



MUSLIM COLLEGE OF EDUCATION

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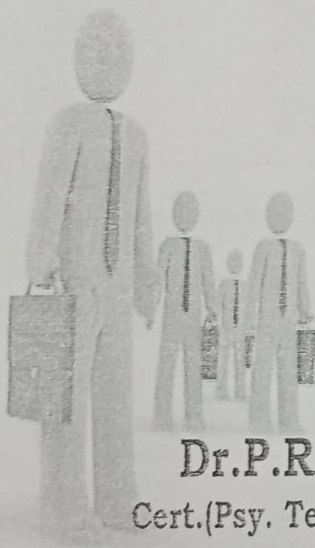
Skill Enhancement Workshops



Love **THE** Parents
Respect **THE** Teachers



LIFESKILL FOR STUDENTS



By

Dr. P. RAAJAN MCA., M.Phil., Ph.D., M.Sc (Psy.),
Cert.(Psy. Testing & Counseling.), Dip(Yoga),(LLB), PG.Dip
(Criminology & Forensic Science)

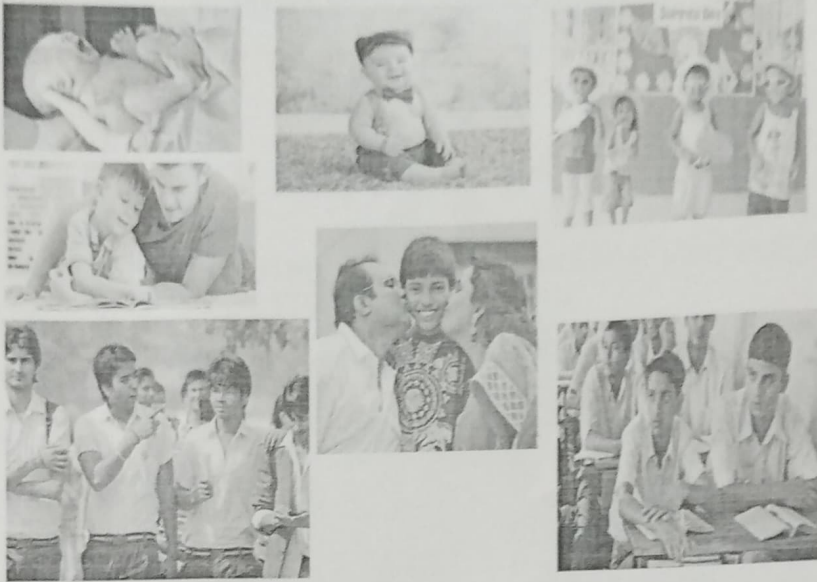
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MPK CONSULTANCY SERVICES

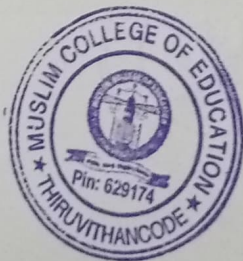


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Orbit Of Life



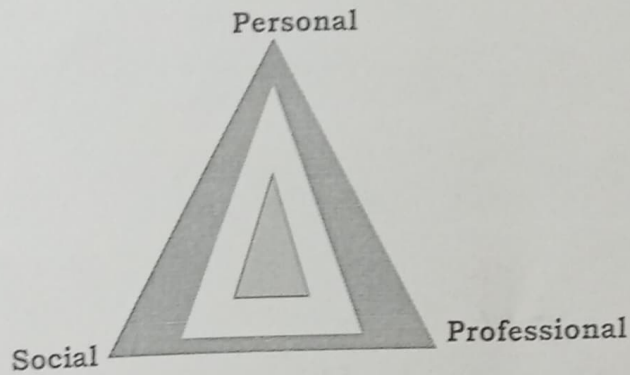
Professional Life



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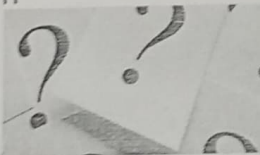
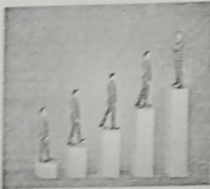
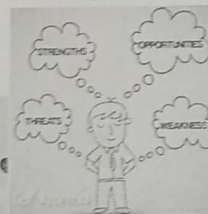
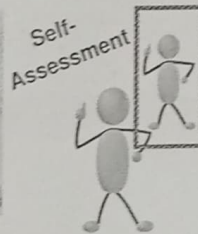
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Management Triangle



FIVE PILLARS

- Introspection
- Self Assessment
- Self Appraisal
- Self Development
- Self Interrogation



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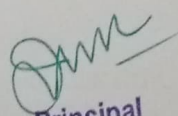
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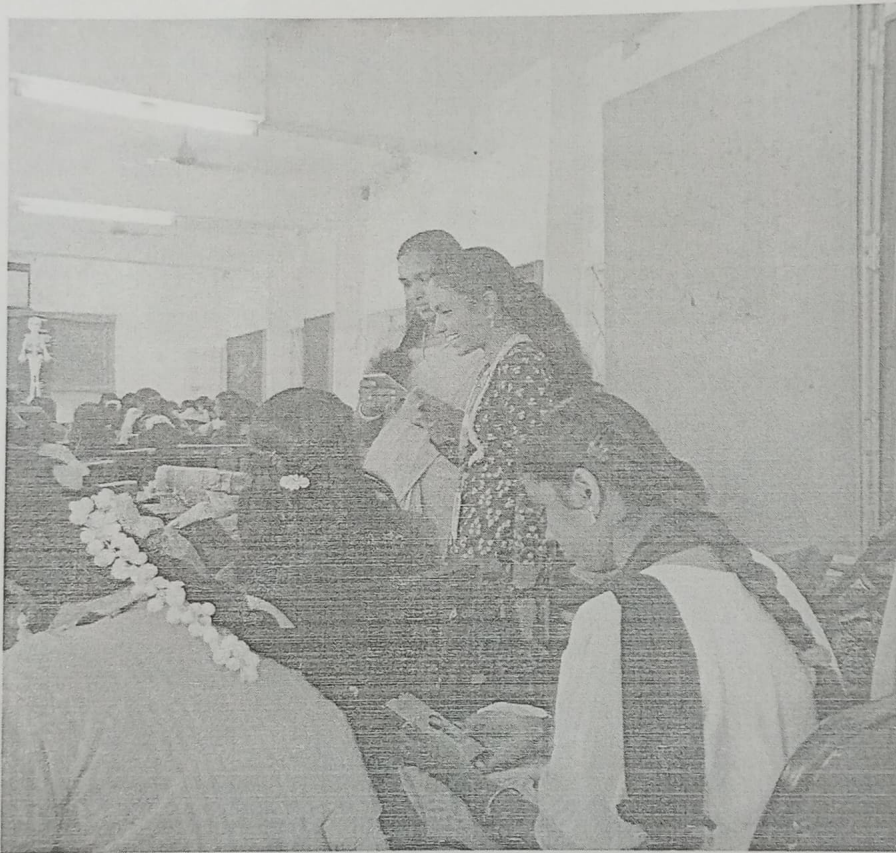
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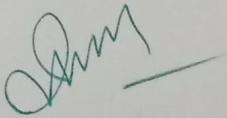
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WORKSHOP ON CREATING ID AND ACCOUNTS FOR TWITTER, BLOG, YOUTUBE, FACEBOOK




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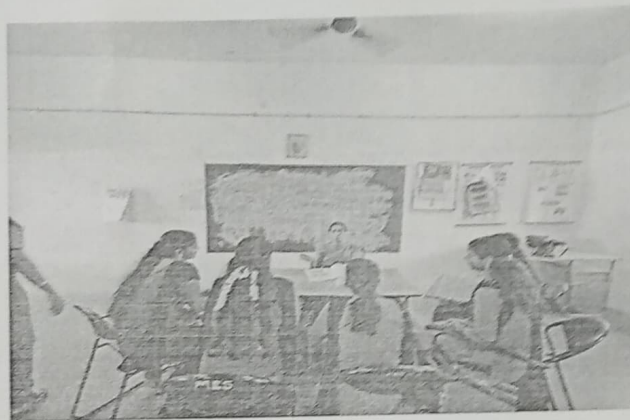
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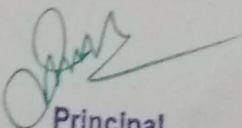
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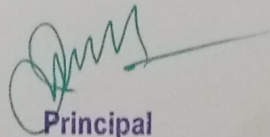
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2. MENTOR - MENTEE MEETING




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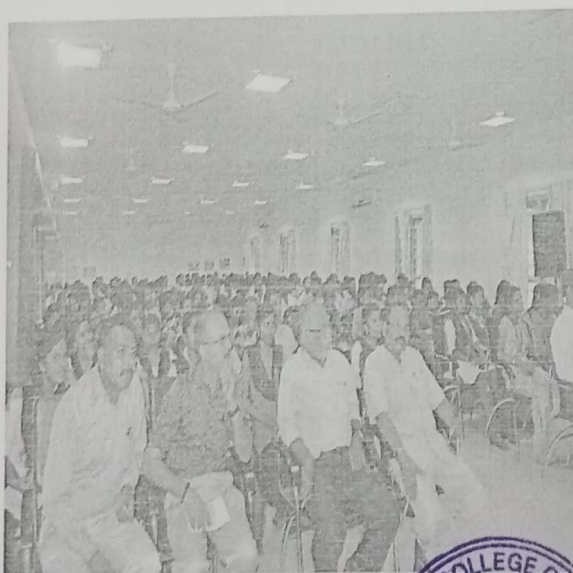
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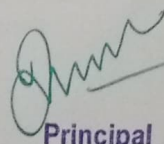
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3. PTA- MEETING




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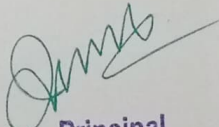
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4.VEGETABLE CARVING AND FLOWER ARRANGEMENT




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5. STUDENT WELFARE COUNCIL & GUIDANCE AND COUNCELLING CELL



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THEMATIC CLUSTERS

- Curriculum Design and Pedagogy in schools
- Transformative Educational Change
- Reorganization of School Education
- Digital Literacy
- Artificial Intelligence
- Innovative Education based on experience
- Value-Based Education
- Governance Skills for Teachers
- Any other topic pertinent to the seminar

TARGET DELEGATES

Educationalists, Teacher Educators, School Teachers, Administrators, Professionals, Research Scholars, UG & PG Students.

CALL FOR PAPERS

You can contribute research papers on the above said themes. The abstract of paper shall be maximum 300 words, in MS Word 12 size and Font in New Times Roman with 1.5 line spacing. Full paper shall be within 3000 – 5000 words. The paper will be published in the national journal Tel-eS (Teacher, Learner & Society) with the ISSN 2348-8409. Paper can be sent to muslimcollegeofeducation@gmail.com

Sincerely

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Assistant Professor of English Lakshmi College of Education Gandhinagar Dindigul

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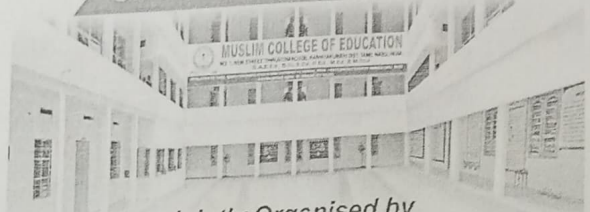
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National Seminar on

NEP 2020 : 21ST CENTURY'S REQUISITE KNOWLEDGE FOR COLLEGIATE EDUCATION

On 13/06/2023 & 14/06/2023



Jointly Organised by

SHIKSHA SANSKRITI UTTAN NYAS
INTERNAL QUALITY ASSURANCE CELL, MCE

VENUE : College Seminar Hall



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TeLeS

ISSN 2348-8409

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Journal of Teacher Learner and Society



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Self Esteem to our Day-to-Day Life

R. AHALYA DEVI

M.Ed. Scholar, Muslim College of Education,
Thiruvithancode.

S INDIRA

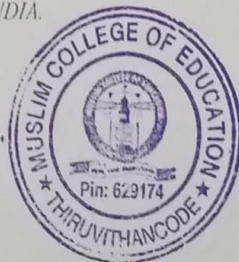
Assistant professor, Muslim college of Education,
Thiruvithancode.

The purpose of self-esteem is to feel and imagine that people nurtured in their mind over time about their self. Self-esteem is self-assessment; their perception and evaluation will be positive or negative and pleasant or unpleasant. Children with high self-esteem, usually feel good about themselves and better able to resolve their conflicts with other children and are resistant to deal with problems. One of the most important human traits to achieve objectives is self-esteem. The term self-esteem means "reverence for self." The "self" pertains to the values, beliefs, and attitudes that we hold about ourselves. Having a strong will and self-confidence, decision-making power and originality, creativity, sanity and mental health is directly related to self-esteem and sense of self-worth.

Keywords: Self-esteem, Perception, Self-Confidence, Beliefs,
Mental Health.

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3. Inflated self esteem

1. High Self Esteem

There are some simple ways to tell if we have healthy self-esteem.

We probably have healthy self-esteem if we:

1. Believe that we are equal to everyone else, no better and no worse
2. Express our needs
3. Feel confident
4. Have a positive outlook on life
5. Say no when you want to
6. See our overall strengths and weaknesses and accept them

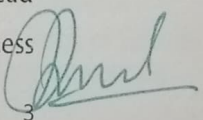
2. Low Self Esteem

People who have low self- esteem think of themselves below average. They do not believe in themselves, they do not trust their abilities. Low self- esteem can affect a lot of things. These people have poor relationships with others. Low self- esteem causes depression and anxiety. Low self-esteem may manifest in a variety of ways. If we have low self-esteem, we may believe that others are better than us. We may find expressing our needs difficult. We may focus on our weaknesses.

3. Inflated Self Esteem

People with inflated self-esteem tend to think of themselves as better than other people and are always ready to underestimate others. These persons are negative types. These people always have a head and most times do not mind hurting people to achieve the success





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thinking that will bring them happiness. They have no ability to listen to others.

Benefits of Self Esteem

A person with healthy self-concept and self-respect enables us to be positive in difficult situations. People with self-esteem can adopt changes in their life including accepting a new job and moving to a new place. The person with self-esteem lets others appreciate what others recommend. They are open minded and ready to learn from others. Self-esteem improves the quality of work and productivity. Self-esteem person has a positive mental state.

How to Improve Self Esteem?

Some actions that we can take to help to improve our self-esteem are, become more aware of negative thoughts. Challenge negative thinking patterns. Use positive self-talk. Practice self-compassion. We know ourselves. Always positive. Try to avoid comparing ourselves with others. Practice to avoid telling 'no' to all our life activities.

Conclusion

We ourselves, as much as anybody in the entire universe, deserve our love and affection. Never be bullied into silence. Never allow ourselves to be made a victim. Accept no one's definition of our life, but define ourselves.

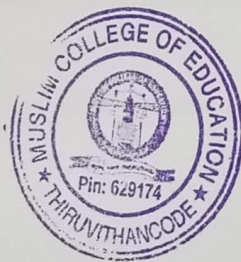


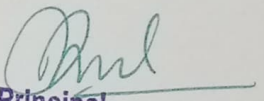
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References

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- N. Branden, Six Pillars of Self-esteem Posted: 1994.
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- International Journal of Scientific Research and Modern Education (IJSRME), Posted: 2016 D ¢apos;melloLaveena , B Govindaraju , MeenaMonteiro.




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Effectiveness of 5e Learning Cycle Model on Scientific Interest and Achievement in Physics of Students at Secondary School Level

GAYATHRI, P NAIR

M. Ed Scholar, Muslim College of Education,
Thiruvithancode, Kanyakumari District.

Dr. J. RAINA ROSE

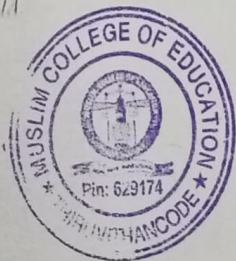
Assistant Professor, Muslim College of Education, Thiruvithancode.

Today, with the development of science and technology and its rapid progress, the importance attached to science education has increased. This increase in interest has led to the development of the methods, techniques, and approaches that enable the students to be active, question and construct knowledge. The 5E learning model is one of them, and many studies have been conducted in literature related to this model. These independent studies have been carried out in different study areas, with different study groups, and different results have been achieved. In order to evaluate these results in general, it is necessary to make use of as many studies as possible. Since the study was intended to find out the effectiveness of 5E Learning Cycle Model on Scientific Interest and Achievement in Physics of students at secondary level, experimental method was adopted.

Keywords: Self-esteem, Perception, Self-Confidence, Beliefs, Mental Health.

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Introduction

Self-esteem is a term in psychology to reflect a person's overall evaluation or appraisal of her or his own worth. Self-esteem encompasses beliefs and emotions such as triumph, despair, pride and shame. Some would distinguish how 'the self-concept is what we think about the self; self-esteem, the positive or negative evaluation of the self, is how we feel about it'. A person's self-concept consists of the beliefs one has about oneself, one's self perception, or, the picture of oneself. Self-concept as totally perception which people hold about him\herself. It is not the "facts" about one-self but rather what one believes to be true about one-self. Early researchers used self-concept as a descriptive construct, such as 'I am an athlete'.

Self Esteem

Self- esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. Self- esteem is our self- confidence. Self- esteem is our overall opinion about ourselves, our belief and about our ability. Self- esteem is shaped by our thought relationship and experiences including those related to culture, religion and societal status. Self- esteem is a positive perception of ourselves. It improves our quality of life and help ourselves to succeed our carrier in optimum success.

Factors that Affecting Self Esteem

There are many factors that can influence self-esteem. Our self-esteem may be impacted by: Age, Disability, Genetics, Beliefs, Friends, Workplace.



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Types of Self Esteem

1. High self-esteem
2. Low self-esteem
3. Inflated self esteem

1. High Self Esteem

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We probably have healthy self-esteem if we:

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