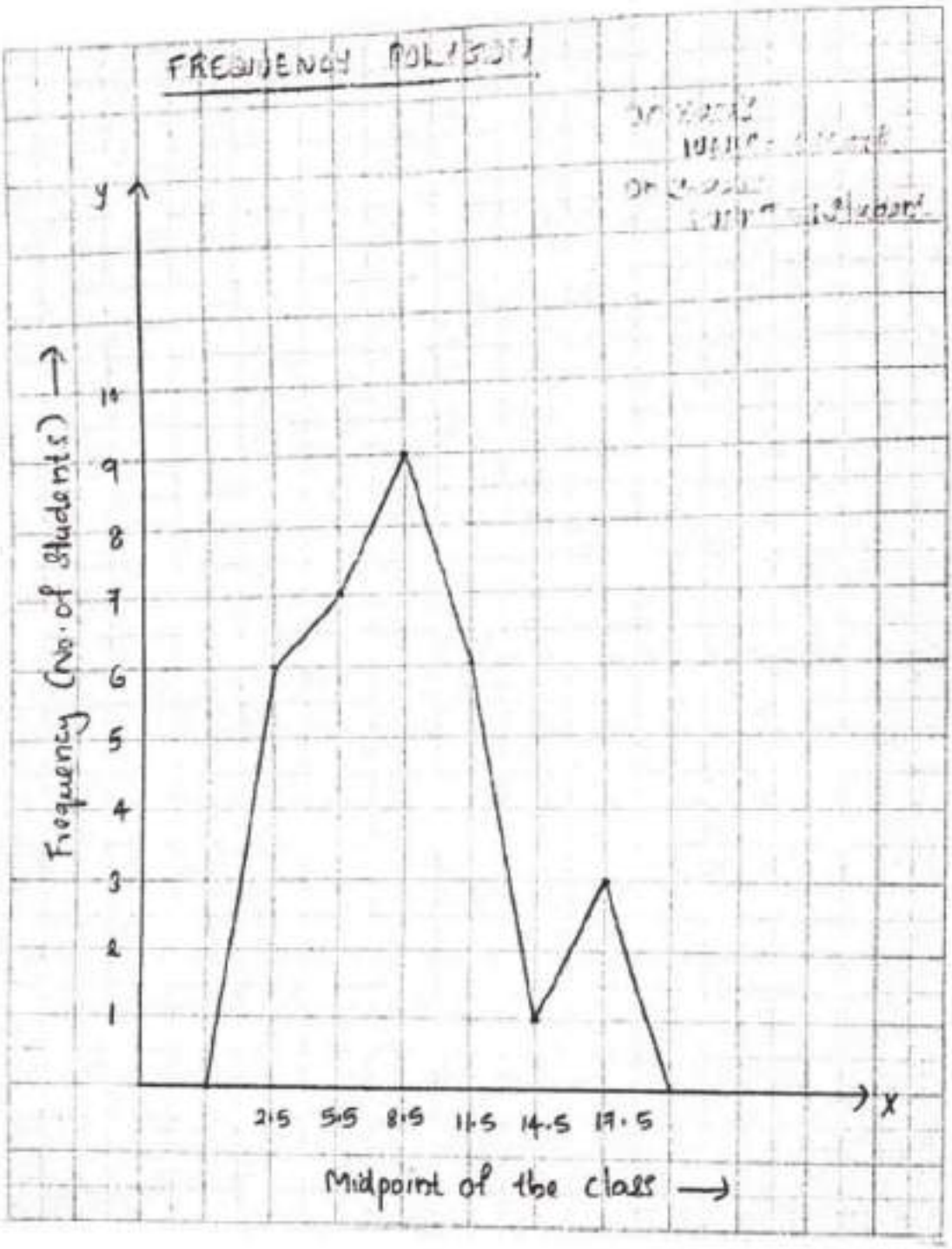
$$\text{Class interval} = \frac{\text{Range}}{\text{No of Classes}} = \frac{17}{6} = 2.83 \simeq 3$$

Classes	Tally Mark	Frequency
16 – 19	III	3
13 – 16	I	1
10 – 13	~~IIII~~ I	6
7 – 10	~~IIII~~ IIII	9
4 – 7	~~IIII~~ II	7
1 – 4	~~IIII~~ I	6

HISTOGRAM







MEASURES OF CENTRAL TENDENCIES

Central tendencies are very important to study the general tendency of behaviour of population. Most commonly used central tendencies are,

- Mean
- Median
- Mode

Mean

The most popular and widely used measures for representing the entire data by one value is arithmatic mean.

$$\text{Arithmatic Mean (A.M)} = \bar{X} = \frac{\Sigma fx}{N}$$

where,

$f \rightarrow$ frequency of each class

$X \rightarrow$ Mid point of each class

$N \rightarrow$ Number of observation

class	Frequency (f)	Mid Point (X)	fX
16-19	3	17.5	52.5
13-16	1	14.5	14.5
10-13	6	11.5	69
7-10	9	8.5	76.5
4-7	7	5.5	38.5
1-4	6	2.5	15
	N = 32		$\Sigma fX = 266$

$$\bar{x} = \frac{\Sigma fx}{N}$$

$$= \frac{266}{32}$$

$$= 8.3125$$

Median

It refers to the middle value of a distribution. One half of the items of the distribution have got a value of the size of the median or smaller value and other half have got a value of the size of the median or larger value.

$$\text{Median} = l + \frac{i\,(N/2 - F)}{f}$$

where,

l = Exact lower limit of the median class

i = Class interval

N = Total Frequency

f = Frequency of the median class

F = Cumulative frequency below the median class or up to the median class.

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin: 673632

Class	Frequency (f)	Cumulative Frequency (F)
16 – 19	3	32
13 – 16	1	29
10 – 13	6	28
7 – 10	9	22
4 – 7	7	13
1 – 4	6	6

$$\text{Median} = l + \frac{i(N/2 - F)}{f}$$

$$= 7 + \frac{3(32/2 - 13)}{9}$$

$$= 7 + \frac{3(16-13)}{9}$$

$$= 7 + \frac{3(3)}{9}$$

$$= 7 + 1$$

$$= 8$$

where,

Median Class is (7 – 10)

Mode

It is that value in a series of observation that occurs with the greatest frequency.

$$\text{Mode} = l + \frac{i f_2}{f_1 + f_2}$$

where, l = Exact lower limit of model class

i = Class interval

f_1 = Frequency of class just before the model class

f_2 = Frequency of the class just after the model class

class	frequency (f)
16 – 19	3
13 – 16	1
10 – 13	6
7 – 10	9
4 – 7	7
1 – 4	6
	32

$$\text{Mode} = l + \frac{i f_2}{f_1 + f_2}$$

$$= 7 + \frac{3 \times 6}{7 + 6}$$

$$= 7 + \frac{18}{13}$$

$$= 7 + 1.384$$

$$= 8.384$$

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE
P.O. Farook College

where, model class is (7-10)

Standard Deviation

It is the square root of the arithmatic mean of squares of deviations of the observations from their arithmatic mean. It is the mathematical measures which shows the extent of variability at each and every value of the variable from its central value.

$$S.D = \frac{1}{N}\sqrt{N\Sigma fx^2 - (\Sigma fx)^2}$$

class	Frequency (f)	Mid Point (x)	fx	fx^2
16-19	3	17.5	52.5	918.75
13-16	1	14.5	14.5	210.25
10-13	6	11.5	69	793.5
7-10	9	8.5	76.5	650.25
4-7	7	5.5	38.5	211.75
1-4	6	2.5	15	37.5
	$N = \Sigma f = 32$		$\Sigma fx = 266$	$\Sigma fx^2 = 2822$

$$SD = \frac{1}{N}\sqrt{N\Sigma fx^2 - (\Sigma fx)^2}$$

$$= \frac{1}{32}\sqrt{32 \times 2822 - (266)^2}$$

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE P.O. Farook College Pin 673632

$$= \frac{1}{32}\sqrt{90304 - 70756}$$

$$= \frac{1}{32}\sqrt{19548}$$

$$= \frac{1}{32} \times 139.814$$

$$= 4.3691$$

Grading

On the basis of criteria of HSS and HS the grading was carried out. The Scores obtained in 20 marks was converted in to 100

Score Percentage	Grade	Tally	No of Students
90 – 100	A+	I	1
80 – 89	A	II	2
70 – 79	B+	0	0
60 – 69	B	~~IIII~~	5
50 – 59	C+	II	2
40 – 49	C	~~IIII~~ II	7
30 – 39	D+	IIII	4
20 – 29	D	~~IIII~~	5
Below 20	E	~~IIII~~ I	6

FAROOK TRAINING COLLEGE PO Farook College Pin 673632

Principal
Farook Training College
P.O. Farook College (Calicut)

Conclusion

Achievement test was conducted the unit "metals" for 8th G class in A.M.M.H.S Pulikkal. On the basis of analysis of the test, it is understand that the average mark of the students of class 8G is eight (8). Also on the basis of grade table, one student gained A^+ grade and 2 students gained A grade. No student scored the grade B^+. B grade is gained by 5 students, C^+ is gained by 2 students. More students gain the grade C, that is 7 students gained "C" grade. 4, 5, 6 students gained the respective grade D^+, D, and E.

The teacher have to give more priority to the students who stand between the E, D and D^+ grades. By giving more support and care, they can achieve better grade in future. This achievement test is helped to see how effectively the teaching and learning have take place. It also measures how much student has achieved in a class. On statistical analysis of the test we got mean, median, mode and standard deviation. Mean, median, mode and standard deviations are 8.31, 8, 8.38 and 4.36 respectively. The achievement test helped the teacher for better understanding of students and diagnosis of weakness and strengths of student and the teacher. It also help the teacher for selection of appropriate strategy for teaching.

FAROOK TRAINING COLLEGE P.O. Farook College Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

DIAGNOSTIC TEST

The test used to obtain evidence of pupil difficulties in academic achievement are known as " Diagnostic Test". The teacher applies diagnostic test to diagnose the pupil difficulties in a subject or area of subject and also the strengths of students. A test designed to identify and investigate, the difficulties, disabilities, inadequancies and gaps of pupil in specific curriculum areas with a view to helping them to overcome those difficulties through remedial instruction is called diagnostic test. It is used to identify the learning difficulties or learning problems on the part of a learner and to formulate a plan for remedial action.

The questions in the diagnostic test are mostly of low difficulty level, as the purpose is to locate their weakness. No time limit is set for a diagnostic test. In a diagnostic test, the questions are always arranged clustered around learning points, which in turn are sequenced from simple to complex.

Objectives Of Diagnostic Test

- To identify weak areas of pupil's learning in the specific content or subject areas of one or the other school subjects
- To have an early diagnosis of the problems and learning difficulties of the pupil.
- To help teachers to detect the defects in the learning process

and instructional programmes for the desired reconciliation

Steps for the construction of Diagnostic Test

i) Planning or identify the problem areas.

The teacher should plan the diagnostic test carefully to identify the exact weakness of the student. It involves the identification of area of difficulty designes the no. of question should be ask and what type of test items to use. Normaly objective type test items are used in diagnostic test.

ii) Analysis of learning material.

The content should be analyse in the teaching point. The teaching point should be arranged in the order of difficultly.

iii) Writing of test items.

Preparation of specific test item is essential, item should be prepared by using single language.

iv) Division of item into small section

If the total no. of item is large, in such cases the item should be divided into two or more sections.

v) Providing clear instructions

vi) Preparation of scoring and marking scheme.

vii) Identifying performance and weakness

viii) Preparation of Diagnostic chart

ix) Analysis of results
x) Remedial teaching

Name of the teacher	Anagha · P
Subject	Basic Science
Unit	പോഷണവും ജീവനവും
Topic	പോഷണം
Mark	15
Class	VII-I

INSTRUCTIONS

1) The test has nothing to do with your success or failure in the examination. This is only to know what are your difficulties, so that your teacher can help you to solve them.

2) There is no time limit, but try to complete this as early as possible

3) Write your answer in a paper

4) Attend them one by one; if you feel any difficulty in one question, don't waste time, proceed to next question.

5) Make sure that you have read all the questions.

Principal
Farook Training College
Farook College, (Calicut)

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin-673632

CONTENT ANALYSIS

Terms	• ഉച്ഛ്വാസം, നിശ്വാസം • ഉദരസാശയം, നാസാദ്വാരം, ശ്വാസനാളം, ശ്വസനി, തുണ്ടാസ്ഥി • ഡയഫ്രം • കാസ്യം നൈട്രോക്സൈഡ്, കാർബൺ ഡൈഓക്സൈഡ്, ഓക്സിജൻ കാർബണോക്സൈഡ് • ഹീമോഗ്ലോബിൻ • നിർജ്ജീവാണുക്കൾ, ശകുലങ്ങൾ, കോശസ്തരം • ആസ്തരഗ്രന്ഥികൾ
Facts	• ഉച്ഛ്വസിക്കുമ്പോൾ വാരിയെല്ലിൻ കൂട് ഉയരുകയും, വികസിക്കുകയും ചെയ്യുന്നു • നിശ്വസിക്കുമ്പോൾ വാരിയെല്ലിൻ കൂട് താഴുകയും, സങ്കോചിക്കുകയും ചെയ്യുന്നു. • ഒരു ജോഡി ശ്വാസകോശങ്ങളാണ് മനുഷ്യനിലെ മുഖ്യ ശ്വസനാവയവം • മനുഷ്യന്റെ ശ്വസന വ്യവസ്ഥയുടെ ഭാഗങ്ങളാണ് മൂക്ക്, ശ്വാസനാളം, ശ്വസനി, ശ്വാസകോശങ്ങൾ • ശ്വാസനാളത്തിന്റെ ശാഖകളാണ് ശ്വസനികൾ • ശ്വാസനാളത്തിന്റെ ഭിത്തി C ആകൃതിയിലുള്ള തുണ്ടാസ്ഥി വളയങ്ങൾ കൊണ്ട് ബലപ്പെടുത്തിയിരിക്കുന്നു. • ശ്വാസകോശം വികസിക്കുമ്പോഴാണ് വായു അകത്തേക്കു

കടക്കുന്നത്, സങ്കോചിക്കുമ്പോൾ വായു പുറത്തേക്കു പോകുന്നു.

- മാംസപേശികൾ ഇല്ലാത്തതിനാൽ ശ്വാസകോശങ്ങൾക്ക് സ്വയം വികസിക്കാനോ സങ്കോചിക്കാനോ കഴിയില്ല.
- ഉദരസ്തരത്തിന്റെ അടിഞ്ഞിനല മാംസപേശികളുടെ പ്രവർത്തനവും, വാരിയെല്ലിനോട് ചേർന്നുകാണപ്പെടുന്ന മാംസപേശികളും ആണ് ശ്വാസകോശത്തിന്റെ സങ്കോച വികാസങ്ങൾ സാധ്യമാക്കുന്നത്.
- ഉച്ഛ്വാസവായുവിലേയും നിശ്വാസവായുവിലേയും ഘടകങ്ങളുടെ അളവ് ഒരുപോലെയല്ല.
- തെളിഞ്ഞ ചുണ്ണാമ്പ് വെള്ളത്തിലേക്ക് CO_2 കടത്തിവിടുമ്പോൾ പാൽനിറം ($CaCO_3$) ആയി മാറുന്നു.
- രോമങ്ങൾക്കിടയിലൂടെയാണ് അവിടുത്തെ വായു അകത്തേക്കും പുറത്തേക്കും വരുന്നത്.
- ഈർപ്പമുള്ള ത്വക്കാണ് മണ്ണിരയുടെ ശ്വസനാവയവം
- നനുത്ത ജലമാണ് ഷഡ്പദങ്ങളുടെ ശ്വസനാവയവം
- ചെതുമ്പലുകളാണ് മത്സ്യങ്ങളുടെ ശ്വസനാവയവം
- കരയിലാകുമ്പോൾ ശ്വാസകോശം വഴിയും, വെള്ളത്തിലാകുമ്പോൾ ത്വക്കിലൂടെയും ആണ് തവള ശ്വസിക്കുന്നത്
- സസ്യങ്ങൾ അന്തരീക്ഷവായുവിൽ നിന്ന് O_2 സ്വീകരിക്കുകയും CO_2 പുറന്തള്ളുകയും ചെയ്യുന്നുണ്ട്.
- സസ്യങ്ങൾ O_2 തന്നെയാണ് ശ്വസിക്കുന്നത്.
- ജന്തുക്കളെ അപേക്ഷിച്ച് സസ്യങ്ങളുടെ ശ്വസനനിരക്ക് കുറവാണ്.

Concepts

* ഉച്ഛ്വാസം

വായു ഉള്ളിലേക്കെടുക്കുന്ന പ്രവർത്തനം

* നിശ്വാസം

വായു പുറത്തുവിടുന്ന പ്രവർത്തനം

* ശ്വസനവ്യവസ്ഥ

മൂക്ക്, ശ്വാസനാളം, ശ്വസനി, ശ്വാസകോശങ്ങൾ തുടങ്ങിയ ഭാഗങ്ങൾ മനുഷ്യന്റെ ശ്വസനവ്യവസ്ഥയിൽ പെടുന്നു. ശ്വസനവും, ശ്വസനവുമായി ബന്ധപ്പെട്ട അവയവങ്ങളും ഉൾപ്പെടുന്നതാണ് ശ്വസനവ്യവസ്ഥ.

* ശ്വാസകോശത്തിന്റെ സങ്കോച വികാസങ്ങൾ

ശ്വാസകോശം ചുരുങ്ങുന്നതും, വീർക്കുന്നതും.
ശ്വാസകോശത്തിന്റെ സങ്കോചവികാസങ്ങൾക്ക് കാരണം ഡയഫ്രവും, വാരിയെല്ലിനോട് ചേർന്നു കാണപ്പെടുന്ന മാംസപേശികളും ആണ്

* ഡയഫ്രം

ഉദരഭാഗത്തിന്റെ അടിഭാഗത്തിലെ മാംസപേശികളുടെ പാളി

* ഉച്ഛ്വാസ- നിശ്വാസ വായുവിലെ ഘടകങ്ങൾ

CO_2, O_2, N_2, ജലബാഷ്പം

* ശ്വസനം

ജീവികൾ അവയുടെ പരിസരത്തുനിന്ന് ഓക്സിജൻ സ്വീകരിക്കുകയും കാർബൺഡൈ ഓക്സൈഡ് പുറത്തുവിടുകയും ചെയ്യുന്ന പ്രക്രിയയാണ് ശ്വസനം.

Process	ഹീമിംഗിന് പ്രക്രിയ ശ്വാസനാളത്തിൽ കുടുങ്ങിയ വസ്തുക്കളെ സുരക്ഷിതമായി പുറത്ത് ചാടിക്കാനുള്ള പ്രഥമശുശ്രൂഷാ നടപടിയാണ് ഹീമിംഗിന് പ്രക്രിയ
Pre-requisites	• പ്രധാന ജീവൽ പ്രവർത്തനമാണ് ശ്വസനം • ശ്വാസകോശം സ്പോഞ്ച് പോലെയാണ് • ശ്വാസകോശങ്ങൾ സങ്കോചിക്കുകയും, വികസിക്കുകയും ചെയ്യും. • സസ്യങ്ങൾ പ്രകാശസംശ്লേഷണത്തിന് CO_2 വലിച്ചെടുക്കുന്നു • ചില സന്ദർഭങ്ങളിൽ ഭക്ഷണ പദാർത്ഥങ്ങളോ, മറ്റോ ശ്വാസനാളത്തിൽ കുടുങ്ങി ശ്വസനം തടസ്സപ്പെടുന്നു.

LEARNING POINTS

- ശ്വസനമെന്നത് പ്രധാനപ്പെട്ട ജീവൽ പ്രവർത്തനമാണ്
- വായു ഉള്ളിലേക്കെടുക്കുകയും, പുറത്തുവിടുകയും ചെയ്യുന്നു. ഉള്ളിലേക്കെടുക്കുന്നതിനെ ഉച്ഛ്വാസമെന്നും, പുറത്തുവിടുന്നതിനെ നിശ്വാസമെന്നും പറയുന്നു
- ഉച്ഛ്വാസപ്രവർത്തനത്തിൽ വാരിയെല്ലിൻമേട് ഉയരുകയും, നിശ്വാസപ്രവർത്തനത്തിൽ താഴുകയും ചെയ്യുന്നു.
- ഒരു ജോഡി ശ്വാസകോശങ്ങളാണ് മനുഷ്യനിലെ മുഖ്യശ്വസനാവയവം.
- ഉച്ഛ്വാസവായു പരിസരത്തുനിന്ന് നാസാദ്വാരത്തിലൂടെ, ശ്വാസനാളം വഴി ശ്വസനിയിലെത്തി, അതിൽ നിന്ന് ശ്വാസകോശത്തിലേക്ക് എത്തുന്നു.
- ശ്വാസനാളത്തിന്റെ ഭിത്തി C ആകൃതിയിലുള്ള തരുണാസ്ഥി വളയങ്ങളാൽ ബലപ്പെടുത്തിയിരിക്കുന്നു
- ശ്വാസനാളത്തിന്റെ ശാഖയത്രേ ശ്വസനിയെന്നു പറയുന്നു.
- തൊരസ്സാശയത്തിന്റെ അടിത്തട്ടിലെ മാംസപേശിയുടെ പാളിയാണ് ഡയഫ്രം.

- ഡയഫ്രവും വാരിയെല്ലിനോട് ചേർന്നു കാണപ്പെടുന്ന മാംസപേശികളുമാണ് ശ്വാസകോശത്തിന്റെ സങ്കോചവികാസങ്ങൾ സാധ്യമാക്കുന്നത്.
- ഉച്ഛ്വാസ പ്രക്രിയയിൽ തൊറാസിക്കിലെ വ്യാപ്തമർദം കുറയുകയും, നിശ്വാസ പ്രക്രിയയിൽ കൂടുകയും ചെയ്യുന്നു
- ഉച്ഛ്വാസ-നിശ്വാസവായുവിൽ O_2, N_2, CO_2, ജലബാഷ്പം കാണപ്പെടുന്നു.
- ചുണ്ണാമ്പുവെള്ളം $Ca(OH)_2$ ആണ്. തെളിഞ്ഞ ചുണ്ണാമ്പു തെളിയിലേക്ക് CO_2 കടത്തിവിടുമ്പോൾ പ്രക്ഷീണം ($CaCO_3$) ആകുന്നു
- നിശ്വാസവായുവിൽ ജലബാഷ്പവും, കാർബൺ ഡൈഓക്സൈഡും ഉണ്ട്
- ശ്വാസനാളത്തിൽ കൂടുതലായി ഭക്ഷണപദാർത്ഥങ്ങളുടെ പുറത്തുചാടിക്കാനായി ഉപയോഗപ്പെടുത്തുന്ന പ്രഥമദൃഷ്ടിയാണ് ഹീംലിക് പ്രക്രിയ
- ശ്വസനം സകലജീവികളിലും വ്യത്യസ്ത രീതിയിലാണ്
- സസ്യങ്ങൾ O_2 ശ്വസിക്കുന്നു
- സസ്യങ്ങൾ രന്ധ്രങ്ങൾ വഴിയാണ് വാതക വിനിമയം നടത്തുന്നത്.

FAROOK TRAINING COLLEGE P.O. Farook College Pin-673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

DIAGNOSTIC TEST

class : VII-I

* താഴെ തന്നിരിക്കുന്ന പ്രസ്താവന ശരിയോ തെറ്റോ എന്നെഴുതുക?

1) വായു ഉള്ളിലേക്കെടുക്കുന്ന പ്രവർത്തനമാണ് നിശ്വാസം എന്നു പറയുന്നു.

2) നിശ്വാസപ്രവർത്തനഫലമായി ഉദരവാശയത്തിലെ വായുമർദം കൂടുന്നു.

3) ഉച്ഛ്വസിക്കുമ്പോൾ വാരിയെല്ലിൻ കൂട് താഴുന്നു.

4) രണ്ടു ജോഡി ശ്വാസകോശങ്ങളാണ് മനുഷ്യനുള്ളത്.

* വിട്ടുഭാഗം പൂരിപ്പിക്കുക?

5) ഉദരവാശയത്തിന്റെ അടിഭാഗത്തിലെ മാംസപേശികളുടെ പാളിയായ _____ ആണ് ശ്വാസകോശങ്ങളുടെ സങ്കോച വികാസങ്ങൾക്ക് കാരണം.

6) തണുത്ത ചൂടുള്ള വായു നാസാഗുഹാങ്ങളിലേക്ക് _____ കടന്നുവിടുമ്പോൾ പാൽനിറമായി മാറുന്നു.

7) ജലത്തിൽ വാതകവിനിമയം നടക്കുന്ന സൂക്ഷ്മ സുഷിരങ്ങളെ _____ എന്നുപറയുന്നു.

8) സസ്യങ്ങൾ ശ്വസിക്കുന്നത് _____ ആണ്

* ബന്ധം കണ്ടെത്തി പൂരിപ്പിക്കുക

9) മത്തിര : ഇൻഫ്ലുവൻസ വൈറസ്

മത്സ്യം : _____

10) ഫീഡ്പ്രദം : നമ്മുടെ കാലം

മനുഷ്യൻ : _____

* താഴെ തന്നിരിക്കുന്ന ചോദ്യങ്ങൾക്ക് ഒരുവാക്കിൽ ഉത്തരമെഴുതുക?

11) ശ്വാസനാളത്തിന്റെ ശാഖകളെ എന്നു പറയുന്നു?

FAROOK TRAINING COLLEGE P.O. Farook College Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

Aman
7I

fathima
7i
Roll : 5

x ✓

— x

x ✓

x ✓

വലതുഭാഗം ✓

9/15

) ഓക്സിജൻ x

) ശ്വസനം മാർസലോസ് x

) ഓക്സിജൻ ✓

) വലിയുപ്പുകൾ ✓

10) ശ്വാസകോശം ✓

11) ——— x

12) ഫിംഗറിങ് പ്രക്രിയ ✓

13) ——— x

14) മാർസലസ് നടത്തിയ ഓക്സനസസ് x

15) നാസാദ്വാരം → ശ്വാസനാളം → ശ്വാസനി → ശ്വാസകോശം. ✓

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

SCORING KEY / MARKING SCHEME

ചോദ്യ നമ്പർ	Scoring Key / Marking Scheme	Marks
1	തെറ്റ്	1
2	ശരി	1
3	തെറ്റ്	1
4	തെറ്റ്	1
5	ഡയഫ്രം	1
6	കാർബൺഡൈ ഓക്സൈഡ്	1
7	ആസ്യരന്ധ്രങ്ങൾ (നസ്സാരന്ധ്രം)	1
8	ഓക്സിജൻ	1
9	നെസ്യം : ചെതിളപ്പുകൾ / ശകുലങ്ങൾ	1
10	മസ്തിഷ്കം : ശ്വാസകോശം	1
11	ശ്വസനി	1
12	ഹീമോഗ്ലോബിൻ പ്രതിഭ	1
13	ശ്വാസനാളം	1
14	കാത്സ്യം ഹൈഡ്രോക്സൈഡ് $Ca(OH)_2$	1
15	നാസാദ്വാരം → ശ്വാസനാളം → ശ്വസനി → ശ്വാസകോശം	1

FAROOK TRAINING COLLEGE, FAROOK COLLEGE (P.O)

DIAGNOSTIC CHART

Name of the Teacher: Anisha P

Name of the School: A.M.M.H.S. Pulikkal

Subject: Basic Science

Standard & Division: VI-I

Sl. No	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	R	W	O	Total	Grade
1	Fathima Nasri	✓	✓	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	X	✓	12	3	0		
2	Fathima Raga	✓	✓	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	X	✓	12	3	0		
3	Fathima Fadha	✓	X	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	✓	✓	12	3	0		
4	Fathima HAFVA	✓	X	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	12	3	0		
5	Minnath Fathima	✓	X	✓	✓	0	0	✓	✓	✓	✓	✓	✓	0	✓	✓	13	2	1		
6	Misna Sherin	✓	X	✓	✓	✓	✓	✓	✓	✓	0	✓	✓	✓	X	✓	12	1	2		
7	Fayha Fathima	✓	0	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	X	✓	13	2	1		
8	Minha	✓	0	✓	✓	✓	X	0	✓	✓	✓	✓	✓	0	X	✓	11	2	2		
9	Nadhwa Sherin	✓	✓	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	0	✓	10	2	3		
10	Raya Fathima	✓	✓	✓	✓	✓	X	X	✓	0	0	0	✓	✓	X	✓	11	2	2		
11	Shifana	✓	X	✓	✓	✓	✓	X	✓	✓	0	X	✓	✓	X	✓	9	4	2		
12	Rana Fathima	✓	0	✓	✓	✓	✓	X	✓	✓	✓	0	✓	✓	X	✓	11	2	2		
13	Shahalsha	✓	X	0	✓	✓	✓	0	✓	✓	✓	✓	✓	✓	X	✓	10	3	2		
14	Aslam	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	✓	13	1	1		
15	Fayiz	✓	✓	✓	✓	0	X	✓	✓	✓	✓	✓	✓	✓	X	✓	12	2	1		
16	Rifa	✓	X	✓	✓	✓	0	✓	✓	✓	✓	✓	✓	✓	X	✓	12	2	1		
17	Shahal	✓	X	✓	✓	✓	0	✓	✓	✓	✓	✓	✓	0	X	✓	11	2	2		
18	Shuhab	✓	X	✓	✓	✓	0	X	✓	✓	✓	✓	✓	✓	0	✓	11	2	2		
19	Rashik	✓	✓	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	0	✓	13	1	1		
20	Rayan	✓	0	✓	✓	✓	X	X	✓	0	✓	✓	✓	✓	X	✓	10	3	2		
21	Rehas	✓	X	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓	X	✓	11	4	0		
22	Shajal	✓	X	✓	✓	✓	X	0	✓	✓	✓	✓	✓	✓	X	✓	12	2	1		
23	Sofinsha	✓	✓	0	✓	0	X	0	✓	✓	✓	✓	✓	✓	X	✓	11	1	3		
24	Siraj	✓	X	✓	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	X	✓	12	3	0		
25	Afsan	✓	X	✓	✓	✓	✓	0	✓	✓	✓	✓	✓	✓	✓	✓	13	1	1		
26	Aman	✓	0	✓	✓	✓	X	X	✓	✓	✓	0	✓	0	X	✓	9	3	3		
Total Right		26	7	24	26	23	7	6	26	24	23	23	24	22	7	26					
Total Wrong		0	19	0	0	0	15	15	0	0	0	0	0	0	16	0					
Total Omission		0	5	2	0	3	4	5	0	2	3	3	0	4	3	0					

GENERAL REMARKS
A. Above average
B. Average
C. Below average

Principal
Farook Training College
P.O. Farook College (Calicut)

7. Organizing academic and cultural events

BEYOND THE CLASSROOM ACTIVITIES.

Science lab cleaning [17 oct 2022]

As a part of our internship in GGVHSS, Feroke, we conducted science fair on Sept 23 for U.P, H.S and HSS including VHSE. It was a informative and interesting programme for student, teacher and parents. After this, we should have to clean the lab and arrange all in a systematic way. We, physical science teacher trainee and natural science, as a team cleaned all equipment like beaker, conical flask, test tube, watchglasses and arranged it in the shelf. We also placed each chemicals in the alphabetical order. There were so many reagents, models, charts which arrived as a new stock. We unboxed it all hang the periodic table and displayed the model of lungs, eye, human body etc in the biology corner. The apparatus in the shelf of physics also arranged and grouped into lens, magnet, measuring apparatus in one shelf like barometer, spring balance, lactometer etc.

After setting all, we cleared the blackboard, arranged benches, desks, table and chair. And cleared the floor, washing basin. The teachers Sudha, Rathi, Dhanya, Jaseela, were there to help us.

Science Quiz Competition [20. September 2022]

As a part of Science fair, we conducted a Science quiz Competition under Science club on 20th September 2022 at 2:00 pm. We were announced the Competition that those who were interested to participate has to be reached at Science lab at sharp 2:00pm. So many students from 8th, 9th and 10th participated. First we arranged a prelims section inorder to cut short the number of participants, there were 25 questions which were slightly moderate type questions. So, we selected 10 participants having marks above 18. Rest of them has to leave the place. It was individual Competition. Next round was little bit tough, the questions were prepared and transmitted by our physical science and natural science team, other teacher trainees were also there to help us. In the final round, we got winners I prize for Advaith in 8th std, Second prize for Yajulkrishna in 9th std, and 3rd for Basith in 10th std.

Students were sincerely participated in the Competition. No one made any discomfort, loud in between the Competition. It was a great plus point among them. But the participation of girls were less Comparatively to boys.

FAROOK TRAINING COLLEGE P.O. Farook College Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

Seminar on Anti-Rabies Day. [28th Sep 2022]

As a part of World Rabies Day on September 28, we conducted Seminar to tenth students. I prepared power point slides and using this I interacted with students. 'Rabies, One health, Zero death' was the theme in this year. First I introduced this topic to students through different shocking newspapers cutting in a collage manner and I asked what is rabies? How it cause death? students shared their knowledge and after this I explained actually what it is? I also covered the main areas that they wanted to know like how rabies reaches brain, its symptoms, diagnosis, treatment and the contribution of Louis Pasteur towards the invention of anti-rabies vaccine etc through pictures, which made class much effective rather than casual lecturing.

Final message was that end rabies, collaborate, vaccinate. It was WHO' aim that by 2030 zero deaths has to reported by rabies. So, inorder to achieve the aim of WHO, we are so glad for to be part of this internship. We could aware students about the World Rabies Day.

FAROOK TRAINING COLLEGE P.O. Farook College Calicut Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

Seminar on Infancy Protection [7th Nov 2022]

As a part of Infant protection day, we conducted Seminar on 7th November 2022 at GGHSS Feroke. We interacted students at first and created a rapport with them. First of all we distinguished what is infancy period, childhood, adulthood, middle age. Today infant mortality is increasing. We discussed the reason behind the increasing infant mortality rate. Careless and uneducated mother, lack of proper nutrition while pregnancy time, etc. Every year, November 7 is celebrated as Infant protection Day. This day is celebrated with the sole purpose of raising awareness about the safety of newborn lives and giving them proper care. Students shared their experience with us. Tragedy that occured in their family & we consoled them & today onwards, in our homes we will not allow to die our brother or sister no more.

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

FAROOK TRAINING COLLEGE
P.O. Farook College
Ph: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

CERTIFICATE

This is to certify that ANAGHA.P, B.Ed student of Physical Science Optional, Farook Training College, Kozhikode has participated in **Beyond the Class Activities** namely Lab cleaning, IT, Science Quiz, Letter to Earth Competition, LED Bulb making workshop, Butterfly Garden inauguration as a part of the Practice Teaching cum Internship Programme at A.M.M. High School, Pulikkal and his/her participation is Good/ Satisfactory

Place: Pulikkal

Date: 16 / 11 / 2022

Signature of HM or Principal

A.M.M. HIGH SCHOOL Office Seal Date..... Ma'lapuram-673637 PULIKKAL

HEADMASTER
A.M.M.H.S. PULIKKAL
MALAPPURAM DT

FAROOK TRAINING COLLEGE P.O. Farook College Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

CERTIFICATE

This is to certify that Niya Joly, B.Ed student of Physical Science Optional, Farook Training College, Kozhikode has completed an **Innovative Task** namely Preparation of medicinal garden, Paper bag making as a part of the Practice Teaching cum Internship Programme at Farook Higher Secondary School and his/her work is Good/ Satisfactory

Place: Farook College

Date: 16/11/2022

Signature of HM or Principal

HEADMASTER
Farook Higher Secondary School
P.O. Farook College
Calicut Dt.-673 632

Office Seal
PIN: 673 632

FAROOK HIGHER SECONDARY SCHOOL • P.O. FAROOK COLLEGE •

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

8. Maintaining Documents

CERTIFICATE

This is to certify that Niya Joly, B.Ed student of Physical science Optional, Farook Training College, Kozhikode has participated in **Beyond the Class Activities** namely Invigilation Quiz competion, Poster making, Lab cleaning Awareness class, library cleaning part of the Practice Teaching cum Internship Programme at Farook Higher Secondary School and his/her participation is Good/ Satisfactory

Place: Farook College

Date: 16 / 11 / 2022

Signature of HM or Principal

HEADMASTER
Farook Higher Secondary School
P.O. Farook College
Calicut Dt.-673 632

FAROOK HIGHER SECONDARY SCHOOL
Office Seal
PIN: 673 632
P.O. FAROOK COLLEGE

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

CERTIFICATE

This is to certify that DILSHA K.V, B.Ed student of PHYSICAL SCIENCE Optional, Farook Training College, Kozhikode has participated in **Beyond the Class Activities** namely Science lab cleaning, conducted science quiz competition, conducted seminar on anti-Rabies, infancy protection as a part of the Practice Teaching cum Internship Programme at GGVHSS, Feroke and his/her participation is Good/ Satisfactory

Place: Feroke

Date: 15 / 11 / 2022

Signature of HM or Principal

STEVI. K. P
HEADMASTER
GGVHSS FEROKE

Office Seal

Principal
Farook Training College
P.O. Farook College, (Calicut)

9. Administrative Responsibilities-Experience/Exposure

CO-CURRICULAR ACTIVITIES

Organised Sports [4,5 - Nov 2022].

As a part of our internship during 2021-23, we Organised Youth Sports at GGVHSS, Ferok on 4,5 November 2022. The Venue was at Nellur mini Stadium. The Sports was inaugusated by A.M Sidrequesir, Feroke ACP, moreover, Headmaster Stvi Sir and other ward members, teachers were also participated in the inaugusal Section. At first day, we had the duty of tools and equipments. At the time of each event, we provided the equipments like shotput, disus, etc and the tools like Quick lime powder and rope for drawing tracks and marking the Spots. We also helped other Committes like refreshment, firstaid. All Committe did their job well.

On Secondday of Sports, we had the duty of Call room where we have to prepare the students for each item which has to be come up with after the ongoing event. Besides us, registration Committe was there who provides registration details, chest number etc for us. After my work, I Coordinated the long Jump Section, I gave the instructions for students that how to run before jump, don't step your foot on the last cross marks, if so you will disqualified. Teachers were also great Support for all. We helped them. Lunch was provided at School. We also accompanied them and gave Support as possible by us. Students were well performed in each event

Arranged Science fair stalls [23 Sept 2022]

As a part of Science fair conducted on 23rd Sepelember 2022 at Ganapath VHSS School, Feroke, we arranged Science stalls. We, physical Science team made so many expesiments like galvanic cell, napthalene balls dancing, Separation of immiscible liquids, magic with $KMnO_4$ and glyresine, we also demonstrated our working models and Skill models, charts in that Stall. They were so many models, equipments, appasatus in the lab, we all brought it to the concerned Stall and typed each name and pask it on the desk. We four students had the full time duty in the Stall inordes to give explanation to students and parents, teacher who were visiting each stall in a curious manner. We prepared so many coloured Solutions of $CuSO_4$, Ni, $KMnO_4$, $K_2Cr_2O_7$ etc. Hydraulic press & its psinciple (Archimed's psinciple), pascal's law etc were also explained. The stall was quite interesting.

After the judgement, we had another duty of documentation of this Science fair. We, farook College students arranged each Section like, UP, HS, HSS into working model, Still model, IT fair, Social Science fair etc. After our work, we just visited each stall of IT, language like Urdu, Arabic, Malayalam, English, Hindi, Social Science lab was also quite interesting. Teachers were also very thankful to us because of great help in documentation work made the task become smooth and fast inordes to announce the result.

Organized Youth festival [10, 11, 12 - Oct 2022]

The Youthfestival was held at GGHVHSS, Feroke on 10, 11, 12, oct 2022. It was inaugurated by film actist, Shri. Pradeep Balan, on 10th October 11:00 am. As a part of this youth festival, there was practicing section one month before in evening. We had the duty to control each floors whether they are practicing or not. There were different B.Ed colleges having different duty inorder to manage the fest successfully. From that, Farook Training College had the stage committee duty. We devided into 4 groups. Since there were four stages with different names. I had the duty at 'Sarangi' stage where at first day, kids patriotic Song, group Song etc were conducted, on second day, HS HSS, Mappilapattu, Urdu Song etc and final day there were programmes only at main stage. The programms were Kolkali, Drama and Thiruvathira. On final day, we had duty in Green room, we helped students to makeup and give first aid after their performance.

Meanwhile, we also did the documentation work, we prepared the judgement slip as per the instruction of 'Dasan Sir,' who has incharge of registration & documentation. We have to sort each programme group wise and solo wise. Then we will hand over this to teachers who writing the certificate. We also helped food committee to serve the food and to control the crowd. It was memorable experience during our internship days.

FAROOK TRAINING COLLEGE P.O. Farook College Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

CERTIFICATE

This is to certify that DILSHA K.V, B.Ed student of PHYSICAL SCIENCE Optional, Farook Training College, Kozhikode has participated in **Co curricular Activities** namely Organized youth festival and Sports, arranged Science fair Stalls, documentation work in Science fair & youth festival day celebrations conducted as a part of the Practice Teaching cum Internship Programme at GGVHSS, Feroke and ~~his~~/her participation is Good/ Satisfactory

Place: Feroke

Date: 15/ 11 / 2022

Signature of HM or Principal

STAFF SEC. P
HEADMASTER
GGVHSS FEROKE
KOZHIKODE - 673631

Office Seal

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

CERTIFICATE

This is to certify that Niya Teky, B.Ed student of Physical Science Optional, Farook Training College, Kozhikode has participated in **Co curricular Activities** namely Science fair, Youth festival, sports as a part of the Practice Teaching cum Internship Programme at Farook Higher Secondary School and his/her participation is Good/ Satisfactory

Place: Farook College

Date: 16/11/2022

Signature of HM or Principal

Farook Higher Secondary School
P.O. Farook College
Calicut Dt. 673 632

Office Seal

FAROOK HIGHER SECONDARY SCHOOL P.O. FAROOK COLLEGE

FAROOK TRAINING COLLEGE P.O. Farook College Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

Sample Certificates

CERTIFICATE

This is to certify that ANAGHA P, B.Ed student of Physical Science Optional, Farook Training College, Kozhikode has participated in Co curricular Activities namely School Youth Festival, Discussion on Kerala Curriculum Change, Kerala Financial Literacy Programme, Anti-Drug Campaign, One-million Goal Programme as a part of the Practice Teaching cum Internship Programme at A.M.M. High School, Pulikkal and his/her participation is Good/ Satisfactory

Place: Pulikkal

Date: 16 / 11 / 2022

Signature of HM or Principal

HEADMASTER
A.M.M.H.S. PULIKKAL
MALAPPURAM DT

A.M.M.HIGH SCHOOL Office Seal
Date.....
Malapouram-673637
PULIKKAL

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

CERTIFICATE

This is to certify that Anagha P. B.Ed

student of Physical Science Optional, Farook Training College,

Kozhikode has completed an Innovative Task namely

Paper Pen making

as a part of the Practice Teaching cum Internship Programme

at A.M.M. High School Pulikkal and his/her work is Good/

Satisfactory

Place: Pulikkal

Date: 16 / 01 / 2022

Signature of HM or Principal

HEADMASTER
A.M.M.H.S. PULIKKAL
MALAPPURAM DT

A.M.M.HIGH SCHOOL Seal
Date.....
Me'apouram-673637
PULIKKAL

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

10. Preparation of Progress Reports

PROGRESS REPORT

Roll No.	Name of the Student	Marks	Percentage	Grade
1	Ashika	8	40	C
2	Anamika	5	25	D
3	Ananthika	Absent		
4	Archana	3	15	E
5	Ayana	10	50	C+
6	Devanandha	1	5	E
7	Jeni	Absent		
8	Keerthana	12	60	B
9	Malavika	5	25	D
10	Nayana	3	15	E
11	Niveditha	Absent		
12	Parvathi	2	10	E
13	Sadhika	8	40	C
14	Sandhya	6	30	D+
15	Sivanya	4	20	D
16	Sivathmika	7	35	D+
17	Sreelakshmi	3	15	E
18	Sreya	12	60	B
19	Adarsh	Absent		
20	Adithyan	8	40	C
21	Adwaith	2	10	E

FAROOK TRAINING COLLEGE P.O. Farook College Pin-673632

Principal
Farook Training College
P.O. Farook College, (Calicut)

22	Akash	9	45	C
23	Alphi	11	55	C+
24	Amandev	6	30	D+
25	Ananthu	9	45	C
26	Arjun C P	Absent		
27	Arjun V	18	90	A+
28	Arinath	9	45	C
29	Hridev P	17	85	A
30	Jinu P	5	25	D
31	Koushik	6	30	D+
32	Ranjal Raj	9	45	C
33	Sanandhu	12	60	B
34	Sayeej. V.P	16	80	A
35	Sreehari. V	13	65	B
36	Sreehari. K K	4	20	D
37	Sreehari. V K	12	60	B

FAROOK TRAINING COLLEGE
P.O. Farook College
Pin: 673632

Principal
Farook Training College
P.O. Farook College, (Calicut)