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## **EFFECT OF MINDFULNESS INTERVENTION PROGRAM IN ENHANCING HAPPINESS AMONG PREADOLESCENTS**

**M.Sasikala,**

Ph.D. Research Scholar,  
Sri Ramakrishna Vidyalaya  
College of Education (Autonomous),  
SRKV post, Periyanaickanpalayam,  
Coimbatore - 641 020.

**Dr. G. Subramonian,**

Principal and Research Guide,  
Sri Ramakrishna Vidyalaya College of Education (Autonomous),  
SRKV post, Periyanaickanpalayam,  
Coimbatore - 641 020.

**Mr. S. Saravanan,**

Counselling Psychologist,  
Zen Kidz School,  
Sulur,  
Coimbatore – 641 402.

### **Abstract**

Happiness is the default natural emotion of all living beings. Mindfulness is also a natural phenomenon but gifted only for mankind. As per Sigmund Freud's Psycho analytic theory, unconscious mind is below the surface of awareness, making it crystal clear that awareness and unconsciousness are directly related. When a person becomes aware or mindful his unconscious mind will become conscious. The aim of this study is to conduct an intervention programme on mindfulness techniques for 14 days among preadolescents and find out its impact by using single subject experimental design.





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**AN OVERVIEW OF REVIEWS ON SKILLS OF HAPPINESS**

**msasikala.tr@gmail.com**

**M.Sasikala,**

Ph.D., Research Scholar,  
Sri Ramakrishna Mission Vidyalaya  
College of Education (Autonomous),  
SRKV post, Periyanaickanpalayam,  
Coimbatore - 641 020.

**Dr. G. Subramonian,**

Principal and Research Guide,  
Sri Ramakrishna Mission Vidyalaya College of Education (Autonomous),  
SRKV post, Periyanaickanpalayam,  
Coimbatore - 641 020.

**ABSTRACT**

Education acts as a pillar in creating strong social foundation for the upcoming generation and skills of happiness can act as catalyst for building social trust and healthy living among students enriching happiness. Since happy people are more successful in all their domains of life, schools should help students to see happiness in their way of life contributing to the core mission of education. The aim of this paper is to identify the reviews focusing on the six sustainable skills of happiness and its inculcation techniques that would be helpful in day to day implementation to enrich happiness in students.

**Key words:** *Happiness, sustainable, happiness skills,*



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## RESEARCH ARTICLE

### EFFECTIVENESS OF BLENDED LEARNING STRATEGY ON COMMERCE OUTCOMES AT HIGHER SECONDARY LEVEL

1,\*Suprabha, K. and <sup>2</sup>Dr. Subramonian G.

Assistant Professor, NSS Training College, Ottapalam, Palakkad - 679 101, India

Principal, Sri Ramakrishna Mission Vidyalaya College of Education (Autonomous), Coimbatore - 641 020, India

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\*Corresponding author: Suprabha, K.

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#### ABSTRACT

Blended learning is a mix of pedagogical approach that combines the effectiveness and the socialization opportunities of the classroom with the technological enhancement of online learning. Blended learning increases the interaction between the instructor and the student by integrating formative and summative feedback in order to boost students learning experiences. The objective of the study was to find out the effectiveness of blended learning instructional strategy on commerce outcome at higher secondary level viz; (i) achievement in commerce (ii) attitude towards commerce and (iii) social skills in commerce. The study employs pre-test post-test control group design under the quasi-experimental method. The sample includes 80 students of standard XII, 40 students each in experimental group and control group. The test scores were analysed and compared between the two groups with the statistical techniques of mean difference analysis and ANCOVA. The results of the study revealed that there is significant difference in the mean scores of achievement and social skills in commerce after the intervention of blended learning instructional strategy.

## Introduction

An education is not complete without a strong cultural component. Liberal arts and social studies help us to recognize the interconnections that turn information into knowledge. Culture provides a human framework to view the impact of technology. It also gives us the global perspective to live in a world, where communication is determined more by technology than geography. In this information age, education should provide students to technological familiarity, literacy, applicability, communication skills and the ability to learn new subjects. In today's world, computer would be a common place as telephones and dictionaries. To prepare for this world, students need to learn how to work comfortably with all kinds of knowledge tools including books, computers and other information utilities. Blended learning as described by De Zure (2002) refers to the courses that combine face-to-face classroom instruction with online learning. Blended learning involves a shift from a purely classroom interaction, i.e. lecture style mode of instruction to a more student-centred style of instruction. It is a mix of pedagogical approaches that combines the effectiveness and the socialization opportunities of the classroom with the technological enhancement of online learning (Dziuban *et al.*, 2006). Thus the blended learning approach must be student-centred and uses a selection process that, Combining or mixing web-based technology to accomplish an education goal

- Combining pedagogical approaches i.e. constructivism, behaviourism, cognitivism to produce an optimal learning outcome with instructional technology.
- Combining any form of instructional technology with face-to-face structures training.

The present education system calls for learner-centred education and in keeping with this requirement, blended learning is most appropriate.

#### Need and significance of the study

Today with the advancement of technology, educators would claim that classroom is not necessary for learning and the students around the world have already discovered that learning can happen at any time, any place and in any setting. It is no longer necessary to be in a classroom in front of a teacher to be in a place of learning. Lifelong learning also advocate that learning can occur anytime and anywhere if one wants to learn. It should be come that the learners perceptions of learning to work more independently and having to adopt more active ways of learning and interacting. The trend of decreasing student satisfaction in secondary/higher secondary education context has drawn attention to the concept of student engagement in classroom. One of the important factors for student learning is students' level of engagement with academically purposeful activities. Students' low engagement with academic activities is considered the main reason for

## Effect of Blended Learning Strategy on Problem Solving Skill of Higher Secondary Commerce Students

Suprabha K.\*, G. Subramonian\*\*

\* Assistant Professor, NSS Training College, Ottapalam, Palakkad, Kerala, India.

\*\* Principal, Sri Ramakrishna Mission Vidyalaya College of Education (Autonomous), Coimbatore, Tamil Nadu, India.

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### Abstract

Decreasing students' satisfaction at higher secondary education context has drawn attention to the concept of student engagement in their classroom. Students' low level considered the main reason for dissatisfaction that sometimes lead to drop out of the school. Blended learning intervention strategy that have been utilizing in high instructional solution for such problems and to improve student engagement in classroom. The objective of the study is study the effect of blended learning strategy on problem solving skill of higher secondary commerce students. The study employs pretest post-test non-equivalent control group design with a sample of 40 students each in the experimental and control groups. The result of the study showed that the experimental group taught through blended learning instructional strategy scored significantly more on the post-test and gain compared to the control group.

### Keywords

Blended Learning Strategy, Constructivist Teaching Strategy, Problem Solving Skill, Higher Secondary Students, Preliminary Analysis, Group Differences, Genuiness of the Data

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# EFFECT OF BLENDED LEARNING STRATEGY ON PROBLEM SOLVING SKILL OF HIGHER SECONDARY COMMERCE STUDENTS

By

SUPRABHA K. \*

G. SUBRAMONIAN \*\*

\* Assistant Professor, NSS Training College, Ottapalam, Palakkad, Kerala, India.

\*\* Principal, Sri Ramakrishna Mission Vidyalaya College of Education (Autonomous), Coimbatore, Tamil Nadu, India.

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### ABSTRACT

*Decreasing students' satisfaction at higher secondary education context has drawn attention to the concept of student engagement in their classroom. Students' low level engagement with academic activities is considered the main reason for dissatisfaction that sometimes lead to drop out of the school. Blended learning intervention strategy that have been utilizing in higher secondary education context is an instructional solution for such problems and to improve student engagement in classroom. The objective of the study is study the effect of blended learning strategy over constructivist teaching strategy on problem solving skill of higher secondary commerce students. The study employs pre-test post-test non-equivalent control group design with a sample of 40 students each in experimental group and control group. The result of the study showed that the experimental group taught through blended learning instructional strategy scored significantly more on the post-test and gain scores on problem solving skill when compared to the control group.*

*Keywords: Blended Learning Strategy, Constructivist Teaching Strategy, Problem Solving Skill, Higher Secondary Students, Preliminary Analysis, Group Differences, Genuiness of the Difference.*

### INTRODUCTION

Education is a complex and comprehensive process of socialization of an individual and the classroom instruction is one of the several means to achieve its goals in education. Technology means the material use of machines such as hardwares to the humanity. Many educationists consider educational technology in a broader sense that covers the systems, which are helpful in enhancing human potential. Another aspect regarding educational technology is its scientific assistance for tackling different problems in the field of education using both human and non-human resources.

As in the words of Thornburg (1996), educational practices through the ages have been shaped by the use of communication, and the transitions from one period to another caused anxiety among educators over time. So communication has become the most important skill in educational practices of current educational system. A shift towards a developmental, learner centred and activity

based approach to teaching and learning has identified the introduction of e-learning as one of the objectives of curriculum renewal. The concept of Blended learning is a pedagogical model of e-learning based on a learner-centred approach to learning. The 12<sup>th</sup> Five Year Plan which focuses on e-education has stated that the introduction of e-learning in education represents an important part of the Government's strategy to improve the quality of teaching and learning across the higher education and training system. Blended learning which, its name suggests blends online learning practices with conventional methods of learning such as behaviourist and constructivist teaching practices and its development. Blended learning practices represent an opportunity to integrate the technological advances offered by online learning practices with the interaction and participation offered in the traditional classroom setting.

The concept of Blended learning as described by DeZure (2002) blends online learning with face-to face classroom



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## Role of Teachers in Fostering Happiness Skills as a Core Value

M.Sasikala\* and Dr. G. Subramonian\*\*

### ABSTRACT

Is happiness a skill that could be taught in schools as value?

Education plays an important role in creating a strong social foundation for the future generation and happiness can act as catalyst for building social trust and healthy living among students gained from knowledge-based learning programmers. Schools should help students to see happiness in all their walk of life because it is proven that happy people are more successful in important life domains. Focusing on happiness skills can also contribute to the core mission of education. The aim of this paper is to limelight the six sustainable skills of happiness and the role of teachers in inculcating it as an important core value to enrich happiness in students.

**Key words:** *Happiness, sustainable, happiness skills, role of teachers*

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\* Ph.D. Research Scholar, Sri Ramakrishna Vidyalaya, College of Education (Autonomous), SRKV post, Periyanaickanpalayam, Coimbatore - 641 020, Email [sd-msasikala.tr@gmail.com](mailto:sd-msasikala.tr@gmail.com)

\*\* Principal and Research Guide, Sri Ramakrishna Vidyalaya, College of Education (Autonomous), SRKV post, Periyanaickanpalayam, Coimbatore - 641 020



### Avinasi Gounder Mariammal College of Education

(Accredited by NACC with "B" Grade)

Approved by NCTE and Affiliated to TamilNadu Teachers Education University, Chennai  
Karur Bye-pass Road, Kollampalayam, Erode - 638 002, TamilNadu, India.

Ph: 0424 - 2401078 | Fax: 0424 - 2401848

Email: agmcoelips@gmail.com, agmcoe@gmail.com | Website : www.agmcoe.ac.in

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Approved by NCTE and Affiliated to TamilNadu Teachers Education University, Chennai  
Karur Bye-pass Road, Kollampalayam, Erode -638 002, TamilNadu, India.

Ph: 0424 - 2401078 | Fax: 0424 - 2401848

Email: agmcoelips@gmail.com, agmcoe@gmail.com | Website : www.agmcoe.ac.in

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## EFFECT OF BLENDED LEARNING IN DEVELOPING SOCIAL SKILLS AMONG HIGHER SECONDARY STUDENTS

\* K. Suprabha & \*\* Dr. G. Subramonian

### *Abstract*

*At present, classroom instruction should be self-regulated process taking place through the learner who is motivated to explore problems and situations. For learning, the students are learn through web as a source of knowledge, the learning environment should be shifted to a learner centered rather than teacher centered environment. The advantage of social skills approach to treat children with problems is that it is essentially a positive approach, which assumes that children can be taught the skills necessary to behave in different life situations in more acceptable manner. The objective of the study was to study the effect of blended learning instructional strategy in developing social skills among higher secondary students. The study employs pre-test, post-test control group design under the quasi-experimental method. The sample includes 80 students of standard XII, 40 students each in experimental group and control group. Statistical techniques of descriptive analysis, t-test and ANCOVA were used for comparing the pre-test, post-test and gain scores of social skills between the groups. The results of the revealed that experimental group taught through blended learning strategy scored more on their post- test and gain scores on social skills after the experimental intervention, when compared to control group.*

**Key Words:** *Computer Technology, Blended Learning, Social Skills, Constructivist Teaching and Higher Secondary Students.*

\* Assistant Professor, NSS Training College, Ottapalam, Palakkad, Kerala, India.

\*\*Principal, Sri Ramakrishna Mission Vidyalaya College of Education, Coimbatore, Tamilnadu, India.

University of Nebraska - Lincoln

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## Availability of Electronic Theses and Dissertations (ETDs) of State Universities of Tamil Nadu in INFLIBNET Shodhganga Project: An Analysis

Sivakumaren K.S

Anna University, Chennai-44, sivamit\_kumaren@yahoo.co.in

Swaminathan S

swamlibrarian@gmail.com

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## **Availability of Electronic Theses and Dissertations (ETDs) of State Universities of Tamil Nadu in INFLIBNET Shodhganga Project: An Analysis**

Dr.K.S.Sivakumaren

Assistant University Librarian

Library, MIT Campus

Anna University

Chennai-600 044.

Email:sivamit\_kumaren@yahoo.co.in

Dr.S.Swaminathan

Librarian

Sri Ramakrishna Mission Vidyalaya College of Education

Coimbatore

[swamlibrarian@gmail.com](mailto:swamlibrarian@gmail.com)

### **Abstract**

This paper investigates the contributions of Electronic Theses and Dissertations (ETDs) by 16 State Universities of Tamil Nadu in INFLIBNET-Shodhganga project. It is found that 41870 Electronic Theses and Dissertations were uploaded by 16 State Universities. Among these Universities, Anna University, Chennai and University of Madras were contributed highest number of ETDs in this project. The Department of Information and Communication, Anna University and Department of Tamil Studies, Bharathidasan University, Trichy were the top two departments, which contributed more number of theses in the respective domains. Further, the study has analyzed the number of theses uploaded on various disciplines. The result shows that highest number of ETDs was found on “Information and Communication” and “Commerce.”

***Keywords: Electronic Theses and Dissertations, Shodhganga, INFLIBNET, Universities, ETDs.***

### **Introduction**

Information and Communication Technology (ICT) plays a vital role in every human activity. In Library, ICT is also applied for information search, access, process and distribute to the users in a variety of formats. They are variety of resources available in the form of books, e-books, e-journals, databases and Electronic Theses and Dissertations (ETDs) for learning, teaching and research. These resources are required to organize process and distribute to the users systematically. Electronic theses and dissertations (ETDs) are highly valuable resources for research and development in the academic institutions. In early days, the research reports were not available to access in the public domain. Now, it has been changed because of the application of ICT tools and techniques. Further, the advancement in the ICT has changed the way of organizing, processing and disseminating of information to the end users. The





# A Scientometric Study on Neuro Science with Special Reference to Growth of Literature

## G. Karthikeyan

Research Scholar, 2Department of Library and Information Science, Bishop Heber College, Trichy, Tamil Nadu, India

## A. Manoharan

Assoc. Professor (S Ret.), 2Department of Library and Information Science, Bishop Heber College, Trichy, Tamil Nadu, India

## S. Swaminathan

Librarian & Placement Officer, Sri Ramakrishna Mission Vidyalaya College of Education, Coimbatore, Tamil Nadu, India

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**Keywords:** Neuro Science, Scientometric, Scopus

## Abstract

Neuroscience, an interdisciplinary and rapidly expanding field, devoted to the scientific study of the nervous system. The growth in neurosciences, in the past two decade, in terms of research scientists, specialized departments with state-of-the-art infrastructure, and institutes with research facilities has been impressive. This main aim of this paper is to study quantitatively the literature published on Neuro sciences by using the bibliographic database namely Scopus. The objective of this paper is to examine the overall production of scientific articles in Neuroscience research during the period 1986-2015 in worldwide. The study finds that the total number of publications is between 100 and 1000 per year for the first fifteen years of study i.e. 1986-2000, more than 1000 but below 1500 during 2001 and 2004 and more than 3000 for the further study period 2005-2015.

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## A Scientometric Study on Neuro Science with Special Reference to Growth of Literature

G. Karthikeyan<sup>1</sup>, A. Manoharan<sup>2</sup> and S. Swaminathan<sup>3</sup>

<sup>1</sup>Research Scholar, <sup>2</sup>Assoc. Professor (S Ret.), <sup>3</sup>Librarian & Placement Officer

<sup>1&2</sup>Department of Library and Information Science, Bishop Heber College, Trichy, Tamil Nadu, India

<sup>3</sup>Sri Ramakrishna Mission Vidyalaya College of Education, Coimbatore, Tamil Nadu, India

E-Mail: karthikeyan1970@rediffmail.com, bharathilib@yahoo.co.in, swamilibrarian@gmail.com

**Abstract** - Neuroscience, an interdisciplinary and rapidly expanding field, devoted to the scientific study of the nervous system. The growth in neurosciences, in the past two decade, in terms of research scientists, specialized departments with state-of-the-art infrastructure, and institutes with research facilities has been impressive. This main aim of this paper is to study quantitatively the literature published on Neuro sciences by using the bibliographic database namely Scopus. The objective of this paper is to examine the overall production of scientific articles in Neuroscience research during the period 1986-2015 in worldwide. The study finds that the total number of publications is between 100 and 1000 per year for the first fifteen years of study i.e. 1986-2000, more than 1000 but below 1500 during 2001 and 2004 and more than 3000 for the further study period 2005-2015.

**Keywords:** Neuro Science, Scientometric, Scopus

### I. INTRODUCTION

Neuroscience is the study of the nervous system, which includes the brain, spinal cord, and the networks of sensory nerve cells, or neurons, throughout the body. (National Institute of Child Health and Human Development, n.d., para.1). Neuroscience, an interdisciplinary and rapidly expanding field, devoted to the scientific study of the nervous system. The growth in neurosciences, in the past two decade, in terms of research scientists, specialized departments with state-of-the-art infrastructure, and institutes with research facilities has been impressive. (Adarsh, B., & Gupta, B.M., (2010)). Scientometrics is the study of published literature and its usage. This includes studies of impact, diffusion of innovation, bibliographic coupling, citation and co-citation patterns and other statistical regularities in scientific and scholarly productivity and communication. (Information Library Network, n.d.). Today a common research tool is a Scientometric method which has already been widely applied in scientific production and research-trend studies in many disciplines of science and engineering (Almind, T.C., & Ingwersen, P (1997); Cronin, B., (2001) ; Moed, H.F., *et al.*, (1995) ). The popularity in the adaptation of Scientometric techniques in various disciplines stimulated stupendous growth of literature on Scientometric and its related areas.

### II. NEED FOR THE STUDY

Quantitative measurement of publications, citations and other parameters have been largely applied and used in

evaluating scientific research. Scientometric analysis of scientific publications is an important aspect of research endeavour in Information Science (Jeyshankar, B., (2012) ). On review of the literature it was found that, no such study has been conducted either at macro or micro level on the growth pattern of literature in the field of Neuro sciences. A large number of articles in journals, research papers presented in conferences, reports and so on are published on Neuro sciences.

Since there is a continuous generation of information in the field Neuro sciences, it is found essential to study quantitatively of the output of literature by applying scientometric tools/indicators. The significance of the study would benefit to identify the major areas of research in the field of 'Neuro Sciences' and to assess the extent of research carried out by scientists of different nations. Hence, it is proposed to study the literature published on Neuro sciences by using the bibliographic database namely Scopus.

### III. OBJECTIVES OF THE STUDY

The major objective of the study is

To examine the overall production of scientific articles worldwide in Neuroscience research during the period 1986-2015.

#### A. Hypothesis

The following hypothesis is formulated for this study based on the objective. There exists substantial literature published worldwide on Neuroscience.

### IV. METHODOLOGY

The investigator has adopted the following methodology in this study.

This study uses Scopus database for drawing publications data on Management Sciences, which is an international multidisciplinary database indexing over 15000 international peer reviewed journals in science and technology, besides more than 500 international

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Attoor, Kanyakumari District &  
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Marthandam 629165

DR. V. S. MINI KUMARI

Associate Professor in Biological Science,  
N.V.K.S.D.College of Education,  
Attoor, Kanyakumari District,  
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Bellari 583103

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Assistant Professor,  
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Ramakrishna Mission Vivekananda  
Educational and Research Institute,  
Faculty of Disability Management and  
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Coimbatore 641020

DR. S. RAJAGURU

Principal (Retd.),  
Sri Ramakrishna Mission Vidyalaya College  
of Education (Autonomous),  
Coimbatore 641020

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Associate Professor,  
K.R.P.College of Education,  
Sankari West, Namakkal Dt,  
Tamil Nadu 637303

SRI. G. RAJESH  
M.Ed Scholar,  
K.R.P.College of Education,  
Sankari West, Namakkal Dt,  
Tamil Nadu 637303

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DR. M. JAGADESH  
Assistant Professor in Education,  
Sri Ramakrishna Mission Vidyalaya College of Education (Autonomous),  
Coimbatore, Tamil Nadu, India 641 020

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S. VENNILA  
MEd Student,  
GRT College of Education,  
GRT Mahalakshmi Nagar,  
Chennai - Tirupathi Highway,  
Thiruttani, Tamil Nadu 631209

P. KARNAN & S. SUTHAKAR  
Assistant Professors in Education,  
GRT College of Education,  
GRT Mahalakshmi Nagar,  
Chennai - Tirupathi Highway,  
Thiruttani, Tamil Nadu 631209

## PARENTAL BELIEFS AND SCREEN TIME OF YOUNG CHILDREN

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Dr. M. JAGADESH

Assistant Professor in Education

Sri Ramakrishna Mission Vidyalaya College of Education (Autonomous)  
Coimbatore, Tamil Nadu, India 641 020

### INTRODUCTION

Young children are exposed to a range of digital devices (e.g., computers, mobile phones, Televisions) from birth and their use of digital media is rapidly increasing (UK: Marsh et al., 2015; Ofcom, 2014; Livingstone, 2014; USA: Rideout, 2011). Studies have highlighted how pre-schoolers can learn communication skills by using digital devices to creatively explore their world and express themselves (Hisrich & Blanchard, 2009; Levy, 2009; Marsh, 2005; Plowman & McPake, 2013).

Parents have also reported concerns about their pre-schoolers' over use of touch screen tablets (Ofcom, 2014) voicing that the addictive features of tablets may negatively impact on children's social, physical, and cognitive development and reduce time for more traditional non-digital activities (Ebbeck, Yim, Chan, & Goh, 2015; Karuppiyah, 2015; Livingstone et al., 2014). It is well established that parents play a key role in mediating young children's interactions and experiences with digital technology (Connell et al., 2015; Nikken & Jansz, 2014; Plowman et al., 2012).

### SCREEN TIME AND DIGITAL DEVICES

Screen Time is defined as the viewing or using anything with a screen, including televisions, smart phones, video games and computers/Laptops. Prolonged periods of screen-time among toddlers and pre-schoolers result in less opportunity for active outdoor and creative activities. It naturally results in poor healthy eating habits and disturbance in cognitive, language, and social skills developments. Screen time exposure is more likely to happen in those children who watch television while eating, houses having a number of digital devices and when parents spend more time on these devices.

### TECHNOLOGY AND CHILD GROWTH

According to Murray and Murray's (2008) article about the uses and effects of television on children's social and emotional development, stated that the social, face-to-face interactions that occur during infancy are monumental as they set the ground-work for individuals to build meaningful relationships throughout their lives. Play is a fundamental part of





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Pandalam, Pathanamthitta,  
Kerala - 689 501

**DR. K. REMADEVI**

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N.S.S. Training College,  
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Assistant Professor in Education  
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BT Assistant  
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**Dr. M. JAGADESH**

Assistant Professor in Education

 Sri Ramakrishna Mission Vidyalaya College of Education (Autonomous)  
 Coimbatore, Tamil Nadu - 641 020

### THINKING – AN INTRODUCTION

Thinking is the highest mental activity present in human. All human achievements and progress are simply the products of thought. The evolution of culture, art, literature, science and technology are all the results of thinking. Thought and action are inseparable. All our deliberate action starts from our deliberate thinking. Thus, thinking is a tool for adapting ourselves to the physical and social environment in which we are in.

The forms of ‘thinking’ that schools have traditionally valued and taught have been confined to logic, analysis and argument; and the teaching of those equally important but missing, components of thinking such as the creative, the lateral, the reflective and the generative, have all but been neglected (de Bono, 2000: McGrath, 1998). It is clear that the new educational paradigm demands ‘thinking, independent learners’ and in order to create this profile among the students, educators themselves are

being invited to consider appropriate strategies to facilitate the expected outcomes. Gagne also supported the argument that “The central point of education is to teach people to think, to use their rational powers, to become better problem solvers” (Gagne, 1985). Creating a classroom with a strong thinking culture encourages students to develop good thinking dispositions, skills, and habits of mind.

### CRITICAL THINKING DISPOSITION AND SKILL

A notable outcome of the Delphi study was that critical thinking involves not only cognitive skills, which most people generally relate to critical thinking, but also affective dispositions. While critical thinking skills relate to a certain set of cognitive skills that involve analysis, inference, evaluation, explanation, interpretation, and self-regulation, critical thinking dispositions relate to consistent willingness, motivation, inclination, and intention to use such critical thinking skills.



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## EFFECT OF TRADITIONAL TRAINING WITH AND WITHOUT LADDER TRAINING ON BALANCE ABILITY OF HIGH SCHOOL KHO- KHO PLAYERS

3

**M. ASHOK KUMAR**

Ph.D., Research Scholar,  
Ramakrishna Mission  
Vivekananda Educational and  
Research Institute, GAPEY,  
Coimbatore - 641020

**Dr. S. SIVASANKAR**

Director of Physical Education,  
Sri Ramakrishna Mission Vidyalaya  
College of Education, (Autonomous)  
Coimbatore - 641020

### INTRODUCTION

Sports can be a positive experience for our body and mind. Outdoors activities and games are essential for everyone. Let a person explore go trekking with his friends, encourage him to play, run around, jump etc and these activities are an essential way out physical energy. Sports derive its roots, meaning from disport meaning to divert oneself.

### KHO-KHO

Kho-kho is one of the most popular traditional sports in India. Though it's difficult to trace its origins, it is believed to have originated in Maharashtra. Kho-Kho a game of Indian origin is dominated by speed and nerve control. It is based upon natural principles of physical development and instills a healthy combative spirit in the person. Kho-Kho is said to be as old as the Mahabharata times. The word Kho is derived from the Sanskrit verb "Syu"

which means "get-up-go". Kho-Kho is played in two innings by 12 nominated players out of 15 players. Initially 9 players start the game and 3 are kept in reserve. Each team chases and defends for 9 minutes twice in a match. Kho-Kho has however, failed to live up to the glamour and speed of modern days sports. It suffers from a strange dilemma of whether to retain the rustic spice or add the glamour quotient to the game.

The sport, with a loud, barefoot and sandy combination, thrives in rural areas. The national games are normally held in villages or in tiny interior pockets. However, they are still successful in drawing big crowds. But often, it is shunned by television and fails to attract sponsors. Kho-kho thrives on stamina and fortitude. You need to be very alert for the constant take-off when a 'kho' is given. You have to spring to your start while also strengthening your leg muscles. The federation of kho-kho