

M.D.S. COLLEGE OF  
EDUCATION  
UNDERSTANDING THE  
SELF

Submitted By ÷

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[B.ED-I<sup>st</sup> YR.]

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Submitted To ÷ Sharmila Mam

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Self

Meanings

# SELF

## \* Meaning :-

Self is a centre of attraction in which we collect our aim and organisation. Self is related about ISRO that give the thoughts and work to Human being. ISRO is an organisation.

Self is about own point of views and result.

Human Being can identify himself Human being can say about family, friend, flag, office, caste, etc.

Human Being can say that I am Indian from which religion he/she belong. All these point of views identify self.

Self means to understand himself or herself.

Defination

Johnson

James

## Definations :-

### Crech and crechfield's Defination :-

Self means human being see himself.

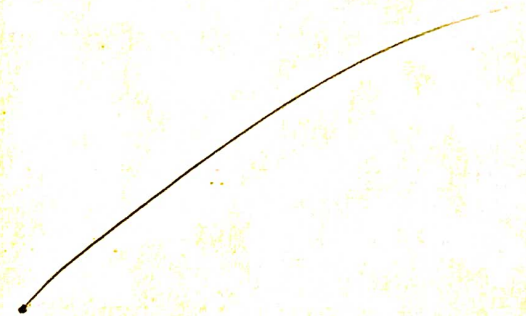
### According to Johnson :-

Self is an internal thing that lead the personality of Human being.

### According to James :-

In the self of Human being include that he can convey all the words to others.

## ⊙ factor affecting of Self :-

1. > Constantly thinking about the all-Powerful.
  2. > Confidence Booster.
  3. > Not eating and Drinking properly.
  4. > Body language
  5. > Inner voice
  6. > Cultural and Personality
  7. > Stress and Pressure
  8. > Chasing other people's definition of happiness.
- 

## Factors Affecting

### Self :-

Self is depend on the following factors.

1. Constantly Thinking about the all powerful wheather. It's society, people on social media, your family, friends or colleagues. They are people who consider won't approve at us critieally or decide us for what we want to achieve. Kate says "These aren't the people to have around or give too much thinking time to when we are stri-ving towards a goal.

### Confidence Booster :-

Think about who inspire you who has stepped beyond the restriction of convention to follow their own path.

Not Eating  
And Drinking  
Properly

Body Language

Inner Voice

## Not Eating and Drinking Properly :-

When it comes to our mood and behaviour, a research shows we are what we eat. A nutrient-packed diet may help to reduce anxiety, boost mood and in turn help you to feel more confident.

## Body Language :-

Presence of your biggest challenge is to say you should 'fake it until you become it'. If you are not feeling confident, you may be slouching or standing in a stopped position.

## Inner Voice :-

The little inner voice is so powerful however we can choose to listen to the inner voice or choose to ignore or give a different narrative. The subconscious does not distinguish between

Stress

And

Pressure

fact and fiction so if your inner voice is telling you that can't do something that is what you tell will believe. Equally, if your inner voice is telling you that you can perhaps that you are fearful and you still can chances are you will.

### Stress and Pressure :-

When you are stressed and pressured, our innate fight / flight mechanism kicks in. If our survival is actually threatened in this mechanism is brilliant. However, if it is because we are constantly worried about things like work, money or family, the cortisol and adrenalin roaring around our system can eventually makes unwell. The Health and safety Executive has published 'stress standard' which identify six key sources of

CULTURAL

AND

PERSONALITY

Stress: demands, control, support, relationships, role and change.

Cultural and Personality :-

Cultural word is basically used for good behaviour and personality word stand on the behaviour of the human being.

sets  
concept

## Self Concept :-

Self concept basically an idea of the self constructed from the belief one hold about oneself and response of other.

"A self concept is largely a reflection of the reactions of other towards the individual."

"The individual's belief about himself or herself, including the person's attributes and who and what is the self is."

## Self Concept :-

- \* Is unique to the individual
- \* Can vary from very positive to very negative
- \* Has emotional, intellectual, and functional dimension
- \* Changes with context.

see self

recognition

# Self Recognition

Self Recognition is the capacity for introspection and ability to recognize oneself as an individual separate from the environment and other individuals. It is not to be confused with consciousness in the sense of qualia while consciousness is being aware of one's environment and body and life style, self awareness is the recognition of that awareness.

Self-awareness is how an individual consciously knows and understand their own character, feelings, motives and desires.

There are two broad categories of self awareness.

(i) Internal self awareness.

(ii) External self awareness.

Self

esteem

# Self Esteem

Self Esteem reflects an individual's overall subjective emotional evaluation of their own worth. It is the decision made by an individual as an attitude towards the self. Self esteem encompasses beliefs about oneself.

Self esteem is an attractive as a social psychological construct because researchers have conceptualized it as an influential predictor of certain outcomes such as academic achievements, happiness, satisfaction in marriage and relationships and criminal behaviour. Self esteem can apply specifically to a particular dimension. Self esteem include many things like self worth, self regard etc.

International  
Issaation

# Internalisation

In sociology and other social sciences, internalisation means an individual's acceptance of set of norms and values through socialisation. John Finley Scott described internalisation as a metaphor in which something moves from outside the mind or personality to a place inside of it. The structure and the happenings of society shapes one's inner self and it can also be reversed.

The process of the internalisation start with learning what the norm are, and then the individual goes through a process of understanding why they are of value or why they makes sense, untill finally they accept the norm of their own view points.

Yoda

# Yoga

## Meaning :-

A Hindu spiritual and ascetic discipline, a part of which including breath control, simple meditation, and the adoption of specific bodily posture, is widely practised for health and relaxation.

## Defination :-

According to Vedant Point of views :-

Yoga is the combination of creatures and spiritual.

Yoga is a group of Physical, mental and spiritual practises or discipline which originated in India.

Characteri-

stics of

Yoga

Yoga is one of the six orthodox school of Hindu philosophical tradition.

### \* Characteristics of Yoga:-

- 1) keeping it personable.
- 2) Being flexible, In more way than one.
- 3) Maintaining an open mind.
- 4) Being knowledgeable, but willing to learn.
- 5) Acting clearly and effectively.
- 6) Promoting self care and carrying positive vibes.

postures

## Parts of Yoga :-

YAMA :- Restraints, Moral discipline or moral vows.

NIYAMA :- Positive duties or observancies

ASANA :- Posture

PRANAYAMA :- Breathing Technique

DHARANA :- focused concentration

DHAYANA :- Meditative absorption

SAMADHI :- Bliss or enlightenment

## Concept of Posture :-

Correct Posture means the Balancing of body in accurate and proper manner while sitting, standing,

view

reading, writing or during any other action of body. The foremost impression of an individual is gathered from how he stand, sits and walk.

\* View of Avery : Good Posture is one of which the body is so balanced as to produced least fatigue.

Correct posture may also be defined as that assumed position which enable to body the perform or function effectively.

\* Cheroweth says :- "There is no defination form, shape or standared for any part of the body or for the body as a whole. It is impossible, therefore, to have a definite standerds as regards posture".

Vaikshasana

Procedures

Benefits

## Vrikshasana

In this Vrikshasana stand properly straight like a Tree.

### Procedure :-

first stands properly and straightly and place your feet together keep your knees completely straight. Keep your arms at the particular sides.

Without twisting your left knee, lift up your right foot and hold the lower leg (ankle) from your right hand.

### Benefits :-

Straightness in spine. It strengthens the tendons and ligaments of the feet. Boost the concentration and mental faculties.

Ga Kudasana

Procedure

Benefits

## Garudasana

It is an Eagle pose in asana.

### Procedure:-

In a seated position, inhale to extend the arms straight out to the side. Inhale and lift your elbows up, reaching the finger tips higher towards the sky. Exhale and fold forward. Inhale and come back up.

### Benefits:-

Eliminates the Enslavement of the shoulders develops the sense of Balance.

Develop Ankle's pose.

Straightness

Improve Balance

Straightness in leg muscles.

Manuhasana

Procedure

Benefit

## Dhanurasana :-

It is Bow pose and its a Modern Yoga.

## Procedure :-

Lie flat on your stomach keeping your feet hip-width apart and your arms beside your body. Gently fold your knees and hold your ankles look straight and keep your face stress-free. fold your knees and hold ankles. Inhale your lift your chest and legs off the ground. Pull your legs.

## Benefits

It help to stimulate the reproductive organs.

It helps to strengthen the back as well as the abdominal muscles.

Practising this Asana helps to widen and open up the neck, chest and shoulders.

Communication

Skills

# Communication Skills

## Communication Skills :-

Communication is the act of conveying meaning from one entity or group to another through the use of mutually understood sign symbols and semiotic rules.

The formation of communication motivation or reason, Message composition.

# SKILL

S :- Supportive Talker

K :- Knowledgeable Individual

I :- Intelligent Questioner

L :- Lovely Listener

L :- Logical Start And Ends

## Communication Skill

always increase the way  
of talking. It encourage the  
confidence continuously

To develop the communication  
skill, five principle will  
help to improve  
the skill

Supportive  
Talker

S : Stands on  
Supportive Talks

### Supportive Talker :-

It is the art of communication in which we give the chance to another so that he can put his views in front of other.

We always support to him and encourage him for their success.

Always keep support to him so that he can trust on you that you are only the one who always stand with me and support.

Knowledge  
Cable  
Individual

K

: Stands on

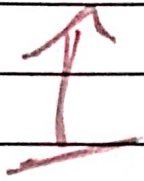
Knowledgeable Individual

~~Knowledgeable and Educational~~

Individual differences in General knowledge about the world is a subject of particular and intelligence.

A number of studies suggest the students who possess adequate general knowledge required for cultural literacy have better educational and occupational outcomes.

Intelligent  
questioner



Stands on

Intelligent Questioner

Question arising is good way of communication from it we get the knowledge that someone or listener taking the interest or not. One good time, good question can arise is a good quality.

It shows that :-

You are a good listener.

Who describe that you are giving the respect to speaker.

# These are of two types :-

(i) Close ended :-

It means Yes/No.

(ii) Open ended :-> It means give answer in a sentence or words.

Logical

starts

and

ends

d Stands on

Logical Starts and Ends

To start the conversation is a difficult work because start the conversation is an art. In this we pick the correct topic and increase your conversation.

In starting you can choose these topic like.

(i) About wheather

(ii) About city

(iii) About politics, education etc.

In this work, a good smile also can do work perfectly. You can communicate with another with smile also.

covered

distances

Stands on

Lovely Listener

A Good listener is a great quality  
But unfortunately this quality found  
in minimum number of people.

Now a days, people have  
a lots of things to say but they  
do not have any capacity of listen  
someone else.

Some one praise theirself  
someone says only about their sadness.

So, most of the people do not want  
to talk some other and they do not  
want to listen other.

Personality

# Personality

## Meaning

Main aim of the education is to develop the complete personality of the student or child.

It is the main centre of the development of the personality.

Personality psychology and education are the base.

Personality word taken from the latin language. It personality develop from the word persona which means fake face.

In ancient time personality means physical personality, Dressing sense etc.

factors  
influence  
personality

## Factors Influence Personality

### Heredity factors :-

In early morning when we talk to some one at that time our personality is just like our parents.

Main moto of heredity is transfer from one heredity to another.

Personality of a person depends on heredity.

### Psychological factor :-

The main factor are of psychological factor that describe the personality of the person that includes mental development, interest, willness, Natire etc.

Theories

of

Personality

# Theories of Personality

Personality is the dynamic organisation within the individual of those psychophysical system that determines his characteristics.

## Tripartite theory of personality

Freud saw the personality structured into three parts the id, ego and superego.

The id is the permissive and instinctive component of personality.

The ego develops the mediate between the unrealistic id and the external real world.

The superego incorporates the value and moral of society.

Development

of

Analysis

## Development Or Analytical

### Approach :-

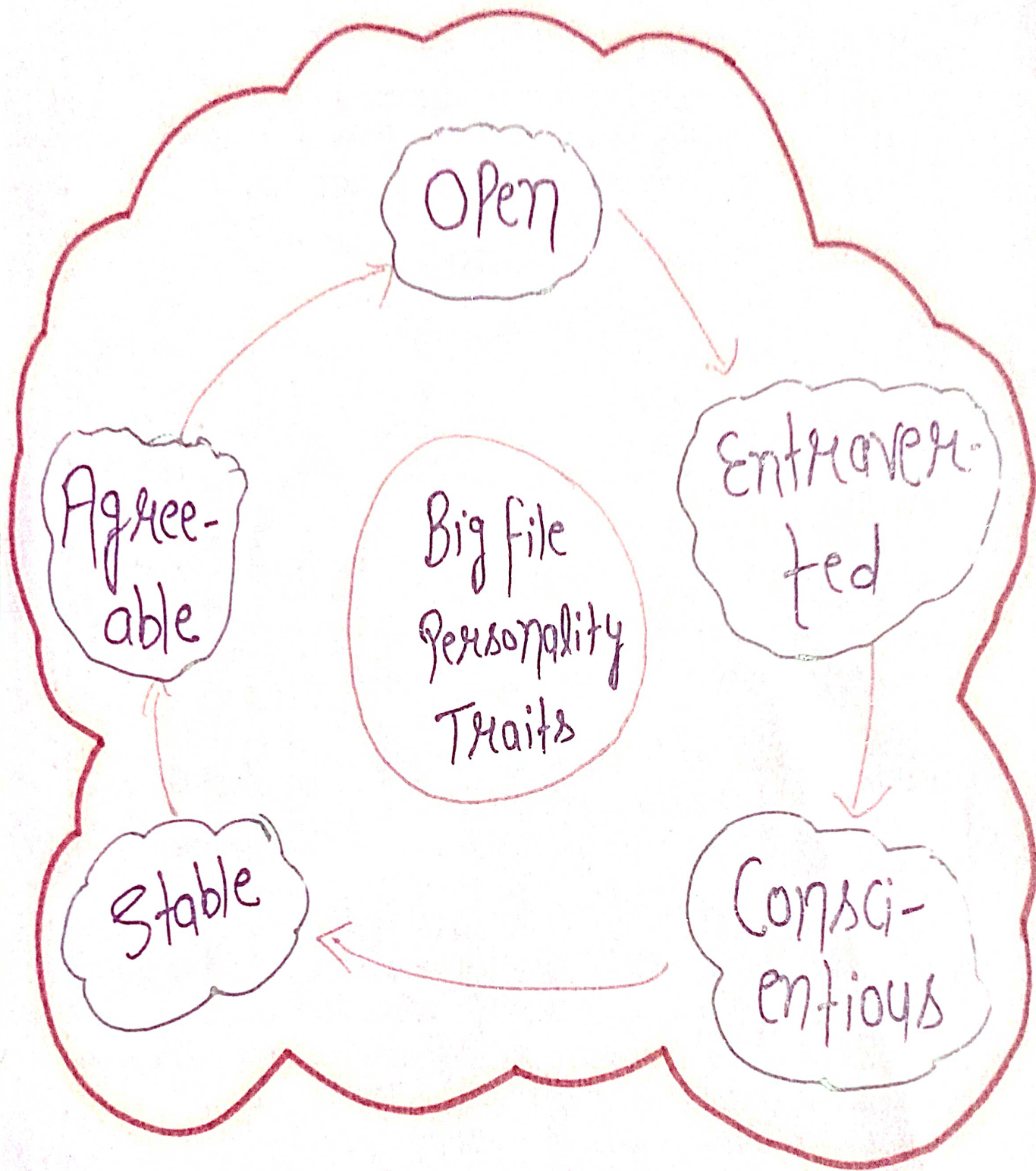
There are many factor that effects the personality.

### Basic Instinct :-

freud described two types of Basic Instinct which is known as ~~Eros~~ Eros. Second main Basic instinct (Death instinct) known as Thanatos.

### Anxiety :-

Tension is an anxiety  
Now a days life is being hectic so  
tension is also increasing day by  
day.



## Theories Based On Trait

In the principle of personality third part is related to the quality.

Quality of personality means in the personality of the person describes the characteristics which identify their identification.

## Theories Based On Specific Trait :-

In psychology, trait theory is an approach to the study of human personality. Trait theorists are primarily interested in the measurement of trait, which can be defined as habitual patterns of behaviour, thought and emotions.

stress  
meaning

# Stress :-

## Meaning :-

Pressure or tension exerted on a material object.

The distribution of stress is uniform across the bar.

A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

In Human Resources management stress is defined as state of mental or emotional pressure or strain caused by challenging or unfavourable circumstances.

It is an outside force that rules an individual's feeling behaviour.

## Cause of stress

The situation and pressures that cause stress are known as stressors as being negative such as exhausting work schedule or a rocky relationship.

However anything that puts high demands on you can be stressful.

of course, not all stress is caused by external factors.

## Symptoms of stress

- Memory problems
- Inability to concentrate
- Poor judgement
- Seeing only negative.
- Constant worrying
- Depression
- Anxious or raving thoughts

Reduction

of

Stress

## How to Reduce stress

Avoid Caffeine, Alcohol and Nicotine

Induege in physical Activities

Get more sleep

Keep a stress diary

Do exercise properly

Manage your time

Always think positive

Use healthy food properly

Talk to your friends positively

Try Relaxation Technique



# Rest

After doing whole work in a day we need relaxation.

Relaxation is very useful for our body. It can remove tiredness.

It will help to reduce physically and mentally tiredness.

Heart Beat, Breathing problems can create in our body if we do not take rest properly.

Muscles, Bones does not do their work properly. We feel all time tired and unhealthy.

In this stressful life, and busy life after doing work in a whole day we should take some rest so that we can do properly work after taking rest.

Best  
Lemniques

# Rest Technique

In this technique any method, process, procedure or activity that helps a person to relax to attain a state of increase calmness, or otherwise reduce the level of the pain, anxiety, stress or anger.

Using the Relaxation Response to relieve stress. To effectively combat stress, we need to activate body's natural relaxation response.

You can do relaxation practice by deep breathing, meditation, rhythmic exercise and Yoga.

In the simple and powerful technique you take long, slow and deep breath.

Types of  
Relaxation  
Technique

# Types of Relaxation Technique

- 1.) Progressive Muscle Relaxation
- 2.) Passive muscle Relaxation
- 3.) Meditation
- 4.) Visualisation
- 5.) Autogencies
- 6.) Yoga
- 7.) Exercise
- 8.) Tai chi
- 9.) Massage
- 10.) Relaxation Breathing

Amikasan  
Baclofen

# \* AMITABH BACCHAN \*

Amitabh Bacchan is a famous actor of Bollywood.

In 1970 decade he got a different personality in the film and acting carrier.

Bacchan got a lot of filmfare awards in his carrier. He got three national award and twelve filmfare award.

Amitabh got married with actress Jaya Bahadi. He has two child Shweta Nanda and Abishek bachhan.

## Starting Education :-

Amitabh belongs to a Hindu Kayasth family. His family is from Allahabad (Uttar Pradesh).

Stationers

Work

His father doctor Harivansh Rai Bachhan was a poet.

His father wrote his all poem in hindi.

In starting Amitabh name was Inklab but after that changed his name and put Amitabh Bachhan.

Amitabh got times M.A. degree from Vagan High School.

### \* Starting Work :-

first film of Amitabh was Saat Hindustani under the direction of Khawaja Ahmed. for this film he got new commers award. in 1973 Prakas Mehra gave him a role of Inspector Vijay Khanna from this role his carrier got top. In 1972 he got married to Jaya Bachhan who play the role of assistant artist in film Roti Kapda Aur Makan.

poixis

# Politics

In 1984 Amitabh Bacchan took rest from the films. He came in politics with his old friend Rajeev Gandhi. He didn't complete his politics carrier.

## Came Back in film Industry :-

In 1996-1999 he came back as in the film as an actor or direction. He became the superstar of film industry.

In 1996, he organised his own company the first film of his company was "Tere mere Sapne".

