



St. Joseph College of Teacher Education for Women Ernakulam



CRITERION II

2.4.4 Students are enabled to evolve tools of assessment for learning suited to the kinds of learning engagement provided to learners and to analyse as well as interpret responses

(Samples prepared by students for each indicated assessment tool)

Submitted to
National Assessment and Accreditation Council (NAAC)
3rd Cycle of Assessment



2.4.4 : Samples of assessment tools prepared by students

Sl.No	Samples of assessment tools prepared by students	Page No.
1	Achievement Test	1-4
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4	Observation schedule (Micro Teaching)	17-19
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ACHIEVEMENT TEST



ACHEIVEMNT TEST

BIOLOGY

STANDARD: IX

MAXIMUM MARK :25

MAXIMUM TIME: 40 MINS

GENERAL INSTRUCTIONS: All the questions are compulsory. The instructions for each part is given.

PART- A

I. Name the following

($\frac{1}{2} * 4 = 2$ Marks)

1. The double layered protective membrane of the lungs
2. The volume of air we breathe in and out during normal breathing
3. The condition in which the amount of haemoglobin in the blood decreases.
4. The process of purifying blood with the help of artificial kidneys.

II. Read the statements given below. make corrections, if any in the portion underlined

($\frac{1}{2} * 2 = 1$ Marks)

5. Haemoglobin combines with carbon dioxide to form carboxyhaemoglobin.
6. Oxygen combines with calcium in the haem.

PART-B

III. Answer the following questions in one or two sentences

(1 * 5= 5 Marks)

7. The nature club of your school is organising an awareness programme against alcohol consumption. Write a slogan that is suitable for this programme.

8. Joe's mother is ill and is showing the following symptoms :

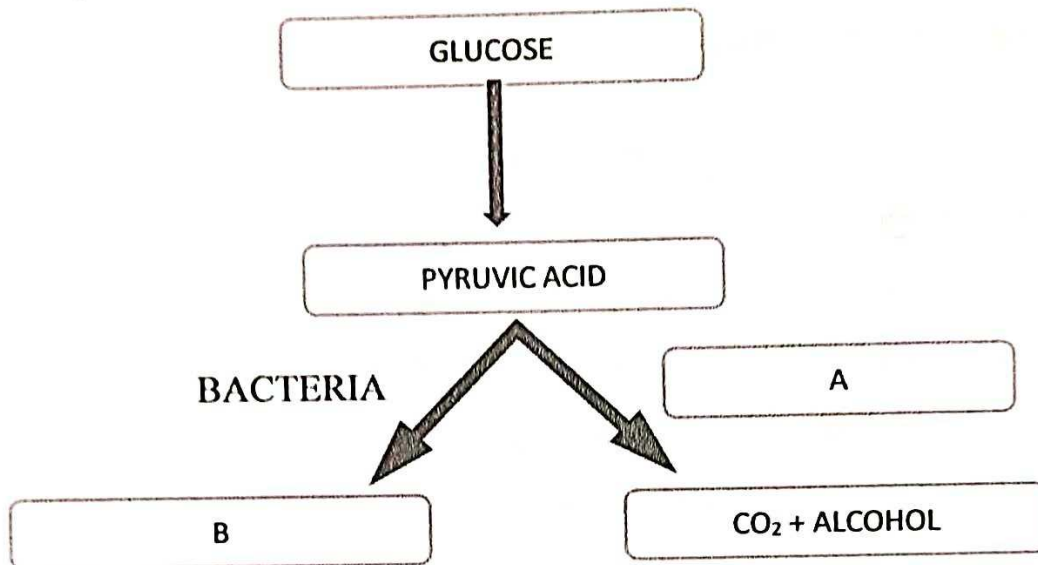
- | | |
|-----------------------------|---------------------|
| → Pain in the lower abdomen | → Blockage of urine |
| → Dizziness | → Vomiting |



Why is Joe's mother ill? Give any one reason for the occurrence of the disease?

9. Give reason as to why glucose, amino acids etc. that are found in the glomerular filtrate is absent in urine.
10. 'A single healthy kidney is enough to purify blood'. In the light of this statement prepare a placard promoting kidney donation.

11. Identify 'A' and 'B'.



PART C

IV. Answer the following questions

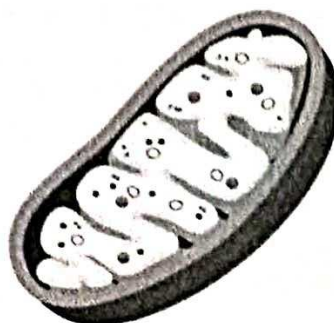
(2 * 5 = 10 Marks)

12. Classify the following organs appropriately under 2 headings

→ Malpighian tubules	→ Gills
→ Book lungs	→ Nephridia

13. 'Smoking is suicide and murder at the same time'. Do you agree with this statement? Justify your opinion.

14.

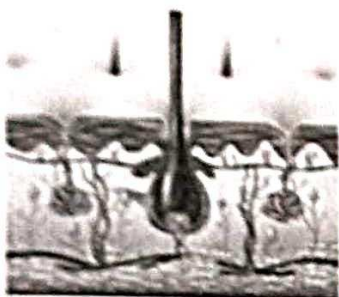


Represent the phase of cellular respiration that takes place in the above organelle in the form of an equation. Predict the number of ATPs produced as well as the environmental conditions required.

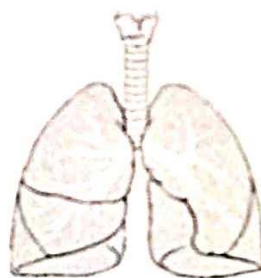
15. Liver is a waste processing unit. How?

16. Observe the diagram and explain how each of the organs participate in the process of excretion.

A.



B.



PART- D

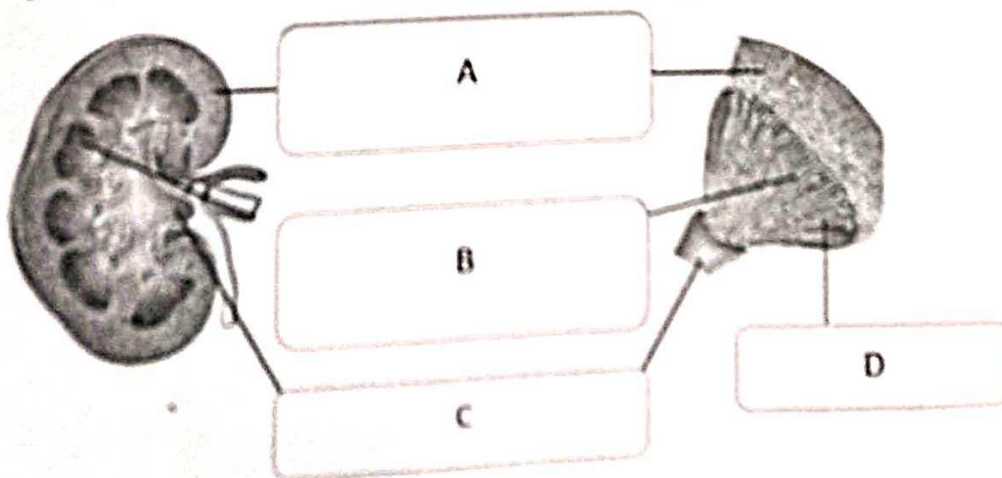
(1*3= 3 Marks)

17. A doctor advised that drinking 2-3 litres of water per day and proper urination will reduce urinary diseases. How is it possible?

PART- E

(1* 4= 4 Marks)

18. Identify the parts and write its peculiarities.



Done

DIAGNOSTIC TEST



DIAGNOSTIC TEST

NAME OF THE SCHOOL: GOVT. GIRLS. H .S.S TRIPUNITHURA

NAME OF THE STUDENT:

SUBJECT:

UNIT: EXCRETION TO MAINTAIN HOMEOSTASIS

LEARNING POINTS: KIDNEY

1. Features of kidney
2. Kidney and associated parts
3. Internal structure of kidney
4. Formation of urine
5. Kidney diseases

1. How many kidneys are present in human beings?

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

2. Kidneys are..... shaped

- a) round b) bean c) oval d) tubular

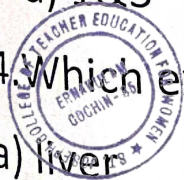
3. Which among the following statements are true about kidneys?

- 1) Kidneys are located in the abdominal cavity
- 2) Left kidney is located slightly higher than right kidney
- 3) Right kidney is located slightly higher than left kidney
- 4) Kidney is covered by a soft membrane

- a) 1 & 3 b) 3 & 4 c) 1, 2 & 4 d) 1, 2 & 3

4. Which excretory organ helps to maintain the homeostasis of body?

- a) liver b) kidney c) sweat gland d) lungs



5. Which blood vessel supplies blood to kidney?
a) renal vein b) capillaries c) arterioles d) renal artery
6. Which blood vessel carries the filtered blood out?
a) capillaries b) renal vein c) renal artery d) arterioles
7. The tube which carries urine to the urinary bladder is called.....
a) ureter b) urinary tract c) urethra d) urinary bladder
- 8.....is the opening through urine expelled out from the body
a) Urinary bladder b) urethra c) ureter d) Urinary tract
9. Which is the basic structural and functional units of kidney?
a) capillaries b) medulla c) pelvis d) nephrons
10. Which among the following is not an internal part of kidney?
a) cortex b) medulla c) renal vein d) renal artery
11. Which is the light coloured outer Part of kidney?
a) cortex b) medulla c) pelvis d) glomerulus
12. Ultrafilters of nephrons are found on.....
a) medulla b) cortex c) pelvis d) renal tubule
13. Which is the dark coloured inner part of kidney?
a) pelvis b) cortex c) medulla d) capillaries
14. Long tubules of nephrons are found on.....
a) cortex b) pelvis c) renal tubule d) medulla
15. Which is the region in kidney where urine from the filters flows in
a) medulla b) cortex c) pelvis d) peritubular capillaries



6. How many ultrafilters are found on each kidney?
a) 12 b) 7 c) 20 d) 17

7. Bowmann's capsule isshaped
a) round b) cup c) oval d) bean

8. Which among the following statements are true about bowmann's capsule?

- 1) Bowmann's capsule has double layered walls
- 2) Bowmann's capsule is seen at the end of nephron
- 3) Bowmann's capsule has single layered wall
- 4) Bowmann's capsule is cup shaped

a) 1&3 b) 2&3 c) 1,2&4 d) 1,3&4

9. Capsular space is the space between.....

- a) cortex and medulla
- b) two walls of Bowmann's capsule
- c) medulla and pelvis
- d) afferent vessel and efferent vessel

20. The blood vessel that comes out of Bowmann's capsule is called.....

- a) efferent vessel b) glomerulus
- c) Afferent vessel d) peritubular capillaries

21. Which blood vessel is the branch of renal artery that enters the Bowmann's capsule?

- a) Afferent vessel b) Efferent vessel
- c) Glomerulus d) Peritubular capillaries



22. are the minute capillaries present on Bowmann's capsule

- a) Glomerulus.
- b) Efferent vessel
- c) Afferent vessel
- d) peritubular capillaries

23. Which blood capillaries are seen around the renal tubule?

- a) Glomerulus.
- b) Afferent vessel
- c) Efferent vessel
- d) Peritubular capillaries

24. Peritubular capillaries are the continuation of.....

- a) Afferent vessel
- b) Efferent vessel
- c) Collecting duct
- d) Renal tubule

25. connects the Bowmann's capsule and collecting duct

- a) Renal vein
- b) Renal tubule
- c) Ureter
- d) Peritubular capillaries

26. Renal tubules enters in to.....

- a) Collecting duct
- b) Glomerulus
- c) Efferent vessel
- d) Afferent vessel

27. In which part of nephron, absorption of water takes place?

- a) renal tubule.
- b) collecting duct
- c) peritubular capillaries
- d) glomerulus

28. Which part of nephron collects urine?

- a) glomerulus
- b) peritubular capillaries
- c) renal tubule
- d) collecting duct

29. Urine is carried to the.....

- a) renal tubule
- b) pelvis
- c) renal vein
- d) peritubular capillaries



30. Which among the following is not related to urine formation?

- a) secretion
- b) ultrafiltration.
- c) regeneration
- d) reabsorption

31. The first step in urine formation is.....

- a) reabsorption
- b) ultrafiltration
- c) absorption of water
- d) secretion

32. In which part of nephron ultrafiltration takes place?

- a) glomerulus
- b) renal tubule
- c) peritubular capillaries
- d) collecting duct

33. During ultrafiltration high pressure is developed in the.....

- a) renal tubule
- b) peritubular capillaries
- c) glomerulus
- d) renal artery

34. The difference in the diameter of afferent vessel and..... favours high blood pressure during ultrafiltration

- a) renal tubule
- b) efferent vessel
- c) peritubular capillaries
- d) renal artery

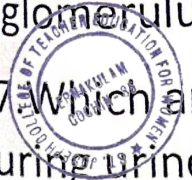
35. Glomerular filtrate is collected in.....

- a) collecting duct
- b) capsular space
- c) renal tubule
- d) glomerulus

36. During urine formation, essential components are reabsorbed to

- a) renal tubule
- b) collecting duct
- c) glomerulus
- d) peritubular capillaries

37. Which among the following components are completely reabsorbed during urine formation?



1) glucose

2) water

3) amino acids

4) sodium

a) 1&2

b) 1&3

c) 2&4

d) 3&4

38. Which among the following components are partially absorbed during urine formation?

1) Na⁺

2) K⁺

3) Ca²⁺

4) water

a) 1,2&3.

b) 3&4.

c) 2&4.

d) 1,3 &4

39. The excess components retained in the blood are secreted to.....

a) collecting duct

b) glomerulus.

c) renal tubule

d) renal artery

40. Which among the following part of nephron is responsible for the absorption of excess water during the formation of urine?

a) renal tubule

b) collecting duct

c) glomerulus

d) peritubular capillaries

41. Which among the following is not a component of urine?

a) water

b) urea

c) amino acids

d) creatinine

42. The process of passing out of urine is called.....

a) secretion

b) micturition

c) absorption

d) filtration

43. Which among the following is not a function of kidney?

a) water balance

b) regulation of PH

c) salt balance

d) energy production

44. The bacterial infection in the inner membrane of urinary bladder is called.....



nephritis
Urinary tract infection

- b) uremia
- d) kidney stone

5. Which among the following is not a kidney disease?

Bronchitis
kidney stone

- b) nephritis
- d) uremia

6. Inflammation of kidneys due to infection or intoxication is called.....

kidney stone
urinary tract infection

- b) uremia
- d) nephritis

7. Which among the following disease is occur as a result of deposition of crystals of calcium salts in kidney?

nephritis
uremia

- b) kidney stone.
- d) emphysema

8. Appearance of turbid and dark coloured urine is a symptom of.....

uremia
kidney stone

- b) nephritis
- d) urinary tract infection

9. Blockage of urine is a major symptom of.....

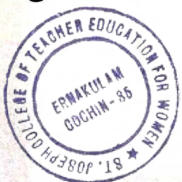
nephritis
uremia

- b) kidney stone
- d) urinary tract infection

10. Which among the following is not a reason for uremia?

diabetes.
high blood pressure

- b) nephritis
- d) respiratory disorders



Done

101



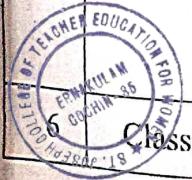
**ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN
ERNAKULAM**

PEER EVALUATION TOOL

Name of the Teacher : AKSHAYA. K.S
 Optional Subject : PHYSICAL SCIENCE
 Name of the Peer : KEERTHANA. M.S
 Name of the School : GOVT. GIRLS. H.S.S. TRIPUNITHURA

Std&Div.: IX C
 Date 21/11/2022

Sl. No	Components	Sub components	Excellent	Very Good	Good	Average	Poor
1	Introducing the Topic	Relevant		✓			
		Interesting		✓			
		Novel		✓			
2	Subject Competency	Resourcefulness	✓				
		Linking with life situation	✓				
		Logical Sequence		✓			
		Creativity and Imagination		✓			
		Consolidation			✓		
3	Communication	Stimulus Variation	✓				
		Fluency of language	✓				
		Presentation		✓			
		Language		✓			
4	Instructional Strategies	Encourages learning		✓			
		Interactive mode		✓			
		Progress of lesson		✓			
		Technology integration	✓				
5	Learning Materials	Skillful handling		✓			
		Novelty and variety			✓		
		Innovation			✓		
		Appropriateness		✓			
6	Classroom	Student centeredness		✓			



	Climate	Learner participation	✓				
		Inclusion		✓			
		Individual assistance		✓			
7	Learning Activities	Utilization of Technology	✓				
		Suitability	✓				
		Guided Activity		✓			
		Comprehensiveness		✓			
8	Closure	Time management	✓				
		Evaluation	✓				
		Follow up/Extension activity	✓				
		Critical reflection		✓			
9	Teacher	Appearance and Manners			✓		
		Confidence Level	✓				
		Techno pedagogue	✓				
10	ICT skills	Digital literacy (online resources)		✓			
		Create Audio/Video	✓				
		Online accessibility	✓				
		Presentation skills		✓			

Excellent -5, Very Good -4, Good -3, Average -2, Poor -1

Comments: The teacher was confident and energetic. Presented the topic well. Good learning activities were included. Teacher handled the technological aids properly. Overall class management was good. Need improvement in giving individual assistance to students. Consolidation of each activities need improvement.

Signature of the Peer :

[Handwritten Signature]





ST. JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN ERNAKULAM

PEER EVALUATION TOOL

Name of the Teacher :

MEREE NA JOY

Std&Div.: IX C

Optional Subject
Name of the Peer :

SOCIAL SCIENCE

Date 1/12/2022

KEERTHANA.M.S

Name of the School :

GOVT. GIRLS . H.S.S. TRIPUNITHURA

Sl. No	Components	Sub components	Excellent	Very Good	Good	Average	Poor
1	Introducing the Topic	Relevant		✓			
		Interesting		✓			
		Novel		✓			
2	Subject Competency	Resourcefulness	✓				
		Linking with life situation	✓				
		Logical Sequence		✓			
		Creativity and Imagination		✓			
		Consolidation		✓			
3	Communication	Stimulus Variation			✓		
		Fluency of language		✓			
		Presentation	✓				
		Language		✓			
4	Instructional Strategies	Encourages learning	✓				
		Interactive mode		✓			
		Progress of lesson		✓			
		Technology integration		✓			
5	Learning Materials	Skillful handling	✓				
		Novelty and variety		✓			
		Innovation		✓			
		Appropriateness		✓			
	Classroom	Student centeredness	✓				



	Climate	Learner participation	✓			
		Inclusion		✓		
		Individual assistance		✓		
7	Learning Activities	Utilization of Technology	✓			
		Suitability	✓			
		Guided Activity		✓		
		Comprehensiveness		✓		
8	Closure	Time management		✓		
		Evaluation		✓		
		Follow up/Extension activity		✓		
		Critical reflection		✓		
9	Teacher	Appearance and Manners	✓			
		Confidence Level	✓			
		Techno pedagogue	✓			
10	ICT skills	Digital literacy (online resources)	✓			
		Create Audio/Video	✓			
		Online accessibility	✓			
		Presentation skills		✓		

Excellent -5, Very Good -4, Good -3, Average -2, Poor -1

Comments: Teacher was confident and pleasant. skillfully handled the technical devices. Resourceful activities were given. class was interesting and interactive. Evaluated the students well and provided individual attention to students. Need improvement in stimulus variation and voice level.

Signature of the Peer :

[Handwritten Signature]



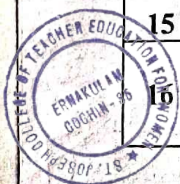
OBSERVATION SCHEDULE FOR THE
SKILL OF STIMULUS VARIATION

Sl. No.	Component skills	Frequency in minutes													
		Teaching						Total	Re-teaching						Total
		1	2	3	4	5	6		1	2	3	4	5	6	
1	Body movements							7							15
2	Teacher used gestures							6							11
3	Verbal Focusing							4							12
4	Gestural Focusing							6							10
5	Verbal - Gestural Focusing							7							12
6	Voice Modulation							5							16
7	Teacher-pupil interaction							2							7
8	Pupil-pupil interaction														2
9	Teacher-Class interaction							5							7
10	Silence - Pause							4							14
11	Audio Visual Switching							8							15
12	Stimulus variation motivated pupil							3							8



OBSERVATION SCHEDULE FOR THE
SKILL OF BLACK BOARD WRITING

Sl. No.	Component skills	Frequency in minutes														
		Teaching						Total	Re-teaching						Total	
		1	2	3	4	5	6		1	2	3	4	5	6		
1	Alphabets written were legible	1	1	1	1	1		6	1	1	1	1	1	1		8
2	Blackboard work was neat	1	1	1	1	1		5	1	1	1	1	1	1		9
3	Alphabets were straight	1	1	1	1	1		5	1	1	1	1	1	1		6
4	Alphabets were in straight line	1	1	1	1	1		5	1	1	1	1	1	1		8
5	Lines were parallel	1	1	1	1			4	1	1	1	1	1	1		6
6	Enough spacing between words & alphabets	1	1	1	1	1		5	1	1	1	1	1	1		7
7	Size of alphabets was accurate to the class	1	1	1	1	1		5	1	1	1	1	1	1		7
8	Point were in sequence.	1		1		1		3	1	1	1	1	1	1		7
9	All points were in continuity	1	1	1		1		4	1	1	1	1	1	1		6
10	Unnecessary writings were rubbed			1		1		2	1	1	1	1	1	1		6
11	Main points were underlined.															
12	Need-based diagrams were drawn	1	1	1	1	1		5	1	1	1	1	1	1		6
13	Need-based coloured chalks were used	1	1	1	1	1		5	1	1	1	1	1	1		8
14	Position of the Teacher	1	1		1	1		4	1	1	1	1	1	1		6
15	Diagrams were clear and beautiful	1	1	1	1	1		5	1	1	1	1	1	1		9
	There was a logic or justification of black-board work in the class	1	1	1	1	1		5	1	1	1	1	1	1		8



OBSERVATION SCHEDULE FOR THE
SKILL OF QUESTIONING (FLUENCY)

Sl. No.	Component skills	Frequency in minutes													
		Teaching						Total	Re-teaching						Total
		1	2	3	4	5	6		1	2	3	4	5	6	
1	Clarity							8							9
2	Concise							7							7
3	Relevancy							4							6
4	Specificity							8							10
5	Pacing							2							9
6	Pausing							3							5
7	Coherence							3							6
8	Directing							5							6
9	Prompting							6							7



PROFORMA FOR CLASS EVALUATION

Name of the Student Teacher : APARNA S. Date: 01/08/2022
 Name of the School : XYZ Period: 1
 Subject : Physics Standard: 9
 Topic : Resonance

Sl. No	Components	Criteria	A+ (Excellent)	A (V Good)	B (Good)	C (Average)	D (Poor)
1	Introduction	Building of rapport		✓			
		Introducing the topic	✓				
		Relevance	✓				
		Novelty	✓				
		Effectiveness	✓				
11	Subject Competency	Linking with life situations	✓				
		Providing additional information	✓				
		Depth of the content and its sequential arrangement	✓				
		Thought Provoking ideas		✓			
		Resourcefulness	✓				
11	Instructional Strategies and Techniques	Learner centered	✓				
		Practicability	✓				
		Originality		✓			
		Innovation		✓			
		Effectiveness	✓				
V	Learning Materials	Advanced Technology		✓			
		Appropriate	✓				
		Improvisation	✓				
		Novelty and variety		✓			
		Skillful Handling	✓				
	Learning Activities	Appropriate	✓				
		Originality	✓				
		Student involvement	✓				
		Discipline	✓				
		Progress of Activity	✓				
	Communication	Appropriate	✓				
		Fluency/Clarity	✓				
		Stimulus Variation		✓			
		Reinforcement	✓				
		Effectiveness	✓				



VII	Class management	Ensuring Co operation	✓				
		friendliness	✓				
		Handling pupils	✓				
		Discipline	✓				
		Effectiveness	✓				
VIII	Closure	Ability to summarize	✓				
		Evaluation	✓				
		Promoting values	✓				
		Depth of assignments		✓			
		Budgeting of time	✓				
IX	Teacher	Appearance and manners	✓				
		Confidence level	✓				
		Guide and facilitator		✓			
		Social Agent		✓			
		Effectiveness	✓				

Comments. The class was very effective and was conducted in a systematic way. Aparna has good subject competency and her classroom management skills are remarkable. Overall the class was excellent.



Name of the Observer: NEETHU P. D.

Neethu P. D.

Signature:

RULES AND REGULATIONS OF

LONG JUMP AND SHOT PUT

LONG JUMP

Long Jump is a sport in which the performer exercises his strength and stamina. It is a track and field event in which an athlete is required to jump to a distance as far as possible from a given take-off point. Among all the athletes, the person who covers a maximum distance is declared as the winner. Long jump requires the competitor to have speed, bounce as well as proper coordination of distance strides, and spring action of the body of take off stage.

Method of long jump

The jumping foot is kept straight forward and the other behind it. If the jumping foot is left, left foot is kept forward and right behind. Take right foot upward with a bend at the knee, at the same time right arm will be bent at the elbow.

The action will be performed first in standing position and then in walking four to five steps, when this action improves it should be repeated while running. This time while going upward, the ground should not be touched. After jumping the person will



touch the ground with same foot and the body will remain straight. Then the other foot touches the ground.

Rules of Long Jump

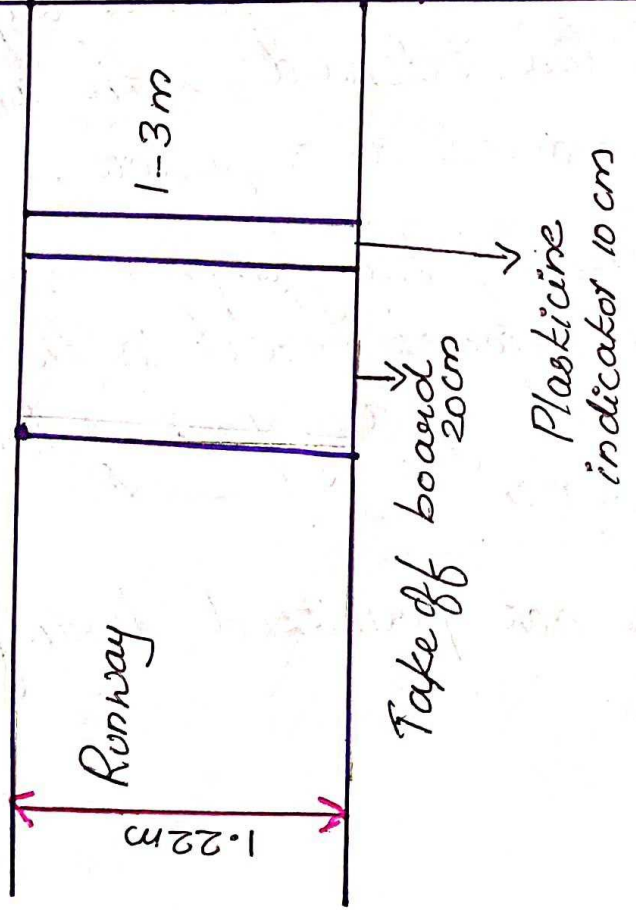
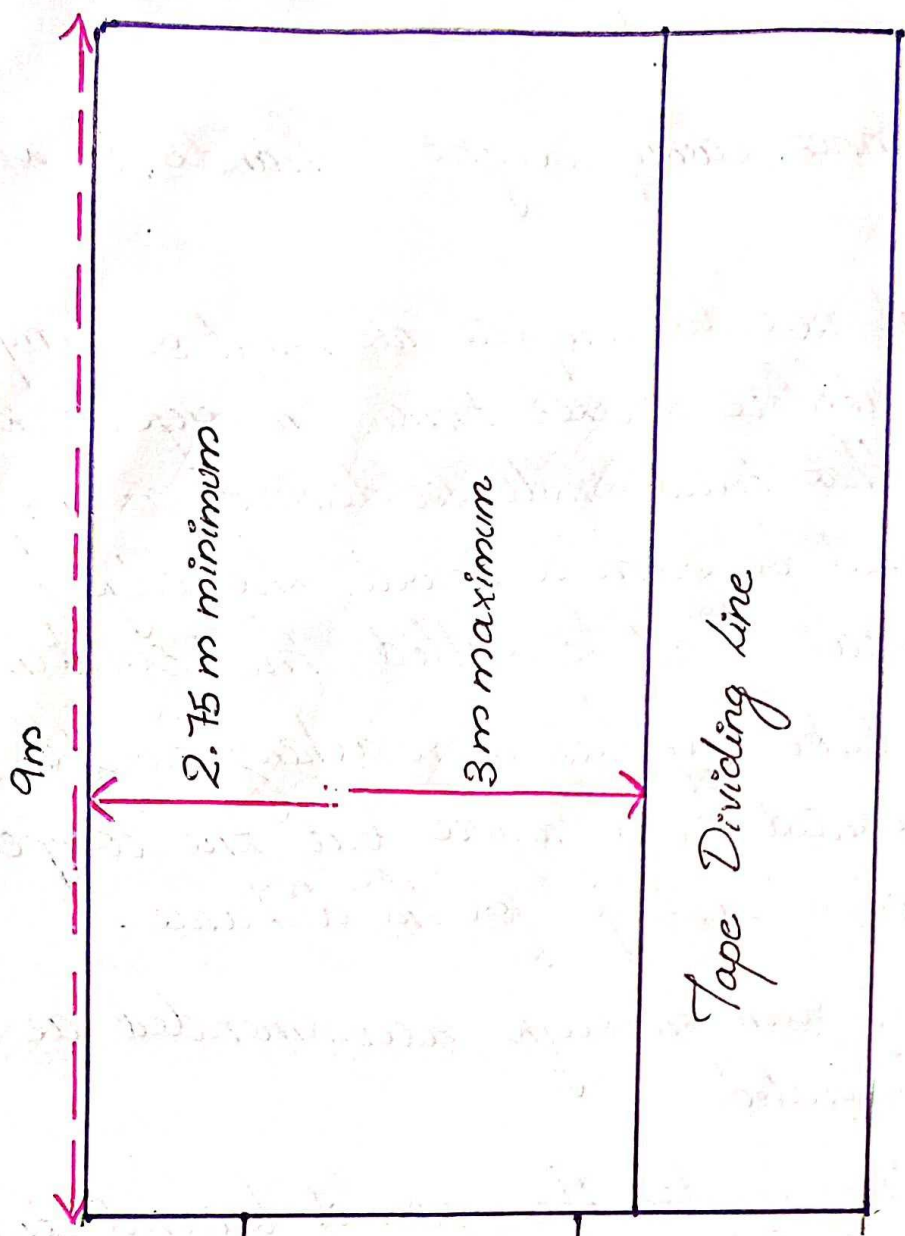
Long jumper must possess good sprint speed, a rhythmic consistent stride pattern and great spring

- ★ The landing area of long jump is 9×2.75 m
 - ★ The take off board edge is 1 meter away from the landing area.
 - ★ Runway is 1.22 m wide and at least 40 m long.
 - ★ No indicator can be kept inside the landing area.
 - ★ Take off is to be done with one foot only, otherwise it is foul.
 - ★ Take off board is 1.22 m long, 20 cm wide and 10 cm high.
 - ★ Each competitor gets 3 chances. Keeping best jump in view, eight best jumpers are chosen. If there is a tie for eight place, all competitors shall be included (nine athletes). Each one of the selected jumpers will get more chances. Then on the basis of the best jump of these jumpers the first three positions will be decided.
- The nearest spot in landing area close to take off board is taken into consideration for measuring the long jump.



- * Length is measured in complete centimeters and not in points.
- * Participants cannot carry weight in hands or with body during jump.
- * Every participant should complete his trial or jump in 1.5 minutes. If the athlete wastes time, the referee will warn him or her and that trial shall be deemed as complete.
- * The take off shall be from a board, the edge nearest the landing areas shall be called the 'scratch line'.
- * If a competitor takes off before reaching scratch line, it shall not be counted as a failure but the competitor will be at a disadvantage for the distance.
- * The distance of run through, recommended as 35-40 meters, is unlimited.
- * If any competitor touches the ground beyond the scratch line or scratch line extended, with any part of his body, the jump is considered as a failure.
- * The measurements of the jumps is made at right angles from the nearest break in the ground in the landing area made by any part of the competitor's body on the scratch line.
- * Some saults are not permitted during the jump.





Three techniques.

Commonly, three techniques are used by the athlete while in air:

1) Sail:-

The most basic one, the sail involves the jumper immediately lifting their legs into a toe touching position after take-off. This allows the body to float or sail in the air longer with the momentum achieved during take-off.

2) Hang:-

This technique involves stretching the body and making it long as possible after being airborne. Both arms and legs are extended to reach the maximum distance possible and the position is maintained until the jumper reaches the highest elevation. At the apex, the jumper shifts their legs forward into a landing position.

3) Hitch-kick:-

Also called climbing or running in the air, the athletes rotate their arms and legs during the flight to maintain balance. This is the most complex of the three techniques.



SHOT PUT

The shot put is a track and field event, in which athletes compete by throwing a heavy spherical metal ball (shot) as far as possible. The shot is held in one hand against the side of the chin and propelled by pushing it away from the body.

Methods of shot putting

There are five basic skills of putting the shot.

1. The Grip: The shot is held in hand between fingers and the thumb and the little finger on the sides for balance. Thus holding and balancing the shot placed against the neck in the hollow formed near the joint of the collar bone. Keeping the elbow about 8 or 9 inches from the side, the weight of the ball is carried on fore-arm little above and directly in front of the shoulder.
2. The stance: Initial stance is taken behind the circle keeping upper part of the trunk slightly turned backward creating an angle of 40 degree at the arm-pit of the throwing hand. The fore-arm of other hand is stretched across the chest about 8 to 10 inches in front. Right foot takes the weight of body and toe of left foot touches the ground in front of right foot.



3. The Glide : While moving across the circle the athlete must not hop but should glide. The gliding action should be so that the right foot is carried very low so much gliding that the spikes of the shoe almost graze the ground. The foot glides over a distance of about 30 to 35 inches and comes to almost centre of the circle and the left foot is just touching the front of the circle. Keeping his knee bent and planting it solidly and flatly with the toes pointing about 40° to the rear of the circle. Keeping the right hip flexed and left hip facing the direction in which the shot will travel, the athlete gives a vigorous drive from the right foot and arm to deliver the shot.

4. The Delivery : The putting action is performed and it is the application of additional force by lifting the entire side of the body, thereby applying power and weight of the body in the action of putting the shot.

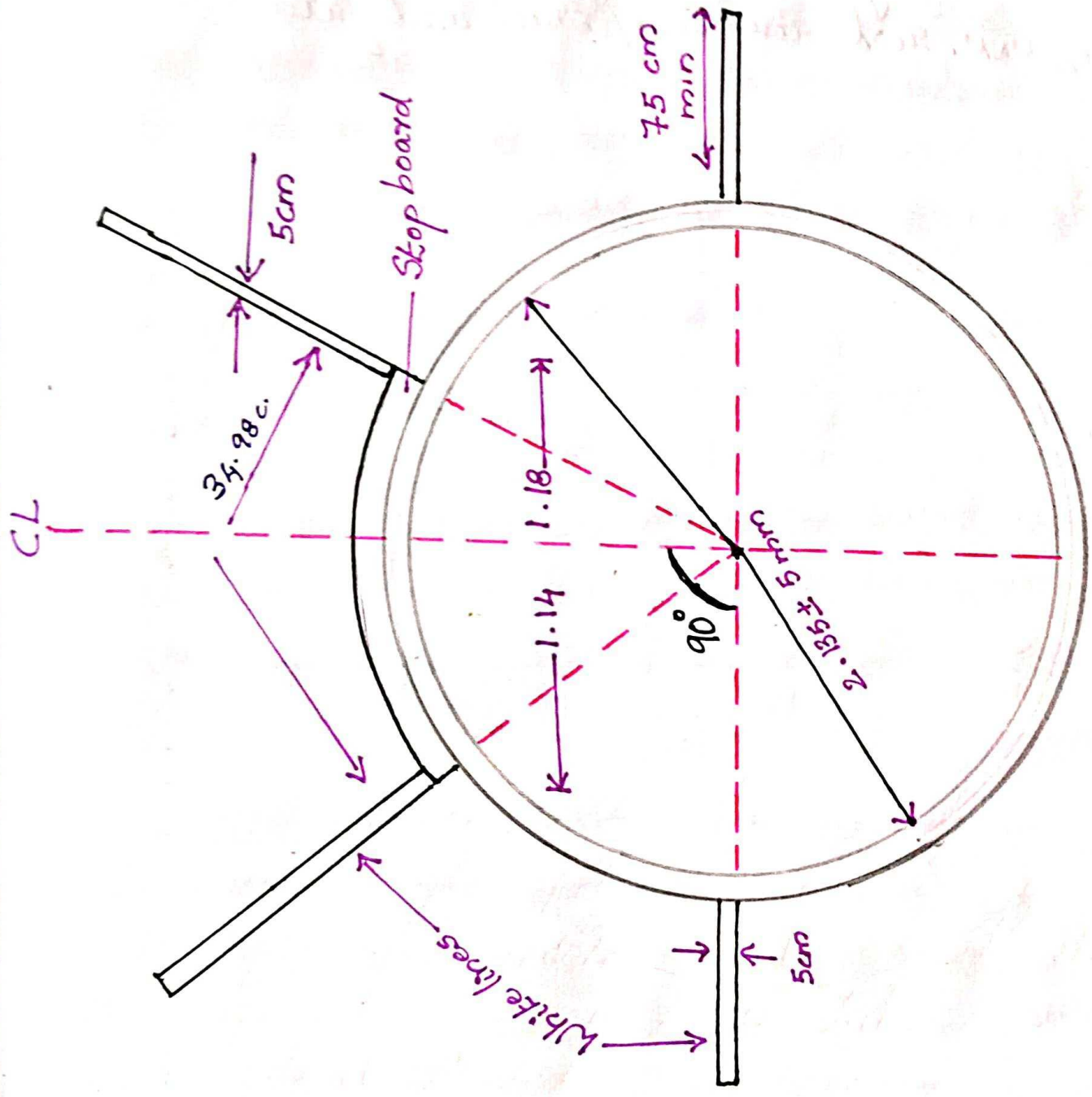
5. The Reverse : After the shot leaves the hand a quick reverse movement of the feet transfers the body weight on the right foot again and the right foot takes the forward position. Care is taken to ensure that the athlete does not cross over the first end of the circle while making the reverse.



Rules of Shot Put

- * In making the puts the competitor may rest his feet against but not on top of the stop board.
- * The shot shall be put from the shoulder with one hand only.
- * At the time the competitor takes his stance in the ring, the shot shall touch or be in close proximity of the chin and the hand shall not be dropped below this position during the act of putting. The shot must not be brought behind the line of the shoulders.
- * For a valid put the shot must fall so that the point from which measurement is to be made is within the inner edges of lines marking a sector of about 65° set out on the ground so that the radii lines touch, with their edges, the extremities of the stop board and cross at the centre of the circle.
- * Immediately after each put the measurements should be made.
- * Competitor must commence throw from a stationary position within the circle.
- * It is considered as a foul, if the competitor steps out of the circle.





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PREPARATION OF CRITERIA FOR EVALUATING DIFFERENT ART FORMS

Culture plays an important role in the development of any nation. It represents a set of shared attitudes, values, goals and practices. Culture and creativity manifest themselves in almost all economic, social and other activities. A country as diverse as India is symbolized by the plurality of its culture.

India has one of the world's largest collection of songs, music, dance, theatre, folk traditions, performing arts, rites and rituals, paintings and writings that are known as the intangible Cultural Heritage (ICH) of humanity.

Art is a key component in improving learning throughout all academic areas. The art is hands-on, has immediate rewards, focuses on positive achievements, develops concrete products and fosters collaboration. The arts provide many opportunities for students to demonstrate their skills through authentic performance. It enables children to grow in confidence and learn how to think positively about themselves and learning.

Judging criteria for competitions are referred to as the various pointers that a judge or jury of judges evaluates the entries on. Having a set of judging criteria is important



to make sure that the best competitor wins. A well designed evaluation criteria enables in an easy judgment and to figure out the most ideal one. The skills and efforts that a competitor puts in are judged according to the clearly stated criteria.

MUSIC

Music is the art of arranging sounds to create some combination of form, harmony, melody, rhythm or otherwise expressive content. Music is known to be the universal language of humanity. It has the power to bring positivity and entertainment in the lives of people. Everyone loves music because it holds the power to transform the mood and bring a sense of relief in the daily life. It can lessen the stress, pain, struggle, distraction and bring positivity and calmness.

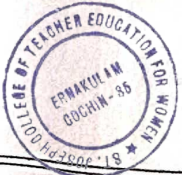
CLASSICAL MUSIC

Indian classical music is a rich tradition that originated in South Asia and can now be found in all corners of the world. Its origins date back to sacred vedic scriptures over 6,000 years ago where chants developed a system of musical



notes and rhythmic cycles. It has two major traditions: the North Indian classical music known as Hindustani and the South Indian expression known as Carnatic. The roots of the classical music of India are found in the Vedic literature of Hinduism and the ancient Natyashastra, the classic Sanskrit text on performing arts by Bharata Muni. The 13th century Sanskrit text Sangeeta-Ratnakara of Sarangadeva is regarded as the definitive text by both the Hindustani music and the Carnatic music traditions. Although there are stylistic differences, the basic elements of sruti (the relative musical pitch), swara (the musical sound of a single note), raga (the mode or melodic formulae) and kala (the rhythmic cycles) form the foundation of improvisation and composition in both Carnatic and Hindustani music.

Although improvisations plays an important role, Carnatic music is mainly sung through compositions especially kirtanam - a form developed between the 14th and 20th centuries by composers such as Purandara Dasa and the Trinity of Carnatic music. Carnatic music is usually taught and learned through compositions.



CRITERIA'S FOR CLASSICAL MUSIC

The major criterias for evaluating classical music (Carnatic) are as follows:

Shruti

Shruti is a Sanskrit word and it is derived from the root 'shru' which means 'to hear' and 'shruti' means which can be heard. The sound which is capable of being used in music and which can be distinctly identified by the ear is called shruti or pitch. It is the smallest interval of pitch that the human ear can detect. The Swara Sa or Shadja forms the base or foundation. The subsequent swaras i.e., Ri, Ga, Ma, Pa, Da, Ni are positioned with reference to this base, in definite intervals of frequencies.

Swara

Swara is a Sanskrit word that connotes simultaneously a breath, a vowel, the sound of a musical note corresponding to its name, and the successive steps of the octave or saptaka. Swara refers to a tone or a musical note on an octave. Carnatic music have seven octave musical notes such as;



- Sa - Shadjama (Tonic)
- Ri - Rishabha
- Ga - Gandhara
- Ma - Madhyama
- Pa - Panchama
- Da - Dhairvata
- Ni - Nishada.

Raga

Raga is a musical mode in the Indian classical music tradition used in an improvised performance. Modes are collections of musical notes coupled with rules about how these notes should be used. There are around 83 ragas in Indian classical music. The series of swaras in a given raga always follow a definite sequence. Raga is the basic foundation on which improvisation is carried out.

Talam

Tala is the term used in Indian classical music for the rhythmic pattern of any composition. Carnatic music uses a comprehensive system for the specification of talas, called sopta tala system. In carnatic music each pulse count is called an aksharam, the interval between each being equal, though capable of division into faster matras or swaras, the fundamental

unit of time. The Tala is defined by the number and arrangement of aksharams inside an avartanam. According to this system, there are seven families of Talas, each of which has five members, one each of five types or varieties (jati or chapu), thus allowing thirty-five possible Talas.

Melody

Swara is the most fundamental unit of a melody; it refers to the basic note of an octave. These swaranotes are the basic melodic element, through which a musician creates different ragas and melodies.

Rhythm

Rhythm is a strong regular repeated pattern of music.

Evaluation criteria for Classical Music

Sl. No	EVALUATION CRITERIA	MARKS
1.	Swathi or pitch	20
2.	Presentation of notes (Swaras)	20



Sl.No	EVALUATION CRITERIA	MARKS
3.	Raga and compositions	20
4.	Talam or beat	20
5.	Melody	10
6.	Rhythm	10
	TOTAL	100

DANCE

Dance is a type of art that generally involves movement of the body, often rhythmic and to music. It is performed in many cultures as a form of emotional expression, social interaction or exercise, in a spiritual or performance setting, and is sometimes used to express ideas or tell a story. Dance is not only an individual or group experience but also considered as a cultural mirror who wherein the spirit, character and artistry of its time are reflected.

MOHINIYATTAM

Mohiniyattam is an Indian classical dance form that evolved in the state of Kerala, India, and is counted among the two popular dance arts of the state, the other being 'kathakali'. Although its roots date back to the age-old Sanskrit Hindu text on performing arts called 'Natya Shastra', similar to other Indian classical dance forms, Mohiniyattam adheres to the Lasya type that showcases a more graceful, gentle and feminine form of dancing. Mohiniyattam derives its name from the word 'Mohini' a female avatar of Lord Vishnu. Conventionally a solo dance performed by female artists, it emotes a play through dancing and singing where the song is customarily in Monipravala which is a mix of Sanskrit and Malayalam language and the recitation may be either performed by the dancer herself or by a vocalist with the music style being Carnatic.

CRITERIA'S FOR MOHINIYATTAM

Adavus

Adavus are the basic dance or fundamental dance units. Each adavu is composed of a starting



basic posture which is followed by a combination of steps accompanied by appropriate movement of the arms and other parts of the body. These adavus are categorised by two systems.

- 1) According to the rhythmic syllables called shollus that accompany them.
- 2) According to the emphasis or prominence given to the limbs or the body as per 5 levels - from head to shoulders, from shoulders down to waist, from waist to the groin, from groin to the thighs and knees and from knees to the feet.

Each category has a number of adavus under it with permutations and combinations of similar movements.

Thalam

Thalam or taal literally means a clap. It is the term used in Indian classical music and dance to define the rhythmic pattern followed by any composition. Thalam is the foundation for music and dance.

Hand Gestures

The hand gestures used in Mohiniyattam are mostly drawn from Hastalakshanaadeepika, an ancient text in Sanskrit that articulates 24 mudras. It uses simple mudras coupled with abhinaya to depict or express an emotion

or a feeling, it is not as elaborate with mudras as one may see in the other art forms.

Abhinaya

Abhinaya means "the art of expression". It has been derived from the Sanskrit words Abhi (Towards) and Nii (leading) - so it literally means leading towards i.e; leading the an emotion. It is the aspect of dance where the dancer describes an incident or story or maybe just his/her mood to the audience through facial expression, body movements etc.

Costume and Make-up

The dancer has her face painted in a natural tint with eyebrows and eyes well elongated to heighten her beauty and grace and then there is a large red dot in the centre on the forehead. The dancer wears a white or off-white plain sari embellished with bright golden or gold laced coloured brocade embroidered in its borders complimented with a matching choli or blouse. She also wears a golden belt around her waist. Jewellery adorns her head, hair, ears, neck, and fingers.



Body Movements

• It is a solo female dance in which the striking feature is the rhythmical swaying of dancer side to side and smooth and unbroken flow of body movement.

Grace

Mohiniyattam is called the dance of the enchantress, because it emphasises the seductive and graceful aspects of women.

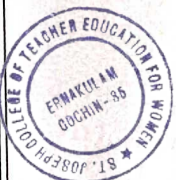
Footsteps

Mohiniyattam is based on delicate foot steps. They have to learn 80 adavus or steps besides 24 hand gestures or mudras.

Technical aspects and Overall performance

In addition the evaluation criteria also includes the technical aspect which mainly includes music in the Carnatic style, where the recitation may be either by a separate vocalist or the dancer themselves.

The overall performance of the dancer is also evaluated for the judgement.



Evaluation Criteria for Mohiniyattam

Sl. No	EVALUATION CRITERIA	MARKS.
1.	Adavu	10
2.	Thalam	10
3.	Hand gestures	10
4.	Abhinaya	10
5.	Make-up and costume	10
6.	Body movements	10
7.	Garare.	10
8.	Foot steps	10
9.	Technical aspects	10
10.	Overall performance	10
TOTAL		100



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GOVT GIRLS H S S TRIPUNITHURA

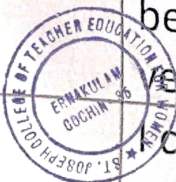
SELF EVALUATION TOOL

NAME OF THE STUDENT: Prathyusha . P . V TOPIC: EXCRETION TO MAINTAIN HOMEOSTASIS

SUBJECT: Biology

DATE: 9 / 12 / 22

SL NO.	QUESTIONS	YES	NO
1	I am able to identify the Excretory organs in human body	✓	
2	I can draw the structure of skin	✓	
3	I can explain the formation of urea by liver	✓	
4	I am able to locate the position of kidney in human body	✓	
5	I can draw the internal structure of kidney		✓
6	I am able to differentiate between renal artery and renal vein	✓	
7	I can draw the structure of nephron	✓	



8	I am able to explain the steps in urine formation	✓	
9	I am able define micturition	✓	
10	I am able to explain the role of kidney in maintenance of homeostasis	✓	
11	I am able to distinguish between kidney diseases such as nephritis, kidney stone and uremia	✓	
12	I am able to draw a flowchart of steps in haemodialysis	✓	
13	I am able to locate the position of transplanted kidney	✓	
14	I am able to list out the excretory organs in lower organisms	✓	
15	I am able to explain the excretion in plants		✓



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GOVT GIRLS H S S TRIPUNITHURA

SELF EVALUATION TOOL

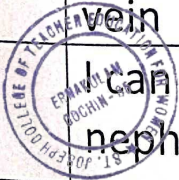
NAME OF THE STUDENT: *Devika Brnu*

TOPIC: EXCRETION TO MAINTAIN HOMEOSTASIS

SUBJECT: *Biology*

DATE: *9-12-22*

NO.	QUESTIONS	YES	NO
	I am able to identify the Excretory organs in human body	✓	
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	I can explain the formation of urea by liver	✓	
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ERNAKULAM

GOVT GIRLS H S S TRIPUNITHURA

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TOPIC: EXCRETION TO MAINTAIN HOMEOSTASIS

SUBJECT :

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13	I am able to locate the position of transplanted kidney		
14	I am able to list out the excretory organs in lower organisms		
15	I am able to explain the excretion in plants		

Done

