

## OBJECTIVES OF SCHOOL INTERNSHIP

- Understanding the school environment.
- To develop teaching learning resources.
- Formulation of unit plan , annual plans and test preparation and administration.
- Creating daily lesson plans and execution at different levels.
- To assist in the organisation of teacher-parent meeting.
- To organize curricular and co-curricular activities.
- To organize community service campaign.
- Overview of different school scenarios.
- Class room observation.
- Addressing the school prayer meeting/ Assembly, Annual day , Sports Day.
- Creating a reflective diary.
- To conduct remedial teaching.

### Outcome

**Immersion in the School Community:** Field experiences go beyond the classroom, immersing B.Ed students in the broader school community. They help in understanding the role of teachers in shaping this community and influencing school culture.

**Collaboration with Fellow Teachers and peers :** Collaboration is a key aspect of effective teaching. Field experiences facilitate interactions with fellow teachers, encouraging teamwork and sharing of best practices.

**Reflection and Feedback:** Reflection is a crucial part of learning. Field experiences provide a platform for reflection and receiving constructive feedback, aiding professional growth.

**Overcoming Challenges in B.Ed. Internships and Field Experiences:** While internships and field experiences provide enriching experiences, they are not without challenges. B.Ed. students may find it difficult to adapt to different school cultures, manage classroom dynamics, or feel overwhelmed by the responsibilities.

**Strategies for Effective Internship and Field Experiences:** Adopting a proactive approach, seeking support from mentors, reflecting on experiences, and staying open to feedback are some strategies that can help B.Ed. students make the most of their internships and field experiences.

B.Ed. internships and field experiences are vital stepping stones in the journey of a teacher. They provide hands-on experiences that shape aspiring teachers, preparing them for the diverse and dynamic world of education. It enriches and contributes to students' overall development. And it also equips the students with recent technological advancements in the field of education.

Remember, theory can guide you, but it's the practical experience that truly equips you to face the real-world challenges of teaching.



# INTERNSHIP FILE



# **NIRMALA INSTITUTE OF EDUCATION, ALTINHO**

## **TEACHER TRAINEE'S NAME**

Elizabeth Rajan

**ROLL NO: 35**

**YEAR: 2020-2021**

## **INTERNSHIP PERIOD**

04<sup>th</sup> January 2021 – 24<sup>th</sup> April 2021

## **METHODOLOGY**

Mathematics and Science

## **SCHOOL**

Late Shri Vinayak Gopal Shenvi Vidyalaya



LATE SHRI VINAYAK GOPAL SHENVI VIDYALAYA  
RAWANFOND NAVELIM  
MARGAO – GOA

## INDEX

<b>SR. NO.</b>	<b>TITLE</b>	<b>PAGE NO.</b>
1.	ACKNOWLEDGEMENT	01
2.	ATTENDANCE SHEETS	02-11
3.	DAILY REPORT	12-43
4.	ACTIVITIES WITH EVIDENCES	44-56
5.	ASSEMBLY REPORT	57-58
6.	BULLETIN BOARD	59-61
7.	TEST PAPERS WITH ANSWER KEYS (MATHEMATICS)	62-71
8.	TEST PAPERS WITH ANSWER KEYS (SCIENCE)	72-82
9.	REFLECTION	83
10.	SUGGESTION	84

## **ACKNOWLEDGEMENT**

"The roots of all goodness lie in the soil of appreciation for goodness". – Dalai Lama

First and foremost I would like to thank the Principal of Nirmala Institute of Education Dr. Delia Antao for her constant guidance and motivation and for giving me an opportunity to get experience in an actual school environment.

'Gratitude is the fairest blossom which springs from the soil. ' I would like to express my deepest gratitude to my Mentors Mrs. Ximena Fonseca and Mrs. Pratiksha Shirodkar giving me the support, guidance and motivation that was needed during four months of internship period.

My special thanks to the Headmaster Mr. Damodar Sini Kunde and my mentor teacher Mrs. Roshni Prabhudessai of Late Shri Vinayak Gopal Shenvi Vidhyalay, Rawanfond, Navelim, Margao for being so approachable and cooperative. Thank you for rendering all possible help during the internship period. Thank you for giving me the great opportunity to explore myself in a real environment of teaching.

I would like to express my deep gratitude to the teaching and non- teaching staff of Late Shri Vinayak Gopal Shenvi Vidhyalay, Rawanfond. The staff was helpful, understanding and were always ready to help. Special thanks to the students for being friendly and interactive.

I would also like to thank my family for being understanding, supportive and for motivating me constantly throughout the internship period.

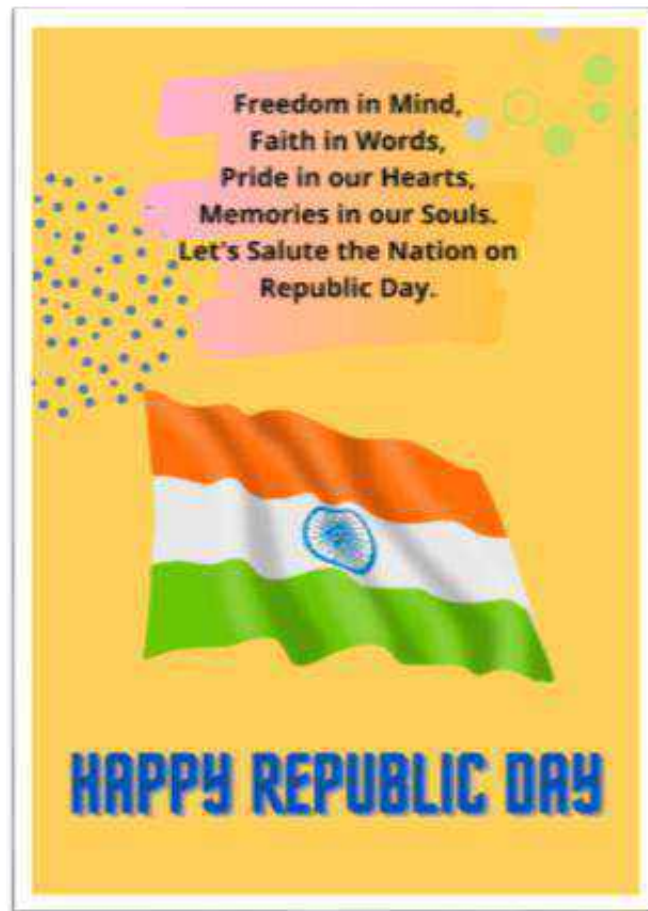
Thank you and God bless you all.

## DIGITAL POSTER

**Activity No.:** 01

**Date:** 21-01-2021

Republic Day 2021: Republic Day has been celebrated every year in India on January 26, since 1950 to honour the date on which the Constitution of India came into effect. India will be celebrating its 72<sup>nd</sup> Republic Day this year.



The above poster was made on the app Canvas. It was send across the 7<sup>th</sup> std class. The digital poster is on the occasion of Republic Day. it has a meaningful message “Freedom in Mind, Faith in Words, Pride in our Hearts, Memories in our Souls. Let’s Salute the Nation on Republic Day.



## DÉCOR - REPUBLIC DAY

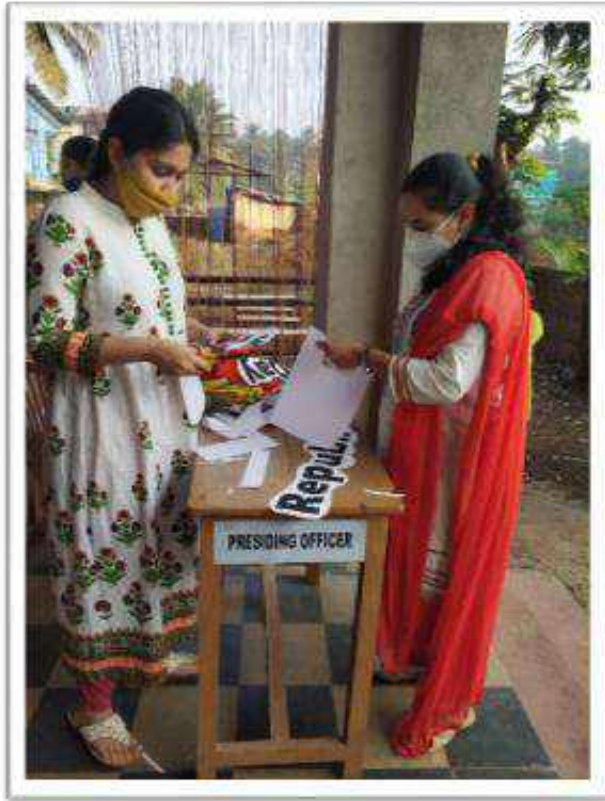
**Activity No.:** 02

**Date:** 26-01-2021

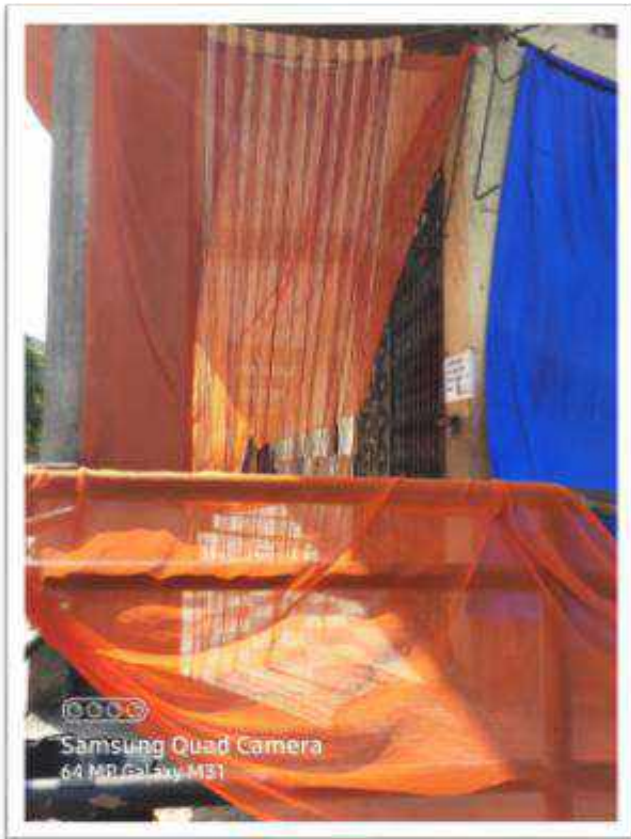
The backdrop for Republic Day was done on the wall of the school building facing towards the ground. First a blue backdrop was put and three colored dupattas that is saffron (indicating the strength and courage of the country), white (indicates peace) and green (shows the fertility, growth and auspiciousness of the land) was used to represent the Indian flag and I had made the Ashoka Chakra using navy blue and white chart paper. On the backdrop 72th India's Republic Day was written. On the grill dupattas were tired up and one side of the stage had saffron color dupattas as backdrop which was behind the guest.



BACKDROP:  
REPUBLIC DAY



CUTOUTS FOR THE  
BACKDROP



BACKGROUND NEAR  
TO THE BACKDROP  
(WHERE GUESTS  
WERE SITTED)

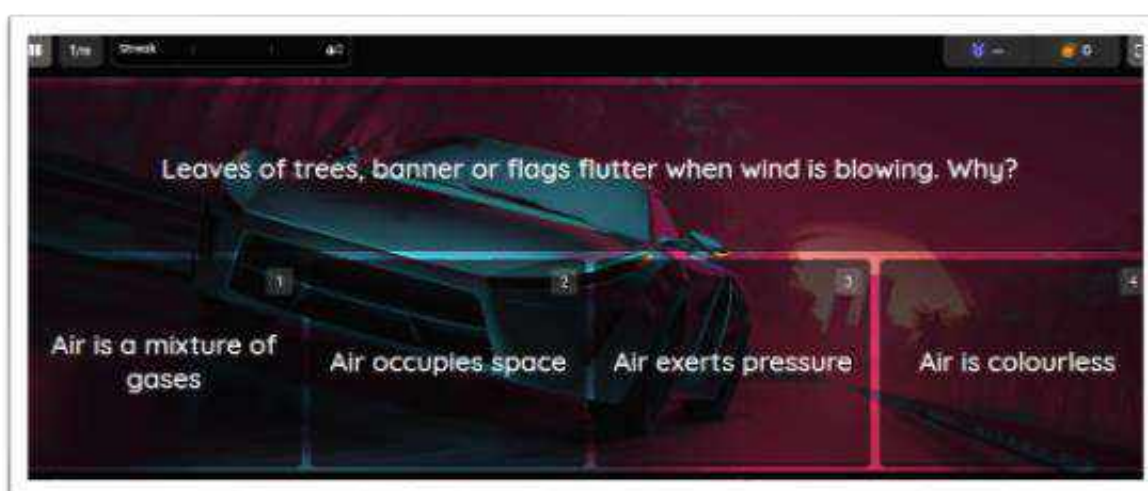
## SCIENCE QUIZ

**Activity No.:** 03

**Date:** 06-02-2021

The quiz was on the science chapters which I had taught them. At the end of every chapter, a link used to be send to them. Students use to participate in the quiz as online quiz was a new concept for them. This quiz was made on Quizizz.com, below given is the links to the quiz.

<https://quizizz.com/join/quiz/5ff59804bd3004001bafed6f/start?studentShare=true>  
(Science quiz)



Screenshot from the quiz

SCIENCE

## ONLINE QUIZ

**Activity No.:** 04

**Date:** 18-02-2021

The quiz was about different facial expressions. So, a picture of a facial expression was shown and it had four options with it. The students had to option of the correct option, that is a picture of a happy face was shown then the students had to choose from the options and mark happy as the correct answer. This quiz was made on Quizizz.com, below given is the link to the quiz.

<https://quizizz.com/join/quiz/602ce3f2915725001b572e5e/start?studentShare=true>



Screenshot from the quiz. An angry facial expression was shown, students had to choose the option as Angry

## CHART- BULLETIN BOARD

Activity No.: 05

Date: 20-02-2021



PREPARATION OF  
THE CHART



CHART DISPLAYED ON  
THE BULLETIN BOARD

A general poster was put up on the bulletin board. The poster shows an open book from where many butterflies are flying out. It represents books are for everyone and you will fly out a colourful success. A book means knowledge, imagination, truth, beauty, escape, and love. A quote is written on the top of the poster “A book is a dream that you hold in your hand” – Neil Gaiman.

## MATHS QUIZ

**Activity No.:** 06

**Date:** 20-02-2021

The quiz was on the maths chapters which I had taught them. At the end of every chapter, a link used to be send to them. Students use to participate in the quiz as online quiz was a new concept for them. This quiz was made on Quizizz.com, below given is the links to the quiz.

<https://quizizz.com/join/quiz/6024d13e3ce4e0001b87b3d4/start?studentShare=true>

(Maths quiz)



Screenshot from the quiz

MATHS

## PLANT A SAPLING

**Activity No.:** 07

**Date:** 24-02-2021

First and foremost, I had to take permission from the Headmaster and my mentor teacher in order to plant a sapling. They were very kind enough to grant me permission. They were happy with this initiative that the college has told us to do. I had to ask my mother which plant should I grow at school as in front of the school there wasn't direct sunlight. So, she gave me a *Alpinia purpurata*, red ginger, also called ostrich plume and pink cone ginger, are native Malaysian plants with showy flowers on long brightly coloured red bracts. They look like the bloom, but the true flower is the small white flower on top.

A day prior that is on 23<sup>rd</sup> February, I had digged the hole in order to plant the sapling. The next day, I added compost to the hole and then planted the sapling and watered it. The Headmaster and my mentor teacher were there to witness the same. Every day when I come to school, I make it a point to greet my plant and it brings a smile to my face.



RED GINGER  
PLANTED AT SCHOOL



PLANTED THE SAPLING AT SCHOOL  
AMONG WITH HEADMATER AND MENTOR TEACHER



WATERED THE SAPLING  
AMONG WITH HEADMATER AND MENTOR TEACHER

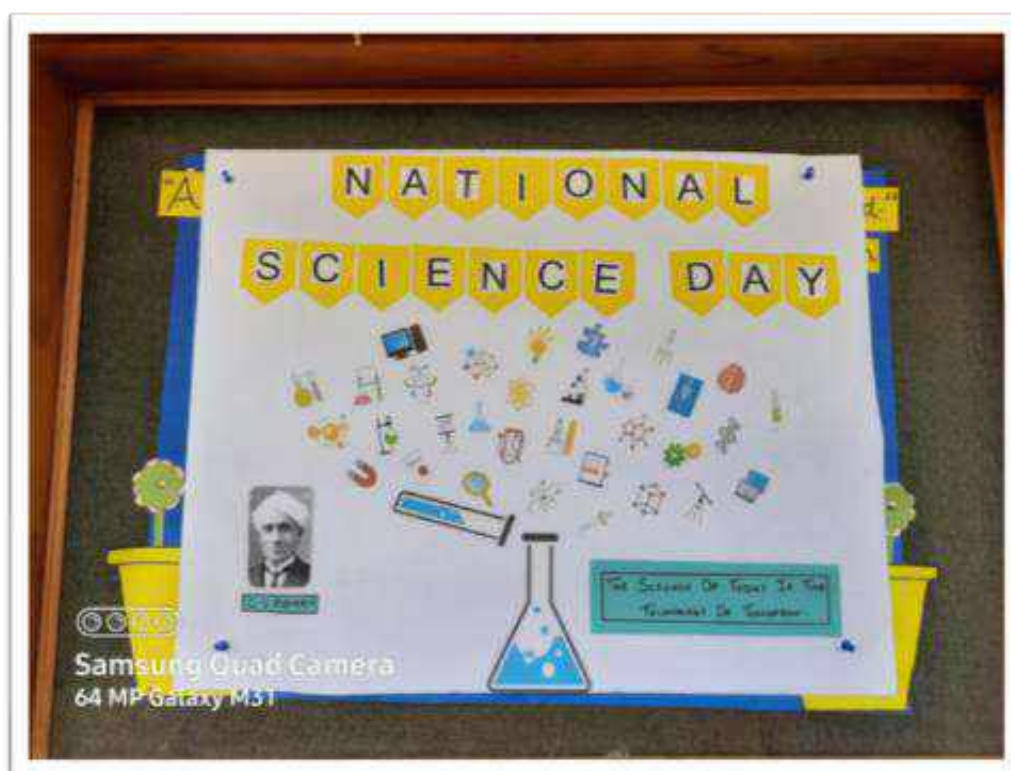


## SCIENCE DAY POSTER

**Activity No.:** 08

**Date:** 15-03-2021

National Science Day is celebrated every year on 28<sup>th</sup> of February to commemorate the discovery of the 'Raman Effect'. On this day, Physicist CV Raman announced the discovery of the 'Raman Effect' for which he was awarded the Nobel Prize in 1930. On the occasion of Science Day, a poster was made.



### SCIENCE DAY POSTER

The poster has the title as National Science Day. the poster describes when from a test tube to a breaker chemicals are fixed, it explored into various science concepts such as beaker, test tube, TV, computer, magnet, telescope, etc.

On the left hand side, a picture of Sir C.V. Raman is displayed and on the right hand side it has a quote “The Science of Today Is The Technology of Tomorrow.”



A picture taken near the bulletin board along with the Headmaster Mr. Damodar Sini Kunde and my mentor teacher Mrs. Roshni Prabhudessai and senior teacher Sandhya.

## LIGHT TRAVELS IN A STRAIGHT LINE

**Activity No.:** 09

**Class:** 7<sup>th</sup> B

**Date:** 05-03-2021

**Materials Required:** CD, clips, candle, matchbox, thread, tape.

**Procedure:** The activity was conducted and a video was made and sent across class 7<sup>th</sup> B students. Required three CD and 6 clips, made three CD holders. Placed a thread on the table in a straight line so that all three CD holders are placed in a straight line. Secured the thread with tape. Then place a candle at the end of one thread (make sure the height of the candle should be same the CD holes). Then placed the three CD holders in such a way that when you observe through holes you can see the candle flame. When you burn the candle and try to observe from the holes of the CD holders you will be able to see the flame. The moment you change the placement of any one CD holder (either left of right) you will no longer able to see the candle flame. This activity proves that light travels in a straight line.



When CD holders aligned in a straight line

## CONGRUENCE IN REAL LIFE

### Activity No.: 10

**Objectives:** The pupil will. . .

- 1) Revise the concept of congruence
- 2) Relate congruence in real life

**Materials Required:** Laptop, Videos

**Procedure:** The students were shown figures of two triangles and asked if these two figures having the same shape and the same size and they exactly overlap each other, what are such figures called and the students were asked what could they conclude about their areas, students asked both the questions. Then each student cited examples of congruence in real life. Then the teacher trainee showed them two short videos on congruence in real life.

## ASSEMBLY REPORT

26<sup>th</sup> January 2021

Republic Day Assembly

Freedom in Mind, Faith in Words, Pride in our Heart, Memories in our Souls, Let's Salute the Nation on the 72<sup>nd</sup> anniversary of the Republic Day, 2021. A special assembly on the occasion of the 72<sup>nd</sup> Republic Day was presented by the students. The patriotic fervour warmed up the cold winter morning as the teachers and students of class 10<sup>th</sup> enthusiastically gathered to celebrate the occasion.

The assembly began at 9 am on the school ground. The flag hosting was done by the guest. Headmaster Mr. Damodar Sini Kunde, his address expressed pride on being an Indian and introduced the guests Notary and Advocate Sir Prashant Rajadhyax and Advocate Ma'am Janki Rajadhyax. A group of 5 students had sang the patriotic song : Aao Banaye Milkar Apna Pyara Hindustaan. The guest spoke about 'Uniform Civil Code'. Goa is the only state with Uniform Civil Code. It was an interactive session. Teachers had asked various questions regarding the Uniform Civil Code. After the main talk by the guests, a token of appreciation (a pot of plant each) was given to them. Finally, the sport sir gave the vote of thanks. At the end snacks were distributed to the guests, teachers, non- teaching staffs and students.



Flag hosting



Patriotic Singing



Talk by the guest

## **BULLETIN BOARD**

On 26<sup>th</sup> January 2021, Republic Day was held in Late Shri Vinayak Gopal Shenvi Vidhyalay. I had been given the responsibility of preparing a 'Republic Day Board' as a bulletin board for the program.

The layout and elements of the bulletin board were decided during the school hours and showed a rough outline of the bulletin board to the mentor teacher. The preparation for the elements to be put on the bulletin board was done a week before and a day prior that is on Monday the chart was put up on the bulletin board.

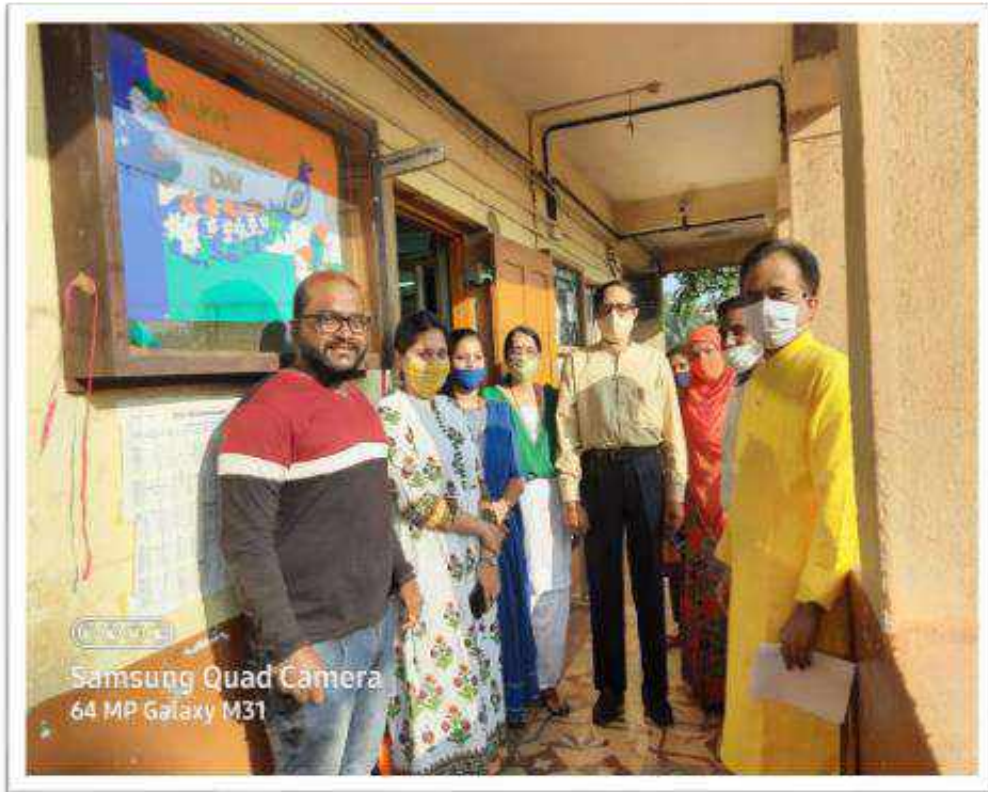
On Republic Day the guest was Notary and Advocate Sir Prashant Rajadhyax and Advocate Ma'am Janki Rajadhyax. Along with the Headmaster Mr. Damodar Sini Kunde and my mentor teacher Mrs. Roshni Prabhudessai and other few staffs were present. A rib was tied and the guest Notary and Advocate Sir Prashant Rajadhyax had cut the rib and inaugurated the bulletin board.



BULLETIN BOARD:  
HAPPY REPUBLIC  
DAY



INAUGURATING  
THE BULLETIN  
BOARD



A PICTURE WITH  
THE GUESTS,  
HEADMASTER AND  
STAFFS



गुरुवार, ११ फेब्रुवारी २०२१

# समान नागरी कायदा हे गोव्याच्या जनतेसाठी वरदान : राजाध्यक्ष

प्रतिनिधी  
फोटो:

गोव्यात अमलत असलेला समान नागरी कायदा हा गोविकारासाठी वरदान ठरलेला आहे. या कायद्यामध्ये विधान, तहान मुलांना पूर्णपणे संरक्षण देण्यात आले आहे. पूर्वेच्या मालमतेची फरपदेशी व योग्य रीतीने वाटणी करण्याचा हक्क वास्तव्यास आहे. या कायद्यामध्ये पटम्बोटानगर कुटुंबांना अर्धा वाटा व विधाना गोटणी मिळण्याची तरतूद आहे. कुटुंबांना दत्तक घेतलेल्या मुलांना मालमतेचा योग्य वाटा आणि आई-वडिलांच्या मालमतेचा मुलगा-मुलींना समान वाटा मिळण्याची तरतूद आहे. अशी माहिती अॅड. प्रभात राजाध्यक्ष यांनी प्रमुख पाहुणे या नात्याने दिली.

रावणफोड येथील स्व. विनायक गोपाळ शेखी हायस्कूलमध्ये हा कार्यक्रम आयोजित करण्यात आला होता. यावेळी अॅड. जानकी राजाध्यक्ष, मुख्याध्यापक दामोदर कुंदे उपस्थित होते. कुंदे यांनी प्रजासत्ताक दिनाची माहिती पुरविली. पाहुण्यांच्या



रावणफोड : भितीपत्रकाचे अनावरण करताना अॅड. प्रभात राजाध्यक्ष, अॅड. जानकी राजाध्यक्ष, मुख्याध्यापक दामोदर कुंदे व इतर मान्यवर.

हस्ते ध्वजारोहण झाले. मुलांनी देशभक्तीपर गीत सादर केले. याच दिवशी स्कूलची माजी शिक्षार्थिनी एलिझाबेथ राजन हिने प्रजासत्ताक दिनाच्या निमित्ताने तयार केलेल्या भितीपत्रकाचे अनावरण पाहुण्यांच्या हस्ते करण्यात आले.

कुंदे आणि रोहानी प्रभुदेसाई यांनी स्वागत केले. फातिमा शेख आणि गीतमी देसाई यांनी पाहुण्यांना भेटवस्तू प्रदान केल्या.

सूत्रसंचालन अंजली यांनी केले. आभार गीतमी देसाई यांनी मानले.

TARUN BHARAT

11<sup>TH</sup> FEBRUARY 2021

**Q.1.A) Select and write the most appropriate alternative from those provided below each statement. (4 marks)**

1. Which of the following pairs of terms is a pair of like terms?

- (a)  $x, 10x$       (b)  $y, -xy$       (c)  $z^2, z$       (d)  $z^2, 8$

2. Which of the following term is trinomial?

- (a)  $-a + 8$       (b)  $z^2 - 8$       (c)  $a^2$       (d)  $xy + 4x + 8$

3. What is the area of a circle if its radius is 7 mm ? ( Take  $\pi = \frac{22}{7}$  )

- (a)  $152 \text{ mm}^2$     (b)  $153 \text{ mm}^2$     (c)  $154 \text{ mm}^2$     (d)  $155 \text{ mm}^2$

4. What is the area of a rectangular piece of a land whose length is 350 cm and breadth 200 cm?

- (a)  $65,000 \text{ m}^2$     (b)  $70,000 \text{ m}^2$     (c)  $75,000 \text{ m}^2$     (d)  $80,000 \text{ m}^2$

**B) Find the missing values: (2 marks)**

Sr. No.	Base	Height	Area of Triangle
a)	18 cm	12 cm	_____
b)	60 cm	_____	$420 \text{ cm}^2$

**C) Attempt the following: (2 marks)**

1) Identify terms which contain  $y^2$  and write the coefficient of  $y^2$  :

$$15xy^2 - 19 + 3xy + 4x - y^2$$

2) Identify monomials and binomials in the following:

$$3a^2, pq + 4yz, pqrs, -d^3 - 2se$$

P.T.O

**Q.2.A) Attempt the following:**

**(2 marks)**

1) Write the expression for the following statement:

One-third of the difference of x and y

2) If  $c = 3$ , find the value of  $10 - 4c$

**B) Subtract:  $-p^2 + 5pq$  from  $4p^2 - 3pq + 11$**

**(2 marks)**

**C) A wire is in the shape of a rectangle. Its length is 44 cm and breadth is 20 cm. If the same wire is rebent in the shape of a square, what will be the measure of each side. Also find which shape encloses more area?**

**(2 marks)**

**Q.3.A) Simplify the expression and find the value if x is equal to 2**

**(2 marks)**

$$x + 7 + 4(x - 5)$$

**B) A gardener wants to fence a circular garden of diameter 28 m. Find the length of the rope he needs to purchase, if he makes 2 rounds of fence. Also find the costs of the rope, if it cost Rs. 5 per meter. ( Take  $\pi = \frac{22}{7}$  )**

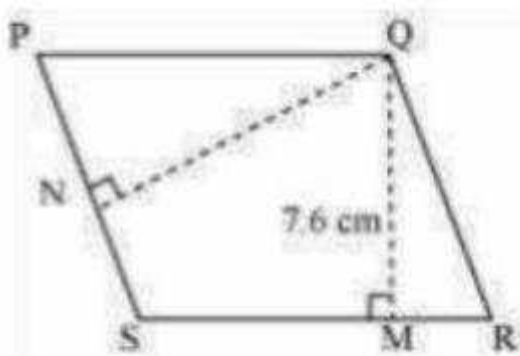
**(2 marks)**

**C) PQRS is a parallelogram (see the given figure). QM is the height from Q to SR and QN is the height Q to PS. If  $SR = 12$  cm and  $QM = 7.6$  cm. Find:**

**(2 marks)**

(a) The area of the parallelogram PQRS

(b) QN, if  $PS = 8$  cm



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**ALL THE BEST**

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## ANSWER KEY

### Q.1.A)

1. a)
2. d)
3. c)
4. b)

**B)** a)  $108 \text{ cm}^2$

b) 14 cm

**C)** 1) Terms contain  $y^2$  :  $15xy^2$  ,  $-y^2$

Coefficient of  $y^2$  :  $15x$ ,  $-1$

1) Monomials:  $3a^2$ ,  $pqrs$

Binomials:  $pq + 4yz$ ,  $-d^3 - 2se$

### Q.2.A)

1)  $\frac{1(x-y)}{3}$

2)  $10 - 4c$

If  $p = 3$

$$10 - 4(3)$$

$$= 10 - 12$$

$$= -2$$

**B)** When term have the same algebraic factors, they are like terms.

Then, we have to subtract the like terms

$$-p^2 + 5pq \text{ from } 4p^2 - 3pq + 11$$

$$= 4p^2 - 3pq + 11 - (-p^2 + 5pq)$$

$$= 4p^2 - 3pq + 11 + p^2 - 5pq$$

$$= 4p^2 + p^2 - 3pq - 5pq + 11$$

$$= 5p^2 - 8pq + 11$$

C) Perimeter of rectangle = Perimeter of square

$$2(\text{Length} + \text{Breadth}) = 4 \times \text{Side}$$

$$2(44 + 20) = 4 \times \text{Side}$$

$$2(64) = 4 \times \text{Side}$$

$$\text{Side} = \frac{128}{4}$$

$$= 32 \text{ cm}$$

$$\text{Area of rectangle} = 44 \times 20 = 880 \text{ cm}^2$$

$$\text{Area of square} = \text{side} \times \text{side} = 32 \times 32 = 1024 \text{ cm}^2$$

Therefore, the square-shaped wire encloses more area.

**Q.3.A)**

$$x + 7 + 4(x - 5)$$

$$= x + 7 + 4x - 20$$

$$= 5x - 13$$

When  $x = 2$

$$5(2) - 13$$

$$= -3$$

**B)**  $d = 28 \text{ m}$

$$r = 28/2 \text{ m}$$

$$\text{Circumference} = 2\pi r = 2 \times \frac{22}{7} \times \frac{28}{2} = 88 \text{ m}$$

$$\text{Length of rope required for fencing} = 2 \times 88 \text{ m} = 176 \text{ m}$$

Cost of 1m rope = Rs. 5

Cost of 176m rope =  $5 \times 176 = \text{Rs. } 880$

C) a) Area of parallelogram = Base  $\times$  Height = SR  $\times$  QM

$$= 7.6 \times 12 = 91.2 \text{ cm}^2$$

b) Area of parallelogram = Base  $\times$  Height = PS  $\times$  QN =  $91.2 \text{ cm}^2$

$$\text{QN} \times 8 = 91.2$$

$$\text{QN} = \frac{91.2}{8} = 11.4 \text{ cm}$$

**Q.1.A) Select and write the most appropriate alternative from those provided below each statement. (4 marks)**

i) State the number of lines of symmetry for 'A regular hexagon'

- a) 3      b) 4      c) 5      d) 6

ii) What is the coefficient of  $a^2$  in the expression:  $2x^2a^2 + 15ax - 7a^3$

- a)  $2x$       b)  $x^2$       c)  $2x^2$       d)  $-7$

iii) Find the value of  $6^4$

- a) 1296      b) 1297      c) 1298      d) 1299

iv) Find the circumference of the circle with radius 7 cm. (Take  $\pi = \frac{22}{7}$ )

- a) 43 cm      b) 44 cm      c) 45 cm      d) 46 cm

**B) Fill in the blanks: (2 marks)**

SHAPE	CENTRE OF ROTATION	ANGLE OF ROTATION
Rhombus	_____	_____
Equilateral Triangle	_____	_____

**C) Simplify and express the following in exponential form: (2 marks)**

$$\frac{3 \times 7^2 \times 11^6}{21 \times 11}$$

P.T.O

**Q.2.A) Attempt the following:**

**(2 marks)**

i) Using laws of exponents, simplify and write the answer in exponential form:

$$2^4 \times 2^3 \times 3^7$$

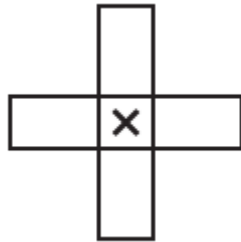
ii) Express the following number using exponential notation: 343

**B) Give the order of rotational symmetry for each figure:**

**(2 marks)**



(a)



(b)

**C) Draw the tree diagram for the following expression:**

**(2 marks)**

$$1 + x - x^2$$

**Q.3.A) Attempt the following:**

**(2 marks)**

i) Express the number appearing in the following statement in standard form:

'Diameter of Earth is 1,27,56,000 m.'

ii) Express the following number in standard form: 80,000.

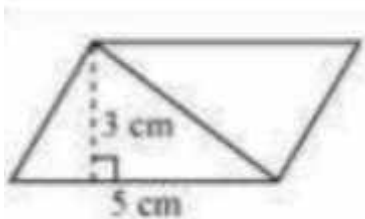
**B) Subtract**

**(2 marks)**

$$5a^2 - 7ab + 5b^2 \text{ from } 3ab - 2a^2 - 2b^2$$

**C) Find the area of each of the following parallelograms:**

**(2 marks)**



(a)



(b)

**P.T.O.**



**Q.4.A) Name the following:**

**(2 marks)**

i) Name any two figures that have both line symmetry and rotational symmetry.

ii) Name the quadrilaterals which have both line and rotational symmetry of order more than 1.

**B) Simplify:**

**(1 mark)**

$$2^4 \times 5^2$$

**C) Find the breadth of a rectangular plot of land, if its area is  $440 \text{ m}^2$  and length is 22 m.**

Also find its perimeter.

**(2 marks)**

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**ALL THE BEST**

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ANSWER KEY

Q.1.A)

- i) d)
- ii) c)
- iii) a)
- iv) b)

B)

Centre of Rotation	Angle of Rotation
Intersecting point of diagonals	$180^\circ$
Intersecting point of medians	$120^\circ$

C)

$$\frac{3 \times 7^2 \times 11^6}{21 \times 11}$$

$$= \frac{3 \times 7^2 \times 11^6}{3 \times 7 \times 11} = 7^{2-1} \times 11^{6-1} = 7^1 \times 11^5$$

Q.2.A) i)  $2^4 \times 2^3 \times 2^7 = 2^{(4+3+7)} = 2^{14}$

ii)  $343 = 7 \times 7 \times 7$   
 $= 7^3$

$$\begin{array}{r|l} 7 & 343 \\ \hline 7 & 49 \\ \hline 7 & 7 \\ \hline & 1 \end{array}$$

B) a) 2

b) 4

C)

$$1 + x - x^2$$

Q.3.A) i) Diameter of the Earth  
 $= 1,27,56,000 \text{ m}$   
 $= 12756 \times 1000 \text{ m}$   
 $= 12756 \times 1000 \times 1000 \text{ m}$   
 $= 1.2756 \times 10^7 \text{ m}$

ii)  $8 \times 10^4$

B)

$$\begin{array}{r} 3ab - 2a^2 - 2b^2 \\ - 7ab + 5a^2 + 5b^2 \\ + \quad - \quad - \\ \hline 10ab - 7a^2 - 7b^2 \end{array}$$

C) a) Height = 3 cm, Base = 5 cm  
 Area of parallelogram =  $5 \times 3 = 15 \text{ cm}^2$

b) Height = 3.5 cm  
 Base = 2.5 cm  
 Area of parallelogram =  $2.5 \times 3.5 = 8.75 \text{ cm}^2$

Q.4.A) i) Equilateral triangle and circle.

ii) Line symmetry.

B)  $2^4 \times 5^2$   
 $= 2 \times 2 \times 2 \times 2 \times 5 \times 5 = 400$

C) Area =  $L \times b = 440 \text{ m}^2$   
 $22 \times B = 440$   
 $B = \frac{440}{22} = 20 \text{ m}$

Perimeter =  $2(L + b) = 2(22 + 20)$   
 $= 2(42) = 84 \text{ m}^2$

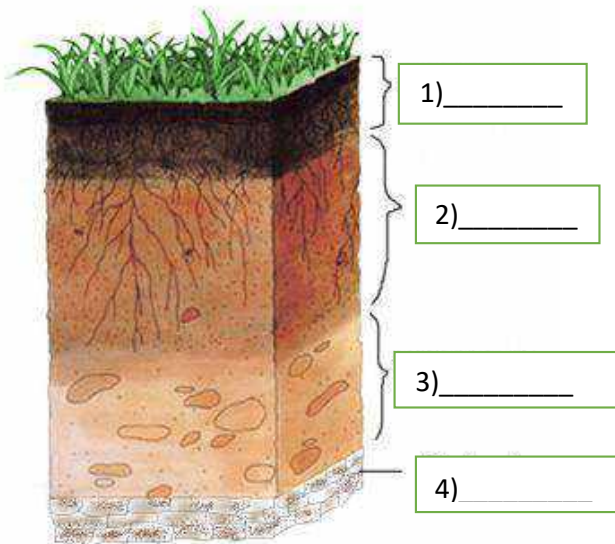
**Q.I.A) Fill in the blanks with the appropriate word in the following statements: (2 marks)**

- i) Air expands on \_\_\_\_\_ .
- ii) In cockroaches, air enters the body through \_\_\_\_\_ .
- iii) A dark funnel-shaped cloud that reaches from the sky to the ground is \_\_\_\_\_ .
- iv) Normal range of breathing rate per minute in an average adult person at rest is \_\_\_\_\_ .

**B) Name two devices that forecast a cyclone. (1 mark)**

**C) Name the tiny pores on the surface of leaves. (1 mark)**

**D) The figure given below is the soil profile. Label the various layers. (2 marks)**



**SOIL PROFILE**

**Q.II.A) Mention any two precautions that one should take during a thunderstorm. (1 mark)**

**B) Mention any two uses of soil. (1 mark)**

**C) Explain why does the can with hot water get distorted? (1 mark)**

**D) Explain how soil is formed. (1 mark)**

**Q.III.A) Fill in the blanks with the appropriate word in the following statements: (2 marks)**

i) The moving air is called \_\_\_\_\_ .

ii) The centre of a cyclone is called \_\_\_\_\_ .

iii) Loamy and clayey soils are suitable for growing \_\_\_\_\_ and \_\_\_\_\_ .

**B) Name two natural disasters. (1 mark)**

**C) Name the type of soil used for making pottery. (1 mark)**

**D) Match Column A with Column B and write the correct option in Column C. (1 mark)**

Column A	Column B	Column C
i) Anemometer	a) Measures the direction of wind	
ii) Wind vane	b) Measure the air pressure at any place	
	c) Measures the speed of wind	

**Q.IV.A) How does yawning help us ? (1 mark)**

**B) Explain why does an athlete breathe faster and deeper than usual after finishing the race? (1 mark)**

**C) Explain how soil erosion could be prevented. (1 mark)**

**D) List the similarities and differences between aerobic and anaerobic respiration. (2 marks)**

## ANSWER KEY

Q.1.A)

- i) heating
- ii) spiracles
- iii) tornado
- iv) 12 to 20 breaths per minute

B) Satellites, Radars.

C) Stomata

- D) 1) Topsoil (A horizon)  
2) Subsoil (B horizon)  
3) C horizon  
4) Bedrock

Q.11.A) • Avoid electronic equipment.

- Always try to go indoor when there is a heavy thunderstorm.

B) • Pottery  
• Agriculture

C) As the hot water is poured into the can, some steam in the can condenses into water, reducing the amount of air inside it. The pressure inside the can decreases than the pressure exerted by the air from outside the can. As a result, the can gets compressed.

D) Soil minerals form the basis of soil. They are produced from rocks (parent material) through the processes of weathering and natural erosion. Water, wind, temperature change, gravity, chemical interaction, living organisms and pressure differences all help break down parent material.

Q. III. A)

i) wind

ii) The eye

iii) wheat, pulses

~~iv)~~

B) Hurricanes, tsunamis

C) Clayey soil

D) Column c

c)

a)

Q. IV. A) Yawning helps us bring more oxygen into the blood and move more carbon dioxide out of the blood.

B) Athletes need a lot of energy during the race, and for the release of energy, they need a lot of oxygen, hence they breathe faster than usual after finishing the race.

c) • Planting more and more trees will result in the reduction of soil erosion.

• By stopping deforestation and avoiding overgrazing of animals.

D) Similarities: In both kinds of respiration, food particles are broken down to finer constituents.

### Differences

Aerobic respiration	Anaerobic respiration
Takes place in the presence of oxygen.	Takes place in the absence of oxygen.
End products are $\text{CO}_2$ & $\text{H}_2\text{O}$	End products are $\text{CO}_2$ and alcohol.



**Q.I.A) Select and write the most appropriate alternative from those provided below each statement. (2 marks)**

i) The Earth's surface is covered with water by \_\_\_\_\_ .

- a) 71%                      b) 72%                      c) 73%

ii) The device that records the distance travelled by a vehicle is \_\_\_\_\_ .

- a) Speedometer              b) Tachometer              c) Odometer

iii) Micro-organisms act upon the dead plants to produce \_\_\_\_\_ .

- a) Humus                      b) Bacteria                      c) Fungi

iv) An image that cannot be obtained on a screen is called \_\_\_\_\_ .

- a) Erect Image              b) Virtual Image              c) Real Image

**B) Name the most ancient unit of time in which it was earlier measured. (1 mark)**

**C) Name the techniques of watering plants which minimizes the wastage of water. (1 mark)**

**D) Explain why concave mirror is known as a converging mirror. (1 mark)**

**E) Draw the symbols to represent the following components of electrical circuits: (2 marks)**

i) Switch in ON position

ii) Battery

**Q.II.A) Classify the following as motion along a straight line, circular motion or oscillatory motion. (1 mark)**

1. Motion of a child in a merry-go-round.

2. Motion of the hammer of an electric bell.

P.T.O

**B) State the characteristics of image formed by a plane mirror. (1 mark)**

**C) Write two advantages of conserving water. (1 mark)**

**D) Distinguish between an open circuit and a closed circuit. (1 mark)**

**E) Match Column A with Column B and write the correct option in Column C. (1 mark)**

Column A	Column B	Column C
i) A convex mirror	a) Used by dentists to see an enlarged image of teeth.	
ii) A concave mirror	b) The image is erect and of the same size as the object.	
	c) Can form an image of objects spread over a large area.	

**Q.III.A) Select and write the most appropriate alternative from those provided below each statement. (2 marks)**

i) The basic unit of speed is \_\_\_\_\_ .

a) m/s

b) km/min

c) m/min

ii) The process of water seepage into the ground is called \_\_\_\_\_ .

a) Infiltration

b) Aquifer

c) Recharge

iii) A virtual image larger than the object can be produced by a \_\_\_\_\_ .

a) Convex Mirror

b) Concave Mirror

c) Plane Mirror

iv) The excessive cutting of trees for personal or commercial purpose is called \_\_\_\_\_ .

a) Canopy

b) Soil Erosion

c) Deforestation

**B) Name any two birds which you expect to see in a forest. (1 mark)**

**P.T.O**

C) Name the type of mark for which we should look at an electric appliance before buying. (1 mark)

D) Why is an electric fuse required in all electrical appliance? (1 mark)

E) The distance between two stations is 120 km. A train takes 2 hours to cover this distance. Calculate the speed of the train. (2 marks)

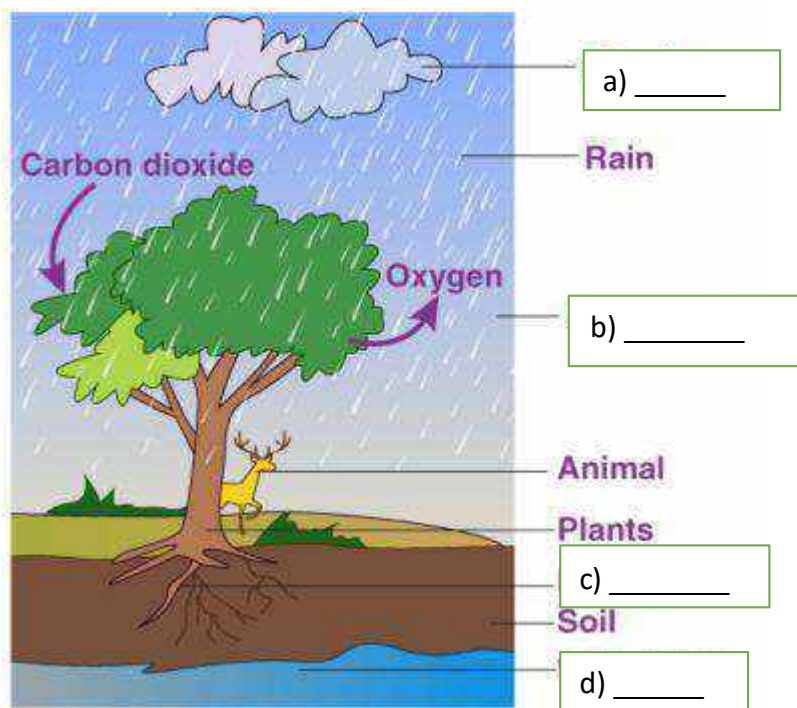
Q.IV.A) What is reflection? (1 mark)

B) Forests are called green lungs. Give reason. (1 mark)

C) Explain how groundwater is recharged. (1 mark)

D) What is the reason due to which Earth appears blue from space? (1 mark)

E) Label the missing elements from the figure given below: (2 marks)



ANSWER KEY

Q.1A)

1. ~~71%~~
2. ~~speedometer~~
3. ~~humus~~
4. ~~Virtual image~~

B) Theethamustum

C) Drip irrigation

D) Concave mirror is known as a converging mirror because it converges a beam of parallel rays of light at one point.

E) Switch is ON position  $\rightarrow$



Q.11-A) 1. Circular motion

2. Oscillatory motion

B) • Image distance and object distance are equal

• Size of object and image are equal

C) • Protects drinking water resources

• It solves the problem of water scarcity.

D) Open circuit

An open electric circuit is or electric path which

closed circuit

A closed circuit is an electric path which begins from the

begins from the positive terminal of a battery or cell, gets broken at some point.

positive terminal of a cell or battery and terminates at its negative terminal without any break.

E) Colclmn c

c)

a)

Q. III. A)

i) m/s

ii) infiltration

iii) concave mirror

iv) Deforestation.

B) Hornbill, Koel

C) ISI mark

D) Electric fuse is required in all electrical appliances to prevent damage from excessive current flow and during short circuit.

E) Dist. bet<sup>n</sup> two stations = 120 km

Total time taken = 2 hrs

$$\text{Speed} = \frac{\text{Distance}}{\text{time}} = \frac{120}{2} = 60 \text{ km/h}$$

Q IV. A) Reflection: When light falls on a shiny surface, it bounces back. This phenomenon is called reflection.

B) The rainwater and water from other sources such as rivers and ponds seeps through the soil and fills the empty spaces and cracks deep below the ground. The process of seeping of water into the ground is called infiltration. By the process of infiltration, groundwater gets recharged.

C) The earth appears blue from space because a major part of the surface of earth is covered with water in seas and ocean.

D) Plants release oxygen through the process of photosynthesis which helps the animals for respiration. They also maintain the balance of oxygen and  $\text{CO}_2$  in the atmosphere.

- E) a) cloud  
b) Atmosphere  
c) Roots  
d) water

## REFLECTION

I believe internship at school is the best part of the B. Ed course. It gives a real life experience and helped me to grow to be a teacher. As a teacher trainee, I could experience the school environment and the day-to-day operations of the school. This year the internship experience was different as we were all hit by the pandemic. So we know that the students weren't present in the school premises. The teaching has shifted from offline to online. My batch would be the first batch where we have experienced both offline classes as well as online classes in this two years course.

I had done my internship at Late Shri Vinayak Gopal Shenvi Vidyalaya, I was an ex-student of the school. That's why I didn't had to hassle in order to find a school for internship. The Headmaster Mr. Damodar Sini Kunde was very kind enough to take me as an intern and assigned Mrs. Roshni Prabhudessai as my mentor teacher. I got an experience of online classes how to prepare lessons, how to make videos and to record ppt. It made me realize making video and recording them and sending it was way more challenging than an offline class. I had to send video recordings to class 7<sup>th</sup> A for mathematics lessons and class 7<sup>th</sup> B for science lessons. My mentor teacher was very helpful, she helped me with any difficulties I came across, she had to check all the videos and exercises before it was sent to the class WhatsApp group. I was given an opportunity to set the 3<sup>rd</sup> formative exam for mathematics and science class 7<sup>th</sup>. Even 2<sup>nd</sup> summative exam for mathematics and science for class 7<sup>th</sup>. This time the internship experience was like a real school teacher were I had not just given my 20 lessons as a part of internship but I had to complete syllabus of exam portions so had to take many chapters in mathematics as well as science.

I had been a part of Republic Day assembly even prepared the bulletin board for the Republic Day. It was inaugurated by Notary and Advocate Sir Prashant Rajadhyax. The teachers were very humble and kind. It made me nostalgic and I recollected my school days. I relived my school days that's what I realized. When I had to go for supervision it made me realize that, I also was the student of this school and I use to answer my exams sitting on these benches. All round it was very great experience for me as an individual.

The headmaster, teaching staff, non-teaching staffs and the multi-tasking staffs with all of them I had a good bond. The Internship phase had gone smoothly.

## **SUGGESTIONS**

- Internship would have begun at the beginning of the academic year rather in the second half.
- Last moment we were told to find a school for internship. Whereas in first year, it was provided.
- When the letter was sent to school regarding the extend of internship, it would have been better if the college informed us once that such a letter would be sent across schools asking permission of extending the internship for another two months.
- Maybe an orientation could have been conducted online. In order to understand how to go about the internship during the pandemic and the things to add in the internship file.
- Calling S.Y. students to college during internship wasn't a good idea. Teachers could have sent videos or taken online classes after school hours.



**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	4.01.21	07:50 am	12:45 pm	<i>Fernandes</i>
TUESDAY	5.01.21	07:50 am	12:35 pm	<i>Fernandes</i>
WEDNESDAY	6.01.21	07:52 am	12:36 pm	<i>Fernandes</i>
THURSDAY	7.01.21	07:54 am	12:35 pm	<i>Fernandes</i>
FRIDAY	8.01.21	07:56 am	12:35 pm	<i>Fernandes</i>
SATURDAY	9.01.21	07:55 am	12:32 pm	<i>Fernandes</i>

Signature of the  
Headmaster/Headmistress

HEADMASTER  
Guardian Angel High School  
Curchorem - Goa

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	11.01.21	07:55 am	12:35 pm	<i>Fernandes</i>
TUESDAY	12.01.21	07:59 am	12:35 pm	<i>Fernandes</i>
WEDNESDAY	13.01.21	07:58 am	12:36 pm	<i>Fernandes</i>
THURSDAY	14.01.21	08:00 am	12:48 pm	<i>Fernandes</i>
FRIDAY	15.01.21	07:55 am	12:35 pm	<i>Fernandes</i>
SATURDAY	—	—	—	—

Signature of the  
Headmaster/Headmistress

HEADMASTER  
Guardian Angel High School  
Curchorem - Goa



NIRMALA INSTITUTE OF EDUCATION  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Di: 04.01.21	TUESDAY Di: 05.01.21	WEDNESDAY Di: 06.01.21
1st Period	Discussion with peers	Meeting with Mentor	Creating Math PPT (1)
2nd Period	Discussion with peers	Planning of Math lesson	Creating Math PPT (1)
3rd Period	Discussion with teacher	Planning of Math lesson	Creating Math PPT (1)
4th Period	Planning of Lesson	Planning of Math lesson	Creating Math PPT (1)
5th Period	<del> </del>	<del> </del>	<del> </del>
6th Period	<del> </del>	<del> </del>	<del> </del>
7th Period	<del> </del>	<del> </del>	<del> </del>
8th Period	<del> </del>	<del> </del>	<del> </del>

Signature of the Headmaster/Headmistress:

  
HEADMASTER  
Guardian Angel High School  
Curchorem - Goa

# NIRMAIA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY DI: 7.01.21	FRIDAY DI: 8.01.21	SATURDAY DI: 9.01.21
1st Period	Creating Math PPT (1)	Preparing for Math lesson	Creating Math PPT
2nd Period	Creating Math PPT (1)	Math lesson - Std IX	Creating Math PPT
3rd Period	Substitution (10 minutes) + Discussion with Music Tr.	Substitution (15 minutes) + Math PPT	Creating Math PPT
4th Period	Creating Math PPT (1)	Creating Math PPT (2)	Creating Math PPT
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER  
Guardian Angel High School  
Curchorem - Goa



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 11.01.21	TUESDAY Dt: 12.01.21	WEDNESDAY Dt: 13.01.21
1st Period	Lesson runthrough + Discussion with the teacher	Edited the PPT	Planning Math Lesson on Polynomials
2nd Period	Watched Youtube videos on Mid-point Theorem	Lesson runthrough	Solved problems on Polynomials
3rd Period	Edited the PPT	Lesson runthrough	Created Math PPT
4th Period	Referred the Math textbook for content on Polynomials	Lesson on Properties / Theorems of Parallelograms	Created Math PPT
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY DE: 14.01.21	FRIDAY DE: 15.01.21	SATURDAY DE: 16.01.21
1st Period	Edited the PPT	Planned Science lesson	/
2nd Period	Lesson Runthrough	Worked on Republic Day Poster	/
3rd Period	Lesson Runthrough + Lesson @ 11:00 am	Worked on Republic Day Poster	/
4th Period	Lesson on Polynomials	Worked on Republic Day Poster	Feast of St. Joseph Vaz
5th Period	/	/	/
6th Period	/	/	/
7th Period	/	/	/
8th Period	/	/	/

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER  
Guardian Angel High School  
Curchorem - Goa

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	18.01.21	07:55 am	12:35 am	<u>Enidas</u>
TUESDAY	19.01.21	07:58 am	12:35 am	<u>Enidas</u>
WEDNESDAY	20.01.21	07:58 am	12:38 am	<u>Enidas</u>
THURSDAY	21.01.21	07:59 am	12:35 am	<u>Enidas</u>
FRIDAY	22.01.21	08:00 am	12:35 am	<u>Enidas</u>
SATURDAY	-	-	-	-

  
 Signature of the  
 Headmaster/Headmistress


**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	25.01.21	07:58 am	01:12 pm	<u>Enidas</u>
TUESDAY	26.01.21	08:00 am	09:00 am	<u>Enidas</u>
WEDNESDAY	27.01.21	07:59 am	12:35 pm	<u>Enidas</u>
THURSDAY	28.01.21	07:57 am	12:32 pm	<u>Enidas</u>
FRIDAY	29.01.21	08:00 am	12:32 pm	<u>Enidas</u>
SATURDAY	30.01.21	08:24 am	12:40 pm	<u>Enidas</u>

  
 Signature of the  
 Headmaster/Headmistress  
 ENIDA M. FERNANDES  
 Guardian Angel High School  
 Churchilem - Goa

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 18.01.21	TUESDAY Dt: 19.01.21	WEDNESDAY Dt: 20.01.21
1st Period	Discussion with Mentor	Worked on Republic Day Poster	Worked on Republic Day Poster
2nd Period	Planning of Science lesson Paper Counting + Worked on Bulletin Board	Worked on Republic Day Poster Paper Counting + Worked on Republic Day Poster	Worked on Republic Day Poster Paper Counting + Practiced Patriotic Song
3rd Period	Worked on Bulletin Board	Practiced a patriotic song	Had been assigned office work
4th Period	/		
5th Period	/		
6th Period	/		
7th Period	/		
8th Period	/		

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER

Guardian Angel High School  
Chuncholim - Goa



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 21.01.21	FRIDAY Dt: 22.01.21	SATURDAY Dt: 23.01.21
1st Period	Worked on Science lesson plan	Worked on Republic day poster	ABSENT
2nd Period	Completed task assigned by the Office staff	Worked on Republic day poster	
3rd Period	Practiced the Patriotic song	Worked on Republic day poster	
4th Period	Worked on Republic Day poster	Worked on Republic day poster	
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER  
Guardian Angel High School



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 25.01.21	TUESDAY Dt: 26.01.21	WEDNESDAY Dt: 27.01.21
1st Period	Planned Science Lesson	Republic Day Celebration	Created Math PPT
2nd Period	Planned Science Lesson	-	Created Math PPT
	Paper Counting + Practiced Republic Day song	-	Created Math PPT
3rd Period	Practiced Republic Day song with Teacher	-	Created Math PPT
4th Period			
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER

Guardian Angel High School  
Curendoren - Goa

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 28.01.21	FRIDAY Dt: 29.01.21	SATURDAY Dt: 30.01.21
1st Period	Edited ppt Lesson runthrough	Practiced math problems Read the Science lesson on 'sound'	Practiced Math problems Presented Math lesson
2nd Period	Writing of lesson plan Math lesson	Watched Youtube videos related to 'sound'	Presented Math lesson
3rd Period	Completed lesson plan	Practiced for math lesson	Substituted in XE + Discussion with Math Tr.
4th Period			
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER  
Guardian Angel High School  
Curchorem - Goa


**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	01-02-21	08:00 am	12:35 pm	<i>Fernandes</i>
TUESDAY	02-02-21	07:55 am	12:35 pm	<i>Fernandes</i>
WEDNESDAY	03-02-21	07:58 am	12:40 pm	<i>Fernandes</i>
THURSDAY	04-02-21	08:00 am	12:35 pm	<i>Fernandes</i>
FRIDAY	05-02-21	07:59 am	12:36 pm	<i>Fernandes</i>
SATURDAY	06-02-21	08:00 am	12:35 pm	<i>Fernandes</i>

  
 Signature of the  
 Headmaster/Headmistress


**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	08-02-21	07:58 am	12:37 pm	<i>Fernandes</i>
TUESDAY	09-02-21	08:01 am	12:35 pm	<i>Fernandes</i>
WEDNESDAY	10-02-21	08:00 am	12:35 pm	<i>Fernandes</i>
THURSDAY	11-02-21	08:00 am	12:43 pm	<i>Fernandes</i>
FRIDAY	12-02-21	08:00 am	12:30 am	<i>Fernandes</i>
SATURDAY	13-02-21	07:58 am	11:40 am	<i>Fernandes</i>

  
 Signature of the  
 Headmaster/Headmistress



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES  
 NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 01.02.21	TUESDAY Dt: 02.02.21	WEDNESDAY Dt: 03.02.21
1st Period	Created Science ppt	Wrote math plan	Edited Science ppt watched content related videos
2nd Period	Created Science ppt + Monitored std x students	Wrote math plan + Monitored students + paper counting	Edited Science ppt + Monitored std x students
3rd Period	created Science ppt	Created Science ppt	Science Lesson
4th Period	Created Science ppt	Created Science ppt	Discussion with Mentor
5th Period	/		
6th Period			
7th Period			
8th Period			

*Enida M. Fernandes*

Signature of the Headmaster/Headmistress: \_\_\_\_\_

Principal  
 Guardian Angel High School  
 Curatorom - Goa

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 04.02.21	FRIDAY Dt: 05.02.21	SATURDAY Dt: 06.02.21
1st Period	Watched content related videos	Created Science ppt	Edited Science ppt
2nd Period	Read the science lesson	Edited Science notes	Lesson Runthrough
3rd Period	Typed science notes	Created science ppt	Science Lesson on Sound
4th Period	Typed science notes	Created science ppt	Science Lesson on Sound
5th Period	<del> </del>	<del> </del>	<del> </del>
6th Period	<del> </del>	<del> </del>	<del> </del>
7th Period	<del> </del>	<del> </del>	<del> </del>
8th Period	<del> </del>	<del> </del>	<del> </del>

Signature of the Headmaster/Headmistress: \_\_\_\_\_



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 08-02-21	TUESDAY Dt: 09-02-21	WEDNESDAY Dt: 10-02-21
1st Period	Watched content related videos	Created science ppt	Prepared for Lesson
2nd Period	Read Science Lesson	Created science ppt	Lesson Runthrough
3rd Period	Created Science ppt	Created science ppt	Science Lesson on 'Sound'
4th Period	Created Science ppt	Edited Science ppt	Science Lesson on 'Sound'
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

  
HEADMASTER  
Guardian Angel High School  
Curchorem - Goa


Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15.02.21	07:58 am	12:15 pm	<u>Fernandes</u>
TUESDAY	16.02.21	08:00 am	11:10 am	<u>Fernandes</u>
WEDNESDAY	17.02.21	09:30 am	12:35 pm	<u>Fernandes</u>
THURSDAY	18.02.21	07:51 am	12:40 pm	<u>Fernandes</u>
FRIDAY	19.02.21	07:55 am	12:35 pm	<u>Fernandes</u>
SATURDAY	20.02.21	—	—	

  
Signature of the  
Headmaster/Headmistress  
HEADMASTER  
Guardian Angel High School  
Curchorem - Goa


Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22.02.21	—	—	
TUESDAY	23.02.21	08:00 am	12:35 pm	<u>Fernandes</u>
WEDNESDAY	24.02.21	08:00 am	12:36 pm	<u>Fernandes</u>
THURSDAY	25.02.21	07:56 am	12:35 pm	<u>Fernandes</u>
FRIDAY	26.02.21	07:58 am	12:05 pm	<u>Fernandes</u>
SATURDAY	27.02.21	07:55 am	12:33 pm	<u>Fernandes</u>


  
Signature of the  
Headmaster/Headmistress  
HEADMASTER  
Guardian Angel High School  
Curchorem - Goa

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES  
 NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 15.02.21	TUESDAY Dt: 16.02.21	WEDNESDAY Dt: 17.02.21
1st Period	Edited Science ppt on Sound	Created Science ppt on Diversity	—
2nd Period	Watched content-related videos	Created Science ppt on Diversity	Went through previous years Math question papers
3rd Period	Began with Science ppt on Diversity	Created Science ppt on Diversity	Designed Math test on 'Linear Equations'
4th Period	—	—	Designed Math test on 'Linear Equations'
5th Period	<del>_____</del>		
6th Period	<del>_____</del>		
7th Period	<del>_____</del>		
8th Period	<del>_____</del>		

Signature of the Headmaster/Headmistress:   
 HEADMASTER  
 Guardian Angel High School  
 Curdatorim - Goa



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**




NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 18.02.21	FRIDAY Dt: 19.02.21	SATURDAY Dt: 20.02.21
1st Period	Edited Math test	Edited Science ppt	Absent
2nd Period	Read Science Lesson	Worked on Math test blueprint	
3rd Period	Edited Science ppt	Made Paper Bags	
4th Period	Edited Science ppt	Prepared for Science lesson	
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress:

  
 HEADMASTER  
 Guardian Angel High School

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINER: ENLIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 22.02.21	TUESDAY Dt: 23.02.21	WEDNESDAY Dt: 24.02.21
1st Period	Absent	Created Science ppt	Edited Revision test papers
2nd Period	-	Created science ppt	Edited science ppt
3rd Period	-	Surfed the internet for images	Lesson Runthrough
4th Period	-	Typed Revision test papers (Science)	Science Lesson
5th Period	/		
6th Period	/		
7th Period	/		
8th Period	/		

Signature of the Headmaster/Headmistress: \_\_\_\_\_

*[Handwritten Signature]*

HEAD MASTER  
Guardian Angel High School  
Curchorem - Goa

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Di: 25.02.21	FRIDAY Di: 26.02.21	SATURDAY Di: 27.02.21
1st Period	Created poster on SUP	Watched content related videos.	Read lesson
2nd Period	Typed the WMC reports	Science Lesson Run-through	Typed Math revision paper
3rd Period	Typed Science ppt	Science Lesson on 'Diversity'	Wrote Lesson plan
4th Period	Edited Science ppt	Typed notes on Se Math lesson	Wrote Lesson plan
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

  
 HEADMASTER  
 Guardian Angel High School  
 Curchorem - Goa

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	01.03.21	—	—	<u>Fernandes</u>
TUESDAY	02.03.21	07:50 am	01:40 pm	<u>Fernandes</u>
WEDNESDAY	03.03.21	07:05 am	11:10 am	<u>Fernandes</u>
THURSDAY	04.03.21	07:45 am	12:40 pm	<u>Fernandes</u>
FRIDAY	05.03.21	07:58 am	12:42 pm	<u>Fernandes</u>
SATURDAY	06.03.21	08:06 am	12:35 pm	<u>Fernandes</u>

Signature of the  
 Headmaster/Headmistress

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	08.03.21	—	—	<u>Fernandes</u>
TUESDAY	09.03.21	07:56 am	12:36 pm	<u>Fernandes</u>
WEDNESDAY	10.03.21	08:00 am	12:40 pm	<u>Fernandes</u>
THURSDAY	11.03.21	—	—	<u>Fernandes</u>
FRIDAY	12.03.21	—	—	<u>Fernandes</u>
SATURDAY	13.03.21	08:01 am	12:35 pm	<u>Fernandes</u>

Signature of the  
 Headmaster/Headmistress

NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 01-03-21	TUESDAY Dt: 02-03-21	WEDNESDAY Dt: 03-03-21
1st Period	Classes at NIE.	Typed Liturgy (assigned by Tr. Ruth)	H.M.'s birthday celebration
2nd Period		Worked on Math test blueprint	"
3rd Period		Fr. (HM's) birthday preparation	"
4th Period		Birthday Preparation	-
5th Period			
6th Period			
7th Period			
8th Period			

*Enida*

Signature of the Headmaster/Headmistress: \_\_\_\_\_



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY DT: 04.03.21	FRIDAY DT: 05.03.21	SATURDAY DT: 06.03.21
1st Period	Wrote Science Lesson plan	Wrote the solution of a graph (linear equation)	Math Lesson Plan
2nd Period	Wrote Science Lesson plan	Math Lesson Plan	Math Lesson Plan
3rd Period	Completed Math test blueprint	Designed cover page	Meeting with the HM
4th Period	Read Science Lesson	Designed pages for internship file	Math Lesson Plan
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 08.03.21	TUESDAY Dt: 09.03.21	WEDNESDAY Dt: 10.03.21
1st Period	Lesson at NIE	Meeting with Parents	Meeting with Parents
2nd Period		"	"
3rd Period		"	"
4th Period		Read Science notes	Read Science notes
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER  
Guardian Angel High School  
Curchorem - Goa



## NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 11-03-21	FRIDAY Dt: 12-03-21	SATURDAY Dt: 13-03-21
1st Period	MahaShivratri	Lesson at NIE	Meeting with Parents
2nd Period			"
3rd Period			"
4th Period			Read Science notes
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress:

 HEADMASTER  
 Guardian Angel High School  
 Curchorem - Goa



Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15-03-21	09:15 am	12:45 pm	<i>Fernandes</i>
TUESDAY	16-03-21	—	—	<i>Fernandes</i>
WEDNESDAY	17-03-21	09:15 am	12:35 pm	<i>Fernandes</i>
THURSDAY	18-03-21	—	—	<i>Fernandes</i>
FRIDAY	19-03-21	08:00 am	12:40 pm	<i>Fernandes</i>
SATURDAY	20-03-21	—	—	<i>Fernandes</i>

  
Signature of the  
Headmaster/Headmistress  
HEADMASTER  
Guardian Angel High School  
Curchorem - Goa

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22-03-21	—	—	<i>Fernandes</i>
TUESDAY	23-03-21	07:54 am	12:35 pm	<i>Fernandes</i>
WEDNESDAY	24-03-21	—	—	<i>Fernandes</i>
THURSDAY	25-03-21	08:00 am	12:40 pm	<i>Fernandes</i>
FRIDAY	26-03-21	08:06 am	12:35 pm	<i>Fernandes</i>
SATURDAY	27-03-21	08:08 am	12:35 pm	<i>Fernandes</i>

  
Signature of the  
Headmaster/Headmistress  
HEADMASTER  
Guardian Angel High School  
Curchorem - Goa

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 15.03.21	TUESDAY Dt: 16-03-21	WEDNESDAY Dt: 17.03.21
1st Period	—	Classes at NIE	—
2nd Period	Math lesson plan	.	Created Math ppt
3rd Period	Math lesson plan		Created Math ppt
4th Period	Created Math ppt		Created Math ppt
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress:

HEADMASTER

Guardian Angel High School  
Curchorem - Goa

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 18.03.21	FRIDAY Dt: 19.03.21	SATURDAY Dt: 20.03.21
1st Period	Classes at NIE	Math Lesson Preparation	Absent
2nd Period		Math Lesson preparation	
3rd Period		Math Lesson on Surface areas and Volumes	
4th Period		Math Lesson + feedback on Lesson	
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_


HEADMASTER  
Guardian Angel High School  
Curchorem - Goa

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES  
 NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 22.08.21	TUESDAY Dt: 23.08.21	WEDNESDAY Dt: 24.08.21
1st Period	Classes at NIE	Typed the student test	Classes at NIE
2nd Period	"	"	"
3rd Period	"	"	"
4th Period	"	"	"
5th Period	<del>_____</del>		
6th Period	<del>_____</del>		
7th Period	<del>_____</del>		
8th Period	<del>_____</del>		

Signature of the Headmaster/Headmistress:   
**HEADMASTER**  
 Guardian Angel High School  
 Curchorem - Goa

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 25.03.21	FRIDAY Dt: 26.03.21	SATURDAY Dt: 27.03.21
1st Period	Created Math PPT	Wrote Lesson Plan	Wrote Math Lesson Plan
2nd Period	Prepared for Math Lesson	"	"
3rd Period	Math Lesson	"	Wrote Report on WDC
4th Period	Math Lesson	"	Researched on Observation Tasks
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER

Guardian Angel High School  
Curchorem - Goa

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	29.03.21	—	—	<u>Fernandes</u>
TUESDAY	30.03.21	—	—	<u>Fernandes</u>
WEDNESDAY	31.03.21	—	—	<u>Fernandes</u>
THURSDAY	01.04.21	08:00 am	11:35 am	<u>Fernandes</u>
FRIDAY	02.04.21	—	—	<u>Fernandes</u>
SATURDAY	03.04.21	08:05 am	10:40 am	<u>Fernandes</u>

Signature of the  
Headmaster/Headmistress

HEADMASTER  
Guardian Angel High School  
Curchorem - Goa

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	05.04.21	07:50 am	12:35 pm	<u>Fernandes</u>
TUESDAY	06.04.21	07:55 am	12:35 pm	<u>Fernandes</u>
WEDNESDAY	07.04.21	07:50 am	12:35 pm	<u>Fernandes</u>
THURSDAY	08.04.21	07:58 am	12:35 pm	<u>Fernandes</u>
FRIDAY	09.04.21	07:56 am	12:48 pm	<u>Fernandes</u>
SATURDAY	10.04.21	08:00 am	12:35 pm	<u>Fernandes</u>

Signature of the  
Headmaster/Headmistress

HEADMASTER  
Guardian Angel High School  
Curchorem - Goa



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES  
 NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 01.04.21	FRIDAY Dt: 02.04.21	SATURDAY Dt: 03.04.21
1st Period	Prayer Meet + Lesson Plan	GOOD FRIDAY	Lesson Plan
2nd Period	Lesson Plan	.	Lesson Plan
3rd Period	Lesson Plan		—
4th Period	—		—
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER  
 Guardian Angel High School  
 Churchorem - Goa



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 05.04.21	TUESDAY Dt: 06.04.21	WEDNESDAY Dt: 07.04.21
1st Period	Lesson Plan	Lesson Plan	Watched YouTube video on Mid-Point theorem
2nd Period	Lesson Plan	Artwork	Lesson Plan
3rd Period	Lesson Plan	Artwork	Lesson Plan
4th Period	Lesson Plan	Artwork	Lesson Plan
5th Period	<del>Lesson Plan</del>	<del>Artwork</del>	<del>Lesson Plan</del>
6th Period	<del>Lesson Plan</del>	<del>Artwork</del>	<del>Lesson Plan</del>
7th Period	<del>Lesson Plan</del>	<del>Artwork</del>	<del>Lesson Plan</del>
8th Period	<del>Lesson Plan</del>	<del>Artwork</del>	<del>Lesson Plan</del>

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER  
Guardian Angel High School  
Churcher's - Goa

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES  
 NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 08.04.21	FRIDAY Dt: 09.04.21	SATURDAY Dt: 10.04.21
1st Period	Read Math Lesson	Blessing of the school premises	Lesson Plan
2nd Period	Lesson Plan	Lesson Plan	Lesson Plan
3rd Period	Lesson Plan	Report Writing	Read Notes
4th Period	Lesson Plan	Lesson Plan	Read Notes
5th Period	<del>_____</del>		
6th Period	<del>_____</del>		
7th Period	<del>_____</del>		
8th Period	<del>_____</del>		

Signature of the Headmaster/Headmistress: \_\_\_\_\_

THE HEADMASTER  
 Guardian Angel High School  
 Calicut - Goa

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	12.04.21	08:00 am	12:35 pm	<i>Fernandes</i>
TUESDAY	13.04.21	HOLIDAY	—	<i>Fernandes</i>
WEDNESDAY	14.04.21	HOLIDAY	—	<i>Fernandes</i>
THURSDAY	15.04.21	08:00 am	12:40 pm	<i>Fernandes</i>
FRIDAY	16.04.21	08:00 am	12:35 pm	<i>Fernandes</i>
SATURDAY	17.04.21	08:00 am	12:30 pm	<i>Fernandes</i>

Signature of the  
 Headmaster/Headmistress

HEADMASTER  
 Guardian Angel High School  
 Curchorem - Goa

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: GUARDIAN ANGEL HIGH SCHOOL

Name of the Teacher Trainee: ENIDA M. FERNANDES

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	19.04.21	08:00 am	12:35 pm	<i>Fernandes</i>
TUESDAY	20.04.21	08:00 am	12:40 pm	<i>Fernandes</i>
WEDNESDAY	21.04.21	08:01 am	12:45 pm	<i>Fernandes</i>
THURSDAY	22.04.21	08:05 am	12:35 pm	<i>Fernandes</i>
FRIDAY	23.04.21	08:00 am	11:45 pm	
SATURDAY	24.04.21	—	—	

Signature of the  
 Headmaster/Headmistress


HEADMASTER  
 Guardian Angel High School  
 Curchorem - Goa

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: SNIDA M. FERNADES  
 NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	MONDAY Dt. 12.04.21	TUESDAY Dt. 13.04.21	WEDNESDAY Dt. 14.04.21
1st Period	Lesson Plan	Gudi Padwa	Ambedkar Jayanti
2nd Period	Lesson Plan	.	
3rd Period	Lesson Plan		
4th Period	Lesson Plan		
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress \_\_\_\_\_  
  
 HEADMASTER  
 Guardian Angel High School  
 Chirodisem - Goa

## NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: GUARDIAN ANGEL

	THURSDAY Dt: 15.04.21	FRIDAY Dt: 16.04.21	SATURDAY Dt: 17.04.21
1st Period	Lesson Plan	Lesson Plan	Lesson Plan
2nd Period	Lesson Plan	Lesson Plan	Lesson Plan
3rd Period	Lesson Plan	Read Notes	Lesson Plan
4th Period	Lesson Plan	Read Notes	Lesson Plan
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

  
 HEADMASTER/HEADMISTRESS  
 Guardian Angel High School  
 Church Street - Goa

## NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.E.D. 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINEE: ENIDA M. FERNANDES

NAME OF THE SCHOOL: CORDILIAN ANGEL HIGH SCHOOL

	MONDAY Dt: 19-04-21	TUESDAY Dt: 20-04-21	WEDNESDAY Dt: 21-04-21
1st Period	Lesson Plan	Lesson Plan	Lesson Plan
2nd Period	Lesson Plan	Lesson Plan	Lesson Plan
3rd Period	Lesson Plan	Lesson Plan	Lesson Plan
4th Period	Lesson Plan	Lesson Plan	Lesson Plan
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress \_\_\_\_\_

THE HEADMASTER  
 Guardian Angel High School  
 Curupirem - Goa

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.E.D. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: ENIDA M. FERREANDES  
 NAME OF THE SCHOOL: GUARDIAN ANGEL HIGH SCHOOL

	THURSDAY Dt: 21-04-21	FRIDAY Dt:	SATURDAY Dt:
1st Period	Lesson Plan		
2nd Period	Lesson Plan		
3rd Period	Lesson Plan		
4th Period	Lesson Plan		
5th Period			
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

HEADMASTER  
 Guardian Angel High School  
 Churchem - Goa

**Nirmala Institute of Education**  
**B.Ed 2019 - 2021 (Y2)**  
**Individual report of trainee**



Name: ENIDA M. FERNANDES

Subjects: SCIENCE & MATHEMATICS

How would you rate the teacher trainees on each of the following:

(Tick the appropriate column)

		Excellent	Very good	Good	Fair	Poor
1	Respect shown to the Head and Staff of the School	✓	-	-	-	-
2	Establishment of rapport with Students & Staff	-	✓	-	-	-
3	Use of Instructional Materials	✓	-	-	-	-
4	Quality of lessons given	✓	-	-	-	-
5	Participation in co-curricular activities	✓	-	-	-	-
6	Willingness to conduct activities during substitution periods	-	✓	-	-	-
7	Quality of activities conducted	-	✓	-	-	-
8	Classroom Management and Discipline	-	-	✓	-	-
9	Willingness to help in any other activities conducted in the school	-	-	✓	-	-
10	Punctuality	-	✓	-	-	-

*Fernandes*

Signature of Mentor/Coordinating teacher

**Nirmala Institute of Education**  
**B.Ed 2019 - 2021 (Y2)**  
**Individual report of trainee**



Name: \_\_\_\_\_

Subjects: \_\_\_\_\_ & \_\_\_\_\_

How would you rate the teacher trainees on each of the following:

(Tick the appropriate column)

		Excellent	Very good	Good	Fair	Poor
1	Respect shown to the Head and Staff of the School					
2	Establishment of rapport with Students & Staff					
3	Use of Instructional Materials					
4	Quality of lessons given					
5	Participation in co-curricular activities					
6	Willingness to conduct activities during substitution periods					
7	Quality of activities conducted					
8	Classroom Management and Discipline					
9	Willingness to help in any other activities conducted in the school					
10	Punctuality					

Signature of Mentor/Coordinating teacher



**Nirmala Institute of Education**  
**B.Ed 2019 - 2021 (Y2)**  
**Individual report of trainee**



Name: ENIDA M. FERNANDES

Subjects: SCIENCE & MATHEMATICS

How would you rate the teacher trainees on each of the following:

(Tick the appropriate column)

	Excellent	Very good	Good	Fair	Poor
1 Respect shown to the Head and Staff of the School	✓	-	-	-	-
2 Establishment of rapport with Students & Staff	-	✓	-	-	-
3 Use of Instructional Materials	✓	-	-	-	-
4 Quality of lessons given	✓	-	-	-	-
5 Participation in co-curricular activities	✓	-	-	-	-
6 Willingness to conduct activities during substitution periods	-	✓	-	-	-
7 Quality of activities conducted	-	✓	-	-	-
8 Classroom Management and Discipline	-	-	✓	-	-
9 Willingness to help in any other activities conducted in the school	-	-	✓	-	-
10 Punctuality	-	✓	-	-	-

*Enidas*

Signature of Mentor/Coordinating teacher

**Nirmala Institute of Education**  
**B.Ed 2019 - 2021 (Y2)**  
**Individual report of trainee**



Name: \_\_\_\_\_

Subjects: \_\_\_\_\_ & \_\_\_\_\_

How would you rate the teacher trainees on each of the following:

(Tick the appropriate column)

	Excellent	Very good	Good	Fair	Poor
1 Respect shown to the Head and Staff of the School					
2 Establishment of rapport with Students & Staff					
3 Use of Instructional Materials					
4 Quality of lessons given					
5 Participation in co-curricular activities					
6 Willingness to conduct activities during substitution periods					
7 Quality of activities conducted					
8 Classroom Management and Discipline					
9 Willingness to help in any other activities conducted in the school					
10 Punctuality					

Signature of Mentor/Coordinating teacher

**NIRMALA INSTITUTE OF EDUCATION**  
**Bachelor of Education (B.Ed.)**

Altinho, Panjim, Goa

2019 – 2021 (Yr II)

This is to certify that

ELIZABETH RAJAN

has completed a sixteen-week

Internship Programme

from

4<sup>th</sup> January, 2021 to 24<sup>th</sup> April, 2021  
at

LATE SHRI VINAYAK GOPAL SHENVI VIDYALAYA

in partial fulfilment of the

Two-year B.Ed. Degree Course, Goa University

*Faculty Supervisors*

Name

Signature

1. Ms. Ximena Fonseca

\_\_\_\_\_

2. Ms. Pratiksha Shirodkar

\_\_\_\_\_



Dr. Delia Antão  
*Officiating Principal*

Nirmala Institute of Education

B.Ed 2019 - 2021 (Y2)

Individual report of trainee (Jan & Feb)



Name: Elizabeth Rajan

Subjects: Maths & Science

How would you rate the teacher trainees on each of the following:  
(Tick the appropriate column)

		Excellent	Very good	Good	Fair	Poor
1	Respect shown to the Head and Staff of the School	✓				
2	Establishment of rapport with Students & Staff	✓				
3	Use of Instructional Materials	✓				
4	Quality of lessons given	✓				
5	Participation in co-curricular activities	✓				
6	Willingness to conduct activities during substitution periods	✓				
7	Quality of activities conducted	✓				
8	Classroom Management and Discipline	✓				
9	Willingness to help in any other activities conducted in the school	✓				
10	Punctuality	✓				

*Signature*

Signature of Mentor/Coordinating teacher

Nirmala Institute of Education

B.Ed 2019 - 2021 (Y2)

Individual report of trainee (March & April)



Name: Elizabeth Rajan

Subjects: Maths & Science

How would you rate the teacher trainees on each of the following:  
(Tick the appropriate column)

		Excellent	Very good	Good	Fair	Poor
1	Respect shown to the Head and Staff of the School	✓				
2	Establishment of rapport with Students & Staff	✓				
3	Use of Instructional Materials	✓				
4	Quality of lessons given	✓				
5	Participation in co-curricular activities	✓				
6	Willingness to conduct activities during substitution periods	✓				
7	Quality of activities conducted	✓				
8	Classroom Management and Discipline	✓				
9	Willingness to help in any other activities conducted in the school	✓				
10	Punctuality	✓				

*Signature*

Signature of Mentor/Coordinating teacher

Nirmala Institute of Education  
B.Ed 2019 - 2021 (Y2)  
Attendance record of teacher trainee



Name: Elizabeth Rajan

Internship Dates : 04/01/2021 to 27/02/2021

Number of Days Present 81 days

Number of Days Absent 01 day

Sr. No	Date of leave	Reason of Absence
1	12-04-2021	Visit to my native place.
2		
3		
4		
5		
6		
7		
8		
9		
10		

Elizabeth Rajan

Signature - Teacher Trainee

[Signature]

Signature of Mentor / Coordinating teacher


Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	04-01-2021	8:20 am	12:05 pm	Elizabeth Rajan
TUESDAY	05-01-2021	8:20 am	12:00 pm	Elizabeth Rajan
WEDNESDAY	06-01-2021	8:25 am	12:00 pm	Elizabeth Rajan
THURSDAY	07-01-2021	8:25 am	12:00 pm	Elizabeth Rajan
FRIDAY	08-01-2021	8:30 am	12:00 pm	Elizabeth Rajan
SATURDAY	09-01-2021	8:25 am	12:00 pm	Elizabeth Rajan

  
Signature of the  
Headmaster/Headmistress  
HEADMASTER

Late Shri Vinayak Gopal Shenvi Vidyalya  
Rawanfod - Navelim

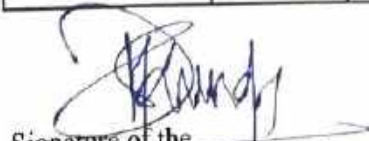
Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	11-01-2021	8:30 am	12:05 pm	Elizabeth Rajan
TUESDAY	12-01-2021	8:25 am	12:00 pm	Elizabeth Rajan
WEDNESDAY	13-01-2021	8:25 am	12:00 pm	Elizabeth Rajan
THURSDAY	14-01-2021	8:25 am	12:05 pm	Elizabeth Rajan
FRIDAY	15-01-2021	8:25 am	12:05 pm	Elizabeth Rajan
SATURDAY	16-01-2021	8:30 am	12:05 pm	Elizabeth Rajan

  
Signature of the  
Headmaster/Headmistress

Late Shri Vinayak Gopal Shenvi Vidyalya  
Rawanfod - Navelim

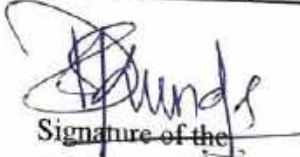
**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	18-1-2021	8:20 am	12:00 pm	Elirajan
TUESDAY	19-1-2021	8:25 am	12:00 pm	Elirajan
WEDNESDAY	20-1-2021	8:25 am	12:05 pm	Elirajan
THURSDAY	21-1-2021	8:30 am	12:00 pm	Elirajan
FRIDAY	22-1-2021	8:25 am	12:05 pm	Elirajan
SATURDAY	23-1-2021	8:25 am	12:00 pm	Elirajan

  
 Signature of the  
 Headmaster/Headmistress

**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfond - Navelim

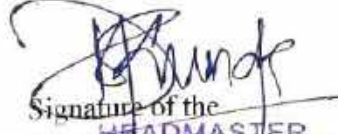
**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	25-1-2021	8:10 am	12:00 pm	Elirajan
TUESDAY	26-1-2021	7:30 am	10:30 am	Elirajan
WEDNESDAY	27-1-2021	8:15 am	12:00 pm	Elirajan
THURSDAY	28-1-2021	8:25 am	12:05 pm	Elirajan
FRIDAY	29-1-2021	8:25 am	12:05 pm	Elirajan
SATURDAY	30-1-2021	8:10 am	12:00 pm	Elirajan

  
 Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfond - Navelim

Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	1-2-2021	8:15am	12:05pm	Elizabeth Rajan
TUESDAY	2-2-2021	8:10am	12:00pm	Elizabeth Rajan
WEDNESDAY	3-2-2021	8:25am	12:05pm	Elizabeth Rajan
THURSDAY	4-2-2021	8:10am	12:00pm	Elizabeth Rajan
FRIDAY	5-2-2021	8:25am	12:05pm	Elizabeth Rajan
SATURDAY	6-2-2021	8:20am	12:05pm	Elizabeth Rajan

Signature of the  
Headmaster/Headmistress  
HEADMASTER

Late Shri Vinayak Gopal Shenvi Vidyalaya,  
Rawanfond - Navelim



Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	8-2-2021	8:15am	12:00pm	Elizabeth Rajan
TUESDAY	9-2-2021	8:25am	12:05pm	Elizabeth Rajan
WEDNESDAY	10-2-2021	8:25am	12:00pm	Elizabeth Rajan
THURSDAY	11-2-2021	8:20am	12:00pm	Elizabeth Rajan
FRIDAY	12-2-2021	8:20am	12:05pm	Elizabeth Rajan
SATURDAY	13-2-2021	8:15am	12:05pm	Elizabeth Rajan

Signature of the  
Headmaster/Headmistress  
HEADMASTER

Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim



**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay  
 Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15-02-2021	8:25am	12:05pm	Elizabeth Rajan
TUESDAY	-	-	-	-
WEDNESDAY	17-2-2021	8:25am	12:05pm	Elizabeth Rajan
THURSDAY	18-2-2021	8:25am	12:00pm	Elizabeth Rajan
FRIDAY	19-2-2021	8:20am	12:05pm	Elizabeth Rajan
SATURDAY	20-2-2021	8:20am	12:00pm	Elizabeth Rajan

Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidyalaya,  
 Rawanfond - Navelim



**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay  
 Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22-2-2021	8:25am	12:05pm	Elizabeth Rajan
TUESDAY	23-2-2021	8:20am	12:00pm	Elizabeth Rajan
WEDNESDAY	24-2-2021	8:20am	12:05pm	Elizabeth Rajan
THURSDAY	25-2-2021	8:25am	12:05pm	Elizabeth Rajan
FRIDAY	26-2-2021	8:25am	12:00pm	Elizabeth Rajan
SATURDAY	-	-	-	-

Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidyalaya,  
 Rawanfond - Navelim





Nirmala Institute of Education

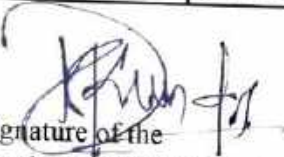
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	1-3-2021	—	—	—
TUESDAY	2-3-2021	8:20am	12:05 pm	Elirajan
WEDNESDAY	3-3-2021	—	—	—
THURSDAY	4-3-2021	8:20am	12:05 pm	Elirajan
FRIDAY	5-3-2021	8:20 am	12:05 pm	Elirajan
SATURDAY	6-3-2021	8:25 am	12:05 pm	Elirajan

  
Signature of the  
Headmaster/Headmistress  
HEADMASTER

Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfod - Navelim

Nirmala Institute of Education

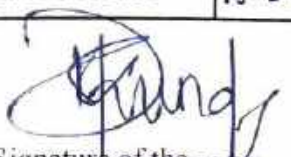
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	8-3-2021	—	—	—
TUESDAY	9-3-2021	8:20 am	12:05 pm	Elirajan
WEDNESDAY	10-3-2021	—	—	—
THURSDAY	11-3-2021	—	—	—
FRIDAY	12-3-2021	8:20 am	12:05 pm	Elirajan
SATURDAY	13-3-2021	8:25 am	12:10 pm	Elirajan

  
Signature of the  
HEADMASTER

Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfod - Navelim



# Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15-3-2021	8:20 am	12:05 pm	<u>Elirajan</u>
TUESDAY	16-3-2021	—	—	—
WEDNESDAY	17-3-2021	8:20 am	12:10 pm	<u>Elirajan</u>
THURSDAY	18-3-2021	—	—	—
FRIDAY	19-3-2021	8:25 am	12:10 pm	<u>Elirajan</u>
SATURDAY	20-3-2021	8:25 am	12:10 pm	<u>Elirajan</u>

Signature of the  
Headmaster/Headmistress

**HEADMASTER**  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim



# Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22-3-2021	—	—	—
TUESDAY	23-3-2021	8:00 am	12:05 pm	<u>Elirajan</u>
WEDNESDAY	24-3-2021	—	—	—
THURSDAY	25-3-2021	8:10 am	12:00 pm	<u>Elirajan</u>
FRIDAY	26-3-2021	8:10 am	12:10 pm	<u>Elirajan</u>
SATURDAY	27-3-2021	8:00 am	12:05 pm	<u>Elirajan</u>

Signature of the  
**HEADMASTER**  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim



# Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	29-3-2021	—	—	—
TUESDAY	30-3-2021	8:20am	12:05pm	<u>Elirajan</u>
WEDNESDAY	31-3-2021	8:25am	12:05pm	<u>Elirajan</u>
THURSDAY	01-4-2021	8:25am	12:10pm	<u>Elirajan</u>
FRIDAY	02-4-2021	—	—	—
SATURDAY	03-4-2021	8:20am	12:05pm	<u>Elirajan</u>

Signature of the  
Headmaster/Headmistress

**HEADMASTER**

Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim

# Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	05-4-2021	8:20am	12:05pm	<u>Elirajan</u>
TUESDAY	06-4-2021	8:20am	12:05pm	<u>Elirajan</u>
WEDNESDAY	07-04-2021	8:25am	12:10pm	<u>Elirajan</u>
THURSDAY	08-4-2021	8:20am	12:10pm	<u>Elirajan</u>
FRIDAY	09-4-2021	8:20am	12:05pm	<u>Elirajan</u>
SATURDAY	10-4-2021	8:25am	12:05pm	<u>Elirajan</u>

Signature of the  
Headmaster/Headmistress

**HEADMASTER**  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim

# Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	12-4-2021	-	-	-
TUESDAY	13-4-2021	-	-	-
WEDNESDAY	14-4-2021	-	-	-
THURSDAY	15-4-2021	8:20am	12:05pm	eliRajan
FRIDAY	16-4-2021	8:25am	12:05pm	eliRajan
SATURDAY	17-4-2021	8:20am	12:00pm	eliRajan

Signature of the  
Headmaster/Headmistress

**HEADMASTER**  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim

# Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	19-4-2021	8:20am	12:05pm	eliRajan
TUESDAY	20-4-2021	8:25am	12:10pm	eliRajan
WEDNESDAY	21-4-2021	8:20am	12:05pm	eliRajan
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SATURDAY	24-4-2021	8:20am	12:10pm	eliRajan

Signature of the  
Headmaster/Headmistress

**HEADMASTER**  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim

**NIRMALA INSTITUTE OF EDUCATION**  
**Bachelor of Education (B.Ed.)**

Altinho, Panjim, Goa

2019 – 2021 (Yr II)

This is to certify that

ELIZABETH RAJAN

has completed a sixteen-week

Internship Programme

from

4<sup>th</sup> January, 2021 to 24<sup>th</sup> April, 2021

at

LATE SHRI VINAYAK GOPAL SHENVI VIDYALAYA

in partial fulfilment of the

Two-year B.Ed. Degree Course, Goa University

*Faculty Supervisors*

Name

Signature

1. Ms. Ximena Fonseca

\_\_\_\_\_

2. Ms. Pratiksha Shirodkar

\_\_\_\_\_



Dr. Delia Antão  
*Officiating Principal*

Nirmala Institute of Education

B.Ed 2019 - 2021 (Y2)

Individual report of trainee (Jan & Feb)



Name: Elizabeth Rajan

Subjects: Maths & Science

How would you rate the teacher trainees on each of the following:  
(Tick the appropriate column)

		Excellent	Very good	Good	Fair	Poor
1	Respect shown to the Head and Staff of the School	✓				
2	Establishment of rapport with Students & Staff	✓				
3	Use of Instructional Materials	✓				
4	Quality of lessons given	✓				
5	Participation in co-curricular activities	✓				
6	Willingness to conduct activities during substitution periods	✓				
7	Quality of activities conducted	✓				
8	Classroom Management and Discipline	✓				
9	Willingness to help in any other activities conducted in the school	✓				
10	Punctuality	✓				

*Signature*

Signature of Mentor/Coordinating teacher

Nirmala Institute of Education

B.Ed 2019 - 2021 (Y2)

Individual report of trainee (March & April)



Name: Elizabeth Rajan

Subjects: Maths & Science

How would you rate the teacher trainees on each of the following:  
(Tick the appropriate column)

		Excellent	Very good	Good	Fair	Poor
1	Respect shown to the Head and Staff of the School	✓				
2	Establishment of rapport with Students & Staff	✓				
3	Use of Instructional Materials	✓				
4	Quality of lessons given	✓				
5	Participation in co-curricular activities	✓				
6	Willingness to conduct activities during substitution periods	✓				
7	Quality of activities conducted	✓				
8	Classroom Management and Discipline	✓				
9	Willingness to help in any other activities conducted in the school	✓				
10	Punctuality	✓				

*Signature*

Signature of Mentor/Coordinating teacher

Nirmala Institute of Education  
B.Ed 2019 - 2021 (Y2)  
Attendance record of teacher trainee



Name: Elizabeth Rajan

Internship Dates : 04/01/2021 to 27/02/2021

Number of Days Present 81 days

Number of Days Absent 01 day

Sr. No	Date of leave	Reason of Absence
1	12-04-2021	Visit to my native place.
2		
3		
4		
5		
6		
7		
8		
9		
10		

ElRajan

Signature - Teacher Trainee

[Signature]

Signature of Mentor / Coordinating teacher


Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	04-01-2021	8:20 am	12:05 pm	Elizabeth Rajan
TUESDAY	05-01-2021	8:20 am	12:00 pm	Elizabeth Rajan
WEDNESDAY	06-01-2021	8:25 am	12:00 pm	Elizabeth Rajan
THURSDAY	07-01-2021	8:25 am	12:00 pm	Elizabeth Rajan
FRIDAY	08-01-2021	8:30 am	12:00 pm	Elizabeth Rajan
SATURDAY	09-01-2021	8:25 am	12:00 pm	Elizabeth Rajan

  
Signature of the  
Headmaster/Headmistress  
HEADMASTER

Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim

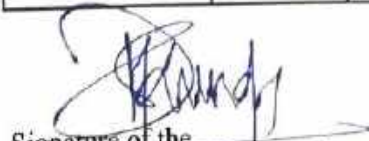
Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	11-01-2021	8:30 am	12:05 pm	Elizabeth Rajan
TUESDAY	12-01-2021	8:25 am	12:00 pm	Elizabeth Rajan
WEDNESDAY	13-01-2021	8:25 am	12:00 pm	Elizabeth Rajan
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FRIDAY	15-01-2021	8:25 am	12:05 pm	Elizabeth Rajan
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Rawanfond - Navelim



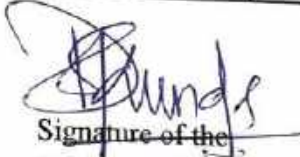
**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	18-1-2021	8:20 am	12:00 pm	Elirajan
TUESDAY	19-1-2021	8:25 am	12:00 pm	Elirajan
WEDNESDAY	20-1-2021	8:25 am	12:05 pm	Elirajan
THURSDAY	21-1-2021	8:30 am	12:00 pm	Elirajan
FRIDAY	22-1-2021	8:25 am	12:05 pm	Elirajan
SATURDAY	23-1-2021	8:25 am	12:00 pm	Elirajan

  
 Signature of the  
 Headmaster/Headmistress

**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfond - Navelim

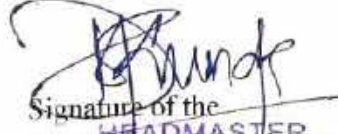
**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	25-1-2021	8:10 am	12:00 pm	Elirajan
TUESDAY	26-1-2021	7:30 am	10:30 am	Elirajan
WEDNESDAY	27-1-2021	8:15 am	12:00 pm	Elirajan
THURSDAY	28-1-2021	8:25 am	12:05 pm	Elirajan
FRIDAY	29-1-2021	8:25 am	12:05 pm	Elirajan
SATURDAY	30-1-2021	8:10 am	12:00 pm	Elirajan

  
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 Rawanfond - Navelim

Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	1-2-2021	8:15am	12:05pm	Elizabeth Rajan
TUESDAY	2-2-2021	8:10 am	12:00 pm	Elizabeth Rajan
WEDNESDAY	3-2-2021	8:25am	12:05 pm	Elizabeth Rajan
THURSDAY	4-2-2021	8:10 am	12:00 pm	Elizabeth Rajan
FRIDAY	5-2-2021	8:25am	12:05 pm	Elizabeth Rajan
SATURDAY	6-2-2021	8:20 am	12:05 pm	Elizabeth Rajan

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Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	8-2-2021	8:15am	12:00pm	Elizabeth Rajan
TUESDAY	9-2-2021	8:25 am	12:05 pm	Elizabeth Rajan
WEDNESDAY	10-2-2021	8:25 am	12:00 pm	Elizabeth Rajan
THURSDAY	11-2-2021	8:20 am	12:00pm	Elizabeth Rajan
FRIDAY	12-2-2021	8:20am	12:05 pm	Elizabeth Rajan
SATURDAY	13-2-2021	8:15 am	12:05pm	Elizabeth Rajan

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**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay  
 Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15-02-2021	8:25am	12:05pm	Elizabeth Rajan
TUESDAY	-	-	-	-
WEDNESDAY	17-2-2021	8:25am	12:05pm	Elizabeth Rajan
THURSDAY	18-2-2021	8:25am	12:00pm	Elizabeth Rajan
FRIDAY	19-2-2021	8:20am	12:05pm	Elizabeth Rajan
SATURDAY	20-2-2021	8:20am	12:00pm	Elizabeth Rajan

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**Nirmala Institute of Education**  
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Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay  
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	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22-2-2021	8:25am	12:05pm	Elizabeth Rajan
TUESDAY	23-2-2021	8:20am	12:00pm	Elizabeth Rajan
WEDNESDAY	24-2-2021	8:20am	12:05pm	Elizabeth Rajan
THURSDAY	25-2-2021	8:25am	12:05pm	Elizabeth Rajan
FRIDAY	26-2-2021	8:25am	12:00pm	Elizabeth Rajan
SATURDAY	-	-	-	-

Signature of the  
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Nirmala Institute of Education

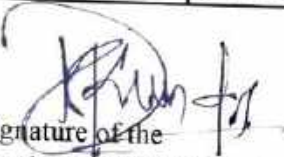
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	1-3-2021	—	—	—
TUESDAY	2-3-2021	8:20am	12:05 pm	Elirajan
WEDNESDAY	3-3-2021	—	—	—
THURSDAY	4-3-2021	8:20am	12:05 pm	Elirajan
FRIDAY	5-3-2021	8:20 am	12:05 pm	Elirajan
SATURDAY	6-3-2021	8:25 am	12:05 pm	Elirajan

  
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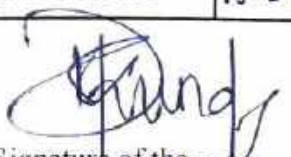
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Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	8-3-2021	—	—	—
TUESDAY	9-3-2021	8:20 am	12:05 pm	Elirajan
WEDNESDAY	10-3-2021	—	—	—
THURSDAY	11-3-2021	—	—	—
FRIDAY	12-3-2021	8:20 am	12:05 pm	Elirajan
SATURDAY	13-3-2021	8:25 am	12:10 pm	Elirajan

  
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# Nirmala Institute of Education

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MONDAY	15-3-2021	8:20 am	12:05 pm	<u>Elirajan</u>
TUESDAY	16-3-2021	—	—	—
WEDNESDAY	17-3-2021	8:20 am	12:10 pm	<u>Elirajan</u>
THURSDAY	18-3-2021	—	—	—
FRIDAY	19-3-2021	8:25 am	12:10 pm	<u>Elirajan</u>
SATURDAY	20-3-2021	8:25 am	12:10 pm	<u>Elirajan</u>

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Rawanfond - Navelim



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MONDAY	22-3-2021	—	—	—
TUESDAY	23-3-2021	8:00 am	12:05 pm	<u>Elirajan</u>
WEDNESDAY	24-3-2021	—	—	—
THURSDAY	25-3-2021	8:10 am	12:00 pm	<u>Elirajan</u>
FRIDAY	26-3-2021	8:10 am	12:10 pm	<u>Elirajan</u>
SATURDAY	27-3-2021	8:00 am	12:05 pm	<u>Elirajan</u>

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Rawanfond - Navelim



# Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Late Shri Vinayak Gopal Shenvi Vidhyalay

Name of the Teacher Trainee: Elizabeth Rajan

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	29-3-2021	—	—	—
TUESDAY	30-3-2021	8:20am	12:05pm	<u>Elirajan</u>
WEDNESDAY	31-3-2021	8:25am	12:05pm	<u>Elirajan</u>
THURSDAY	01-4-2021	8:25am	12:10pm	<u>Elirajan</u>
FRIDAY	02-4-2021	—	—	—
SATURDAY	03-4-2021	8:20am	12:05pm	<u>Elirajan</u>

Signature of the  
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Rawanfond - Navelim

# Nirmala Institute of Education

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MONDAY	05-4-2021	8:20am	12:05pm	<u>Elirajan</u>
TUESDAY	06-4-2021	8:20am	12:05pm	<u>Elirajan</u>
WEDNESDAY	07-04-2021	8:25am	12:10pm	<u>Elirajan</u>
THURSDAY	08-4-2021	8:20am	12:10pm	<u>Elirajan</u>
FRIDAY	09-4-2021	8:20am	12:05pm	<u>Elirajan</u>
SATURDAY	10-4-2021	8:25am	12:05pm	<u>Elirajan</u>

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TUESDAY	13-4-2021	-	-	-
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# Nirmala Institute of Education

B.ED ATTENDANCE 2019-2021 (Y2)



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Signature of the  
Headmaster/Headmistress

**HEADMASTER**  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim

**NIRMALA INSTITUTE OF EDUCATION**

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 4-1-2021	TUESDAY Dt: 5-1-2021	WEDNESDAY Dt: 6-1-2021
1st Period	Meet the Headmaster and Mentor Tr.	Started preparing ppt for Maths lesson (CH-8)	Went through the maths videos (Introduction)
2nd Period	Approved the introduction videos (Science & Maths)	PPT (Maths lesson)	Class : 7 <sup>th</sup> A Maths
3rd Period	Class : 7 <sup>th</sup> B Science	PPT (Maths lesson)	Maths PPT, recorded (Equivalent Ratios) Part 1
4th Period	Started preparing ppt for science lesson (CH-8)	Recorded - Science lesson 8.1 - Part 1	Maths, PPT, recorded (Equivalent Ratios) Part 2
5th Period	Started preparing ppt (Science lesson)	Recorded - Science lesson 8.2 Part 2	Maths PPT, recorded (Equivalent Ratios) Part 3
6th Period	PPT (Science lesson)	went through both the videos	Maths Pdf (Problems)
7th Period	PPT (Science lesson)	Shared the videos to mentor tr. for approval.	went through all maths videos
8th Period	PPT (Science lesson)	Shared the videos)	went through all maths videos

Signature of the Headmaster/Headmistress:

  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfand - Navelim



**NIRMALA INSTITUTE OF EDUCATION**

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PERIOD, 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 7-1-2021	FRIDAY Dt: 8-1-2021	SATURDAY Dt: 9-1-2021
1st Period	Science ppt, recorded (8.2)	Class : 7th B Science	Made a to-do-list (things to complete)
2nd Period	Science ppt, recorded (8.2)	Preparing for science lesson (8.5)	Went through the science video
3rd Period	Went through the maths video before sending it	PPT (science lesson)	Class : 7th B Science
4th Period	Class : 7th A (Mentor Tr. informed to send videos later)	PPT; 8:5 - Thunderstorm & Cyclone	} Maths PPT, } recorded and
5th Period	Science ppt, recorded. Sub-topic : 8.3	Recorded science ppt	
6th Period	Science ppt, recorded (8.3)	Converted ppt into videos	} Kept in advance
7th Period	Sent all the videos for approval to Mentor Tr.	Searched for youtube videos (where certain contents were explained well)	Shared all the videos to mentor Tr. for approval.
8th Period	Shared the videos		Shared the videos

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**HEADMASTER**

Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 11-01-2021	TUESDAY Dt: 12-01-2021	WEDNESDAY Dt: 13-01-2021
1st Period	Read science lesson (chap 8.)	Went through some	Shared all videos to mentor TA for approval
2nd Period	went through the science video	youtube videos for	Edited science lesson videos
3rd Period	Class : 7th B Science	science lesson	Edited science lesson videos
4th Period	Started Preparing science ppt	Converted ppt into videos (science lesson)	wrote down the questions for science quiz
5th Period	Prepared science ppt	Edited some videos (science lesson)	wrote down the questions for science quiz
6th Period	Recorded science lesson	Edited videos (science)	Prepared a science quiz on Quizizz.com
7th Period	Recorded science lesson	Edited videos (Science)	Prepared a science quiz on quizizz.com
8th Period	Recorded science lesson	Edited videos	Science quiz

Signature of the Headmaster/Headmistress

Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Naveitim



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Sheevi Vidhyalay

	THURSDAY DI: 14-01-2021	FRIDAY DI: 15-01-2021	SATURDAY DI: 16-01-2021
1st Period	Preparing a word file - Science lesson - Exercises	Class : 7th B Science	Brainstorming ideas for Republic Day bulletin board
2nd Period	Preparing a word file - Science lesson - Exercises	Made a word file (Exercise - Maths)	Ideas - Republic Day bulletin board
3rd Period	Science lesson - Exercises (chap. 8)	Prepared - Exercise (Maths)	Class : 7th B Science
4th Period	Science lesson - Exercises (chap. 8)	Prepared - Exercise (Maths)	Recorded maths lesson
5th Period	Solved exercises for chap. 8 (Maths)	Quiz (Maths) was prepared	Recorded maths lesson
6th Period	Exercises chap. 8 (Maths)	Prepared a maths quiz on quizz.com	Recorded maths lesson
7th Period	Exercises chap. 8 (Maths)	Shared all the files to Tr. Mentor for approval	Recorded + ppt, converted ppt into videos
8th Period	Exercises chap. 8 (Maths)	Shared the files	Prepared the videos

  
 HEADMASTER  
Late Shri Vinayak Gopal Sheevi Vidhyalay  
 Rawanfond - Navelim

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shree Vidyalay

	MONDAY Dt: 18-1-2021	TUESDAY Dt: 19-1-2021	WEDNESDAY Dt: 20-1-2021
1st Period	Submitted the list of activities conducted	Started writing lesson plan (Science)	Started preparing the maths - Test paper
2nd Period	Went through the science videos	Lesson plan (Science)	Preparing - Maths Test paper
3rd Period	Class : 7th B Science	Lesson plan (Science)	Preparing - Maths Test paper
4th Period	Started preparing for the bulletin board (Republic Day)	Started working on the bulletin board (chart)	Started preparing the science - Test paper
5th Period	Preparing - bulletin board (chart)	Bulletin board (chart)	Preparing - Science Test Paper
6th Period	Preparing - bulletin board (chart)	Bulletin board (chart)	Preparing - Science Test Paper
7th Period	Preparing - bulletin board (chart)	Bulletin board (chart)	Answer key for Math's of Science - Test Papers
8th Period	Bulletin board	Bulletin board	Went through the answer key

  
 Signature of the Teacher Trainee  
Late Shri Vinayak Gopal Shree Vidyalay  
 Rawanfand - Navelim



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalaya

	THURSDAY Dt: 21-01-2021	FRIDAY Dt: 22-01-2021	SATURDAY Dt: 23-01-2021
1st Period	Shared the Yuva Jagruti 2021 (poster 4 pdf) in the group	Class: 7th B Science	Supervision: 1XB (Offline exam)
2nd Period	Submitted 5 lesson plans with evaluation sheets (Science)	Started preparing for the next science lesson (soil)	Supervision: 1XB
3rd Period	Started writing lesson plan (Maths)	Prepared ppt (Science lesson)	Supervision: 1XB
4th Period	<del>Lesson</del> lesson plan (Maths)	PPT (Science lesson)	Supervision: 1XB
5th Period	Lesson plan (Maths)	Recorded (Science lesson)	Submitted the answer paper
6th Period	Lesson plan (Maths)	Recorded (Science lesson)	Prepared backdrop for Republic Day (Ashoka Chakra)
7th Period	Made an e-poster (Republic Day)	Converted ppt with audio into videos	Prepared backdrop for <del>Republic</del> Republic Day (Ashoka Chakra)
8th Period	E-poster	Prepared the videos	Backdrop (Ashoka Chakra)

Signature of the Headmaster/Headmistress:

Late Shri Vinayak Gopal Shenvi Vidyalaya  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidyalyay

	MONDAY Dt: 25-1-2021	TUESDAY Dt: 26-1-2021	WEDNESDAY Dt: 27-1-2021
1st Period	Supervision IX A	R	Supervision IX A
2nd Period	Supervision IX A	E	Supervision IX A
3rd Period	Supervision IX A	P	Supervision IX A
4th Period	Supervision IX A	U	Supervision IX A
5th Period	Submitted the answer sheets	B	Submitted the answer sheets
6th Period	Set up of the bulletin board	L	Collected all the Republic Day pictures
7th Period	Set up of the bulletin board	I	Submitted last week's daily activities sheet
8th Period	Clicked pictures of the bulletin board	C	Started writing the report on Republic Day

  
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidyalyay  
 Rawanfond - Navelim

Signature of the Headmaster/Headmistress: Late Shri Vinayak Gopal Shenvi Vidyalyay

Rawanfond - Navelim

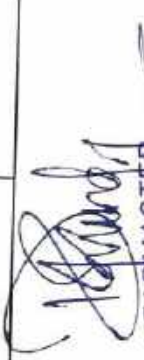


# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan  
 NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shewri Vidhyalay

	THURSDAY Dt: 28-1-2021	FRIDAY Dt: 29-1-2021	SATURDAY Dt: 30-1-2021
1st Period	Submitted 5 lessons (Maths)	Made a do-list for next week.	Supervision 1X A
2nd Period	Started writing lesson plan (Science)	went through all the corrected lesson plans.	Supervision 1X A
3rd Period	Science lesson plan	Submitted the videos (Chap. 9 Soil - Science)	Supervision 1X A
4th Period	Science lesson plan	Started writing lesson plan (Science)	Supervision 1X A
5th Period	Science lesson plan	Science lesson plan	Submitted the answer sheets
6th Period	Science lesson plan	Science lesson plan	Head was hurting.
7th Period	went through all the lesson plans written.	Science lesson plan	Head down.
8th Period	Went through all the lesson plans.	Science lesson plan	Drank water and sat down.

  
 HEADMASTER  
 Late Shri Vinayak Gopal Shewri Vidhyalay  
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Signature of the Headmaster/Headmistress:

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 01-2-2021	TUESDAY Dt: 02-2-2021	WEDNESDAY Dt: 03-2-2021
1st Period	Filled up last week's daily activity form	Supervision 1 X A	Went through the video before sending it (maths)
2nd Period	Submitted the daily activity form	Supervision 1 X A	Class: VII A Maths
3rd Period	Wrote down maths lesson (rough)	Supervision 1 X A	Started preparing for next maths lesson
4th Period	Maths (lesson)	Supervision 1 X A	PPT (maths)
5th Period	Maths (lesson)	Submitted the answer sheets	PPT (maths)
6th Period	Read a book	Gave chocolates to all the staffs	Recording (maths)
7th Period	Read a book	Met all the teaching and non-teaching staffs (gave chocolates)	Recording the video (maths lesson)
8th Period	Read a book	Met the teachers	Prepared maths videos

  
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
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Signature of the Headmaster/Headmistress: \_\_\_\_\_





# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 04-2-2021	FRIDAY Dt: 05-2-2021	SATURDAY Dt: 06-2-2021
1st Period	Went through the list (things to do)	Class : VII B Science (All notes)	Maths lesson (ppt + recording)
2nd Period	Collected the question papers (for exam)	Collected the question papers (for exam)	Maths lesson (ppt + recording)
3rd Period	Supervision XB	Supervision XB	Class : VII B Science (Quiz)
4th Period	Supervision XB	Submitted the answer sheets	Prepared maths ppt
5th Period	Submitted the answer sheets	went through the science quiz	Prepared maths ppt
6th Period	Went through the science notes	Played the science quiz (created on Quizizz.com)	went through youtube for certain maths content
7th Period	Went through the science notes	Shared the quiz with my classmates.	Went through youtube for certain maths content.
8th Period	Went through the science notes	Asked my classmates, how is the quiz prepared.	Went through youtube for certain maths content.

  
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawainfond - Navaim



Signature of the Headmaster/Headmistress:



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 08-02-2021	TUESDAY Dt: 09-02-2021	WEDNESDAY Dt: 10-02-2021
1st Period	Submitted the daily activity form	Started preparing maths quiz (Algebraic Expressions)	Went through the video before sending it.
2nd Period	Went through the video before sending it	<del>Start</del> Maths Quiz	Class: VII A Maths
3rd Period	class: VII B Science	Test paper - Preparation (Maths)	Brainstorming ideas for poster (WNC)
4th Period	Started writing science lesson plan	Test paper - Maths	Brainstorming ideas for poster (WNC)
5th Period	Science lesson plan	Test paper - Maths	Prepared paper bags (NFE WNC)
6th Period	Science lesson plan	Shared the test paper and quiz to mentor Tr. for approval	Prepared paper bags
7th Period	Science lesson plan	Shared all the maths videos to mentor Tr.	Prepared paper bags
8th Period	Science lesson plan	Shared all the exercises (maths) to mentor Tr.	Prepared paper bags

*[Handwritten Signature]*

Signature of the Headmaster/Headmistress: HEADMASTER  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim





# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Refan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 11-02-2021	FRIDAY Dt: 12-02-2021	SATURDAY Dt: 13-02-2021
1st Period	Went through the project (VA)	Class: VII B Science	Went through the videos for before sending it
2nd Period	collected the question papers (for exam)	collected the question papers (for exam)	Class: VII A Maths
3rd Period	Supervision X B	Supervision X A	Class: VII B Science
4th Period	Supervision X B	Supervision X A	Science lesson plan
5th Period	Submitted the answer sheets	Submitted the answer sheets	Science lesson plan
6th Period	Class: VII A Maths	Searched for different ways to conduct online activities	Science lesson plan
7th Period	Assembly Report (Republic Day)	Went through / Trying out google form	Science lesson plan
8th Period	Assembly Report (Republic Day)	Trying out google slides and Kahoot	Science lesson plan



Signature of the Headmaster/Headmistress:

HEADMASTER

Late Shri Vinayak Gopal Shenvi Vidyalay

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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 15-02-2021	TUESDAY Dt: 16-02-2021	WEDNESDAY Dt: 17-02-2021
1st Period	Submitted the daily activity sheet	Holiday	Went through the video before sending it
2nd Period	Started preparing ppt (maths)		Class: VII A Maths
3rd Period	Maths ppt		Had a discussion with the mentor tr.
4th Period	Maths ppt		Extra question & answer (Maths)
5th Period	Maths ppt		Extra question & answer (Science)
6th Period	Recorded the video (maths lesson)		Extra question & answer (Science)
7th Period	Recorded - Maths lesson		Started preparing 3rd formative Exam Paper (Science)
8th Period	Recorded - Maths lesson		Exam paper (Science)

  
 Signature of the Headmaster/Principal

Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanford - Navelim



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 18-02-2021	FRIDAY Dt: 19-02-2021	SATURDAY Dt: 20-02-2021
1st Period	Made poster - NWC	Class : VII B Science	went through the video before sending it
2nd Period	Digital Poster - NIE WWC	Submitted 3rd formative exam paper (science) to mentor Tr.	Class : VII A Maths (Quiz)
3rd Period	Digital Poster - NIE WWC	Went through the exercise questions - Maths	Class : VII B Science
4th Period	Class : VII A Maths	Exercise questions - Maths	Meet the headmaster
5th Period	Preparing 3rd Formative Exam Paper (Science) - VII	Exercise questions - Maths	Started preparing for a poster (bulletin board)
6th Period	Exam Paper (Science - VII)	Started writing questions for maths <del>paper</del> <sup>(exam paper)</sup>	Poster (bulletin board)
7th Period	Exam Paper (Science - VII)	Exam Paper (Maths - VII)	Poster (bulletin board)
8th Period	Exam Paper (Science - VII)	Exam Paper (Maths - VII)	Poster (bulletin board)

Signature of the Headmaster:   
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfond - Navelim



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidyalyaya

	MONDAY DI: 22-02-2024	TUESDAY DI: 23-02-2024	WEDNESDAY DI: 24-02-2024
1st Period	Submitted the daily activity sheet	Along with the mentor Tr. made the changes in question paper	Went through the report on WWC - Campaign
2nd Period	Preparing - 3rd formative exam paper (maths)	Made changes in question paper (maths)	Planted the <del>sa</del> sampling at school
3rd Period	Preparing exam paper	Made changes in question paper	Planted the <del>sa</del> sampling at school
4th Period	Preparing exam paper (maths)	Mentor Tr. evaluated the question paper (maths)	Along with the mentor Tr. made the changes in question paper
5th Period	Preparing exam paper (maths)	Started writing the report on WWC	Made changes in question paper (science)
6th Period	Submitted the 3rd formative exam paper (maths)	Report on WWC - Campaign	Made changes in question paper (science)
7th Period	Read a book	Report on WWC - Campaign	Made changes in question paper (science)
8th Period	Read a book	Dugged a hole - to plant the <del>sa</del> sampling	Mentor Tr. checked the question paper (science)



*Elizabeth Rajan*

Signature of the Headmaster  
Late Shri Vinayak Gopal Shenvi Vidyalyaya  
 Rawanfond - Navellim

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 25-01-2024	FRIDAY Dt: 26-02-2024	SATURDAY Dt: 27-02-2024
1st Period	Prepared maths exercises	Started preparing Science TEL lesson (ppt)	Holiday
2nd Period	Prepared maths exercises	Science TEL lesson (ppt)	
3rd Period	Prepared maths exercises	Science TEL lesson (ppt)	
4th Period	Converted all the word documents to pdfs	Science TEL lesson (ppt)	
5th Period	Made the remaining maths ppt	Science TEL lesson (ppt)	
6th Period	Recorded the video	Went through the maths TEL Lesson	
7th Period	Recorded the video	Went through the maths TEL Lesson	
8th Period		Submitted all the videos & exercises to mentor Tr. for approval	

Headmaster

Signature of the Headmaster

Late Shri Vinayak Gopal Shenvi Vidyalaya

Rawanfand - Navelim



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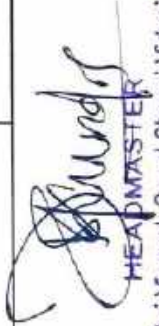
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 1-3-2021	TUESDAY Dt: 2-3-2021	WEDNESDAY Dt: 3-3-2021
1st Period	College	Made a <del>to-do</del> list for the week.	College
2nd Period		Collected the question paper for exam	
3rd Period		Supervision : <u>IX A</u>	
4th Period		Supervision : <u>IX A</u>	
5th Period		Submitted the answer sheets	
6th Period		Made the chart - Science Day	
7th Period		Chart - Science Day	
8th Period		Chart - Science Day	

  
 HEADMASTER

Signature of the Headmaster/Headmistress: Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfond - Navelim







**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shreevi Vidhyalay

	THURSDAY DE: 4-3-2021	FRIDAY DE: 5-3-2021	SATURDAY DE: 6-3-2021
1st Period	Went through PA assignment.	Preparing TEL Lesson (maths)	Made changes in the ppt (maths lesson)
2nd Period	Collected the question papers	TEL lesson (maths)	Made changes in the ppt (maths lesson)
3rd Period	Supervision: IX B	TEL lesson (maths)	Practiced CAI lesson (maths)
4th Period	Supervision: IX B	TEL lesson (maths)	Practiced CAI lesson (maths)
5th Period	Submitted the answer sheets	Went through Science TEL lesson	Practiced CAI lesson (maths)
6th Period	Chart - Science Day	Watch a youtube video (Light travels in a straight line)	Read the book: Popular Scientific Discoveries of Inventions
7th Period	Chart - Science Day	Performed the activity (Light travels in a straight line)	Read the book
8th Period	Submitted the chart (Science Day)	Performed the activity	Read the book



HEADMASTER  
Late Shri Vinayak Gopal Shreevi Vidhyalay  
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Signature of the Headmaster/Headmistress: \_\_\_\_\_



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 03 - 03 - 2024	TUESDAY Dt: 04 - 03 - 2024	WEDNESDAY Dt: 05 - 03 - 2024
1st Period	College	Submitted the daily activity sheets	College
2nd Period		Class : 7 <sup>th</sup> A Maths	
3rd Period		Discussed with the mentor Tr. about maths & science lessons	
4th Period		Discussion about the maths & science lesson	
5th Period		Went through the science text book (motion & time)	
6th Period		Science text book 7 <sup>th</sup> std (motion & time) Made notes (science)	
7th Period		Made notes (science)	
8th Period			



Signature of the Headmaster:   
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidhyalay  
 Rawanfond - Navelim



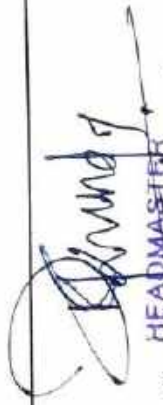
# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalaya

	THURSDAY Dt: 11-03-2024	FRIDAY Dt: 12-03-2024	SATURDAY Dt: 13-03-2024
1st Period	Holiday	Class: 7 <sup>th</sup> A Maths	Exercise (for science)
2nd Period		Started preparing ppt (Science)	Class: 7 <sup>th</sup> A Maths Extra questions (Science)
3rd Period		PPT - Science	Extra questions (science)
4th Period		PPT - Science	
5th Period		PPT - Science	Converted - Recorded video of ppt into youtube video
6th Period		Recorded video - Science	Uploaded the videos to youtube
7th Period		Recorded video - Science	Uploaded the videos to youtube
8th Period		Exercise (for science lesson)	Shared all the videos of exercises to mentor Tr.

  
 HEADMASTER

Signature of the Headmaster: Elizabeth Rajan  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalaya

	MONDAY Dt: 15-03-2021	TUESDAY Dt: 16-03-2021	WEDNESDAY Dt: 17-03-2021
1st Period	Submitted the daily activity sheets	college	Went through the video before sending it
2nd Period	Class: VII B Science		Class: VII B Science
3rd Period	Prepared exercises (Science)		Brainstorm - Peace Education Assignment
4th Period	Prepared exercises (Science)		PE - Assignment
5th Period	Prepared exercises (Science) Science Day Poster		PE - Assignment
6th Period	Discussion with the mentor Th about science portion		Read about PE on internet
7th Period	Discussion with the mentor Th about maths portion		Went through youtube videos (science)
8th Period	wrote down the lesson for the summative exam		Youtube videos (science)



  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidhyalaya  
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Signature of the Headmaster/Headmistress



# NIRMALA INSTITUTE OF EDUCATION

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NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 18-03-2021	FRIDAY Dt: 19-03-2021	SATURDAY Dt: 20-3-2021
1st Period	College	Class : VII B Science	Made a do-do-list for next week
2nd Period		Preparing science paper (Question paper)	went through the video before sending it
3rd Period		2nd Summative science Exam (Question Paper)	Class : VII B Science
4th Period		Science exam paper	Started preparing maths question paper
5th Period		Science exam paper	2nd summative Maths Question Paper
6th Period		Typed out on laptop (Question Paper)	Maths Exam Paper
7th Period		Typed out on laptop (Question Paper)	Maths Exam Paper
8th Period		Typed out on laptop (Question Paper)	Maths Exam Paper



Signature of the Headmaster  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidhyalay  
 Rawentford - Navelim



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 22-3-2021	TUESDAY Dt: 23-3-2021	WEDNESDAY Dt: 24-3-2021
1st Period	College	Supervision : X B	College
2nd Period		Supervision : X B	
3rd Period		Supervision : X B	
4th Period		Supervision : X B	
5th Period		Submitted the answer sheets	
6th Period		Made the changes in the science question paper	
7th Period		Made changes in the science question paper	
8th Period		Submitted the file to mentor Tr.	



  
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidhyalaya  
 Ramanthand - Navolim

Signature of the Headmaster



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shewi Vidhyalay

	THURSDAY Dt: 25-3-2024	FRIDAY Dt: 26-3-2024	SATURDAY Dt: 27-3-2024
1st Period	Supervision X B	Supervision X B	Submitted maths question paper
2nd Period	Supervision X B	Supervision X B	Worked on AR project
3rd Period	Supervision X B	Submitted the answer sheets	Worked on AR project
4th Period	Supervision X B	Worked on maths question paper	Completed AR project
5th Period	Submitted the answer sheets	Worked on maths question paper	Wrote maths lesson plan
6th Period	Went through all the maths lesson	AR (project)	Maths lesson plan
7th Period	Wrote down questions (maths)	AR (project)	Maths lesson plan
8th Period	Wrote down questions (maths)	AR (project)	Wrote a brief on VA assignment



Signature of the Headmaster  
 Late Shri Vinayak Gopal Shewi Vidhyalay  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Copal Shenvi Vidhyalaya

	MONDAY Dt: 29-3-2021	Wednesday TUESDAY Dt: 3-3-2021	Tuesday WEDNESDAY Dt: 30-3-2021
1st Period	<div style="font-size: 4em; opacity: 0.5;">/</div>	Submitted the daily activity sheets	Supervision <u>X</u> B
2nd Period		Discussed about the science question paper	Supervision <u>X</u> B
3rd Period		Made changes in the science question paper	Supervision <u>X</u> B
4th Period		changes in science question paper	Supervision <u>X</u> B
5th Period		Read on Peace education	Submitted the answer sheets
6th Period		Read on PE	Submitted the maths lesson plan
7th Period		Read on PE	went through all the feedbacks
8th Period		Read on PE	went through all the feedbacks

HEADMASTER  
 Elizabeth Rajan  
 Late Shri Vinayak Copal Shenvi Vidhyalaya  
 Rawanfond - Navelim



**NIRMALA INSTITUTE OF EDUCATION**

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 4-1-2021	TUESDAY Dt: 5-1-2021	WEDNESDAY Dt: 6-1-2021
1st Period	Meet the Headmaster and Mentor Tr.	Started preparing ppt for Maths lesson (CH-8)	Went through the maths videos (Introduction)
2nd Period	Approved the introduction videos (Science & Maths)	PPT (Maths lesson)	Class : 7 <sup>th</sup> A Maths
3rd Period	Class : 7 <sup>th</sup> B Science	PPT (Maths lesson)	Maths PPT, recorded (Equivalent Ratios) Part 1
4th Period	Started preparing ppt for science lesson (CH-8)	Recorded - Science lesson 8.1 - Part 1	Maths, PPT, recorded (Equivalent Ratios) Part 2
5th Period	Started preparing ppt (Science lesson)	Recorded - Science lesson 8.2 Part 2	Maths PPT, recorded (Equivalent Ratios) Part 3
6th Period	PPT (Science lesson)	went through both the videos	Maths Pdf (Problems)
7th Period	PPT (Science lesson)	Shared the videos to mentor tr. for approval.	went through all maths videos
8th Period	PPT (Science lesson)	Shared the videos)	went through all maths videos

Signature of the Headmaster/Headmistress:

  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
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**NIRMALA INSTITUTE OF EDUCATION**

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PERIOD, 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 7-1-2021	FRIDAY Dt: 8-1-2021	SATURDAY Dt: 9-1-2021
1st Period	Science ppt, recorded (8.2)	Class : 7th B Science	Made a to-do-list (things to complete)
2nd Period	Science ppt, recorded (8.2)	Preparing for science lesson (8.5)	Went through the science video
3rd Period	Went through the maths video before sending it	PPT (science lesson)	Class : 7th B Science
4th Period	Class : 7th A (Mentor Tr. informed to send videos later)	PPT; 8:5 - Thunderstorm & Cyclone	} Maths PPT, } recorded and
5th Period	Science ppt, recorded. Sub-topic : 8.3	Recorded science ppt	
6th Period	Science ppt, recorded (8.3)	Converted ppt into videos	} Kept in advance
7th Period	Sent all the videos for approval to Mentor Tr.	} Searched for youtube videos (where certain contents were explained well)	Shared all the videos to mentor Tr. for approval.
8th Period	Shared the videos		} Shared the videos

Signature of the Headmaster/Headmistress:

**HEADMASTER**

Late Shri Vinayak Gopal Shenvi Vidyalaya  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 11-01-2021	TUESDAY Dt: 12-01-2021	WEDNESDAY Dt: 13-01-2021
1st Period	Read science lesson (chap 8.)	Went through some	Shared all videos to mentor TA for approval
2nd Period	went through the science video	youtube videos for	Edited science lesson videos
3rd Period	Class : 7 <sup>th</sup> B Science	science lesson	Edited science lesson videos
4th Period	Started Preparing science ppt	Converted ppt into videos (science lesson)	wrote down the questions for science quiz
5th Period	Prepared science ppt	Edited some videos (science lesson)	wrote down the questions for science quiz
6th Period	Recorded science lesson	Edited videos (science)	Prepared a science quiz on Quizizz.com
7th Period	Recorded science lesson	Edited videos (Science)	Prepared a science quiz on quizizz.com
8th Period	Recorded science lesson	Edited videos	Science quiz

Signature of the Headmaster/Headmistress

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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shevri Vidhyalay

	THURSDAY DI: 14-01-2021	FRIDAY DI: 15-01-2021	SATURDAY DI: 16-01-2021
1st Period	Preparing a word file - Science lesson - Exercises	Class : 7th B Science	Brainstorming ideas for Republic Day bulletin board
2nd Period	Preparing a word file - Science lesson - Exercises	Made a word file (Exercise - Maths)	Ideas - Republic Day bulletin board
3rd Period	Science lesson - Exercises (chap. 8)	Prepared - Exercise (Maths)	Class : 7th B Science
4th Period	Science lesson - Exercises (chap. 8)	Prepared - Exercise (Maths)	Recorded maths lesson
5th Period	Solved exercises for chap. 8 (Maths)	Quiz (Maths) was prepared	Recorded maths lesson
6th Period	Exercises chap. 8 (Maths)	Prepared a maths quiz on quizz.com	Recorded maths lesson
7th Period	Exercises chap. 8 (Maths)	Shared all the files to Tr. Mentor for approval	Recorded + ppt, converted ppt into videos
8th Period	Exercises chap. 8 (Maths)	Shared the files	Prepared the videos

  
 HEADMASTER  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shreevi Vidyalaya

	MONDAY Dt: 18-1-2021	TUESDAY Dt: 19-1-2021	WEDNESDAY Dt: 20-1-2021
1st Period	Submitted the list of activities conducted	Started writing lesson plan (Science)	Started preparing the maths - Test paper
2nd Period	Went through the science videos	Lesson plan (Science)	Preparing - Maths Test paper
3rd Period	Class : 7th B Science	Lesson plan (Science)	Preparing - Maths Test paper
4th Period	Started preparing for the bulletin board (Republic Day)	Started working on the bulletin board (chart)	Started preparing the science - Test paper
5th Period	Preparing - bulletin board (chart)	Bulletin board (chart)	Preparing - Science Test Paper
6th Period	Preparing - bulletin board (chart)	Bulletin board (chart)	Preparing - Science Test Paper
7th Period	Preparing - bulletin board (chart)	Bulletin board (chart)	Answer key for Math's of Science - Test Papers
8th Period	Bulletin board	Bulletin board	Went through the answer key

  
 Signature of the Teacher Trainee  
Late Shri Vinayak Gopal Shreevi Vidyalaya  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalaya

	THURSDAY Dt: 21-01-2021	FRIDAY Dt: 22-01-2021	SATURDAY Dt: 23-01-2021
1st Period	Shared the Yuva Jagruti 2021 (poster 4 pdf) in the group	Class: 7th B Science	Supervision: 1X B (Offline exam)
2nd Period	Submitted 5 lesson plans with evaluation sheets (Science)	Started preparing for the next science lesson (soil)	Supervision: 1X B
3rd Period	Started writing lesson plan (Maths)	Prepared ppt (Science lesson)	Supervision: 1X B
4th Period	<del>Lesson</del> lesson plan (Maths)	PPT (Science lesson)	Supervision: 1X B
5th Period	Lesson plan (Maths)	Recorded (Science lesson)	Submitted the answer paper
6th Period	Lesson plan (Maths)	Recorded (Science lesson)	Prepared backdrop for Republic Day (Ashoka Chakra)
7th Period	Made an e-poster (Republic Day)	Converted ppt with audio into videos	Prepared backdrop for <del>Republic</del> Republic Day (Ashoka Chakra)
8th Period	E-poster	Prepared the videos	Backdrop (Ashoka Chakra)

Signature of the Headmaster/Headmistress:

Late Shri Vinayak Gopal Shenvi Vidyalaya  
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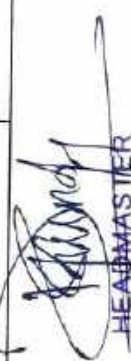
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LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidyalyay

	MONDAY Dt: 25-1-2021	TUESDAY Dt: 26-1-2021	WEDNESDAY Dt: 27-1-2021
1st Period	Supervision IX A	R	Supervision IX A
2nd Period	Supervision IX A	E	Supervision IX A
3rd Period	Supervision IX A	P	Supervision IX A
4th Period	Supervision IX A	V	Supervision IX A
5th Period	Submitted the answer sheets	B	Submitted the answer sheets
6th Period	Set up of the bulletin board	L	Collected all the Republic Day pictures
7th Period	Set up of the bulletin board	I	Submitted last week's daily activities sheet
8th Period	Clicked pictures of the bulletin board	C	Started writing the report on Republic Day

  
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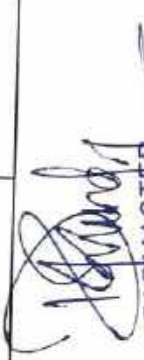


# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan  
 NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shewri Vidhyalay

	THURSDAY Dt: 28-1-2021	FRIDAY Dt: 29-1-2021	SATURDAY Dt: 30-1-2021
1st Period	Submitted 5 lessons (Maths)	Made a do-list for next week.	Supervision 1X A
2nd Period	Started writing lesson plan (Science)	went through all the corrected lesson plans.	Supervision 1X A
3rd Period	Science lesson plan	Submitted the videos (Chap. 9 Soil - Science)	Supervision 1X A
4th Period	Science lesson plan	Started writing lesson plan (Science)	Supervision 1X A
5th Period	Science lesson plan	Science lesson plan	Submitted the answer sheets
6th Period	Science lesson plan	Science lesson plan	Head was hurting.
7th Period	went through all the lesson plans written.	Science lesson plan	Head down.
8th Period	Went through all the lesson plans.	Science lesson plan	Drank water and sat down.

  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 01-2-2021	TUESDAY Dt: 02-2-2021	WEDNESDAY Dt: 03-2-2021
1st Period	Filled up last week's daily activity form	Supervision 1 X A	Went through the video before sending it (maths)
2nd Period	Submitted the daily activity form	Supervision 1 X A	Class: VII A Maths
3rd Period	Wrote down maths lesson (rough)	Supervision 1 X A	Started preparing for next maths lesson
4th Period	Maths (lesson)	Supervision 1 X A	PPT (maths)
5th Period	Maths (lesson)	Submitted the answer sheets	PPT (maths)
6th Period	Read a book	Gave chocolates to all the staffs	Recording (maths)
7th Period	Read a book	Met all the teaching and non-teaching staffs (gave chocolates)	Recording the video (maths lesson)
8th Period	Read a book	Met the teachers	Prepared maths videos

  
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LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 04-2-2021	FRIDAY Dt: 05-2-2021	SATURDAY Dt: 06-2-2021
1st Period	Went through the list (things to do)	Class : VII B Science (All notes)	Maths lesson (ppt + recording)
2nd Period	Collected the question papers (for exam)	Collected the question papers (for exam)	Maths lesson (ppt + recording)
3rd Period	Supervision XB	Supervision XB	Class : VII B Science (Quiz)
4th Period	Supervision XB	Submitted the answer sheets	Prepared maths ppt
5th Period	Submitted the answer sheets	went through the science quiz	Prepared maths ppt
6th Period	Went through the science notes	Played the science quiz (created on Quizizz.com)	went through youtube for certain maths content
7th Period	Went through the science notes	Shared the quiz with my classmates.	Went through youtube for certain maths content.
8th Period	Went through the science notes	Asked my classmates, how is the quiz prepared.	Went through youtube for certain maths content.

  
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LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 08-02-2021	TUESDAY Dt: 09-02-2021	WEDNESDAY Dt: 10-02-2021
1st Period	Submitted the daily activity form	Started preparing maths quiz (Algebraic Expressions)	Went through the video before sending it.
2nd Period	Went through the video before sending it	<del>Start</del> Maths Quiz	Class: VII A Maths
3rd Period	class: VII B Science	Test paper - Preparation (Maths)	Brainstorming ideas for poster (WNC)
4th Period	Started writing science lesson plan	Test paper - Maths	Brainstorming ideas for poster (WNC)
5th Period	Science lesson plan	Test paper - Maths	Prepared paper bags (NFE WNC)
6th Period	Science lesson plan	Shared the test paper and quiz to mentor Tr. for approval	Prepared paper bags
7th Period	Science lesson plan	Shared all the maths videos to mentor Tr.	Prepared paper bags
8th Period	Science lesson plan	Shared all the exercises (maths) to mentor Tr.	Prepared paper bags

*[Signature]*

Signature of the Headmaster/Headmistress: HEADMASTER  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
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LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Refan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 11-02-2021	FRIDAY Dt: 12-02-2021	SATURDAY Dt: 13-02-2021
1st Period	Went through the project (VA)	Class : VII B Science	Went through the videos for before sending it
2nd Period	collected the question papers (for exam)	collected the question papers (for exam)	Class : VII A Maths
3rd Period	Supervision X B	Supervision X A	Class : VII B Science
4th Period	Supervision X B	Supervision X A	Science lesson plan
5th Period	Submitted the answer sheets	Submitted the answer sheets	Science lesson plan
6th Period	Class : VII A Maths	Searched for different ways to conduct online activities	Science lesson plan
7th Period	Assembly Report (Republic Day)	Went through / Trying out google form	Science lesson plan
8th Period	Assembly Report (Republic Day)	Trying out google slides and Kahoot	Science lesson plan



Signature of the Headmaster/Headmistress:   
 HEADMASTER  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 15-02-2021	TUESDAY Dt: 16-02-2021	WEDNESDAY Dt: 17-02-2021
1st Period	Submitted the daily activity sheet	Holiday	Went through the video before sending it
2nd Period	Started preparing ppt (maths)		Class: VII A Maths
3rd Period	Maths ppt		Had a discussion with the mentor tr.
4th Period	Maths ppt		Extra question & answer (Maths)
5th Period	Maths ppt		Extra question & answer (Science)
6th Period	Recorded the video (maths lesson)		Extra question & answer (Science)
7th Period	Recorded - Maths lesson		Started preparing 3rd formative Exam Paper (Science)
8th Period	Recorded - Maths lesson		Exam paper (Science)



  
 Signature of the Headmaster/Principal

Late Shri Vinayak Gopal Shenvi Vidyalaya  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 18-02-2021	FRIDAY Dt: 19-02-2021	SATURDAY Dt: 20-02-2021
1st Period	Made poster - NWC	Class : VII B Science	went through the video before sending it
2nd Period	Digital Poster - NIE WWC	Submitted 3rd formative exam paper (science) to mentor Tr.	Class : VII A Maths (Quiz)
3rd Period	Digital Poster - NIE WWC	Went through the exercise questions - Maths	Class : VII B Science
4th Period	Class : VII A Maths	Exercise questions - Maths	Meet the headmaster
5th Period	Preparing 3rd Formative Exam Paper (Science) - VII	Exercise questions - Maths	Started preparing for a poster (bulletin board)
6th Period	Exam Paper (Science - VII)	Started writing questions for maths <del>paper</del> <sup>(exam paper)</sup>	Poster (bulletin board)
7th Period	Exam Paper (Science - VII)	Exam Paper (Maths - VII)	Poster (bulletin board)
8th Period	Exam Paper (Science - VII)	Exam Paper (Maths - VII)	Poster (bulletin board)

Signature of the Headmaster:   
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidyalyaya

	MONDAY DI: 22-02-2024	TUESDAY DI: 23-02-2024	WEDNESDAY DI: 24-02-2024
1st Period	Submitted the daily activity sheet	Along with the mentor Tr. made the changes in question paper	Went through the report on WWC - Campaign
2nd Period	Preparing - 3rd formative exam paper (maths)	Made changes in question paper (maths)	Planted the <del>sa</del> sampling at school
3rd Period	Preparing exam paper	Made changes in question paper	Planted the <del>sa</del> sampling at school
4th Period	Preparing exam paper (maths)	Mentor Tr. evaluated the question paper (maths)	Along with the mentor Tr. made the changes in question paper
5th Period	Preparing exam paper (maths)	Started writing the report on WWC	Made changes in question paper (science)
6th Period	Submitted the 3rd formative exam paper (maths)	Report on WWC - Campaign	Made changes in question paper (science)
7th Period	Read a book	Report on WWC - Campaign	Made changes in question paper (science)
8th Period	Read a book	Dugged a hole - to plant the <del>sa</del> sampling	Mentor Tr. checked the question paper (science)



*[Handwritten Signature]*

Signature of the Headmaster  
Late Shri Vinayak Gopal Shenvi Vidyalyaya  
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# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 25-01-2024	FRIDAY Dt: 26-02-2024	SATURDAY Dt: 27-02-2024
1st Period	Prepared maths exercises	Started preparing Science TEL lesson (ppt)	Holiday
2nd Period	Prepared maths exercises	Science TEL lesson (ppt)	
3rd Period	Prepared maths exercises	Science TEL lesson (ppt)	
4th Period	Converted all the word documents to pdfs	Science TEL lesson (ppt)	
5th Period	Made the remaining maths ppt	Science TEL lesson (ppt)	
6th Period	Maths ppt	Went through the maths TEL Lesson	
7th Period	Recorded the video	Went through the maths TEL Lesson	
8th Period	Recorded the video	Submitted all the videos & exercises to mentor Tr. for approval	

Signature of the Headmaster: \_\_\_\_\_  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
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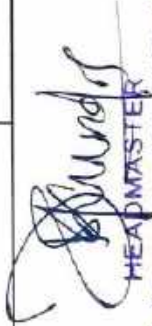
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 1-3-2021	TUESDAY Dt: 2-3-2021	WEDNESDAY Dt: 3-3-2021
1st Period	College	Made a <del>to-do</del> list for the week.	College
2nd Period		Collected the question paper for exam	
3rd Period		Supervision : <u>IX A</u>	
4th Period		Supervision : <u>IX A</u>	
5th Period		Submitted the answer sheets	
6th Period		Made the chart - Science Day	
7th Period		Chart - Science Day	
8th Period		Chart - Science Day	

  
 HEADMASTER

Signature of the Headmaster/Headmistress: Late Shri Vinayak Gopal Shenvi Vidyalaya  
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**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shreevi Vidhyalay

	THURSDAY DE: 4-3-2021	FRIDAY DE: 5-3-2021	SATURDAY DE: 6-3-2021
1st Period	Went through PA assignment.	Preparing TEL Lesson (maths)	Made changes in the ppt (maths lesson)
2nd Period	Collected the question papers	TEL lesson (maths)	Made changes in the ppt (maths lesson)
3rd Period	Supervision: IX B	TEL lesson (maths)	Practiced CAI lesson (maths)
4th Period	Supervision: IX B	TEL lesson (maths)	Practiced CAI lesson (maths)
5th Period	Submitted the answer sheets	Went through Science TEL Lesson	Practiced CAI lesson (maths)
6th Period	Chart - Science Day	Watch a youtube video (Light travels in a straight line)	Read the book: Popular Scientific Discoveries of Inventions
7th Period	Chart - Science Day	Performed the activity (Light travels in a straight line)	Read the book
8th Period	Submitted the chart (Science Day)	Performed the activity	Read the book



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NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 03 - 03 - 2024	TUESDAY Dt: 04 - 03 - 2024	WEDNESDAY Dt: 05 - 03 - 2024
1st Period	College	Submitted the daily activity sheets	College
2nd Period		Class : 7 <sup>th</sup> A Maths	
3rd Period		Discussed with the mentor Tr. about maths & science lessons	
4th Period		Discussion about the maths & science lesson	
5th Period		Went through the science text book (motion & time)	
6th Period		Science text book 7 <sup>th</sup> std (motion & time) Made notes (science)	
7th Period		Made notes (science)	
8th Period			



Signature of the Headmaster:   
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidhyalay  
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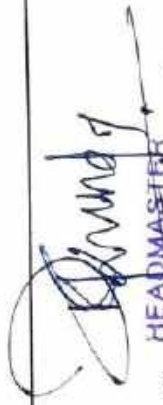
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NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalaya

	THURSDAY Dt: 11-03-2024	FRIDAY Dt: 12-03-2024	SATURDAY Dt: 13-03-2024
1st Period	Holiday	Class: 7 <sup>th</sup> A Maths	Exercise (for science)
2nd Period		Started preparing ppt (Science)	Class: 7 <sup>th</sup> A Maths Extra questions (Science)
3rd Period		PPT - Science	Extra questions (science)
4th Period		PPT - Science	
5th Period		PPT - Science	Converted - Recorded video of ppt into youtube video
6th Period		Recorded video - Science	Uploaded the videos to youtube
7th Period		Recorded video - Science	Uploaded the videos to youtube
8th Period		Exercise (for science lesson)	Shared all the videos of exercises to mentor Tr.

  
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 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfond - Navelim



Signature of the Headmaster: \_\_\_\_\_  
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfond - Navelim

# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalaya

	MONDAY Dt: 15-03-2021	TUESDAY Dt: 16-03-2021	WEDNESDAY Dt: 17-03-2021
1st Period	Submitted the daily activity sheets	college	Went through the video before sending it
2nd Period	Class: VII B Science		Class: VII B Science
3rd Period	Prepared exercises (Science)		Brainstorm - Peace Education Assignment
4th Period	Prepared exercises (Science)		PE - Assignment
5th Period	Prepared exercises (Science) Science Day Poster		PE - Assignment
6th Period	Discussion with the mentor Th about science portion		Read about PE on internet
7th Period	Discussion with the mentor Th about maths portion		Went through youtube videos (science)
8th Period	wrote down the lesson for the summative exam		Youtube videos (science)



  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidhyalaya  
 Reserwefond - Navolim

Signature of the Headmaster/Headmistress



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 18-03-2021	FRIDAY Dt: 19-03-2021	SATURDAY Dt: 20-3-2021
1st Period	College	Class : VII B Science	Made a do-do-list for next week
2nd Period		Preparing science paper (Question paper)	went through the video before sending it
3rd Period		2nd Summative science Exam (Question Paper)	Class : VII B Science
4th Period		Science exam paper	Started preparing maths question paper
5th Period		Science exam paper	2nd summative Maths Question Paper
6th Period		Typed out on laptop (Question Paper)	Maths Exam Paper
7th Period		Typed out on laptop (Question Paper)	Maths Exam Paper
8th Period		Typed out on laptop (Question Paper)	Maths Exam Paper



Signature of the Headmaster  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidhyalay  
 Rawentford - Navelim



# NIRMALA INSTITUTE OF EDUCATION


LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 22-3-2021	TUESDAY Dt: 23-3-2021	WEDNESDAY Dt: 24-3-2021
1st Period	College	Supervision : X B	College
2nd Period		Supervision : X B	
3rd Period		Supervision : X B	
4th Period		Supervision : X B	
5th Period		Submitted the answer sheets	
6th Period		Made the changes in the science question paper	
7th Period		Made changes in the science question paper	
8th Period		Submitted the file to mentor Tr.	



  
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidhyalay  
 Ramanthand - Navolim

Signature of the Headmaster



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shewi Vidhyalay

	THURSDAY Dt: 25-3-2024	FRIDAY Dt: 26-3-2024	SATURDAY Dt: 27-3-2024
1st Period	Supervision X B	Supervision X B	Submitted maths question paper
2nd Period	Supervision X B	Supervision X B	Worked on AR project
3rd Period	Supervision X B	Submitted the answer sheets	Worked on AR project
4th Period	Supervision X B	Worked on maths question paper	Completed AR project
5th Period	Submitted the answer sheets	Worked on maths question paper	Wrote maths lesson plan
6th Period	Went through all the maths lesson	AR (project)	Maths lesson plan
7th Period	Wrote down questions (maths)	AR (project)	Maths lesson plan
8th Period	Wrote down questions (maths)	AR (project)	Wrote a brief on VA assignment



Signature of the Headmaster  
 Late Shri Vinayak Gopal Shewi Vidhyalay  
 Ramranfond - Navellim



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Copal Shenvi Vidhyalaya

	MONDAY Dt: 29-3-2021	TUESDAY Dt: 30-3-2021	WEDNESDAY Dt: 30-3-2021
1st Period	Holiday	Submitted the daily activity sheets	Supervision <input checked="" type="checkbox"/> B
2nd Period	/	Discussed about the science question paper	Supervision <input checked="" type="checkbox"/> B
3rd Period		Made changes in the science question paper	Supervision <input checked="" type="checkbox"/> B
4th Period		changes in science question paper	Supervision <input checked="" type="checkbox"/> B
5th Period		Read on Peace education	Submitted the answer sheets
6th Period		Read on PE	Submitted the maths lesson plan
7th Period		Read on PE	went through all the feedbacks
8th Period		Read on PE	went through all the feedbacks

*Elizabeth Rajan*

Signature of the Headmaster  
 Headmaster, Late Shri Vinayak Copal Shenvi Vidhyalaya  
 Rawanfond - Navelim

# NIRMALA INSTITUTE OF EDUCATION

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NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	THURSDAY Dt: 01-04-2021	FRIDAY Dt: 02-04-2021	SATURDAY Dt: 03-04-2021
1st Period	Wrote VA report	Holiday	Wrote WWC report
2nd Period	Wrote VA report		Wrote WWC report
3rd Period	Wrote VA report		Wrote WWC report
4th Period	Wrote VA report		Submitted the report
5th Period	Preparing PE assignment		Collected pictures (PE)
6th Period	PE assignment		Went through pictures for PE poster
7th Period	PE (peace education) assignment		PE poster
8th Period	PE assignment		PE poster

*[Handwritten Signature]*

HEADMASTER  
 Signature of the Late Vinayak Gopal Shenvi Vidyalaya  
 Renwelford - Navellim



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidyalaya

	MONDAY Dt: 05-04-2021	TUESDAY Dt: 06-04-2021	WEDNESDAY Dt: 07-04-2021
1st Period	Submitted the daily activities sheets	Report on bulletin board	collected the question papers
2nd Period	Started to work on Internship file	Report on bulletin board	Supervision 1X
3rd Period	Internship file	Internship file (Acknowledgement)	Supervision 1X
4th Period	Internship file	Internship file (Acknowledgement)	Supervision 1X
5th Period	Working on internship file	Report on other activities done	Supervision 1X
6th Period	Working on internship file	Report on other activities done	Submitted the answer sheets
7th Period	Working on internship file	Other activities report	Head was <del>working</del> paining (Head down)
8th Period	working on internship file	Report : Other activities	Head down



*Elizabeth Rajan*

Signature of the Headmaster/Headmistress:  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rowanfond - Navelim



# NIRMALA INSTITUTE OF EDUCATION

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NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidyalaya

	THURSDAY Dt: 08-04-2021	FRIDAY Dt: 09-04-2021	SATURDAY Dt: 10-04-2021
1st Period	Worked on VA assignment	Collected the question papers	Made a do-to-list for the coming week
2nd Period	VA assignment	Supervision 1X	Went through all the maths lesson plan
3rd Period	VA assignment	Supervision 1X	went through all the maths lesson plan
4th Period	VA assignment	Supervision 1X	went through all the maths lesson plan
5th Period	Maths lesson plan	Submitted the answer sheets	Went through all science lesson plan
6th Period	Maths lesson plan	Read a book	Science lesson plan
7th Period	Maths lesson plan	Read a book	Science lesson plan
8th Period	Submitted the maths lesson plan	Read a book	Arranged them in order (lesson plan)

HEADMASTER

Signature of the Headmaster/Headmistress: Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim



# NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 12-4-2024	TUESDAY Dt: 13-4-2024	WEDNESDAY Dt: 14-4-2024
1st Period	(Took off)	Holiday	Holiday
2nd Period			
3rd Period			
4th Period			
5th Period			
6th Period			
7th Period			
8th Period			

  
HEADMASTER  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfand - Navelim

Signature of the Headmaster/Headmistress: \_\_\_\_\_




**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Sheevi Vidhyalay

	THURSDAY Dt: 15-4-2024	FRIDAY Dt: 16-4-2024	SATURDAY Dt: 17-4-2024
1st Period	collected the question papers	collected the question papers	Worked on Internship file
2nd Period	Supervision IX	Supervision IX	Internship file
3rd Period	Supervision IX	Supervision IX	Internship file
4th Period	Supervision IX	Supervision IX	Internship file
5th Period	Supervision IX	Supervision IX	Read IE notes
6th Period	Submitted the answer sheets	Submitted the answer sheets	Read IE notes
7th Period	Submitted the daily activities sheets	Worked on Internship file	IE notes
8th Period	Submitted PE assignment	Internship file	IE notes

  
 HEADMASTER  
 Late Shri Vinayak Gopal Sheevi Vidhyalaya  
 Rowentond - Navelim

Signature of the Headmaster/Headmistress: \_\_\_\_\_



# NIRMALA INSTITUTE OF EDUCATION

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NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 19-4-2021	TUESDAY Dt: 20-4-2021	WEDNESDAY Dt: 21-4-2021
1st Period	Submitted the daily activities sheets	Combined all the S.Y. notes	Wrote down all the activities done
2nd Period	Gave mentor Tr. attendance form and individual report	S.Y. notes	Activities done (report)
3rd Period	Submitted the questionnaire on the evaluation of the internship	Combined all S.Y. notes	Activities done (report)
4th Period	Collected all the forms	Went through all the folders, (checked if I had all notes)	Activities done (report)
5th Period	Requested Principal for a "Letter of Appreciation"	checked if I had all notes	Activities done (report)
6th Period	Went through all the forms	Checked if I had all notes	Wrote reflection (Internship file)
7th Period	Went through all the forms	Asked for IG notes	Reflection (Internship file)
8th Period	Head down	Asked for old question papers	Reflection (Internship file)

HEADMASTER

Signature of the Headmaster/Headmistress: Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawentfond - Navelim



## NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidyalaya

	THURSDAY Dt: 22-04-2021	FRIDAY Dt: 23-04-2021	SATURDAY Dt: 24-04-2021
1st Period	Worked on the internship file	Answer key - Summative Exam Maths	Went through old question papers
2nd Period	Internship file (suggestions)	Answer key (Maths)	Went through old question papers
3rd Period	Internship file (suggestions)	Answer key (Maths)	Read IE notes
4th Period	Answer key - Formative exam Maths	Answer key - Summative Exam Science	Read IE notes
5th Period	Answer key	Answer key (Science)	Read IE notes
6th Period	Answer Key	Answer key (Science)	Filled up the daily activity sheets
7th Period	Answer key - Formative exam Science	checked all the answer keys	Collected the letter
8th Period	Answer key	Head down	Submitted the daily activities sheets

Signature of the Headmaster/Headmistress:   
HEADMASTER  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawanfand - Navelim



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1st Period	Wrote VA report	Holiday	Wrote WWC report
2nd Period	Wrote VA report		Wrote WWC report
3rd Period	Wrote VA report		Wrote WWC report
4th Period	Wrote VA report		Submitted the report
5th Period	Preparing PE assignment		Collected pictures (PE)
6th Period	PE assignment		Went through pictures for PE poster
7th Period	PE (peace education) assignment		PE poster
8th Period	PE assignment		PE poster

*[Signature]*

HEADMASTER  
 Signature of the Late Shri Vinayak Gopal Shenvi Vidhyalay  
 Renwelfond - Navellim

# NIRMALA INSTITUTE OF EDUCATION

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NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

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	MONDAY Dt: 05-04-2021	TUESDAY Dt: 06-04-2021	WEDNESDAY Dt: 07-04-2021
1st Period	Submitted the daily activities sheets	Report on bulletin board	collected the question papers
2nd Period	Started to work on Internship file	Report on bulletin board	Supervision 1X
3rd Period	Internship file	Internship file (Acknowledgement)	Supervision 1X
4th Period	Internship file	Internship file (Acknowledgement)	Supervision 1X
5th Period	Working on internship file	Report on other activities done	Supervision 1X
6th Period	Working on internship file	Report on other activities done	Submitted the answer sheets
7th Period	Working on internship file	Other activities report	Head was <del>working</del> paining (Head down)
8th Period	working on internship file	Report : Other activities	Head down



*Elizabeth Rajan*

Signature of the Headmaster/Headmistress:  
**HEADMASTER**  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rowanfond - Navelim



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	THURSDAY Dt: 08-04-2021	FRIDAY Dt: 09-04-2021	SATURDAY Dt: 10-04-2021
1st Period	Worked on VA assignment	Collected the question papers	Made a do-to-list for the coming week
2nd Period	VA assignment	Supervision 1X	Went through all the maths lesson plan
3rd Period	VA assignment	Supervision 1X	went through all the maths lesson plan
4th Period	VA assignment	Supervision 1X	went through all the maths lesson plan
5th Period	Maths lesson plan	Submitted the answer sheets	Went through all science lesson plan
6th Period	Maths lesson plan	Read a book	Science lesson plan
7th Period	Maths lesson plan	Read a book	Science lesson plan
8th Period	Submitted the maths lesson plan	Read a book	Arranged them in order (lesson plan)

Signature of the Headmaster/Headmistress  
HEADMASTER  
Vinayak Gopal Shenvi Vidyalaya  
Rawanfond - Navelim



# NIRMALA INSTITUTE OF EDUCATION

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NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidhyalay

	MONDAY Dt: 12-4-2024	TUESDAY Dt: 13-4-2024	WEDNESDAY Dt: 14-4-2024
1st Period	(Took off)	Holiday	Holiday
2nd Period			
3rd Period			
4th Period			
5th Period			
6th Period			
7th Period			
8th Period			

  
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfand - Navelim

Signature of the Headmaster/Headmistress: \_\_\_\_\_



**NIRMALA INSTITUTE OF EDUCATION**  
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**NAME OF THE TEACHER TRAINEE:** Elizabeth Rajan

**NAME OF THE SCHOOL:** Late Shri Vinayak Gopal Sheevi Vidhyalay

	THURSDAY Dt: 15-4-2024	FRIDAY Dt: 16-4-2024	SATURDAY Dt: 17-4-2024
	collected the question papers	collected the question papers	Worked on Internship file
1st Period	Supervision IX	Supervision IX	Internship file
2nd Period	Supervision IX	Supervision IX	Internship file
3rd Period	Supervision IX	Supervision IX	Internship file
4th Period	Supervision IX	Supervision IX	Internship file
5th Period	Supervision IX	Supervision IX	Read IE notes
6th Period	Submitted the answer sheets	Submitted the answer sheets	Read IE notes
7th Period	Submitted the daily activities sheets	Worked on Internship file	IE notes
8th Period	Submitted PE assignment	Internship file	IE notes

  
**HEADMASTER**  
 Late Shri Vinayak Gopal Sheevi Vidhyalaya  
 Rowentond - Navelim

Signature of the Headmaster/Headmistress: \_\_\_\_\_




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	MONDAY Dt: 19-4-2021	TUESDAY Dt: 20-4-2021	WEDNESDAY Dt: 21-4-2021
1st Period	Submitted the daily activities sheets	Combined all the S.Y. notes	Wrote down all the activities done
2nd Period	Gave mentor Tr. attendance form and individual report	S.Y. notes	Activities done (report)
3rd Period	Submitted the questionnaire on the evaluation of the internship	Combined all S.Y. notes	Activities done (report)
4th Period	Collected all the forms	Went through all the folders, (checked if I had all notes)	Activities done (report)
5th Period	Requested Principal for a "Letter of Appreciation"	checked if I had all notes	Activities done (report)
6th Period	Went through all the forms	Checked if I had all notes	Wrote reflection (Internship file)
7th Period	Went through all the forms	Asked for IG notes	Reflection (Internship file)
8th Period	Head down	Asked for old question papers	Reflection (Internship file)

  
HEADMASTER  
Late Shri Vinayak Gopal Shenvi Vidyalaya  
Rawentond - Navelim

Signature of the Headmaster/Headmistress:



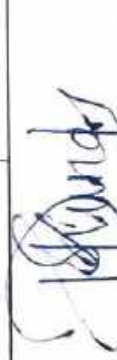
## NIRMALA INSTITUTE OF EDUCATION

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NAME OF THE TEACHER TRAINEE: Elizabeth Rajan

NAME OF THE SCHOOL: Late Shri Vinayak Gopal Shenvi Vidyalaya

	THURSDAY Dt: 22-04-2021	FRIDAY Dt: 23-04-2021	SATURDAY Dt: 24-04-2021
1st Period	Worked on the internship file	Answer key - Summative Exam Maths	Went through old question papers
2nd Period	Internship file (suggestions)	Answer key (Maths)	Went through old question papers
3rd Period	Internship file (suggestions)	Answer key (Maths)	Read IE notes
4th Period	Answer key - Formative exam Maths	Answer key - Summative Exam Science	Read IE notes
5th Period	Answer key	Answer key (Science)	Read IE notes
6th Period	Answer Key	Answer key (Science)	Filled up the daily activity sheets
7th Period	Answer key - Formative exam Science	checked all the answer keys	Collected the letter
8th Period	Answer key	Head down	Submitted the daily activities sheets

  
 HEADMASTER  
 Late Shri Vinayak Gopal Shenvi Vidyalaya  
 Rawanfand - Navelim

Signature of the Headmaster/Headmistress: \_\_\_\_\_

# **INTERNSHIP FILE**

**MISS ENIDA FERNANDES**

TEACHER TRAINEE,

ROLL NO. 45

S.Y.B.ED. (2020 – 2021),

NIRMALA INSTITUTE OF  
EDUCATION

ALTINHO – PANAJI.



# CONTENTS

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**PAGE  
NOS.**

<b>01</b>	Acknowledgement
<b>02</b>	Attendance sheets
<b>03</b>	Daily Reports
<b>04</b>	Substitution Activities
<b>05</b>	Reports of Co-curricular activities
<b>06</b>	Test blueprints
<b>07</b>	Individual Report
<b>08</b>	Reflection and suggestions

# ACKNOWLEDGEMENT

*“ Gratitude will shift you to a higher frequency and you will attract much more better things.”*

*- Rhonda Byrne*

The internship tenure has truly been a great experience for me. For this, I am forever grateful to a number of people. Firstly, I thank Dr. Delia Antão, Officiating Principal of NIE, for giving me this wonderful opportunity. I thank the Science Method Master, Mrs. Pratiksha Shirodkar and the Mathematics Method Master Mrs. Ximena Fonseca for their guidance and support.

I am grateful to Rev. Fr. Jerry Vaz, Headmaster of Guardian Angel High School, Curcholem, for his constant motivation and support. My sincere appreciation towards Mrs. Ruth Mendes, our mentor at GAHS for her guidance, support and suggestions throughout the course. A big thanks to my fellow interns for their co-operation and collaboration.

- Miss Enida M. Fernandes

# ACTIVITIES

## 1. SCIENCE ACTIVITIES

### **1.1 Elements of the Earth – Word finder puzzle**

**OBJECTIVES:** To memorise names of at least 10 elements from the list.

**MATERIALS REQUIRED:** Worksheet and pencil.

**PROCEDURE:**

1. A list of 40 elements is given.
2. The students have to identify the words in the puzzle.
3. The words can be vertically, horizontally or diagonally placed.

## **1.2 Blind Hand**

**OBJECTIVE:** To memorise the steps in the process of wool making.

**MATERIALS REQUIRED:** An envelope containing slips on which each step is written.

### **PROCEDURE:**

1. The class is divided into groups.
2. Each group chooses a leader.
3. The envelope is handed over to the leader of each team.
4. The leader opens the envelope and distributes the slips face down to each member.
5. Every member reads out the step on their respective slip to themselves.
6. The steps are then read aloud in the group.
7. The member having step 1 places his/her slip down first. The others follow sequentially.
8. Thus, the entire process is covered up.
9. The team leader then reads the process. This step helps in revision.

### **1.3 Science Quiz**

**OBJECTIVE:** To recollect information quickly.

**MATERIALS REQUIRED:** Science textbook, chalk, chalkboard and timer.

**PROCEDURE:**

1. The class is divided into teams
2. Each team is asked a question.
3. If answered correctly, before the time limit, the team gains a point.
4. If the team is unable to answer, then the question is passed on to the next team.

## **1.4 Question and Answer Matchup**

**OBJECTIVE:** To recollect content learnt.

**MATERIALS REQUIRED:** Cards of 2 different colours.

**PROCEDURE:**

1. Create a set of questions based on science topics.
2. Each question is written on a separate card and each answer is written on a separate card. Answer cards could be pink and question cards could be green.
3. Randomly distribute the question and answer cards among the students and give them a few minutes to read their cards.
4. Allow the students to mingle as they match-up with their correct question and answer.
5. Once they match- up they should stand with their partner along the perimeter of the room.
6. After every student have matched up, they read aloud the question and the matching answer to the group. If the group feels that the match is incorrect, then the students can do a little reshuffling to find a better fit.

## **1.5 Science Word Scramble**

**OBJECTIVE:** To identify the scientific word.

**MATERIALS REQUIRED:** Scientific terms written on slips.

### **PROCEDURE:**

1. Pick/choose terms from the science textbook.
2. Write down the term correctly on a paper.
3. Then jumble the letters and write the word on a slip.
4. Divide the class into teams.
5. Allow a member from the team to pick a slip randomly. Write the jumbled word on the chalkboard.
6. The team gets a limited time, for example, 2 minutes, to unscramble and guess the correct word.
7. Guessing the word before the time limit gains the team a point.

## **1.6 DIY Paper Bags**

**OBJECTIVE:** To use paper bags as an eco-friendly alternative to plastic bags.

**MATERIALS REQUIRED:** Newspaper, ribbon/thread, scissors and glue.

### **PROCEDURE:**

1. Fold a page of the newspaper into half. Glue the inner side.
2. Place the paper on a flat surface.
3. Locate the center points of the top and bottom edges.
4. Mark these points using a pencil and then join the points.
5. Bring the right side of the paper to the center pencil line and fold.
6. Bring the left side of the paper a little over the center so that it overlaps the right edge.
7. Glue the edges.
8. Fold the side- creases inward to create a slight accordion effect.
9. Fold the bottom of the bag 4 inches up and crease along this line.
10. Holding the side that is faced down firmly, pop open the bottom. This creates a pocket.
11. Now glue the bottom edges together.
12. On the open end, cut two circles on each side.
13. Insert a thread or a ribbon as handles and you're good to go.



## **1.7 Chlorophyll Paintings**

**OBJECTIVE:** To integrate art and science as students learn about photosynthesis.

**MATERIALS REQUIRED:** 10-15 fresh leaves, white sheet of paper, metal spoon

### **PROCEDURE:**

1. Draw an outline of a tree.
2. Moisten the leaves, scrunch and ball them up.
3. Use the balled up leaves to paint the canopy of the tree.

## **1.8 Popsicle catapult**

**OBJECTIVE:** To explain laws of motion.

**MATERIALS REQUIRED:** Ice-cream sticks (10), rubber bands, glue drops, bottle cap, paper balls (about the size that fit into the cap)

### **PROCEDURE:**

1. Make a stack of 7 ice-cream sticks and use rubber bands to tie them together on both ends.
2. Make a stack of 2 ice-cream sticks and use a rubber band to tie them together on one end only.
3. Pull the 2 ice-cream sticks apart and wedge the stack of 7 sticks between them.
4. Use glue drops and secure the bottle cap to the far end of the upper stick.
5. Place the paper ball into the cap.
6. Hold the catapult with one hand and use the other hand to push down the cap.
7. Release the cap and watch the ball fly.

## **1.9 Essay on ' My Invention'**

**OBJECTIVE:** To instil a scientific approach.

**MATERIALS REQUIRED:** Paper and pen.

**PROCEDURE:**

Ask students to write about their imaginary scientific discovery/invention and how it would help the world.

## **1.10 Science Charades**

**OBJECTIVE:** To help spatial learners understand science using gestures.

**MATERIALS REQUIRED:** Slips containing scientific terms.

### **PROCEDURE:**

1. Divide the group into teams of equal size. Appoint a timekeeper.
2. A player from team 1 draws a slip and reads it.
3. The timekeeper then notes the time and tells the player to start.
4. The player acts out the word or recites close hints to the word.
5. Team 1 then has three minutes to guess the word. If guessed within the given time limit, the team gains a point.
6. Equal chances are given to each team and the final scores are tallied.

# ACTIVITIES

## 2. MATHEMATICS ACTIVITIES

### 2.1 Multiples of Eight

**OBJECTIVE:** To practice multiples.

**MATERIALS REQUIRED:** Players.

**PROCEDURE:**

1. Student 1 begins by saying the number 1 aloud, student 2 will say number 2, the next student in line will say the number 3 and so on.
2. However, the student who has to utter any multiple of 8 should keep mum and clap. Failure to do so, results in elimination.
3. The pace of the game is fastened to make it challenging.

## **2.2 Geometry Drawing**

**OBJECTIVE:** To draw a relation between math and nature.

**MATERIALS REQUIRED:** Worksheets, scale, pencil, eraser and colours.

**PROCEDURE:** The students should draw a picture using all of the given elements. The elements could be used more than once.

**OBSERVATION:** Students love drawing! Combining math and art a complete success. Students showed their creativity and also asked for extra sheets.

## **2.3 Magic Squares**

**OBJECTIVE:** To sharpen memory.

**MATERIALS REQUIRED:** Worksheets.

**PROCEDURE:**

1. Four different 4x4 grids are given. The grid contains some missing numbers.
2. The Players have to fill in the grids so that each column, row and diagonal add up to the given sum.

## **2.4 Math Bingo**

**OBJECTIVE:** To memorise prime numbers.

**MATERIALS REQUIRED:** Notebook, scale, pencil.

**PROCEDURE:**

1. The students draw a 5x5 square grid.
2. Prime numbers from 1 to 100 are entered in the grid randomly.
3. The teacher calls out random prime numbers and the student strikes off that number from the grid.
4. The student who strikes off a row of numbers first wins.



## **2.5 KenKen puzzle**

**OBJECTIVE:** To develop problem-solving skills.

**MATERIALS REQUIRED:** Worksheets.

### **PROCEDURE:**

1. Fill in each square with a single number. In a 4x4 grid use numbers from 1 to 4.
2. Do not repeat the numbers in any individual row or column. For example, in the grid each column and row should be filled in with the number 1, 2, 3, and 4 with no duplication.
3. Each heavily outlined sets of squares is called a cage. The numbers in each cage, in any order must combine to produce the target number indicated in the top corner by using the mathematical operation next to it.
4. A number may be repeated within the cage as long as it is not in the same row or column.

## **2.6 Math Quiz**

**OBJECTIVE:** To memorise formulae (areas and volumes of 2D and 3D shapes).

**MATERIALS REQUIRED:** Blackboard, chalk, timer.

**PROCEDURE:**

1. The class is divided into teams
2. Each team is asked a formula.
3. If answered correctly, before the time limit, the team gains a point.
4. If the team is unable to answer, then the question is passed on to the next team.
5. Once a member has answered, she or he cannot attempt again.

## **2.7 Division Colouring**

**OBJECTIVE:** To practice mental division.

**MATERIALS REQUIRED:** Colours, rough paper, pen and worksheet.

### **PROCEDURE:**

1. The students are given a worksheet with a picture.
2. The picture is divided into parts.
3. Each part of the figure contains a simple division problem that the student has to solve.
4. The answer obtained upon solving needs to be matched against a colour scheme code given on the worksheet.
5. The colour that matches the code should be painted that area.
6. Upon solving each part of the figure, a beautiful, painted picture is revealed.

## **2.8 Math logic puzzles**

**OBJECTIVE:** To develop mathematical skills.

**MATERIALS REQUIRED:** Worksheet.

### **PROCEDURE:**

1. The students are given a worksheet with three logic puzzles.
2. The difficulty level of each puzzle increases from easy to hard.
3. Each puzzle contains 3 mathematical equations.
4. Each term in the equation except one is depicted by an icon/picture.
5. The student has to inter-relate the equations and find out the values of each icon.

## **2.9 Noggle**

**OBJECTIVE:** To develop critical thinking.

**MATERIALS REQUIRED:** Noggle chart and timer

**PROCEDURE:**

1. A Noggle chart consisting of various numbers placed in 4x4 grid is put up on the blackboard.
2. A number written in a circle is placed next to the chart.
3. The class is divided into teams.
4. Each team has 3 minutes to write an expression with a value equal to the circled number.
5. The numbers in the expressions must be from the chart and must touching each other either horizontally, vertically or diagonally.
6. The team can use various mathematical operations to arrive at the answer.
7. If answered correctly, before the time limit, the team gains a point.

## **2.10 Pythagorean theorem puzzle**

**OBJECTIVE:** To practice Pythagorean theorem.

**MATERIALS REQUIRED:** Worksheet.

**PROCEDURE:**

The students have to find out the value of the hypotenuse marked with a star. All other values are given except of the hypotenuse.

(The adjacent sides of the hypotenuse make other triangles of varying lengths. These triangles are in turn connected to more triangles. The students will have to use the basic mathematical operations as well as the Pythagoras theorem to find out the exact values of each side of the triangle of interest.)

# REPORTS OF CO-CURRICULAR ACTIVITIES

## 1. PATRIOTIC SINGING ON REPUBLIC DAY

The students of Nirmala Institute of education attended the flag hoisting ceremony in Guardian Angel High School, Curchorem Goa. The function began at 8:15 with flag hoisting which was immediately followed by the National Anthem. After a brief speech by one of the staff teachers, the teacher trainees at Nirmala Institution of Education presented an ensemble of patriotic songs. The NIE interns (Aalisha Costa, Lancia Cardozo, Ashweta Manjrekar, Megal Rebello and Enida Fernandes) sang three patriotic songs on the occasion of Republic Day. The interns were trained by Mr. Elvis Goes, the Math teacher, whose talents also include singing and composing songs. The songs sang were – Ye Watan, Lukka Chuppi and Yeh Jo Desh hai mera. The performance was highly appreciated by all the teaching and non-teaching members of the staff. The chief guest of the program, Rev. Fr. Jovier Barreto, Assistant Priest of Guardian Angel Parish Church, Curchorem delivered a beautiful message reflecting the importance of Republic day. The function was concluded with a vote of thanks by the principal of the higher secondary School Rev. Fr. Walter Miranda. The Physical Education teacher engaged the crowd in raising slogans of national importance. The gathering was dismissed for the day.

# 1. PATRIOTIC SINGING ON REPUBLIC DAY



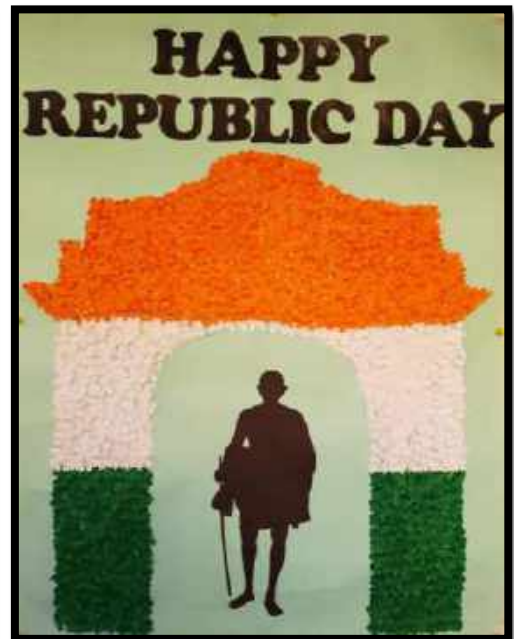
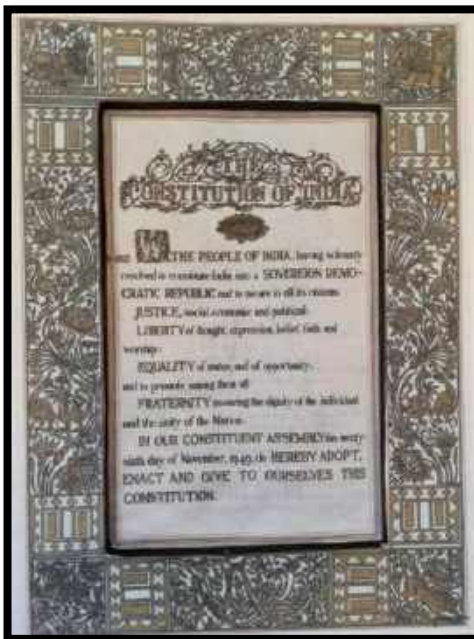
1. The interns singing
2. The interns with Sir Goes



## **2. POSTER ON PATRIOTISM FOR REPUBLIC DAY**

On the occasion of Republic Day 2021, the NIE interns designed three posters to be displayed on the school notice board. The first was a framed Preamble of the Constitution. The second was Mahatma Gandhi at the India Gate. The India Gate was collaged with flowers resembling the Tricolour. The third poster depicted the Indian National Flag, filled with words of national relevance.

## 2. POSTER ON PATRIOTISM FOR REPUBLIC DAY



### **3. HEADMASTER'S DAY**

The Headmaster's Day was celebrated at Guardian Angel High School on 3 March 2021 on the birthday of Rev. Fr. Jerry Vaz. The B.Ed. trainees (Aalisha Costa, Lancia Cardozo, Ashweta Manjrekar, Megal Rebello and Enida Fernandes), along with the D.El.Ed. and B.P. Ed. trainees were given the responsibility of decorating the hall and headmaster's office, and of presenting a memento to the headmaster. The trainees procured the required material with the cash given by the school. On the day of celebration, the trainees decorated the office and the hall with balloons and 'Happy Birthday' banners. An exquisite A4 sized birthday card was collectively prepared by the trainees. A prayer service was held in the hall followed by a short programme during which, the card was presented to the headmaster. The work of the trainees was appreciated by the headmaster and many staff members.

### 3. HEADMASTER'S DAY



## **4. TEACHERS-STUDENTS-PARENTS MEET**

The Headmaster along with the faculty of GAHS planned a scheduled meet for the teachers, students and parents of classes 5 and 6, from 9 March 2021 to 13 March 2021. This was done to keep track of learning and difficulties faced by the students during the on going pandemic. The second motive of the meet was to familiarise students with their teachers and vice versa. Students were called in batches according to their divisions. Each teacher met a total of 10 students per day. All SoPs were followed strictly by the school. A list was prepared and each student was allotted a specific time slot. The temperature check and sanitisation was done at the school gate. They were then guided to their respective class by a teacher trainee. The class teacher along with another teacher trainee met with the students and their parents. After discussing matters, critical feedback was taken from the latter. Important points were noted down and then transferred to a digital source by the trainee.

## 4. TEACHERS-STUDENTS-PARENTS MEET



## **5. PACKAGING OF TABLETS**

The Guardian Angel High School annually distributes de-worming tablets to all of its students. However, due to the present circumstances, these medicines were distributed to only those students who visited the school. These included the students of std. 10 and std. 09. Each pill was packed separately in a zip-lock bag by the teacher trainees under the supervision of Mrs. Ruth Mendes. Proper hygiene and sanitisation was maintained while packing.

## 5. PACKAGING OF TABLETS





# SCIENCE TEST

Topic: Diversity in Living Organisms (Vertebrates)

Std: 9th

1. Weightages
2. Blue- print
3. Question Paper
4. Scoring key & Marking Scheme
5. Question- wise Analysis

## 1. Weightages

### A. Weightage to Objectives

Sr. No.	Objectives	Marks	Percentage (%)
1.	Remembering	6	30
2.	Understanding	14	70
3.	Applying	-	0
4.	Skill	-	0
<b>Total</b>		<b>20</b>	<b>100</b>

### B. Weightage to Content

Sr. No.	Sub-topics	Marks	Percentage (%)
1.	Vertebrata	4	20
2.	Pisces	3	15
3.	Amphibia	3	15
4.	Reptilia	3	15
5.	Aves	3	15
6.	Mammalia	4	20
<b>TOTAL</b>		<b>20</b>	<b>100</b>

**A. Weightage to the form of questions**

Sr. No.	Form of Questions	Marks	Percentage (%)
1.	Essay	6	30
2.	Objective- Select	8	40
3.	Objective- Supply	6	30
	Objective –Context Dependent	-	0
<b>Total</b>		<b>20</b>	<b>100</b>

**B. Weightage to difficulty level**

Sr. No.	Difficulty level	Marks	Percentage (%)
1.	Easy	6	30
2.	Average	8	40
3.	Difficult	6	30
<b>Total</b>		<b>20</b>	<b>100</b>

**2. Blue- Print**

Sr. No.	Objective	Remembering				Understanding				Applying				Skill				Total
	Form of Questions	Essay	0Se	Osu	OCD	Essay	Ose	Osu	OCD	Essay	Ose	Osu	OCD	Essay	Ose	Osu	OCD	
1	Vertebrata	3		1														4
2	Pisces					1	1	1										3
3	Amphibia			1		2												3
4	Reptilia			1		1	1											3
5	Aves					3												3
6	Mammalia					3	1											4
<b>Total</b>		<b>6</b>				<b>14</b>				<b>-</b>				<b>-</b>				<b>20</b>

## Question paper

[Date:00/00/0000 ] [Total No. of Pages:3]

Guardian Angel High School

Science Test

Vertebrata (9th Std)

[Maximum Marks: 20]

[Time Duration: 30 minutes]

### General Instructions:

1. All Questions are compulsory.
2. Figures to the right indicate full marks.

Q1) Pick the most suitable alternative from the options given below and rewrite the statement. [4]

1. Which one is the most striking character of the vertebrates?

- (a) Presence of notochord
- (b) Presence of triploblastic condition
- (c) Presence of gill pouches
- (d) Presence of coelom

2. Salamander Belongs to class

- (a) Pisces
- (b) Aves
- (c) Reptilia
- (d) Amphibia

**3. The Respiratory organ in reptile is**

- (a) Gills**
- (b) Epidermis**
- (c) Lungs**
- (d) Skin**

**4. Which one is a true fish**

- (a) Jelly fish**
- (b) Star Fish**
- (c) Dog Fish**
- (d) Silver Fish**

**Q2) Match the items in Column A with the appropriate characteristic in the column B. [4]**

<b>Column A</b>	<b>Column B</b>
1. Amphibia	a) Gills
2. Mammalia	b) Dual Habitat
3. Pisces	c) Feathers
4. Aves	d) Mammary Glands
	e) Jointed legs
	f) Water Canal System

**Q3) State if true or False [4]**

- (a). Aves are cold blooded Animals.
- (b). The Skin of mammals is covered with hairs
- (c). Reptiles possess mucus glands on their skin.
- (d). Amphibians have three chambered heart.

**Q4) Name the following:-**

- a) One egg laying mammal. [1]
- b) One Reptile having four chambered heart. [1]

**Q5) Which are the three basic features of Phylum Vertebrata? [3]**

**Q6) Give two point of difference between Aves and Mammals. [2]**

**Q7) Give two Characteristics of Class Pisces. [1]**

.....**ALL THE BEST**.....

#### 4. Scoring key & Marking Scheme

Question No.	Value Points	Marks	Total
<b>Q1) Multiple Choice questions</b>			
1.	Presence of notochord	1	<b>4</b>
2.	Amphibia	1	
3.	Lungs	1	
4.	Dog Fish	1	
<b>Q2) Match the columns.</b>			
1.	b. Dual Habitat	1	<b>4</b>
2.	d. Mammary Glands	1	
3.	a. Gills	1	
4.	c. Feathers	1	
<b>Q3) State True or False</b>			
a	False	1	<b>4</b>
b	True	1	
c	False	1	
d	True	1	
<b>Q4) Name the following</b>			
a	Platypus	1	<b>2</b>
b	Crocodile	1	

Q5) The three basic features of Phylum Vertebrata are:-			
i)	A notochord	1	3
ii)	Dorsal hollow nerve chord	1	
iii)	Pharengeal gill slits	1	
Q6)	<u>Aves</u>	<u>Mammals</u>	
i)	Have feathers on their skin	i) Have hair on their skin	1
ii)	Possess beak	ii) Donot posses beak, have teeth	1
Q7) i)	They have scales		$\frac{1}{2}$
	They have stream lined body		$\frac{1}{2}$
			1
<b>TOTAL</b>			20

## 5. Question- Wise Analysis

Q. No.	Sub- topic	Objectives	Specifications	Item Type	Marks	Time (Minutes)	Difficulty level
1.1	Vertebrata	Remembering	Identifies	Osu	1	2	Easy
1.2	Amphibia	Remembering	Identifies	Osu	1	2	Easy
1.3	Reptilia	Remembering	Identifies	Osu	1	2	Easy
1.4	Pisces	Understanding	Identifies	Osu	1	2	Easy
2.1	Amphibia	Understanding	Matching	Ose	1	1	Average
2	Mammalia	Understanding	Matching	Ose	1	1	Average
3	Pisces	Understanding	Matching	Ose	1	1	Average
4	Aves	Understanding	Matching	Ose	1	1	Average
3 a	Aves	Understanding	States	Ose	1	1	Average
b	Mammalia	Understanding	States	Ose	1	1	Average
c	Reptilia	Understanding	States	Ose	1	1	Average
d	Amphibia	Understanding	States	Ose	1	1	Average
4 a	Mammalia	Understanding	Cites	Osu	1	1	Easy
b	Reptilia	Understanding	Cites	Osu	1	1	Easy
5	Vertebrata	Remembering	States	Essay	3	6	Difficult
6	Aves Mammalia	Understanding	lists	Essay	2	4	Difficult
7	Pisces	Understanding	lists	Essay	1	2	Difficult
<b>TOTAL</b>					<b>20</b>	<b>30</b>	



# MATH TEST

Topic: Linear Equations in Two Variables

Class: 9

## 1. DESCRIPTION OF WEIGHTAGES

### WEIGHTAGE TO CONTENT

SR. NO.	SUB-UNITS	PERCENTAGES	MARKS
1.	Linear Equation	30	6
2.	Solution of a Linear Equation	30	6
3.	Graph of a Linear equation in Two Variables	40	8
		100%	20

### WEIGHTAGE TO OBJECTIVES

OBJECTIVES	PERCENTAGES	MARKS
Remembering	10	1
Understanding	50	12
Applying	10	1
Skill	30	6
	100%	20

### WEIGHTAGE TO ITEM FORMAT

ITEMS	PERCENTAGES	MARKS
Essay		10
Objective – select		4
Objective – supply		-
Objective – context dependent		6
	100%	20

## 2. BLUEPRINT

Obj.	Remembering				Understanding				Applying				Skill				Total
Items Content	E	Ose	Osu	Ocd	E	Ose	Osu	Ocd	E	Ose	Osu	Ocd	E	Ose	Osu	Ocd	
1					4	2											6
2					6												6
3	1								1							6	8
Sub- total	1				10	2			1							6	
<b>TOTAL</b>	<b>1</b>				<b>12</b>				<b>1</b>				<b>6</b>				<b>20</b>

### 3. QUESTION PAPER

**Instructions:**

- All questions are compulsory.
- Figures to the right indicate full marks.

**Subject:** Mathematics

**Class:** 9

**Topic:** Linear equations in two variables

**Total marks:** 20

**Time:** 30 minutes

**Q I] Pick the most suitable alternative from the options given below and rewrite the statement.**

**i] Identify the linear equation in one variable among the options given below.**

- a.  $3x + 5 = 2x$  **(1)**
- b.  $2x + 3y = -24$
- c.  $3x^2 - 2x + 7$
- d.  $2^3$

**ii] Identify which of the following is a linear equation in two variables.** **(1)**

- a.  $7x + 5x = 24$
- b.  $3x + 5y + 2z$
- c.  $x + y = 9$
- d.  $6x^2 + 11x + 4$

**iii] A point with co-ordinates (m, 3) lie on the y-axis. Therefore, the value of m is \_\_\_\_\_.** **(1)**

- a. 0
- b. 1
- c. 2
- d. 3

**iv] Any point on the line  $x=y$  is of the form:** **(1)**

- a) (k, -k)
- b) (0, k)
- c) (k, 0)
- d) (k, k)

**Q II] Express the following linear equation in the form  $ax + by + c = 0$  and indicate the values of a, b and c.**

**A)  $2x = -5y$  (2)**

**B)  $x - 4 = \sqrt{3}y$  (2)**

**Q III] Complete and rewrite the table given below and plot the graph for the equations:**

**A]  $x + y = 7$  (at least **three** points) (3)**

X			
Y			
(x, y)			

**B]  $x - 2y = 3$  (at least **three** points) (3)**

X			
Y			
(x, y)			

**Q IV] Find the value of k, if:**

**A] (0, 4) is a solution of linear equation  $4x + 3y = k$  (2)**

**B] (1, -4) is a solution of the linear equation  $2x + k = -3y$  (2)**

**C] (1, 2) is a solution of the linear equation  $2x + 3y = k$  (2)**

#### 4. MARKING SCHEME AND SCORING KEY

**Q I] Pick the most suitable alternative from the options given below and rewrite the statement.**

**i] Identify the linear equation in one variable among the options given below.**

a.  $3x + 5 = 2x$  (1)

**ii] Identify which of the following is a linear equation in two variables.**

c.  $x + y = 9$  (1)

**iii] A point with co-ordinates (m, 3) lie on the y-axis. Therefore, the value of m is \_\_\_\_\_.**

a. 0 (1)

**iv] Any point on the line  $x=y$  is of the form:**

d. (k, k) (1)

**Q II] Express the following linear equation in the form  $ax + by + c = 0$  and indicate the values of a, b and c.**

**A)  $2x = -5y$**

$2x + 5y + 0 = 0$  .... (1)

**a = 2, b = 5, c = 0** ..... (1)

**B)  $x - 4 = \sqrt{3}y$**

$x - \sqrt{3}y - 4 = 0$  ..... (1)

**a = 1, b =  $-\sqrt{3}$ , c = -4** ..... (1)

**Q III] Complete and rewrite the table given below and plot the graph for the equations:**

**A]  $x + y = 7$  (at least **three** points) (3)**

X	1	2	3
Y	6	5	4
(x, y)	(1,6)	(2,5)	(3,4)

**B]  $x - 2y = 3$  (at least **three** points) (3)**

X	1	5	7
Y	-1	1	2
(x, y)	(1, -1)	(5,1)	(7,2)

**Q IV] Find the value of k, if:**

**A] (0, 4) is a solution of linear equation  $4x + 3y = k$  (2)**

$x = 0, y = 4$

$4(0) + 3(4) = k$  ..... (0.5)

$0 + 12 = k$  ..... (0.5)

$k = 12$  ..... (0.5)

**The value of k is 12. .... (0.5)**

**B] (1, -4) is a solution of the linear equation  $2x + k = -3y$  (2)**

$x = 1, y = -4$

$2x + k = -3y$

$2(1) + k = -3(-4)$  ..... (0.5)

$2 + k = 12$

$k = 12 - 2$  ..... (0.5)

$k = 10$  ..... (0.5)

**The value of k is 10. .... (0.5)**

**C]** (1, 2) is a solution of the linear equation  $2x + 3y = k$  **(2)**

$$x = 1, y = 2$$

$$2x + 3y = k$$

$$2(1) + 3(2) = k \quad \dots (0.5)$$

$$2 + 6 = k \quad \dots (0.5)$$

$$8 = k$$

$$k = 8 \quad \dots (0.5)$$

**The value of k is 8. .... (0.5)**

## 5. QUESTION-WISE ANALYSIS

Q. No.	Objective	Specification	Subunit	Item type	Marks	Time	Difficulty
I] i	U	Identify	1	Ose	1	1	E
ii	U	Identify	1	Ose	1	1	E
iii	K		3	Ose	1	1	A
iv	A		3	Ose	1	1	D
II] A	U	Express	1	Essay	2	2	A
B	U	Express	1	Essay	2	2	D
III] A	S	Plot	3	Ocd	3	6.5	A
B	S	Plot	3	Ocd	3	6.5	A
IV] A	U	Compute	2	Essay	2	3	A
B	U	Compute	2	Essay	2	3	A
C	U	Compute	2	Essay	2	3	A

## REFLECTION AND SUGGESTIONS

My experience during the internship this year was quite different from last year's. Firstly, the pandemic made it a strange and hectic experience altogether. Strange because I spoke to screens instead of students, hectic because I invested much more energy and time to prepare a 30 minutes virtual lecture.

Secondly, I was a bit demotivated when I learnt that students will not be attending classes physically. Engaging in the classroom environment is what makes a teaching-learning experience fruitful and fun. However, this did not hold me back from conducting classes online. I took the opportunity to explore creative methods to liven an otherwise boring presentation. I used colours, videos, pictures, emojis, all to make the virtual class interesting and engaging. I received a good response from students and the mentor in charge.

This internship tenure has also taught me to deal and co-operate with people of different personalities. The group of interns was comparatively large since the F.Y.B.Ed.'s , the D.El.Ed.'s and B.P.Ed students also accompanied us. A mix of such vibrant minds always call for clashes of ideas. In such situations, I learnt to humble myself, be open to new thought processes/ideas, accept criticism and work collaboratively. I also learnt to be more responsible and punctual.

While interning I had to be careful to maintain SOPs and to travel safe. Thankfully, the school had sanitisers placed at every corner and everyone was temperature checked upon arrival. We were sat at a distance from each other to avoid contact.

The staff and the Headmaster were very supportive and always motivated us. My Mentor, Mrs. Mendes, was



co-operative and encouraged me to work hard. She directed me and the team through the essentials of job applications and advised us to always aim for growth.

A few points that would have helped in a steady flow of carrying responsibilities would be if :

- The trainees were well briefed about the essential requirements during the tenure.
- The list of essential activities was altered in view of the pandemic.

# INTERNSHIP FILE

## MOUNT MARY'S HIGH SCHOOL CHINCHINIM – GOA

4<sup>th</sup> January 2021 – 24<sup>th</sup> April 2021



Anushka Dias 23  
S.Y.B.Ed.

# Index

Sr. No.	Content
1	Acknowledgement
2	Introduction
3	Attendance Sheets and Day Wise Reports
4	Class Activities
5	Celebration Reports
6	Tests in each method
7	Class Assembly Report
8	Reflections and Suggestions
9	Photo Gallery

## Acknowledgement

I would like to express my sincere gratitude to our Officiating Principal Dr. Delia Antao for giving us this opportunity to be a part of an internship programme. These 16 weeks were truly amazing and we will treasure them always.

I would also like to thank our Science and Mathematics method masters Mrs. Pratiksha Shirodkar and Mrs. Ximena Fonseca for equipping us with the necessary tools and strategies to transmit content during these difficult times.

I would also like to thank Dr. Russell D'souza and Mr. Subodh Haldankar for their valuable support and for enriching us with their knowledge and skills to make our teaching experience a wonderful one.

I would also like to extend my gratitude to Mr. Francis Caridade Fernandes, Headmaster and Fr. Joao Antonio Costa , Manager of Mount Mary's High School Chinchinim for granting us permission to intern in this beautiful school. It was truly a delightful experience.

And last but not the least, I would like to thank the teachers and students of Mount Mary's High School for guiding and supporting us throughout the term of internship. Finally I would like to thank my companions who co-operated to accomplish every task during the internship period.

Anushka Dias  
S.Y.B.Ed.

## Introduction

Mount Mary's High School was established in 1962 and it is managed by private aided. It is located in Chinchinim Salcete Goa. The manager of the school is Fr. Joao Antonio Costa , the vicar of Our Lady of Hope Chinchinim. The school is headed by Mr. Francis Caridade Fernandes. He has been the headmaster since the year 2014.


The vision of the school is to equip the students with knowledge , values and skills and to empower them to achieve their full potential. It aims to create a school environment where the needs of the students are supported by quality education, where the school, parents and the community are engaged as partners in education and a place wherein a diversity of background and abilities are accommodated.



A photo with the Headmaster Mr. Francis Fernandes

## Day Wise Reports and Attendance Sheets

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP R.E.D. 2019 - 2021 (V2)




NAME OF THE TEACHER TRAINEE: Anushka Das  
NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 1-1-2021	TUESDAY Dt: 5-1-2021	WEDNESDAY Dt: 6-1-2021
1st Period		Lesson planning	Lesson planning
2nd Period		for Combustion and Flame PART 1	for Algebraic Expressions and Identities (Part 1)
3rd Period		Lesson planning	Lesson planning
4th Period	Unit collection for Maths and Science	for Combustion and Flame PART 1	for Algebraic Expressions and Identities (Part 1)
5th Period		Preparing the	Researching for additional information for
6th Period		Powerpoint presentation	Algebraic Expressions (Part 1)
7th Period		for Combustion and Flame PART 1	Preparing the powerpoints
8th Period			Presentation for Algebraic Expressions (Part 1)

Signature of the Headmaster/Headmistress: K-1-P

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP R.E.D. 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINEE: Anushka Das  
NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 7-1-2021	FRIDAY Dt: 8-1-2021	SATURDAY Dt: 9-1-2021
1st Period	Preparing the powerpoint presentation for Algebraic Expressions & Identities (Part 1)	Preparing the powerpoint presentation for Combustion and Flame (Part 2)	Recording the video lesson for Algebraic Expressions and Identities (Part 1)
2nd Period	Expressions & Identities (Part 1)	Preparing the powerpoint presentation for Combustion and Flame (Part 2)	Recording the video lesson for
3rd Period	Lesson planning for Combustion and Flame (Part 2)	Recording the video lesson for	Algebraic Expressions and Identities (Part 1)
4th Period	Lesson planning for Combustion & Flame (Part 2)	Combustion and flame (part 1)	Lesson planning for
5th Period	Researching for additional information for Combustion and flame	Recording the video lesson for	Algebraic Expressions (part 2)
6th Period		Combustion and flame (part 1)	Lesson planning for
7th Period		Algebraic Expressions (part 2)	

Signature of the Headmaster/Headmistress: K-1-P

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINER: Anushka Dias

NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY DE: 11-1-2021	TUESDAY DE: 12-1-2021	WEDNESDAY DE: 13-1-2021
1st Period	Preparing the powerpoint	Recording the video lesson for	Lesson planning for
2nd Period	Presentation for Algebraic Expressions (Part 2)	Algebraic Expressions and Identities (Part 2)	Algebraic expression & identities (part 3)
3rd Period	Preparing the powerpoint	Recording the video lesson for	Lesson planning for
4th Period	presentation for Algebraic Expressions (Part 2)	Algebraic Expressions and Identities (Part 2)	Algebraic expressions & identities (part 3)
5th Period	Researching for additional information for Algebraic Exp	Lesson planning for	Researching additional information for Algebraic Expression (part 3)
6th Period	Recording the video	Combustion and Flame (Part 2)	Preparing the powerpoint
7th Period	Lesson for Combustion and	Lesson planning for	Presentation for
8th Period	Flame (Part 2)	Combustion and Flame (Part 2)	Combustion and Flame (Part 2)

Signature of the Headteacher/Headmistress: r-LP

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINER: Anushka Dias

NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY DE: 14-1-2021	FRIDAY DE: 15-1-2021	SATURDAY DE: 16-1-2021
1st Period	Preparing the powerpoint	Recording the video lesson	H
2nd Period	Presentation for Algebraic Expressions and identities (Part 2)	for	O
3rd Period	Preparing the powerpoint	Combustion and Flame (Part 3)	L
4th Period	presentation for Algebraic expressions and identities (Part 2)	Recording the video lesson for	I
5th Period	Preparing assessment sheets	Combustion and Flame	D
6th Period	for Algebraic expressions and Identities	(Part 3)	A
7th Period	Deco work preparation	Deco Work preparation	Y
8th Period	for St Joseph Vaz feast	for St. Joseph Vaz feast	v st Joseph Vaz Feast

Signature of the Headteacher/Headmistress: r-LP

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Das  
NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 13-1-2021	TUESDAY Dt: 14-1-2021	WEDNESDAY Dt: 20-1-2021
1st Period	Temperature Checks std x	Temperature Checks x	Temperature checks std x
2nd Period	Temperature Checks Std ix	Temperature Checks ix	Temperature checks std ix
3rd Period		Lesson planning for	Preparing the powerpoint presentation for
4th Period	Answer paper collection	Combustion and Flame (part 1)	Combustion and Flame party
5th Period	& students from std v-viii and	Lesson planning for	Preparing the powerpoint presentation for
6th Period	Distribution of deworming tablets	Combustion and Flame (part 2)	Combustion and Flame Party
7th Period		Deco work preparation for Republic Day	Deco work preparation for Republic Day
8th Period		Deco work preparation for Republic Day	Deco work preparation for Republic Day

Signature of the Headmaster/Headmistress: r-lf

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Das  
NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 21-1-2021	FRIDAY Dt: 22-1-2021	SATURDAY Dt: 23-1-2021
1st Period	Temperature checks std x	Temperature checks std x	Temperature checks std x
2nd Period	Temperature checks std ix	Temperature checks std ix	Temperature checks std ix
3rd Period	Recording the video lesson for	Lesson planning for	Preparing the powerpoint for
4th Period	Combustion & flame party	Squares & Squareroot (part 1)	Squares and Square roots part 1
5th Period	Planning and preparing	Lesson planning for	Preparing the powerpoint presentation for
6th Period	the assessment sheet for Combustion and flame	Squares & square roots (part 2)	Squares & square roots part 2
7th Period	Deco work preparation for girl child day	Deco work preparation for girl child day	Deco work preparation for girl child day
8th Period			

Signature of the Headmaster/Headmistress: r-lf



**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Das

NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 25-1-2021	TUESDAY Dt: 26-1-2021	WEDNESDAY Dt: 27-1-2021
1st Period	Temperature Checks stds	Republic Day Celebration	Temperature checks stds
2nd Period	Temperature Checks stds	- Flag hoisting, assembly, programme	Temperature checks stds
3rd Period	Preparation for the		Recording the video lesson
4th Period	Republic Day		for
5th Period	Wall paper		Squares & Square roots (part 1)
6th Period	Lesson planning		Preparing the powerpoint
7th Period	for Sound		presentation for
8th Period	(Part 1)		Sound (Part 1)

Signature of the Headmaster/Headmistress: r-l-p

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Das

NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 28-1-2021	FRIDAY Dt: 29-1-2021	SATURDAY Dt: 30-1-2021
1st Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
2nd Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
3rd Period	Recording the video lesson	Lesson planning for	Lesson planning for
4th Period	for Sound (part 1)	Squares & Square roots (part 2)	SOUND (Part 2)
5th Period	Recording the video lesson	Preparing the powerpoint	Lesson planning for
6th Period	for Sound (part 1)	for Squares & square roots (part 2)	SOUND (Part 2)
7th Period	Lesson planning for	Preparing the powerpoint	Preparing the powerpoint
8th Period	Squares & Square roots (part 2)	for Squares & square roots (part 2)	presentation for
			Sound (Part 2)

Signature of the Headmaster/Headmistress: r-l-p

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 1-2-2021	TUESDAY Dt: 2-2-2021	WEDNESDAY Dt: 3-2-2021
1st Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
2nd Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
3rd Period	Recording video lessons	Lesson planning of	Lesson planning
4th Period	of sound (Part 2)	Squares and square roots (Part 3)	of sound (Part 3)
5th Period		Lesson planning of	Preparing the powerpoint presentation
6th Period	Recording video lessons	squares & square roots (Part 3)	for Squares & Square roots (Part 3)
7th Period	of Squares and square roots	Lesson planning of Sound	Preparing the powerpoint presentation
8th Period	(Part 2)	(Part 3)	for squares & square roots (Part 3)

Signature of the Headmaster/Headmistress: \_\_\_\_\_

*v-l-f*

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 4-2-2021	FRIDAY Dt: 5-2-2021	SATURDAY Dt: 6-2-2021
1st Period	Temperature checks stds	A	Temperature checks stds
2nd Period	Temperature checks stds	B	Temperature checks stds
3rd Period	Preparing the powerpoint	S	Recording video lesson
4th Period	presentation for sound (Part 3)	E	for squares & square roots (Part 3)
5th Period	Preparing the powerpoint presentation	N	
6th Period	for sound (Part 3)	T	Recording video lesson
7th Period	Lesson planning for		for sound
8th Period	Squares and square roots (Part 4)		(Part 3)

Signature of the Headmaster/Headmistress: \_\_\_\_\_

*v-l-f*

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 8-2-2021	TUESDAY Dt: 9-2-2021	WEDNESDAY Dt: 10-2-2021
1st Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
2nd Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
3rd Period	Preparing powerpoint presentation	Lesson planning	Recording video lessons
4th Period	for Squares and Square roots (Part 4)	for sound (part 4)	for Sound (Part 4)
5th Period	Preparing powerpoint presentation	Preparing the powerpoint	
6th Period	for Squares and Square roots (part 4)	for Sound (part 4)	Recording video lessons
7th Period	Lesson planning	Preparing the powerpoint	for Squares and Square roots
8th Period	for Sound (part 4)	for Sound (part 4)	(Part 4)

+/- 1/-

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 11-2-2021	FRIDAY Dt: 12-2-2021	SATURDAY Dt: 13-2-2021
1st Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
2nd Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
3rd Period	Lesson planning for	Preparing the powerpoint presentation	Preparing assessment
4th Period	Squares and Square Roots (Part 5)	Squares & Square Roots (Part 5)	Sheets for Squares and Square roots
5th Period	Lesson planning for	Recording Lesson	Lesson planning for
6th Period	Squares and Square roots (Part 5)	Squares & Square Roots	Sound (Part 5)
7th Period	Preparing the powerpoint presentation	Lesson Recording of Squares and	Lesson planning for
8th Period	for Squares & Square Root (Part 5)	Square Roots (Part 5)	Sound (Part 5)

+/- 1/-

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias

NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 15-2-2021	TUESDAY Dt: 16-2-2021	WEDNESDAY Dt: 17-2-2021
1st Period	Temperature Checks stdx	H	ASH WEDNESDAY
2nd Period	Temperature Checks stdx	O	MASS
3rd Period	Preparing powerpoint presentation for	L	TEMPERATURE CHECKS stdx
4th Period	Sound (Part 5)	I	Lesson planning for
5th Period	Preparing powerpoint presentation for	D	Exponents (part 1)
6th Period	Sound (Part 5)	A	Preparing powerpoint presentation for
7th Period	Lesson planning for	V	
8th Period	Exponents (Part 1)	* CARNIVAL	Exponents (part 1)

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias

NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 18-2-2021	FRIDAY Dt: 19-2-2021	SATURDAY Dt: 20-2-2021
1st Period	Temperature checks stdx	Temperature checks stdx	Temperature checks stdx
2nd Period	Temperature checks stdx	Temperature checks stdx	Temperature checks stdx
3rd Period	Recording video lesson for	Lesson planning for	Planning and writing
4th Period	Sound (Part 5)	Sound (Part 6)	Science-day skit
5th Period	Sound (Part 5)	Lesson planning for	Planning and writing
6th Period	Recording video lesson for	Sound (Part 6)	Science day skit
7th Period	Exponent (part 1)	Preparing the powerpoint presentation for sound (Part 6)	Science day planning
8th Period			Science day planning

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 23-2-2021	TUESDAY Dt: 23-2-2021	WEDNESDAY Dt: 24-2-2021
1st Period	Temperature Checks stdx	Temperature Checks stdx	Temperature checks stdx
2nd Period	Temperature Checks stdx	Temperature Checks stdx	Temperature checks stdx
3rd Period	Planting a sapling as a part of wvc campaign	Made paper bags	Preparing powerpoint presentation for sound (Part 6)
4th Period	Deco work for Science Day	Preparing powerpoint for sound (Part 6)	Preparing assessment sheet for sound
5th Period		Deco work for Science Day	Deco Work for Science Day
6th Period		Science Day	
7th Period	Science day skit training	Science day assembly practice	Science day skit training
8th Period			

r-lr

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 25-2-2021	FRIDAY Dt: 26-2-2021	SATURDAY Dt: 27-2-2021
1st Period		Temperature Checks stdx	Science Day Celebration - ASSEMBLY, GARLANDING THE PORTRAIT OF C.V. RAMAN, RECALING THE WALLPAPER, SKIT
2nd Period	A	Temperature Checks stdx	
3rd Period	B	Preparation of props for science day skit.	Presenting the science model on PLANT CELL
4th Period	S	Final additions to the wall paper	Recording the video lesson for sound
5th Period	E	Science day assembly practice	(Part 6)
6th Period	N		
7th Period	T	Science day skit practice	Lesson planning for Exponents (Part 2)
8th Period			

r-lr

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Das

NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 1-3-2021	TUESDAY Dt: 2-3-2021	WEDNESDAY Dt: 3-3-2021
1st Period		Temperature checks stds	
2nd Period		Temperature checks stds	
3rd Period		Lesson planning of	
4th Period	- LECTURES IN COLLEGE -	Exponents part 2	- LECTURES IN COLLEGE
5th Period		Preparing the powerpoint	
6th Period		for	
7th Period		Exponents (part 2)	
8th Period		Preparing the powerpoint	
9th Period		for	
10th Period		Exponents (part 2)	

Signature of the Headmaster/Headmistress: \_\_\_\_\_

H-1-1

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Das

NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 4-3-2021	FRIDAY Dt: 5-3-2021	SATURDAY Dt: 6-3-2021
1st Period	Temperature checks stds		Temperature checks stds
2nd Period	Temperature checks stds		Temperature checks stds
3rd Period	Recording the video		Lesson planning for additional
4th Period	lesson for	- SCIENCE LESSON IN COLLEGE	lesson
5th Period	Exponents (part 2)		Direct and Inverse proportion (Part 1)
6th Period	Preparing the assessment		Lesson planning for additional
7th Period	Shets for Exponents		lesson
8th Period	(part 2)		Direct and Inverse proportions (Part 1)
9th Period			Preparing the powerpoint
10th Period			presentation for
			Direct and Inverse proportions (1)

Signature of the Headmaster/Headmistress: \_\_\_\_\_

H-1-1

NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019-2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias

NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 8-3-2021	TUESDAY Dt: 9-3-2021	WEDNESDAY Dt: 10-3-2021
1st Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
2nd Period	Temperature checks stds	Temperature checks stds	Temperature checks stds
3rd Period	Preparing the powerpoint presentation for	Lesson planning	Recording video
4th Period	Direct and Inverse Proportions (1)	additional lesson	Lesson on
5th Period	Recording video	Direct and Inverse Proportions (Part 2)	Direct and Inverse Proportions (Part 2)
6th Period	Lesson on	Preparing powerpoint	Preparing maths
7th Period	Direct and Inverse Proportions	Presentation for	powerpoint presentation
8th Period	Lesson planning for additional lesson	Direct & Inverse Proportions (Part 2)	to be delivered in college

r-l

Signature of the Headmaster/Headmistress: \_\_\_\_\_

NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019-2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias

NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 11-3-2021	FRIDAY Dt: 12-3-2021	SATURDAY Dt: 13-3-2021
1st Period	H		H
2nd Period	O		O
3rd Period	L		L
4th Period	I	- MATHS LESSON PRESENTATION IN COLLEGE -	I
5th Period	D		D
6th Period	A		A
7th Period	Y		Y
8th Period	* MAHASHVRAMI		* staff picnic

r-l

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 15-3-2021	TUESDAY Dt: 16-3-2021	WEDNESDAY Dt: 17-3-2021
1st Period	Temperature Checks stds		Temperature checks stds
2nd Period	Temperature checks stds		Temperature checks stds
3rd Period			
4th Period	Setting question paper	- LECTURES IN COLLEGE -	Setting question paper
5th Period	and		and
6th Period	answer key in		answer key in
7th Period	Maths		Science
8th Period			

H-L

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 18-3-2021	FRIDAY Dt: 19-3-2021	SATURDAY Dt: 20-3-2021
1st Period		Temperature checks stds	
2nd Period		Temperature checks stds	
3rd Period			
4th Period	- LECTURES IN COLLEGE -	Writing lesson plans	MUNICIPAL ELECTIONS
5th Period		on the green sheets	IN CUNEO LIM
6th Period		Preparing question and	
7th Period		answers for Sound	
8th Period		for std VIII	

H-L

Signature of the Headmaster/Headmistress: \_\_\_\_\_



**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINER: Anushka Das  
NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 22-3-2021	TUESDAY Dt: 23-3-2021	WEDNESDAY Dt: 24-3-2021
1st Period		Temperature checks stds	
2nd Period		Temperature checks stds	
3rd Period			
4th Period	- LECTURES IN COLLEGE -		- LECTURES IN COLLEGE -
5th Period		Writing lesson plans	
6th Period		On the green sheets	
7th Period			
8th Period			

r-lp

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINER: Anushka Das  
NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 25-3-2021	FRIDAY Dt: 26-3-2021	SATURDAY Dt: 27-3-2021
1st Period	Temperature checks stds	Temperature checks stds	Temperature Checks stds
2nd Period	Temperature checks stds	Temperature checks stds	Temperature Checks stds
3rd Period			
4th Period	Writing lesson plans		
5th Period	On the green sheets	Distribution of de worming tablets for std VI, VII, VIII	Filing Documents
6th Period			
7th Period	Prepared font cutouts		
8th Period	for SANOFI KIDS		

r-lp

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINER: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: <u>29-3-2021</u>	TUESDAY Dt: <u>30-3-2021</u>	WEDNESDAY Dt: <u>31-3-2021</u>
1st Period	H	Temperature checks stds	Temperature checks stds
2nd Period	O	Temperature checks stds	Temperature checks stds
3rd Period	L		
4th Period	I	Writing lesson plans on the green sheets	Writing lesson plans on the green sheets
5th Period	D		
6th Period	A		
7th Period	Y		
8th Period	* HOLI		

r-ls

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINER: Anushka Dias  
NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: <u>1-4-2021</u>	FRIDAY Dt: <u>2-4-2021</u>	SATURDAY Dt: <u>3-4-2021</u>
1st Period	Temperature checks stds	H	Temperature checks stds
2nd Period	Temperature checks stds	D	Temperature checks stds
3rd Period		L	
4th Period		I	
5th Period	Writing lesson plans on the green sheets	D	Writing lesson plans
6th Period		A	
7th Period		Y	
8th Period		* GOOD FRIDAY	

r-ls

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.R.D. 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINEE: Anushika Dias

NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: 5-4-2021	TUESDAY Dt: 6-4-2021	WEDNESDAY Dt: 7-4-2021
1st Period	Temperature checks stds	Temperature checks stds	Temperature Check stds
2nd Period	Temperature checks stds	Temperature checks stds	
3rd Period			
4th Period	Writing lesson plans	Writing lesson plans	Deco work preparation
5th Period	on the green sheets	on the green sheets	for 10 <sup>th</sup> std farewell
6th Period			
7th Period		Tr Zenaida's Retirement	
8th Period		Celebration	

1-1

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.R.D. 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINEE: Anushika Dias

NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: 8-4-2021	FRIDAY Dt: 9-4-2021	SATURDAY Dt: 10-4-2021
1st Period	Deco work preparation	Temperature checks x	Temperature check for practical batch 1
2nd Period	Deco work preparation	Temperature checks ix	Preparations for exams
3rd Period	Eucharistic Celebration		Temperature check for practical batch 2
4th Period	for 10 <sup>th</sup> std students		Preparations for exams
5th Period		Preparing for exams	Temperature check for practical batch 3
6th Period	Farewell programme		Preparations for exams
7th Period			Temperature check for practical batch 4
8th Period			Preparations for exams

1-1

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Amishika Das  
NAME OF THE SCHOOL: Mamit Mary's High School

	MONDAY Dt: 12-4-2021	TUESDAY Dt: 13-4-2021	WEDNESDAY Dt: 14-4-2021
1st Period	Temperature checks for practical batch 5	H	H
2nd Period	Preparations for exams	O	O
3rd Period	Temperature checks for practical batch 6	L	L
4th Period	Preparations for exams	I	I
5th Period	Temperature checks for practical batch 7	D	D
6th Period		A	A
7th Period	Writing lesson plans on the green sheets	Y	Y
8th Period		* GUD: PADWA	* Dr. B.R. Ambedkar Jayanti

r-l

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Amishika Das  
NAME OF THE SCHOOL: Mamit Mary's High School

	THURSDAY Dt: 15-4-2021	FRIDAY Dt: 16-4-2021	SATURDAY Dt: 17-4-2021
1st Period	Temperature Checks x	Temperature Checks stds	Temperature checks stds
2nd Period			
3rd Period			
4th Period	- Deco work for school board -	- Compiling Internship file -	- Compiling Internship file -
5th Period			
6th Period			
7th Period			
8th Period			

r-l

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Das  
NAME OF THE SCHOOL: Mount Mary's High School

	MONDAY Dt: <u>19-4-2021</u>	TUESDAY Dt: <u>20-4-2021</u>	WEDNESDAY Dt: <u>21-4-2021</u>
1st Period	Temperature checks sldx	Temperature checks sldx	
2nd Period			
3rd Period			
4th Period	Planning for substitution activities to be included in the internship file	Planning for substitution activities to be included in the internship file	Planning for substitution activities to be included in the internship file
5th Period			
6th Period			
7th Period			
8th Period			

r-lp

Signature of the Headmaster/Headmistress: \_\_\_\_\_

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)



NAME OF THE TEACHER TRAINEE: Anushka Das  
NAME OF THE SCHOOL: Mount Mary's High School

	THURSDAY Dt: <u>22-4-2021</u>	FRIDAY Dt: <u>23-4-2021</u>	SATURDAY Dt: <u>24-4-2021</u>
1st Period			
2nd Period			
3rd Period	Exam preparation		
4th Period		Distributing iron folic tablets	Distributing iron folic tablets and textbooks
5th Period			
6th Period			
7th Period	Arranging the books		
8th Period	Arranging the books		

r-lp  
**HEADMASTER**

Signature of the Headmaster/Headmistress: \_\_\_\_\_  
MOUNT MARY'S HIGH SCHOOL  
CHINCHURM-GGA

B. ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	4-1-21	7:50 am	1:00 pm	<i>Anushka Dias</i>
TUESDAY	5-1-21	7:50 am	1:00 pm	<i>Anushka Dias</i>
WEDNESDAY	6-1-21	7:52 am	1:30 pm	<i>Anushka Dias</i>
THURSDAY	7-1-21	7:49 am	1:30 pm	<i>Anushka Dias</i>
FRIDAY	8-1-21	7:50 am	1:30 pm	<i>Anushka Dias</i>
SATURDAY	9-1-21	7:50 am	1:30 pm	<i>Anushka Dias</i>

*r-lp*  
Signature of the  
Headmaster/Headmistress  
**HEADMASTER**  
MOUNT MARY'S HIGH SCHOOL  
— CHINCHINIM-GOÁ

B. ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	11-1-21	7:50 am	1:30 pm	<i>Anushka Dias</i>
TUESDAY	12-1-21	7:49 am	1:30 pm	<i>Anushka Dias</i>
WEDNESDAY	13-1-21	7:51 am	1:30 pm	<i>Anushka Dias</i>
THURSDAY	14-1-21	7:50 am	1:30 pm	<i>Anushka Dias</i>
FRIDAY	15-1-21	7:50 am	1:30 pm	<i>Anushka Dias</i>
SATURDAY	16-1-21	HOLIDAY: St Joseph Vaz Feast		<i>Anushka Dias</i>

*r-lp*  
Signature of the  
Headmaster/Headmistress  
**HEADMASTER**  
MOUNT MARY'S HIGH SCHOOL  
— CHINCHINIM-GOÁ

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	18-1-21	7:50 am	1:30 pm	<i>Anushka</i>
TUESDAY	19-1-21	7:50 am	1:30 pm	<i>Anushka</i>
WEDNESDAY	20-1-21	7:55 am	1:30 pm	<i>Anushka</i>
THURSDAY	21-1-21	7:52 am	1:30 pm	<i>Anushka</i>
FRIDAY	22-1-21	7:55 am	1:30 pm	<i>Anushka</i>
SATURDAY	23-1-21	7:48 am	1:30 pm	<i>Anushka</i>

*r-lr*  
Signature of the  
Headmaster/Headmistress  
**HEADMASTER**  
MOUNT MARY'S HIGH SCHOOL  
CHINCHINIM-GOÁ

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	25-1-21	7:50 am	1:30 pm	<i>Anushka</i>
TUESDAY	26-1-21	8:00 am	9:00 am	<i>Anushka</i>
WEDNESDAY	27-1-21	7:55 am	1:30 pm	<i>Anushka</i>
THURSDAY	28-1-21	7:55 am	1:30 pm	<i>Anushka</i>
FRIDAY	29-1-21	7:48 am	1:30 pm	<i>Anushka</i>
SATURDAY	30-1-21	7:52 am	1:30 pm	<i>Anushka</i>

*r-lr*  
Signature of the  
Headmaster/Headmistress  
**HEADMASTER**  
MOUNT MARY'S HIGH SCHOOL  
CHINCHINIM-GOÁ

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School  
 Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	1-2-21	7:52 am	1:30 pm	<i>Anushka</i>
TUESDAY	2-2-21	7:48 am	1:30 pm	<i>Anushka</i>
WEDNESDAY	3-2-21	7:50 am	1:30 pm	<i>Anushka</i>
THURSDAY	4-2-21	7:52 am	1:30 pm	<i>Anushka</i>
FRIDAY	5-2-21	A B S E N T		<i>Anushka</i>
SATURDAY	6-2-21	7:55 am	1:30 pm	<i>Anushka</i>

*r-l p*  
 Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 MOUNT MARY'S HIGH SCHOOL  
 CHINCHINIM-GOÁ

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School  
 Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	8-2-21	7:50 am	1:30 pm	<i>Anushka</i>
TUESDAY	9-2-21	7:51 am	1:30 pm	<i>Anushka</i>
WEDNESDAY	10-2-21	7:55 am	1:30 pm	<i>Anushka</i>
THURSDAY	11-2-21	7:49 am	1:30 pm	<i>Anushka</i>
FRIDAY	12-2-21	7:50 am	1:30 pm	<i>Anushka</i>
SATURDAY	13-2-21	7:48 am	1:30 pm	<i>Anushka</i>

*r-l p*  
 Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 MOUNT MARY'S HIGH SCHOOL  
 CHINCHINIM-GOÁ



B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15-2-21	7:48 am	7:30 pm	<i>Anushka Dias</i>
TUESDAY	16-2-21	HOLIDAY : CARNIVAL		<i>Anushka Dias</i>
WEDNESDAY	17-2-21	10:00 am	1:30 pm	<i>Anushka Dias</i>
THURSDAY	18-2-21	7:50 am	1:30 pm	<i>Anushka Dias</i>
FRIDAY	19-2-21	7:48 am	1:30 pm	<i>Anushka Dias</i>
SATURDAY	20-2-21	7:58 am	1:30 pm	<i>Anushka Dias</i>

*[Signature]*  
 Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 MOUNT MARY'S HIGH SCHOOL  
 - CHINCHINIM-GOÄ

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22-2-21	7:48 am	1:30 pm	<i>Anushka Dias</i>
TUESDAY	23-2-21	7:50 am	1:30 pm	<i>Anushka Dias</i>
WEDNESDAY	24-2-21	7:52 am	1:30 pm	<i>Anushka Dias</i>
THURSDAY	25-2-21	ABSENT		<i>Anushka Dias</i>
FRIDAY	26-2-21	7:52 am	1:45 pm	<i>Anushka Dias</i>
SATURDAY	27-2-21	7:35 am	1:30 pm	<i>Anushka Dias</i>

*[Signature]*  
 Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 MOUNT MARY'S HIGH SCHOOL  
 - CHINCHINIM-GOÄ

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	1-3-21	LECTURES	IN COLLEGE	<i>[Signature]</i>
TUESDAY	2-3-21	7:52 am	1:30 pm	<i>[Signature]</i>
WEDNESDAY	3-3-21	LECTURES	N COLLEGE	<i>[Signature]</i>
THURSDAY	4-3-21	7:50 am	1:30 pm	<i>[Signature]</i>
FRIDAY	5-3-21	SCIENCE LESSON	IN COLLEGE	<i>[Signature]</i>
SATURDAY	6-3-21	7:55 am	1:30 pm	<i>[Signature]</i>

*[Signature]*  
 Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 MOUNT MARY'S HIGH SCHOOL  
 - CHINCHINIM-GOÁ

Nirmala Institute of Education  
 B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	8-3-21	7:55 am	1:30 pm	<i>[Signature]</i>
TUESDAY	9-3-21	7:52 am	1:30 pm	<i>[Signature]</i>
WEDNESDAY	10-3-21	7:53 am	1:30 pm	<i>[Signature]</i>
THURSDAY	11-3-21	HOLIDAY: MAHASHIVRATRI		<i>[Signature]</i>
FRIDAY	12-3-21	MATHS LESSON	IN COLLEGE	<i>[Signature]</i>
SATURDAY	13-3-21	HOLIDAY: STAFF PICNIC		<i>[Signature]</i>

*[Signature]*  
 Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 MOUNT MARY'S HIGH SCHOOL  
 - CHINCHINIM-GOÁ

THE BOARD OF GOVERNORS OF  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15-3-21	7:52 am	1:30 pm	<i>A Dias</i>
TUESDAY	16-3-21	LECTURES IN COLLEGE		<i>A Dias</i>
WEDNESDAY	17-3-21	7:53 am	1:30 pm	<i>A Dias</i>
THURSDAY	18-3-21	LECTURES IN COLLEGE		<i>A Dias</i>
FRIDAY	19-3-21	7:50 am	1:30 pm	<i>A Dias</i>
SATURDAY	20-3-21	MUNICIPAL ELECTIONS IN LUNCOLIM		<i>A Dias</i>

*r-l-f*  
Signature of the  
Headmaster/Headmistress  
**HEADMASTER**  
MOUNT MARY'S HIGH SCHOOL  
— CHINCHINIM-GOIA

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	21-3-21	LECTURES IN COLLEGE		<i>A Dias</i>
TUESDAY	23-3-21	7:50 am	1:30 pm	<i>A Dias</i>
WEDNESDAY	24-3-21	LECTURES IN COLLEGE		<i>A Dias</i>
THURSDAY	25-3-21	7:45 am	1:30 pm	<i>A Dias</i>
FRIDAY	26-3-21	7:55 am	1:30 pm	<i>A Dias</i>
SATURDAY	27-3-21	7:50 am	1:30 pm	<i>A Dias</i>

*r-l-f*  
Signature of the  
Headmaster/Headmistress  
**HEADMASTER**  
MOUNT MARY'S HIGH SCHOOL  
— CHINCHINIM-GOIA

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Das

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	29-3-21	HOLIDAY :	HOLI	<i>Anushka Das</i>
TUESDAY	30-3-21	7:50 am	1:30 pm	<i>Anushka Das</i>
WEDNESDAY	31-3-21	7:52 am	1:30 pm	<i>Anushka Das</i>
THURSDAY	1-4-21	7:52 am	12:00 pm	<i>Anushka Das</i>
FRIDAY	2-4-21	HOLIDAY :	GOOD FRIDAY	<i>Anushka Das</i>
SATURDAY	3-4-21	7:51 am	12:00 pm	<i>Anushka Das</i>

*r-ls*  
Signature of the  
Headmaster/Headmistress  
**HEADMASTER**  
MOUNT MARY'S HIGH SCHOOL  
— CHINCHINIM-GOÄ

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School

Name of the Teacher Trainee: Anushka Das

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	5-4-21	7:50 am	1:30 pm	<i>Anushka Das</i>
TUESDAY	6-4-21	7:55 am	1:30 pm	<i>Anushka Das</i>
WEDNESDAY	7-4-21	7:51 am	1:30 pm	<i>Anushka Das</i>
THURSDAY	8-4-21	7:50 am	1:30 pm	<i>Anushka Das</i>
FRIDAY	9-4-21	7:49 am	1:30 pm	<i>Anushka Das</i>
SATURDAY	10-4-21	7:53 am	1:30 pm	<i>Anushka Das</i>

*r-ls*  
Signature of the  
Headmaster/Headmistress  
**HEADMASTER**  
MOUNT MARY'S HIGH SCHOOL  
— CHINCHINIM-GOÄ

B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School  
 Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	12-4-21	7:52 am	1:30 pm	<i>[Signature]</i>
TUESDAY	13-4-21	HOLIDAY : Goodi Padwa		<i>[Signature]</i>
WEDNESDAY	14-4-21	HOLIDAY : Dr. B.R. Ambedkar Jayanti		<i>[Signature]</i>
THURSDAY	15-4-21	7:50 am	1:30 pm	<i>[Signature]</i>
FRIDAY	16-4-21	7:52 am	1:30 pm	<i>[Signature]</i>
SATURDAY	17-4-21	7:51 am	1:30 pm	<i>[Signature]</i>

*[Signature]*  
 Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 MOUNT MARY'S HIGH SCHOOL  
 CHINCHINIM-GOIA

Nirmala Institute of Education  
 B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Mount Mary's High School  
 Name of the Teacher Trainee: Anushka Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	19-4-21	7:52 am	1:30 pm	<i>[Signature]</i>
TUESDAY	20-4-21	7:50 am	1:30 pm	<i>[Signature]</i>
WEDNESDAY	21-4-21	7:52 am	1:30 pm	<i>[Signature]</i>
THURSDAY	22-4-21	7:53 am	1:30 pm	<i>[Signature]</i>
FRIDAY	23-4-21	7:50 am	1:30 pm	<i>[Signature]</i>
SATURDAY	24-4-21	7:55 am	1:30 pm	<i>[Signature]</i>

*[Signature]*  
 Signature of the  
 Headmaster/Headmistress  
**HEADMASTER**  
 MOUNT MARY'S HIGH SCHOOL  
 CHINCHINIM-GOIA

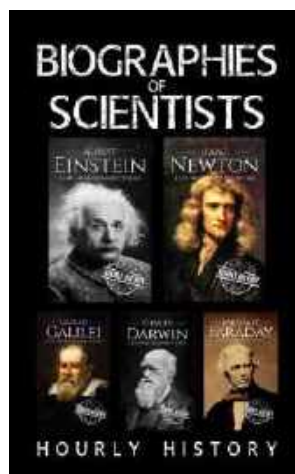
<b>Activities</b>
<b>A. Science Activities</b>
1. Biography
2. Documentary
3. Quiz
4. Periodic Table
5. Terrarium
6. Sound Demonstrations
7. Simulations
8. Density Demonstrations
9. Crosswords
10. Science Virtual Field Trips
<b>B. Maths Activities</b>
11. Sudoku
12. Tangram
13. Magic Squares
14. Algebra Mazes
15. Math Riddles
16. Find the Sequence
17. Math Crossnumber
18. Cross Math
19. Number Pyramids
20. Alphametics

## Biography

**Objective :** To develop scientific attitude in students

**Materials Required:** Book , pen

**Procedure:** The teacher chooses a biography of a scientist fortnightly and reads it to her class. Students have to make a note of the scientist and invention in their book. They need to reflect on the biography and research a bit more on the scientists life. The additional learnings are shared to the students by their colleagues. To begin with, students can read the lives of scientists involved in concepts taught in their respective classes.



## Documentary

**Objective:** To aid the audio-visual learners in developing curiosity through science.

**Materials Required:** Laptop, projector, screen, video

**Procedure :** A documentary on the life of a scientist showing the hardships , struggles they faced , observations they made and the multiple attempts they had to go through for an invention to be successful will strengthen the determination of students. They will pay attention to their immediate environment and will learn to explore hidden mysteries. Students can discuss at the end of the documentary about which particular incident in the life of the scientist struck them the most.



## Quiz

**Objective :** To improve scientific knowledge of students

**Materials Required:** Laptop , screen , projector , book

**Procedure:** The teacher selects a few topics eg. sound, air, energy depending on the class. She then instructs the students to research on the given topics. The teacher will divide the students into groups so that they can distribute the topics to be learnt among themselves. On a given day the quiz will be held and the winners can be awarded. This will enhance their knowledge as well as build team spirit among them.

## Periodic Table

Objective : To relate chemical elements found in objects seen in everyday life

Materials Required: Projector, screen , laptop

Procedure: The teacher projects the periodic table on the screen . The teacher will have everyday items on cards. The students will have to guess which element the particular item is made of. Once the object is linked with the element , the teacher will reveal properties of that element. e.g. balloons that stick to the ceiling have helium gas in them. This activity will help them relate elements of the periodic table to everyday life.

**The Periodic Table of the Elements, in Pictures**

The image shows a periodic table titled "The Periodic Table of the Elements, in Pictures". Each element is represented by a small photograph of a common object. For example, Hydrogen is a balloon, Helium is a balloon, Lithium is a battery, Carbon is a pencil, Nitrogen is a balloon, Oxygen is a balloon, Fluorine is a light bulb, Neon is a neon sign, Sodium is a salt shaker, Magnesium is a bicycle, Aluminum is a soda can, Silicon is a computer chip, Phosphorus is a matchstick, Sulfur is a yellow powder, Chlorine is a bleach bottle, Potassium is a banana, Calcium is a milk carton, Scandium is a metal can, Titanium is a bicycle, Vanadium is a metal can, Chromium is a metal can, Manganese is a metal can, Iron is a metal can, Cobalt is a metal can, Nickel is a metal can, Copper is a metal can, Zinc is a metal can, Gallium is a metal can, Germanium is a metal can, Arsenic is a metal can, Selenium is a metal can, Bromine is a metal can, Krypton is a metal can, Xenon is a metal can, and Radon is a metal can. The table also includes a legend for states of matter (Solid, Liquid, Gas, Plasma) and a color key for groups.

## Terrarium

**Objective:** To develop students understanding about how an ecosystem works

**Materials Required :** Glass jar, mud , water, ferns.

**Procedure:** First step is to add a few pebbles at the bottom of the jar for better drainage. Next add 2 inches of mud layer and use a fork to loosen the soil. Add the ferns in a presentable manner. Make sure the glass jar is kept where it will receive partial sunlight. Cover the lid and observe the ecosystem thrive. The students will observe the terrarium water cycle wherein the leaves release water, which then accumulates at the top of the jar and then condenses down in the form of water droplets to sustain the ecosystem. The terrarium will also perform the function of a greenhouse.



## Sound Demonstrations

**Objective:** To demonstrate sound produces vibrations

**Materials Required:** Glass bowl, cling film, rice grains or sprinkles, speaker

**Procedure:** Teacher wraps the cling film tightly around the glass bowl and rice grains are placed on this membrane. The speaker is placed near the bowl. It is observed that when the music is played the sound vibrations cause the rice grains to move up and down on the surface. The membrane mimics the membrane of the ear on which sound waves fall and the surface vibrates.



## Simulations

**Objective:** To develop understanding of performing various experiments

**Materials Required:** Screen, laptop, projector, internet connectivity

**Procedure:** This is a one of a kind experience in a classroom. These simulations can be accessed through PHET simulations. The teacher addresses the students on the experiment they need to perform . Students get a clear picture when the experiment is conducted in real time through a screen which aids as a walkthrough before beginning the experiment. This is advantageous since some experiments cannot be conducted in a school setting and simulations give way to it easily.



## Density Demonstrations

**Objective :** To demonstrate the density of different liquids and different objects

**Materials Required:** Clear glass jar, vegetable oil, water, corn syrup, grape , coin, piece of cork

**Procedure:** The teacher takes the jar pours vegetable oil in first , next in goes the water, next she pours the corn syrup. The teacher tells the students to make a note of the three layers formed. Next the teacher will add the three objects coin, grape and cork and these will float in different layers based on their densities. The students will be able to take a note that objects with a heavier density sink to the bottom and the objects with a lighter density will stay at the top.



## Crosswords

**Objective :** To improve mental ability and learn in a fun filled way

**Materials:** Sheets of paper, pen

**Procedure:** Crosswords are a fun way to learn and working in groups of 4 is an amazing way to learn. Teacher makes groups wherein there is one above average learner, one below average learner and two average learners . This strategy helps in developing confidence in individuals. The crosswords will be based on science topics already taught in class or yet to be taught. Either way it will help in assessment of the former and testing previous knowledge in the latter.

## Virtual Field Trips

**Objective :** To induce curiosity in learners through scientific explorations

**Materials:** Screen , projector, laptop

**Procedure:** The teacher while teaching concepts incorporates in her lesson real time footage of ecological species, space explorations, marine adventures etc. Virtual field trips help explore nature in all its glory as it might not be possible for all to venture to far off places. It serves as an authentic source for listing species and categorizing them into different types.



## Sudoku

**Objective:** To improve memory and boost logical thinking

**Materials Required:** Worksheets, pencil , eraser

**Procedure :**Teacher distributes worksheets of a 9 x 9 grid with 3 x 3 sub grids. The objective is to fill the grid with numbers ranging from 1-9 such that each number appears only once in each row , each column and each zone (3 x 3 ). The puzzle provide will have partially completed grids. The students need to concentrate on each row, column and zone so that they don't repeat the same number.

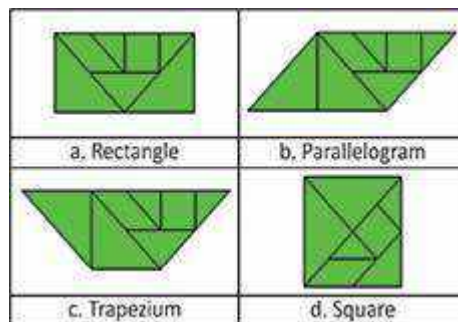
5	3		7					
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

## Tangram

Objective: To develop understanding of properties of shapes.

Materials Required : Tan pieces

Procedure: The teacher makes groups of 4 in the class and distributes 7 tans to each group. The pieces consist of a small square, two small congruent triangles, two large congruent triangles, a medium size triangle and a parallelogram. The teacher then asks the students to assemble the seven pieces to make the following shapes rectangle, parallelogram, trapezium and square. Once the tans are arranged the teacher asks the students the properties of the particular shape.



## Magic Squares

Objective: To create a matrix of numbers

Materials Required: Worksheet , pencil, eraser

Procedure: Magic squares are square grids with a special arrangement of numbers in them. These numbers are special because every row , column and diagonal adds up to the same number. Also the numbers that are opposite to each other across the centre number will add up to the same number. The teacher will list the rules to the student and depending on the size of the grid students need to fill in the numbers. E.g. 3 x 3 grid – numbers from 1-9.

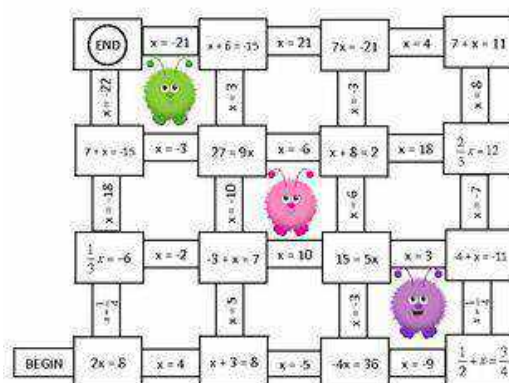
2	7	6	→15	
9	5	1	→15	
4	3	8	→15	
↙15	↓15	↓15	↓15	↘15

## Algebra Mazes

Objective : It develops mathematical logical skills in students

Material Required: Worksheets , pencil, eraser

Procedure: These are special worksheets designed in a maze . The start of the maze has a equation and there are 2 or more probable values which lead in different paths. So solving the equation correctly will eventually lead you to the end of the maze. This activity will be interesting when it is solved in groups of 4. Teacher will provide the necessary instructions before she begins.



## Math Riddles

**Objective:** It builds logical thinking and problem solving skills in the students

**Materials Required:** Paper , pen

**Procedure:** Mathematical riddles in the classroom strengthen both reading and problem solving skills. They provide motivation by making math fun. Furthermore the challenge of solving riddles can make mathematics enjoyable for students because they are presented in a different way than standard practice problems. So when the teacher poses the problem the students readily try to solve it. E.g. The combined age of a father and son is 66 years. The age of the father is the age of the son but with the digits reversed. How old are they?

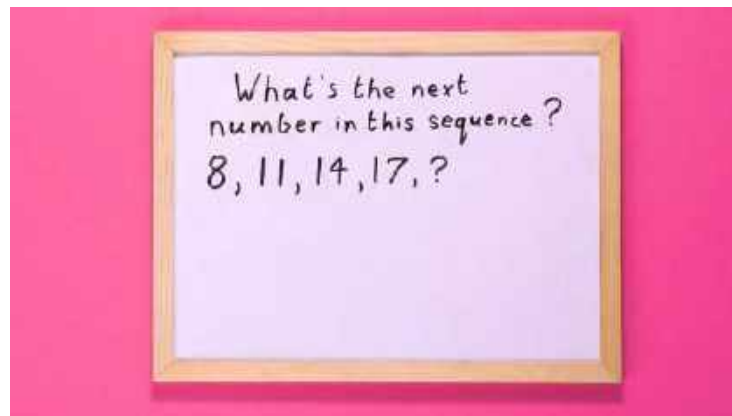
**Answer:** 51 and 15 or 42 and 24 or 60 and 06

## Find The Sequence

Objective : To develop logical reasoning skills

Materials Required : Paper , pen

Procedure : Teacher writes incomplete sequences on the board. Students are told to work in pairs and find solutions and the rule for their answer. These are aptitude testing problems which benefit students during Talent Search Exams.



## Math Cross number

**Objective :** To reinforce math skills of students

**Material Required:** Worksheets , pencil

**Procedure:** The teacher divides the class into groups of 4. Each group is given one worksheet to solve. The students need to read the clues below across and down and write the answer against the space provided. Depending on the standard the difficulty level will change. The clues may be based on word problems , number series, algebra etc. These cross numbers will help the students to strengthen their skills in a fun filled way.

Across	Down
1 Digits of 2-Down reversed	1 Square root of 1-Across
3 This plus 7-Down is 5-Down	2 A perfect square
4 1-Down times 47	3 8-Across minus 1-Down
6 A perfect cube	5 Perfect square palindrome
8 A perfect square	6 Product of the digits of 1-Across
9 A perfect cube	7 This plus 3-Across is 5-Down

1		2		3	
		4	5		
	6				7
8			9		

## Cross Math

Objective : To enhance mental math skills

Materials Required: Worksheet, pencil, eraser

Procedure: The teacher divides the class in groups of 4. She distributes the worksheets among the students. Students need to work co-operatively to crack the code. To solve a cross math puzzle , we need to place each digit from 1 to 9 in the empty squares of the grid so that the three rows, across and the three columns down form correct arithmetic statements. All calculations need to be performed in order from left to right and top to bottom.

7	-	6	+	8	=	9
+		+		-		
1	+	5	×	3	=	18
+		+		-		
9	+	4	×	2	=	26
=		=		=		
17		15		3		

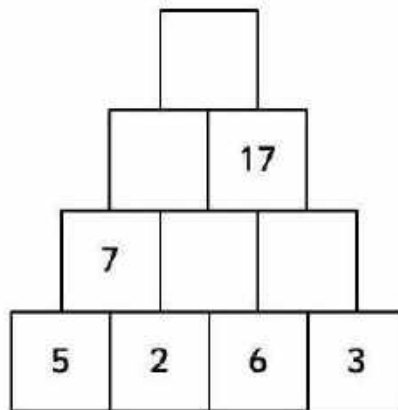


## Number Pyramids

Objective: To develop computational skills

Materials Required: Pen , paper

Procedure : Teacher writes the pyramid on the board . Students solve it by placing numbers into the empty spots so that every number is the sum of the two directly below it. The rules of the number pyramid are : it should include only positive numbers and not include any number more than once. These number pyramids can also be given as algebra pyramids with algebraic expressions in the empty spots.



## Alphametics

Objective: To develop logical reasoning

Materials Required: Paper, pen

Procedure: Alphametics are cryptarithms that spell out words . Given a mathematical expression, every digit is replaced by a letter. The rules are : identical digits are replaced by the same letter. Different digits are replaced by different letters. After replacing all the letters with digits , the resulting arithmetic expression must be mathematically correct. Numbers cannot start with 0. Students can find solutions individually.

*example puzzle*

$$\begin{array}{r} \text{O N E} \\ \text{O N E} \\ + \text{T W O} \\ \hline \text{F O U R} \end{array}$$

*solution*

$$\begin{array}{r} 392 \\ 392 \\ + 583 \\ \hline 1367 \end{array}$$

**Celebration Reports**  
**Co- Curricular Activities Report**  
**St. Joseph Vaz Feast**



16 January 2021

The feast of St Joseph Vaz was celebrated in Mount Mary's High School Chinchinim. St Joseph Vaz feast is celebrated on 16<sup>th</sup> January every year. We along with the P.E.S. interns prepared the board for the occasion. On the board we decided to write the life of St. Joseph Vaz and highlight some of the miracles he performed. The title "Be like the moon, face Jesus the sun" is chosen from his letter addressed to a Deacon.

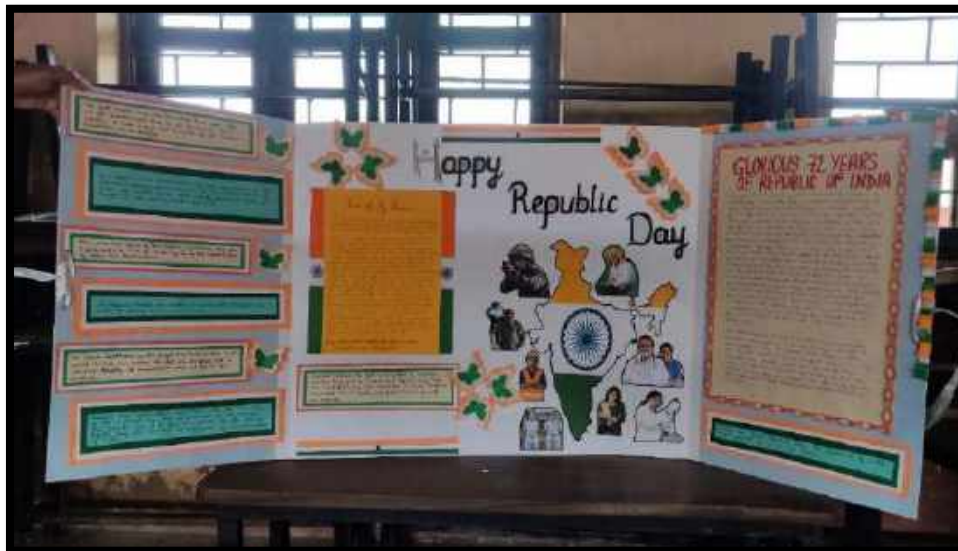
## National Girl Child Day



24 January 2021

On the occasion of National Girl Child Day we prepared posters to highlight the importance of women in our life and the necessity of equal rights in society. The artwork in the first picture depicts the hardships that women go through and if a girl child is treated as an equal then the honours that she can achieve. In the second picture the girl asks for equal rights in society so that she can achieve her dreams.

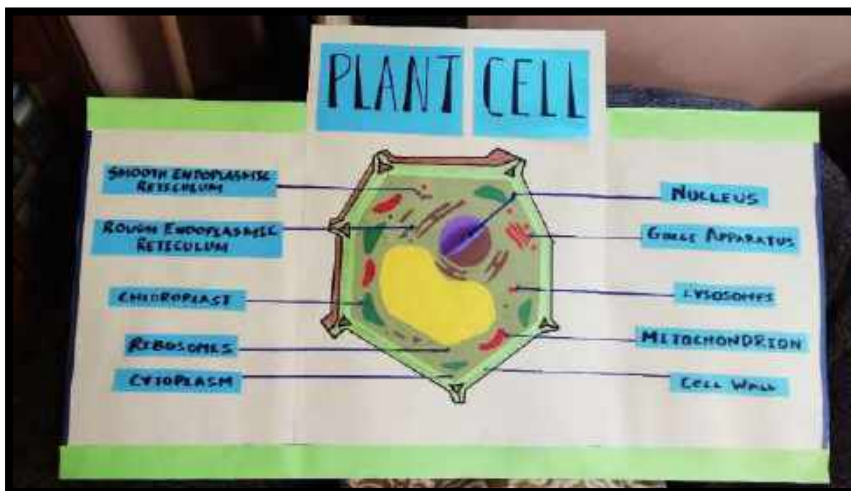
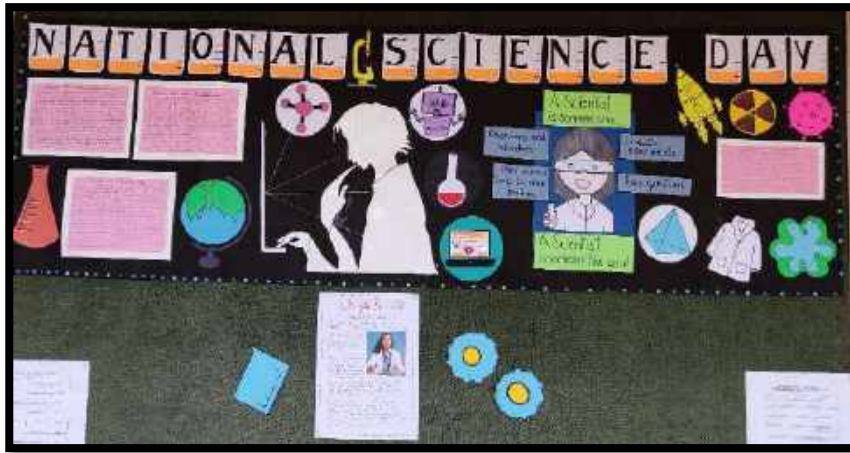
## Republic Day



26 January 2021

On the occasion of India's 72 years of Republic we prepared the wallpaper that was released during the assembly. In this poster we have emphasized on the "India of Our Dreams" and also featured the era gone by. We have also listed some interesting facts about the constitution of India to enlighten young minds.

# National Science Day



27 February 2021

Science day was celebrated on 27<sup>th</sup> February in our internship school. We prepared the poster that was unveiled. The poster was created on the theme “Future of Science, Technology and Innovations”. In the poster we have shown the inventions that changed the world, the impact of technology in our lives , how students themselves can develop scientific attitude and highlighted the life of a young scientist who has brought about change due to STEAM education. We conducted an assembly based on the theme for the year. There was a street play format skit performed which tackled issues on plastic menace. This skit demonstrated the different types of plastics present in different objects and whether or not they are degradable. The skit concludes with the thought that our lives revolve around the usage of plastics , so eventually it’s utility lies in our hands. I was instructed to make a science model to be displayed on science day. Based on the plant cell diagram of std IX , the model was prepared.

## Sanofi Kids



26 March 2021

Based on an activity introduced by Sanofi Kids to educate students on the challenges of diabetes we were instructed to prepare the font cut-outs.



## Tenth Std Farewell



8 April 2021

The farewell of Tenth Std students was celebrated on 8 April and we were instructed to prepare boards for the occasion. The first board was based on the theme 'Believe you can shine'. The second board was prepared for a teacher's retirement celebration.

## Other Tasks Undertaken



Planting a plant in the internship school



Collecting exam papers and distributing folic acid tablets



Filing documents of the school



Distributing deworming tablets to the students



Arranging textbooks for distribution



Distributing yet another batch of iron folic tablets

Science Test  
Std VIII

- Q1(A) Select and write the most appropriate alternative from those provided in the brackets: 2
- 1 An example of a non-flammable substance is \_\_\_\_\_  
a) Kerosene b) Glass c) Wood
- 2 A sudden reaction with the evolution of heat, light and sound is called \_\_\_\_\_  
a) Spontaneous combustion b) Rapid combustion c) Explosion
- (B) Goldsmiths blow the outermost zone of a flame for melting gold and silver?
- a Why do goldsmiths make use of the outermost zone of the flame? 1
- b Draw a neat diagram showing the zones of a candle flame 1½
- Label a) zone of partial combustion  
b) zone of unburnt wax vapours
- (C) i List any three characteristics of an ideal fuel 1½
- ii Why is LPG considered a better domestic fuel than wood? 1½
- (D)i Define ignition temperature. 1
- ii Why does a paper cup with water, not burn when it is heated? 1½
- Q2A Name the following 2
1. A place where sound does not travel
2. A musical instrument which consists of glasses filled with water
- B i State the two important factors of sound 1
- ii When do we hear a loud sound? 1
- C i Define noise pollution 1
- ii State three measures to control noise pollution in a residential area . 1½
- D a) Draw a neat diagram of the ear 1½
- Label i) Outer ear  
ii) Eardrum
- b) How do humans hear sound? 2

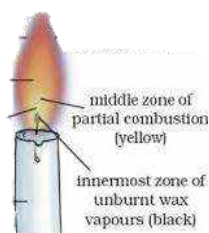
Science Answer Key  
Std VIII

Q1 A

- 1 b Glass  
2 c Explosion 1  
1

B

- a Because it is the hottest part of the flame. 1  
b 1  
 $\frac{1}{2}$



- C i An ideal fuel should satisfy the following requirements ( any 3) 1  
 $\frac{1}{2}$
- ✓ It should be readily available
  - ✓ It should be easy to transport
  - ✓ It should be cheap
  - ✓ It should burn easily in air at a moderate rate
  - ✓ It shouldn't leave behind any residue
  - ✓ It should produce a large amount of heat
- ii Because LPG is a cleaner fuel. LPG does not produce harmful gases that pollute the environment and it does not leave any residue on combustion. 1  
 $\frac{1}{2}$
- D i The lowest temperature at which a substance catches fire is known as its ignition temperature. 1
- ii The heat supplied to the water cup is transferred to water by conduction and so the ignition temperature of paper cannot be reached. Hence the paper cup does not burn. 1  
 $\frac{1}{2}$

Q2A

- 1 Vacuum 1  
2 Jal Tarang 1

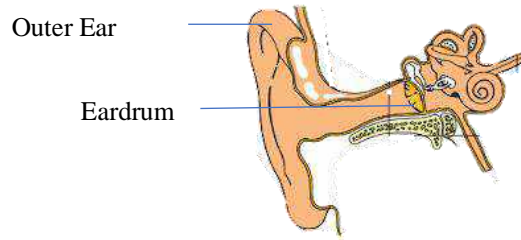
- B i Amplitude and frequency 1  
ii When the amplitude of vibration is high , the sound produced is loud 1

- C i Presence of excessive and unwanted sound in the environment is called noise pollution. 1
- ii Noise pollution can be controlled in a residential area (**any three**) 1  
 $\frac{1}{2}$
- By setting up noise producing industries away from residential areas
  - Use of automobile horns should be minimised
  - TV and music systems should be run at low volumes

- ii Noise pollution can be controlled in a residential area (**any three**)
- By setting up noise producing industries away from residential areas
  - Use of automobile horns should be minimised
  - TV and music systems should be run at low volumes
  - Trees must be planted along the roads and around buildings to cut down on the sounds reaching the residents, thus reducing the harmful effects of noise pollution.

$1\frac{1}{2}$

D a)



$1\frac{1}{2}$

- b) Sound enters the ear through the outer ear and travels down a canal, at the end of which is a thin stretched membrane called the eardrum. Sound vibrations make the eardrum vibrate and sends these vibrations to the brain through the inner ear.

2

Math Test Paper  
Std VIII

- Q1(A) Select and write the most appropriate alternative from the brackets: 1
- i The sum of  $-7pq$  and  $2pq$  is \_\_\_\_\_  
 a)  $-9pq$       b)  $9pq$       c)  $5pq$       d)  $-5pq$
- ii Area of a rectangle with length  $4ab$  and breadth  $6b^2$  is \_\_\_\_\_  
 a)  $24a^2b^2$       b)  $24ab^3$       c)  $24ab^2$       d)  $24ab$
- B Simplify the following
- a)  $(b^2 - 49)(b+7) + 43$   $1\frac{1}{2}$
- b)  $(1.5p + 1.2q)^2 - (1.5p - 1.2q)^2$   $1\frac{1}{2}$
- C Using suitable identities, evaluate the following:
- i  $(52)^2$  2
- ii  $47 \times 53$  2
- Q2(A) Select and write the most appropriate alternative from the brackets: 1
1. How many natural numbers lie between  $5^2$  and  $6^2$  ?  
 a) 9      b) 10      c) 11      d) 12
2. A square board has an area of 144 sq. units. How long is each side of the board?  
 a) 11 units      b) 12 units      c) 13 units      d) 14 units
- B i Write the Pythagorean triplet whose one of the numbers is 4 1
- ii Using prime factorization find the square root of 4761 2
- C Find the square root of the 5625 by long division method 2
- Q3A i Express  $8^{-2}$  as a power with the base 2 1
- ii Find the value of  $(2^{-1} + 3^{-1} + 4^{-1})^0$  1
- B Using laws of exponents simplify the following
- i  $(2^5 \div 2^8) \times 2^{-7}$   $1\frac{1}{2}$
- ii  $\left(\frac{1}{4}\right)^{-2} + \left(\frac{1}{2}\right)^{-2} + \left(\frac{1}{3}\right)^{-2}$  1

C

Write the following numbers in the standard form:

$1\frac{1}{2}$

1

0.00012

2

0.102

3

$\frac{2}{100000}$

Math Answer Key  
Std VIII

Q1A i) d)  $-5pq$   $\frac{1}{2}$   
 ii) b)  $24ab^3$   $\frac{1}{2}$

B a)  $(b^2 - 49)(b + 7) + 343$   $1\frac{1}{2}$   
 $= b^2(b + 7) - 49(b + 7) + 343$   
 $= b^3 + 7b^2 - 49b - 343 + 343$   
 $= b^3 - 49b + 7b^2$

b)  $(1.5p + 1.2q)^2 - (1.5p - 1.2q)^2$   $1\frac{1}{2}$   
 $= [(1.5p + 1.2q) + (1.5p - 1.2q)][(1.5p + 1.2q) - (1.5p - 1.2q)]$   
[using the identity,  $a^2 - b^2 = (a + b)(a - b)$ ]  
 $= [(1.5p + 1.5p) + (1.2q - 1.2q)][(1.5p - 1.5p) + (1.2q + 1.2q)]$   
 $= 3p \times 2.4q = 7.2pq$

C i)  $(52)^2 = (50 + 2)^2$  2  
 $= (50)^2 + (2)^2 + 2 \times 50 \times 2$  [using the identity,  $(a + b)^2 = a^2 + b^2 + 2ab$ ]  
 $= 2500 + 4 + 200$   
 $= 2704$

ii)  $47 \times 53 = (50 - 3)(50 + 3)$  2  
 $= (50)^2 - (3)^2$  [using the identity,  $(a - b)(a + b) = a^2 - b^2$ ]  
 $= 2500 - 9$   
 $= 2491$

Q2A b 10  
1.

2. b 12 units

B i)  $2m = 4 \Rightarrow m = 2$  1  
 $\therefore m^2 + 1 = 2^2 + 1 = 4 + 1 = 5$   
 and  $m^2 - 1 = 2^2 - 1 = 4 - 1 = 3$   
 Now,  $3^2 + 4^2 = 5^2$   
 $\Rightarrow 9 + 16 = 25 \Rightarrow 25 = 25$

So, 3, 4 and 5 are pythagorean triplets. 2

ii)

3	4761
3	1587
23	529
23	23
	1

Now,  $4761 = 3 \times 3 \times 23 \times 23$   
 $\therefore$  Square root of  $4761 = \sqrt{4761} = 3 \times 23 = 69$



C

$$\begin{array}{r}
 75 \\
 \hline
 7 \overline{) 5625} \\
 +7 \phantom{00} \\
 \hline
 145 \phantom{00} \phantom{00} \\
 \phantom{00} 725 \\
 \phantom{00} - 725 \\
 \hline
 \phantom{000} 0
 \end{array}$$

2

$$\therefore \sqrt{5625} = 75$$

Q3A i. Given,  $8^{-2}$ , where we can write  $8 = 2 \times 2 \times 2$ 

1

$$\therefore (2 \times 2 \times 2)^{-2} = (2)^{3 \times (-2)} = (2)^{-6}$$

$$\text{Hence, } 8^{-2} = (2)^{-6}$$

ii Using law of exponents,  $a^0 = 1$ 

[: a is non-zero Integer]

1

$$\therefore [2^{-1} + 3^{-1} + 4^{-1}]^0 = 1$$

$$\text{Hence, } [2^{-1} + 3^{-1} + 4^{-1}]^0 = 1$$

B i Using laws of exponents,  $a^m + a^n = (a)^{m-n}$  and  $a^m \times a^n = (a)^{m+n}$  $1\frac{1}{2}$ 

[: a is non-zero Integer]

$$\therefore (2^5 + 2^8) \times (2)^{-7} = (2)^{5-8} \times (2)^{-7}$$

$$= (2)^{-3} \times (2)^{-7}$$

$$= (2)^{-3-7} = (2)^{-10} = \frac{1}{2^{10}} = \frac{1}{1024} \quad \left[ \because a^{-m} = \frac{1}{a^m} \right]$$

ii Using law of exponents,  $a^{-m} = \frac{1}{a^m}$ 

[: a is non-zero Integer]

1

$$\therefore \left(\frac{1}{4}\right)^{-2} + \left(\frac{1}{2}\right)^{-2} + \left(\frac{1}{3}\right)^{-2} = (4)^2 + (2)^2 + (3)^2 = 16 + 4 + 9 = 29$$

C

1  $1.2 \times 10^{-4}$

2  $1.02 \times 10^{-1}$

3  $2 \times 10^{-5}$

 $1\frac{1}{2}$

## Class Assembly Report

On 27<sup>th</sup> February 2021 in Mount Mary's High School Chinchinim an assembly was conducted by the S.Y.B.Ed. teacher trainees on the occasion of National Science Day. The assembly was conducted along with the students of Std IX. The theme of the assembly was "Future of Science , Technology and Innovation". The introduction briefly portrayed the importance of National Science Day and Dr. C.V. Raman's contribution in the field of science. This was followed by a prayer and the hymn just like a child. The headmaster then garlanded the potrait of Dr. C.V. Raman. Teacher Zenaida unveiled the wallpaper prepared by the teacher trainees on the occasion. A student highlighted all the latest advancements in science and technology and urged his fellow students to keep the spark of curiosity alive.

A skit was presented by the students on the topic ' Plastic waste: A growing menace". The skit was presented in konkani in a street play kind of a format. The skit showed a growing monster of plastic which would consume the earth in the coming decades. The residents of that place try to destroy it in many ways but realise that they are the ones who will be harmed in the end. They finally decide to ban plastic. The narrator then tells them about the different types of plastics and their uses which creates a conflict of interest. They finally arrive at the conclusion that plastic is a necessary evil but it's utility lies in our hands.

The headmaster delivered a speech on this occasion. The assembly was concluded with the National Anthem.



## Reflections And Suggestions

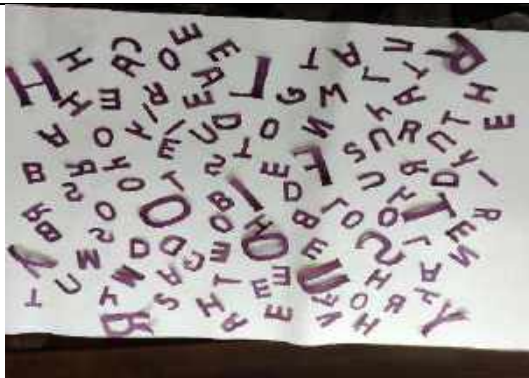
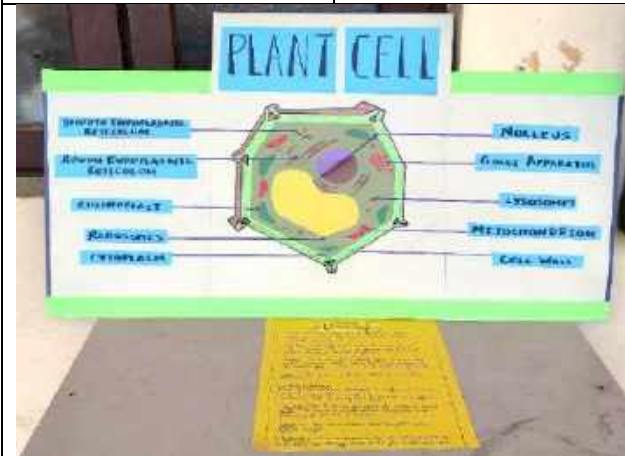
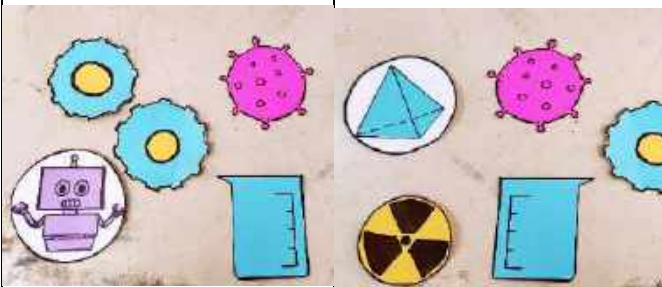
I started my internship on 4<sup>th</sup> January 2021 in Mount Mary's High School Chinchinim. My Maths teacher was Tr. Faviola D'sa e Peixoto and Science teacher was Tr. Milan Pereira who helped us during the internship period. They showed keen interest towards us teacher trainees. We were instructed to create video lessons for the students as the students lacked proper internet facilities. I could deliver additional lessons besides the 20 lessons since the period of internship was extended.

As the celebrations came our way we were given the opportunity to create wallpapers which would be later released during the assembly. Felina, Wilda and I worked together as a team to accomplish every task. We co-ordinated with each other well which gave us the best results. During the science day celebration I got an opportunity to direct a skit. The students initially were a bit hesitant but in the end it was a job well done. I learnt a lot from my colleagues wherein we designed a costume for the plastic monster. Teachers were very much happy with the enthusiasm we showed even in the absence of students.

We were given the responsibility to conduct temperature checks of the tenth and ninth std students. The headmaster appreciated us for this gesture. Due to the present Covid situation we experience lacked physical contact and enriching discussions with the students. But our enthusiasm remained unfaded. We were told to distribute tablets and collect answer papers on campus which gave us a chance to meet some of the students. The teachers had a sense of belongingness towards us which made our experience a memorable one.

Some suggestions to consider would be improvement in washroom facilities and a water dispenser made available on school grounds.

# Photo Gallery





NIRMALA INSTITUTE OF EDUCATION

# INTERNSHIP FILE



NAME: DALE DIAS

ROLL NO.: 24

CLASS: S. Y. B. Ed.

# INTERNSHIP FILE

OUR LADY OF THE ROSARY HIGH SCHOOL  
DONA PAULA, GOA



**January 4<sup>th</sup> 2021 – April 24<sup>th</sup> 2021**

Name: Dale Antonio Dias

Roll No.: 24

Nirmala Institute of Education

S. Y. B. Ed.

2019 - 2021

**NIRMALA INSTITUTE OF EDUCATION**

**Bachelor of Education (B.Ed.)**

Altinho, Panjim, Goa

**2019 – 2021 (Yr II)**

This is to certify that

DALE ANTONIO DIAS

has completed a sixteen-week

Internship Programme

from

4<sup>th</sup> January, 2021 to 24<sup>th</sup> April, 2021

at

OUR LADY OF THE ROSARY HIGH SCHOOL

in partial fulfilment of the

Two-year B.Ed. Degree Course, Goa University

*Faculty Supervisors*

Name

Signature

1. \_\_\_\_\_

2. \_\_\_\_\_



Dr. Delia Antão  
*Officiating Principal*

<b>Sr. No.</b>	<b>Title</b>	<b>Page No.</b>
<b>1</b>	Acknowledgement	1
<b>2</b>	School Information	2
<b>3</b>	Attendance Sheets	4
<b>4</b>	Daily Reports	12
<b>5</b>	Science Activities	44
<b>6</b>	Mathematics Activities	54
<b>7</b>	Special Activities	64
<b>8</b>	Bulletin Board Display	72
<b>9</b>	Science Test Plan	74
<b>10</b>	Mathematics Test Plan	83
<b>11</b>	Photo Gallery	89
<b>12</b>	Reflections and suggestions	115



# Acknowledgement

*“Education is the most powerful weapon which you can use to change the world.”*

-Nelson Mandela

I would like to take this opportunity to express my sincere gratitude to all those who have been my helping hand in countless ways during my sixteen-week internship programme.

Firstly, I thank my Principal Dr. Delia Antao for allotting us schools that have helped us grow and bring out the best of us during our internship. I extend my gratitude to the Principal of Our Lady of The Rosary High School Dona Paula, Sr. Antonieta Colaco for accepting us and being ever so approachable. I also thank Tr. Sybil, our coordinator for guiding us at all times, with her advice and constant support. My sincere gratitude to the teaching and non-teaching staff members of Our Lady of The Rosary High School Dona Paula for always being there for us and treating us with respect right till our last day of internship in the school.

I thank my method masters Ms Ximena Fonseca and Ms Pratiksha Shirodkar for always guiding us as we planned our lessons and encouraging us at all times with their kind words.

I am also thankful to my internship colleagues Casey Fernandes and Cherlyn Fernandes, for being supportive and enthusiastic in undertaking all duties allotted to us. It was truly a fun filled experience working with them as a team.

I heartily thank our librarians for constantly providing us necessary sources of information through the desired books and news journals they provided.

# Our Lady of The Rosary High School

## **A brief history**

Archbishop Don Jose Vieira Alvernaz, Patriarch of Goa, invited Mother Raymund Lulie, the Provincial of India to start a convent in Goa. In April 1954 Mother Mary Bernard, Srs. Mary Damiana, Mary Salet and Mary Assunta arrived at Goa. Initially they were housed in Panjim, Altinho, with the Miranda family. Two days later Patriarch showed our sisters the Parochial house attached to the Chapel of Our Lady of the Rosary, Caranzalem. After a warm welcome from the people, the sisters launched the opening of the needlework-room for young women and girls. They learnt beautiful embroidery and produced excellent work like church articles, dining sets etc. Classes in cutting, tailoring, domestic science and English were also conducted for the girls.

## **Brief Timeline**

- 1954 Classes in Konkani were started under the shade of trees and in the verandah. A dispensary, and a day crèche for children was opened.
- 1955 The foundation stone for the new building was laid by the Patriarch.
- 1962 Authorization from Patriarch Alvernaz to open an English Medium school and official authorization from education department was received and the school was named – Our Lady of the Rosary High School – with classes upto IX std.
- 1963 First inspection of the school. K.G. classes were opened in Panjim (Christo Rei). School was recognized by the Board of Secondary Education.
- 1964 First batch of students – Ernestina Almeida and Alba Rodrigues – sent up for the SSC Board examinations. A hostel for girls was opened.
- 2008 Due to the tireless efforts of Sr. Ermelinda Rodrigues the foundation stone for the new school building was laid by Sr. Leena Quadros – Provincial of Mumbai Province.
- 2012 Sr. Antonieta Colaco replaced Sr. Ermelinda Rodrigues as Headmistress.

# School's Education System

## **Academic Excellence**

With an emphasis on language, mathematics, social studies, science, physical education and fine arts, the school's curriculum greatly focuses on the overall growth of the whole child. It is based on diocesan-approved standards and learning objectives which exceed both state and national performance expectations.

## **Safe Environment**

The campus is secured by state-of-the-art technologies, and inside the classrooms, students are nurtured by a caring faculty and staff. In addition, they are taught to care for and respect each other. The parents can be confident in knowing their child is being valued as an individual.

## **Sports and Physical Education**

The students receive expert training in athletics. Also, games like football, basketball, cricket, hockey, table-tennis, badminton, softball, handball, volleyball, baseball, netball, sepak takraw, are taught and practiced by the students on a daily basis. Students who receive training as part of the school team are expected to abide by the norms and make themselves available for practice outside school hours if and when required.

## **Online Education**

The teachers are well equipped with technological knowledge to take online classes for their students as well as provide asynchronous modes of teaching through lesson videos and also with the help of study material in the form of PDFs and PowerPoint Presentations.

## **Online Assessment**

The teachers have also devised innovative ways to assess students' learning through online tests in the form of quizzes, online games, Google Forms and Google Classrooms.

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Our Lady of the Rosary High School  
Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	4/1/21	8:00 AM	12:00 PM	<i>Dias</i>
TUESDAY	5/1/21	8:00 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	6/1/21	7:55 AM	12:30 PM	<i>Dias</i>
THURSDAY	7/1/21	7:55 AM	12:30 PM	<i>Dias</i>
FRIDAY	8/1/21	7:55 AM	12:30 PM	<i>Dias</i>
SATURDAY	9/1/21	—	—	

*S. Moraes*

Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Our Lady of the Rosary High School  
Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	11/1/21	7:55 AM	12:30 PM	<i>Dias</i>
TUESDAY	12/1/21	7:55 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	13/1/21	8:00 AM	12:35 PM	<i>Dias</i>
THURSDAY	14/1/21	8:00 AM	12:35 PM	<i>Dias</i>
FRIDAY	15/1/21	7:55 AM	12:00 PM	<i>Dias</i>
SATURDAY	16/1/21	—	—	

*S. Moraes*

Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
**B.ED ATTENDANCE 2019-2021 (Y2)**



Name of the School: New Lady of the Rosary High School  
 Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	18/1/21	8:00 AM	12:30 PM	<i>Dias</i>
TUESDAY	19/1/21	8:00 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	20/1/21	8:00 AM	12:30 PM	<i>Dias</i>
THURSDAY	21/1/21	8:00 AM	12:30 PM	<i>Dias</i>
FRIDAY	22/1/21	8:00 AM	12:30 PM	<i>Dias</i>
SATURDAY	23/1/21	8:00 AM	12:30 PM	<i>Dias</i>

*S. Colaco*  
 Signature of the  
 Headmaster/Headmistress

**Nirmala Institute of Education**  
**B.ED ATTENDANCE 2019-2021 (Y2)**



Name of the School: New Lady of the Rosary High School  
 Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	25/1/21	8:00 AM	12:30 PM	<i>Dias</i>
TUESDAY	26/1/21	8:00 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	27/1/21	8:00 AM	12:35 PM	<i>Dias</i>
THURSDAY	28/1/21	8:00 AM	12:30 PM	<i>Dias</i>
FRIDAY	29/1/21	7:55 AM	12:30 PM	<i>Dias</i>
SATURDAY	30/1/21	8:00 AM	12:00 PM	<i>Dias</i>

*S. Colaco*  
 Signature of the  
 Headmaster/Headmistress

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Our Lady of the Rosary High School

Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	1/2/21	8:00 AM	12:30 PM	<i>Dias</i>
TUESDAY	2/2/21	8:00 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	3/2/21	8:00 AM	12:30 PM	<i>Dias</i>
THURSDAY	4/2/21	8:00 AM	12:30 PM	<i>Dias</i>
FRIDAY	5/2/21	8:00 AM	12:30 PM	<i>Dias</i>
SATURDAY	6/2/21	8:00 AM	12:00 PM	<i>Dias</i>

*L. Ribeiro*  
Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Our Lady of the Rosary High School

Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	8/2/21	8:00 AM	12:35 PM	<i>Dias</i>
TUESDAY	9/2/21	8:00 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	10/2/21	8:00 AM	12:35 PM	<i>Dias</i>
THURSDAY	11/2/21	8:00 AM	12:30 PM	<i>Dias</i>
FRIDAY	12/2/21	8:00 AM	12:35 PM	<i>Dias</i>
SATURDAY	13/2/21	8:00 AM	12:30 PM	<i>Dias</i>

*L. Ribeiro*  
Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
**B.ED ATTENDANCE 2019-2021 (Y2)**



Name of the School: Our Lady of the Rosary High School  
 Name of the Teacher Trainee: Dale Antonio Diaz

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15/2/21	7:55 AM	12:30 PM	<i>Dale</i>
TUESDAY	16/2/21	8:00 AM	12:30 PM	<i>Dale</i>
WEDNESDAY	17/2/21	8:00 AM	12:30 PM	<i>Dale</i>
THURSDAY	18/2/21	7:55 AM	12:35 PM	<i>Dale</i>
FRIDAY	19/2/21	8:00 AM	12:35 PM	<i>Dale</i>
SATURDAY	20/2/21	8:00 AM	12:35 PM	<i>Dale</i>

*L. Calles*  
 Signature of the  
 Headmaster/Headmistress

**Nirmala Institute of Education**  
**B.ED ATTENDANCE 2019-2021 (Y2)**



Name of the School: Our Lady of the Rosary High School  
 Name of the Teacher Trainee: Dale Antonio Diaz

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22/2/21	8:00 AM	12:30 PM	<i>Dale</i>
TUESDAY	23/2/21	7:55 AM	12:30 PM	<i>Dale</i>
WEDNESDAY	24/2/21	8:00 AM	12:30 PM	<i>Dale</i>
THURSDAY	25/2/21	8:00 AM	12:35 PM	<i>Dale</i>
FRIDAY	26/2/21	7:55 AM	12:30 PM	<i>Dale</i>
SATURDAY	27/2/21	8:00 AM	12:35 PM	<i>Dale</i>

*L. Calles*  
 Signature of the  
 Headmaster/Headmistress

**Nirmala Institute of Education**  
**B.ED ATTENDANCE 2019-2021 (Y2)**



Name of the School: Our Lady of the Resary High School  
 Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	1/3/21	-	-	
TUESDAY	2/3/21	8:00 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	3/3/21	-	-	
THURSDAY	4/3/21	8:00 AM	12:30 PM	<i>Dias</i>
FRIDAY	5/3/21	-	-	
SATURDAY	6/3/21	8:00 AM	12:30 PM	<i>Dias</i>

*S. Ribeiro*

Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
**B.ED ATTENDANCE 2019-2021 (Y2)**



Name of the School: Our Lady of the Resary High School  
 Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	8/3/21	8:00 AM	12:30 PM	<i>Dias</i>
TUESDAY	9/3/21	8:00 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	10/3/21	7:55 AM	12:30 PM	<i>Dias</i>
THURSDAY	11/3/21	7:55 AM	12:30 PM	<i>Dias</i>
FRIDAY	12/3/21	-	-	
SATURDAY	13/3/21	8:00 AM	12:00 PM	<i>Dias</i>

*S. Ribeiro*

Signature of the  
Headmaster/Headmistress



**Nirmala Institute of Education**  
**BED ATTENDANCE 2019-2021 (Y2)**



Name of the School: Our Lady of the Rosary High School

Name of the Teacher Trainee: Dale Antonia Elias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15/3/21	8:00 AM	12:30 PM	<i>[Signature]</i>
TUESDAY	16/3/21	-	-	
WEDNESDAY	17/3/21	8:00 AM	12:30 PM	<i>[Signature]</i>
THURSDAY	18/3/21	-	-	
FRIDAY	19/3/21	8:00 AM	12:30 PM	<i>[Signature]</i>
SATURDAY	20/3/21	-	-	

*[Signature]*

Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
**BED ATTENDANCE 2019-2021 (Y2)**



Name of the School: Our Lady of the Rosary High School

Name of the Teacher Trainee: Dale Antonia Elias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22/3/21	-	-	
TUESDAY	23/3/21	8:00 AM	12:30 PM	<i>[Signature]</i>
WEDNESDAY	24/3/21	8:00 AM	12:30 PM	<i>[Signature]</i>
THURSDAY	25/3/21	8:00 AM	12:30 PM	<i>[Signature]</i>
FRIDAY	26/3/21	8:00 AM	12:30 PM	<i>[Signature]</i>
SATURDAY	27/3/21	8:00 AM	12:00 PM	<i>[Signature]</i>

*[Signature]*

Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Our Lady of the Rosary High School.  
Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	27/3/21	-	-	
TUESDAY	30/3/21	8:00 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	31/3/21	8:00 AM	12:30 PM	<i>Dias</i>
THURSDAY	1/4/21	8:00 AM	12:30 PM	<i>Dias</i>
FRIDAY	2/4/21	-	-	
SATURDAY	3/4/21	-	-	

*S. Colaco*  
Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: Our Lady of the Rosary High School.  
Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	5/4/21	8:00 AM	12:30 PM	<i>Dias</i>
TUESDAY	6/4/21	7:55 AM	12:30 PM	<i>Dias</i>
WEDNESDAY	7/4/21	8:00 AM	12:30 PM	<i>Dias</i>
THURSDAY	8/4/21	8:00 AM	12:30 PM	<i>Dias</i>
FRIDAY	9/4/21	8:00 AM	12:30 PM	<i>Dias</i>
SATURDAY	10/4/21	7:55 AM	12:00 PM	<i>Dias</i>

*S. Colaco*  
Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
**B.ED ATTENDANCE 2019-2021 (Y2)**



Name of the School: Our Lady of the Rosary High School

Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	12/4/21	8:00 AM	12:30 PM	<i>[Signature]</i>
TUESDAY	13/4/21	-	-	
WEDNESDAY	14/4/21	-	-	
THURSDAY	15/4/21	8:00 AM	12:30 PM	<i>[Signature]</i>
FRIDAY	16/4/21	8:00 AM	12:30 PM	<i>[Signature]</i>
SATURDAY	17/4/21	8:00 AM	12:30 PM	<i>[Signature]</i>

*[Signature]*

Signature of the  
Headmaster/Headmistress

**Nirmala Institute of Education**  
**B.ED ATTENDANCE 2019-2021 (Y2)**



Name of the School: Our Lady of the Rosary High School

Name of the Teacher Trainee: Dale Antonio Dias

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	19/4/21	8:00 AM	12:00 PM	<i>[Signature]</i>
TUESDAY	20/4/21	8:00 AM	12:00 PM	<i>[Signature]</i>
WEDNESDAY	21/4/21	8:00 AM	12:05 PM	<i>[Signature]</i>
THURSDAY	22/4/21	8:00 AM	12:10 PM	<i>[Signature]</i>
FRIDAY	23/4/21	8:00 AM	12:00 PM	<i>[Signature]</i>
SATURDAY	24/4/21	8:00 AM	12:00 PM	<i>[Signature]</i>

*[Signature]*

Signature of the  
Headmaster/Headmistress



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.E.D. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dale Antonio Dias

NAME OF THE SCHOOL: Our Lady of The Rosary High School

	MONDAY Dt: 04/01/2021	TUESDAY Dt: 05/01/2021	WEDNESDAY Dt: 06/01/2021
1st Period	Met the method teachers	Prepared presentation	Discussed lesson with teachers
2nd Period	Collected lessons from teachers	Prepared presentation	Discussed lesson
3rd Period	Organised workshop	Reviewed matter	Reviewed matter
4th Period	Enquired about important days	Prepared presentation	Prepared presentation
5th Period	Distributed lesson among peers	Prepared presentation	Prepared presentation
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: L. Lobo



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)**

NAME OF THE TEACHER TRAINER: Dr. A. Anil Kumar, T. J. S.

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	THURSDAY DE 24/12/2021	FRIDAY DE 25/12/2021	SATURDAY DE 27/12/2021
1st Period	Prepared presentation.	Revised matter.	Prepared lesson
2nd Period	Prepared presentation.	Read books for content	Write lesson plan.
3rd Period	Discussed lesson	Read book	Write lesson plan.
4th Period	Discussed lesson	Prepared lesson	Write lesson plan
5th Period	Prepared presentation.	Prepared lesson	Prepared lesson
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Lakshmi



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PERIOD, 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Pooja Ananthapriya

NAME OF THE SCHOOL: Govt. Lady of the Rosary High School

	MONDAY DR. 11/12/2021	TUESDAY DR. 11/12/2021	WEDNESDAY DR. 13/12/2021
1st Period	Prepared lesson	Wrote lesson plan	Prepared lesson
2nd Period	Prepared lesson	Prepared lesson	Teachers and students VII Group discussion in Mathematics
3rd Period	Prepared lesson	Researched matter	Discussed lesson
4th Period	Discussed lesson	Researched matter	Discussed lesson
5th Period	Discussed lesson	Discussed lesson	Prepared presentation
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Lakshmi



**NIRMALA INSTITUTE OF EDUCATION**

**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dr. Anurag Das

NAME OF THE SCHOOL: Sri Lady of The Mercy High School

	THURSDAY DE 14   01   2021	FRIDAY DE 15   01   2021	SATURDAY DE 16   01   2021
1st Period	Prepared lesson	Prepared presentation	HOLIDAY
2nd Period	Prepared lesson	Edited video	
3rd Period	Write lesson plan	Edited video	
4th Period	Write lesson plan	Prepared for Republic Day	
5th Period	Prepared presentation	Republic Day preparations	
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. S. Das



**NIRMALA INSTITUTE OF EDUCATION**

**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (Y2)**

**NAME OF THE TEACHER TRAINEE:** Dais Anteris Diaz

**NAME OF THE SCHOOL:** Our Lady of The Rosary High School

	MONDAY DE: 18/11/2021	TUESDAY DE: 19/11/2021	WEDNESDAY DE: 20/11/2021
1st Period	Prepared lesson	Prepared lesson	Republic Day preparations
2nd Period	Edited video	ALGEBRA - XI Gave a lesson in mathematics	Republic Day preparations
3rd Period	Edited video	Dismissed lesson	Edited video
4th Period	Edited video	Dismissed lesson	Edited video
5th Period	Republic Day Preparations	Republic Day preparations	Prepared lesson
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: L. Balao





**NIRMALA INSTITUTE OF EDUCATION**

**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dr. Ananya Prasad

NAME OF THE SCHOOL: Sri Lady of the Rosary High School

	THURSDAY 21/01/2021	FRIDAY 22/01/2021	SATURDAY 23/01/2021
1st Period	Edited video	Republic Day practice	Republic Day practice
2nd Period	Researched matter	Republic Day practice	Republic Day practice
3rd Period	Prepared lesson	Prepared lesson	Republic Day practice
4th Period	Researched matter	Researched matter	Edited video
5th Period	Republic Day practice	Edited video	Prepared lesson
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Lakshmi



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINER: Dr. Anil Kumar Dixit

NAME OF THE SCHOOL: Dr. B. D. Singh College, Patna

	MONDAY: 25/01/2021	TUESDAY: 26/01/2021	WEDNESDAY: 27/01/2021
1st Period	Republic Day practice	REPUBLIC DAY CELEBRATION	Prepared lesson
2nd Period	Republic Day practice	Conducted assembly	Prepared classmate
3rd Period	Republic Day practice	Bulletin board display	Edited video
4th Period	Republic Day practice	Presented a song and pictorial	Edited video
5th Period	Republic Day practice	Prepared a video for students	Prepared classmate
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Laloo



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)**

NAME OF THE TEACHER TRAINEE: Pale Anshu Dhas

NAME OF THE SCHOOL: Sri Lady of the Rosary High School.

	THURSDAY Dt: 25/01/2021	FRIDAY Dt: 29/01/2021	SATURDAY Dt: 30/01/2021
1st Period	Prepared lesson	Prepared presentation	Discussed lesson.
2nd Period	Prepared lesson	Prepared presentation.	Discussed lesson
3rd Period	Edited video	Edited video.	Edited video.
4th Period	Edited video.	Helped in science lab	Edited video.
5th Period	Discussed lesson	Edited video.	Prepared presentation.
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Lakshmi



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dale Arlene Dias

NAME OF THE SCHOOL: San Jose of the Passey High School

	THURSDAY Dt: 21/05/2021	FRIDAY Dt: 22/05/2021	SATURDAY Dt: 23/05/2021
1st Period	Researched for matter	Prepared classon	Prepared for assembly
2nd Period	Read topics for classon	Prepared classon	Discussed with teachers
3rd Period	Prepared classon	Helped marked activities	Prepared for assembly
4th Period	Edited video	Helped students in classwork	Practised songs for assembly
5th Period	Uploaded classon video	Edited video	Prepared ppt
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: [Signature]



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP B.E.D. 2019 - 2021 (V2)**

NAME OF THE TEACHER TRAINEE: Dali Arshwin Das

NAME OF THE SCHOOL: Sri Lady of the Rosary High School

	MONDAY DECEMBER 21	TUESDAY DE: 22	WEDNESDAY DE: 23
1st Period	Prepared lesson	Prepared for assembly	Conducted assembly on humility
2nd Period	Prepared lesson	Prepared for assembly	Edited video
3rd Period	Helped in school lab	Helped in school activity	Helped in school activity
4th Period	Prepared presentation	Helped teacher in school work	Assigned science projects
5th Period	Edited video	Edited video	Organised science projects
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Lakshmi



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)**

NAME OF THE TEACHER TRAINEE: Dada Antonio Dias

NAME OF THE SCHOOL: Sou Lady of the Rosary High School

	THURSDAY DE 11/02/2021	FRIDAY DE 12/02/2021	SATURDAY DE 13/02/2021
1st Period	Dismissed a lesson about Ash Wednesday	Prepared lesson	Distributed lesson materials
2nd Period	Prepared lesson	Edited video	Distributed lesson materials
3rd Period	Prepared lesson	Helped in school work	Collected internal exam papers
4th Period	Edited video	Edited video	Distributed lesson materials
5th Period	Helped in school work	Uploaded lesson videos	Distributed lesson materials
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: L. Celso



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dals. Anshu Das.

NAME OF THE SCHOOL: Gov. Jyoti of the Peary High School.

	MONDAY DI: 15/02/2021	TUESDAY DI: 16/02/2021	WEDNESDAY DI: 17/02/2021
1st Period	Distributed iron tablets	Practised for Ash Wednesday	Practised for Ash Wednesday
2nd Period	Distributed iron tablets	Practised for Ash Wednesday	Prepared lesson
3rd Period	Helped in collection of papers	Edited video	Ash Wednesday Mass
4th Period	Helped in collection of papers	Prepared lesson	Ash Wednesday Mass
5th Period	Distributed iron tablets	Prepared lesson	
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: K. S. S. S.



**NIRMALA INSTITUTE OF EDUCATION**

**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dada Antonio Bias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	THURSDAY DE 18/02/2021	FRIDAY DE 19/02/2021	SATURDAY DE 20/02/2021
1st Period	Assembly conducted in gratitude	Prepared for lesson video.	Prepared for video lines of discourse
2nd Period	Discussion with teachers	Edited video	Prepared for video lines of discourse
3rd Period	Helped in school - speak	Edited video	Edited video
4th Period	Helped in school break	uploaded lesson videos.	Edited video
5th Period	Meeting with Headmistress	Organized exam papers	Helped in school work
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

*L. Lobo*





**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.E.D. 2019 - 2021 (V2)**

**NAME OF THE TEACHER TRAINEE:** Dali Adelita Dias

**NAME OF THE SCHOOL:** Our Lady of the Rosary High School

	MONDAY DE 22 2020	TUESDAY DE 23 2020	WEDNESDAY DE 24 2020
1st Period	Prepared photobooth for N.C.S.	Prepared photobooth for N.S.D.	Exam preparation
2nd Period	Prepared photobooth for N.C.S.	Prepared photobooth for N.S.D.	Prepared photobooth for N.C.S.
3rd Period	Prepared lesson.	Prepared presentation	Prepared for students of the class
4th Period	Prepared lesson.	Prepared presentation	Prepared for students of the class
5th Period	Edited video	Edited video	Prepared for fundamental knowledge
6th Period			
7th Period			
8th Period			

Signature of the Headmas/Headmistress: L. Caldas



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PERIOD, 2019 - 2021 (V2)**

NAME OF THE TEACHER TRAINEE: Dr. Anshu Prasad

NAME OF THE SCHOOL: Dr. B. S. Jyoti of the Evening High School

	THURSDAY DE 20, 2019	FRIDAY DE 21, 2019	SATURDAY DE 22, 2019
1st Period	Prepared the Handwritten activities	Prepared photobooth for N.S.D.	Set up photobooth for N.S.D.
2nd Period	Edited video	Prepared photobooth for N.S.D.	Prepared presentation
3rd Period	Prepared classmate	Prepared quiz for N.S.D.	Prepared presentation
4th Period	Handwritten technology calculation	Prepared quiz for N.S.D.	Edited a video
5th Period	Handwritten technology calculation	Prepared photobooth for N.S.D.	Edited a video
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Lakshmi



**NIRMALA INSTITUTE OF EDUCATION**

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)

NAME OF THE TEACHER TRAINEE: Dali Anurag Das

NAME OF THE SCHOOL: Sri Lady of the Mercy High School

	MONDAY DE 02/01/2021	TUESDAY DE 03/01/2021	WEDNESDAY DE 04/01/2021
1st Period	COLLEGE	Edited video	COLLEGE
2nd Period		prepared presentation	
3rd Period		Prepared presentation	
4th Period		Edited video	
5th Period		Prepared lesson	
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: [Signature]



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)**

NAME OF THE TEACHER TRAINEE: Dale Antonio Dias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	THURSDAY DE: 04/10/2021	FRIDAY DE: 05/10/2021	SATURDAY DE: 06/10/2021
1st Period	Prepared lesson	COLLEGE	Prepared quiz for Women's Day
2nd Period	Prepared lesson		Prepared quiz for Women's Day
3rd Period	Edited a video		Prepared assembly for Women's Day
4th Period	Edited a video		Prepared assembly for Women's Day
5th Period	Prepared CAI lesson		Prepared assembly for Women's Day
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Sabino



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dali Antonio Dias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	MONDAY DR. 08/01/2021	TUESDAY DR. 09/01/2021	WEDNESDAY DR. 10/01/2021
1st Period	Women's Day Assembly	Prepared lesson.	Edited video.
2nd Period	Prepared lesson.	Prepared presentation.	Prepared lesson.
3rd Period	Prepared lesson.	Edited video.	Prepared lesson.
4th Period	Women's Day celebration	Edited video.	Edited video.
5th Period	Women's Day celebration	Prepared lesson.	Edited video.
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. S. S. S.



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dale Antonio Dias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	THURSDAY DE: 11/03/2021	FRIDAY DE: 12/03/2021	SATURDAY DE: 13/03/2021
1st Period	Prepared lesson	COLLEGE	Prepared lesson
2nd Period	Prepared lesson		Edited video
3rd Period	Edited video		Edited video
4th Period	Prepared presentation		Prepared presentation
5th Period	Prepared presentation		Prepared presentation
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: [Signature]



**NIRMALA INSTITUTE OF EDUCATION**

LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP PERIOD, 2019 - 2021 (Q2)

NAME OF THE TEACHER TRAINER: Dr. Anita Das

NAME OF THE SCHOOL: Sri Lakshmi High School

	MONDAY 15/03/2021	TUESDAY 16/03/2021	WEDNESDAY 17/03/2021
1st Period	Prepared lesson	COLLAGE	Uploaded classmate
2nd Period	Prepared lesson		Prepared lesson
3rd Period	Edited video		Researched matter
4th Period	Edited video		Researched matter
5th Period	Prepared presentation		Prepared presentation
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Lakshmi



**NIRMALA INSTITUTE OF EDUCATION**

**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)**

NAME OF THE TEACHER TRAINEE: Dale Arlene Dias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	THURSDAY Dt: 18/02/2021	FRIDAY Dt: 19/02/2021	SATURDAY Dt: 20/02/2021
1st Period	COLLEGE	Exam preparation	COLLEGE
2nd Period		Researched matter	
3rd Period		Prepared idea way of the lesson	
4th Period		Way of the lesson	
5th Period		Prepared lesson	
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Subalax





**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dale Antoinette Dias

NAME OF THE SCHOOL: Sacred Lady of the Rosary High School

	MONDAY Dt: 22-10-2021	TUESDAY Dt: 23-10-2021	WEDNESDAY Dt: 24-10-2021
1st Period	COLLEGE	Conducted online class on Memorisation	Conducted mathematics class IS
2nd Period		Prepared presentation.	Conducted online class for 7.
3rd Period		Prepared presentation.	Attended college
4th Period		Edited video.	Attended college
5th Period		Uploaded class video.	Attended college
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: J. Balao



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (Y2)**

**NAME OF THE TEACHER TRAINEE:** Dale Antonio Dias

**NAME OF THE SCHOOL:** Our Lady of the Rosary High School

	THURSDAY Dt: 15/03/2021	FRIDAY Dt: 26/03/2021	SATURDAY Dt: 27/03/2021
1st Period	Completed internship file	Wrote lesson plan	Exam supervision
2nd Period	Completed internship file	Completed internship file	Completed internship file
3rd Period	Wrote lesson plan	Prepared presentation	Wrote lesson plan
4th Period	Wrote lesson plan	Prepared for SSC forswell	Prepared for SSC forswell
5th Period	Prepared presentation	Prepared for SSC forswell	Prepared for SSC forswell
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

*S. Lobo*



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP BED, 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dals Antonie Dias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	MONDAY Dt: 09/03/2021	TUESDAY Dt: 10/03/2021	WEDNESDAY Dt: 11/03/2021
1st Period	HOLIDAY		
2nd Period		Exam supervision	SSC forenoon
3rd Period		Exam supervision	SSC forenoon
4th Period		Exam supervision	SSC forenoon
5th Period		Prepared for SSC forenoon	Prepared lesson plan
6th Period		Prepared for SSC forenoon	Uploaded questions
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Balakrishnan



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dals Antero Dias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	THURSDAY 04/01/2021	FRIDAY 05/01/2021	SATURDAY 06/01/2021
1st Period	Completed Internship file	HOLIDAY	HOLIDAY
2nd Period	Completed Internship file		
3rd Period	Write a lesson plan		
4th Period	Write a lesson plan		
5th Period	Completed Internship file		
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Sabao



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Ina Antonia Dias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	MONDAY Dth 05/06/2021	TUESDAY Dth 08/06/2021	WEDNESDAY Dth 09/06/2021
1st Period	Wrote lesson plan.	Made photobooth.	Exam supervision.
2nd Period	Completed internship file.	Made photobooth.	School event preparation.
3rd Period	Completed internship file.	Completed internship file.	School event.
4th Period	Prepared for school event on 7th.	Wrote lesson plan.	School event.
5th Period	Made photobooth.	Wrote lesson plan.	School event.
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: J. Silva



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP BED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dale Antonio Dias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	THURSDAY Dt: 04/12/21	FRIDAY Dt: 05/12/21	SATURDAY Dt: 06/12/21
1st Period	Exam supervision	Write lesson plan	Exam supervision
2nd Period	Exam supervision	Completed assignment	Exam supervision
3rd Period	Exam supervision	Completed assignment	Write lesson plan
4th Period	Completed internship file	Write lesson plan	Write lesson plan
5th Period	Write lesson plan	Write lesson plan	Completed assignment
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: J. Lobo



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Paule Antonio Dias

NAME OF THE SCHOOL: Lady of the Rosary High School

	MONDAY Dt: 12/04/2021	TUESDAY Dt: 13/04/2021	WEDNESDAY Dt: 14/04/2021
1st Period	Exam supervision	HOLIDAY	HOLIDAY
2nd Period	Exam supervision		
3rd Period	Exam supervision		
4th Period	Completed internship file		
5th Period	Completed assignment		
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: Paule Antonio



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.E.D. 2019 - 2021 (Y2)**

NAME OF THE TEACHER TRAINEE: Dale Antonia Dias

NAME OF THE SCHOOL: Our Lady of The Precious High School

	THURSDAY 15/04/2021	FRIDAY 16/04/2021	SATURDAY 17/04/2021
1st Period	Completed assignment	Completed internship file	Helped in school work
2nd Period	Completed assignment	Completed internship file	Wrote lesson plan
3rd Period	Wrote lesson plan	Wrote lesson plan	Completed internship file
4th Period	Wrote lesson plan	Wrote lesson plan	Helped in school work
5th Period	Completed assignment	Completed internship file	Helped in school work
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Salato





**NIRMALA INSTITUTE OF EDUCATION**

**LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP PER. 2019 - 2021 (Y2)**

**NAME OF THE TEACHER TRAINEE:** Dale Antonio Diaz

**NAME OF THE SCHOOL:** Our Lady of the Rosary High School

	MONDAY 01/10/2021	TUESDAY 02/10/2021	WEDNESDAY 03/10/2021
1st Period	Helped in sorting papers	Talked student marks	Helped in sorting papers
2nd Period	Helped in sorting papers	Helped in correction of papers	Helped in sorting papers
3rd Period	Helped in correction of papers	Helped in sorting papers	Completed internship file
4th Period	Helped in correction of papers	Helped in sorting papers	Completed internship file
5th Period	Talked student marks	Talked student marks	Sorted prelim exam papers
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: L. Galano



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (17)**

NAME OF THE TEACHER TRAINER: Dr. Antonio Dias

NAME OF THE SCHOOL: Our Lady of the Rosary High School

	THURSDAY 04/02/2021	FRIDAY 05/02/2021	SATURDAY 06/02/2021
1st Period	Completed internship file	Helped in filling report cards	Participated in special assembly
2nd Period	Completed internship file	Helped in sorting papers	Completed internship file
3rd Period	Helped in sorting papers	Helped in filling report cards	Cleaned desk
4th Period	Helped in sorting papers	Helped in sorting papers	Cleaned room before leaving
5th Period	Helped in filling report cards	Told student marks	Cleaned room before leaving
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: S. Lakshmi

Nirmala Institute of Education  
B.Ed 2019 - 2021 (Y2)  
Attendance record of teacher trainee



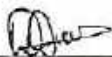
Name: Dali Antonio Dias

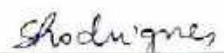
Internship Dates : 04/01/2021 to 24/04/2021

Number of Days Present 80

Number of Days Absent 8

Sr. No	Date of leave	Reason of Absence
1	9/1/2021	Personal work
2		
3		
4		
5		
6		
7		
8		
9		
10		

  
Signature - Teacher Trainee

  
Signature of Mentor / Coordinating teacher

# Science Planned Activities

## 1. Act it out

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objective:** Students develop skills of acting and depicting certain concepts

**Materials required:** Flash cards, list of subject specific words

### **Procedure:**

1. The class is divided into groups of five, each having one representative.
2. The teacher makes the representative pick a flash card but does not let the student see what word is written on it.
3. The student of the first group stands in front of the class, while the teacher writes the word on the board. The word could either be a science term, mathematical concept, historical period etc.

E.g.: Precipitation, median, independence.

4. The group then begins to convey what the word is to their representative who is facing the class. The group is only allowed to use actions and no oral communication.
5. The student then tries to guess the word within a duration of one minute. If the representative guesses it right, the group gets a point.
6. Repeat this for the other groups with different words at each round.
7. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 2. Hangman

**Age group:** 9 – 15 years

**Time:** 25 minutes

### **Objectives:**

Students develop their skills of spelling, pronunciation and vocabulary.

**Materials required:** List of subject specific words

### **Procedure:**

1. The class is divided into groups of five.
2. During each round, every group must send one student representative.
3. The teacher then selects a word or concept related to any subject and then draw spaces/dashes on the blackboard to represent each letter on the word.

E.g. CRYSTALLISATION

4. The student then begins guessing the word, one letter at a time.
5. Each student gets one-two minutes to guess the word.
6. Incorrect guesses will result in a hangman being drawn, one line at a time.
7. If the student guesses the word right, the group gets a point.
8. Repeat this for the other groups with different words at each round.
9. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

### 3. Make a scene

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Materials Required:** Chits containing a situation each.

#### **Procedure:**

1. The students are divided into groups of ten (or more, depending on the number of students).
2. One student from each group then picks out a situation on random from the chits prepared by the teacher.

Examples of the scenes: Construction site, fish market, hospital, each etc.

3. The teacher instructs the students that they have to depict the situation in the form of a picture frame i.e. they have to remain still while depicting it.
4. The students are then given a time of 3 minutes to prepare themselves for the scene depiction.
5. Then, each group comes forward and depicts the scene, while the other groups try and guess what the scene is.
6. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

#### 4. Word View

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students learn about important spellings and their pronunciation.

**Materials required:** Subject specific list of words.

#### **Procedure:**

1. The students are divided into groups of ten (or more, depending on the number of students).
2. One student from each group then picks out a word on random from the chits prepared by the teacher.
3. The students are then given a time of 3 minutes to prepare themselves.
4. Without using any props, the students must depict the word. Each student may depict one alphabet each or two or more students may join together and form one alphabet of the word. The whole word must be depicted in one still frame.

Example: Cycle, Atom, Oxygen, Coal.

5. The other students are required to guess what the word is.
6. Once the students have guessed right, the teacher ensures that the student pronounces the word correctly and also knows the meaning of the word.
7. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 5. Superlatives

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students learn about the concept of superlatives.

**Materials required:** Large area to conduct the activity.

### **Procedure:**

1. The class is divided into groups of equal number of members.
2. The teacher then tells the students to arrange themselves in the order of their names. Smallest name to the biggest name from the left to the right.
3. The students are given twenty seconds to arrange themselves to arrange themselves in the order.
4. Once done, the teacher then checks if the students have arranged themselves correctly.
5. The teacher then tells the students to arrange themselves in different ways.  
E.g.: Least number of siblings to most number of siblings.
6. The teacher then asks the students to name themselves as a planet and arrange themselves from the left to the right in the order of the closest to the furthest distance from the sun.
7. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.



## 6. Just Three Words

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students learn about important subject specific terms.

**Materials required:** LCD Projector

### **Procedure:**

1. Teacher divides the class into two groups.
2. Each group then sends one representative to the front of the class. The representative faces the class and a subject specific word is displayed on the screen.
3. The group members say a one worded clue to help the student guess the word on the screen.
4. The representative is allowed to guess the word on the screen that may be related to the word uttered by the students.
5. If the representative cannot guess the word with the first clue, the group then says the second word as the clue, and subsequently the third.

E.g.: Word: Photosynthesis. Clues: Plants, Chlorophyll, Sunlight.

6. Points for guessing the word with the clues

First clue: 20 Points

Second clue: 15 Points

Third clue: 5 Points.

7. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 7. Anagrams

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students learn about important subject specific terms.

**Materials required:** LCD Projector

### **Procedure:**

1. Teacher divides the class into two groups.
2. An anagram is a word or phrase made up of the letters of another word. Teacher displays the anagrams on the screen.
3. The students then try and unscramble the anagrams and then find out the subject specific word or term.

E.g.: a. ANGEL: ANGLE (Mathematics)

b. CAGEDON: DECAGON (Mathematics)

4. The teacher may also ask the students to define the term or the word.
5. Each group must try to find out all the words and define them accordingly.
6. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 8.City Search

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students learn about the important cities of India.

**Materials required:** LCD Projector

### Procedure:

1. The teacher displays a grid containing names of cities in India.
2. Each student must work individually and then locate the given words in the grid, running in one of the eight possible directions horizontally, vertically, or diagonally.
3. Once students find all the cities in the grid, the teacher then asks the students to name the states in which the cities are located.

G	O	A	S	H	I	M	L	A
K	O	H	I	M	A	S	K	I
G	J	A	I	P	U	R	O	Z
L	Q	M	B	D	S	I	A	A
D	K	L	U	C	K	N	O	W
V	I	J	F	M	S	A	O	L
H	L	S	W	P	B	G	Y	D
Z	F	A	P	A	N	A	J	I
M	I	B	S	U	X	R	I	A
I	H	C	N	A	R	L	A	A

JAIPUR
RANCHI
DISPUR
PANAJI
AIZAWL
KOHIMA
SHIMLA
MUMBAI
LUCKNOW
SRINAGAR

4. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 9. Mad Ad

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students develop the ability to express themselves and coordinate with others.

**Materials required:** Products such as toothbrush, water bottle, pencil etc.

### **Procedure:**

1. The class is divided into groups of equal number of members.
2. Each group is given a product to advertise.
3. The students are then given time to create a unique advertisement that would influence their ‘customers’ to buy the product.
4. The products should be everyday items like toothbrushes, water bottles, watches etc.
5. The students should be instructed to make the product as entertaining as possible.
6. Once done, the teacher must then make the students advertise concepts or terms that are related to certain subjects.  
E.g.: Ozone Layer: It is like anti-virus, except that it protects the Earth from UV rays. So its anti-UV, and is freely available. \*Terms and conditions apply
7. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 10. Make a Speech

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students develop the ability to prepare an impromptu speech.

**Materials required:** None

### **Procedure:**

1. The class is divided into groups of equal number of members.
2. Each group is given a situation to prepare a speech for.
3. The students are then given time to create a unique speech that would encourage their audience to admire them.
4. The students in a group work together on the speech but only one student must represent the group while speaking.
5. Situations: Speech about saving water, speech about saving biodiversity, speech on single-use plastic.
6. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

# Mathematics Planned Activities

## 1.Math Clusters

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students develop the skill of solving quick math problems.

**Materials Required:** Chits containing mathematical puzzles/questions.

### **Procedure:**

1. Make the students stand together, preferably on a playground or in the hall.
2. Instruct the students that a simple mathematical riddle will be read out and the students have to figure out the answer (number).
3. Once the students find out the answer, they have to stand in groups/clusters of that answer.

Example: The Square Root of 81 is 9.

The students will then stand in groups of 9.

4. Once the question is read out, the students are given only 20 seconds to figure out the answer and stand in their groups.
5. Any student that isn't standing in a group of the corresponding answer is out of the game.
6. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 2. Middle Tile Matters

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students develop their mathematical skills in this fun maths puzzle.

**Materials required:** Worksheets for students.

### Procedure:

1. The students are divided into pairs. Each pair is given a worksheet to work on.
2. The puzzle involves four square grids. Each grid has 9 tiles.
3. Students must put numbers 1 to 8 in the grid in such a way that each side adds up to the middle number.
4. The pair that solves all four grids, wins this fun game.



5. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

### 3. Digit Detective

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students apply their understanding of mathematical concepts.

**Materials required:** Slideshow containing clues for the digits.

**Procedure:**

1. Each student works individually as a detective and finds out the hidden digit with the help of the clues given on the slideshow.
2. There are a total of eight clues which indicate what the number is.
3. The clues are shown to the students in sequence. The teacher mustn't project all the clues at the same time.
4. The student that manages to guess the digit with the help of the least number of clues, wins the game.
5. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.



## 4. Card Maths

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students develop their skills of performing quick mathematical operations.

**Materials required:** Deck of cards.

### **Procedure:**

1. The students are divided into pairs.
2. A few students are asked to pick a few cards at a random.
3. The teacher then writes the number of each card on the board and puts different mathematical operators between each number.

E.g.: If the cards picked are 7 of spades, 8 of hearts and 5 of clubs, then the teacher will write  $7 + 8 - 5 = ?$  on the chalkboard.

Note: Jack = 11, Queen = 12, King = 13 and Ace = 1.

4. The students then begin solving the mathematical equation on the board.
5. The teacher repeats the same for a greater number of cards and more mathematical operators.
6. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 5. Maths Bingo

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students develop their skills of performing quick mathematical operations.

**Materials required:** LCD Projector

### **Procedure:**

1. The students have to play this fun game individually.
2. The teacher asks the students to customise their own 8x8 grid with numbers from 1 to 64.
3. The rules follow the traditional bingo regulations, except that the students must solve mathematical equations to guess the next number and subsequently strike it off on their bingo card.
4. The teacher selects a number from 1 to 64 and then states a small mathematical equation/question for the students to guess the number.

E.g.: “The next number is the square root of 49.”

The answer is 7.

5. The teacher displays the numbers that have been called out and the questions on the LCD Projector.
6. The first student to get the required number of lines will win.
7. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 6. Add up to 20

**Age group:** 9 – 15 years

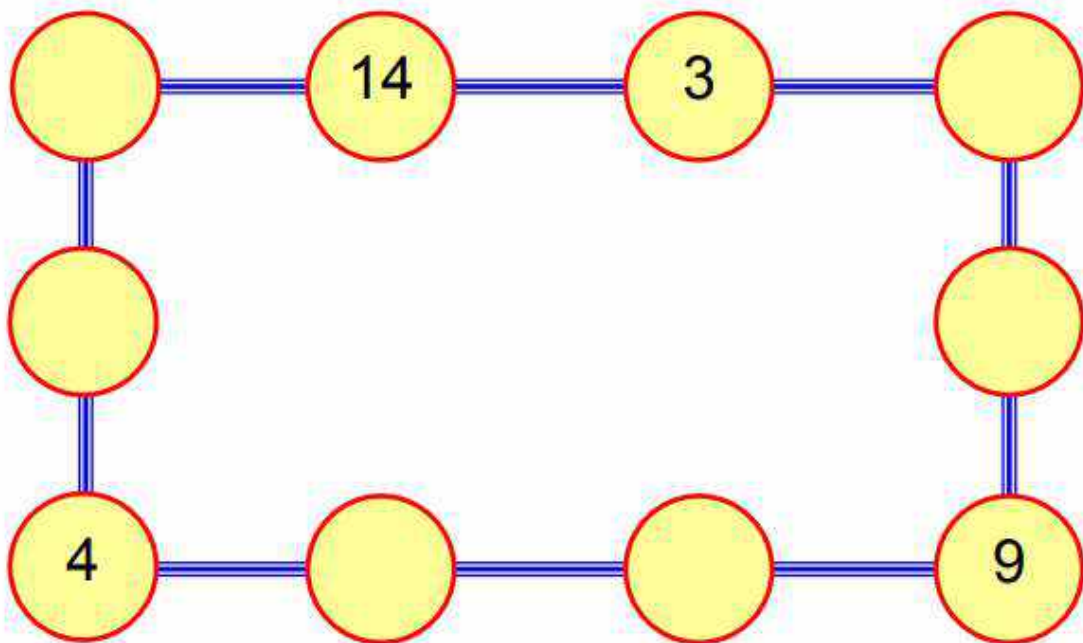
**Time:** 25 minutes

**Objectives:** Students develop their skills of performing quick mathematical operations.

**Materials required:** LCD Projector

### Procedure:

1. Each student must use any whole numbers as many times as they like make each line of the rectangle add up to 20.
2. Student that completes the activity first, wins.



3. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 7. Un-Scrambled

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students develop their understanding of subject specific concepts.

**Materials required:** Worksheets containing list of subject specific scrambled words.

### **Procedure:**

1. The students are divided into pairs. Each pair is given a worksheet to work on.

2. Each worksheet will contain a list of subject specific concepts or terms.

E.g.: Science: - NOITCEPRAIPI = PRECIPITATION

Maths: - CAGEDON = DECAGON

3. The students then unscramble all the words in the list within a given time duration.

4. Once the time is up, the teacher then asks each pair to answer one word from the list. The pair must also define what the word or the term is.

E.g.: DECAGON

5. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

6. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 8. Last Number Standing

**Age group:** 9 – 15 years

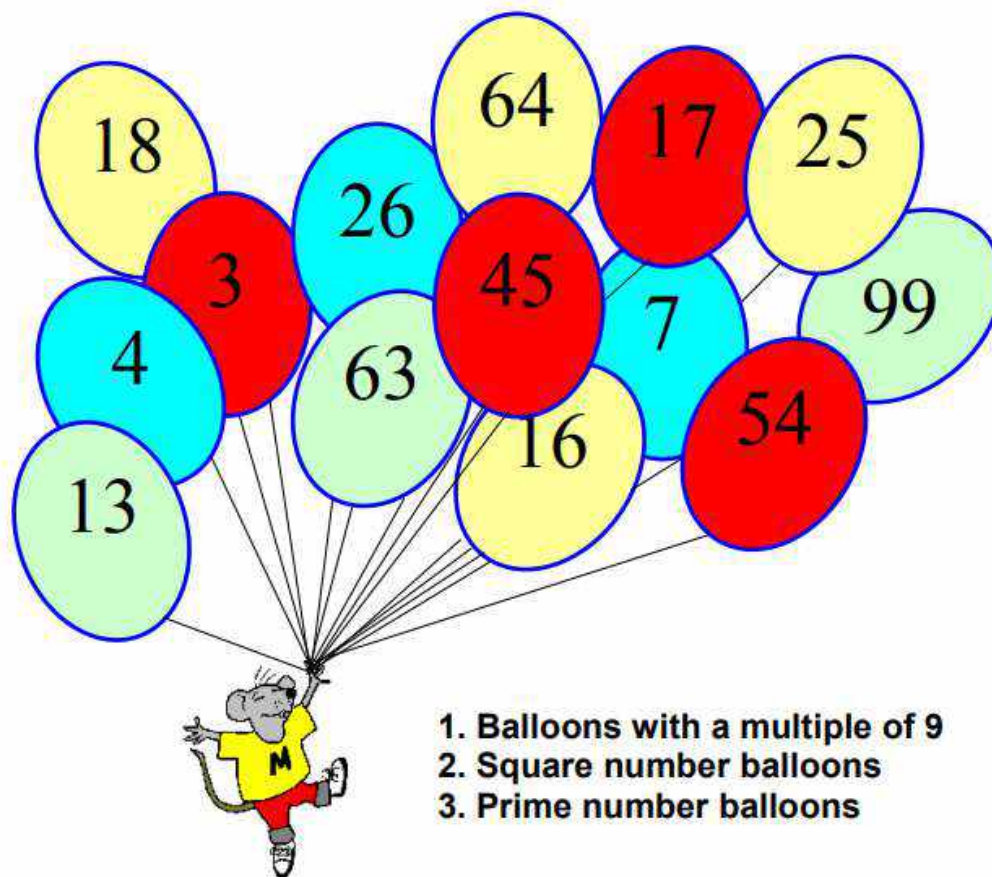
**Time:** 25 minutes

**Objectives:** Students apply their understanding of mathematical concepts.

**Materials required:** LCD Projector.

### Procedure:

1. Teacher displays the below image on the screen.
2. If a number in one of the balloons is included in the answers to the four problems below then that balloon will fly away.
3. The students must find out which balloon is left.
4. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.



## 9. Code Word

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students develop their understanding of important definitions.

**Materials required:** Worksheets with code words.

### Procedure:

1. The students are divided into pairs. Each pair is given a worksheet to work on.
2. On each worksheet, is a decoder wherein each alphabet is represented by a certain number.

### THE DE-CODER

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>

3. Below the decoder are few statements wherein the alphabets are replaced by the numbers.
4. Using the decoder, students must decode the statements and then justify if the statements are true or false.
5. First pair of students that crack the code, win this fun activity.
6. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## 10. Twenty questions

**Age group:** 9 – 15 years

**Time:** 25 minutes

**Objectives:** Students learn about subject specific terms and concepts.

**Materials required:** Flash cards.

### **Procedure:**

1. The teacher divides the class into two groups.
2. Each group is given a flash card with a movie character/music artist/ sport athlete on it.
3. The other group must guess the character by asking questions to the group such as the nationality of the person, their appearances, their age etc.
4. The group who will answer the questions must give accurate answers so that the opposing group can answer the questions correctly.
5. Once both groups have done this and guessed the characters, repeat the activity with the help of subject specific terms.

E.g.: “Global Warming”

Questions: “Is it related to science?”, “Is it bad for the environment?” etc.

6. The teacher can then use this game to introduce topics to students or use it as form of assessment after covering a certain concept.

## School Assembly Report

### Assembly for Republic Day 2021

We conducted the assembly for the 72<sup>nd</sup> Republic Day of India. The assembly began with the introduction to the event given by a teacher. The chief guest along with the headmistress was then escorted towards the National Flag. This was then followed by the hoisting of the National Flag and then the National Anthem.

Casey Fernandes gave a brief introduction about the chief guest and her achievements as a rosarian. The chief guest of the celebration, Dr. Mrs. Edlyn Rodrigues addressed the gathering and urged the students to be responsible and honest citizens of the country. She spoke about how the students need to bring about the change in the society.

We presented a patriotic song, “Tujhe Namaami Ho”. I played the guitar and sang while my companions sang along. Cherlyn Fernandes presented a speech highlighting the importance of Republic Day. We also made a short video that spoke of a few facts about Republic Day. This video was sent to all the students who could not attend the Republic Day celebrations.





### Assembly on 10<sup>th</sup> February 2021

We conducted an assembly for the students of class 10 on the theme “Humility”. I prepared a PowerPoint presentation with quotes on humility and lyrics to a few songs. The assembly consisted of an introduction, a story that highlighted the importance of humility in the life of a teacher and a student, the song Refiner’s Fire, Mother Teresa’s Humility List and a thought for the day.



### Assembly on 19<sup>th</sup> February 2021

We conducted an assembly for another division of class 10 on the theme “Gratitude”. The assembly consisted of an introduction, a story about the importance of being grateful, the song Lord, I Need You and a thought for the day. I prepared a PowerPoint presentation with illustrations for each scene of the story. I played the guitar and sang the song while the students also sang along.



## Assembly on Women's Day

We conducted an assembly on March 8, to help students understand the importance of Women's Day. The assembly began with a short prayer service and was then followed by the headmistress addressing the students. A week earlier, a few students were interviewed and asked who were their female role models. I compiled these interviews and made it into a video that included names of other famous women such as Ligia Noronha, the Indian Economist and UN Assistant Secretary-General who has made the school, the state and the country proud.

We also prepared a Kahoot Quiz for the students to answer. The quiz covered topics such as importance of Women's Day and women who have excelled in various fields across the globe.



## Way of The Cross

Every Friday, during Lent, the teaching and non-teaching staff would participate in the Way of The Cross which was carried out within the campus, in the absence of students and by maintaining social distancing.

We were asked to prepare crosses to mark the stations of The Cross. I designed and illustrated the crosses which we then pasted onto cardboards so that it remained rigid.



We were also asked to prepare the liturgy for the Way of The Cross. We prepared the liturgies in English as well as Konkani. We made it a point to include the Word of God, a reflection and a prayer for each station. I also selected a few hymns in English and Konkani. I played the guitar while all the other teachers sang along. We made sure to include most of the staff in the Way of The Cross and so we assigned a station to each staff member every Friday. The teaching and non-teaching staff were always cooperative and ever willing to participate in the liturgy.



## Roce Ceremony

On the 7<sup>th</sup> of April, the faculty organised a Roce Ceremony for a teacher who was going to get married in a few days. The entire celebration was conducted in the absence of the students and by following strict SOPs within the school quadrangle.

We decorated the quadrangle with flowers of different colours. Each teacher was given a garland of a specific colour to wear during the celebration. We prepared a simple Emoji Bingo that the teachers enjoyed playing. The bingo tickets were designed and created by us. The teachers were divided into teams based on the colour of their garlands and they then participated in a treasure hunt competition.

We also designed a backdrop for the Roce Ceremony to add colour to the celebration. We also prepared a simple photobooth so that the teachers could click some pictures.

The teachers also prepared a Mando along with Dulpods to entertain the staff members. I played the guitar to accompany the teachers as they sang. Sir Amul also played the Ghumot along with me.

## Exam Supervision

We were also asked to supervise during the term exams of the students of class 9 as well as the prelims exams of class 10 students.

The following are the dates and time of supervision:

Date	Time	Class
24/02/2021	08:30 - 09:00	VIII B
01/03/2021	09:00 – 09:30	IX A
02/03/2021	08:30 – 09:30	Hall
18/03/2021	08:30 – 09:00	IX A
19/03/2021	08:30 – 09:00	Hall
27/03/2021	10:15 – 10:30	VIII A
30/03/2021	08:30 – 11:00	VIII A
08/04/2021	08:30 – 10:30	VIII C
10/04/2021	08:30 – 09:30	VIII C

## Work with the community campaign

### Nurture a plant

We planted a Crown of Thorns (*Euphorbia milii*) plant which has a densely spiny stem. It has fleshy green leaves and the flowers are small and reddish pink in colour.

The plant was watered daily and we requested the gardener to water the plant after we leave the school to which he gladly agreed.

### Table Tennis practices

The staff of the school were preparing for an inter-school staff tournament and they asked me if I could help them practice Table Tennis. We would practice during recess and since the students weren't in school it was easier to play.

### Collection of exam papers and distribution of tablets

On 13<sup>th</sup> February and 15<sup>th</sup> February, we had to collect answer papers of students from classes V to VIII. We were in charge of collecting papers of class VI on day 1 and class V on day 2. The parents of the students had to come to school in the morning and drop their child's paper into the respective boxes.

The parent of the child then had to sign and also collect iron and folic acid supplements as directed by the Government of Goa.

### SCERT Lesson submission in English

I was asked by the English teachers of the school to prepare a lesson video on an English lesson named, 'A Game of Chance' which would be uploaded on the SCERT portal for students across the state to view and learn. This video would be accessible to any student from Goa.

The video was made with numerous animations and illustrations to depict each scene. This project took me more than three weeks to complete. Since it was an English lesson, I had to make sure my pronunciations and grammar was up to the mark. The video was uploaded on 30<sup>th</sup> March 2021 and was checked by the English subject teacher before it was submitted to the SCERT for approval.





A Game of Chance video link

<https://drive.google.com/file/d/1kNT7zSIutvzfvdGbMkb8f9eTIYb9BhoY/view?usp=sharing>

## Bulletin Board Display

One of the best means to impart knowledge, ideas, information is to display it on a bulletin board. An idea needs to be displayed in such a way that it is legible and at the same time is artistically pleasing. This not only catches the students' attention, but it also helps them remember the information for longer periods of time.

### **26<sup>th</sup> January 2021 Republic Day**

My colleagues and I created a bulletin board poster depicting the national bird of India, the peacock. The tail of the peacock was decorated with flowers in the colours of the tricolour. The flowers were made of paper and were stuck to the background. We also placed a flag in the background with the words "Happy Republic Day" written on it.

An illustration of the Constitution of India was also designed and placed on the bulletin board to remind the students of our constitutional rights.

We also decorated the base of the flag pole with flowers in the colours of the tricolour. We also created a beautiful design and wrote the number "72" with the flowers to highlight that this is India's 72<sup>nd</sup> Republic Day celebration.





## 28<sup>th</sup> February 2021 National Science Day

We created a photobooth for the teachers and students. The black frame for the photobooth was decorated with illustrations of elements of science such as DNAs, microscopes, microorganisms, planets and atoms. The backdrop for the photobooth was decorated with colourful circles and different planets of the solar system.

We had made props for the photobooth as well but due to the pandemic, we decided to not keep this to avoid physical contact.



## 31<sup>st</sup> March 2021 Class 10 students' farewell

We were asked to make a photobooth based on the theme “Believe you can shine”. We designed a frame with emojis in the shape of stars on it, emphasizing how the students should shine like stars in the world. For the backdrop, we decorated the blackboard with colourful strips of paper.



# SCIENCE TEST PLANNING

## Weightage to contents

Serial Number	Sub Units	Percentage	Marks
1	Nutrition in Plants	15	3
2	Fibre to Frabric	15	3
3	Acids, Bases and Salts	10	2
4	Soil	25	5
5	Physical and Chemical Changes	15	3
6	Heat	20	4
Total:		100	20

## Weightage to objectives

Serial Number	Objective	Percentage	Marks
1	Remembering	15	3
2	Understanding	40	8
3	Applying	35	7
4	Skill	10	2
Total:			20

## Weightage to item format

Serial Number	Items	Percentage	Marks
1	Essay	35	7
2	O. Se.	20	4
3	O. Su.	35	7
4	O. Cd.	10	2
Total:		100	20

### Weightage to difficulty level

Serial Number	Difficulty Level	Percentage	Marks
1	Easy	30	6
2	Average	50	10
3	Difficult	20	4
Total:		100	20

### Blueprint

OBJECTIVES CONTENT	KNOWLEDGE				UNDERSTANDING				APPLYING				SKILL				T o t a l
	E	O. Se.	O. Su.	O. Cd.	E	O. Se.	O. Su.	O. Cd.	E	O. Se.	O. Su.	O. C d.	E	O. Se.	O. Su.	O. Cd.	
Nutrition in Plants											1				2		<b>3</b>
Fibre to Frabric		1			2												<b>3</b>
Acids, Bases and Salts					2												<b>2</b>
Soil		1					2	2									<b>5</b>
Physical and Chemical Changes										1	2						<b>3</b>
Heat		1							3								<b>4</b>
Sub Total		3			4		2	2	3	1	3				2		
<b>Total</b>		<b>3</b>			<b>8</b>			<b>7</b>				<b>2</b>					

## Question Paper

OUR LADY OF THE ROSARY HIGH SCHOOL, DONA PAULA - GOA

### Science Test

Name:

Roll No.:

Std: VII

Div.:

Time: 30 mins

Max marks: 20

- Q. 1. A. Select and write the most appropriate alternative from those given below each statement. (1)
- Breaking down of rocks by wind, water and climate is called \_\_\_\_\_.
- i) Percolation      ii) Erosion      iii) Weathering      iv) Humus
- B. Describe any two methods to prevent iron articles from rusting. (2)
- C. State two differences between acids and bases. (2)
- Q. 2. A. Select and write the most appropriate alternative from those given below each statement. (1)
- The process of removing the fleece of the sheep from its body is called \_\_\_\_\_.
- i) Sorting      ii) Shearing      iii) Scouring      iv) Reeling
- B. Define Saprotrophic Nutrition. (1)
- C. Give reasons for the following. (3)
- i) We wear light coloured clothes in the summer.
- ii) We wear woollen clothes in the winter.

Q. 3. A. Complete the following pair. (1)

Melting of ice : Physical change :: Burning of Magnesium Ribbon : \_\_\_\_\_

B. Draw a neat labelled diagram of the stomata. (2)

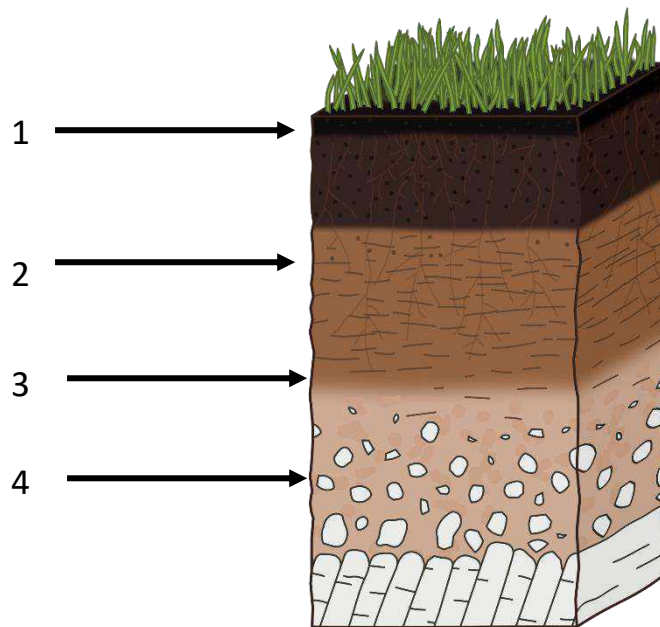
C. Briefly describe the process of reeling of silk. (2)

Q. 4. A. Select and write the most appropriate alternative from those given below each statement. (1)

An example of an insulator is \_\_\_\_\_.

- i) aluminium                  ii) copper                  iii) iron                  iv) plastic

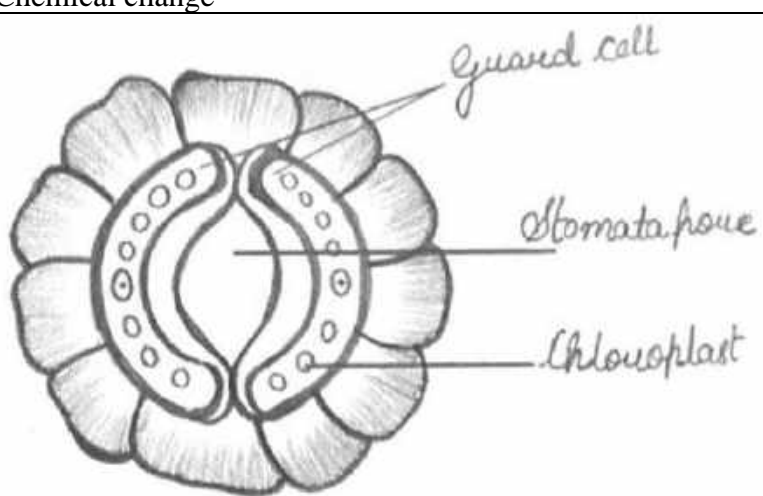
B. Identify the various layers of soil from the figure given below. (2)



C. Briefly explain why loamy soil is best for growing plants. (2)

----- All the best -----

## Marking Scheme

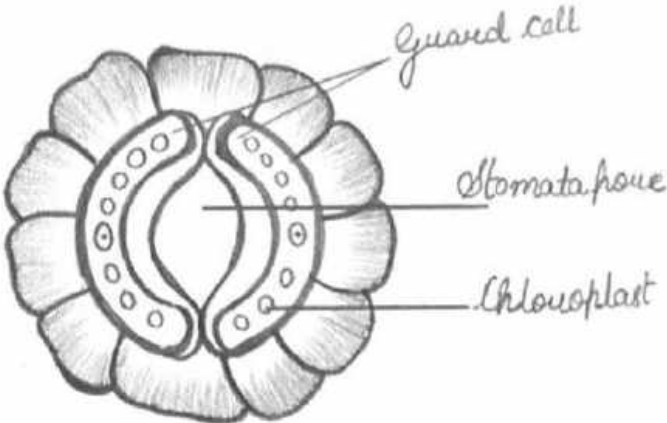
Question Number	Value Points	Marks	Total	
Q.1. A.	iii	1	<b>5</b>	
Q.1. B.	One way is to apply a coat of paint or grease. These coats should be applied regularly to prevent rusting. Another way is to deposit a layer of a metal like chromium or zinc on iron. This process of depositing a layer of zinc on iron is called galvanisation	1  1		
Q.1. C.	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">                     Acids                      Acids are sour in taste                      Acids turn blue litmus paper to red in colour.                      Acids do not change the colour of red litmus paper.                      Acids do not change the colour of turmeric.                 </td> <td style="width: 50%; border: none;">                     Bases                      Bases are bitter in taste                      Bases do not change the colour of blue litmus paper.                      Bases turn red litmus paper to blue in colour.                      Bases change the colour of turmeric to red.                 </td> </tr> </table>	Acids Acids are sour in taste Acids turn blue litmus paper to red in colour. Acids do not change the colour of red litmus paper. Acids do not change the colour of turmeric.		Bases Bases are bitter in taste Bases do not change the colour of blue litmus paper. Bases turn red litmus paper to blue in colour. Bases change the colour of turmeric to red.
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Q.2. A.	ii	1	<b>5</b>	
Q.2. B.	The mode of nutrition in which organisms take in nutrients from dead and decaying matter is called saprotrophic nutrition.	1		
Q.2. C.	Light coloured clothes reflect most of the heat that falls on them and, therefore, we feel more comfortable wearing them in the summer. Wool is a poor conductor of heat. Moreover, there is air trapped in between the wool fibres. This air prevents the flow of heat from our body to the cold surroundings. So, we feel warm.	1 1/2  1 1/2		
Q.3. A.	Chemical change	1	<b>5</b>	
Q.3. B.		2		
Q.3. C.	The process of taking out threads from the cocoon for use as silk is called reeling the silk. Reeling is done in special machines, which unwind the threads or fibres of silk from the cocoon. Silk fibres are then spun into silk threads, which are woven into silk cloth by weavers.	1  1/2  1/2		

Q.4. A.	iv	1	<b>5</b>
Q.4. B.	1. A-horizon	1/2	
	2. B-horizon	1/2	
	3. C-horizon	1/2	
	4. Bedrock	1/2	
Q.4. C.	Loamy soil is a mixture of sand, clay and another type of soil part	1/2	
	known as silt. Silt occurs as a deposit in riverbeds.	1/2	
	The size of the silt particles is between those of sand and clay.	1/2	
	The loamy soil also has humus in it.	1/2	
	It has the right water holding capacity for the growth of plants.	1/2	

## Scoring Key

Question Number	Marks	Answers		
Q.1. A.	1	iii		
Q.1. B.	2	One way is to apply a coat of paint or grease. These coats should be applied regularly to prevent rusting. Another way is to deposit a layer of a metal like chromium or zinc on iron. This process of depositing a layer of zinc on iron is called galvanisation		
Q.1. C.	2	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Acids</p> <p>Acids are sour in taste</p> <p>Acids turn blue litmus paper to red in colour.</p> <p>Acids do not change the colour of red litmus paper.</p> <p>Acids do not change the colour of turmeric.</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Bases</p> <p>Bases are bitter in taste</p> <p>Bases do not change the colour of blue litmus paper.</p> <p>Bases turn red litmus paper to blue in colour.</p> <p>Bases change the colour of turmeric to red.</p> </td> </tr> </table>	<p>Acids</p> <p>Acids are sour in taste</p> <p>Acids turn blue litmus paper to red in colour.</p> <p>Acids do not change the colour of red litmus paper.</p> <p>Acids do not change the colour of turmeric.</p>	<p>Bases</p> <p>Bases are bitter in taste</p> <p>Bases do not change the colour of blue litmus paper.</p> <p>Bases turn red litmus paper to blue in colour.</p> <p>Bases change the colour of turmeric to red.</p>
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Q.2. A.	1	ii		
Q.2. B.	1	The mode of nutrition in which organisms take in nutrients from dead and decaying matter is called saprotrophic nutrition.		
Q.2. C.	3	Light coloured clothes reflect most of the heat that falls on them and, therefore, we feel more comfortable wearing them in the summer. Wool is a poor conductor of heat. Moreover, there is air trapped in between the wool fibres. This air prevents the flow of heat from our body to the cold surroundings. So, we feel warm.		
Q.3. A.	1	Chemical change		



Q.3. B.	2	
Q.3. C.	2	<p>The process of taking out threads from the cocoon for use as silk is called reeling the silk.</p> <p>Reeling is done in special machines, which unwind the threads or fibres of silk from the cocoon.</p> <p>Silk fibres are then spun into silk threads, which are woven into silk cloth by weavers.</p>
Q.4. A.	1	iv
Q.4. B.	2	<ol style="list-style-type: none"> <li>1. A-horizon</li> <li>2. B-horizon</li> <li>3. C-horizon</li> <li>4. Bedrock</li> </ol>
Q.4. C.	2	<p>Loamy soil is a mixture of sand, clay and another type of soil particles known as silt. Silt occurs as a deposit in riverbeds.</p> <p>The size of the silt particles is between those of sand and clay.</p> <p>The loamy soil also has humus in it.</p> <p>It has the right water holding capacity for the growth of plants.</p>

## Question wise analysis

Question Number	Objective	Specification	Sub-unit	Item type	Marks	Time (mins)	Difficulty
Q.1. A.	Knowledge	Recalls	4	O. Se.	1	0.5	Easy
Q.1. B.	Applying	Explains	5	O. Su.	2	3	Easy
Q.1. C.	Understanding	Differentiates	3	E	2	3.5	Average
Q.2. A.	Knowledge	Recalls	2	O. Se.	1	0.5	Easy
Q.2. B.	Applying	Defines	1	O. Su.	1	2	Easy
Q.2. C.	Applying	Explains	6	E	3	4	Difficult
Q.3. A.	Applying	States	5	O. Se.	1	1	Easy
Q.3. B.	Skill	Draws	1	O. Su.	2	3.5	Average
Q.3. C.	Understanding	Describes	2	E	2	3.5	Average
Q.4. A.	Knowledge	Recalls	6	O. Se.	1	2	Difficult
Q.4. B.	Understanding	Identifies	4	O. Cd.	2	3	Average
Q.4. C.	Understanding	Explains	4	O. Su.	2	3.5	Average

# MATHEMATICS TEST PLANNING

## WEIGHTAGE TO CONTENT

UNITS	PERCENTAGES	MARKS
Knowing our numbers	35	7
Whole numbers	30	6
Basic geometrical ideas	35	7

## WEIGHTAGE TO OBJECTIVES

OBJECTIVES	PERCENTAGES	MARKS
Remembering	20	4
Understanding	40	8
Applying	25	5
Skill	15	3
	100	20

## WEIGHTAGE TO ITEMS

ITEMS	PERCENTAGES	MARKS
Essay	15	3
Objective - select	20	4
Objective - supply	65	13
Objective context dependent	-	-
	100	20

## BLUEPRINT

OBJECTIVES	KNOWLEDGE			UNDERSTANDING			APPLICATION			SKILL			TOTAL
	E	Ose	Osu	E	Ose	Osu	E	Ose	Osu	E	Ose	Osu	
Items													
Content													
1		1	1	1		1(2)	2						7
2					1				1, 2			2	6
3		1	1			1(3), ½ (2)						1	7
Sub – total													
TOTAL		4			8			5			3		20

**QUESTION PAPER**  
**Our Lady of The Rosary High School, Dona Paula – Goa**

**Subject: Mathematics**  
**Class: VI**  
**Marks: 20**

Q.I.A. Select the correct alternative from those given below and complete each statement (1)

1. Successor of 1999 is \_\_\_\_\_  
(1998, 2000, 2001, 9999)

B.1. Write the following numbers in descending order. (1)

2465, 8, 1648, 4518

2. Write the greatest 4-digit number using the digits 3, 4, 0 and 1 only once. (1)

3. Given below is a number in words. Write it in figures placing the commas correctly. (1)

Fifty million eight hundred one thousand five hundred ninety-two

C.1 Round off the nearest hundred and estimate. (1)

27,935+768

2. Complete the following (1)

1 million = \_\_\_\_\_ lakh (100, 10, 1000)

3. Sonu sold 16 pens on Monday and 20 pens on Tuesday. If the cost of each pen was Rs. 5, how much did he earn on both the days. (2)

D.1. Using a number line, find the solution of any one of the problems (2)

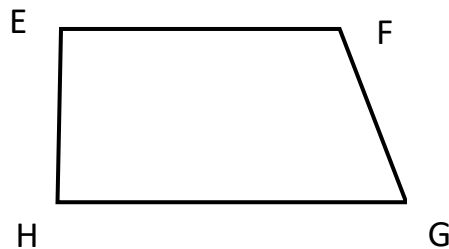
a)  $7 - 5$       OR.      a)  $3 + 4$

Q.II.A. Select the correct alternative from those given below and complete each statement (1)

1. A region in the interior of the circle enclosed by an arc on one side and a pair of radii on the other two sides is called a \_\_\_\_\_  
(segment, circumference, sector, diameter)

B.1. How many lines can pass through one given point? (1)

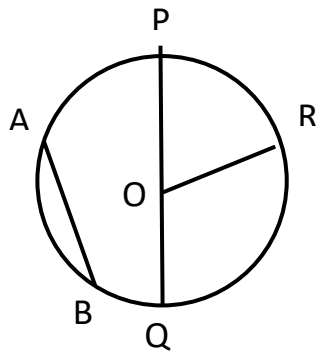
2. Observe the figure given below and answer the questions that follows (Do not copy the figure) (2)



1. Name the side adjacent to side EH forming  $\angle$  HEF
2. Name the angle opposite to  $\angle$  EFG

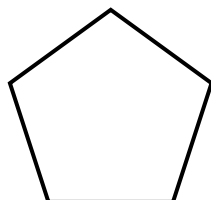
C.1. Draw a pair of parallel lines and name them. (1)

2. Observe the figure given below and answer the questions that follows: (1)



- i. What is line segment OR called?
- ii. Which chord is the diameter of the circle?

3. Name the polygon given below according to the number of sides  
(Do not copy the figure) (1)



D. 1) Find the value of (1)  
 $297 \times 53 + 297 \times 47$

2) Find the following using the distributive property. (2)  
 $225 \times 102$

----- All the best -----

## Answer key

Q.I.A.

1. 2000 (1)

B. 1. 4518; 4458; 1999; 1998 (1)

2. 4310 (1)

3. 50,801,592 (1)

C. 1. 27,935 rounds off to 27900 (1)

+768 rounds off to + 800

Estimated sum = 28700

2. 1 million = 10 lakh (1)

3. Pens sold on Monday = 16 pens (2)

Pens sold on Tuesday = 20 pens

Total pens sold = 36 pens

Cost of one pen = Rs. 5

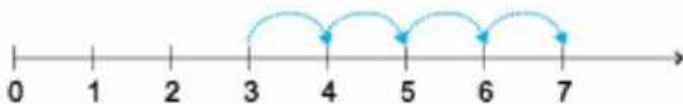
Cost of 36 pens =  $36 \times 5$

= Rs. 180

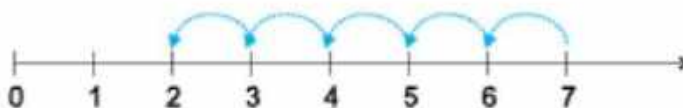
Sonu earned Rs. 180 on both the days.

D.1. (2)

a)  $3 + 4 = 7$



a)  $7 - 5 = 2$



Q.II.A

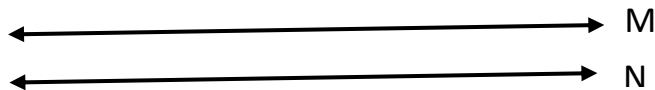
1. A region in the interior of the circle enclosed by an arc on one side and a pair of radii on the other two sides is called a \_\_sector\_\_. (1)

B.1. Infinite lines can pass through one given point. (1)

2. i) Side EF (1)

ii)  $\angle$  GHE (1)

C.1. (1)



2. i) Radius (1/2)

ii) PQ (1/2)

3. Pentagon. (1)

D.1) 
$$\begin{aligned} 297 \times 53 \quad 297 \times 47 &= 297 \times (53 + 47) \\ &= 297 \times 100 \\ &= 29700 \end{aligned}$$
 (1)

2) 
$$\begin{aligned} 225 \times 102 &= 225 \times (100 + 2) \\ &= 225 \times 100 + 225 \times 2 \\ &= 22500 + 450 \\ &= 22950 \end{aligned}$$
 (2)



# Photo Gallery

Internship companions



Headmistress of the school, Sr. Antonieta Colaco



## School Campus



# Republic Day













## Republic Day Video



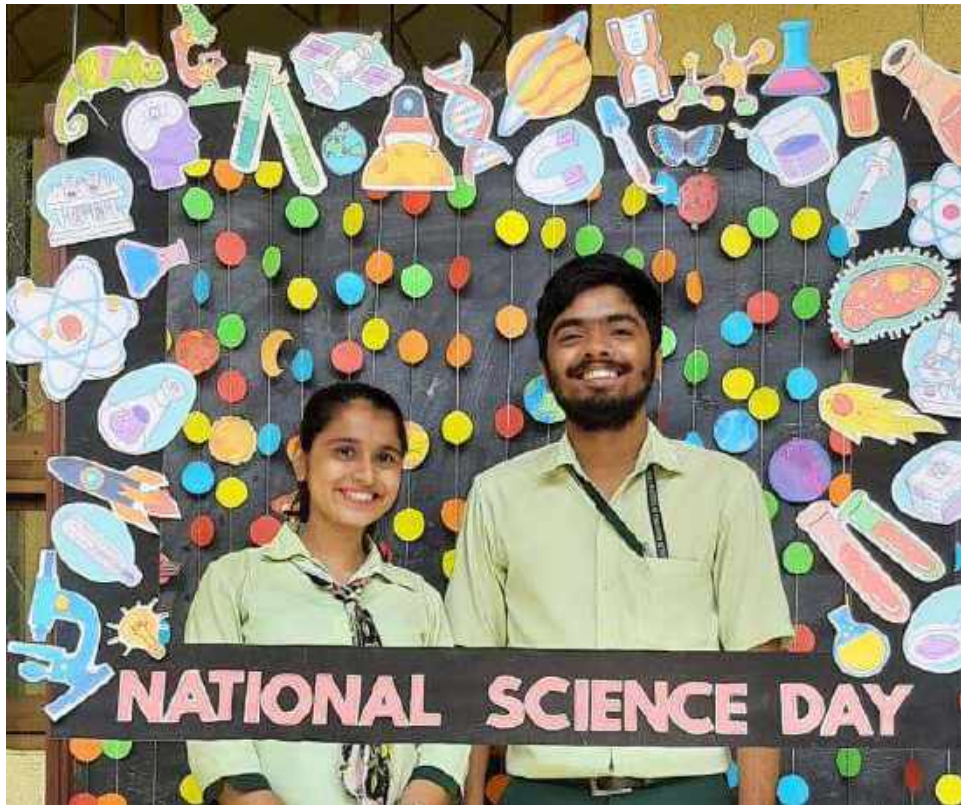
Video link

[https://drive.google.com/file/d/1Qm9fpCv6MjSfxH8MFSJ\\_h3-1XWum\\_1L6/view?usp=sharing](https://drive.google.com/file/d/1Qm9fpCv6MjSfxH8MFSJ_h3-1XWum_1L6/view?usp=sharing)

# Ash Wednesday



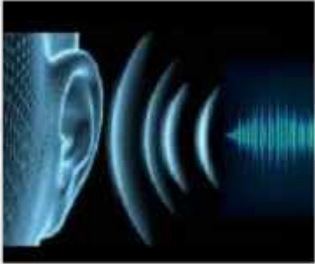




## National Science Day Quiz on Kahoot

Sound travels faster in air than in water.

7



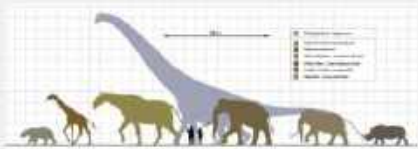
◆ True

▲ False

This Kahoot slide features a question about the speed of sound. The question text is "Sound travels faster in air than in water." To the left of the question is a purple circle containing the number "7". In the center is an image of a human ear with blue sound waves emanating from it. Below the question are two large rectangular buttons: a blue button on the left with a white diamond icon and the text "True", and a red button on the right with a white triangle icon and the text "False".

What is the largest known land animal?

8



▲ Blue whale

◆ Hippopotamus

● Elephant

■ Python

This Kahoot slide features a question about the largest land animal. The question text is "What is the largest known land animal?". To the left of the question is a purple circle containing the number "8". In the center is an image showing silhouettes of various animals of different sizes, including a giraffe, a horse, an elephant, and a blue whale, against a grid background. Below the question are four large rectangular buttons: a red button with a white triangle icon and the text "Blue whale", a blue button with a white diamond icon and the text "Hippopotamus", a yellow button with a white circle icon and the text "Elephant", and a green button with a white square icon and the text "Python".



## Women's Day



## Women's Day Quiz

The screenshot shows the Kahoot! quiz interface. At the top, there's a navigation bar with 'Home', 'Discover', 'Library', 'Reports', and 'Groups'. The main header features the Kahoot! logo and an 'Upgrade now' button. The quiz title is 'INTERNATIONAL WOMEN'S DAY' with a decorative background of female symbols and a globe. It shows 0 favorites, 4 plays, and 3 players. There are 'Play' and 'Edit' buttons. Below that, it says 'Challenge in progress' and 'Challenge finished View results'. On the right, a list of questions is visible:

- 1 - Quiz: When is the International Women's Day celebrated worldwide?
- 2 - Quiz: In which year was the International Women's Day celebrated for the first ti...
- 3 - Quiz: Who was the first woman prime minister of India?
- 4 - Quiz: Who is the first Indian born woman in space?

This screenshot shows a single question from the quiz: 'When is the International Women's Day celebrated worldwide?'. The question number '15' is in a purple circle on the left. There's a 'Skip' button in the top right. Below the question is a decorative image of colorful bokeh lights. On the right, it says '0 Answers'. At the bottom, there are four answer options in colored boxes:

- 2nd February (red box)
- 7th March (blue box)
- 8th March (yellow box)
- 9th January (green box)



## Way of The Cross



## Class 10 Farewell





## Roce Ceremony







## Table Tennis Practices



## Plant a sapling





## Lesson Presentation Slides



The area of a rectangular notebook is 72 sq cm and its length is 9 cm. What is the breadth of the notebook?

Solution:  
Area = length x breadth

$$\text{Breadth} = \frac{\text{Area}}{\text{length}}$$

$$b = \frac{72}{9}$$

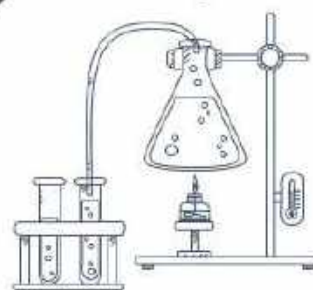
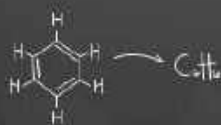
$$b = 8 \text{ cm}$$



## What did Thomson propose?

Thomson proposed that:

- (i) An atom consists of a positively charged sphere and the electrons are embedded in it.
- (ii) The negative and positive charges are equal in magnitude. So, the atom as a whole is electrically neutral.



- Our earth is surrounded by a thin layer of air. This layer extends up to many kilometres above the surface of the earth and is called atmosphere.

Sun

Atmosphere

Earth

# Reflection and Suggestions

## **Thoughts on the internship**

The four-week internship programme has been an amazing experience, right from the first day to the last. Throughout the course of the internship programme, I tried to teach the students as much as I could, but more importantly, I was the one who ended up learning more than I could have ever imagined.

Being an intern taught me that a teacher isn't supposed to only teach students a subject and be done with it. Instead, a teacher has to take on responsibilities of helping students with their mental health, help students recognise their skills and challenges, counsel them, know their difficulties and make sure they are looked after even at their homes.

When needed, a teacher will also have to take responsibilities for raising funds for the schools, staging student talent, arrange for refreshments, accompany children for competitions, perform on stage, decorate classrooms and many more tasks that are important in the functioning of a school.

Another important thing I learned during the internship is cooperation and coordination. Me and my peers had to constantly coordinate with each other to make sure that the activities, events and tasks were completed in a timely and organised manner. I learned how important teamwork was in overcoming challenges faced by us.

## **A different kind of internship**

Amidst the pandemic, we experienced a completely different pandemic. And with this pandemic, there came a lot of difficulties.

Here are my experiences:

### **1. A school is not a school without its students.**

When the students aren't on campus, a school is simply a building, even if the teachers are present in it. The daily hustle and bustle, children playing sports, repeating multiplication tables, playing instruments, making science models, conducting experiments, running around during recess and everything they do make a school a place full of joy and excitement. But during this lockdown, most students weren't allowed to come to school and so everything seemed quiet.

### **2. Its never too late to learn.**

With the lockdown, a lot of teachers had to begin with online teaching. When I joined the school, I was a little uncertain if the teachers, especially the older ones, would be able to adapt to this method. But to my pleasant surprise, every teacher could easily record videos and take live online classes on platforms like Zoom and Google Meet. The teachers would also seamlessly upload additional sources of media and information on Google Meet so that the students could refer to this at their own pace and convenience.

The teachers also began using additional devices such as tablets with styluses so that they could solve mathematical problems in real time.

### 3. Safety is key.

During the pandemic, students of class 9 and class 10 would come to school so that they could clear any doubts regarding the concepts with the teachers in the physical classrooms. In these times, it was crucial that the staff of the school maintained and followed all SOPs and social distancing protocols to ensure the safety of students. Every morning, the multitasking staff made it a point to check the temperatures of students and to remind the students to sanitise their hands before entering the school. In the classrooms, the students were made to sit at a distance of six feet away from each other. All students and teachers had to wear their masks on at all times.

### 4. Online examinations

Since the students had to be assessed on how much they have understood over the course of the year, the teachers had to prepare various assessment tools to evaluate their students. The teachers created online quizzes, games, Google Forms and online question papers for the students to answer.

### **Thoughts on the internship school**

One of my favourite things about Our Lady of The Rosary High School, Dona Paula is the breath-taking view of the sea from plateau. The environment here is perfect for learning because it is nestled away from the hustle of the city, and the astonishing view from up there could sooth any troubled mind.

The school had a really good infrastructure with top class facilities that were well utilised by the students. Each class was equipped with an LCD projector, a slide-down screen and a loud speaker all of which could be connected to the laptop. This made the teaching-learning process easier and much better because integrating technology into education meant that students could benefit from audio-visual methods of learning.

The school prayer hall also was equipped with a Smart Board. This takes the role of technology in education to a higher level because of its varied uses. The school also had a massive playground that is being developed into a sports stadium. The school has an additional basketball court. This is a massive boost to a school that already boasts of producing exceptional sportspersons year after year.

### **Thoughts on the school staff**

I have learned so much in this period of one month from some highly experienced teachers from this institution. The teachers here have so much knowledge and values to impart. By their words and deeds, they make sure people around them take only the good they have to offer. Here are a few things I learned:

- **Patience:** The teachers were patient with everyone around them and it could be noticed in the way they responded to students and teachers.
- **Kindness:** Everyone had queries regarding technology and other aspects and it was important that everyone was kind to everyone around them.
- **Punctuality:** Every staff member in the institution were punctual and this sure does make a difference.
- **Humility:** Being experienced teachers, they were always so down to earth to everyone.
- **Energetic:** Despite the lockdown, the teachers were always energetic to conduct activities for the faculty and the students on campus, while maintaining all SOPs.
- **Calmness:** The teachers would handle tough situations so calmly. Makes you wonder how they do it so effortlessly.
- **Firmness:** The teachers would be firm with the students at all times. This helped them gain authority over the pupils and thus control the class and school environment.
- **Respectful:** The teachers were respectful to everyone right from the principal to the janitor. This created a big impression on me.

### **Conclusion**

This internship programme shed light on how a teacher needs to adapt to any situation and make the most with what they have so that the student never stops learning, even in a pandemic.

All in all, the internship programme is fundamental for an aspiring teacher. It gives you a great opportunity to face the challenges that arise in a school and classroom environment.

**SAMPLE FILE - INTERNSHIP FILE**  
**Government High School Gaval Khol**  
**Canacona Goa**



**January 4<sup>th</sup> 2020 – April 24<sup>th</sup> 2021**

**Teacher Trainee :- Prajyoti Dessai**

**Roll no. :- 21**

**S.Y.B.Ed. (2019 – 2021)**

**Nirmala Institute of Education**

**Altinho - Goa**

# Acknowledgement

I take this opportunity to express my profound gratitude and deep regards to thank our officiating Principle Dr. Sr. Delia Antao and I would also like to thank our method masters in mathematic (Miss Ximena Fonseca and Miss Pratiksha Shirodkar) for their exemplary guidance, monitoring and constant encouragement throughout the course of this Internship.

The blessings, help and guidance given by them time to time shall carry me a long way in the journey of life on which I am about to embark.

I express my warm and deep senses of gratitude to the Headmaster of a Government High school, Gaval khol Canacona, Sir Jotibha Malik whose encouragement and guidance given throughout, made my Internship successful.

I am greatly thankful to Sir Antonio Colaco, our mentor at the school, for giving necessary advise and guidance throughout this Internship. I would sincerely like to thank the teaching and non - teaching staff of Government High School, Gaval Khol Canacona for their kind co-operation.

Lastly I thank almighty and my Internship colleagues Miss Shidhi Dessai for helping me to complete the Internship.

## **About the school**

### **Government High School, Gaval - Khol**

#### **Canacona Goa**

Government High School, Gaval khol was established in 1988 and it is an institution for both girls and boys also for special students. It is managed by the department of education. It is located in rural area of Canacona block of south Goa district. The school consists of grades from 5 to 10. The school is co-educational and it does not have an attached pre- primary section. The medium of instruction is in English language.

The school has government building of 8000 sq. Metres of land with well- developed playground and a hall to conduct school function. The school has a library and has 3310 books in its library. In 2009 this school was considered to get the credit of being the first government high school in Canacona taluka to get 100 percent result in the last 4 years. The school also opted for the prevocational subject like basic cookery, home vegetation, tourism and hospitality and word processing.



**Government High School, Gaval-Khol ,Canacona, Goa**



## Assembly report

The B.Ed. teacher trainee conducted the assembly on 26<sup>th</sup> January 2021 with the students of class 9<sup>th</sup> outside the school office in the presence of 9<sup>th</sup> class teacher.

The students were selected for the assembly in advance and were informed about their roles. Several practices were taken after the last period. The vice principal sir Jagdish Bandhari diligently supported us to allot task to the students. The elements of the assembly included the morning prayer, thought for the day, Konkani patriotic group song, speech by student of std IX, Hindi group dance, quiz competition, and a speech of the vice principal.

Comperer for the assembly was myself Prajyoti Dessai and my colleague internship teacher trainee Miss Shidhi Dessai. The assembly began with a short morning prayer song. After the morning prayer song, Master Sadashiv Chari said the short speech on nation. After this speech a group of std IX students sing a Konkani patriotic song on nation. The Konkani patriotic song " Bharat majo desh, Mahan majo desh and Hindi dance ' Desh rangila, Desh rangila .....was dedicated to pay respect to our country. Finally the Vice principal sir Jagdish Bandhari gave a speech on our country.

The assembly concluded with Jana Gana Mana. The assembly was conducted maintaining social distance. The assembly was a success.

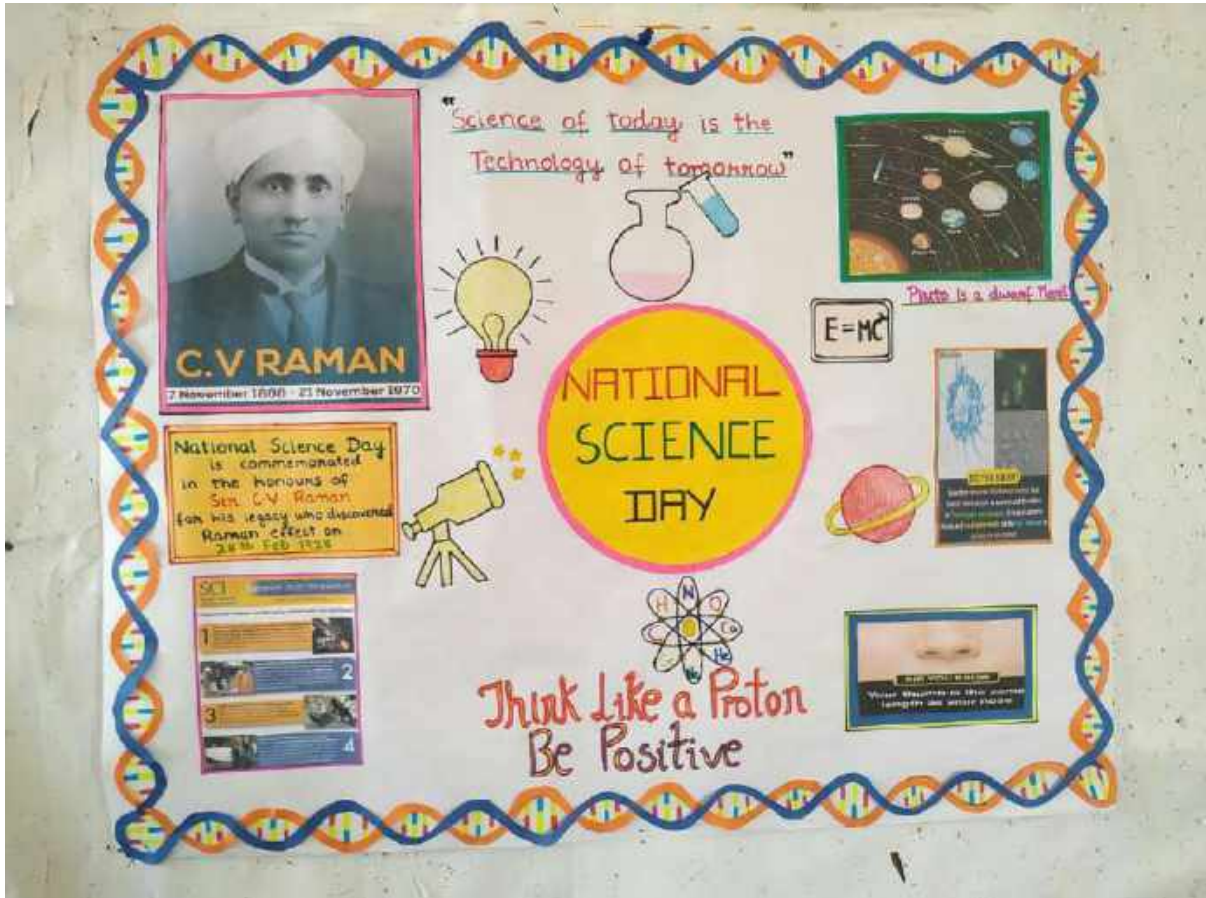


## Republic day Bulletin board display



For Republic day, the B.Ed. teacher trainee were asked to decorate the bulletin board at the Government High School, Gaval Khol on the theme of republic day. We the two teacher trainee Miss Shidhi Dessai and Myself Miss Prajyoti Dessai came together and shared our ideas and discussed about the bulletin board. We decorated the board with a chart consisting of Babasaheb Ambedkar photo in the centre, wrote constitution of India on top right side of the chart, displayed a picture of march-past on the top left corner of the chart and wrote two lines on 1<sup>st</sup> president of India Dr. Rajendra prasad. Our work was appreciated by headmaster, teachers and also the students.

## Science day Bulletin board display



For Science day, the B.Ed. teacher trainee were asked to decorate the bulletin board at the Government High School, Gaval, Khol, Canacona .Our bulletin board was focused on National Science day. We decorated the bulletin board with a chart displaying some science facts, recent news article based on science and picture of sir C.V Rama with some lines on him. We also wrote a motivational slogan on Science ' Think like a proton, Be positive' . Our work was appreciated by the Headmaster, teachers and also the students.

## Republic day (26<sup>th</sup> January 2021) programme

On 26<sup>th</sup> January 2021, a republic day programme was conducted by my internship teacher trainee Miss Shidhi Dessai and myself ( Miss Prajyoti Dessai ) in government high school gaval, khol, Canacona Goa. The elements of the programme included the konkani national song, Hindi dance ( Desh rangila rangila....) and a speech given by student of std IX. The Vice principal sir Jagdish Bhandari diligently supported us to allot the task to the student's.

The song ' Bharat majo desh, Mahan majo desh 'was dedicated to pay the respect to our country on republic day. 7 students from std IX has participated for the konkani song and a music teacher Sir Kusta and sir shankar has added the beauty to the song by playing the musical instrument like Tabla and Peti.



Students of std IX singing konkani song

' Bharat majo desh, Mahan majo desh'

Internship teacher trainee miss shidhi dessai and myself has also taught the students a Hindi dance ( desh rangila rangila... ) to the IX std students. 3 Students has participated in this dance . We took practice for 3 days and we taught them different steps to perform this dance. White flowers in the girls hair and white kurta with leggings has added the beauty to the dance.



Students performing a dance on Republic day



## Science day programme

Science day in government high school gaval khol Canacona was held on 2<sup>nd</sup> March 2021. The science teachers Miss Ritu mudkudkar, Miss Varda Tengse along with the B.Ed. teacher trainee Miss Prajyoti dessai and myself were the organisers of the programme.

The practices had been started from 22<sup>nd</sup> February 2021 and the B.Ed. teacher trainees took the responsibilities of Dance, song and Konkani skirt.

We had to follow all the SOPs so we had taken only 5 students for the dance. The song we choosed was science rhyme “ Edison ne bulb banaya , graham bell ne phone, parpaiye ko kisne khoja hume bataye kaun?”. Both of us choreographed the dance. It was of 3 minutes dance .There were total 5 students, 3 students were made to dance and 2 students were shown as scientist in the dance ..At the end principal and other staff members appreciated our work. It was a great pleasant experience to choreograph them.



Student performing a Dance on science day

Next we had song , the practices were held side by side. The school music sir Kusta helped us with the musical instruments and also with the song tone. The song was “Sundar Sobhit paryavaran”. We gave them the coordination to stand in u shape. The ones who had clear voice were made to stand near mike and two boys were made to stand at both the ends.



**Students singing konkani song on environment**

Next we had Konkani skirt. We took all together 6 students. The skirt was prepared within 2 days. Our Konkani skit had a message of advantage and disadvantage of mobile phones (technological device). We made students to show three scenes following in the first scene the advantage of phone, in the second scene disadvantage of phone and in the third scene to spread a message of useful of technology in today's life. The skit was appreciated by all staff members.



**Students performing a konkani skirt on stage**



## Republic Day Quiz competition

An exciting Quiz Competition was conducted by Teacher trainee Miss Shidhi Dessai and myself Miss Prajyoti Dessai on the eve of Republic day held on 26<sup>th</sup> January 2021. The quiz competition was held in the school premises and was graced with the presence of the principal who welcome the participants and his best wishes for the competition. The quiz competitions was open for both teacher's and students of std ix and x .

In this quiz competition, 10 question based on our country and Republic day were asked to students and teachers. The winner of this quiz competition were 2 senior teachers, Sir Antonio Colaco and Miss Isha Colaco and 3 students of std ix and 5 students of std x. The Teacher trainee miss Shidhi Dessai and myself Miss Prajyoti Dessai gave prizes to the winners. The quiz was truly a learning experience for both teacher's and students.



**Teacher trainee giving prize to winner of quiz competition Sir Antonio Colaco.**

## **Science Quiz competition**

Quiz Competition was conducted by Teacher trainee Miss Shidhi Dessai and myself Miss Prajyoti Dessai on the eve of Science day held on 4th March 2021. The quiz competition was held in the school hall and was graced with the presence of the principal who welcome the participants and his best wishes for the competition. The quiz competitions was open for students of std ix and x .

In this quiz competition 3 rounds were held, 1<sup>st</sup> round consisting of 5 questions on identifying science equipment , 2<sup>nd</sup> round consisting of 5 question of naming the sceinfic name of medicinal plants, and 3<sup>rd</sup> round consisting of 5 question of identifying the scientist. A presentation of the quiz competition was made by me. The winner of this quiz competition were students of std x. The Teacher trainee miss Shidhi Dessai and myself Miss Prajyoti Dessai gave prizes to the winners. The quiz was truely a learning experience for both teacher's and students.

## Activity 1

**Class :-** IX A

**Date :-** 12 -3 -2020

**Period :-** 6<sup>th</sup>

**Title :-** **GESTURE GAME**

**Objectives :-** To develop students acting skills in terms of body language. (Posture, movements, gestures, etc)

**Materials required :-** Two envelopes consisting of verbs and emotions.

**Procedure :-** Teacher have two envelopes, one envelope consist of verbs and other envelope consist of emotions. Students have to take one card from each envelope and must perform the gesture. It is simple and very amusing. The students in the audience must guess what the emotion is and what the action is. Whoever guesses correct answer wins a point for their row.

Emotions in envelope 1 – angry/ happy / sleepy / afraid / surprised.

Verbs in envelope 1 – swimming/ hairbrushing /dancing / cleaning/ playing a guitar.

**Observation:-** The students participated actively in this activity. This activity helps the students in learning verbs and emotions.

## Activity 2

**Class :-** IX A

**Date :-** 8 – 4 - 2021

**Period :-** 2<sup>nd</sup>

**Title :- Acting Goan Festivals**

**Objectives :-**

- To develop students acting skills in terms of body language. (Posture, movements, gestures etc)
- To promote team work and cooperation.

**Materials required :-** List of different goan festivals

**Procedure :-** Teacher tells students to mime a typical action of a goan festival and students have to act on it.

**Observations :-** The students enjoyed this activity and they wanted to learn more about the festival of Goa which are celebrated in rural area.

## Activity 3

**Class :-** IX B

**Date :-** 10- 4 -2021

**Period :-** 3<sup>rd</sup>

**Title :-** JUMBLED SENTENCES

**Objectives :-** To improve students vocabulary in english language and to find meaningful sentence from the jumbled sentence.

**Materials required :-** Chalkboard, coloured chalks and list of jumbled sentences.

**Procedure :-** Teachers writes Jumbled sentences on chalkboard and students have to figure out the correct sentence and write it on chalkboard.

**Observation :-** The students participated enthusiastically in this activity and also they were quick to find the correct sentence from the jumbled sentence.

## Activity 4

**Class :-** VI A

**Date :-** 10 -4 -2021

**Period :-** 7<sup>th</sup>

**Title :- SPOT THE DIFFERENCE**

**Objectives :-** To increase students observational skills.

**Materials required :-** Pictures on Interactive white board.

**Procedure :-** Teacher shows two similar pictures to the students on the laptop in the online meeting and tells students to find a set of number of differences between two displayed pictures on laptop. Student who find all the difference within a given time wins.

**Observation :-** The students participated actively in this activity. The students were able to spot the maximum differences between two picture within a given time. This activity helped the students to develop their skills of observations.

## Activity 5

**Class :-** IX B

**Date :-** 15 - 4 -2021

**Period :-** 2<sup>nd</sup>

**Title :-** NAME PICTONARY

**Objectives :-** To develop students skills in Art.

**Materials required :-** Chalkboard and coloured chalks.

**Procedure :-** Teacher tells students to write their names by drawing pictures of objects that start with correct letter. For example , someone with the name AARTI would draw an apple , ant , rabbit , toy and a Icecream. Then students have to group , try to spell and guess each persons name.

**Observation :-** The students were very enthusiastic about drawing. This activity helped the students in developing their skills and understanding about art.

## Activity 6

**Class :-** IX B

**Date :-** 15 – 4 -2021

**Period :-** 2<sup>nd</sup>

**Title :-** Chain spelling

**Objectives :-** The students will be able to think many new words.

**Material required :-** Chalkboard and coloured chalks.

**Procedure :-** Teachers first writes a word on the chalkboard. Students is asked to take the last letter of the word and form another word using the last letter of the previous word such that the last letter of the previous word should be the first letter of the next word. The next student has to repeat the same and this is continued until a student fails to form a word or misspells it.

**Observation :-** Student were enthusiastic in participating in activity. Whole class participated in this activity and also they wrote words with correct spelling.



## Activity 7

**Class :-** VI C

**Date :-** 20 – 4 -2021

**Period :-** 5<sup>th</sup>

**Title :-** **WEATHER**

**Objectives :-**

- The students are able to identify different words from the given word.
- The students improve their pronunciation and enrich their vocabulary.

**Materials required :-** laptop

**Procedure :-** Teacher writes the word WEATHER on one slide of laptop and ask students to find new words from the letters as many as possible.

**Observation :-** The students were excited in identifying new words and also they identified many new words from the given word.

## Activity 8

**Class :-** IX B

**Date :-** 20 – 4 -2021

**Period :-** 8<sup>th</sup>

**Title :- SPELLING BEE**

**Objectives :-** To improve students spellings and to increase their vocabulary to learn concepts.

**Materials required :-** List of spellings

**Procedure :-** Teacher choose 4 – 10 Students to stand infront of the class and dictate a spelling word to one participant. If the participant spell the word correctly, she/he remains at the front of the line. If she/he does not spell the word correctly she/he sits down, leaving the competition. Teacher writes each well – spelt word on the board. The participant who remain standing is the winner.

**Observation :-** The students were able to spell most of the words correctly. Some of the students were not able to spell even simple words. This activity also helped students in learning some spellings of new words.

## Activity 9

**Class :-** VII B

**Date :-** 22 -4 -2021

**Period :-** 4<sup>th</sup>

**Title :-** RIDDLES

**OBJECTIVES :-** To develop students critical thinking skill.

**Materials required :-** laptop

**Procedure :-** Teacher displays one by one riddle on laptop. Teacher made presentation of riddle question on laptop. Students which gives the answer of maximum riddles wins the game.

Some of the Riddle questions are :-

1. I am multicoloured.

I appear after storm.

People always point at me.

Everyone takes my picture.

Legends says there is gold at the bottom of me.

Who am I ?

Answer :- Rainbow.

2. I am papers enemy.

Keep me away from small children.

You use me in art class.

I can change the style of your hair.

Please don't run with me in your hands.

Who am I ?

Answer :- Scissor.

3. I will entertain you.

I tell you funny and sad stories.

I am shaped like a cube.

I plug into the wall.

Many people fall asleep watching me.

Answer :- Television.

**Observation :-** The students were excited to answer the riddle asked by the teacher and were involved in the activity. The students tried their best to solve the riddle.

## Activity 10

**Class :-** IX B

**Date :-** 23 – 4 -2021

**Period :-** 2<sup>nd</sup>

**Title :-** 1 to 8 NUMBERS

**Objectives :-** To develop students critical thinking skills.

**Material required :-** Blank paper and Pen.

**Procedure :-** Teachers tells students to fill up 1 to 8 numbers in a given boxes in such a way that the box containing the number should not coincide to the box containing alternate number.

**Observation :-** The students were able to think logically and at the same time they were able to think faster and adding the sense of competition among the students. The students tried many times to get the correct answer.

**Government High School Gaval Khol, Canacona Goa.**

**2<sup>nd</sup> Formative Examination 2020-2021**

**Subject: Mathematics**

**Marks: 20**

**STD : IX**

Q.1) Fill in the blanks.

(1 Mark)

A) The operation involved in forming the expression " $y + 3$ " is \_\_\_\_\_.  
( Subtraction, Addition, Multiplication, Division )

B) Attempt the following .

(2 Marks)

1) Express the linear equation  $3x = 11 + 7y$  in the form of  $ax + by + c = 0$  and write the value of  $a$  ,  $b$  and  $c$ .

2) The sum of the fathers age is twice the son's age is 70 years.  
Represent this in the form of linear equation in two variables.

C) Write any three solutions of  $3y + x = 8$  .

(3 Marks)

D) Draw a graph of the following linear equation on the same graph paper and state the coordinate of their point of intersection.

(4 Marks)

$x - y = 5$

$x$			
$y$			

$2x + y = 4$

$x$			
$y$			

(Plot atleast three points)

Q.2) A) Fill in the blanks.

1. The angle in semicircle is a measure of \_\_\_\_\_°  
( 30, 60, 90, 180 )

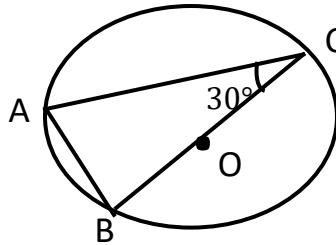
(1 Mark)

Q2.B) Attempt the following.

(2 Marks)

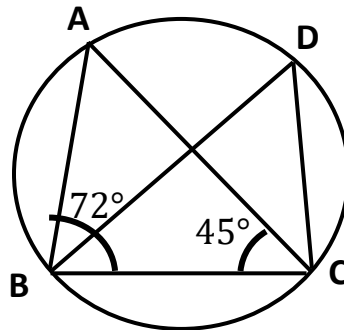
i)  $\Delta ABC$  is inscribed in a circle with centre  $O$  as shown in the figure. Side  $BC$  contains  $O$  and  $m\angle ACB = 30^\circ$  .

Find 1)  $m\angle BAC$   
2)  $m\angle ABC$



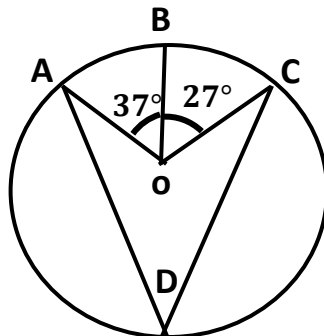
ii) In the figure,  $\angle ABC = 72^\circ$  ,  $\angle ACB = 45^\circ$  ,  
Find  $\angle BDC$ .

(2 Marks)



Q 2.C) In given figure ABC are three points on the circle with centre 'O' such that ,

$\angle BOC = 27^\circ$  ,  $\angle AOB = 37^\circ$  . If D is the point on the circle other than ABC. Find  $\angle ADC$ . (2 Marks)



Q 2.D) Given : AB is a chord of a circle with centre 'O' and  $OM \perp AB$ .

( 3 Marks)

Prove that  $MA = MB$ .

Proof :

In  $\triangle OAM = \triangle OBM$

1.  $\angle OMA = \angle OMB$

Given

2.  $OA = OB$

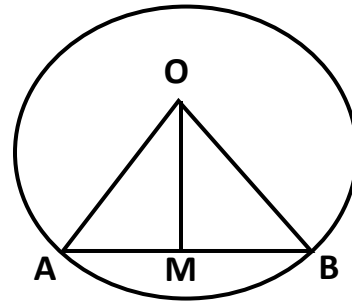
3. \_\_\_\_\_ = \_\_\_\_\_

Common side

4.  $\therefore \triangle OMA \cong \triangle OMB$

\_\_\_\_\_

$\therefore$  \_\_\_\_\_ = MB



Government High School Gaval Khol, Canacona Goa.

2<sup>nd</sup> Formative Examination 2020-2021

Subject: Mathematics

Marks: 20

STD : IX

ANSWER KEY

Q1. A) The operation involved in forming the expression  $y + 3$  is Addition.

(1 Mark)

Q 1.B) 1)  $3x = 11 + 7y$

(1 Mark)

$$3x - 7y - 11 = 0$$

$$3x + (-7)y + (-11) = 0$$

$$a = 3, b = -7, c = -11$$

2) let the sons age be  $x$ .

(1 Mark)

let the father's age be  $2y$ .

$$x + 2y = 70$$

Q 1.C) i)  $3y + x = 8$  .

( 3 Marks)

$$\text{Let } x = 0$$

$$3y + 0 = 8$$

$$3y = 8 - 0$$

$$3y = 8$$

$$y = \frac{8}{3}$$

$$\therefore x = 0, \quad y = \frac{8}{3}$$

ii)  $3y + x = 8$  .

$$\text{Let } x = 1$$

$$3y + 1 = 8$$

$$3y = 8 - 1$$

$$3y = 7$$

$$y = \frac{7}{3}$$

$$\therefore x = 1, \quad y = \frac{7}{3}$$

iii)  $3y + x = 8$  .

$$\text{Let } x = 2$$

$$3y + 2 = 8$$

$$3y = 8 - 2$$

$$3y = 6$$

$$y = \frac{6}{3}$$

$$y = 2$$

$$\therefore x = 2, \quad y = 2$$

Q 1. D)  $x - y = 5$

$$\text{Let } x = 0$$

$$0 - y = 5$$

$$-y = 5 - 0$$

$$-y = 5$$

$$y = -5$$

$$\therefore x = 0, \quad y = -5$$

$$\text{Let } x = 1$$

$$x - y = 5$$

$$1 - y = 5$$

$$-y = 5 - 1$$

$$-y = 4$$

$$y = -4$$

$$2x + y = 4$$

$$\text{let } x = 0$$

$$2(0) + y = 4$$

$$0 + y = 4$$

$$y = 4 - 0$$

$$y = 4$$

$$\therefore x = 0, \quad y = 4$$

$$\text{Let } x = 1$$

$$2x + y = 4$$

$$2(1) + y = 4$$

$$2 + y = 4$$

$$y = 4 - 2$$

$$y = 2$$

$$\therefore x = 1, \quad y = 2$$

( 4 Marks)

$$\therefore x = 1, \quad y = -4$$

$$\text{Let } x = 2$$

$$x - y = 5$$

$$2 - y = 5$$

$$-y = 5 - 2$$

$$-y = 3$$

$$y = -3$$

$$\therefore x = 2, \quad y = -3$$

$$\text{Let } x = 2$$

$$2(2) + y = 4$$

$$4 + y = 4$$

$$y = 4 - 4$$

$$y = 0$$

$$\therefore x = 2, \quad y = 0$$

$x$	0	1	2
$y$	-5	-4	-3

$x$	0	1	2
$y$	4	2	0

Q.2) A) The angle in semicircle is a measure of 90°  
(30, 60, 90, 180)

(1 Mark)

Q2.B) i) 1)  $m\angle BAC = 90^\circ$  (angle in semicircle = 90°)

(2 Marks)

2) Since,  $m\angle ACB = 30^\circ$ ,  $m\angle BAC = 90^\circ$

$$\angle ACB + \angle BAC + \angle ABC = 180^\circ$$

$$\therefore 30^\circ + 90^\circ + \angle ABC = 180^\circ$$

$$\therefore 120^\circ + \angle ABC = 180^\circ$$

$$\therefore \angle ABC = 180^\circ - 120^\circ$$

$$\therefore \angle ABC = 60^\circ$$

Q2.B ii) Given  $\angle ABC = 72^\circ$ ,  $\angle ACB = 45^\circ$

$$\angle ABC + \angle BCA + \angle BAC = 180^\circ$$

$$\therefore 72^\circ + 45^\circ + \angle BAC = 180^\circ$$

$$\therefore 117^\circ + \angle BAC = 180^\circ$$

$$\therefore \angle BAC = 180^\circ - 117^\circ$$

$$\therefore \angle BAC = 63^\circ$$

$\therefore \angle BAC = \angle BDC = 63^\circ$  (Angle in the same segment of a circle is equal).

(2 Marks)

Q 2.C) Given  $\angle BOC = 72^\circ$ ,  $\angle AOB = 45^\circ$

$$\angle AOC = \angle AOB + \angle BOC$$

$$\angle AOC = 37^\circ + 27^\circ$$

$$\angle AOC = 64^\circ$$

$$\angle ADC = \frac{1}{2} \times 64^\circ$$

$$\therefore \angle ADC = 32^\circ$$

(2 Marks)

(3 Marks)

Q 2.D)

In  $\triangle OAM = \triangle OBM$

1)  $\angle OMA = \angle OMB$                       Given

2)  $OA = OB$                               (Radii of same circle)

3)  $OM = OM$                               Common side

4)  $\therefore \triangle OMA \cong \triangle OMB$                       \_\_\_\_\_

$\therefore \underline{AM} = MB$



$$\left(\frac{13}{20}\right) + 1\frac{1}{2}$$

$$\frac{14\frac{1}{2}}{20}$$

GOVT. HIGH SCHOOL  
CAVAL KHOL  
Name: Shreyas Velip

A  
B  
3/2/21

GOVT. HIGH SCHOOL  
CAVAL KHOL  
Name: Bhavika  
Roll No. 925 K  
Subject: Maths Roll No - 25  
Exam/Test/Quiz/Assignment: 3/2/21

Shreyas  
21/03/2021

a) fill in the blanks

1)  $2x + y = 7$  ✓

B) Attempt the following.

1)  $2x + 3y = 11$

$2x(1) + 3x(1) = 11$  ✓

$4 + 3 = 11$  ✓

$y = 1$  ✓

value of  $x = 1$  ✓

2)  $8x = 11 + y$

$8x - y = 11 = a$  ✓

$a = 3$  ✓

$b = -4$  ✓

$c = -11$  ✓

3) let the sons age be  $x$   
let the father's age be  $y$

$x + 2y = 70$  ✓

c) write any two solutions of  $3y + x = 8$

i)  $3y + x = 8$  ✓

$3y + 1 = 8$  ✓

$3y = 8 - 1$  ✓

$3y = 7$  ✓

$y = \frac{7}{3}$  ✓

ii)  $3y + x = 8$  ✓

$3 \times 1 + x = 8$  ✓

$3 + x = 8$  ✓

$x = 8 - 3$  ✓

$x = 5$  ✓

**GOVERNMENT HIGH SCHOOL,  
GAVAL, KHOL, CANACONA GOA  
FIRST SUMMATIVE EXAM- JANUARY-2020-21**

**Std :- VIII**

**SUB:- Science**

**MARKS :- 20**

Q 1. A)(i) Select and write the most appropriate from those given below each statement and write the completed statement:

**(1Mrk)**

- 1) The jelly – like fluid substance present in cells is called \_\_\_\_\_ .
  - a) Protoplasm
  - b) Chromosome
  - c) Chloroplast
  - d) Cytoplasm
- 2) Green color of leaves is due to presence of the pigment \_\_\_\_\_ .
  - a) Chlorophyll
  - b) Ribosomes
  - c) Mitochondria
  - d) Chloroplast

(ii) Name the following .

- 1) The thread like structures present in the nucleus. **(1 Mrk)**
- 2) An example of unicellular organism. **(1 Mrk)**

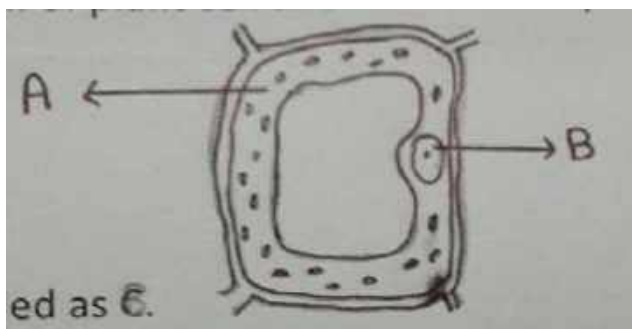
Q 1. B) Answer the following.

- i) Write the function of cell membrane. **(1 Mrk)**
- ii) Define Multicellular organism. **(1 Mrk)**

Q 1. C) “Cell is the basic structural unit of all living organism”.

- a) Name the three main parts of the cell. **(1 Mrk)**
- b) Name the largest cell. **(1 Mrk)**

Q 1. D) Observe the following diagram of plant cell and answer the question related to it.



i) Name the part marked as A.

**(1 Mrk)**

ii) Write the function of part labeled as C.

**(2 Mrks)**

Q 2. A) (i) Select and write the most appropriate from those given below each statement and write the completed statement:

**(1 Mrk)**

1. Loudness of sound is measured in units of \_\_\_\_\_.

- a) Hertz (Hz)
- b) Metre (m)
- c) decibel ( dB )
- d) Metre/second ( m/s )

2. Ultrasound has frequency of vibration

- a) Between 20 Hz and 20,000 Hz
- b) Below 20 Hz
- c) Above 20,000 Hz
- d) Between 500 and 10,000 Hz

ii) Name the following.

a) Sound producing organ in human.

**(1 Mrk)**

b) Back and forth motion of an object.

**(1 Mrk)**

Q 2. B) Answer the following.

i) What is Inaudible sound?

**(1 Mrk)**

ii) What are the harms of Noise pollution?

**(1 Mrk)**

Q 2. C) State any 2 measures to control noise pollution in your locality.

**(2 Mrks)**

Q 2 D) A pendulum oscillates 40 times in 4 seconds. Find its time period and frequency.

**(3Mrks)**

**GOVERNMENT HIGH SCHOOL,  
GAVAL, KHOL, CANACONA GOA  
SECOND SUMMATIVE EXAM- JANUARY-2020-21**

Std :- VIII

SUB:- Science

MARKS :- 20

**ANSWER KEY**

- Q 1. A) (i) 1) The jelly – like fluid substance present in cells is called cytoplasm. ( 1/2 Mrk)  
2) Green color of leaves is due to presence of the pigment chlorophyll. ( 1/2 Mrk)
- Q1. A (ii) 1) Chromosome (1 Mrk)  
2) Amoeba, Paramecium (1 Mrk)
- Q 1. B) i) function of cell membrane (1 Mrk)
- Cell membrane gives shape to the cell.
  - It transports nutrients into the cell and also to transport toxic substances out of the cell.
- Q 1.B) ii) Organism made of more than one cell are called Multicellular organism. (1 Mrk)  
Eg. Human being.
- Q 1. C) a)Cell membrane , Cytoplasm and Nucleus. (1 Mrk)  
b) Egg of an ostrich. (1 Mrk)
- Q 1. D) i) Cytoplasm (1 Mrk)  
ii) Nucleus contain thread like structure called chromosomes which carry genes and help in inheritance or transfer of characters from parents to offspring. (2 Mrks)
- Q 2. A) (i) 1) Loudness of sound is measured in units of decibel (dB) ( 1/2 Mrk)  
2) Ultrasound has frequency of vibration Above 20,000 Hz ( 1/2 Mrk)
- Q2. A)(ii) a) Larynx. (1 Mrk)  
b) Vibration. (1 Mrk)
- Q 2. B) i) sound of frequency less than about 20 vibrations per second (20 Hz) cannot be detected by human ear. Such sound is called inaudible sound. (1 Mrk)
- Q 2. B) ii)Lack of sleep, hypertension, anxiety, impairment of hearing and many more health disorder may be caused due to noise pollution. (1 Mrk)
- Q 2. C) Measures to limit noise pollution in our locality. (2 Mrks)
- Use of Automobile horns should be minimized.
  - Trees must be planted along the roads and around buildings to cut down on the sound reaching the residents.
  - TV and music systems should be run at low volumes.
- Q 2. D) i) Frequency =  $\frac{\text{number of oscillations}}{\text{time}}$  (1 ½ Mrk)
- Frequency =  $\frac{40}{4} = 10 \text{ Hz}$
- ii) Time period =  $\frac{1}{\text{frequency of oscillation}}$  (1 ½ Mrk)  
frequency of oscillation = 10 Hz  
Time period =  $\frac{1}{10} = 0.1 \text{ sec}$

## Reflection

My Internship experience in Government High School, Gaval – khol for 16 weeks ( 4 January to 24 April 2021 ) has been incredible. This internship was a very important period for me.

During my Internship period I conducted lots of activities with the students during the daily substitutions and while conducting these activities I felt like understanding each student better. I also came across different levels of Students while conducting these activities.

The staff of this school was very helpful and cooperative with us. They also guided us in every way they can during this internship period. They considered as their own staff which made us to feel very nice.

During this internship period I also got the opportunity of exam supervision and I was also given a chance to correct many exam answer sheets which mad me more sincere towards my duty as a teacher. Decorating the bulletin board and conducting an assembly with the made me more responsible and organised in my work.

It was very wonderful experience throughout my Internship period and I think I learned as much from the class as the students did.

This internship helped me in getting the much needed experience of being a teacher and understanding the difficulties involved in this profession. It also helped me to develop interpersonal skills. This internship developed a lot of confidence in me and it has been a wonderful experience during my Internship period and to be honest, I still miss the staff of Government High School, Gaval – khol.



*(04 January 2021 – 24 April 2021)*

*St. Mary of the Angel's Convent high school, Chinchinim.*

*NAME : Joyce Valeska Morais*

*ROLL NO. : 73*

*CLASS : S. Y. B. Ed.*

*COLLEGE : Nirmala Institute of education,  
Altinho - Panjim, Goa.*

## INDEX

<b>SR. NO.</b>	<b>TITLE</b>	<b>PAGE NO.</b>
1	Acknowledgement	3
2	Attendance sheets	4
3	Daily activity reports	13
4	Activities	46
5	Feast of St. Joseph Vaz report	67
7	Republic day report	69
8	Science day report	74
9	Competitions	78
10	Test plans	79
11	Picture gallery	91
12	Feedback	94

## **ACKNOWLEDGEMENT**

I am indeed blessed to have so many amazing people who have helped throughout this internship.

First and foremost I would like to thank Dr. Delia Antao, the principal of Nirmala Institute of Education – Altinho and the administrative staff at Nirmala Institute for meticulously planning this entire programme.

I would also like to thank our Mathematics and Science method masters who have always taken time from their busy schedule to attend to us.

I ought to thank Sr. Flavia, headmistress of St. Mary of the angels convent high school, Chinchinim Goa, and all the teachers for guiding us and appreciating our efforts.

I also acknowledge the assistance given by the non-teaching staff at the school.

I feel privileged to be paired with my colleague Nikita Dias who was very encouraging and hardworking at all times. I am also thankful to my friends and family for their constant support.

Joyce Valeska Morais



# **ATTENDANCE SHEETS**

**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valaska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	4/01/21	7:45 a.m.	1:35 p.m.	<i>Joyce</i>
TUESDAY	5/01/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
WEDNESDAY	6/01/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
THURSDAY	7/01/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
FRIDAY	8/01/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>
SATURDAY	9/01/21	7:50 a.m.	1:35 p.m.	<i>Joyce</i>

Signature of the Headmaster/Headmistress



**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valaska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	11/01/21	7:45 a.m.	1:30 p.m.	<i>Joyce</i>
TUESDAY	12/01/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
WEDNESDAY	13/01/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
THURSDAY	14/01/21	7:45 a.m.	1:40 p.m.	<i>Joyce</i>
FRIDAY	15/01/21	7:35 a.m.	1:35 p.m.	<i>Joyce</i>
SATURDAY	16/01/21	HOLIDAY		<i>Joyce</i>

Signature of the Headmaster/Headmistress



Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valaska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	18/01/21	7:45 a.m.	1:30 p.m.	<i>Joyce</i>
TUESDAY	19/01/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
WEDNESDAY	20/01/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
THURSDAY	21/01/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
FRIDAY	22/01/21	7:40 a.m.	1:35 p.m.	<i>Joyce</i>
SATURDAY	23/01/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>

Signature of the Headmaster/Headmistress  
*[Signature]*  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valaska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	25/01/21	7:45 a.m.	1:35 p.m.	<i>Joyce</i>
TUESDAY	26/01/21	7:25 a.m.	9:00 a.m.	<i>Joyce</i>
WEDNESDAY	27/01/21	7:52 a.m.	1:30 p.m.	<i>Joyce</i>
THURSDAY	28/01/21	7:50 a.m.	1:45 p.m.	<i>Joyce</i>
FRIDAY	29/01/21	7:50 a.m.	1:35 p.m.	<i>Joyce</i>
SATURDAY	30/01/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>

Signature of the Headmaster/Headmistress  
*[Signature]*  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	01/02/21	7:25 a.m.	1:30 p.m.	<i>Joyce</i>
TUESDAY	02/02/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>
WEDNESDAY	03/02/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
THURSDAY	04/02/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>
FRIDAY	05/02/21	7:55 a.m.	1:45 p.m.	<i>Joyce</i>
SATURDAY	06/02/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>

*J. Moraes*  
Signature of the  
Headmaster/Headmistress  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	08/02/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>
TUESDAY	09/02/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
WEDNESDAY	10/02/21	HOLIDAY		<i>Joyce</i>
THURSDAY	11/02/21	7:30 a.m.	1:25 p.m.	<i>Joyce</i>
FRIDAY	12/02/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
SATURDAY	13/02/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>

*J. Moraes*  
Signature of the  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

Nirmala Institute of Education  
B.ED ATTENDANCE (2019-2021) (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15/02/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>
TUESDAY	16/02/21	— HOLIDAY —		<i>Joyce</i>
WEDNESDAY	17/02/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>
THURSDAY	18/02/21	7:50 a.m.	1:35 p.m.	<i>Joyce</i>
FRIDAY	19/02/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
SATURDAY	20/02/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>

*J. Moraes*  
Signature of the  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

Nirmala Institute of Education  
B.ED ATTENDANCE (2019-2021) (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22/02/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
TUESDAY	23/02/21	7:50 a.m.	12:30 p.m.	<i>Joyce</i>
WEDNESDAY	24/02/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>
THURSDAY	25/02/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>
FRIDAY	26/02/21	7:55 a.m.	1:30 p.m.	<i>Joyce</i>
SATURDAY	27/02/21	7:50 a.m.	1:30 p.m.	<i>Joyce</i>

*J. Moraes*  
Signature of the  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715


Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels Convent, Chinchinim

Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	01/03/21	— COLLEGE —		<u>Joyce Moraes</u>
TUESDAY	02/03/21	7:30 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
WEDNESDAY	03/03/21	— COLLEGE —		<u>Joyce Moraes</u>
THURSDAY	04/03/21	7:45 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
FRIDAY	05/03/21	— COLLEGE —		<u>Joyce Moraes</u>
SATURDAY	06/03/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>

  
Signature of the  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

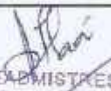
Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels Convent, Chinchinim

Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	08/03/21	— COLLEGE —		<u>Joyce Moraes</u>
TUESDAY	09/03/21	7:45 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
WEDNESDAY	10/03/21	— COLLEGE —		<u>Joyce Moraes</u>
THURSDAY	11/03/21	— HOLIDAY —		<u>Joyce Moraes</u>
FRIDAY	12/03/21	7:45 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
SATURDAY	13/03/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>

  
Signature of the  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels Convent, Chinchinim  
Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	15/03/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
TUESDAY	16/03/21	— COLLEGE —		<u>Joyce Moraes</u>
WEDNESDAY	17/03/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
THURSDAY	18/03/21	— COLLEGE —		<u>Joyce Moraes</u>
FRIDAY	19/03/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
SATURDAY	20/03/21	7:45 a.m.	12:30 p.m.	<u>Joyce Moraes</u>

J. Moraes  
Signature of the  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels Convent, Chinchinim  
Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	22/03/21	— COLLEGE —		<u>Joyce Moraes</u>
TUESDAY	23/03/21	7:45 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
WEDNESDAY	24/03/21	— COLLEGE —		<u>Joyce Moraes</u>
THURSDAY	25/03/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
FRIDAY	26/03/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
SATURDAY	27/03/21	7:55 a.m.	1:30 p.m.	<u>Joyce Moraes</u>

J. Moraes  
Signature of the  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels Convent, Chinchinim.  
Name of the Teacher Trainee: Joyce Valeska Morais

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	29/03/21	- H O L I D A Y -		<u>Joyce Morais</u>
TUESDAY	30/03/21	7:50 a.m.	1:00 p.m.	<u>Joyce Morais</u>
WEDNESDAY	31/03/21	7:20 a.m.	10:30 a.m.	<u>Joyce Morais</u>
THURSDAY	01/04/21	7:50 a.m.	11:30 a.m.	<u>Joyce Morais</u>
FRIDAY	02/04/21	- H O L I D A Y -		<u>Joyce Morais</u>
SATURDAY	03/04/21	- H O L I D A Y -		<u>Joyce Morais</u>


  
Signature of the  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

Nirmala Institute of Education  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels Convent, Chinchinim.  
Name of the Teacher Trainee: Joyce Valeska Morais

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	05/04/21	7:45 a.m.	1:30 p.m.	<u>Joyce Morais</u>
TUESDAY	06/04/21	7:50 a.m.	1:30 p.m.	<u>Joyce Morais</u>
WEDNESDAY	07/04/21	7:45 a.m.	1:30 p.m.	<u>Joyce Morais</u>
THURSDAY	08/04/21	7:45 a.m.	1:30 p.m.	<u>Joyce Morais</u>
FRIDAY	09/04/21	7:40 a.m.	1:30 p.m.	<u>Joyce Morais</u>
SATURDAY	10/04/21	7:50 a.m.	1:30 p.m.	<u>Joyce Morais</u>

  
Signature of the  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715



**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	12/04/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
TUESDAY	13/04/21	— H O L I D A Y —		<u>Joyce Moraes</u>
WEDNESDAY	14/04/21	— H O L I D A Y —		<u>Joyce Moraes</u>
THURSDAY	15/04/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
FRIDAY	16/04/21	7:45 a.m.	1:00 p.m.	<u>Joyce Moraes</u>
SATURDAY	17/04/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>

Signature of J. Moraes  
Headmaster/Headmistress  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE-GOA 403 716



**Nirmala Institute of Education**  
B.ED ATTENDANCE 2019-2021 (Y2)



Name of the School: St. Mary of the Angels, Chinchinim  
Name of the Teacher Trainee: Joyce Valeska Moraes

	DATE	ARRIVAL	DEPARTURE	SIGNATURE OF THE TEACHER TRAINEE
MONDAY	19/04/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
TUESDAY	20/04/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
WEDNESDAY	21/04/21	7:55 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
THURSDAY	22/04/21	7:50 a.m.	1:30 p.m.	<u>Joyce Moraes</u>
FRIDAY	23/04/21	7:55 a.m.	10:30 a.m.	<u>Joyce Moraes</u>
SATURDAY	24/04/21	7:50 a.m.	1 p.m.	<u>Joyce Moraes</u>

Signature of the J. Moraes  
Headmaster/Headmistress  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE-GOA 403 716



# **DAILY ACTIVITY REPORTS**

**NIRMALA INSTITUTE OF EDUCATION**  
 LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP: B.ED. 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINEE: Joyce Valeska Morais.

NAME OF THE SCHOOL: St. Mary of the Angels convent high school, Chinchinim

	MONDAY DE: 19/04/21	TUESDAY DE: 20/04/21	WEDNESDAY DE: 21/04/21
1st Period	Read news.	Read news.	Read news.
2nd Period	Submitted maths lesson plans.	Student registration	Submitted science lesson plan.
3rd Period	Data entry work	data entry work.	Student registration
4th Period	student registration.	Typed assembly	data entry work.
5th Period		postpost for the	Completed science
6th Period	Waste science lesson	internship file.	plan on 'water'.
7th Period	plan on 'Air	Waste science lesson	Filled activity
8th Period	with magnets' VI.	plan.	sheets.

Signature of the Headmaster/Headmistress: \_\_\_\_\_

  
 HEADMISTRESS  
**ST. MARY OF THE ANGELS**  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 403 715



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.ED. 2019 - 2021 (VZ)**



NAME OF THE TEACHER TRAINER: Joyce Valeska Mascaris.

NAME OF THE SCHOOL: St. Mary of the Angels convent high school, Chirchimum.

	THURSDAY Dt: 15/04/21	FRIDAY Dt: 16/04/21	SATURDAY Dt: 17/04/21
1st Period	Read news.	Read news.	Read news.
2nd Period	Write lesson plan on 'Ratio and proportion'.	Data entry work of student registration.	Write science plan on 'light'.
3rd Period	Student registration,	Completed maths plans and submitted for evaluation.	Data entry work of student registration.
4th Period	Data entry work.		
5th Period	Write science lesson plan on 'Transpiration in plants and animals'.	Write science plan on 'Water'.	Took typing speed test. Relaxed.
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: MARY OF THE ANGELS

HEADMISTRESS  
**MARY OF THE ANGELS**  
**HIGH SCHOOL**  
 BALDERTEN, GERMANY 745



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP-B.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINER: Joyce Valsara Morris

NAME OF THE SCHOOL: St. Mary of the Angels Convent High School, Chinchinim.

	MONDAY Dt: 12/01/21	TUESDAY Dt: 13/01/21	WEDNESDAY Dt: 14/01/21
1st Period	Class IX Exam supervision.	H O L	H O L
2nd Period			
3rd Period	Data entry work of student registration.	I D	I D
4th Period			
5th Period	Write maths plan on Triangle and its properties.	A Y	A Y
6th Period			
7th Period		.	.
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_  
**HEADMISTRESS**  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHINCHINIM,  
 SALCETE - GOA 400 715



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: Tojce Valaska Morais

NAME OF THE SCHOOL: St. Mary of the Angels convent high school, Chinchinum.

	THURSDAY Dt: 08/04/21	FRIDAY Dt: 09/04/21	SATURDAY Dt: 10/04/21
1st Period	} class IX exam	} class IX exam	} Read news.
2nd Period			
3rd Period	} compiled maths	} Submitted answer papers.	} work.
4th Period			
5th Period	} Filled daily	} work.	} write the daily activity sheets
6th Period			
7th Period			
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

*[Handwritten Signature]*

HEADMISTRESS  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHINCHINIM,  
 SALCETE - GOA 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP - B.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINER: Joyce Valeska Noorais.

NAME OF THE SCHOOL: St. Mary of the Angels convent high school, Chinchinim.

	MONDAY Dt: 05/04/21	TUESDAY Dt: 06/04/21	WEDNESDAY Dt: 07/04/21
1st Period	Read news.	Read news.	class IX exam supervision.
2nd Period	Read a novel.	class IX exam supervision.	Completed lesson plan on 'How big? How heavy?'
3rd Period			Typed and compiled work support.
4th Period			Relaxed.
5th Period	Distributed paper bags for work.	Completed lesson plan on 'Tenth's and hundredth's'.	
6th Period			
7th Period	Typed work support.		
8th Period			

Signature of the Headmaster/Headmistress: [Signature]  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM  
 SAJCETE - GOA 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER-TRAINER: Joyce Waleka Mosera  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent High School, Chirchivini.

	THURSDAY DE: 01/04/21	FRIDAY DE: 02/04/21	SATURDAY DE: 03/04/21
1st Period	Read news.		
2nd Period	} Compiled work book reports	H	H
3rd Period		O	O
4th Period	} write science lesson plan.	L	L
5th Period		I	I
6th Period		D	D
7th Period		A	A
8th Period		H	H

Signature of the Headmaster/Headmistress: [Signature]  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHIRCHIVINI  
 SAI GATE - GDA-03 715



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP- B.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINER: Joyce Volaska Meador  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent High School, Clinchinnim.

	MONDAY Dt: 29/03/21	TUESDAY Dt: 30/03/21	WEDNESDAY Dt: 31/03/21
1st Period	I	Pinned and	} Farewell mass for class X
2nd Period	H	put up backdrop	
3rd Period	O	for mass.	} cleared stage backdrop
4th Period	L		
5th Period	I	} class X	
6th Period	D		} Farewell.
7th Period	A		
8th Period	Y		

Signature of the Headmaster/Headmistress: [Signature]  
 HEADMISTRESS  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHINCHINNIM,  
 SALCETTE-GOVA-400 716

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R. ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINER: Joyce Valeska Morais  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent High School, Chinchinim.

	THURSDAY Dt: 25/03/21	FRIDAY Dt: 26/03/21	SATURDAY Dt: 27/03/21
1st Period	} Read news.	} SSC Prelim supervision.	} Kept backdrop cloth ready.
2nd Period			
3rd Period	} IX optional exam supervision.	} Compiled all the cutout elements for farewell mass backdrop.	} SSC Prelim supervision.
4th Period			
5th Period	} Watered plants		} Pinned cutouts to the backdrop cloth.
6th Period			
7th Period	} Prepared farewell decoration.	} Waste science lesson plan.	
8th Period			

Signature of the Headmaster/Headmistress: [Signature]  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA - 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP- B.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINER: Joyce Valeska Mavris

NAME OF THE SCHOOL: St. Mary of the Angels Convent High School, Chinchinim.

	MONDAY Dt: 22/03/21	TUESDAY Dt: 23/03/21	WEDNESDAY Dt: 24/03/21
1st Period		} Typed V.A.	
2nd Period		} assignment	
3rd Period	C	} SSC Prelim	C
4th Period	O L L E E	} Supervision.	L L E E
5th Period	E E E	} write maths	E E E
6th Period		} lesson plan	
7th Period			
8th Period		Released.	

Signature of the Headmaster/Headmistress: [Signature]  
**HEADMISTRESS**  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHINCHINIM,  
 SALCETE - GOA-403 715

NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP-B.ED. 2019 - 2021 (V2)



NAME OF THE TEACHER /TRAINER:

Joyce Valeska Moseca

NAME OF THE SCHOOL: St. Mary of the Angels Convent high school, Chinchinnim.

	THURSDAY Dt: 18/03/21	FRIDAY Dt: 19/03/21	SATURDAY Dt: 20/03/21
1st Period		Read news.	Ssc Prelim
2nd Period	C O	Prepared cutouts	supervision.
3rd Period	L L	for farewell	Helped P.Y. interns
4th Period	E G	mass backdrop.	to prepare bulletin board.
5th Period	E	write science	Typed internship
6th Period		Lesson plan.	file.
7th Period			
8th Period		Relaxed.	Put up world water day poster.

Signature of the Headmaster/Headmistress:

  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM  
 SALCETE - GOA 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R. ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINER: Joyce Valeska Morais

NAME OF THE SCHOOL: St. Mary of the Angels Convent high school, Chindipinim

	MONDAY Dt: 15/03/21	TUESDAY Dt: 16/03/21	WEDNESDAY Dt: 17/03/21
1st Period	Read news.		Read news.
2nd Period	Typed voice work	C	Compiled P.A.
3rd Period	prepared for digital poster.	L	assignment.
4th Period		L	
5th Period	Planned work for cloth bags.	E	Distributed cloth bags for voice.
6th Period		G	
7th Period	Typed P.A. assignment.		Released.
8th Period			

Signature of the Headmaster/Headmistress: \_\_\_\_\_

*J. Flor*  
**HEADMISTRESS**  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHINCHINIM,  
 SALCETE - GOA 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP & ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: Joyce Valeska Morais

NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	THURSDAY DE: 11/03/21	FRIDAY DE: 12/03/21	SATURDAY DE: 13/03/21
1st Period	I	Read newspaper.	Read news.
2nd Period	H	} Watered plants.	} Prepared digital poster for
3rd Period	O		
4th Period	L	} Prepared paper bags for	} Planned science shoot film.
5th Period	I		
6th Period	D	} wire work	} Relaxed.
7th Period	A		
8th Period	H		

Signature of the Headmaster/Headmistress: [Signature]  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP: B.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: Joyce Valerka Mazonis

NAME OF THE SCHOOL: St Mary of the Angels convent, Chinchinum

	MONDAY Dt: 08/03/21	TUESDAY Dt: 09/03/21	WEDNESDAY Dt: 10/03/21
1st Period		Read newspaper.	
2nd Period	C	Prepared science	
3rd Period	L	Lesson ppt.	C
4th Period	L	for peer teaching.	L
5th Period	E	} Nursured plant.	E
6th Period	C		G
7th Period	E	} Planned to prepare	
8th Period			paper bags for nuroc.

Signature of the Headmaster/Headmistress: [Signature]  
**HEADMISTRESS**  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHINCHINIM,  
 SALCETE - GOA 403 716

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: Joyce Valeska Marais  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chirichirini

	THURSDAY Dt: 04/03/21	FRIDAY Dt: 05/03/21	SATURDAY Dt: 06/03/21
1st Period	Read newspaper	Read news.	Read newspapers
2nd Period	Write science plan.	Forewell backstop	Prepared backstop
3rd Period	Plan.	discussien.	elements.
4th Period	Planned for forewell mass	Write mathe plan on	Watered plants
5th Period	backdrop.	'Practical geometry'.	grown by us.
6th Period		Prepared backdrop	Maintained
7th Period	Read magazine	stationery.	intewship file.
8th Period			

Signature of the Headmaster/Headmistress: [Signature]  
 HEADMISTRESS  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHIRICHIRINI,  
 GALTETE - GOA 493 715



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP B.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: Joye Valeska Morais

NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	MONDAY Dt: 01/03/21	TUESDAY Dt: 02/03/21	WEDNESDAY Dt: 03/03/21
1st Period		} Science day	
2nd Period		} Assembly.	
3rd Period		} cleared stage.	
4th Period		} Interacted with F.Y. interns.	
5th Period			
6th Period		} Typed Science day	
7th Period		} report.	
8th Period		} Relaxed.	

Signature of the Headmaster/Headmistress: [Signature]  
**HEADMISTRESS**  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHINCHINIM,  
 SALCETE - GOA 403 715

NIRMALA INSTITUTE OF EDUCATION  
 LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP PER. 2019 - 2021 (V 2)

NAME OF THE TEACHER TRAINEE: Joyce Valerka Mascare  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	THURSDAY 25/02/21	FRIDAY 26/02/21	SATURDAY 27/02/21
1st Period	Read news.	Science day	Checked science
2nd Period	} Discussion on } Science day.	} bulletin board } cutouts.	} day setup. } checked school
3rd Period			
4th Period	Planted seeds.	Prepared assembly	projector.
5th Period	} Prepared science } day invite.	} news cutouts. } Write assembly	} Bulletin board } setup.
6th Period			
7th Period	Relaxed	for science day	white board &
8th Period	Met the principal.		thought board.

Signature of the Headmistress  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.E.D. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: Joyce Valeska Moreira  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	MONDAY Dt: 22/02/21	TUESDAY Dt: 23/02/21	WEDNESDAY Dt: 24/02/21
1st Period	Read News	Write science	
2nd Period	Prepared Maths lesson	lesson plan.	Planted climber seeds. — save
3rd Period			
4th Period		Visited Department of Agriculture - Margao.	activity.
5th Period	Planning for science day.		Assembly practice for science day.
6th Period			
7th Period	Completed science video lesson.		Science day backdrop.
8th Period			

Signature of the Headmaster/Headmistress: [Signature]  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 403715

NIRMALA INSTITUTE OF EDUCATION  
 LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019-2021 (1/2)

NAME OF THE TEACHER TRAINEE: Joyce Valerka Moraes  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	THURSDAY DR. 18/02/21	FRIDAY DR. 19/02/21	SATURDAY DR. 20/02/21
1st Period	Exam	Wrote science	Exam
2nd Period			
3rd Period	Class IX.	Cell - structure	Class IX.
4th Period	Played Table	and function.	Completed video
5th Period			
6th Period	Planned Maths	video lesson.	Lesson in science
7th Period			
8th Period	Lesson.	Science day.	Poster fair
			competition.

Signature of the Headmistress  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 403716

**NIRMALA INSTITUTE OF EDUCATION**  
 LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP (I & II) 2019-2021 (V.2)

NAME OF THE TEACHER TRAINEE: Joyce Valeska Moreira  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	MONDAY 15/04/21	TUESDAY 16/04/21	WEDNESDAY 17/04/21
1st Period	} compiled science test scores.	H	} Exam supervision.
2nd Period		O	
3rd Period	} prepared ppt on maths lesson.	L	} Class IX
4th Period		I	
5th Period	} cleared notice board.	D	} completed and submitted science lesson.
6th Period		A	
7th Period	} wrote lesson plan.	J	} wrote lesson plan.
8th Period		I	

Signature of    
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 403 715

NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP (B.E. 2019 - 2021) (Y-2)

NAME OF THE TEACHER TRAINEE: Joyce Valeska Moraes  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	THURSDAY 11/02/21	FRIDAY 12/02/21	SATURDAY 13/02/21
1st Period	Read news.	Read news	Relaxed.
2nd Period	} Discussion on } maths } test.	} Project } work.	} Practiced } sports } (table tennis)
3rd Period			
4th Period			
5th Period	} Administered } a test	} Prepared } Mathe test	} Prepared } science ppt
6th Period			
7th Period	} Compiled quiz } scores.	} Triangle and } its properties.	} lesson. } filled activity sheet
8th Period			

Signature of the Headmistress: 

HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
 LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PERIOD 2019 - 2021 (V3)

NAME OF THE TEACHER/ TRAINER: Joyce Valerka Moraes  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim

	MONDAY 01/02/21	TUESDAY 02/02/21	WEDNESDAY 03/02/21
1st Period	} Prepared and submitted prizes and certificates	} Read news.	} Assembly.
2nd Period			
3rd Period	} Submitted science lesson.	} Project work	} Prepare mcq test in science
4th Period			
5th Period	} Prepared ppt and recorded science lesson.	} Prepared board for feast	} Completed lesson plan
6th Period			
7th Period	} Filled activity sheet.	} Relaxed.	} Submitted plan.
8th Period			

  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 403 715

NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (V.2)

NAME OF THE TEACHER TRAINEE: Joyce Valeska Moraes

NAME OF THE SCHOOL: St. Mary of the Angels, Convent Chinchinim.

	THURSDAY 01/02/21	FRIDAY 02/02/21	SATURDAY 03/02/21
1st Period	Read news.	Read news.	Read news.
2nd Period	} Prepared ppt } lesson in	} Arranged prizes } and certificates	} Collected score } sheets.
3rd Period			
4th Period	} wrote lesson } plan.	} Collected maths } units	} Compiled scores } of poster competition
5th Period			
6th Period	Relaxed.	Filled activity sheets	winners
8th Period	Relaxed.	Relaxed.	Relaxed.

Signature of the Headmistress

HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715



**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (V2)**

NAME OF THE TEACHER TRAINEE: Joyce Valeska Moraes  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	MONDAY 01/02/21	TUESDAY 02/02/21	WEDNESDAY 03/02/21
1st Period	Cyclothon - organised by the school for	Read news.	prepared and submitted judging sheets
2nd Period		Set mcq test on some natural phenomena	
3rd Period	class: IX.	Substitution class IX.	Instructed about judging posters.
4th Period		Set mcq test in science	
5th Period	Relaxed	Some natural phenomena.	Prepared ppt in science
6th Period		Corrected test	
7th Period	Prepared ppt for science.	on light VII	
8th Period		Relaxed.	

Signature of  Headmistress

**HEADMISTRESS**  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHINCHINIM,  
 SALCETE-GOIA 403 715

NIRMALA INSTITUTE OF EDUCATION

LINE OF ACTIVITIES CONDUCTED DURING INTERNSHIP PER. 2019 - 2021 (V2)

NAME OF THE TEACHER TRAINEE: Joyce Valeska Moorais

NAME OF THE SCHOOLS: St. Mary of the Angels Convent, Chinchinum

	THURSDAY 28/01/21	FRIDAY 29/01/21	SATURDAY 30/01/21
1st Period	Prepared and submitted science	Practiced Table tennis.	Prepared e-certificates
2nd Period			
3rd Period	Lesson, 'Some natural phenomena'	Prepared and submitted science	Attended mass for the year 2021
4th Period			
5th Period	Worked on the ppt in Science	Prepared science notes.	Recorded science lesson
6th Period			
7th Period	Filled activity sheets.	Session by Adv. Lida Joao	Discussion on quiz
8th Period			

Signature of the Headmaster/Headmistress

  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALSLETE-GOIA 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PERIOD, 2019 - 2021 (V2)



NAME OF THE TEACHER TRAINEE: Joyce Valeska Morais  
NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	MONDAY Dt: 26/01/21	TUESDAY Dt: 26/01/21	WEDNESDAY Dt: 27/01/21
1st Period	Prepared backdrop.	R	} Unpinned cutouts } from the } backdrop. checked bulletin board.
2nd Period	} Republic day } practice.	E	
3rd Period		P	
4th Period		U	
5th Period	} Completed bulletin } and white } board.	B	} Corrected VIII A } test papers in } science 'light'.
6th Period		L	
7th Period	Wrote comparing script.	I	Filled activity sheets.
8th Period		C	
		D	
		A	
		y	

Signature of the Headmaster/Headmistress

*J. P. Morais*  
HEADMISTRESS  
ST. MARY OF THE ANGELS  
CONVENT HIGH SCHOOL  
CHINCHINIM,  
SALCETE - GOA 403 715

**NIRMA INSTITUTE OF EDUCATION**  
 LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP R.E.D. 2019-2021 (V2)



NAME OF THE TEACHER-TRAINER: Joyce Valaska Moscais  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	THURSDAY Dec 21/21	FRIDAY Dec 22/21	SATURDAY Dec 23/21
1st Period	} Prepared elements for bulletin board.	Relaxed	Read newspaper
2nd Period		} Prepared for maths lesson	} Prepared cut-outs for backdrop.
3rd Period	} Prepared for lesson.		} Lesson in maths
4th Period		} Typed and scheduled test in science	} 'Frequency polygon'
5th Period	} Republic day practice.	} Republic day practice	} Republic day practice.

Signature of the Headmistress \_\_\_\_\_

HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 508 715

**NIRMALA INSTITUTE OF EDUCATION**  
 LIST OF ACTIVITIES CONDUCTED DURING IN-SERVICE (B.E.D. 2019 - 2021 (V.2))

NAME OF THE TEACHER/ TRAINER: Joice Valaska Mascari  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim

	MONDAY 01/10/21	TUESDAY 02/10/21	WEDNESDAY 03/10/21
1st Period	Completed and submitted	Submitted maths lesson	Submitted lesson
2nd Period	maths lesson. Kilometers to meters.	'Proportion'	'How big? How small?'
3rd Period	Submitted exercise in maths.	Discussed about	Collected science
4th Period	Prepared ppt.	Backdrop	units.
5th Period	on 'Proportion'.	Prepared ppt.	Prepared test
6th Period		on 'How big?'	on 'Light'
7th Period	Met mentor.	'How small?'	Typed exercise
8th Period	Filled activity sheet.	Poster competition discussion.	in maths

Signature of the Headmistress  
  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALDOTE - GOA 403 715

**NIRMALA INSTITUTE OF EDUCATION**  
 LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP PERIOD: 2019 - 2021 (V2)

NAME OF THE TEACHER TRAINEE: Joyce Valeska Moraes  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim

	THURSDAY DE 14/01/2021	FRIDAY DE 15/01/2021	SATURDAY DE 16/01/2021
1st Period	Compiled video lesson	Read newspaper.	H
2nd Period	Submitted video	Prepared ppt	O
3rd Period	Lesson 'Light'	in maths	L
4th Period	prepared notes.	Mensuration.	I
5th Period	Compiled ideas	Worked on	D
6th Period	for bulletin.	the elements	A
7th Period	Prepared playcards	of Bulletin	Y
8th Period	for assembly.	board.	

Signature of the Internship Supervisor

*J. Moraes*  
 PRINCIPAL  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - 90A-403 715

NIRMALA INSTITUTE OF EDUCATION  
 LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP (B.E.D. 2019 - 2021 IN 2)

NAME OF THE TEACHER TRAINEE: Joyce Valerka Morais  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinum

	MONDAY 01/10/2021	TUESDAY 02/10/2021	WEDNESDAY 03/10/2021
1st Period	Submitted video lesson	Read newspaper	Bulletin board
2nd Period	Fun with magnets	Submitted video lesson	Responsibility.
3rd Period	Prepared notes on	Triangles.	Discussed about
4th Period	Fun with magnets	Prepared notes	assembly on 16/10/2021
5th Period	Collected maths unit.	and exercise.	Assembly practice with students.
6th Period	prepared ppt	Collected science units.	prepared ppt.
7th Period	on maths lesson.	Typed MCQ test	in science
8th Period	Triangles.	in science.	'Light'

*Joyce*  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SALCETE - GOA 403 715

NIRMALA INSTITUTE OF EDUCATION  
 LIST OF ACTIVITIES CONDUCTED DURING INTERSHIP (E.D. 2019 - 2021) (12)

NAME OF THE TEACHER TRAINEE: Joyce Valerka Morais  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim

	THURSDAY Dec 7 <sup>th</sup> 2021	FRIDAY Dec 8 <sup>th</sup> 2021	SATURDAY Dec 9 <sup>th</sup> 2021
1 <sup>st</sup> Period	} Wrote lesson plan in mathematics.	} Read newspapers.	} Collected lesson unit
2 <sup>nd</sup> Period			
3 <sup>rd</sup> Period	} Algebraic expressions and identities.	} Searched activities to be	} Discussed about activities with
4 <sup>th</sup> Period			
5 <sup>th</sup> Period	} coordinated with mentor.	} conducted online Maths lesson	} teacher trainee.
6 <sup>th</sup> Period			
7 <sup>th</sup> Period	} prepared ppt.	} Algebraic expression and identities. Submitted lesson plan.	} Wrote science lesson plan.
8 <sup>th</sup> Period			
9 <sup>th</sup> Period		} Analyzed the lesson.	} Fun with magnets.

Signature of the Headmistress/Head administrator

*[Signature]*  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 SANCETE - GOA 403 715



NIRMALA INSTITUTE OF EDUCATION

LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.C. 2019 - 2021 (12)

NAME OF THE TEACHER TRAINEE: Jeyce Valeska Morais

NAME OF THE SCHOOL: St. Mary of the Angels Convent, Chinchinim.

	MONDAY 01/01/2021	TUESDAY 02/01/2021	WEDNESDAY 03/01/2021	
1st Period	Interacted with teachers	Read newspaper.	Submitted video lesson.	
2nd Period	Discussed about internship plan.	Collected one science unit.	} Science lesson.	
3rd Period	Discussion with the	} Referred to books for the lesson.		Chemical effects of electric current.
4th Period	allotted mentors.		} Wrote lesson plan.	} Collected dates
5th Period	} Settled in the library.	} Wrote lesson plan.		} for lessons.
6th Period				} Learned about some
7th Period			} in science	
8th Period	online activities.	Prepared ppt.	Relaxed.	

Signature of the Headmaster/Headmistress

*J. P. ...*  
 HEADMISTRESS  
 ST. MARY OF THE ANGELS  
 CONVENT HIGH SCHOOL  
 CHINCHINIM,  
 BALSLETE-GOIA 403-715

**NIRMALA INSTITUTE OF EDUCATION**  
**LIST OF ACTIVITIES CONDUCTED DURING INTERNSHIP R.ED. 2019 - 2021 (V2)**



NAME OF THE TEACHER TRAINEE: Joyce Voleka Moais  
 NAME OF THE SCHOOL: St. Mary of the Angels Convent High School, Chinchinum.

	THURSDAY Dt: 22/04/21	FRIDAY Dt: 23/04/21	SATURDAY Dt: 24/04/21
1st Period	Discussion with headmistress	Read news.	Read news.
2nd Period	Submitted science lesson plan.	} Typed activities for internship file.	} Typed internship file.
3rd Period	Submitted mentor forms to the teacher.		
4th Period	} Typed report for internship file.		} Collected lesson plans
5th Period			
6th Period	} Proposed for B.Ed. examination.		} Compiled pictures for internship file. Filled and submitted activity sheets.
7th Period			
8th Period			

Signature of the Headmaster/Headmistress \_\_\_\_\_  
 HEADMISTRESS  
**ST. MARY OF THE ANGELS**  
**CONVENT HIGH SCHOOL**  
 CHINCHINIM,  
 SALCETE - GOA 403 715



# ACTIVITIES

## ACTIVITY 1

**Topic :** Virtual talk show

**Objective :** To increase vocabulary.

**Materials required :** Online meet.

**Procedure :** This virtual talk show takes learning and makes it fun. Students are asked to take the place of characters, concepts or even a time period in a virtual talk show. Each student takes the “hot-seat” to answer questions showing their comprehension of an idea from the viewpoint of a person or idea being Studied in class.

## ACTIVITY 2

**Topic :** Make words.

**Objective :** to increase word power.

**Materials required :** coloured chalks.

**Procedure :** The class is divided into 4 teams and a particular alphabet like G, Q, T, and so on was given to all the teams simultaneously. Every member of the teams had to write one word with the given alphabet on the board in order. The time limit for each round was 1 minute. The team having maximum correct words would win the round. A total of 5 rounds were played.

### ACTIVITY 3

**Topic :** Acting concepts.

**Objective :** To revise science concepts.

**Materials required :** Chalk, slips.

**Procedure :** In this activity the class was divided into 2 groups. One member of each group was called forward and a concept was told to pick a slip. Whatever concept was written on the slip was acted out by the member and the remaining members described it. The various concepts were photosynthesis, digestion, precipitation and so on. The student was given 3 minutes to act.

## ACTIVITY 4

**Topic :** Doodling together

**Objective :** To improve drawing skills

**Materials required :** Google Jamboard

**Procedure :** Students love to doodle and remote learning makes a great way to have them do this collaboratively. They can interpret stories, ideas or people and compare their doodles with their classmates.

## ACTIVITY 5

**Topic :** Word association

**Objective :** To increase word power

**Materials required :** Online meet

**Procedure :** word association games can be easily played in a virtual classroom and they require little to no preparation. It is a simple game wherein the teacher would choose a word and then ask the students to say the first word related to it that comes to their mind. A great way to play this in a virtual classroom is to give students a particular topic for example ‘Animals’ and then ask them to name something from that topic.



## ACTIVITY 6

**Topic :** Pictionary.

**Objective :** To develop picture description

**Materials required :** pictures, Online meet

**Procedure :** In this activity a power point presentation is presented in the virtual classroom. Each slide will have 4 pictures that will all relate to a single word. The students have to guess the word by relating the 4 pictures. The pictures could be of two different things that have the same name, for example, if the word to be guessed is orange then the pictures would include that of an orange fruit as well as orange colour.

## ACTIVITY 7

**Topic :** Learn the scientist.

**Objective :** To increase knowledge of scientists.

**Materials required :** Books on scientists.

**Procedure :** In this activity the students in the class made groups of 4. Each group was given to read about a particular scientist. They were told to read about the scientist and to find out either their invention or why they are famous. Later each group was called forward and was asked to give a brief description about the scientist to the class.

## ACTIVITY 8

**Topic :** Solve and pass.

**Objective :** To develop the skill of solving mathematics problems.

**Materials required :** flash cards.

**Procedure :** This activity involved eight flash cards having problems in mathematics. The class made groups of four. Each group had a flash card to be solved for 5 minutes. At the end of 5 minutes the flash card was passed to the next group. In this manner all the flash cards were circulated to all the groups in the class. Once all the flash cards were circulated to all the groups the answers were discussed and corrected in the class.

## ACTIVITY 9

**Topic :** Interview

**Objective :** To develop the skill of problem solving

**Materials required :** Online meet

**Procedure :** members of the class take the part or perspective of any living character and must interact from their perspective. The interview could be broken down into specific tasks to keep the students organised and to structure them so that the content to be covered is addressed. Advantages include motivation to solve a problem or to resolve a conflict for the character, providing a new perspective through which the students can explore or understand an issue. It develops the skills, such as writing, leadership, coordination, collaboration and research.

## ACTIVITY 10

**Topic :** Google earth.

**Objective :** To develop technical skills

**Materials required :** Phone with Google earth app

**Procedure :** In this activity the students were divided in batches of ten members and were exposed to the area location app called 'Google earth'. The various uses of the app were showed. They were showed how to locate the place and how to move about using the app.

## ACTIVITY 11

**Topic :** Jigsaw

**Objective :** To develop the ability to explore

**Materials required :** online jigsaw puzzle, online meet

**Procedure :** A Jigsaw is a cooperative active learning exercise where students are exposed to an online Jigsaw puzzle. Every student may be given a different puzzle. The students will have to solve the puzzle. Once the puzzle is solved the students have to identify what the pictures says and describe it in their own understanding. The description of all the pictures are then supposed to be arranged step by step to form a story or procedure. So the puzzles could include the various steps involved in certain science processes like digestion, photosynthesis, and so on. The advantages of Jigsaw include the ability to explore substantive problems and readings, the engagement of all the students with the material and in the process of working together, learning from each other and sharing and critical analysing a diversity of ideas.

## ACTIVITY 12

**Topic :** Bingo

**Objective :** To learn squares of numbers

**Materials required :** Bingo cards

**Procedure :** Each student is provided with a bingo card having the squares of various numbers. Then the teacher picks various numbers randomly and the students need to mark the square of the number if it is present on their card. The first student to make a BINGO of five in a row – horizontal, vertical or diagonal wins the game. This game helps the students to brush upon the squares of numbers in a play-way method.

## ACTIVITY 13

**Topic :** time period

**Objective :** To increase the skill of experimentation

**Materials required :** stand, metal bob, thread, scale, stop watch.

**Procedure :** The thread was tied to the metal bob and hung to the stand. The thread was measured at a particular length and hung. Then one student came forward to count the number of oscillations while the other maintained the timer at 20 seconds. Taking the results the time period was found. The same process was repeated by reducing the length of the thread by 10 cms each time.



## ACTIVITY 14

**Topic :** Good and bad conductors.

**Objective :** To encourage to apply science in real life situations.

**Materials required :** 9V battery, LED, wires, various types of materials.

**Procedure :** In this activity the students were shown how to connect a circuit. The key in this circuit would be the different materials to be tested for conduction of electricity. The students were allowed to connect various types of materials to the circuit and note whether they conduct electricity by checking if the LED glows.

## ACTIVITY 15

**Topic :** Top view and side view.

**Objective :** To involve mathematics in real life situations.

**Materials required :** Flash cards, adhesive.

**Procedure :** In this activity the students were given flash cards with 'TOP VIEW' and 'SIDE VIEW' written. They were asked to locate any one object in the class and to mark it's top and side views using the flash cards and adhesive.

## ACTIVITY 16

**Topic :** Debate

**Objective :** To encourage putting forth view points.

**Materials required :** list of topics.

**Procedure :** In this activity two teams were formed. A social topic was put forth like single use plastic and technology. One team was talking for the topic while the other team gave points against the topic.

## ACTIVITY 17

**Topic :** Length conversion

**Objective :** To encourage mathematics in daily life.

**Materials required :** Flash cards, adhesive.

**Procedure :** In this activity the students were given flash cards. Some flash cards had length written in centimetre unit while some had the same length written in millimetre unit. The students were asked to move around and find out which flash card matched their flash card. Also they were asked to place them on the chalkboard in order.

## ACTIVITY 18

**Topic :** Sudoku.

**Objective :** To develop logical thinking.

**Materials required :** flash cards with Sudoku.

**Procedure :** In this activity a 9 x 9 blocked flash card was given to the students on which some numbers were written. The students had to fill the remaining blocks such that every number from 1 to 9 should appear in each of the nine vertical columns, horizontal rows and the boxes.

## ACTIVITY 19

**Topic :** Induction motor

**Objective :** To expose students to practical working models.

**Materials required :** Cell, copper wire, rubber band, safety pins, magnet.

**Procedure :** In this activity an induction motor was prepared. The two safety pins were fixed at the terminals of the cell using a rubber band. Then the copper wire was coiled into a loop leaving the ends free. This coil was inserted in the two pins. Finally a magnet was placed on the cell in such a way that the copper coil would rotate.

## ACTIVITY 20

**Topic :** Finger multiplication

**Objective :** To increase the power of quick response

**Materials required :** NIL

**Procedure :** In this activity two students were placed standing opposite and facing each other. They were asked to keep both the hands behind. On the count of three each of them was asked to show any number of fingers of their right hand only forward. Then the students had to quickly multiply their own number of fingers to the number of fingers of the opposite student. The student who gave a quick and correct answer won the round.

## FEAST OF ST. JOSEPH VAZ REPORT

15<sup>th</sup> January 2021

The feast of St. Joseph Vaz was celebrated on 15<sup>th</sup> January 2021 although the feast is on 16<sup>th</sup> January since it was a holiday. The feast was celebrated by the students of red house and it was known as the 'Red house feast'. The assembly of the day was written by Tr. Vijaya and was provided to us. The teacher trainees were asked to distribute the prayers to the red house students of class 9 and 10. We had a total of 3 training sessions for the assembly on 3 days including the day of the feast.

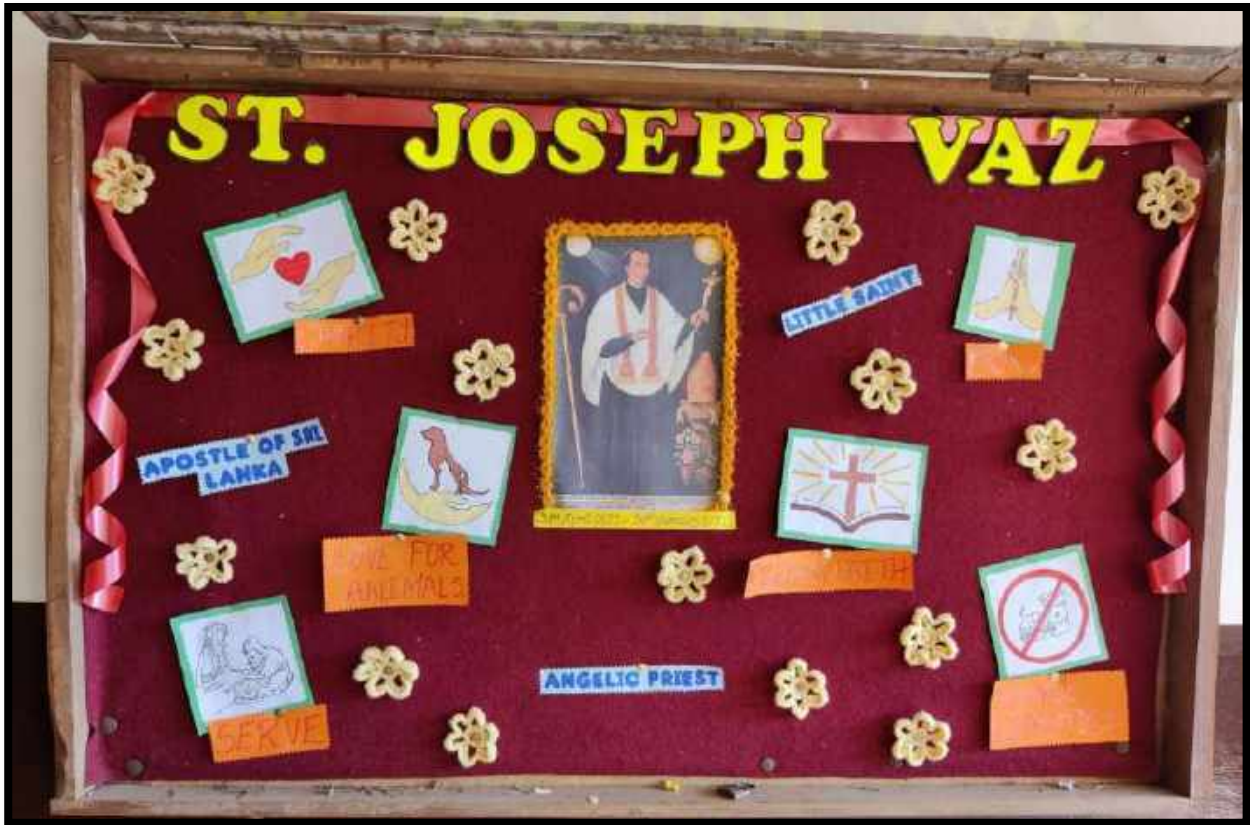
The teacher trainees were also given the responsibility of making four placards to be presented to the students during the prayers of the faithful of the prayer service. The four words to be written on the placards were, Accepting, Imitating, Knowing and Call. The words were handwritten and painted in Algerian font with black colour on yellow kite paper. The placards were created with cardboard of old cartoon boxes provided by the school. Every word was given a white border of tape around it.



BULLETIN BOARD



The bulletin board represented the values from the life of St. Joseph Vaz which we and the students may inculcate in their life. The board was centered with a picture of St. Joseph Vaz with a crochet border. The name of St. Joseph was placed at the top of the board. Few names like Little Saint, Apostle of Sri Lanka and Angelic Priest, given to St. Joseph Vaz were randomly placed on the bulletin board. The values presented were charity, love for animals, service to others, prayer, preaching faith and simple living and were handwritten with red pen on orange paper. Small pictures were drawn to depict the values. The board was further decorated using some handmade crochet flowers. The bulletin board was appreciated by the students and faculty of the school.



## **REPUBLIC DAY REPORT**

26<sup>th</sup> January 2021

An assembly was conducted by the S.Y.B.Ed. teacher trainees. It was held in the morning of 26<sup>th</sup> January 2021. The assembly was conducted in the school compound of St. Mary of the Angels convent high school, Chinchinim. The theme for our assembly was 'Marching towards unity' as it was Republic day. In total we had four practice sessions for the assembly. A total of 10 students were involved and trained.

On the day of the assembly we were present at the school at 7.30 a.m. for the preparations. Firstly we hung the backdrop and then the stage was set up. A final rehearsal was done just before the assembly time. The assembly commenced at 8.00 a.m. with the chief guest escorted by the Head girl and the Assistant Head girl to unfold the National flag. The prayer service began with an introduction followed by the bible reading of the day and a short reflection on it. Then we had four prayers of the faithful dedicated to various communities and the pandemic. The response for every prayer was 'Lord, bless our country'. The prayer service ended with the concluding prayer and a hymn. After the prayer service we had a short program by the teachers and the students of class 10. The students were very enthusiastic on preparing for the assembly. The participants cooperated well for all the practice sessions. The response by the audience during the assembly was good. We received a good feedback from many teachers. Overall we also had a good experience training the students and conducting the assembly.

### **PRAYER SERVICE**

In the name of the Father, and of the son and of the Holy Spirit, Amen.

### **INTRODUCTION**

The theme for today is **MARCHING TOWARDS UNITY**. India is an ancient land where humanity has lived since ages. After trembling the tyranny of colonialism and gaining independence from the British imperial powers, the nation builders of independent India declared that India would henceforth be known as a sovereign, socialist, secular and democratic republic. This declaration was made on 26 January 1950 when the constitution of India came into force and India was declared to be a Republic. The constitution assured its citizens of upholding the principles of Justice, Equality and Liberty and to promote Fraternity among them all.

Today we celebrate the 72<sup>nd</sup> Republic Day, it is a momentous occasion for us Indians to celebrate the harmonious spirit which binds our nation irrespective of its diversity in culture, traditions, religion, languages, customs, etc.

Let us thank God for all the good things we enjoy, for the success we have achieved and for the constitution that guards and guides us to live in peace and harmony

WORD OF GOD: Mt: 22, 15-22

#### REFLECTION

Through the reading Jesus tells us to respect the authorities and obey the rules and regulations set by them. We are called to actively participate in the issues related to our country's welfare. It is our moral responsibility to contribute and uphold the values of truth, justice, equality, peace, brotherhood in our country

HYMN: bind us together

Let us pray for our country to be a vibrant and a developed one.

After each response let our response be 'Lord, Bless our country'.

1. Though we are all Indians, we still harbour distrust against our neighbours. Lord, give us the openness to accept one another in trust and love. Let us pray to the Lord.

Lord, Bless our country

2. Corruption, fights, injustice, terrorism and criminal offence are spreading their tentacles everywhere in our country. Let the reign of love and integrity begin in our hearts so that we seek to crush this evil. Let us pray to the Lord.

Lord, Bless our country

3. Our country is riddled with poverty and unemployment. Lord, bless our leaders and give them vision and courage to take decisions selflessly for the betterment of our country. Let us pray to the Lord.

Lord, Bless our country

4. The Corona virus disease is spreading rapidly around the world, especially in our country. May the Lord heal our world, strengthen our hearts and minds and in the midst of turmoil, give us hope and peace. We pray to the Lord.

Lord, Bless our country

#### CONCLUDING PRAYER

Lord, we thank you for our existence. We ask you to keep our nation united. Motivate us to build a new India where human dignity, freedom and prosperity will be enjoyed by all. May our homes become heavens of peace and experience the true joy of unity. We make this prayer through Christ our Lord, Amen.

#### PRAYER FOR PEACE

Lord, make me an instrument of your peace

Where there is hatred, let me sow love

Where there is injury, pardon

Where there is doubt, faith

Where there is despair, hope

Where there is darkness, light

And where there is sadness, joy

O Divine Master, grant that I may

Not so much seek to be consoled as to console

To be understood, as to understand

To be loved, as to love

For it is in giving that we receive

And it's in pardoning that we are pardoned

And it's in dying that we are born to Eternal Life

Amen

Glory be to the Father and to the Son and to the Holy Spirit

As it was in the beginning is now and ever shall be world without an end, Amen.

#### PROGRAM

The program began by greeting the dignitaries and welcoming the teachers and students. The event was hosted by the teacher trainees. It began with the students of class 10 who performed a fusion dance on songs dedicated to our mother land. The event was continued with the motivation given by

the Secondary teachers thought a beautiful song 'We can achieve' with Tr. Jocelyn playing the organ. Further Miss Shanaya Vaz was requested to present a token of love and appreciation to the chief guest of the day. On introduction of the chief guest by Tr. Jocelyn Mrs. Rita spoke a few words of wisdom to the audience. Next our Headmistress Sr. Flavia put forward her thoughts on republic day and the event. Finally, the event for the day ended with a few words of motivation by the hosts.

The event was overall appreciated by the students, teachers and the Headmistress.

### BACKDROP

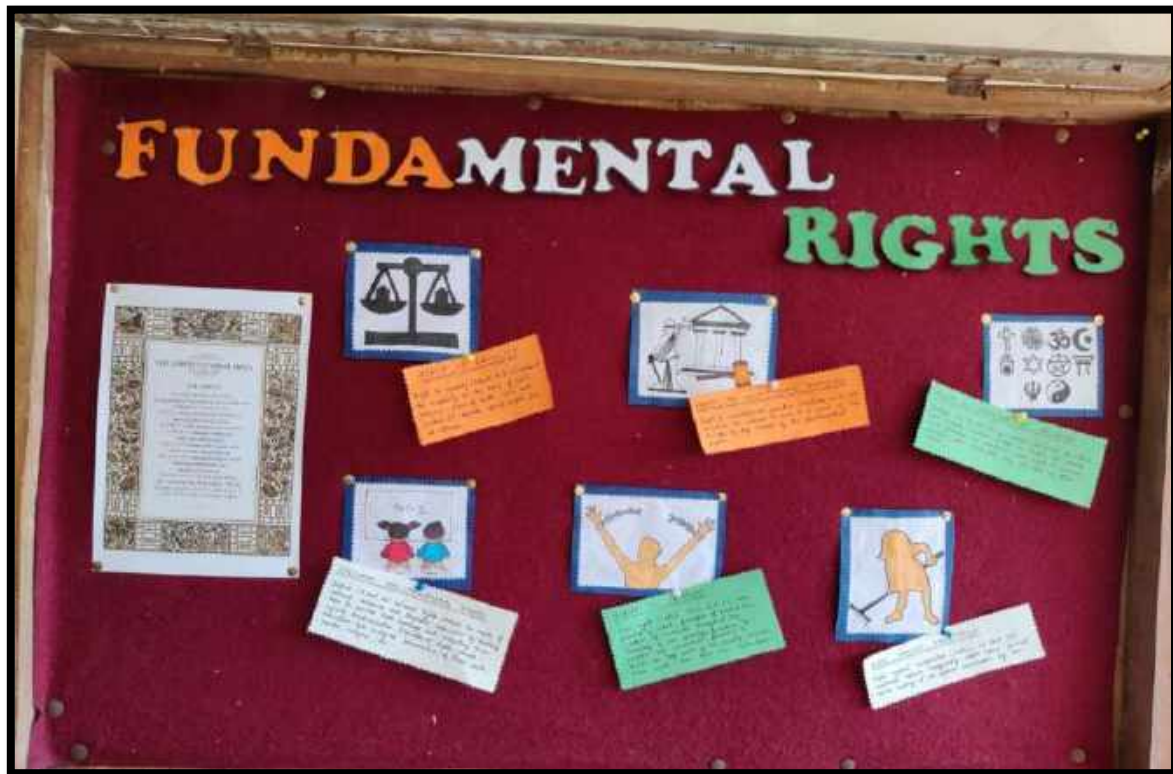
For the celebration of Republic day the teacher trainees were asked to prepare the stage backdrop on the theme 'Marching towards unity' which was provided by the school. The backdrop depicted people marching in unity yet maintaining social distance. We also highlighted the environmental reconstruction by the hands forming a tree.



### BULLETIN BOARD

The bulletin board was prepared on the constitution of India and six fundamental rights - Right to equality, Cultural and educational rights, Right to freedom, Right to constitutional remedies, Right against exploitation and Right to freedom of religion. The board also included the constitution oath. Every right was written, described and sketched. We also decorated the white board by making India gate and writing the Republic day greeting. The discussion about the bulletin board was done during the initial days of the internship. The layout and elements of the bulletin board were discussed during the free periods of the internship days. The preparation for the elements to be put

on the bulletin board was done three days prior to the Republic day. Each member of our internship group contributed in making the decorations and arranging the bulletin board.



#### WHITE BOARD

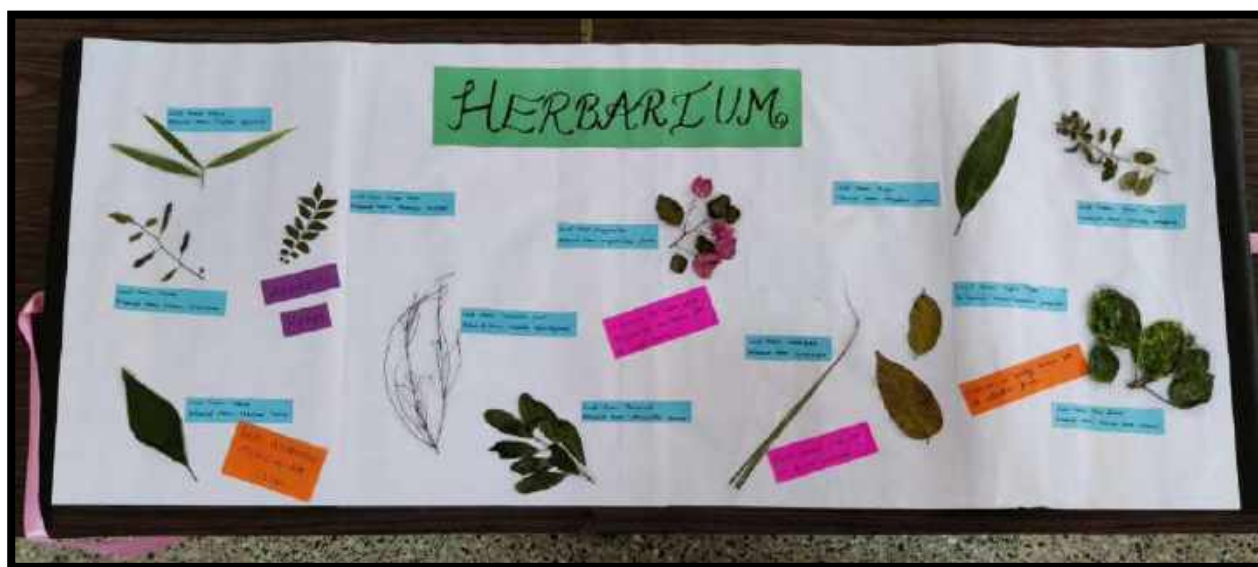
The white board was used to greet everyone a happy republic day. The words were handwritten, cut and placed on the board with the help of blue-tack. It included the depiction of India Gate was cut on black chart paper and was decorated with saffron, white and green flowers cut from paper placed in rows. A shadow of a soldier was made and placed in the center of the gate.



## SCIENCE DAY REPORT

2<sup>nd</sup> March 2021

We celebrated the science day on 2nd March 2021. The celebration included an assembly followed by a short program. During the program we flashed some science highlights in recent times. One video was on future technology while the other spoke about how we can conserve our environment. The students were sent a digital poster to collect plant specimens in order to create a Herbarium for the school. Another poster was created to declare a short film competition for the students of class 9 and 10. In order to invite all the school faculty and students for the science day program we created a digital invitation to be sent in the Whatsapp groups of the respective classes.



**NATIONAL  
SCIENCE DAY  
2021**

You are invited to celebrate the achievements in science and technology.  
Let's all be grateful for the persons working to the prosperity of science.

**DATE - March 2, 2021**  
**TIME - 8:00 a.m.**  
**VENUE - School Auditorium**

ST. MARY OF THE ANGELS CONVENT  
HIGH SCHOOL, CHINCHINIM

*Short film making  
competition*  
**60 SECONDS**

Record a Short film of 60 seconds involving anyone of the following:

1. A scientific phenomenon
2. Conservation of environment

Short film should also include the significance of that phenomenon.

**DATE :** March 01, 2021  
**E-MAIL :** [nikita@smac-edu.in](mailto:nikita@smac-edu.in)

**FOR ANY QUERIES CONTACT,**  
**NIKITA DIAS - 8390198348**  
**JOYCE MORAIS - 9545934274**

## BULLETIN BOARD

The bulletin board for the day was based on the current affairs in the field of science and technology. We motivated the students to bring newspaper cut-outs of the recent events and inventions in science and technology. The same were put up on the bulletin board. This also gave an opportunity to the students and the school to maintain the science club bulletin board.



## WHITE BOARD

On the occasion of National Science day the white board was decorated by putting up cut-outs of the words 'NATIONAL SCIENCE DAY' in bold and the date 28<sup>th</sup> February 2021 was also flashed. A few elements in science like environment,



technology, chemistry and biology were stuck using blue-tack. All the elements were hand written, painted and pasted by the teacher trainees during the school hours itself.



## **PRAYER SERVICE**

### **INTRODUCTION**

Loving God, we come before this day in awe of the grandeur and complexity of your creation. We thank you for your gifts of curiosity and analytic minds, and for our eagerness to explore what we do not understand. Be with us now, we pray, as we open ourselves to the unfolding wonder of your creation. On this day as we celebrate the advancement of Science and Technology, We covenant with you and with the church in all its settings to serve you boldly and dynamically, to join your dance of life, and share in the co-creation of a just and sustainable world as made manifest in the Gospel of Jesus Christ! Amen.

**HYMN : God still loves the world**

**READING : Job 36, 27-33**

### **REFLECTION**

The bible reading speaks about the common phenomenon, what is very frequent, and well known in all ages and countries, and by all men and yet there are some things relative to it which are beyond the comprehension of men. But for God, this is all simple. In fact, the clouds in the verse we just read are referred to as his pavilion – where he dwells. He commands the lightning that it may not harm because anyone that comes between and intercedes with his prayers. This shows the greatness and how impossible it is to understand every plan of God.

### **PRAYERS OF THE FAITHFUL**

Let us put forth some of our prayers to the Lord. After each prayer let our response be; 'May we live in harmony with the earth'

1. May we use the world's resources we need with love, humility, and thoughtfulness, without guilt, without fear, without waste. For this we pray to the Lord.

May we live in harmony with the earth

2. May we live together with animals with which we share this planet, being careful not to harm them or their habitats. For this we pray to the Lord.

May we live in harmony with the earth

3. May we learn to live within our means, by reducing our waste and continuing to reuse and recycle all that we can.

May we live in harmony with the earth

4. May we plan to leave the world in a state that all future generations will be able to enjoy, ensuring that it is filled with resources, life, and kept healthy and clean.

May we live in harmony with the earth

#### CONCLUDING PRAYER

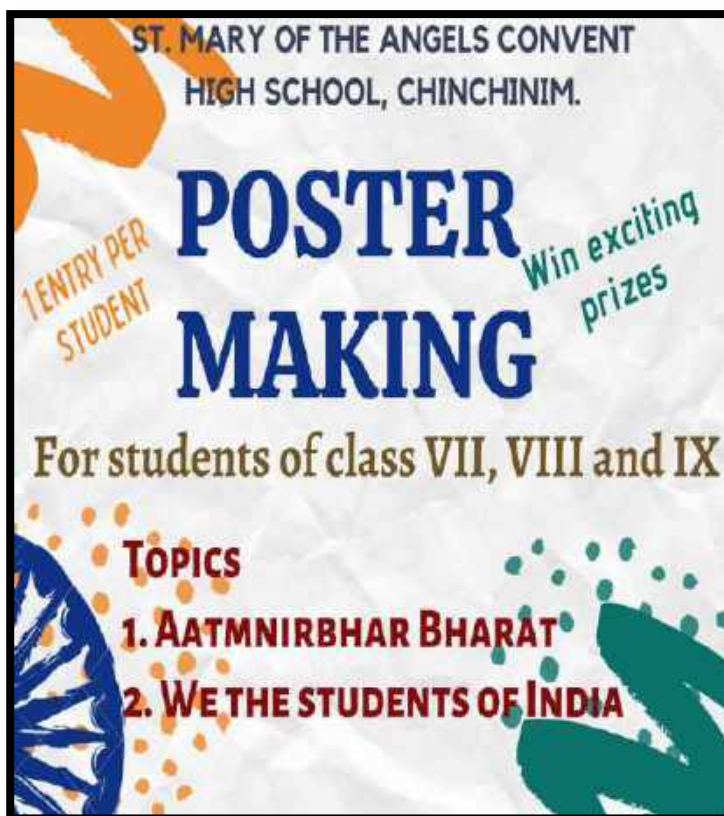
Lord, you have endowed human beings with the ability to search out your laws and have given them the freedom to apply their knowledge as they choose. We ask your blessing on all engaged in scientific research and technology and on those who provide the resources for such work; that choice may be made of projects which enhance both human life and have regard to the safety and well-being of the natural order. May we thus be true stewards of your bounty, to our own inner satisfaction and your greater glory. Amen.

## COMPETITIONS

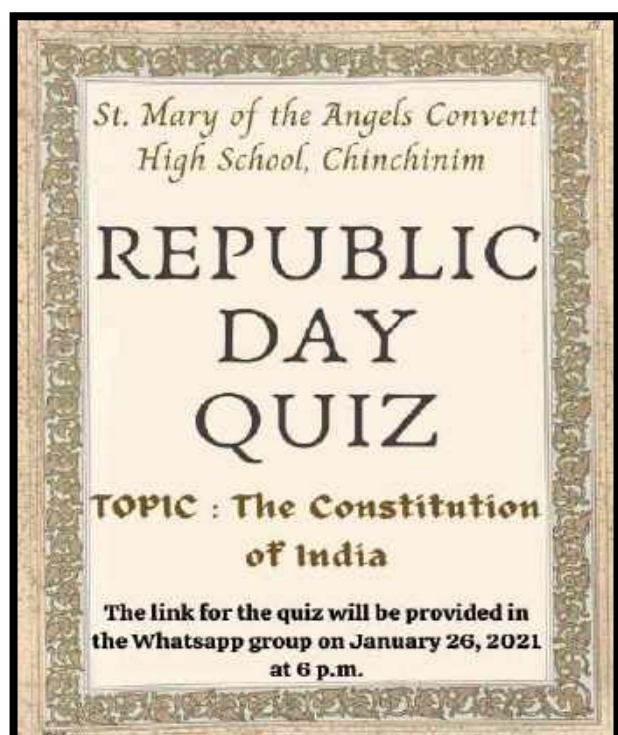
### REPUBLIC DAY POSTER COMPETITION

On the occasion of Republic day 2021 we held a poster competition for the students of classes 7, 8 and 9. For this we prepared creative online notices in the form of digital posters. The results of the poster competition were declared on the Whatsapp groups through a pdf containing the result posters.

The entries of the poster completion were accepted online as well as a hard copy. We received a total of entries from all the three classes. The judges for the competition were Tr. Renanta, Tr. Jacita and Tr. Sailee. The judging criteria allotted to the judges were Relation to the theme, Neatness, Originality and overall impact. The first and second places in every class were awarded with a merit certificate and prizes.



### QUIZ ON THE CONSTITUTION OF INDIA



An online notice was also created for the Republic day quiz. The quiz contained 25 multiple choice questions based on the Constitution of India. The link of the Google form on the quiz was sent to the students of class 8, 9 and 10 on their respective Whatsapp groups at 6 p.m. on 26<sup>th</sup> January 2021.

We received a total of 75 responses from all the classes. All the participants were appreciated with an e-certificate designed by the teacher trainees with the school stamp and signature of the headmistress.

## TEST PLANS

**SUBJECT : Mathematics**

Unit : The triangle and its properties

Class : VII

Description of weightage

### 1. Weightage to content

Sub-unit	Percentage	Marks
Elements of a triangle	30	6
Exterior angle property	20	4
Angle sum property	15	3
Right-angled triangle	20	4
Pythagoras theorem	15	3
	100	20

### 2. Weightage to objectives

Objectives	Percentage	Marks
Remember	20	4
Understand	40	8
Apply	40	8
	100	20

### 3. Weightage to items

Items	Percentage	Marks
Essay	20	4
Objective select	20	4
Objective supply	20	4
Objective context dependent	40	8
	100	20

### BLUEPRINT

Objective /Content	Remember				Understand				Apply				Marks
	E	O Se	O Su	OCD	E	O Se	O Su	OCD	E	O Se	O Su	OCD	
Elements of a triangle		2			2				2				6
Exterior angle property								2			2		4
Angle sum property		1						1			1		3
Right-angled triangle		1				2						1	4
Pythagoras theorem								1				2	3
<b>Total</b>		4			8				8				20

TEST PAPER

Name :

Standard : VII

Roll no. :

Subject : Mathematics

Time : 30 minutes

Marks : 20 mks

I) Fill in the blanks with the most appropriate answer.

(4)

1. How many elements are there in a triangle?

- (a) 3 (b) 6 (c) 9 (d) 12

2. If one angle of a triangle measures  $90^\circ$ , the triangle is called \_\_\_\_\_ triangle.

- (a) Obtuse-angled (b) Acute-angled (c) Right-angled (d) Equilateral

3. How many medians can a triangle have?

- (a) 1 (b) 2 (c) 3 (d) 6

4. What is the sum of the measures of all the angles of a triangle?

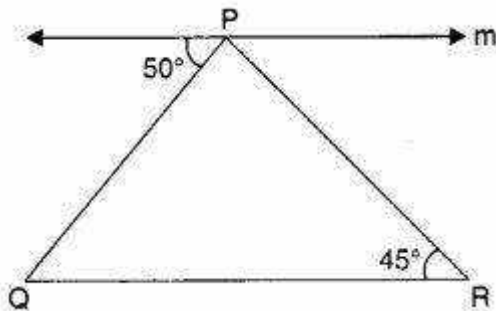
- (a)  $360^\circ$  (b)  $180^\circ$  (c)  $60^\circ$  (d)  $280^\circ$

II) Find, using which of the following lengths is it possible to draw a triangle. Justify your answer. (4)

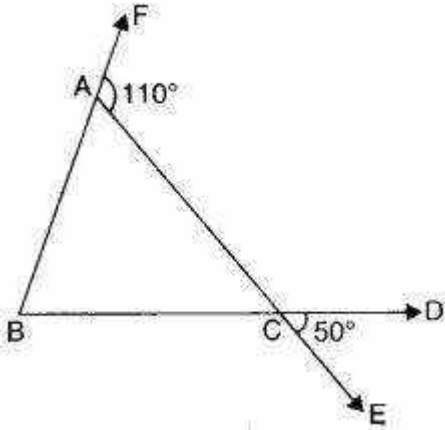
1. 3cm, 4cm and 6cm
2. 2cm, 3cm and 6cm
3. 3cm, 4cm and 5cm
4. 3cm, 5cm and 8cm

III) Find the measure of the angle in the following triangles.

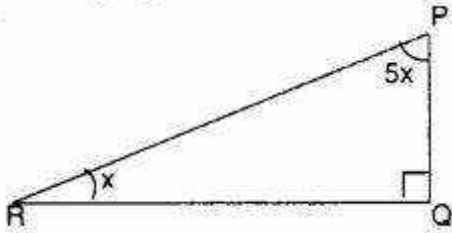
1. In the following figure,  $m \parallel QR$ . Then, what is the measure of  $\angle QPR$ ? (2)



2. In the following figure, find the measure of the  $\angle ABC$ . (2)



3. Find the value of unknown angle 'x' in the following figure. (2)



- IV) Find which of the following lengths can form a right triangle. (4)
1. 3cm, 4cm and 5cm
  2. 2cm, 2cm and 4cm
  3. 6cm, 10cm and 12cm
  4. 9cm, 12cm and 15cm
- V) The lengths of two sides of a right-angled triangle measure 12cm and 5cm respectively. Find the length of the third side. (2)

## SCORING KEY

- I)
- 6
  - Right-angled
  - 3
  - $180^{\circ}$
- II)
- $3 + 4 = 7 > 6$   
 $4 + 6 = 10 > 3$   
 $3 + 6 = 9 > 4$   
Triangle is possible
  - $2 + 3 = 5 < 6$   
Triangle is not possible
  - $6 + 10 = 16 > 12$   
 $10 + 12 = 22 > 6$   
 $6 + 12 = 18 > 10$   
Triangle is possible
  - $3 + 5 = 8 = 8$   
Triangle is not possible
- III)
- $\angle P = 180^{\circ} - 50^{\circ}$  --- Exterior angle theorem  
 $\angle P = 130^{\circ}$   
In  $\triangle PQR$ ,  
 $\angle P + \angle Q + \angle R = 180^{\circ}$  --- Angle sum property of a triangle  
 $50^{\circ} + \angle Q + 45^{\circ} = 180^{\circ}$   
 $\angle Q + 95^{\circ} = 180^{\circ}$   
 $\angle Q = 180^{\circ} - 95^{\circ}$   
 $\angle Q = 85^{\circ}$
  - $\angle C = 50^{\circ}$  --- Vertically opposite angles  
 $\angle A = 180^{\circ} - 110^{\circ}$   
 $\angle A = 70^{\circ}$   
In  $\triangle ABC$ ,  
 $\angle A + \angle B + \angle C = 180^{\circ}$  --- Angle sum property of a triangle  
 $70^{\circ} + \angle B + 50^{\circ} = 180^{\circ}$   
 $\angle B + 120^{\circ} = 180^{\circ}$   
 $\angle B = 180^{\circ} - 120^{\circ}$   
 $\angle B = 60^{\circ}$



3. In  $\Delta PQR$ ,

$$\angle P + \angle Q + \angle R = 180^\circ \text{ --- Angle sum property of a triangle}$$

$$5x + 90^\circ + x = 180^\circ$$

$$6x + 90^\circ = 180^\circ$$

$$6x = 180^\circ - 90^\circ$$

$$6x = 90^\circ$$

$$x = \frac{90^\circ}{6}$$

$$x = 15^\circ$$

$$\angle P = 5x$$

$$= 5 \times 15^\circ$$

$$\angle P = 75^\circ$$

$$\angle R = x = 15^\circ$$

IV) 1.  $3^2 + 4^2 = 9 + 16$

$$= 25$$

$$3^2 + 4^2 = 5^2 \text{ --- Possible}$$

2.  $2^2 + 2^2 = 4 + 4$

$$= 8$$

$$4^2 = 16$$

$$2^2 + 2^2 \neq 4^2 \text{ --- Not possible}$$

3.  $6^2 + 10^2 = 36 + 100$

$$= 136$$

$$12^2 = 144$$

$$6^2 + 10^2 \neq 12^2 \text{ --- Not possible}$$

4.  $9^2 + 12^2 = 81 + 144$

$$= 225$$

$$9^2 + 12^2 = 15^2 \text{ --- Possible}$$

V)  $12^2 + 5^2 = c^2$

$$c^2 = 144 + 25$$

$$= 169$$

$$c = \sqrt{169}$$

$$c = 13\text{cm}$$

the length of the third side is 13cm.

**SUBJECT : Science**

Class: VIII

Chapter: Light

**Weightage to Content**

Sl. No.	Sub – Units	Percentages	Marks
1	Laws of Reflection	25	5
2	Regular and Diffused Reflection	10	2
3	Multiple Images	5	1
4	Dispersion of Light	5	1
5	Structure of the Human Eye	55	11
		100	20

**Weightage to Objectives**

Sl. No.	Objectives	Percentages	Marks
1	REMEMBERING	25	5
2	UNDERSTANDING	45	9
3	APPLYING	30	6
	<b>Total</b>	100	20

**Weightage to Item Format**

Sl. No.	Items	Percentages	Marks
1	ESSAY		
2	SHORT ANSWER TYPE	50	10
3	OBJECTIVE – SELECT	10	2
4	OBJECTIVE – SUPPLY	10	2
5	OBJECTIVE - CONTEXT DEPENDENT	30	6
	<b>Total</b>	100	20

**Weightage to Difficulty Level**

Sl. No.	Items	Percentages	Marks
1	Easy	20	4
2	Average	50	10
3	Difficult	30	6
	<b>Total</b>	100	20

**Blueprint**

Objectives	Remembering			Understanding			Applying			Total	
	Items Format	O	SA	E	O	SA	E	O	SA		E
Content											
1	1(1)							4(1)			5
2					2(1)						2
3				1(1)							1
4	1(1)										1
5	1(1)	2(1)		2(2)	2(1)			2(1)			11
Sub-total	3	2		5	4			2	4		20
Grand Total	5			9			6				

## Test Paper

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### **General Instructions:**

1. This question paper carries 20 marks.
  2. All questions are compulsory. There is no internal choice given in the question paper.
  3. Figures to the right indicate full marks.
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Q. I A) Select the most correct alternative from those given below each statement and write the completed statement. (1×2 = 2 marks)

1. The most popular resource for visually challenged persons to read and write is \_\_\_\_\_.
  - a) Electronic writer
  - b) Digital pens
  - c) Hearing aids
  - d) Braille system
2. The phenomenon where your left appears the right and vice-versa in a mirror is known as \_\_\_\_\_.
  - a) Lateral inversion
  - b) Upside down phenomena
  - c) Dispersion
  - d) Mirage

Q. I B) Name the following: (1×2 = 2 marks)

1. The phenomenon of splitting of white light into its component colors.
2. A device which works on the concept of multiple images.

Q. II A) Answer the following questions. (2×3 = 6 marks)

1. What is the blind spot in the human eye?
2. List 2 possible measures to take care of the human eye.
3. Differentiate between Regular and Diffused reflection.

Q. II B. Draw a neat labelled ray diagram to show the reflection of light by a plane mirror. (4×1 = 4 marks)

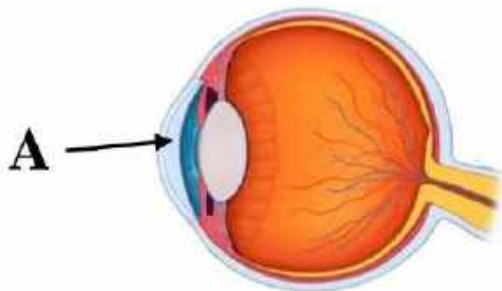
Q. III A) A student has difficulty reading the blackboard while sitting in the last row, although he can clearly read the text on his text book kept close to him.

Answer the following questions based on the above context. (1×2 = 2 marks)

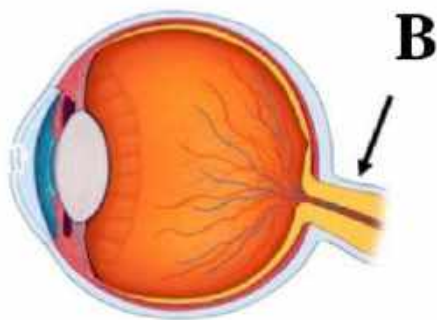
1. What could be the defect the child is suffering from?
2. How can it be corrected?

Q. III B) Identify and name the parts of the human eye marked in the diagram and state its functions. (2×2 = 4 marks)

1. Name the part marked as 'A' and write its function.



2. Name the part marked as 'B' and write its function.



**Scoring Key and Marking Scheme**

Question No.	Value Points	Marks	Total Marks		
I A					
1	D	1	1		
2	A	1	1		
I B					
1	Dispersion	1	1		
2	Kaleidoscope	1	1		
II A					
1	The spot at the junction of the optic nerve and the retina, where there are no sensory cells, leading to no vision is called the blind spot.	2	2		
2	<ul style="list-style-type: none"> <li>● If advised, use suitable spectacles.</li> <li>● Too little or too much light is bad for eyes. Insufficient light causes eyestrain and headaches.</li> <li>● Do not look at the sun or a powerful light directly.</li> <li>● Never rub your eyes.</li> <li>● Wash your eyes frequently with clean water.</li> </ul>	2	2		
3	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Regular Reflection</p> <ul style="list-style-type: none"> <li>● Parallel rays of light fall on a smooth surface</li> <li>● They are reflected back as parallel rays only</li> </ul> </td> <td style="width: 50%; vertical-align: top;"> <p>Diffused Reflection</p> <ul style="list-style-type: none"> <li>● Parallel rays of light fall upon an irregular surface</li> <li>● They are reflected back into all the directions.</li> </ul> </td> </tr> </table>	<p>Regular Reflection</p> <ul style="list-style-type: none"> <li>● Parallel rays of light fall on a smooth surface</li> <li>● They are reflected back as parallel rays only</li> </ul>	<p>Diffused Reflection</p> <ul style="list-style-type: none"> <li>● Parallel rays of light fall upon an irregular surface</li> <li>● They are reflected back into all the directions.</li> </ul>	1  1	2
<p>Regular Reflection</p> <ul style="list-style-type: none"> <li>● Parallel rays of light fall on a smooth surface</li> <li>● They are reflected back as parallel rays only</li> </ul>	<p>Diffused Reflection</p> <ul style="list-style-type: none"> <li>● Parallel rays of light fall upon an irregular surface</li> <li>● They are reflected back into all the directions.</li> </ul>				
II B	Incident Ray Reflected Ray Angle of Incidence Angle of Reflection	1 1 1 1	4		

III A	<ol style="list-style-type: none"> <li>1. Myopia</li> <li>2. Suitable Corrective Lens</li> </ol>	1 1	2
III B			
1	<p>Iris</p> <p>The amount of light that enters the eye is controlled by the Iris.</p>	1 1	4
2	<p>Optic Nerve</p> <p>The optic nerve carries the image formed on retina to the brain in the form of electrical signals.</p>	1 1	

PICTURE GALLERY



Thought board for the feast of Our Lady of Lourdes



Backdrop for Class 10 thanksgiving mass





Distribution of cloth bags at the local market near the school



Prepared paper bags to distribute to the local market



Stuck 'SAVE WATER' sticker near the washroom taps of the school



Grew vegetable creepers in the kitchen garden of the school



Prayer service on the feast of St. Joseph Vaz



Opening ceremony of the Herbarium on Science day

## **FEEDBACK**

The principal, Sr. Flavia was very kind and always ready to help. She would give a lot of advice on how to maintain discipline and always motivated us to do better. Each of the trainees was allotted mentors. Our mentors were Tr. Renata and Tr. Renuka. They were always available to clarify our doubts. All the teachers in the school supported us well.

The non-teaching staff was also available for help and support throughout the day. They have never refused any help to us. The students would respect and greet when we met in the morning. They have enthusiastically participated in every activity that we conducted. They behaved well during all the 3 lessons that I taught.

The school was not too far for me to travel. The morning assembly would take place on the school ground involving all the students present in the campus. Sr. Flavia would always take some time out to appreciate the efforts put in by the students.

The time for each period was 35 minutes which was fairly good. The school was well equipped with water filters, a good canteen and hygienic washrooms. The classes had all the required materials. Instructional materials for the lessons and activities were kept available. The school also has an audio visual room, a common hall, a swing ground and a basketball court.

The school gives equal importance to co-curricular activities as that to academics. Students are motivated to do better in academics and co-curricular by giving house points. These house points are calculated every week and accordingly the position of the flags is sustained.

Overall I had a great experience of being a part of the school for four months. We were greatly accepted, minutely moulded and extremely appreciated. This internship has helped me bloom.