



St. Joseph College of Teacher Education for Women Ernakulam



CRITERION II

**2.4.5 Adequate skills are developed in students for effective use of ICT
for teaching learning process**

(Evolving learning sequences for online as well as face to face situations)

Submitted to

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



2.4.5

Evolving Learning Sequences (learning activities) for Online as well as face-to-face situations

Sl No	Documentary Evidence	Page No
1	Training on PDF Flipbook -Hazene online Flipbook maker.	1-2
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ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

Kovilvattom Road, Ernakulam, Kochi, Pin – 682035, Kerala
(Affiliated to Mahatma Gandhi University, Kottayam)

Report: Training on PDF Flipbook

Name of the Event	Training on PDF Flipbook
Objectives	<ol style="list-style-type: none">1. Introduce PDF Flipbooks2. Highlight Interactivity3. Familiarize with Tools4. Explain Key Elements5. Provide Step-by-Step Guidance6. Discuss Design Considerations
Resource Person	Mrs. Reshmi R.K, Science Educator St. Joseph TTI Ernakulam
Date	November 16, 2022
Time	3.00-4.30 pm
Venue	Multi Purpose Hall

Key Concepts Covered:

During the orientation class, participants were introduced to several key concepts related to PDF flipbook creation:

1. PDF Flipbooks: The session highlighted the significance of PDF flipbooks as interactive and visually engaging documents for presenting information and content.
2. Software Tools: Mrs. Reshmi introduced the software Publuu, emphasizing its role in creating PDF flipbooks with ease. Additionally, HTML 5 was discussed as a valuable tool for web-based flipbook creation.
3. Creation Process: Participants received training on how to create PDF flipbooks, including layout design, interactive elements, and customization options.

Highlights of the Session:

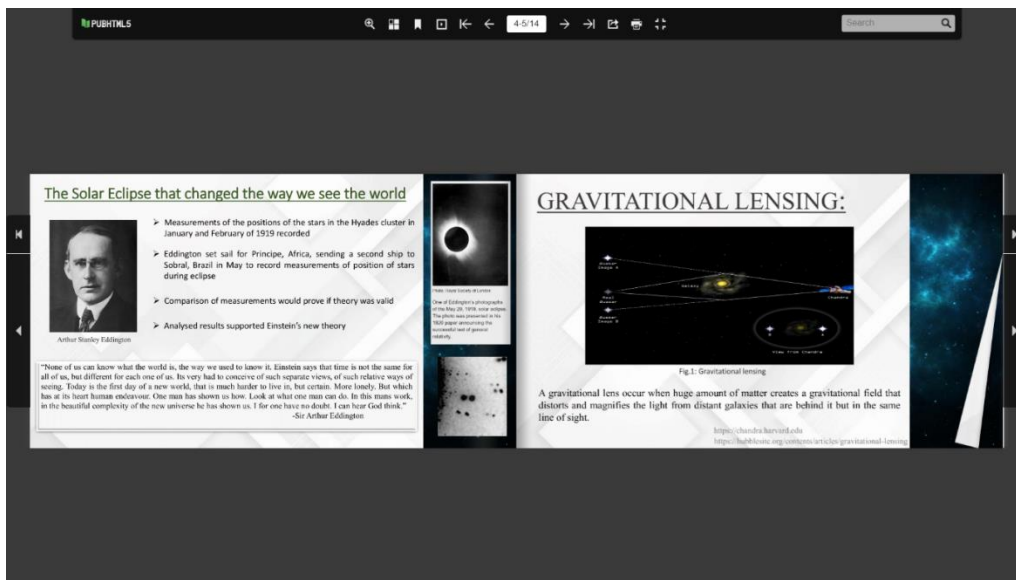
1. Introduction to Publuu and HTML 5: Mrs. Reshmi provided an overview of Publuu and HTML 5, explaining their functionalities and benefits in PDF flipbook creation



2. Practical Demonstration: The resource person conducted a practical demonstration, guiding participants through the step-by-step process of creating a PDF flipbook using Publuu. This hands-on experience allowed participants to understand the software's features and capabilities.
3. Interactive Training: The session included interactive training where participants had the opportunity to explore and experiment with Publuu and HTML 5, asking questions and seeking guidance as needed.

Conclusion:

The orientation class on creating PDF flipbooks conducted by Mrs. Reshmi R.K on November 16, 2022, was a valuable and informative session. Participants gained insights into the significance of PDF flipbooks and received practical training on using software tools like Publuu and HTML 5 for flipbook creation. This knowledge can be instrumental in creating interactive and engaging educational materials.





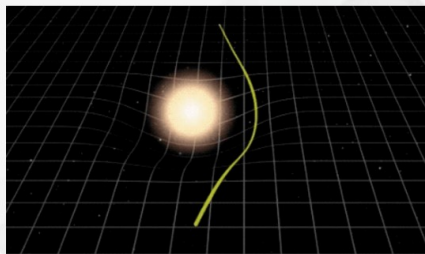
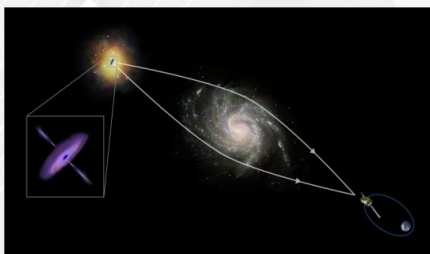
CONTENT:

- History
- What is Gravitational Lensing?
- The First Gravitational Lens
- Types of Lensing
- Solar Gravitational Lens



HISTORY:

- On November 1915, Albert Einstein published his theory of general relativity.
- Predicts massive objects distort the fabric of space-time



- Confirmation: Arthur Eddington observed lensing around Sun (Solar eclipse, May 29, 1919)

LIGHTS ALL ASKEW IN THE HEAVENS

Men of Science More or Less
Agog Over Results of Eclipse
Observations.

EINSTEIN THEORY TRIUMPHS

Stars Not Where They Seemed
or Were Calculated to be,
but Nobody Need Worry.

A BOOK FOR 12 WISE MEN

No More in All the World Could
Comprehend It, Said Einstein When
His Daring Publishers Accepted It.

The New York Times of
November 10, 1919,
reported on Einstein's
confirmed prediction



The Solar Eclipse that changed the way we see the world



Arthur Stanley Eddington

- Measurements of the positions of the stars in the Hyades cluster in January and February of 1919 recorded
- Eddington set sail for Principe, Africa, sending a second ship to Sobral, Brazil in May to record measurements of position of stars during eclipse
- Comparison of measurements would prove if theory was valid
- Analysed results supported Einstein's new theory

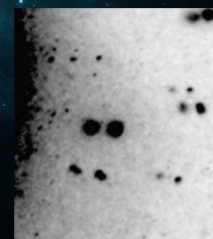
"None of us can know what the world is, the way we used to know it. Einstein says that time is not the same for all of us, but different for each one of us. Its very had to conceive of such separate views, of such relative ways of seeing. Today is the first day of a new world, that is much harder to live in, but certain. More lonely. But which has at its heart human endeavour. One man has shown us how. Look at what one man can do. In this mans work, in the beautiful complexity of the new universe he has shown us. I for one have no doubt. I can hear God think."

-Sir Arthur Eddington



Photo: Royal Society of London

One of Eddington's photographs of the May 29, 1919, solar eclipse. The photo was presented in his 1920 paper announcing the successful test of general relativity.



GRAVITATIONAL LENSING:

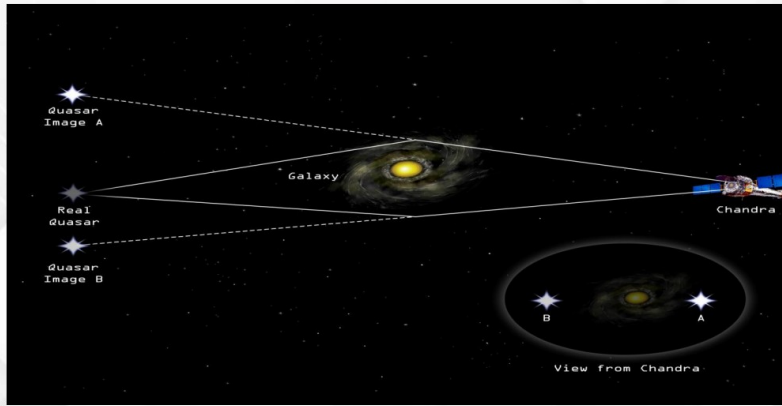
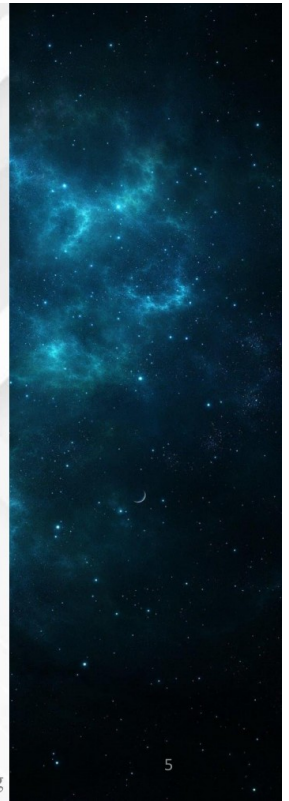


Fig.1: Gravitational lensing

A gravitational lens occur when huge amount of matter creates a gravitational field that distorts and magnifies the light from distant galaxies that are behind it but in the same line of sight.

<https://chandra.harvard.edu>

<https://hubblesite.org/contents/articles/gravitational-lensing>



THE FIRST GRAVITATIONAL LENS

- Discovered in 1979 by astronomers Dennis Walsh, Robert F. Carswell and Ray J. Weymann
- Identified the Twin Quasar Q0957+561: two quasars lying very close to each other with similar distances and spectra.
- Were actually same object whose light had split into two paths by the gravitational influence of an intervening galaxy YGKOW G1, 4 billion light-years from Earth and directly in our line of sight

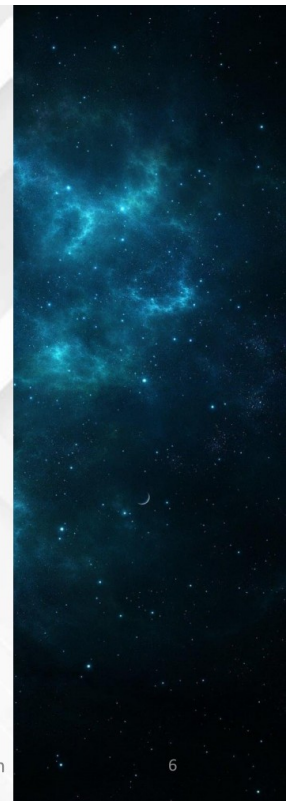


Fig.2: The Twin Quasar by the Hubble Space Telescope



Fig.3: Cheshire Cat

<https://www.galactic-hunter.com>
<https://esahubble.org>



TYPES OF LENSING:

STRONG LENSING

WEAK LENSING

MICROLENSING



Fig.4: ABELL 2218
<https://hubblesite.org>



STRONG LENSING

- Multiple images from the same object
- Detected by large scale galaxy surveys

GALAXY LENSING

- When background source is quasar, strong lensed images are point-like multiple images
 - When background source is a galaxy, strong lensed images are arcs or rings
- Eg: Einstein's Cross (Q2237+0305) at a distance of 8 billion lightyears

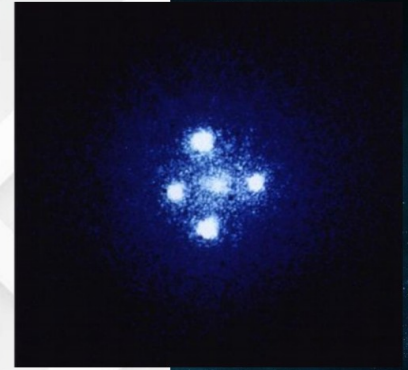


Fig.5: Einstein's Cross: four images from one quasar

<https://www.nasa.gov>

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Fig.6: The Cosmic Horseshoe- A gravitational lens surrounding a galaxy from the group of Luminous Red Galaxies.

<https://apod.nasa.gov>



CLUSTER LENSING

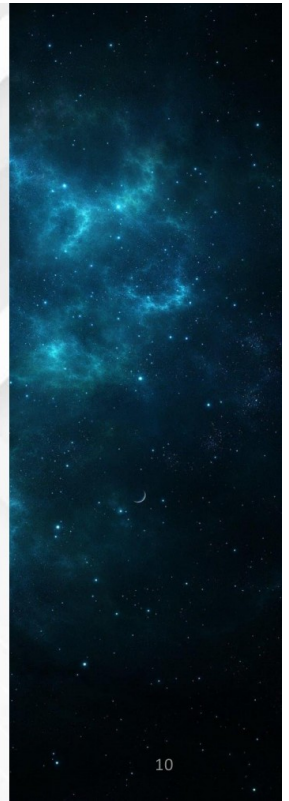
- produce both strong lensing (multiple images, arcs or rings) and weak lensing effects (ellipticity distortions)



Fig.7: Located in the southern constellation of Fornax, GAL-CLUS-022058-38303 was nicknamed the 'Molten Ring' by the Hubble astronomers.

<https://www.nasa.gov>

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WEAK LENSING

- Occurs when the lens lies relatively far from the line of sight between the observer and the background source
- Only a single image is produced, subject to mild magnification and distortion
- Only detectable by studying effects on large numbers of background sources

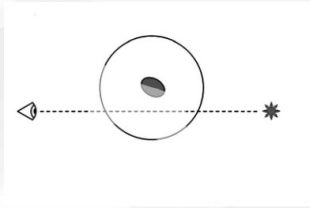
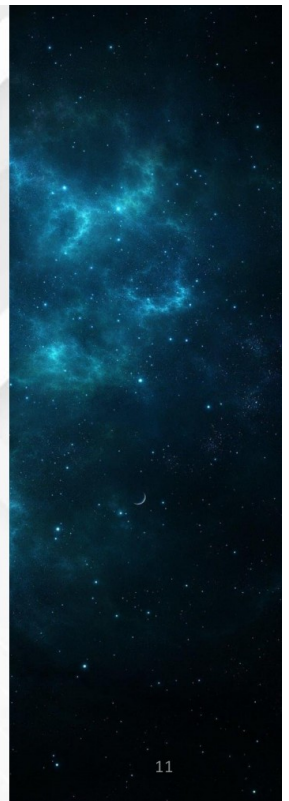


Fig.8: Weak lensing

- Difficult to measure for an individual galaxy
- Galaxies clustered closer together exhibit similar lensing patterns

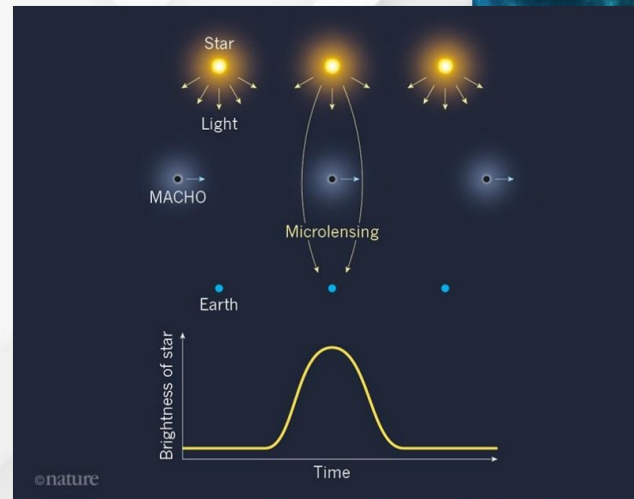
<https://www.researchgate.net>

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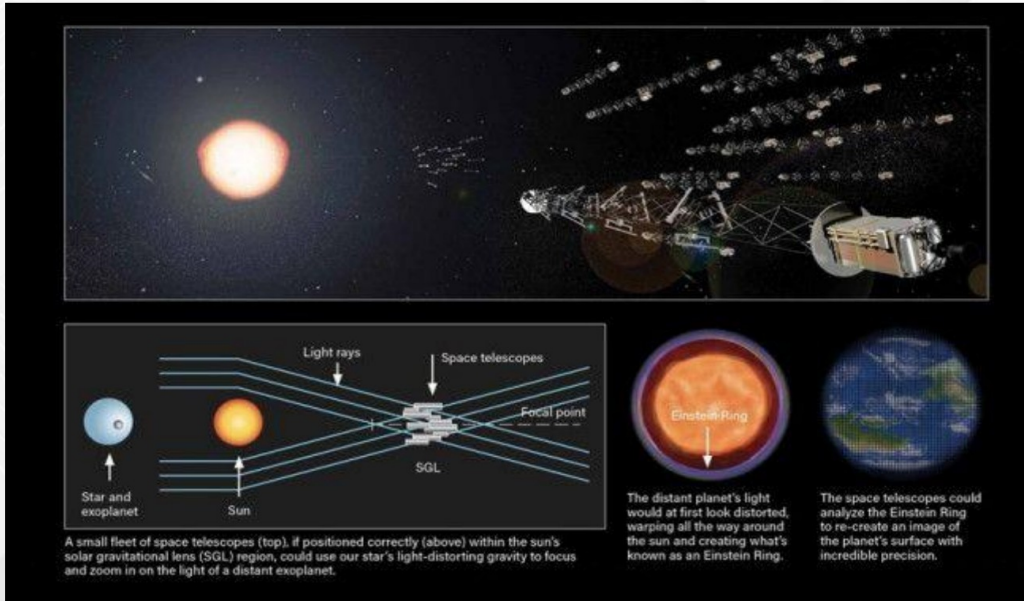


MICROLENSING

- No distortion in shape
- Amount of light visible from object changes periodically
- Light from distant star is bent and enhanced by the gravitational field of closer star
- Used to search for very faint or invisible objects such as brown dwarfs, neutron stars, old white dwarfs or black holes, which might make up the dark matter. These are collectively known as massive compact halo objects or MACHOs
- Also for discovering exoplanets



SOLAR GRAVITATIONAL LENS:



<https://apod.nasa.gov/>

A SGL is a theoretical method of using the Sun as a large lens with the physical effect called gravitational lensing. It is considered the best method to directly image habitable exoplanets.









Report: Training on PPT Flipbooks

Name of the Event	Training on PPT Flipbooks
Objectives	<ol style="list-style-type: none">1. Introduce Flipbooks2. Highlight Engagement3. Demonstrate Tools4. Explain Key Elements5. Showcase Examples6. Discuss Use Cases
Resource Person	Mrs. Reshmi R.K, Science Educator St. Joseph TTI Ernakulam
Date	December 1, 2022
Time	2.00-4.30 pm
Venue	Multi Purpose Hall

Key Concepts Covered:

During the session, participants were introduced to several key concepts related to creating PPT flipbooks:

1. PPT Flipbooks as Learning Materials: The session highlighted the role of PPT flipbooks as effective and interactive learning materials that can be utilized in educational settings.
2. Benefits of Flipbooks: Mrs. Reshmi R.K explained the advantages of using flipbooks, including the ability to integrate multimedia content, making learning engaging and dynamic.
3. Step-by-Step Creation: The resource person provided a comprehensive, step-by-step guide on how to create PPT flipbooks from scratch. Participants learned about layout design, inserting multimedia elements, and incorporating interactive features.



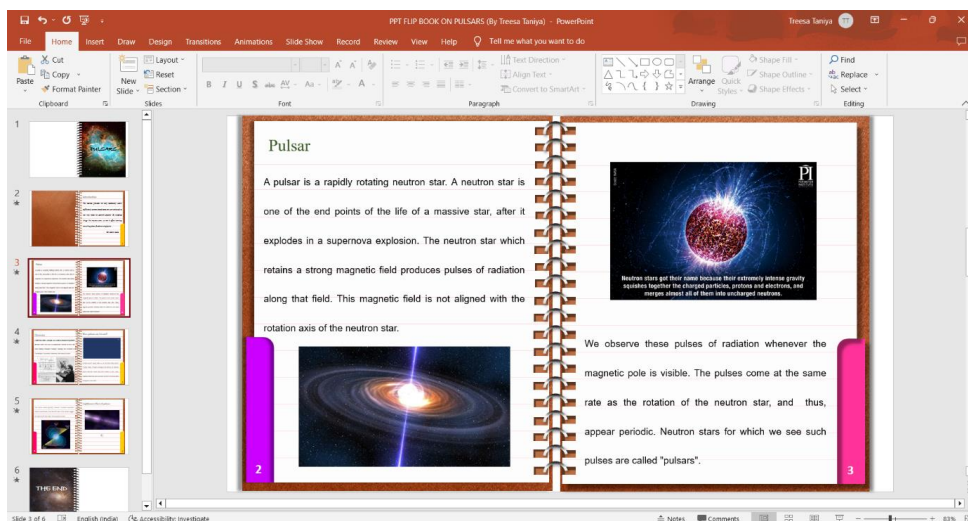
4. **Multimedia Integration:** The session emphasized the importance of multimedia integration, showcasing how to embed videos, audio clips, images, and animations within the flipbooks to make learning more interactive and informative.

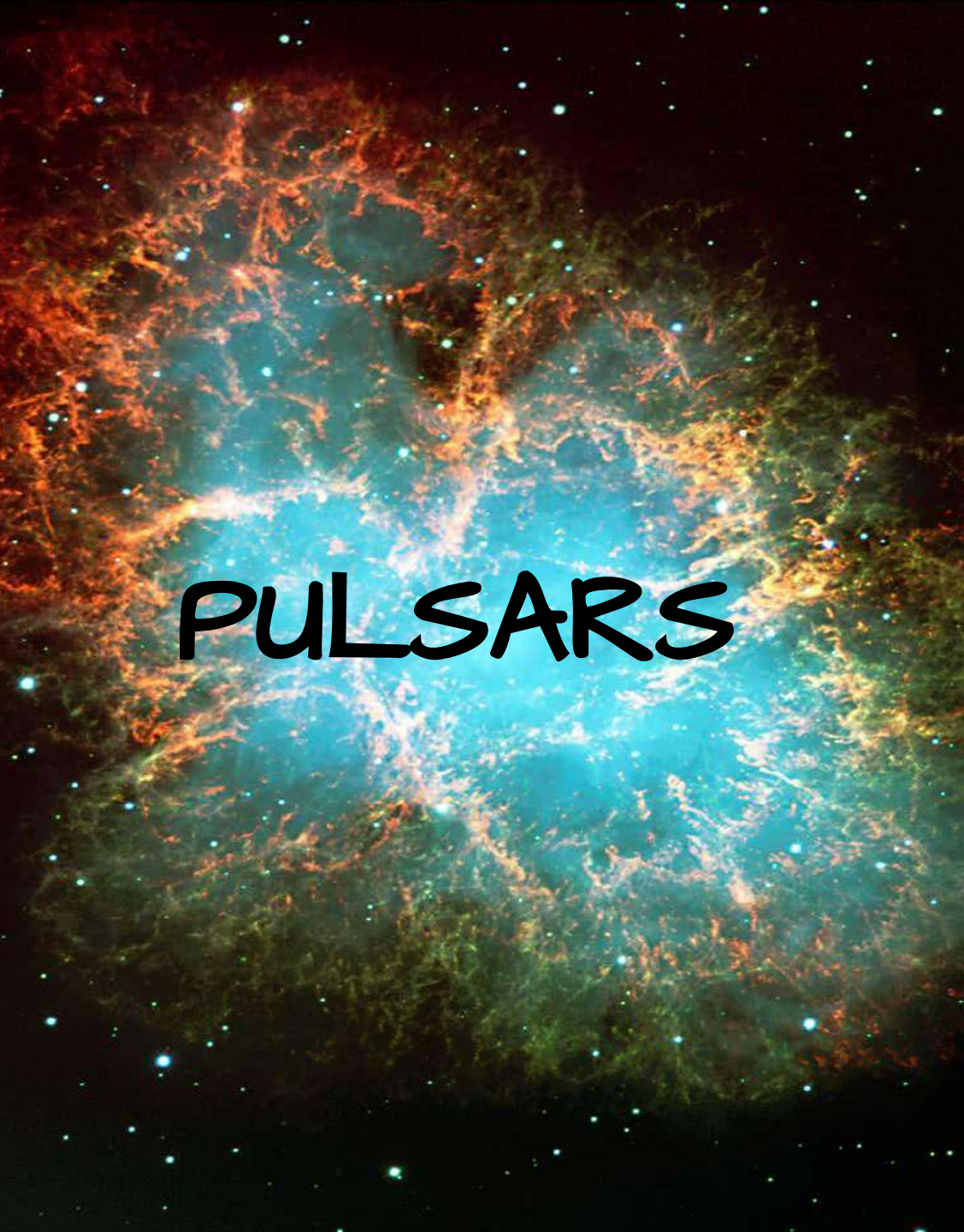
Highlights of the Session:

1. **Hands-on Demonstration:** Mrs. Reshmi R.K conducted a hands-on demonstration, guiding participants through the process of creating a PPT flipbook. This practical experience allowed participants to follow along and understand the steps involved.
2. **Interactive Q&A:** The session featured an interactive question-and-answer session where participants could seek clarifications and share their thoughts on the use of flipbooks as learning materials.

Conclusion:

The digital orientation session on creating PPT flipbooks led by Mrs. Reshmi R.K on December 1, 2022, was a valuable learning experience. Participants gained insights into the creation of dynamic and engaging learning materials that can incorporate multimedia elements to facilitate classroom interactions. This innovative approach to teaching and learning can enhance the overall educational experience.





PULSARS



Introduction

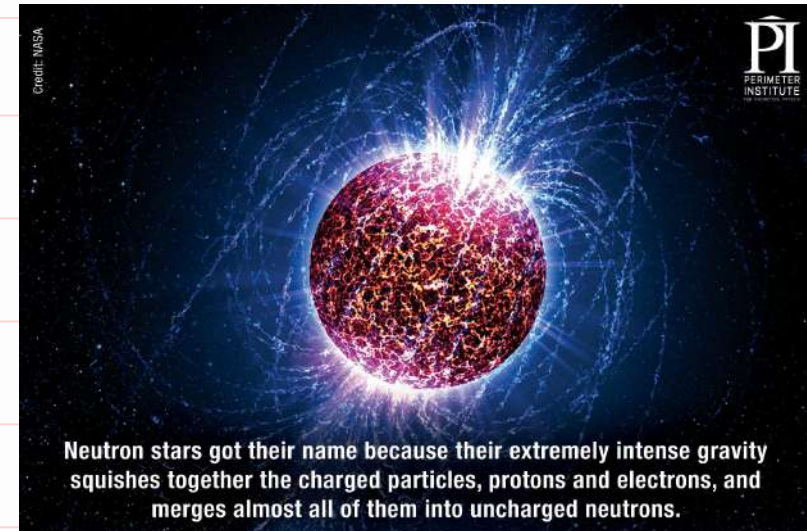
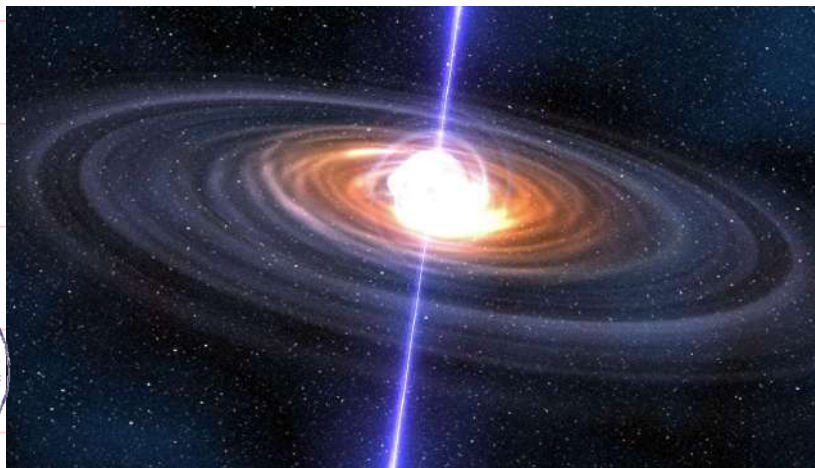
The cosmos provides the only laboratory where sufficiently extreme conditions are ever achieved to test new ideas on particle physics. By studying things like neutron stars, we are in effect learning something about fundamental physics.

-Sir Martin Reez



Pulsar

A pulsar is a rapidly rotating neutron star. A neutron star is one of the end points of the life of a massive star, after it explodes in a supernova explosion. The neutron star which retains a strong magnetic field produces pulses of radiation along that field. This magnetic field is not aligned with the rotation axis of the neutron star.



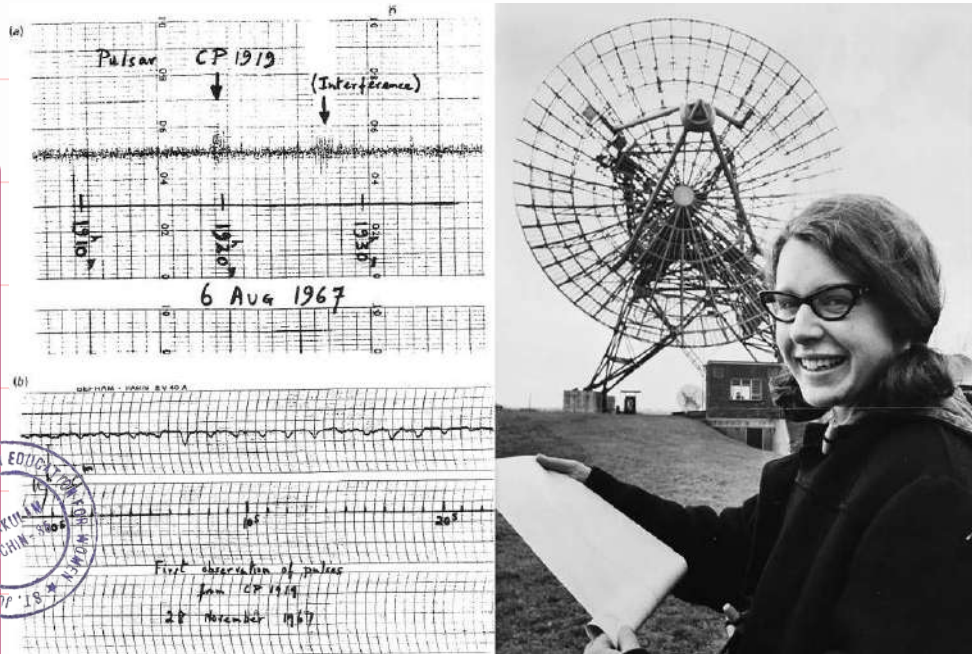
Neutron stars got their name because their extremely intense gravity squishes together the charged particles, protons and electrons, and merges almost all of them into uncharged neutrons.

We observe these pulses of radiation whenever the magnetic pole is visible. The pulses come at the same rate as the rotation of the neutron star, and thus, appear periodic. Neutron stars for which we see such pulses are called "pulsars".



Discovery

Professor Dame Jocelyn Bell Burnell discovered pulsars in 1967 while she was a postgraduate student at New Hall (now Murray Edwards College) carrying out research at Cambridge's Cavendish Laboratory with Antony Hewish.

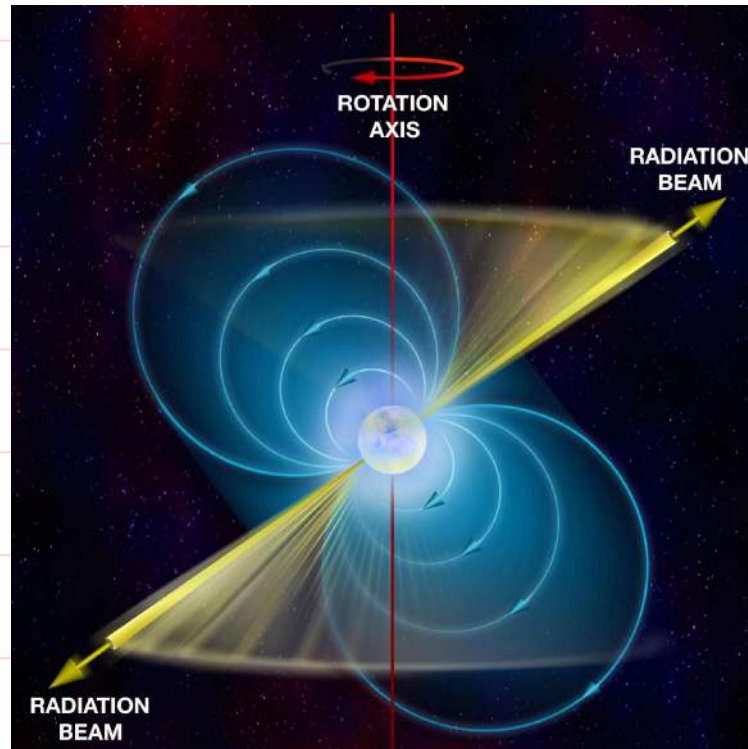


How pulsars are formed?



Pulsars aren't really stars — or at least they aren't "living" stars. Pulsars belong to a family of objects called neutron stars that form when a star more massive than the sun runs out of fuel in its core and collapses in on itself.

This stellar death typically creates a massive explosion called a supernova. The neutron star is the dense nugget of material left over after this explosive death.



Lighthouse effect of pulsars



THE END





ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN

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Report: Training on Digital Programmed Learning Material

Name of the Event	Training on Digital Programmed Learning Material
Objectives	<p>The primary objectives of the orientation session were as follows:</p> <ol style="list-style-type: none">1. To familiarize the participants with the concept of Digital Programmed Instruction.2. To showcase the benefits and effectiveness of digital tools in educational settings.3. To empower educators with the knowledge and skills necessary to incorporate digital resources into their teaching methodologies
Resource Person	Mrs. Reshmi R.K, Science Educator St. Joseph TTI Ernakulam
Date	November 8, 2022
Time	4.00-4.30 pm
Venue	Multi Purpose Hall

On November 8, 2022, an orientation session on Digital Programmed Instruction was conducted by Mrs. Reshmi R.K, a distinguished Science Educator at St. Joseph TTI Ernakulam. The session was aimed at providing valuable insights into the utilization of digital tools and resources in educational instruction.

Highlights of the Orientation

Concept of Digital Programmed Instruction: Mrs. Reshmi R.K began the session by explaining the fundamental concept of Digital Programmed Instruction. She highlighted how this approach enhances the learning experience by making use of digital tools to provide structured, self-paced learning modules.

Benefits of Digital Tools: The resource person emphasized the advantages of incorporating digital tools in educational practices. These benefits include increased engagement, accessibility, and the ability to cater to diverse learning styles.





Practical Demonstrations: The session included practical demonstrations of various digital tools and resources that can be used in teaching. Participants had the opportunity to explore interactive software and educational apps.

Hands-on Experience: Mrs. Reshmi R.K encouraged the participants to have a hands-on experience with the digital tools, allowing them to explore and interact with these resources.

Q&A and Discussion: A lively question and answer session followed the presentations. This allowed participants to seek clarification and engage in discussions regarding the implementation of digital tools in their teaching.

Conclusion

The orientation on Digital Programmed Instruction conducted by Mrs. Reshmi R.K proved to be an enlightening and interactive session. It equipped educators with valuable insights and practical knowledge on using digital resources to enhance the teaching and learning experience. The event was well-received by the participants, who left with a better understanding of the benefits of digital tools in education.

This orientation session is a significant step in promoting innovative teaching practices and ensuring that educators are well-prepared to adapt to the ever-evolving landscape of digital education.

Acknowledgment

We extend our sincere gratitude to Mrs. Reshmi R.K for her invaluable contribution to this orientation session, which undoubtedly enriched the knowledge and skills of all participants. We also thank the attendees for their active participation and enthusiasm.





FRAME 1

Read the paragraph carefully

In the periodic table, elements of group 3-12 constitutes 'd' block elements. The two horizontal rows of elements at the bottom of the table forms 'f' block. 'd' block elements are called transition metals and 'f' block elements are called inner transition elements.

ST JOSEPH COLLEGE OF TEACHER EDUCATION FOR WOMEN ERNAKULAM

TRAINING ON DIGITAL PROGRAMMED LEARNING MATERIAL

RESOURCE PERSON

RESHMI R.K
SCIENCE EDUCATOR
ST.JOSEPH TTI
ERNAKULAM

8/11/2022
MULTI PURPOSE HALL
2-4.30 PM

NB:BRING YOUR LAPTOP OR ANDROID PHONE



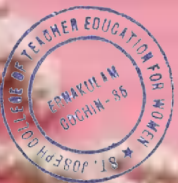
PROGRAMMED LEARNING MATERIAL

SUBMITTED BY

VANDANA S

1ST B.ED. PHYSICAL SCIENCE

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PREFACE

At this time, the word educational technology covers a wide range of applications. Hardware and software learning sequences are examples of instructional technology. The teaching machines, computer-assisted instruction, learner-controlled instruction, and CCTV are all included in the hardware. Programmed learning material in the form of a book or a teaching machine, as well as numerous sorts of self-instructional materials, are examples of software instructional sequences. The most relevant illustration of the most recent notion in instructional technology is programmed learning. It's a self-instructional device and educational innovation. It is not only a technique for effective learning, but it is also a successful feedback mechanism for changing instructor behaviour. Prof. B.F Skinner's laboratory research are largely responsible for the introduction of programmed learning on the educational arena. The primary historical connections in the evolving chain of important events prior to Skinner are the concepts of "Conditioning" as articulated by Pavlov and Watson and the "Law of Effect" as formulated by Thorndike. Skinner's method of moulding behaviour was dubbed 'operant conditioning,' and it eventually became the foundation for programmed learning technology. It has now become a well-established instructional technology.

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INTRODUCTION



InShot

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Overview

This is a Programmed learning material (PLM) based on the topic “WORK,ENERGY AND POWER” for 9th grade students. This is an interactive learning material wherein the learner is required to solve issues, make decisions, search for information, test assumptions, and take risks, rather than simply going through the motions and trying to absorb the information.

The first frame talks about work and the second frame deals with energy. The third and fourth frames are assigned to help the learner know more about the two major type of energies : Potential energy and Kinetic energy. The final frame gives the learner an insight into the concept of power. Each frame consists of the concept and a question in agreement with the concept. The learner is expected to first read through the concept, understand the concept and finally answer the question. Click on the answer you feel right.

Summer may be dimming, but remember that you are a lamp. Every new piece of knowledge makes you shine brighter and brighter to light up the world. Good luck for your learning experience!

[NEXT](#)

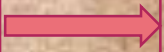


LINEAR PROGRAMMED LEARNING MATERIAL

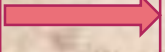


[NEXT](#)

FRAME 1



FRAME 2



FRAME 3



FRAME 4



FRAME 5



[NEXT](#)

INSTRUCTIONS

1. Each frame has a concept explained followed by a question in agreement to the concept.
2. The students are expected to choose the right answer to the Multiple Choice Questions with 4 options.
3. On giving the right answer, the student can move to the next frame



[NEXT](#)

FRAME 1

WORK



[NEXT](#)



Objects undergo displacement when a force is applied on them. For work to be done a force must be applied on the object and there must be a motion or displacement in the direction of the applied force. Work has magnitude alone and no direction. Hence work done is a scalar quantity. The formula for work done is ,

$$W = F \cdot d = Fd \cos \theta$$

Where , F = force applied in Newton

d = displacement in metres

θ = angle between force and displacement

The unit of work is “Nm” or Joule .

Displacement is the shortest distance between the initial and final points



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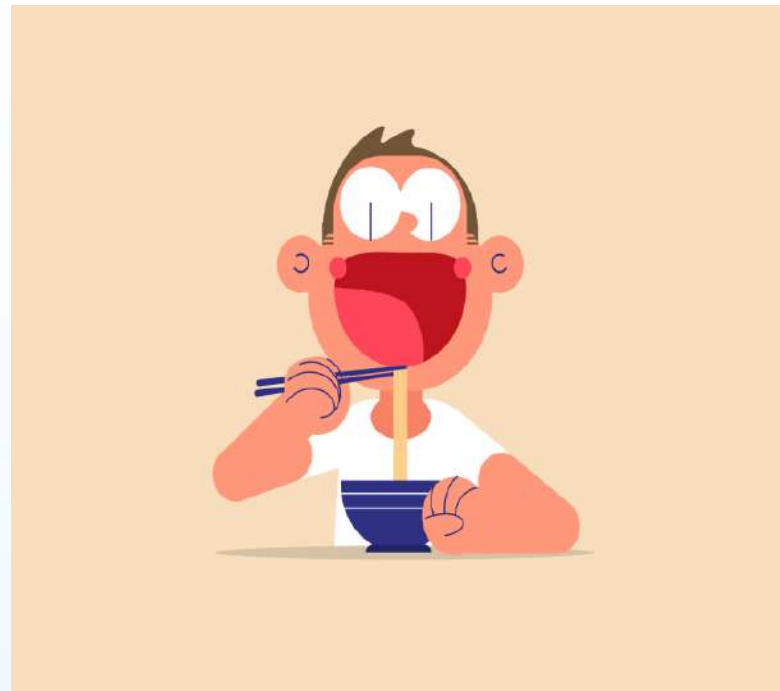
Question : A railway potter, Arun ,is carrying a suitcase on his head and is walking forward. Another potter Rahul uses a trolley to carry the suitcase. He applied a force in the forward direction and the trolley moves forward. Which one of the following statements is correct?

- 1) Arun did more work**
- 2) Rahul did more work**
- 3) Both did not do any work**
- 4) Both did the same amount of work**



FRAME 2

ENERGY



[NEXT](#)



We need energy to do anything and everything. Energy is nothing but the ability to do work. Since energy is found everywhere, there are different forms of energy like mechanical, nuclear, chemical, gravitational and heat to name a few.

All forms of energy are either kinetic energy or potential energy.

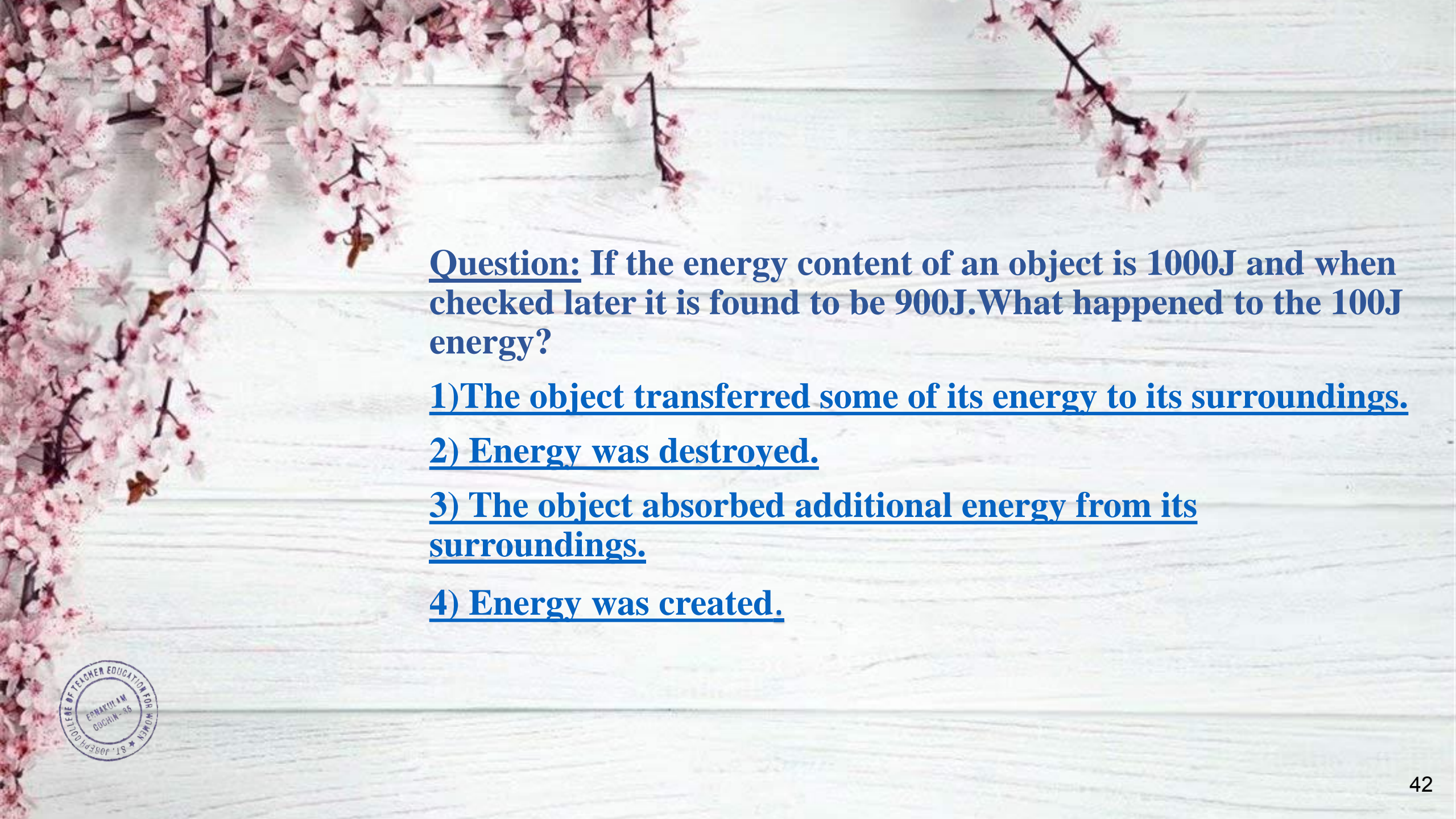
The law of conservation of energy is universal and is stated as follows :

“Energy can neither be created nor be destroyed. It can only be converted or transformed from one form to another. The unit of energy is “Joule”

Total energy =
Kinetic energy +
Potential energy



[NEXT](#)



Question: If the energy content of an object is 1000J and when checked later it is found to be 900J. What happened to the 100J energy?

1) The object transferred some of its energy to its surroundings.

2) Energy was destroyed.

3) The object absorbed additional energy from its surroundings.

4) Energy was created.



FRAME 3

POTENTIAL ENERGY



[NEXT](#)



An object can store energy by virtue of its position. For instance, a drawn bow stores energy as a result of its position. When it was in its original position (i.e. when not drawn), there is no energy stored in the bow. Yet when its position is altered from its usual equilibrium position, the bow is able to store energy by virtue of its position. This stored energy is called potential energy. The gravitational potential energy of an object at a point above the ground is defined as work done in raising it from the ground to that point against gravity.

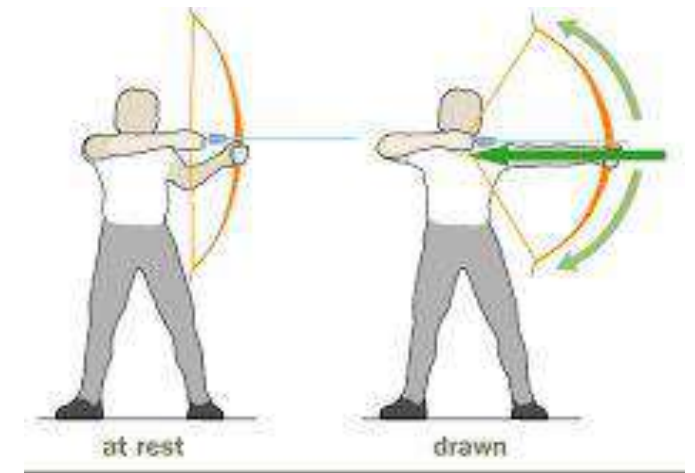
It is given by the formula , Potential energy = $m \times g \times h$

m = mass of the object

g = acceleration due to gravity = 9.8 m/s^2

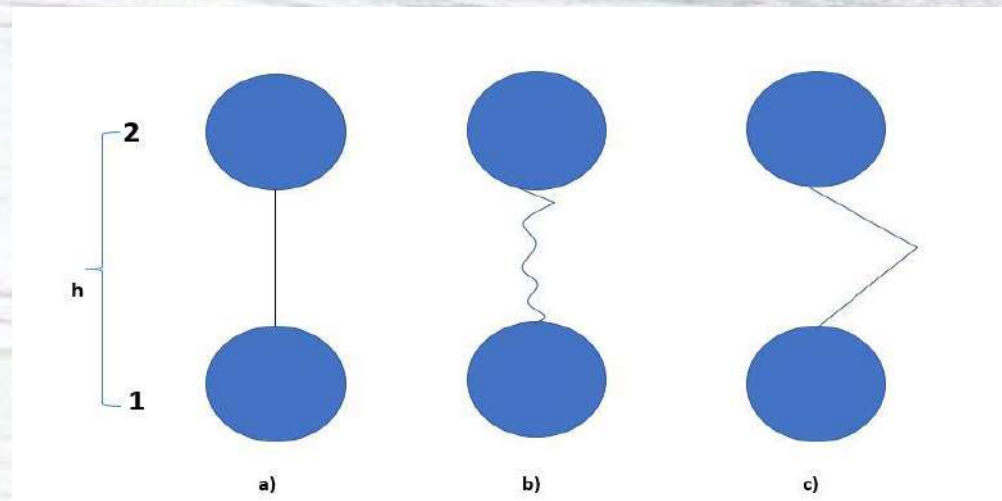
h = height above the ground in metres

Unit of potential energy is $\text{kgm}^2\text{s}^{-2}$ or Joule.



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Question: A ball of mass “m” is raised from point 1 to 2 against gravity in three different ways as shown in the figure 1. Which of the following statements is true,



- 1) Potential energy is negative in b).**
- 2) Potential energy is zero in a).**
- 3) Potential energy is in the order $b > c > a$**
- 4) Potential energy is same in all cases.**

FRAME 4

KINETIC ENERGY



[NEXT](#)



To accelerate an object, we need to apply a force and to apply a force we need to do some work. When work is done on an object energy is transferred to the object and the object moves with a new constant speed. We call the energy that is transferred, kinetic energy. In other words kinetic energy is the amount of work a body can do before coming to rest.

Kinetic energy is dependant on mass of the object and the speed achieved. It is given by the formula :

$$\text{Kinetic energy} = \frac{1}{2} m \times v^2$$

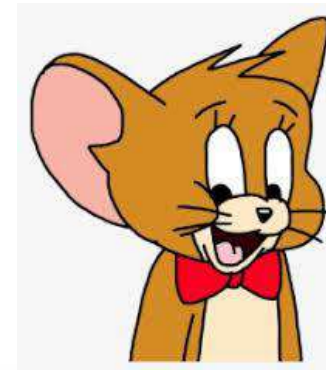
where,

m = mass of the object

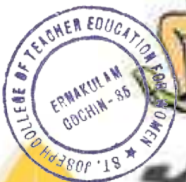
v = velocity attained due to the applied force

The unit of Kinetic energy is $\text{kgm}^2\text{s}^{-2}$ or Joule.

Anything in motion possess kinetic energy.



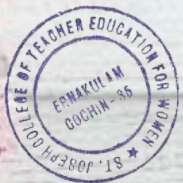
[NEXT](#)





Question: A cricket ball and a football have same kinetic energy. Which one of them will move faster? (Hint: Cricket ball is lighter than football).

- 1. Cricket ball**
- 2. Football**
- 3. Both has equal speeds**
- 4. Both remain stationary**




FRAME 5

POWER



[NEXT](#)





Let us consider two weightlifters “A” and “B”. Both of them are lifting a mass of 100kg to a height of 2 metres.”A” finds it difficult to lift the weight at first and so he lifts the mass slowly, whereas “B” lifts it easily and fastly.’The work done in both the cases is

$$W = m \times g \times h = 100\text{kg} \times 9.8 \text{ m/s}^2 \times 2\text{m} = 1960 \text{ J}$$

Their actions can be distinguished in physics by the term “power”. Power measures the rate at which work is done.

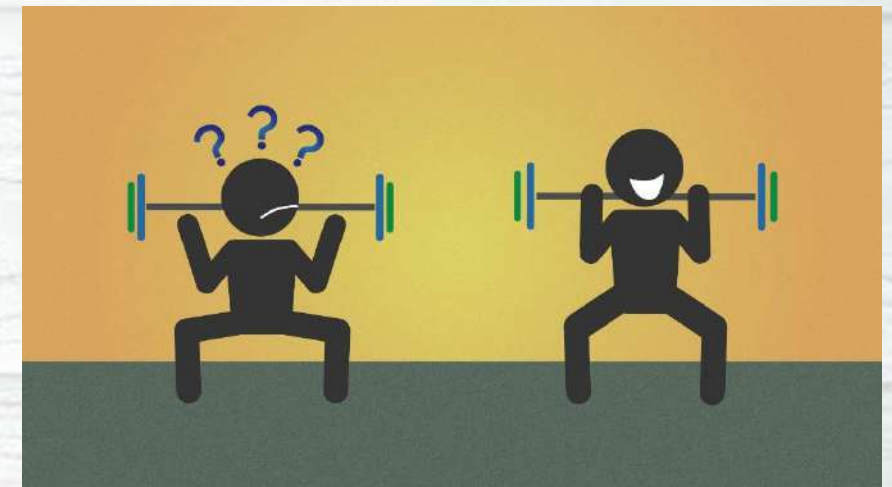
$$\text{Power} = \frac{\text{WORK DONE}}{\text{TIME}}$$

The unit of power is J/s or Watt.

[NEXT](#)

Question : Will and Ben are in the weightlifting room. Will lifts 100kg barbell over his head to a height of 1m ,10 times in one minute. Ben lifts 100kg barbell over his head 10times in 10 seconds again to the same height of 1m. _____ did more work and _____ has more power.

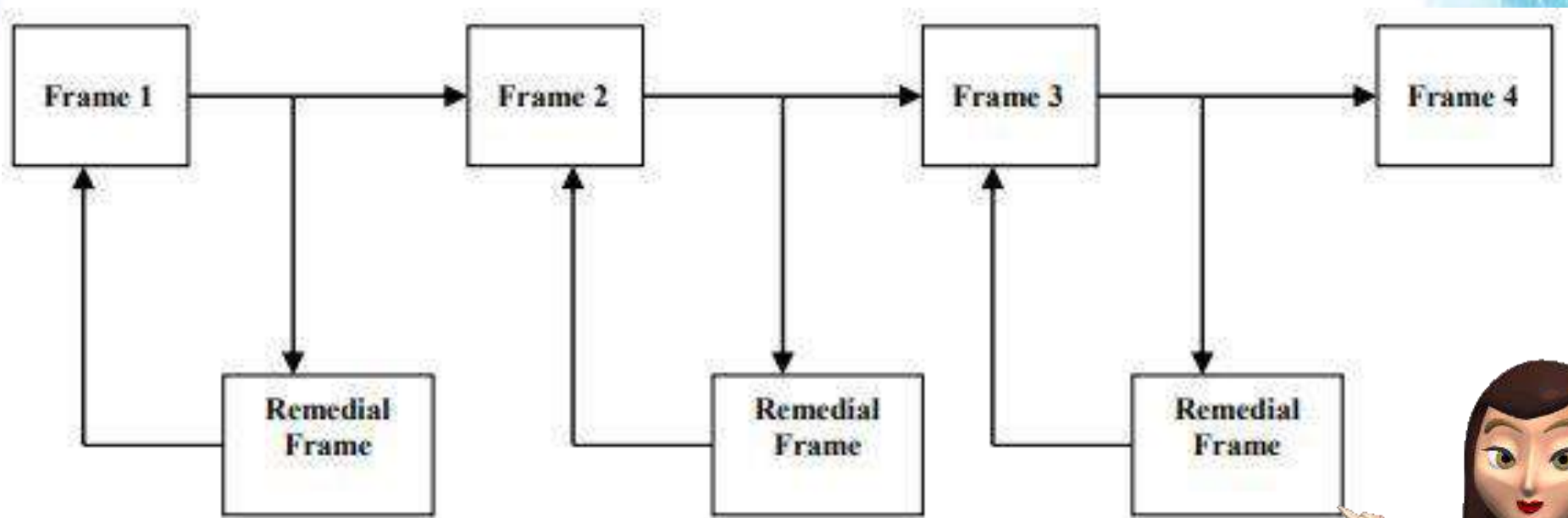
- 1. Both did same amount of work, Ben.**
- 2. Both did same amount of work, Will.**
- 3. Ben, Ben.**
- 4. Will, Ben.**



BRANCHED PROGRAMMED LEARNING MATERIAL



[NEXT](#)

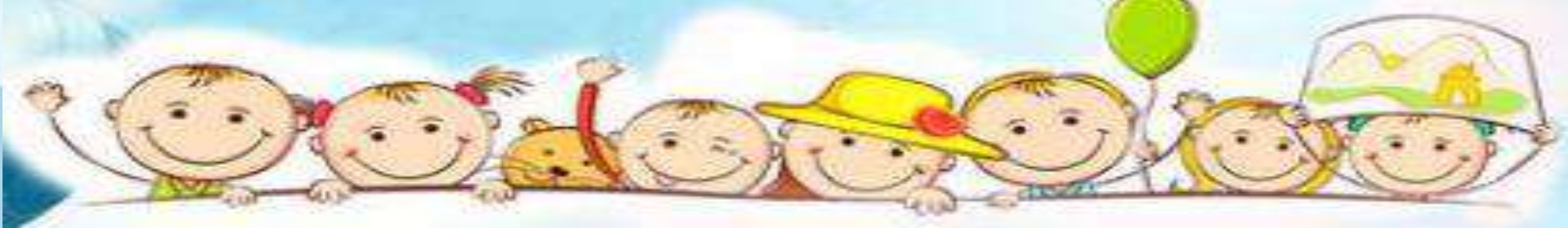


Instructions

1. Each frame has concept described in it.
2. The frame is then followed by a question with 4 options, of which only one answer is right.
3. If the student selects the correct answer he can move on to the next frame. If the student selects wrong answer, he will be redirected to a remedial frame.
4. The student needs to click the teacher icon to get the explanation in the remedial frame.
5. The student will be reverted back to the initial frame from the remedial frame.
6. The student can proceed to next frame only after giving the right choice to the question in the previous frame.

[NEXT](#)





FRAME 1

WORK



[NEXT](#)



Objects undergo displacement when a force is applied on them. For work to be done a force must be applied on the object and there must be a motion or displacement in the direction of the applied force. Work has magnitude alone and no direction. Hence work done is a scalar quantity. The formula for work done is ,

$$W = F \cdot d = Fd \cos \theta$$

Where , F = force applied in Newton

d = displacement in metres

θ = angle between force and displacement

The unit of work is “Nm” or Joule .

Displacement is the shortest distance between the initial and final points



[NEXT](#)

Question : A railway potter, Arun ,is carrying a suitcase on his head and is walking forward. Another potter Rahul uses a trolley to carry the suitcase. He applied a force in the forward direction and the trolley moves forward. Which one of the following statements is correct?

- 1) Arun did more work**
- 2) Rahul did more work**
- 3) Both did not do any work**
- 4) Both did the same amount of work**





FRAME 2

ENERGY



[NEXT](#)



We need energy to do anything and everything. Energy is nothing but the ability to do work. Since energy is found everywhere, there are different forms of energy like mechanical, nuclear, chemical, gravitational and heat to name a few.

All forms of energy are either kinetic energy or potential energy.

The law of conservation of energy is universal and is stated as follows :

“Energy can neither be created nor be destroyed. It can only be converted or transformed from one form to another. The unit of energy is “Joule”.

Total energy =
Kinetic energy +
Potential energy



NEXT





Question: If the energy content of an object is 1000J and when checked later it is found to be 900J. What happened to the 100J energy?

1) The object transferred some of its energy to its surroundings.

2) Energy was destroyed.

3) The object absorbed additional energy from its surroundings.

4) Energy was created.



FRAME 3

POTENTIAL ENERGY



[NEXT](#)



An object can store energy by virtue of its position. For instance, a drawn bow stores energy as a result of its position. When it was in its original position (i.e. when not drawn), there is no energy stored in the bow. Yet

when its position is altered from its usual equilibrium position, the bow is able to store energy by virtue of its position. This stored energy is called potential energy.

The gravitational potential energy of an object at a point above the ground is defined as work done in raising it from the ground to that point against gravity.

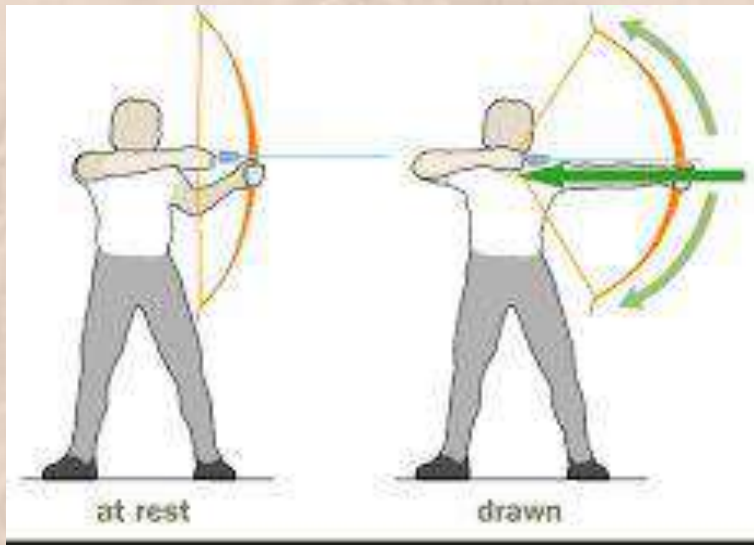
It is given by the formula, Potential energy = $m \times g \times h$

m = mass of the object

g = acceleration due to gravity = 9.8 m/s^2

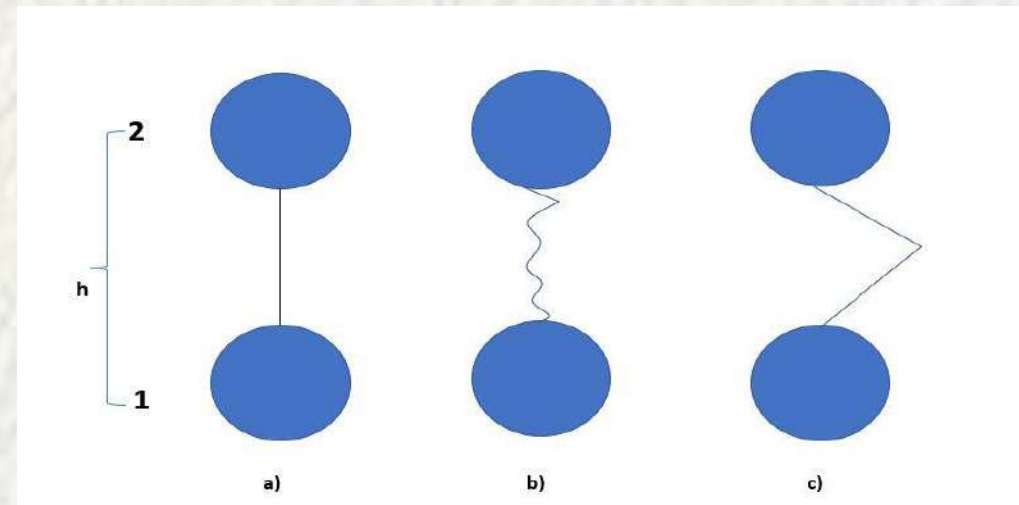
h = height above the ground in metres

Unit of potential energy is $\text{kgm}^2\text{s}^{-2}$ or Joule.



[NEXT](#)

Question: A ball of mass “m” is raised from point 1 to 2 against gravity in three different ways as shown in the figure 1. Which of the following statements is true,



- 1) Potential energy is negative in b).
- 2) Potential energy is zero in a).
- 3) Potential energy is in the order $b > c > a$
- 4) Potential energy is same in all cases.



FRAME 4

KINETIC ENERGY



[NEXT](#)



To accelerate an object, we need to apply a force and to apply a force we need to do some work. When work is done on an object energy is transferred to the object and the object moves with a new constant speed. We call the energy that is transferred, kinetic energy. In other words kinetic energy is the amount of work a body can do before coming to rest.

Kinetic energy is dependant on mass of the object and the speed achieved. It is given by the formula :

$$\text{Kinetic energy} = \frac{1}{2} m \times v^2$$

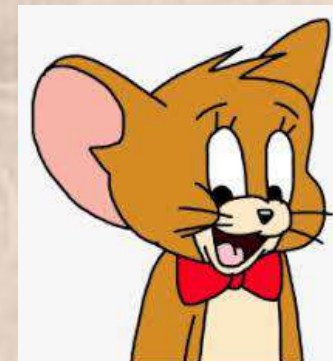
where,

m = mass of the object

v = velocity attained due to the applied force

The unit of Kinetic energy is $\text{kgm}^2\text{s}^{-2}$ or Joule.

Anything in motion possess kinetic energy.



[NEXT](#)



Question: A cricket ball and a football have same kinetic energy. Which one of them will move faster? (Hint: Cricket ball is lighter than football).

- 1. Cricket ball**
- 2. Football**
- 3. Both has equal speeds**
- 4. Both remain stationary**



FRAME 5

POWER



[NEXT](#)



Let us consider two weightlifters “A” and “B”. Both of them are lifting a mass of 100kg to a height of 2 metres.”A” finds it difficult to lift the weight at first and so he lifts the mass slowly, whereas “B” lifts it easily and fastly.’ The work done in both the cases is

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Their actions can be distinguished in physics by the term “power”. Power measures the rate at which work is done.

$$\text{Power} = \frac{\text{WORK DONE}}{\text{TIME}}$$

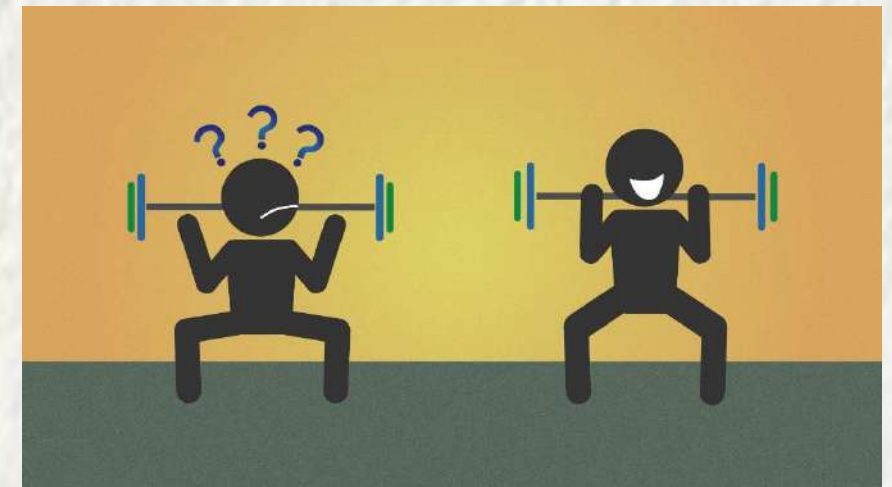
The unit of power is J/s or Watt.



[NEXT](#)

Question : Will and Ben are in the weightlifting room. Will lifts 100kg barbell over his head to a height of 1m ,10 times in one minute. Ben lifts 100kg barbell over his head 10times in 10 seconds again to the same height of 1m. _____ did more work and _____ has more power.

- 1. Both did same amount of work, Ben.**
- 2. Both did same amount of work, Will.**
- 3. Ben, Ben.**
- 4. Will, Ben.**



The background of the slide features several pink and white roses scattered across a white wooden plank surface. The roses are in various stages of bloom, with some fully open and others as buds. The text 'REMEDIAL FRAMES' is centered in a bold, dark red, serif font.

REMEDIAL FRAMES

HIP HIP
HOOREYYY!!!
YOU GOT IT
RIGHT



Energy can
neither be
created nor be
destroyed. It can
be transferred so
that total energy
of the system
remains
unchanged



[Go to frame 3](#)



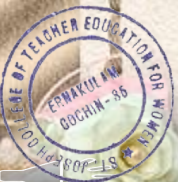
Your second part is right champ
But first part went wrong!



Work done depends only on the initial and final positions since it is stored as potential energy. Here Will and Ben, both lifted the barbell to the same height



[Go to frame 5](#)



OOPS!
You have got it wrong

In both the cases ,the potter moves in the forward direction, but there is considerable difference in the way they are carrying the loads. Arun carried the load on head i.e. applies force upward whereas Rahul used the trolley i.e. he applied force in the forward direction.



[Go to frame 1](#)

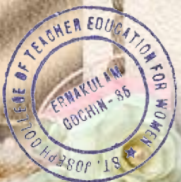


**SORRY.....YOU
ANSWER IS
NOT CORRECT**

**If the object
absorbed
additional energy
from the
surroundings,the
energy would
have increased
from 1000J to
1100J.**



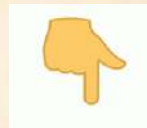
[Go to frame 2](#)



Exactly champ!!
You are right.



Rahul pushed the
trolley in the
forward direction
and the
displacement is
also in the forward
direction.

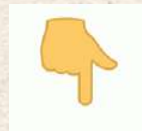


[Go to frame 2](#)

SORRY..
YOU ARE
WRONG



Potential energy is dependant on mass,acceleration due to gravity and height to which the object is raised.Height and mass can never be negative.Also “g” is a constant.



[Go to frame 3](#)



OOPS!
YOU ARE
WRONG



Energy can never
be created. The
total energy of the
system always
remains a
constant.



[Go to frame 2](#)



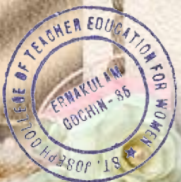
OOPS!!
YOU ARE
WRONG THIS
TIME



Potential
energy
depends only
on the initial
and final
position of the
object.



[Go to frame 3](#)



NO..YOU
HAVE GOT IT
WRONG
DEAR



Energy can
neither be
created nor be
destroyed.
Energy can only
be transformed
from one form
to another.



[Go to frame 2](#)

OH
DEAR..
YOU ARE
WRONG



Potential
energy is zero
only if the
object has not
moved from
the reference
point. Here it
moved to a
height "h"
against gravity



YES Ben has more power. But Will did not do more work



Work done depends only on the initial and final positions since it is stored as potential energy. Here Will and Ben, both lifted the barbell to the same height



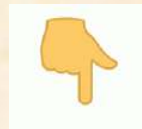
[Go to frame 5](#)



NAILED IT!!!
YOU ARE RIGHT



Potential energy depends only on the initial and final positions. In all the three cases, the object is raised to the same height "h"



[Go to frame 4](#)



I am impressed
champ...you
are right



Cricket ball is
lighter than
football .So as
mass decreases
speed must
increase to
maintain equal
kinetic energies.



[Go to frame 5](#)



Sorry you are wrong

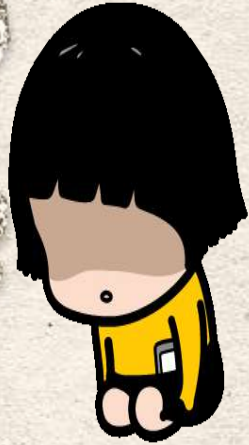


Arun did not do any work as force is perpendicular to displacement. But Rahul did work as force and displacement is in same direction



[Go to frame 1](#)

Oh No!!
It's wrong
dear



Football is
heavier than
cricket ball.To
maintain
equal kinetic
energies the
speed of
football
should be
less when
compared
with cricket
ball



[Go to frame 4](#)

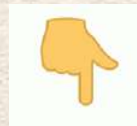


Partially right!
Indeed both did the
same amount of
work. But is power
the same for both?



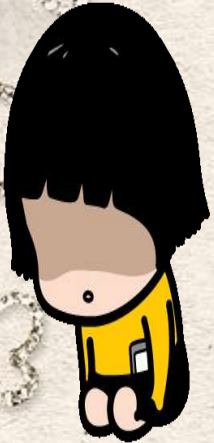
No! Power is not
the same for both
Ben and Will
since they took
different amount
of time. Power is
given by ,
$$P = \frac{\text{WORK DONE}}{\text{TIME}}$$

i.e. Power is
inversely
proportional to
time.



[Go to frame 5](#)

**OH NO!
INCORRECT
RESPONSE**



Potter Arun is carrying a heavy load on his head and is moving forward i.e. he is applying a force in the upward direction but moves forward. We say work is done when displacement is along the direction of applied force.



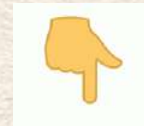
[Go to frame 1](#)



**SORRY YOU
ARE
WRONG!**



**Kinetic energy
is the energy
possessed by
moving objects
alone and not
stationary
objects**



[Go to frame 4](#)



Correct
Correct
Correct



Work done is stored here as potential energy. Work done,
 $W = m \times g \times h = 100\text{kg} \times 9.8 \times 1\text{m}$
 $= 980\text{J}$

Work done is same in both case as mass and height is constant in both cases.

$$\text{Power} = \frac{\text{Work done}}{\text{Time}}$$

For Ben , $P = \frac{980\text{J}}{10\text{S}} = 98 \text{ Watts}$
For Will, $P = \frac{980\text{J}}{60\text{S}} = 16.33 \text{ Watts}$
So Ben has more power



[CLICK ME...YOU ARE
DONE](#)



WHOOPS!!!
IT'S WRONG



Same kinetic energy does not imply the velocities are the same. Kinetic energy depends not only on velocity but also mass.



Frame 4 option 3



[Go to frame 4](#)





THANK YOU...

