

# PORTFOLIO

## MY JOURNEY OF IAAT

PGDLT (2017-18)



MONIKA YADAV

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## MONIKA YADAV

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### OBJECTIVE:

To build career in a growing organization, where I can get the opportunities to prove my abilities by accepting challenges, fulfilling the organizational goal and climb the career ladder through continuous learning and commitment.

### Academic Qualifications:

Pursuing Post Graduate Diploma in learning and teaching from the Heritage Experiential Learning School (IAAT, PGDLT)	2017-18
Diploma in Nursery Teacher Training from All India Women Education Institute, Sonapat.	2007-2009
M.Sc (Home Science Extension Education) from Haryana Agricultural University, Hisar.	2001
B.Sc (Home Science) from Haryana Agricultural University, Hisar.	1998

### Work Experience:

- As a part of PGDLT from I Am A Teacher practices in Kinder garten (K.G.) class at Heritage Experiential Learning School as an assistant teacher since **(July 2017)**.
- Senior Research Fellow in National Agricultural Technology Project. **(2001-2003)**
- Sales Manager with Shilpkar Housing Pvt Ltd April **(2015-17)**.
- Entrepreneur in Trading.(products like Clothing and Kitchen Ware **(2006-2008)**)
- Volunteer in NGO's (For Women & Child Development)

### Other Qualifications:

- International course on Women In Agriculture Development organized by Academy of Agricultural Research & Education Management, CCS Haryana Agricultural University and Ministry of Agriculture & Rural Development.(April22-May3,2002)
- Certificate in Women Friendly Agricultural Technologies organized by Bhopal sub-centre of National Research Centre.(Jan22-24,2002)
- Certificate in Computer concepts and Applications.
- Arena Multimedia course (Quick Pro).

### Co- Curricular Activities

- Participation in cooking/baking competition.
- Participation in National Cadet Corps combined annual training camp.

**Publications:**

- Paper in Indian journal of social research vol;43  
(Acceptance of scientifically validated indigenous treatment of diseases affecting reproductive system of animals.)
- Traditional media for educating rural women

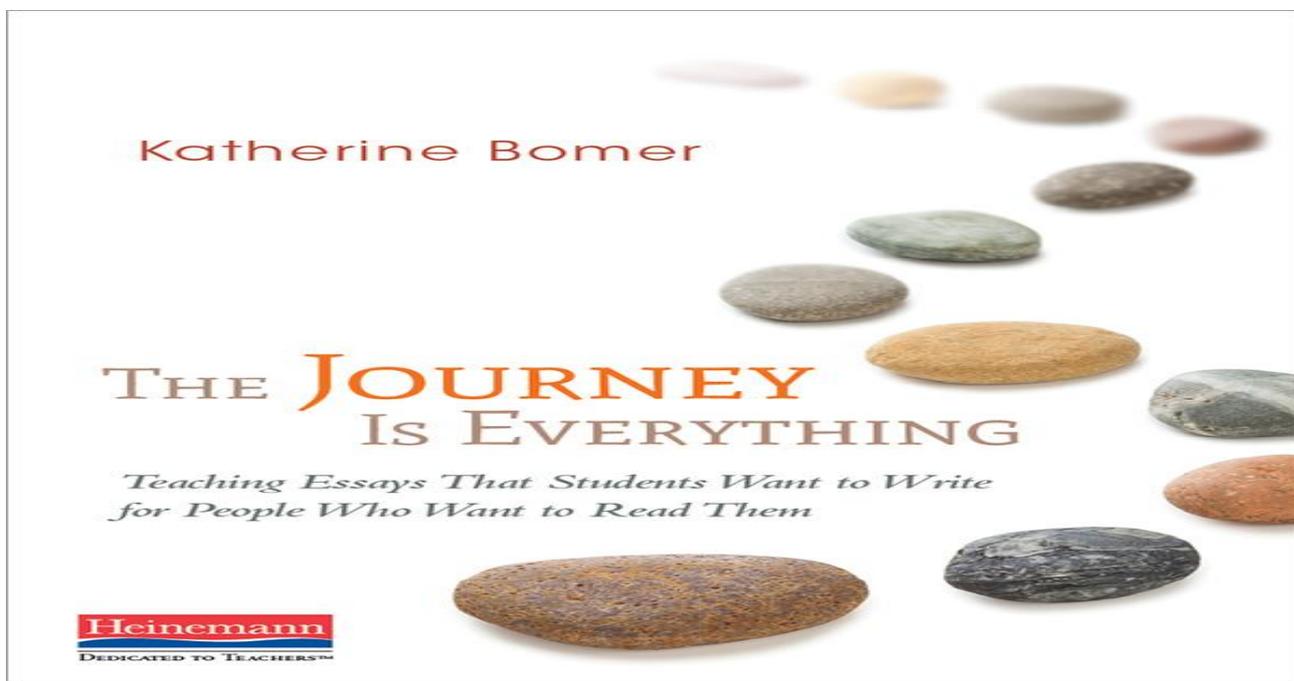
**Booklets for Rural outreach:**

- Gramin Mahilao Ke Liye animal related information.
- Fruit&vegetable preservation.
- Milk & milk products.
- Screen Printing.
- Kitchen gardening.

**Personal Skills:**

- Honesty
- Team Spirit
- Accepting Challenges

## My Personal Journey



My journey to be a teacher started when I was a child. My mother, a teacher, acted as role model for many life principles for me always said that teaching is a very noble profession where you can impact life of children and help them to grow better and better. If you love making difference in life of kids be a teacher. When I grew up, ideas shared by mother motivated me to undertake teaching as a profession. I was a good student and pursued my studies always to be a teacher. This mental process got strengthened when I started identifying self with my Aunt, Professor in Education and communication Management, with whom I lived for about 10 years for my college education. I always wanted to be like her as she was one of the most ideal teacher for most of UG, PG students and equally loved by rural women and School students where she acted as Principal of the School. After my post-graduation I joined as SRF in a project where I was team lead for imparting training to rural women for their empowerment. However, I left my job after marriage then after I started my social life as a housewife and had two sweet daughters who filled my life with joy and enchantment. I was always busy to care them with utmost care and I like any mother put my hundred percent to care them. Now they are grown up. My elder daughter is in boarding for the last one year and younger one is pursuing her education at Heritage Xperiential School. Since my daughters are busy with their work and activities and like most teenagers hardly have any space for me even most of the time. In teens age children want work with their own moods. Likewise, my daughters too are busy with their studies, projects, electronics, socializing with friends, and other tasks of their choice.

Consequently, as my daughters are mature enough and busy, I have enough space to undertake my ventures. But I was worried and nervous to start anything new after a long break of 14 years to restart my journey in education. Flow of thoughts in mind bothered me to retake the profession for which I had passion. In this brainstorming session, I felt that my sweet in-depth desire that remained dormant for some time cropped up again in full swing to join some educational institution as a teacher. I started thinking and acting to be a teacher. I thought it will help me to fulfill my dream and enhance the quality of life. I then started exploring the field of teaching. While I was in this thinking process, I came across the IAAT programme through e-mail as my daughter is in Heritage. I shared the idea with my Hubby who was already asking me for last 2 yrs that to attend the orientation programme of IAAT. He left the decision to me and shared if I like, can surely join otherwise not. Everything had its own quality time as I received another mail of the orientation session of IAAT. I finally decided to go for it. In the orientation session, Smriti Ma'am highly impressed and impacted me. It made me feel that I am at a right place now. I had no idea that she is Mani Jain's wife. After orientation, I decided to join this course. In the evening, I told to my husband and kids that I want to join the IAAT. The family supported all the way my decision and they promoted my enthusiasm by throwing a party for it. Joining IAAT is the stepping out into the new world after a long time.

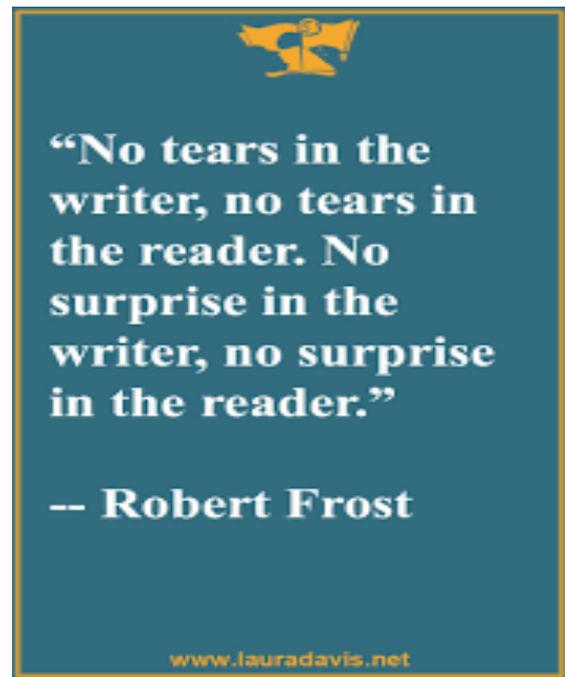
The education system improves when all partners together make sincere efforts. I personally don't want the grading system. I know students feel pressurized and their actual potential don't come out. So, I decided to enhance my skills in effective class management, teaching style, storytelling, sharing relevant information and interaction pattern among students, students-teachers, understanding attitudes of children towards subjects and teachers, Jodo Gyan, contextual learning, comparing and practicing the teaching learning styles of colleagues for practice, creating enthusiasm among classes, ability to deal with any student problem that arises in the course of the day and awareness of the most current teaching strategies and exposing management techniques etc to enhance professional experiences.



One of the major keys to success is to keep moving forward on the journey, making the best of the detours and interruptions, turning adversity into advantage

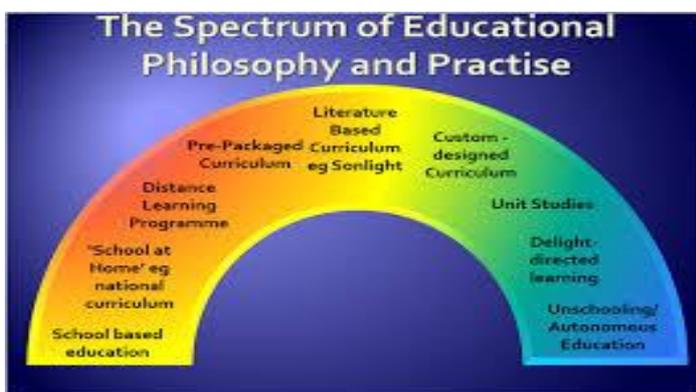
John C Maxwell

PICTUREQUOTES.COM



## My Educational Philosophy

Education is an essential and integral part for balanced overall development of an individual. Numerous and endless benefits of education assist an individual to apply solutions to their practical problems in life. Education does not mean that the children learn mathematics, science, history, Hindi or English in school, they also learn the development of speaking. Everything they learn in school will benefit them in their daily life also. A good teacher is like a gardener, who knows how to nurture the children by listening to their thoughts, identifying and meeting their needs and bringing them out at the right time, like flowers. Children need love and devotion from the teacher. According to me by working in small group children learn faster. Every child comes up with new ideas and new strategy. In my class I will make sure that my class is well equipped with everything the child needs. The classroom environment is free for every child, having no restriction for their learning journey.



Every individual has their own philosophy of education. Based on my belief and understanding philosophically education is the only process for transformation of an individual's life. As a teacher, it's my role and responsibility personal and educational development for child. I am building a homely and safe environment for children in my class. Every child must

have trust on their teacher. A teacher should be respected by the children as positive role models, whose actions and choices they can appreciate and follow. Earlier I didn't know





## Me as an Observer

Observation is the process of carefully watching someone. Observation plays a central role in practice teaching. In observing your cooperating teacher's class your focus will be how the teacher teaches, on such things as how the teacher creates a positive atmosphere for learning, on the strategies and procedures used by the teacher in setting up activities, on the way the teacher gives instruction and explanations, and how he or she gives feedback to learners. Observation is a scientific technique and is very crucial part of learning process.

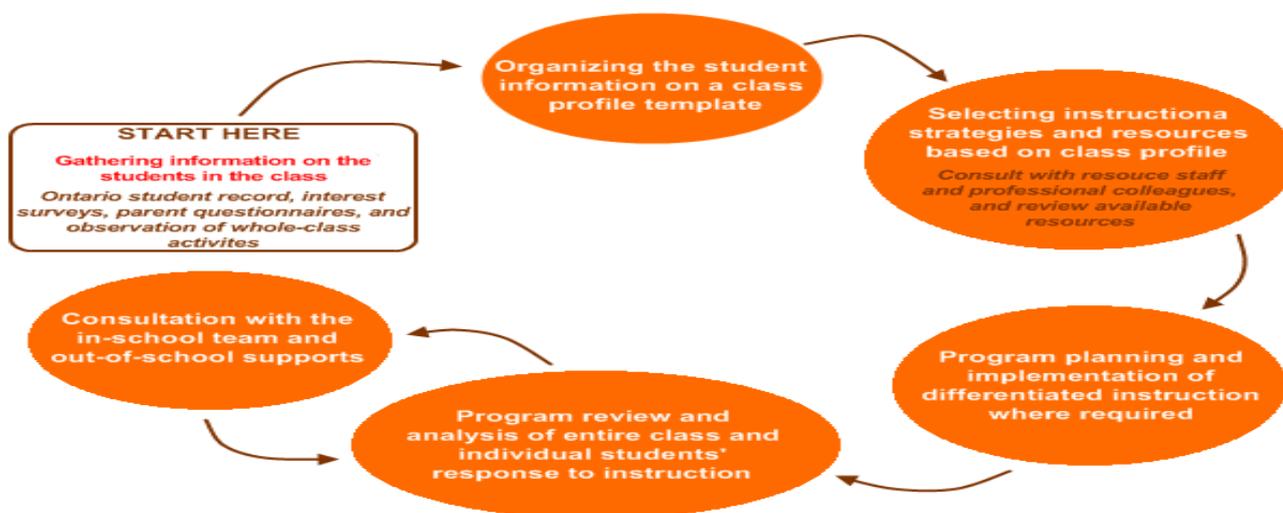
I had an opportunity to observe the class and realized that the teacher needs to be competent enough to give a patient deal to every child, have an understanding of the level of the child and above all. The varying attention level of every child in the class. I realized that the role of teacher is very critical in channelizing the energy of every student in constructive manner, capturing the attention of all the students and understanding the limitations of the students if any. Teachers efficiency is how perfectly needs to keep a balance when to give a break or playing calm music or capturing attention of the students to listen to teacher. To know the holistic sides of student profile i also observed the students during meal time, recreation time, playgrounds and group discussions. This assisted me to know the group dynamics, cooperation, team work and understanding about the students in formal and informal situations.



" I make a formal teaching observation at the end of the term. If your students are still curious, then you're a good teacher."

**Nature of classroom environment:** Teaching is complex and dynamic activity where interplay of components like teacher, content, method of teaching, student's attention and attitude and above all the overall situation takes place. During teaching process many things happened simultaneously, it is very difficult for the teacher to pay attention to all of these but for effective results the teacher has to attend all of these. This was realized by me when I attended observation classes with 32 students in class responding to the lesson in many different ways. I got scared in first observation class when I was observed by my CT because I knew she was evaluating me

as a teacher. Knowing this that I am being observed by her I got nervous and my flow of teaching was affected. Anyhow since there was no alternative to this situation I regained confidence and delivered the lesson effectively than after. I observed that students behave differently in different age groups, in different groups, different situations.



## Student profile:

### Purpose/ Rationale of choice:

It was my first day to observe children in the classroom. I was feeling excited about what to observe and how. Every child started arriving in the class and I could feel flavors of innocence, freedom, talking and kids enjoying each other. To my surprise I interacting much to anyone but seating alone in one corner of the class. This could fetch my attention and I was eager to know why differently than other kids. Few kids were trying to not much willing to respond to them. In the mean approaches her and see started talking to her nicely. I Mishka. The introvert girl as my case for deep teacher.



started observing all of carefree, sweetly could see a girl not corner of the class. This she is behaving talk to her but she was while another girl apparently choose observations as a

### Profile:

#### Physical appearance and gesture:

Mishka (name changed) is a very sweet and cute girl. Her outfits were quite attractive. Properly tied long hair. Her fair complexion and twinkle eyes reflected her as fairy. I found her friendly and soft-spoken girl. She has musical voice. She preferred wearing soft coloured t-shirt with leggings. She is not choosy about the food and eatables. I found that whatever was served to her she consumed with pleasant face.

#### Disposition:

She is very calm and shy girl. She did not shout on her class mate. With her friends her pitch was little louder. Suhani is her best friend is (name changed). Generally, she hesitates to raise her hand to answer the questions. She does not wish to talk to people around her if she is upset.

#### **Relationship with children and adults:**

She talks to me very often and does not hesitate to share her feelings and opinion with me. She is shy in talking to her teacher. After finishing her meals, she first shows her plate to the teacher and then leaves.

#### **Activities and Interests:**

She is energetic in sports and enjoys sports. When they go to jungle gym she likes playing along with sand. Though she is scared to cross the Burma Bridge she still enjoys it and when one day she overcame the fear she was overwhelmed and was very eager to do it again she is very interactive with her friends. Her favorite scene in Ramayana is when ram ji and sita ji get married. Her favorite color is pink and she loves eating Kari and rice.

#### **Ways of learning and thinking:**

She has some difficulty with simple counting and number naming. Sometimes when she is talking to her peers she fails to pay attention to the instructions. She needs some more focus in class time.

#### **What do the artifacts (notebooks, drawing, project work etc) say about the child?**

In her journals, she depicted her thoughts by drawing. She draws in her wow journal once that if she was a drop then she would fall on her house. She has an imaginative behavior and is very thoughtful as I still remember the day when she tried to draw that if there is no sun there would not be any shade either. She has a very neat journal and all her art works are pasted neatly. She can also color neatly. She tries to count numbers in their order. She was also able to recognize all summer related things. She follows the instructions given by her teacher. In her journal she was able to arrange the story in sequence.

**Teacher's view about the child:** Teacher has an observation that she is a progressive child. She needs attention and the teacher has to sit with her to make her understand the concept clearly.

#### **Way forward:**

Mishka is a friendly child and does not interact much with her classmates. She should try talking to others in the class rather than just a handful of students. She has a good scope of improvement if she starts raising her hand in the class.

#### **Progression of Mishka**

**Sports:** She is cooperative with her friends in class as well as in the play ground. During nature walk she plays with her friends.

Now Mishka is relatively much more comfortable with her friends and teachers. She now shares her experience very well in the class. She undertakes her duties like distributing journals and stationary,

arranging class nicely. She actively participates and shares her views in class discussions. She shows interest in learning new skills. She has a good control over different resources like pencil, crayons, paint brush etc.

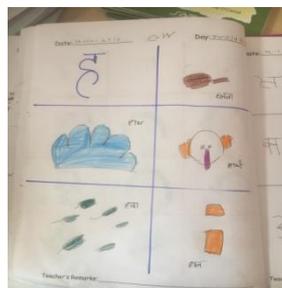
Language: She expresses her connection to the given context through illustration. Her illustrations in journal are clear and understandable. She needs to improve her work in detailing. She also faced challenges to write simple sentences using sight words. But her ability to speak and answer in complete sentences in English is good. She is fond of listening to stories. She should be exposed to print rich environment to enhance her learning. *She needs to improve on doing detailed work.*

Math: She takes initiative and engages with concrete material like jodo cubes, rangometry etc. She participates in Math discussion and shares her input also. She is able to recall her experiences and relate with the situation. Sometimes she needs review and support to frame adequate responses. Regular practice in sequencing and quantification would help to strengthen in her thinking skills.

Hindi: She is well versed in Hindi. She writes Hindi Vern and identifies different words related to the Vern. She tries to read Hindi books but she needs more practice. If she reads and listens to stories her Hindi vocabulary will improve. To her there will be a new exposure of more information; books will help her bring more clarity in her work.

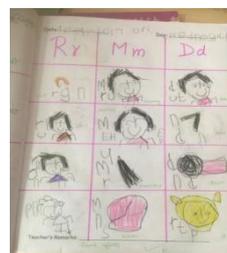
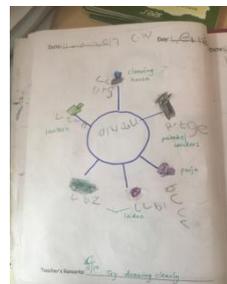
### Mishka work

Illustrate words starting from the Vern.



She is able to elaborate on what she has drawn.

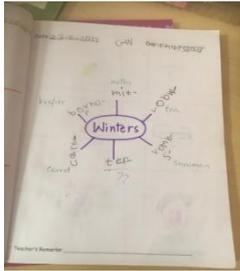
Making words from different letters.



She recognized 3 letter words and illustrates the

She can understand the instruction and apply them.

### Mind maps



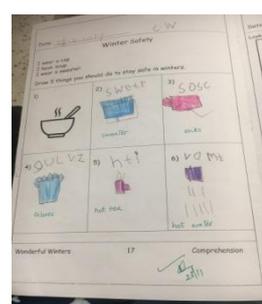
picture of the letters clearly. She also tried to write the name of the picture.

Pattern making from rangometry pieces in math class.



She makes math patterns and designs very beautifully.

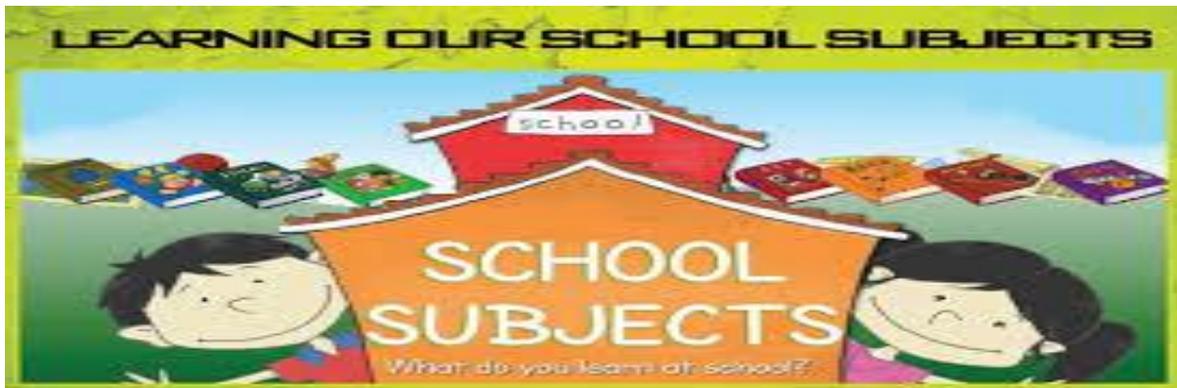
### Illustration



Their favorite scene from the story.



She illustrates the scene of the story, character and favorite part of the story very clearly and also tried to write the description.



## My approach to subjects:

### *Subject-Centered Approach*

Anchored on the curriculum design which prescribes different and separate subjects into one broad field, this approach considers the ff. :



### Mathematics:

“Mathematics is not all about numbers, equations, computations or algorithms: it is about understanding.” Mathematics is not only for solving problems. It’s also for dividing sorrow, subtracting sadness, adding happiness and multiplying love and forgiveness.

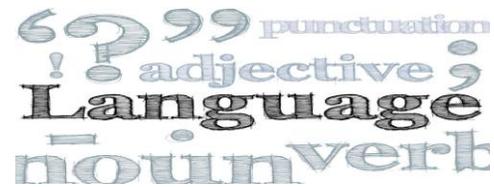
Earlier mathematics was not my favorite subject. Shaji is the person who develops interest among students in mathematics. Jodo gyan is a very interesting approach towards mathematics. Through story like Gudiya ki Mala children understand the concept of counting, addition and subtraction etc. all the methods and materials in jodo gyan help the children to learn the methods very well. This technique is more effective than the traditionally used teaching methods. Math is a very important subject. If one does not know the basic concept then it could be a great problem in future. Mathematical games can be used. History can be used to analyze timelines. Teacher needs to encourage the different strategies; children



come up with during solving problems. They develop better mathematical skills as long as the child is conscious of what he or she is doing while arriving at a solutions. Mathematics is a journey from problem to solution. (In our daily life every problem has a solution like this)

## Language:

What is basically language the Wikipedia says "Language is a system that consists of the development, acquisition, maintenance and use of complex systems of communication, particularly the human ability to do so; and a **language** is any specific example of such a system". Language is a means to communicate and can be done in various forms. Language plays an important role in our life. Language help us to understand the meaning of reading and writing in early age. Language skill starts at very early age and grows slowly. In early years, small children express their ideas through drawing. Children in our K.G class children express their thoughts and feeling in their language journal. In the language reading, children identify characters and plots which help a lot in the subject. Teaching of language must focus on functions of language rather than forms. This makes learning language more meaningful to children. Younger children can be allowed to construct language according to their understanding and allowed to arrive at conclusions instead of forceful compulsion. The principle goal of education is to create individuals who are capable of doing new things not simply repeating what other generations have done.



## Story Telling:

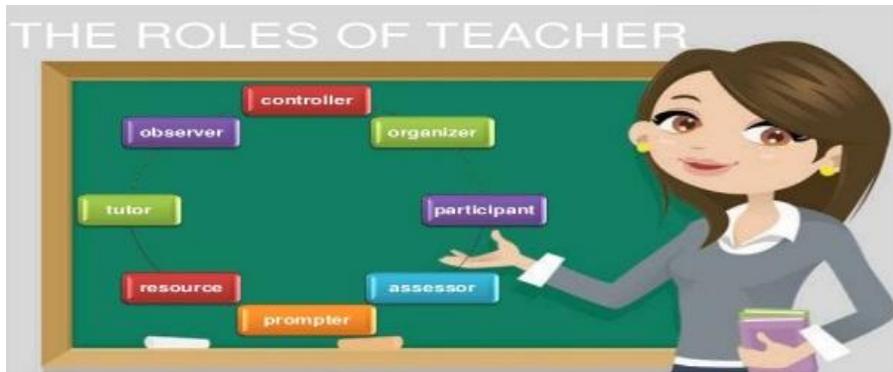
Children have an innate love of stories. Stories create magic and a sense of wonder at the world. Stories teach us about life, about ourselves and about others. Story telling is a unique way for students to develop an understanding, respect and appreciation for other cultures and can promote a positive attitude to people from different lands, races and religions. There are number of ways in which story telling can enhance intercultural understanding and communication.



I completely agree that story telling is a wonderful technique to be used in young learner's (small kids). Story telling helped me a lot. Stories strengthen the child's understanding of language. Reading stories with our children help me a lot. This knowledge and experience of language will positively support the child throughout their academic life. Some basic information and bit of practice will help to start telling stories like a pro in no time.

Children love to hear stories anytime. We narrate stories of fairy tales, folktales, traditional nursery stories with lots of repetition, nature stories, festive stories, stories from child's life and our life and stories that you wake up. In our class children start their day with Morning circle

and story is a part of their daily rhythm. Each day we sit quietly and light a candle or sing a song and tell a story by heart. The same story can be told each day for 5 days a week. 3 days with verbal story and 2 days story with props. The children the longer you can stick with the same story. Story telling plays a crucial part in developing child's overall personality.

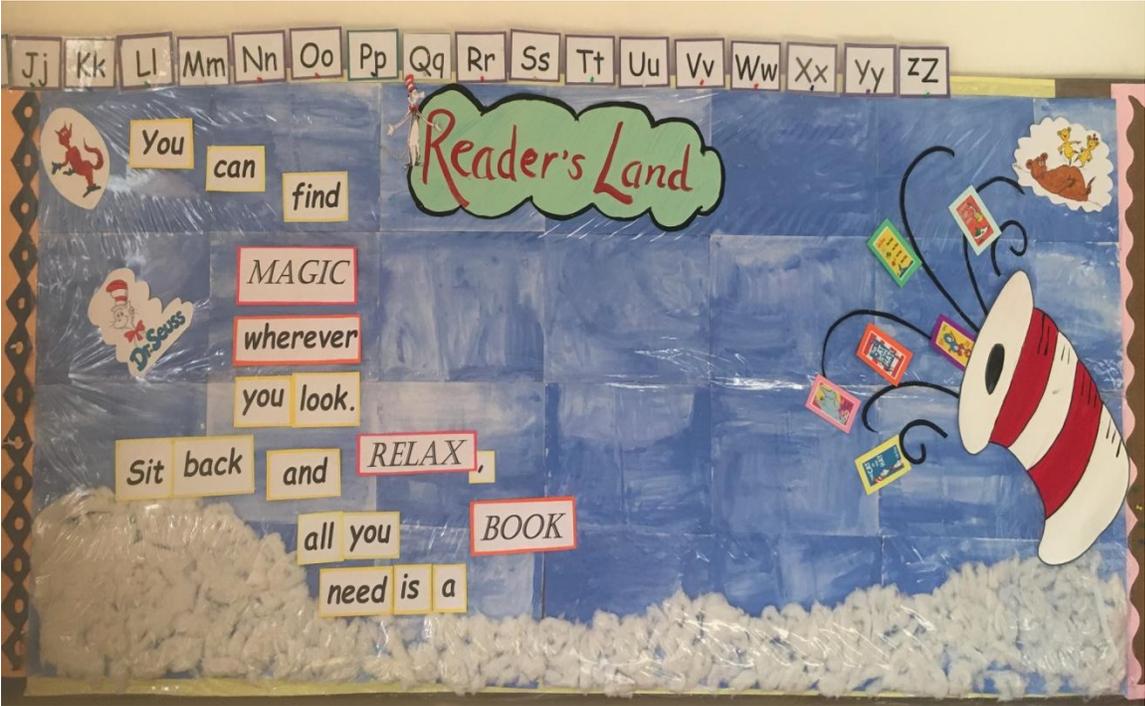


### Me as a teacher

I believe that “Life is a journey and we are learners for life.” I am a proud mother of two daughters and Motherhood has also posed me a lot of questions. I got an opportunity to practice in kindergarten. I am very happy with the children. I got an exposure of storytelling and how can we create a story. Storytelling both in Hindi and English helped me facilitate their listening and comprehension skills. A story makes their learning more interesting. Storytelling and arts help me to live many lives and empathize with each one of them. A role play built their background knowledge about all the different festivals. I saw that children are like clay and a teacher forms them into different shapes. I am totally immersed in the class and my thinking has changed. First I thought that the students have a lot of pressure of homework but now I think that teachers have more work to do than the children. I realized that no matter which class you are teaching in, it is more important to enjoy themselves while they learn. Now I believe that children should have an exposure of nature and learned human values and it is very important in life. I had difficulty in engaging the children. They are very young so they cannot sit silently for more than 15-20 minutes. They get distracted easily and I learnt that with the help of transitions it would be easy to grab their attention. I learnt a lot and understood different strategies about how to make the lesson more interesting. Observing the class educator inspired me and pushed me forward into the tasks again. With the help of their feedback I could improve on all my skills. The sharing of our strengths and weaknesses helped us achieve our goals to become a teacher



# My Class Board Work





**I Know**

- Snow falls in winters
- In snow there are penguins
- Wolves come out in winters.
- Christmas comes in winters.
- We eat oranges in winters.
- There is fog in winters
- We wear boots, scarfs, caps in winters.
- It is windy in winters.

**I Wonder**

- How do animals protect themselves from cold?
- Where does the snowflakes fall?
- Why is winter cold?
- Why there is fog in winters?
- Where does the Santa Claus live?
- Why don't we sleep outside in winters?
- Why do we celebrate Christmas only in winters?
- How does Santa come down the chimney?

**I Learnt**

Stopping Pollution is the best solution



## Field Visit & Reflection:

Reflection of Junga:

This was a specific session for day where we could recall our low and high points of past life. This created a path to travel eternal journey inside self which filled our mind and heart with flow of thoughts as if things were happening now that lead each one of us to emotional breakdown. Then after everything was eased out and comfortable and filled all of us with enthusiasm. Opening up and sharing of feels is normally difficult for me but in small group I was a bit more comfortable. As said rightly that brain stop functioning twice in life- once when one is on the stage to speak to public and other when one is dead. Then I discussed my limitation with Manit Sir that I am very nervous and cannot speak in front of public. I had a fear of public speaking. Manit Sir and Smriti Ma'am encouraged and mobilized me a lot to overpower this fear. It took pretty much time to come out of my shell. Junga was my 1<sup>st</sup> journey without my family. I was feeling little worried and nervous, as no one was known to me, I hardly had any interaction with any member of IAAT before but after the Junga retreat I felt as it was a family retreat. Everyone was in comfortable zone now. A special bondage cemented we all a group with feel of concerned and care. We grouped numbering 4-5 for class discussions. Relatively understanding is better and quicker in small group discussions and interactions. Classroom discussion is a very effective means of learning. Our visit to MirambiKa was a very enriching experience. I felt very happy when I saw colorful having edutainment patterns in class rooms. The micro environment was very natural, free, tension free still very interesting and attention catching. There was fragrance of positivity in environment everywhere. In MirambiKa children were free to learn according their interest and desire with no fix pattern and structured studies. Freedom to express, learn, interact, share and

communicate for students made the micro environment very effective place for lifelong learning. Our Jodo gyan visit was different, unique, unforgettable and meaning experience. I just love that.

### SDMC Visit Reflection

When we went to SDMC School, police colony, Hauz Khas, we were clueless. It's a big surprise for me. First day we understood about the school environment. It's not look like another government school. It was a huge structured building, well maintained park with big green area and a large ground. I was feeling very sad after listening to Amita Mam that this school has limited amount of grants from government. I think the school is growing because HXLS is providing needs to them. I observed that this school is just like heritage. Classes are well maintained. Teachers have a good relationship with children. Everything has its own description. First day after a brief introduction we went to different classes. I went with a group of 4-5 laot teachers in 2<sup>nd</sup> class. The teacher was narrating a story to the children and the children were listening very carefully and they were also asking some word meanings. The teacher explained them very well.



## Interactions with Family:

We went to Balmiki community. I was very nervous to visit the camp. When ma'am told a brief about the community I was very excited also because this is my first community visit. Their standard of living was very poor. They had a small room with no ventilation; it's like a match box. No cleanliness and no hygiene. It was clean inside the homes but although we cannot say the same about outside. There was a bad smell all over the place and the sewage system was also not very good.

The road was very narrow and thin and the houses were all stacked together. It was much crowded then it is here. There was a lot of need for water and they got water once a day. They stored water in big containers for the whole day. There were public toilets for ladies and gents. We had a talk with some ladies and met a lady who was from Bihar she was migrated from her village when she was three (3) years old. One lady said she is living here for around 40 years. When she came to Delhi there were many forests and very less pollution. Only a few tents which in Hindi are called Jhuggis were there. When she grew up she married and came here. She had three daughters and one son. One daughter of hers is working hard in a parlor and



earns 10,000. Her 2<sup>nd</sup> daughter has just completed her NTT course. Her 3<sup>rd</sup> daughter studies in 8<sup>th</sup> class. Her husband is ill from past three to four year as he drinks alcohol. She has air conditioner, washing machine, fridge etc in her house. People in these colonies have their own house but some people also live in rented houses. Women work in urban houses for home chores and men were drunk. Boy's

education rate was very low in these communities. There is no data supporting this statement but we can say this on the basis of the observation and conversation with the families in the community. There was mix about boy's .Few boys are naughty but still focused and earn well and use the education provided to them wisely though there are few boys who are spoilt and misuse their education and sell drugs. Nearby college students came in these communities to

buy drugs. The community boys were included in the drug business as they earned money without any struggle. That day was their chat pooja and they were very happy and were celebrating together. These ladies told us they want to educate their girls. They did not wanted their kid's life to be same as theirs. They were not in hurry to get them married. They said their daughters should be educated and independent. There



were two Anganwari centers in the Balmiki community. The Anganwari worker said that children are coming to the center only for food; some young girls also leave the school because

their mothers are working and they have the responsibility of taking care of their siblings. Some children went to private schools also. According to them private school is better.

