

Knowing the Unknown!

One Day Teachers' Training Program for School Teachers of "Samridhdhi Trust"

Background:

Samridhdhi Trust has set up 3 Bridge Schools. These are no-fee bridge schools to give basic education to out-of-school children of migrant laborers in a multilevel and multilingual atmosphere. It has been working in Bangalore with more than 280 children. The children are given a classroom oriented basic education and then prepared and facilitated for their admission to mainstream English medium schools. Subsequently the students who join mainstream schools are sponsored with half their tuition fees and provided with supplementary evening tuition.

The TransDisciplinary University (TDU) has developed a unique one-day training program for the teachers wherein they will be introduced to various facets of biodiversity, basics of plant taxonomy and methods to conserve plants in a simple format. This program is expected to broaden their understanding of nature and help them develop interest in urban nature conservation. This could be a precursor to any environment education program.

The one-day training program was organized for the teachers of "Samridhdhi Trust" on 9th February 2018 at TDU. Participants had an opportunity to acquire the basic tools needed for effective translations of knowledge viz use of medicinal plants for primary health care, the role of teachers in the class room management, exploring the TDU campus, on conservation of water and basics of Biodiversity.

Summary:

The program commenced with a welcome address by Commander R Giridharan (Retd), Registrar, TDU He gave an overview on the University's achievements and expressed his interest in working with the school. Dr. M. Abdul Kareem, Associate Professor and Course co-coordinator TDU briefed participants on the topics that would be covered under the training



Section 1: Primary Health Care

Dr. Subramanya Kumar, Assistant Professor defined primary health care and explained about the importance of being healthy. He emphasized on the intake of nutritious food that can keep mind and body strong and fit. He explained about the pyramid that shows the quantity of food to be taken like green vegetables in more and sugar in less quantity. He



also showed some important remedies that are easily prepared at home to cure common diseases such as cold, fever, cough, indigestion, headache etc. few examples like usage of dry skin of pomegranate, stems of *Tinospora cordifolia*, leaves of *Centella asiatica*, *Ocimum sanctum* etc were also mentioned. Students were enthusiastic to interact and ask more questions related to remedies to cure common health problems

Section 2: The role of teachers in the class room management

Dr. Ganesh Bhatta, Principal, MES teachers college, Bangalore spoke about the methods to be adopted to draw attention of students in the classroom. He talked about the effective tools for teaching the students, effective way of handling students with minimum efforts, the method to solve their learning problems, the ways to understand science by conducting various



activities. He also suggested teachers to conduct few simple activities for students.

Section 3: Exploring ethno-medicinal garden

In this session, teachers were taken to the ethno-medicinal garden in the TDU campus, which harbors more than a thousand medicinal plants including rare and endangered species. There are 13 thematic gardens depicting the diversity of medicinal plants with Mist chambers, unit for propagation and also facilitates a large vermicomposting pit



for organic farming. Ms. Amrita G., Research Fellow, TDU explained the teachers about the medicinal plant conservation and types of conservation. Teachers explored the ethno- medicinal garden and purchased medicinal plants.

Section 4: How an aero plane actually flies?

In this session Dr. Sateesh K. S, Professor, TDU conducted a Practical demo of Moebius strip, which is a curious object in Math (Geometry). And he also explain The Möbius strip, also called the twisted cylinder is a one-sided non orient able surface obtained by cutting a closed band into a single strip, giving one of the two ends thus produced a half twist, and then reattaching the two ends. The strip bearing his name was invented by Möbius in 1858.



Section 5: Water- Blue Gold

In this session Mr. Niranjan Khatri, Founder of iSambhav Foundation, briefed the teachers on importance of water. He also explained on present scarcity of water in our country and interesting facts like every day per person 130 lts of water is needs and we lack in conserving water. He also gave few remedies for conservation of water and ended his talk by saying “**the value of water is not unknown until the well is dry**”.



Feedback

Participants conveyed that the entire program was Good overall. They highlighted the following

- Session taken by Mr. Ganesh Bhat on Class Management was liked the most. He made the program very interesting, fun-filled.
- Session taken by Mr. Khatri was most useful on saving water, reuse/conservation of water, etc...

- Teachers mentioned there was shortage of time for all the sessions
- Some attention to details would have been very useful.

Follow up:

- They are planning to make more visits.
- They have planned to adopt the teaching technique taught by Dr. Ganesh Bhatta in their school.

List of Faculty

1. Dr. M. Abdul Kareem, Associate Professor and Course co-ordinator, TDU
2. Dr. Ganesh Bhatta, Principal , MES teachers' college
3. Dr. Sateesh K. S, Professor, TDU
4. Dr. Subramanya Kumar, Assistant Professor, TDU
5. Mr. Niranjana Khatri, Founder of iSambhav Foundation
6. Ms. Anu V., Senior Research Fellow, TDU
7. Ms. Amrita G., Research Fellow, TDU

List of Participants

| SI. No. | Name |
|---------|--------------------|
| 1. | Chandni Shah |
| 2. | Rashmi M. |
| 3. | Shridevi P. |
| 4. | Shyamala |
| 5. | Geetha H.C. |
| 6. | Jolly Mukherjee |
| 7. | Mousumi Biswas |
| 8. | Sujini V.R. |
| 9. | Divya D. |
| 10. | Chandrika S. |
| 11. | Bhuvaneshwari K.N. |

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| 12. | Renuka V. Sarual |
| 13. | Mamatha A. Murthy |
| 14. | Venkateswari R. |
| 15. | Hema R. |
| 16. | Rajiya |
| 17. | Aruna Kumari |
| 18. | Divya |
| 19. | Valli |
| 20. | Kavitha Raj Mohan |
| 21. | Shila Ghosh |
| 22. | K. Pratibha Bharti |
| 23. | Menaka Mohapatra |
| 24. | Ashwini G. |
| 25. | Neelam Izhar Kazmi |
| 26. | Seema Jha |
| 27. | Cham Agarwal |
| 28. | Pooja |
| 29. | Vanita Mishra |
| 30. | A. Saral |
| 31. | Romona A. |
| 32. | Uma |
| 33. | Sushma |
| 34. | Hema |
| 35. | Ashwini |

Program Schedule
On
Teacher's Training Program
Date- 9th February 2018
Venue: TDU Campus

| Time | Topic and Objective | Resource Person | Venue |
|------------------|--|---|----------------------------------|
| 10.00- 10.15.AM | Introduction | Commander R Giridharan (Retd), Registrar Dr. M. Abdul Kareem Associate Professor | Training Hall Patanjali Block |
| 10.15 – 11.15AM | Issues faced by Adolescent | Dr. Subramanya Kumar Assistant Professor | Training Hall Patanjali Block |
| 11.15- 11.30 AM | Tea Break | | |
| 11.30 – 12.30 AM | The role of teachers in the class room management | Dr. Ganesh Bhatta Principal, M.E.S. Teachers' College | Training Hall Patanjali Block |
| 12.30 -1.30 PM | LUNCH | | |
| 1.30 – 2.30 PM | Exploring the University | Ms. Amrita.G Research Fellow | Field |
| 2.30- 3.00 PM | Creative teaching | Mr. Satish Professor | Training Hall Patanjali Block |
| 3.00- 3.30 PM | Water- Environmental Issues | Mr. Niranjan Khatri Founder, iSambhav | Training Hall Patanjali Block |
| 3.30- 3.45 PM | Valedictory Ms. Anu.V Senior Research Fellow | | |