

Eduveda Skills

Understanding the Self



Practical Notebook

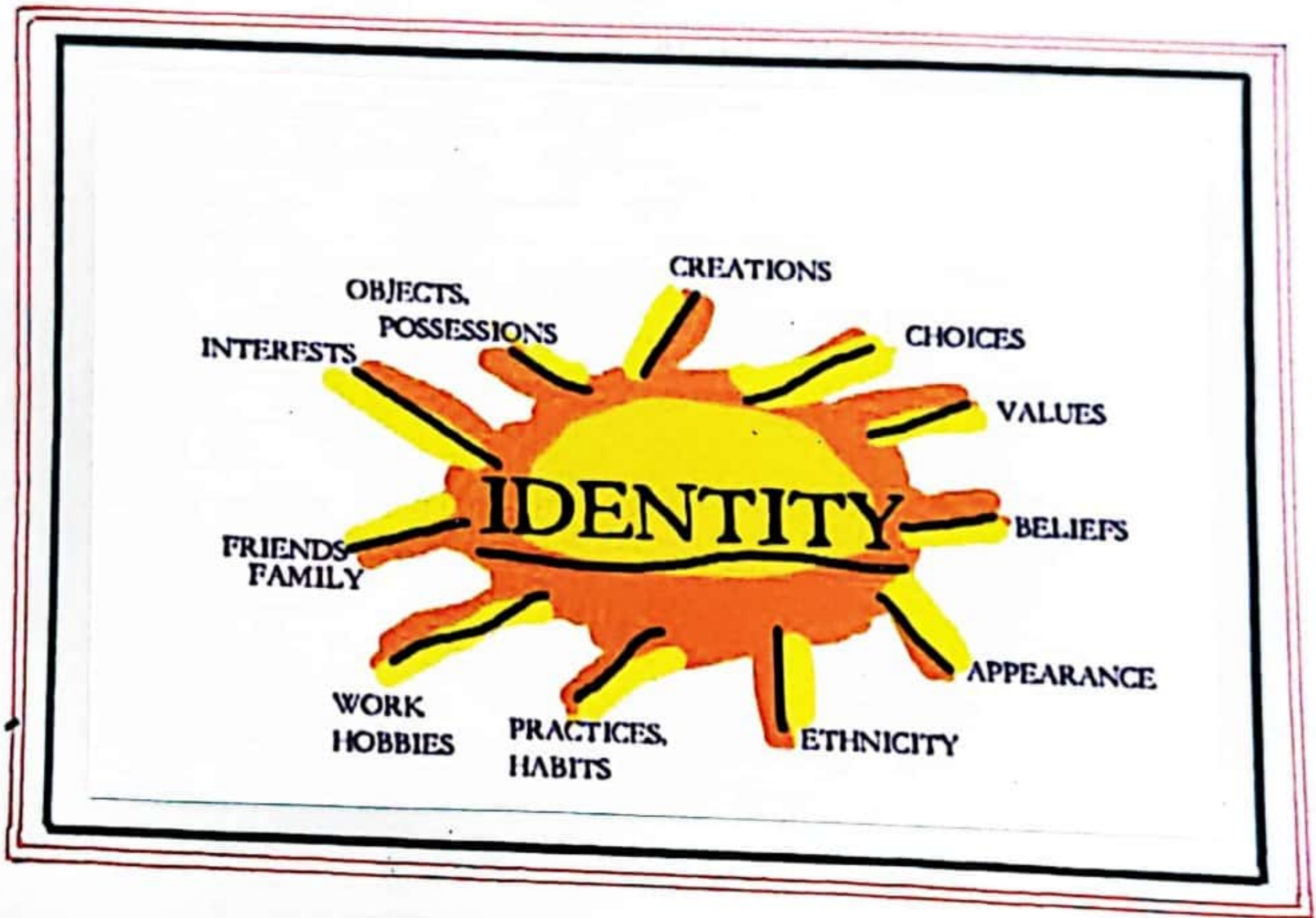
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Roll No. University Roll No.

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Self - Concept

The term self concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself.

The self is perhaps the most complex unit to study in psychology. Each of us have different personality, traits, abilities and preferences that sometimes we can not understand what is really going on inside of us. The concept of self theory is a good foundational knowledge on the importance of our perceptions towards our personal existence.

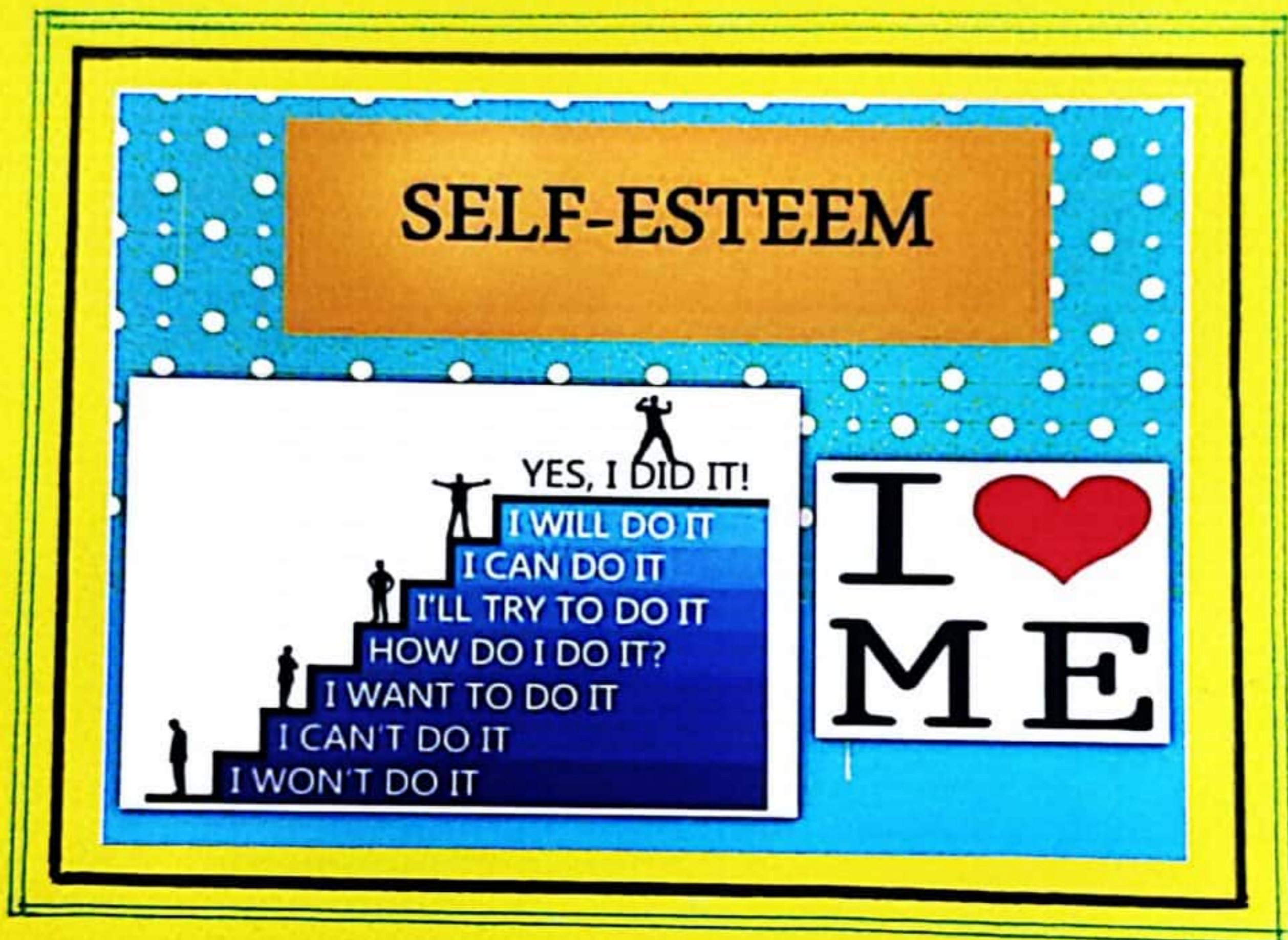
Definition of Self - Concept

"The individual's belief about himself or herself, including the person's attributes and who and what the self is"

Self - Identity

Self-Identity plays a large and significant role in shaping each of our lives. Self Identity

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is one's concept of oneself, including the perceptions one has about one's ability, flaws, status and worth.

Definition of self-identity 'The perception or recognition of one's characteristics as a particular individual, especially in relation to social context.'

"Awareness of and identification with oneself as a separate individual."

The external world of our society plays a huge role in defining our self identity.

- WHO AM I?
- WHY AM I HERE?
- WHAT IS MY PURPOSE IN LIFE?

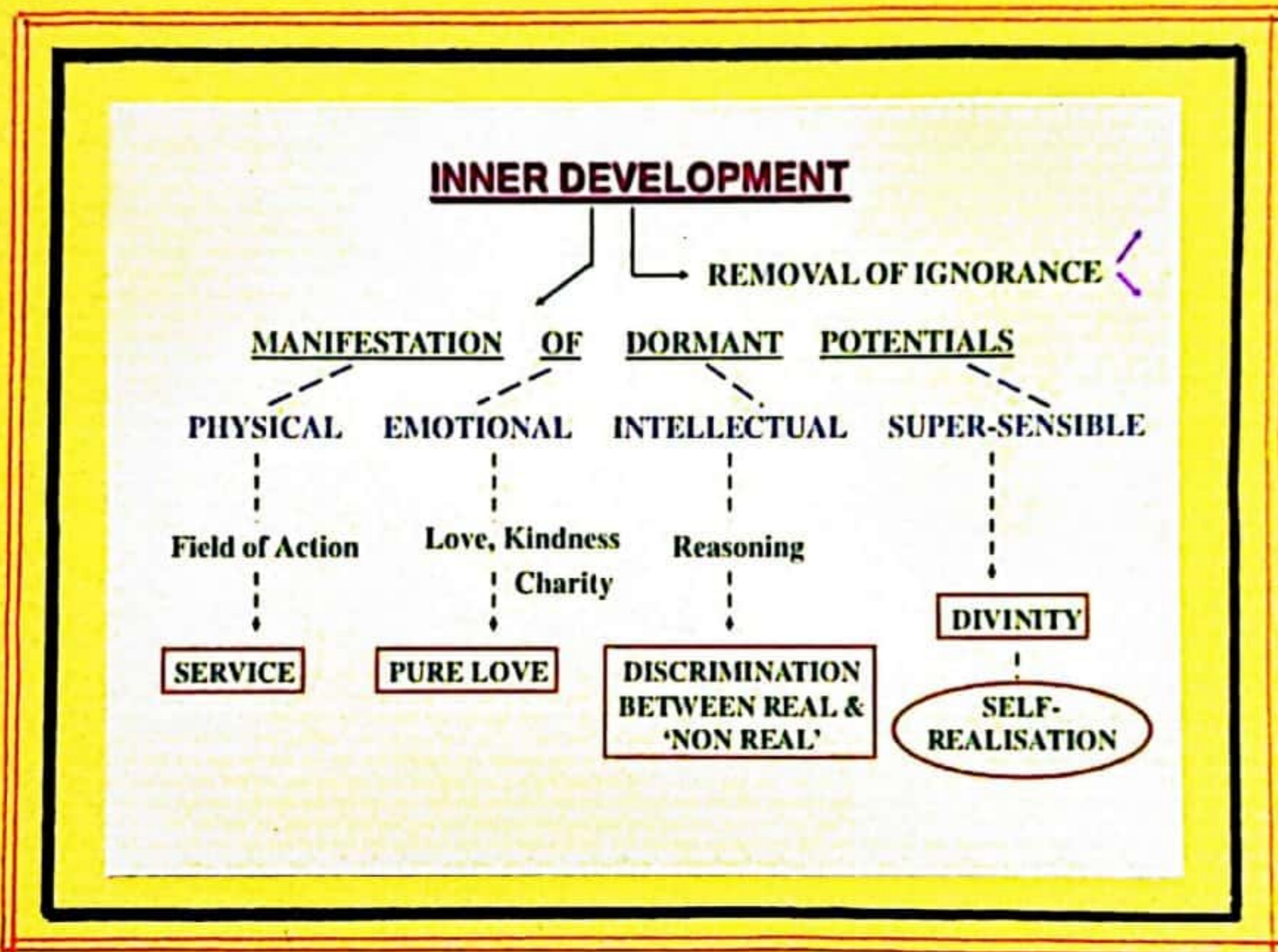
Distinguishing ourselves from other people makes defining a social comparison.

Self - Esteem

In psychology, self-esteem reflects to a person overall subjective emotional evaluation of his or her own worth. It is a judgement of oneself as well as an attitude towards the self.

DEFINITION OF SELF - ESTEEM :-

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"A feeling of having respect for yourself and your abilities".

"A confidence and satisfaction in oneself".

How you feel about yourself - your self worth or your pride in yourself is called self-esteem. Positive self esteem gives us the strength and flexibility to take charge of our lives and grow from our mistakes without the fear of rejection.

A person with positive feelings regarding the self is said to have high self-esteem.

Aspects of Development of the Inner Self. Self development Strategies

Human life consists of four aspects:- the physical, mental, emotional and spiritual levels of existence

1) Our Physical Aspect

our physical aspect, is of course our physical body. It also includes our ability to survive and thrive in the material world.

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2) Our mental Aspect

our mental aspect, is of course our intellect, our ability to think and reason. The mental level of our existence consists of our thought, attitudes, beliefs and values.

3) Our Emotional Aspect

our emotional aspect, is our ability to experience life deeply, to relate to one another and the world on a feeling level.

4) Our Spiritual Aspects

our spiritual aspect, is our inner essence, our soul, the part of us that exists beyond time and space.

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Self Development Strategies

Self-improvement can be defined as integral development process that evolves throughout life, by which one learns to have self-awareness improve one's personal abilities and pursue one's life goals.

- Intend your destiny
- Be in the moment
- Develop rituals
- Keep an eye on bigger picture
- Learn from bad times
- Spend with people who are uplifting
- Excellence, not perfection
- Flexibility.

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Personality

Personality refers to individual differences in characteristics patterns of thinking, feeling and behaving.

The study of personality focus on two broad areas.

- i) one in understanding individual differences in

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particular personality characteristics, such as sociability and irritability. The other is understanding how the various parts of a person come together as a whole.

Determining of Distinctive Personality

A distinctive features of the scientific approach to personality measurement is the effort wherever possible, to describe human characteristic in quantitative terms. Quantitative personality measurement is especially useful in comparing groups of people as well as individuals. Our behaviour is a reflection of interactions among a wide range of underlying factors, including the bodily state of the individual and the effects of that person's past personal experience.

Personality constructs includes anxiety, emotionality, motivation and introversion extroversion.

S (Sensing) vs N (Intuition)

- | | |
|----------------------|----------------------|
| ◦ PRACTICAL | ◦ INSIGHTFUL |
| ◦ RELIES ON FACTS | ◦ RELIES ON INSIGHTS |
| ◦ PRESENT - ORIENTED | ◦ FUTURE ORIENTED |

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T (Thinking) vs F (Feeling)

- | | |
|---|--|
| <ul style="list-style-type: none"> • OBJECTIVE • USES OF LOGICAL ANALYSIS | <ul style="list-style-type: none"> • SHOWS SYMPATHY • MAKES DECISIONS & SOLVE PROBLEM. |
|---|--|

E (Extrovert) vs I (Introvert)

- | | |
|---|---|
| <ul style="list-style-type: none"> • DRAWS ENERGY FROM OUTSIDE • PREFERS COMMUNICATING IN A GROUP | <ul style="list-style-type: none"> • DRAWS ENERGY FROM INNER WORLD • PREFERS COMMUNICATING ONE ON ONE |
|---|---|

Dynamic Approaches to Personality

our behaviour and feelings as adults are rooted in our childhood experiences.

- All behaviour has a cause, even slips of the tongue. Therefore all behaviour is determined.
- Personality is made up of three parts :- the ID, ego and super ego.
- Behaviour is motivated by two instinctual drives EROS (the sex drive and life instinct) and THANATOS (the aggressive drive & death instinct)

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Both these drives comes from the "ID"

- Parts of the unconscious mind are in constant conflict with the conscious part of the mind. The conflict creates anxiety, which could be dealt by the ego's use of defence.

Forms of Self-Expression

MEANING AND DEFINITION

- Expression of one's own personality, feelings or ideas, as through speech or art.
- The expression or assertion of one's own personality as in conversation, behaviour, poetry & painting
- The expression of your thoughts or feeling especially through artistic activities.

" The desire for self-expression afflicts people when they feel there is something of themselves which is not getting through to the outside world "

- speak your truth in the moment.
- widely Define yourself.
- engage in creative techniques.

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- Acquire new knowledge
- Pursue wants & passions.
- Develop a keen sense of reality.

⇒ SELF EXPRESSION IN SCHOOL

- FASHION
- VISUAL ART
- SCULPTING
- POETRY
- FICTION WRITING
- DEBATE

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Personal and Social constructs

Personal constructs :-

People develop internal models of reality called constructs. In order to understand and explain the world around them in the same way, constructs are often defined by words, but can also be non-verbal and hard to explain such as the feeling you get when your football team just won the championship.

Although we share the idea of construct through words, the details of constructs are particular to the individual and hence are

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called PERSONAL CONSTRUCTS.

Social Constructs :-

A social mechanism, phenomenon or category created and developed by society, a perception of an individual, group or idea that is constructed through cultural or social practice

To construct something is to build something. A social construct is an idea or concept that people have build and then they organize their actions and thought around it

A social construct or construction concerns the meaning, notion or connotation placed on an object or event by a society and adopted by the inhabitants of that society with respect to how they view or deal with the object or event.

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Communication Skills

"The purpose of communication is to get your message across to others clearly and unambiguously." Communication is simply the act of transferring information from one place to another. It may be verbally (using voice), written (using printed or digital media such as books, magazine, websites or emails), visually (using logos, maps, charts, or graphs) or non verbally (using body language) gestures and the tone and pitch of voice.

7 C's of Communication :-

1) CLEAR :-

When writing or speaking to someone be clear about your goal or message.

2) CONCISE :-

When you are concise in your communication, you stick to the point and keep it brief.

3) CONCRETE :-

When your message is concrete, then your audience



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has a clear picture of what you are telling them.

4) CORRECT

When your communication is correct, it fits your audience.

5) COHERENT

When your communication is coherent, it's logical.

6) COMPLETE

In a complete message, the audience has everything they need to be informed.

7) COURTEOUS

Courteous communication is friendly, open and honest.

Communication is a two-way process. Be ready for questions and listen to what your audience has to say.

Some Common Communication mistakes

1) Not editing your work.

2) Delivering bad news by e-mail

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- 3) Avoiding difficult conversations.
- 4) Not being assertive.
- 5) Reacting, not responding
- 6) Not preparing thoroughly.
- 7) Not keeping an open mind when meeting new people.

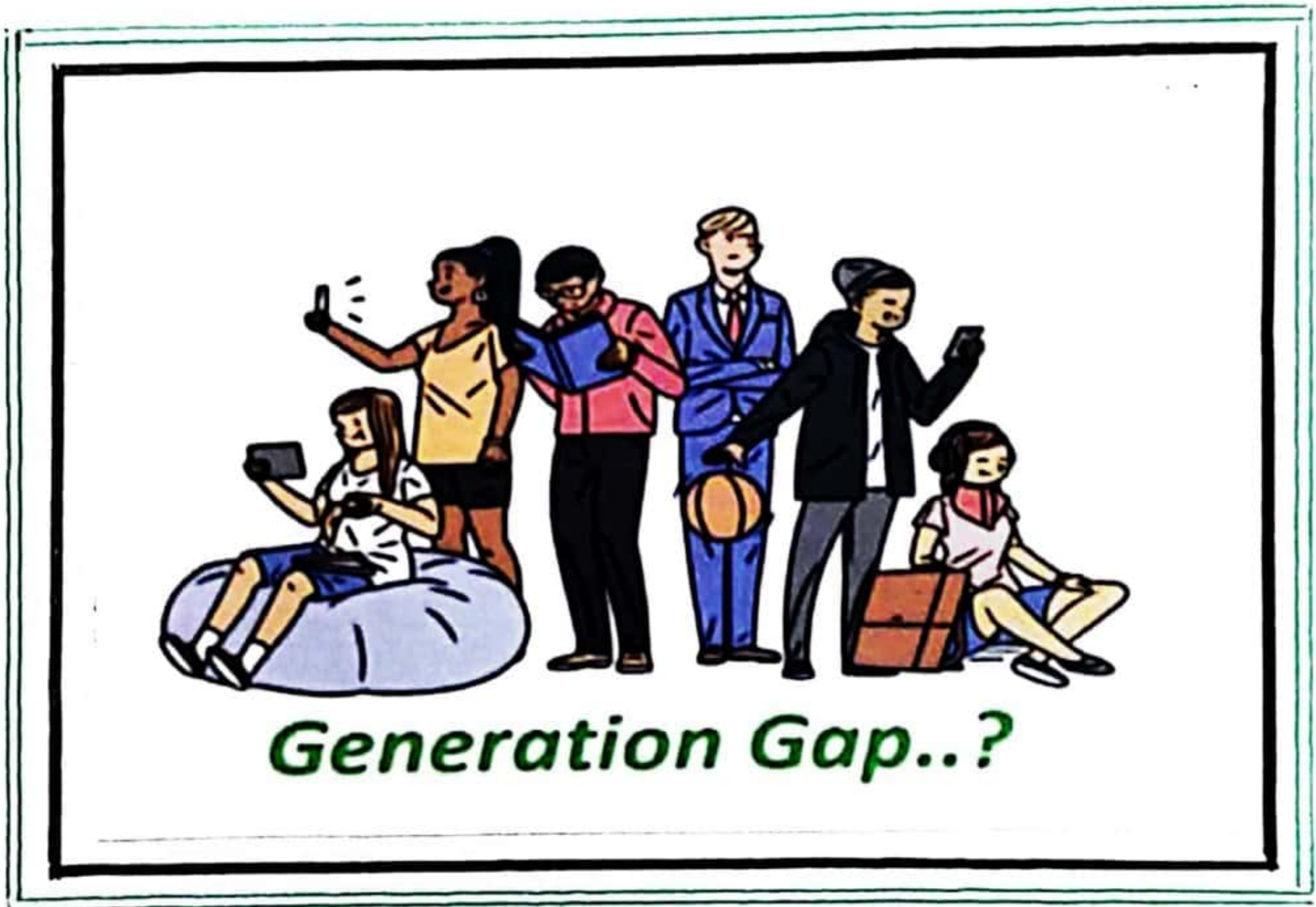
Communication is only successful, when both receiver and sender understand the same information as a result of the communication.

Speaking, listening, writing and reading are important terms of communication skills.

Soft Skills

The phrase "soft skills" is often used to describe the skills which characterize relationships with other people, or which are about how you approach life and work. Soft skills is a term often associated with persons "EQ" (emotional intelligence quotient) which is a cluster of personality traits that characterize one's relationships with other people.

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Defination :-

Soft skills is a synonym for "people skills".
 The term describe those personal attributes that indicate a high level of "emotional intelligence".
 Unlike hard skills which describe a persons technical skill and ability to perform specific tasks, soft skills are broadly applicable across job titles and industries. Its often said that hard skills will get you an interview but you need soft skills to get and keep the job.

Self and Identity :-

Adult - Child gaps :-

Generation gap

- The Greatest generation
- Silent generation
- Baby Boomers
- Generation X
- Millennials
- Generation Z

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⇒ The Greatest Generation (1901-1924) known for hard workers and loyalty to institutions

⇒ The Millennials (1980-2000) known for dependence on technology optimism and open-mindedness

generation gap refers to differences in actions, beliefs, interest and opinions that exists between individuals from different generations

1) change is the only constant change is an inevitable and important aspect of our growth and development

2) Heal old wounds, Bridging the communication gap is facilitated by doing a lot of listening

3) Leave parenting regrets behind, As children develop into adults, guilt about past parenting errors needs to fade

4) Let adult children have their own regrets you want your children to be happy and you worry about the choice they make

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5) Help children make their dreams come true - not yours.

from the moment they are born you dream for them.

generation gap is nothing but certain psychological and emotional gap between parents or elder people and the younger one. Bulging generation gap creates misunderstanding and lack of attachment between the parents and children.

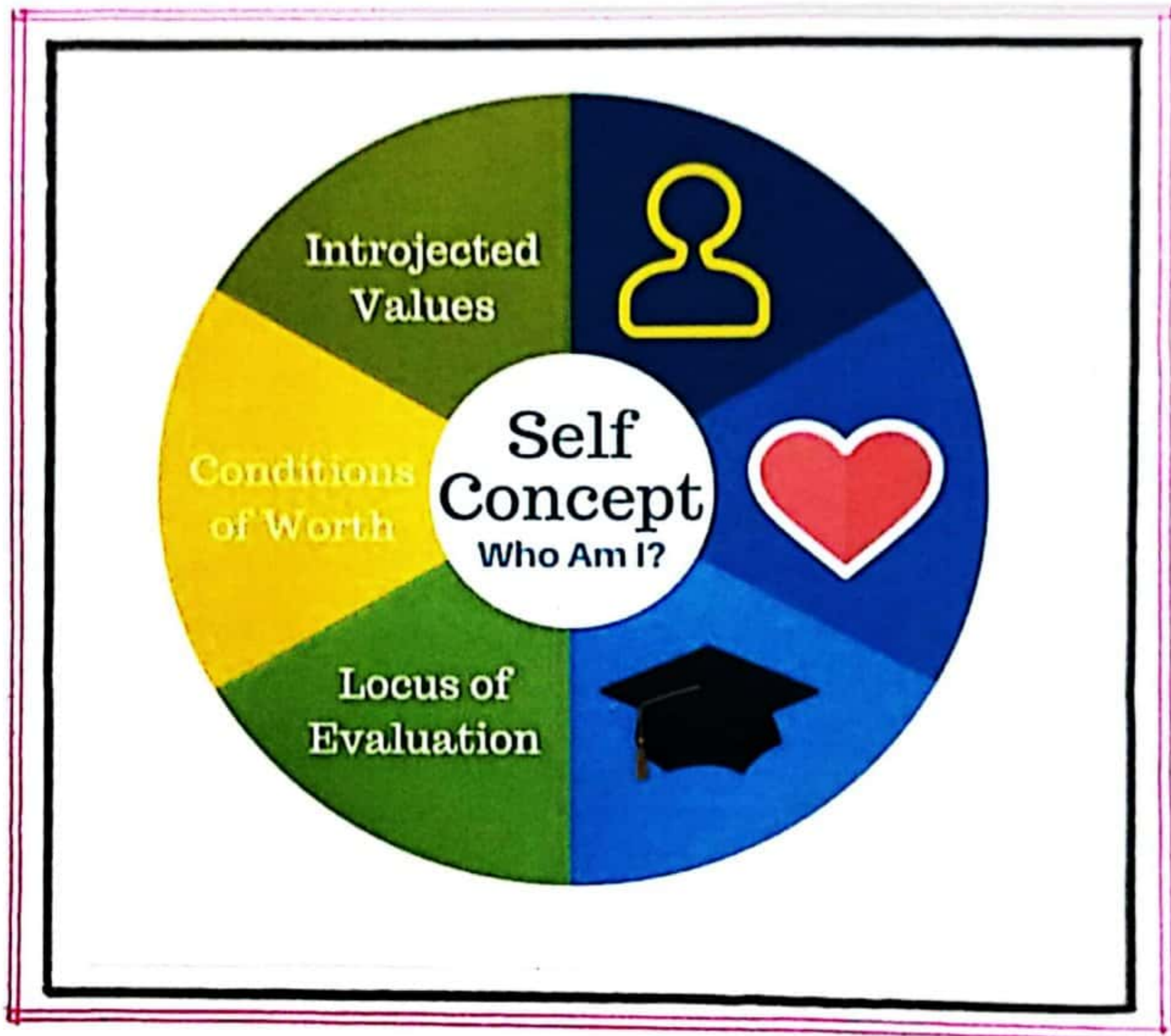
The success of parenting lies in how effectively they avoid the generation gap.

Peace, Progress and Harmony

Harmony, peace and unity between people is the first requirement for development - by P.M Narendra Modi.

Peace and harmony is a basic pre-requisite. Peace and harmony can bring a peaceful and stable order to society and they are a necessary condition for the survival and development of mankind. A world deprived of peace and harmony certainly will fall apart and return to jungle era in which

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the strong prey on the weak.

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Locus of Control :-

Control is the power to determine outcomes by directly influencing actions, people and events.

Locus is a position, point or place or more specifically, a location where something occurs.

People who base their success on their own work and believe they control their life has

Internal Locus of control.

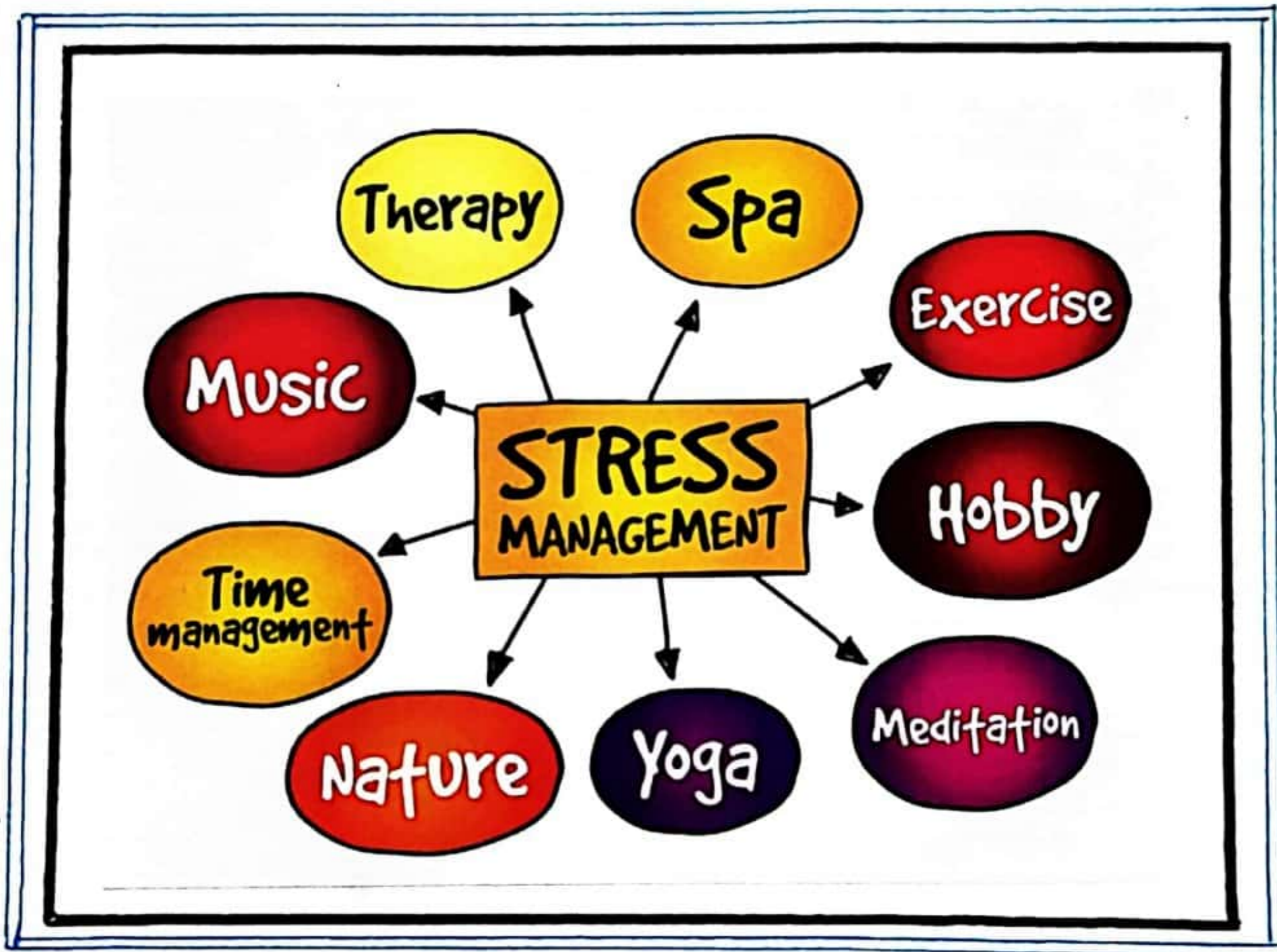
People who attribute their success or failure to outside influences has external Locus of control.

Definition :-

Locus of control is a psychological concept that refers to how strongly people believe that they have control over the situations and experiences that affect their lives.

This concept was brought to light in the 1950's by Julian Rotter.

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A factor that affects both internal & external locus of control is the stability of the causal factor.

Stress Management and Techniques

Def Relaxation :- Eduveda Skills

What is stress?

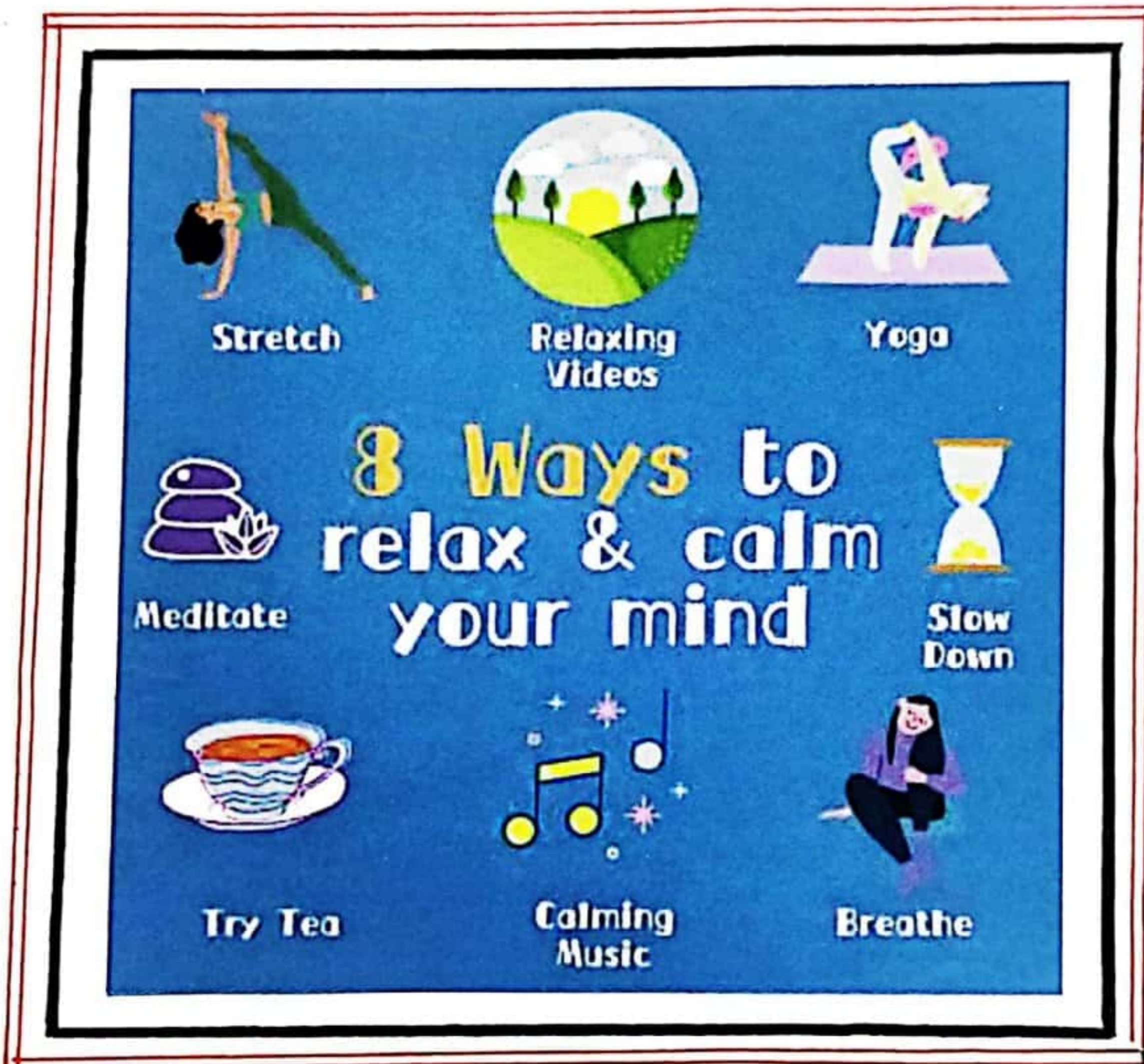
Stress is the emotional and physical strain caused by our response to pressure from the outside world.

Stress is also :-

- A necessary part of our daily lives
- Defined as anything that stimulates us to act, think or react
- Simple or extreme
- Can either help us with challenges and problems or make them many times worse

continued stress in our life can be reflected in our work, sleep, patterns eating habits, relationships well-being and sexual activities. Physical pain is often caused by emotional or mental anxieties.

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Signs of Stress :-

- Tension
- Irritability
- Trouble sleeping
- Inability to concentrate.
- Stomach upset
- Difficulty Breathing

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Stress relief technique focus on relaxing your mind and your body

Ways to Relax your Mind :-

- WRITE :- It may help to write about things that are bothering you. Write for 10 to 15 minutes a day about stressful events and how they made you feel. Or think about tracking your stress. This helps you find out what is causing your stress and how much stress you feel.
- LET YOUR FEELINGS OUT :- Talk, laugh, cry and express anger when you need to.

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Talking with friends, family or counsellor about your feelings is a healthy way to relieve stress.

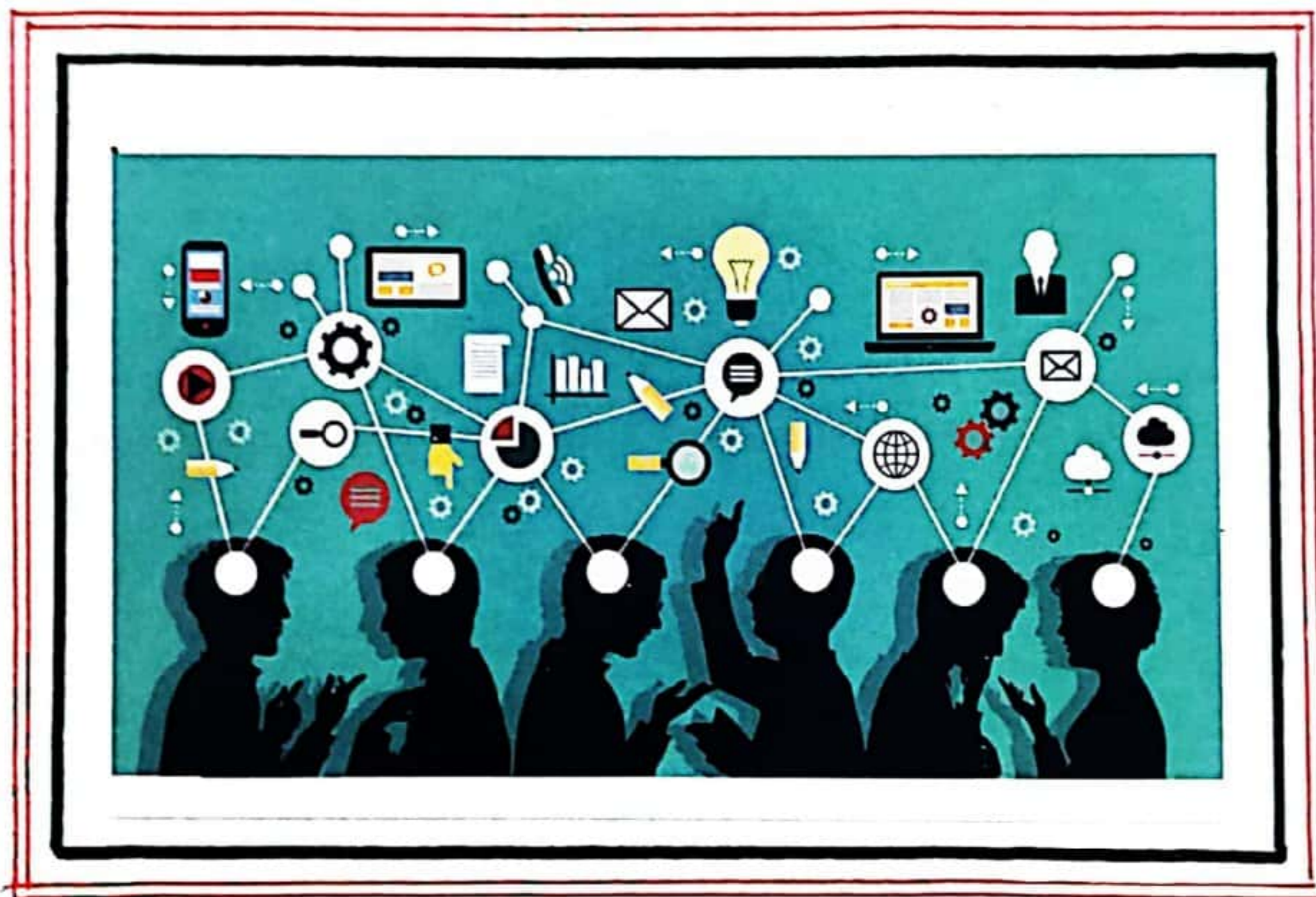
Do SOMETHING YOU ENJOY :- you may feel that you are too busy to do these things. But making time to do something you enjoy can help you relax.

Try :-

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- A hobby, such as gardening
- A creative activity, such as writing, craft or art
- Playing with pets.
- Focus on the present - Meditation and guided imagery are two ways to focus and relax your mind.
- Meditate - when you meditate, you focus your attention on things that are happening right now. Paying attention to your breathing is one way to focus.
- Use guided imagery - with guided imagery you imagine yourself in any setting that helps you feel calm and relaxed.

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Ways To Relax your Body :-

- 1) EXERCISE - Regular exercise is one of the best ways to manage stress. walking is the great way to get started.
- 2) TRY TECHNIQUES TO RELAX :- Breathing exercises muscle relaxation and yoga can help relieve stress
- 3) BREATHING EXERCISES :- These include roll breathing a type of deep breathing
- 4) PROGRESSIVE MUSCLE RELAXATION :- This technique reduces muscle tension. you do it by relaxing separate groups of muscles one by one
- 5) YOGA :- Tai chi and qigong. These techniques combine exercise and meditation

Social Interaction & group Influence

Social interaction has been defined as a dynamic changing sequence of social actions between individuals (or groups) who modify their actions and reactions according to the actions & reactions by their interaction partner. we continuously shape the ways in which we interact with each other and we do this as individuals social interaction happens in different ways.

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Factors influencing Social Interaction

- Power Dynamics
- Social structure
- Group dynamics
- Social status
- Social roles
- Institutions

Social Interaction is the process by which we act and react to those around us. Social interactions is divided into five categories.

- 1) Exchange
- 2) Competition
- 3) Co-operation
- 4) Conflicts
- 5) Coercion

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Group :-

A group is two or more people who, for longer than a few moments interact with and influence one another and perceive one another of "us"

Deindividuation :-

Doing together what we would not do alone.

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Group Think :-

A psychological phenomenon that occurs within groups of people.

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Group Shift :-

A phenomenon in which the initial positions of individuals member of a group are exaggerated towards a more extreme position.

Co-Operation Vs Competition

When co-operating with one another people contribute to attaining the same goal that they share. However, when competing against one another people attempt to attain the same goal which only one can have.

Co-operation

- Symbiosis
- Synergy
- Openness
- Friendship
- Collaboration

Competition

- Antagonistic
- Zero-sum
- Secretive
- Selfish
- Adversarial

AGENCIES OF SOCIAL CONTROL

- FORMAL - government, police, courts etc.
- INFORMAL - Family, media & Peer groups



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Social - bond Theory

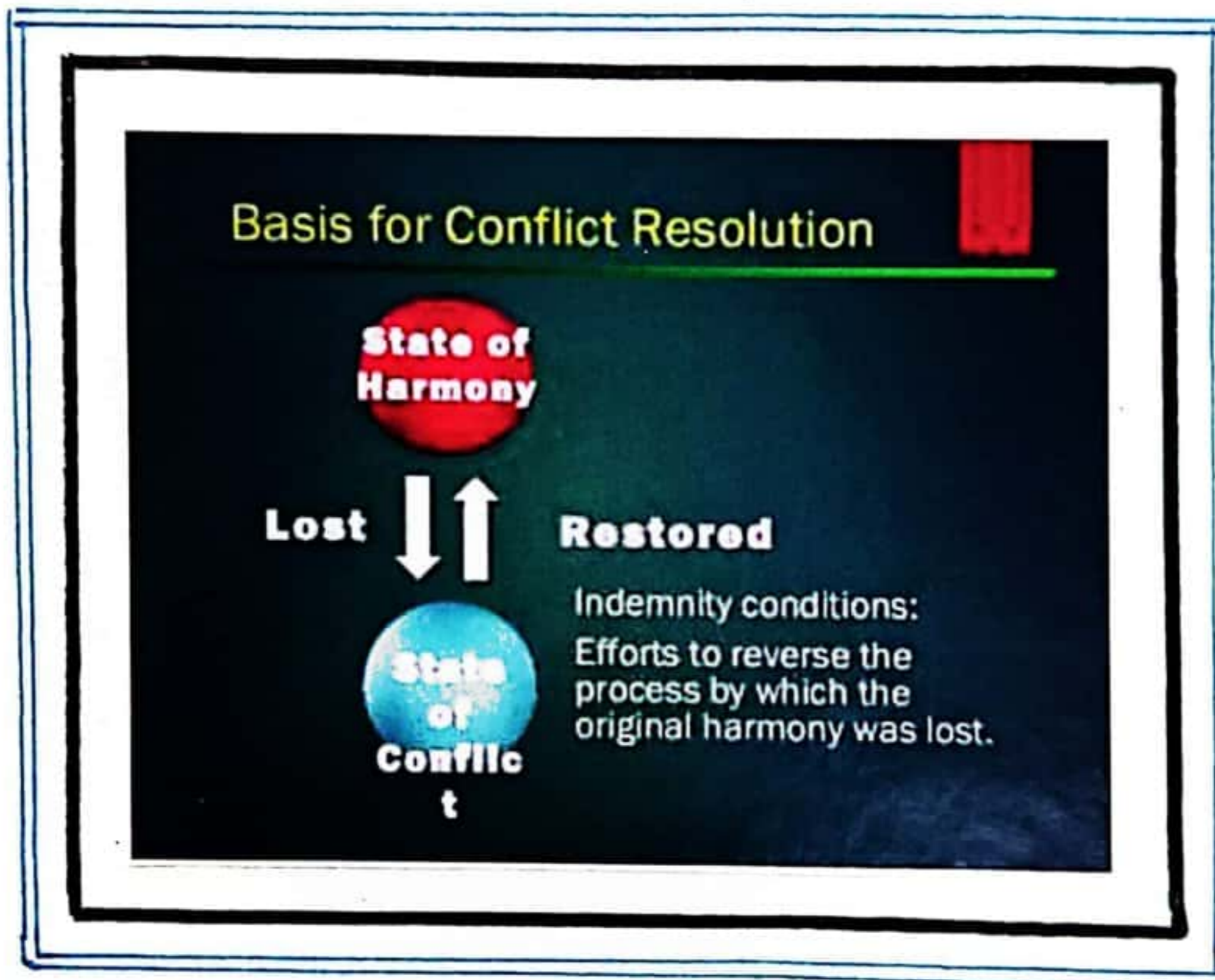
- Attachments
- Commitment
- Involvement
- Belief

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Group Formation :-

- FORMING - confusion
- STORMING - confrontation
- NORMING - group identity
- PERFORMING - accomplishment of task
- ADJOURNING - wrapping up

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Methods of Conflict Resolution, Group & Social Harmony

co-operation and conflict are two modes of human behaviour. Conflict can be defined as the existence of non-compatibility or disagreement between two actors (individuals, groups, organizations or nations) in their interactions over the issues of interest, values, beliefs, emotions, goals, space, positions, scarce resources etc.

Conflict is also defined as "A struggle" over values and claims to scarce, status, power and resources, a struggle in which the aim of opponents are to neutralize, injure or eliminate rivals.

Ways of Dealing Conflicts :-

1.) AVOIDANCE

The interaction between the conflicting parties are withdrawn or suspended temporarily or permanently by keeping distance from each other unilaterally or forcibly.

2.) PROCEDURAL RESOLUTION OF CONFLICTS

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If parties can neither conquer nor avoid each other, some form of procedural resolution of conflict is likely. In this the parties have to stay together and co-operate with each other directly or indirectly to find a solution.

3) CONCLUSION :-

We are passing through the era of information. Information is considered as one of the main source of power. Academics as the upholders of this power have significant role to play in the field of conflict resolution through their educational activities such as teaching, research and training.

Group and Social Harmony

Social Harmony is peaceful interaction of human dynamics among members of a social group or groups. Basic survival and subsistence families or complex societies develop and thrive on some form of social harmony.

Survival is enhanced by productive exchanges of labour and production with divisions of labour increasing the benefits of social harmony.

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The infographic features a central black silhouette of a person in a standing yoga pose with arms raised. On either side are two sets of red and orange silhouettes showing a person in a seated yoga pose with one leg raised and bent. The text is arranged in two columns around the central figure.

Benefits of Yoga

- Stretches and protects your spine ●
- Keeps your muscles strong ●
- Increases your blood flow ●
- Prevents joint problems ●
- Improves your posture ●
- Improves metabolism ●
- Increases immunity ●
- Makes you flexible ●
- Improves your heart rate ●
- Strengthens your bones ●
- Normalize your blood pressure ●
- Brings harmony to your life ●
- Calms your nerve system ●
- Improves your reaction ●
- Increases concentration ●
- Helps you to sleep well ●
- Relieves depression ●
- Makes you happier ●
- Helps you to relax ●
- Makes you stress-free ●
- Improves your memory ●
- Helps you to normalize your weight ●

group Think

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A group members try to maintain harmony and unanimity in group.

can lead to some better decisions and some worse decisions than individuals.

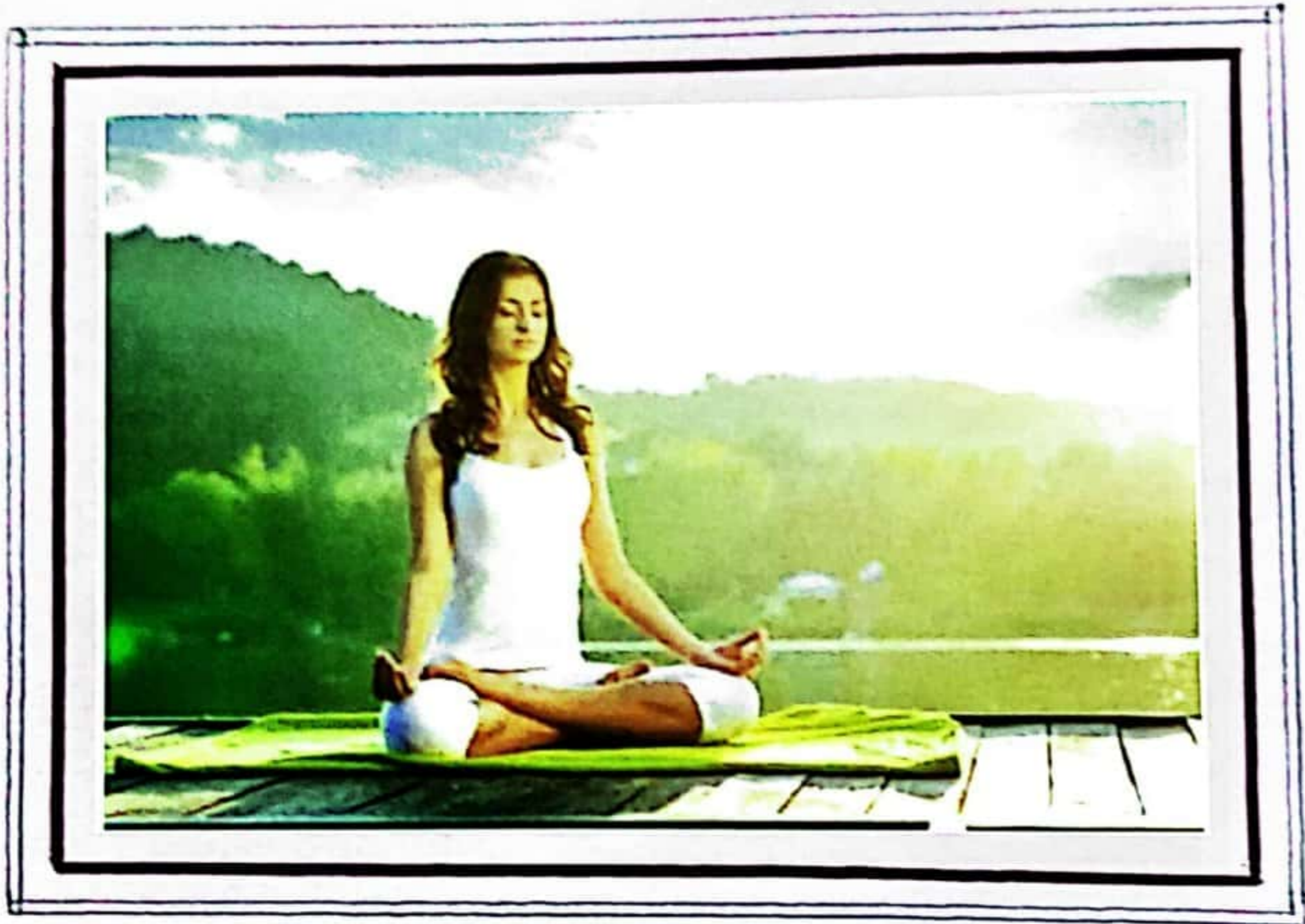
yoga : For Peace and Harmony

The word "yoga" is derived from the Sanskrit word "yuj" which means to unite or integrate the spirit and physical body. It refers to physical, spiritual, mental practices or disciplines that aim to transfer body and mind. Relieving exercises such as yoga helps us immensely to improve our strength and flexibility and also aids in harmonizing our inner self with the world and bringing forth peace.

Benefits of yoga

- Bringing Inner Peace
- Improving overall Health
- Aiding weight loss
- Boosting the Immune system

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- Improving posture & flexibility
- Improving heart health.

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Yoga

Increases

- Feeling of wellness
- Positive Attitude
- Energy level
- Concentration
- flexibility
- Strength
- Memory attention.

Reduces

- Anxiety and stress
- weight
- Blood Pressure
- Depression & tension
- Sugar level
- Arthritis
- Tension in muscle.

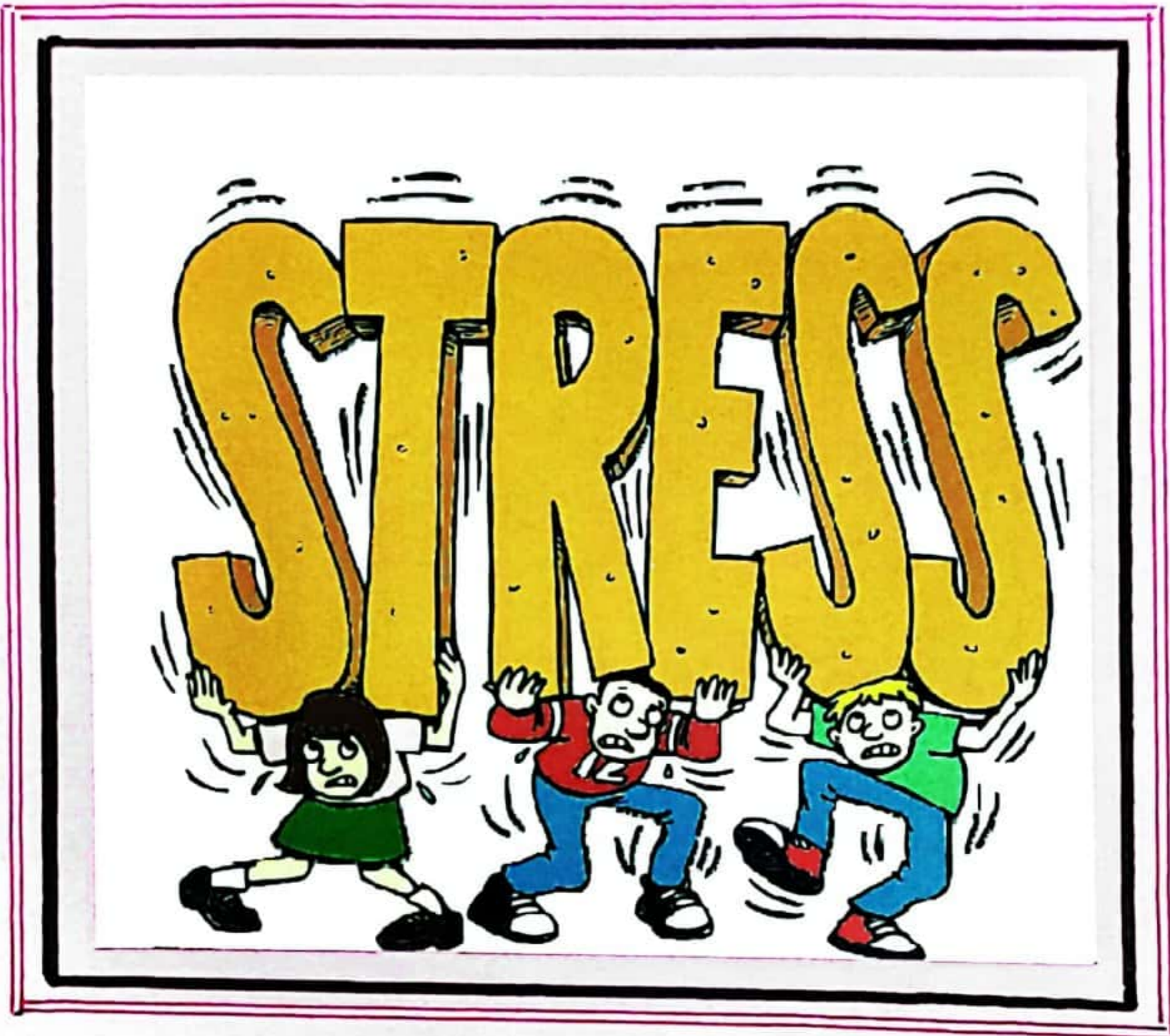
Meditation

Meditation is a practice where an individual trains the mind or induces a mode of consciousness either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content.

"Meditation is the tongue of the soul and language of our spirit".

"Yoga began with the first person wanting to be

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"Healthy and happy all the time".

"Prayer is when you talk to god, meditation is when you listen to god"

Stress Management and Techniques of relaxation

What is a stress?

- Stress is the emotional and physical strain caused by our response to pressure from the outside world. Stress is also :-
- A necessary part of our daily lives
- Defined as anything that stimulates us to act, think or react
- Simple or extreme
- Without stress our bodies wouldn't react at all even in times of extreme danger
- The effect stress will have depends on how we handle or view the situation.
- Handling stress depends on us :-
 - Recognizing the stress
 - understanding where it is coming from
 - understanding stress management options.
- can either help us with challenges and problems

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**RELAXATION TECHNIQUES
TO REDUCE STRESS**

Tai Chi

Relaxing Music

Guided Visualization

Progressive Muscle Relaxation

Laughing

Deep Breathing

Top 10
Home Remedies To explore more, visit www.Top10HomeRemedies.com

or make them many times worse
continued stress in our life can be
reflected in our work, sleep patterns, eating habits,
relationships well-being and sexual activities. Physical
pain is often caused by emotional or mental
anxieties

Signs of Stress :- Eduveda Skills

- Tension
- Inability to concentrate
- Trouble sleeping
- Stomach upset
- Irritability

Stress Relief Techniques

- Mental
- Physical

Stress relief techniques focus on relaxing your mind
and your body "ways to relax your mind"

- WRITE :- It may help to write about things
that are bothering you write for 10 to 15 minutes
a day about stressful events and how they
made you feel.

- LET YOUR FEELING OUT :- Talk, laugh, cry and

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express anger when you need to. Talking with friends, family or counselor about your feelings is a healthy way to relieve stress.

• **DO SOMETHING YOU ENJOY** :- you may feel that you are too busy to do these things. But making time to do something you enjoy can help you relax.

• **FOCUS ON THE PRESENT** :- Meditation and guided imagery are two ways to focus & relax your mind.

• **MEDITATION** :- when you meditate, you focus your attention on things that are happening right now.

Ways to Relax your body

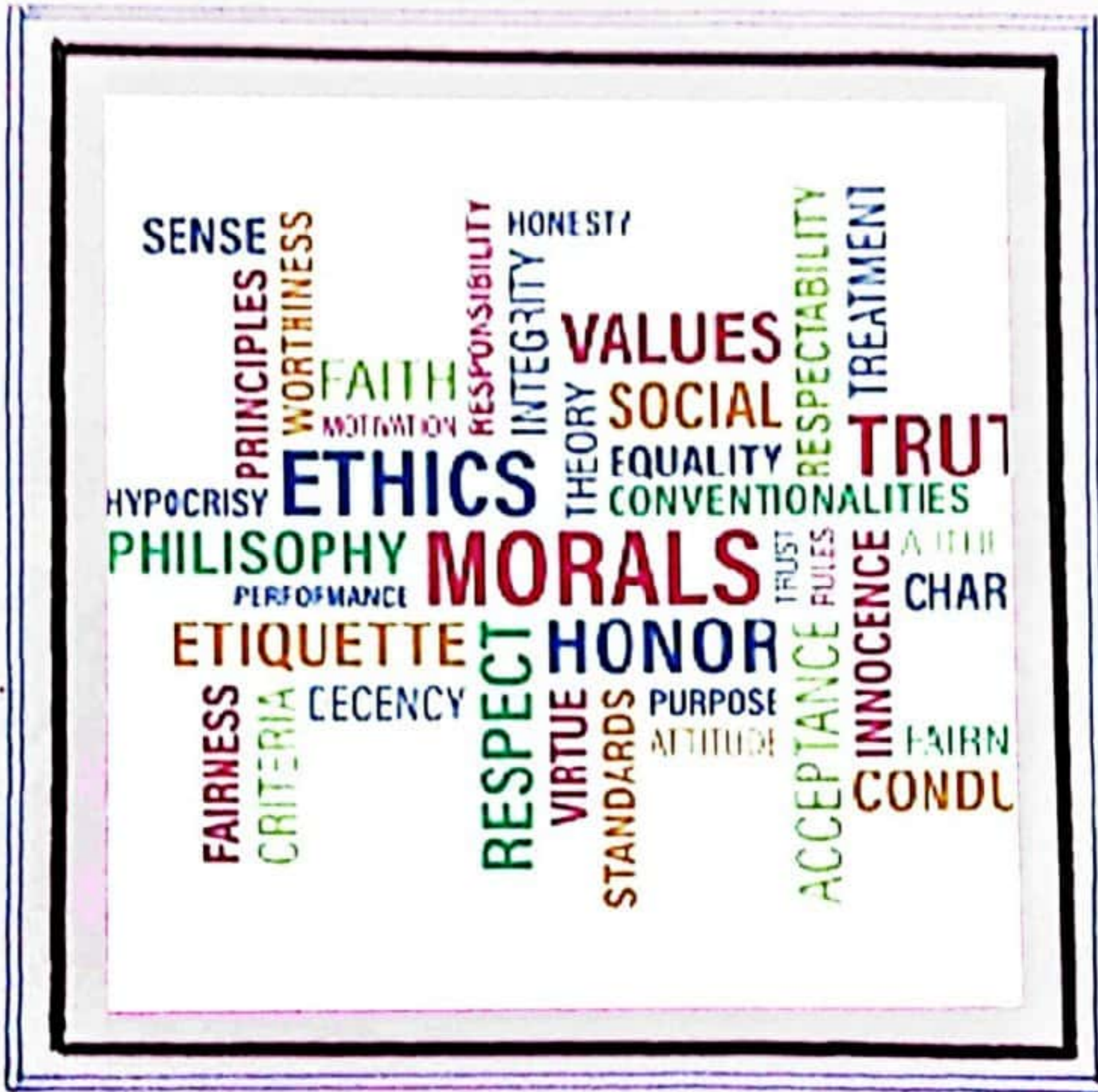
• **Exercise** - Regular exercise is one of the best ways to manage stress.

• **Try techniques to relax** - Breathing exercise, muscle relaxation and yoga can help relieving.

• **Breathing exercise**

• **Progressive muscle relaxation** - This technique reduces muscle tension. You can do it by relaxing separate groups of muscles one by one.

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Values Towards Self & Society

values are things that have an intrinsic worth in usefulness or "Principles" standards or qualities considered worthwhile or desirable

Human values are the foundation for any viable life within society, they build space for a drive, a movement towards one another, which leads to peace

Values Towards Society

values are good habits that are contagious. They are passed down through generations values bind us together but still set us apart. Today our society is seeing a terrible amount of lack of value

Empathy

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The most important value in our lives revolves around empathy. we need to be able to accept others for who they are, not what they can do for us. we need to stop concentrating on how we can reduce competition and focus on how we can grow together.

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Mutual Respect

Mutual respect means having respect in our minds for everyone. Even if you are up against a person wherein it is your honor against theirs, it is important to have self-respect.

Love

With love in our hearts, we feel no need to harm another. We will raise ourselves rather than pull others down. We will focus on the similarities of opinions rather than the difference of color, religion, or sexual orientation. With love we will be people and not monsters.

Loyalty

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Loyalty is an emotion that binds us to a person, thing, or sentiment. It restricts us from ever betraying that person. We need to be loyal to each other, or thinking negative about each other.

Honesty

Honesty in society is to accept yourself for what you are, and let everyone know that as well.