

PCERP Seminar Proceedings Book 8

AESTHETICS AND HEALTH:

An Integral part of Education

18th April, 2015



Organized by

Mahatma Education Society's
Pillai College of Education and Research, Sector 8,
Khanda Colony, New Panvel (W) -410206
Tel No: (022)- 27464161, 27480289
Website: www.pcerpanvel.ac.in

TABLE OF CONTENT

PREFACE	1
ABOUT THE INSTITUTION	2
INAUGURAL SESSION	3
KEYNOTE ADDRESS: DR. JYOTSNA TIWARI, NCERT (SKYPE SESSION)	4
SESSION I : AESTHETICS AND EDUCATION	9
SPEAKER: Prof. Mustansir Dalvi, Sir J. J. College of Architecture	
PAPER PRESENTATIONS: SESSION I	
1. Art as a medium of curricular transaction to foster holistic development: <ul style="list-style-type: none">• DR. Vidhya Satish & Rupal Vohra, SIES College of Comprehensive Education, Mumbai	11
2. School Cinema and Inclusive Education <ul style="list-style-type: none">• Ms. Varsha Kosta, MES' Pillai College of Education and Research, New Panvel	16
3. Integrating Music with Pedagogy <ul style="list-style-type: none">• DR. Anaya Thatte, Dept of Music, University of Mumbai	22
4. Drama and art in the classroom: A pedagogical approach to enhance creative, cognitive and affective skills <ul style="list-style-type: none">• DR. Malavika Sharma, Pillai Institute of Information Technology, Engineering, Media Studies and Research, New Panvel	27
5. Visual Arts and Pedagogy: Enhancing Artistic Skills <ul style="list-style-type: none">• Ms. Smitha Kurup and Ms. Nina S. Nair, Pillai College of Education and Research, New Panvel	36
6. Aesthetic experience of Music in developing English language proficiency among students <ul style="list-style-type: none">• Ms. Subhashree Panda, Pillai College of Education and Research, New Panvel	41
7. Teachers' Role in developing Aesthetic sense among students using Art <ul style="list-style-type: none">• Ms. Swarnlata Soni, Oriental College of Education, Sanpada	44
8. Aesthetics of Diagrams and Sketches in Plant Sciences <ul style="list-style-type: none">• DR. Moses Kolet, B.N. Bandodkar College of Science, Thane	48
9. Effect of Competitive Aerobics with different types of Music on Cardiovascular endurance of female college students <ul style="list-style-type: none">• DR. Sosamma John and Prof. S. Shinde, Catholocate College, Kerala	52
10. Dance and Education <ul style="list-style-type: none">• Ms. Sonia Pradhan, Mahatma International School, New Panvel	55
SESSION II: PHYSICAL EDUCATION AND YOGA	59
SPEAKER:DR. Linda Dennis , SNTD University, Mumbai & Mrs. Anjali Joglekar, Yoga Consultant	
PAPER PRESENTATIONS: SESSION II	
11. Yoga, Mudra and Health <ul style="list-style-type: none">• DR. Mane Manohar M., Dept of Physical Education, University	64

	of Mumbai	
12.	Yoga and Aerobics in Education for Mental health • Ms. Dhanya.S and Ms. Sukhdeep Datta, PG Dept., Pillai College of Education and Research, New Panvel	69
13.	A Comparative Study of Yoga Practices in Enhancing Mental Health • Ms. Salini K Menon CV, Research Scholar, Bharathiar University	75
14.	Ashtanga Yoga for maintaining Holistic Health • Mr. Chandrasheker Ashok Chakradeo, Chembur Sarvankash Shikshanshastra Mahavidyalaya, Chembur	83
15.	Yoga - One stop solution for All • Ms. Alpana Sharma, Pillai College of Education and Research, New Panvel	89
16.	Physical Exercises & Sports for Mental Fitness • Ms. Nusrat Sheikh, Ph.D. Vidyadhiraja College of Physical Education, Panvel	92
17.	The only method of education is Concentration of Mind which can be Attained by Yoga • Ms. Nagalambika Deshmukhappa, Research Scholar Pacific University, Udaipur. & DR. Mandeep K Kochar BTTC Colaba	98
18.	Simple and Revitalizing Stress Control Pranic Exercises for Students • DR. Moses Kolet, B.N.Bandodkar College of Science, Thane	102
19.	Education, Physical Education And Health Education • Mr. Satish A. Shinde, V.C.P.E.R. College, New Panvel	106
20.	Physical Education & Sports for Mental Endurance and Fitness • Mr. Padmakshan Padmanabhan, Mahatma Education Society	109
21.	Sanskriti – Human Capital Re-engineering • Ms. Mallela Anuradha, Indira Gandhi College of Arts and Commerce, Vikhroli	113
22.	Brain work-outs: Striking the balance! • Mrs. Bhavna Dave, Pillai College of Education and Research, New Panvel	121
23.	Physical education and sports: Strategies for mental endurance and fitness • Mrs Shireen Patel, Oriental College of Education, Sanpada	126
24.	मानसिक आयोग्यासाठी शिक्षणात योग आणि ॲरोबिक्सचा उपयोग उपविषय — बी. एड. प्रशिक्षणार्थीच्या योगसाधनेकडे बघण्याचा दृष्टीकोनाचा अभ्यास Ms. Manik Aware, Chembur Sarvankash Shikshanshastra Mahavidyalaya, Chembur	129

PREFACE

Art helps. Art heals. Art breathes life and humanity into content. Art is life. Life is art. Without one, the other can never reach its greatest potential. So, can education survive without art? Such an education would mean schooling without creativity, ingenuity and innovation. To erase art from education is like crippling the power of imagination from human minds.

Visual art like painting, sculpture, drawing, watercolour, graphics, and architecture were created primarily for aesthetic and intellectual purposes, and judged for its beauty and meaningfulness, whereas performing arts are art forms in which artists use their body, voice, or objects to convey artistic expression. Performing arts include a variety of disciplines intended to be performed in front of a live audience.

Art is inseparable from the core subject areas of school and college. Curriculum, today demands conceptual thinking, problem solving, abstraction, reflection, as well as creative thinking. It is extremely essential to help awaken the brain, necessary to quicken it with the help of pictorial, sculptural element, through drawing, modelling and painting.

“A sound mind in a sound body”, such is the intimate relationship between both that if one is neglected the other gets effected. Education aims at harmonious development of both. It means all round development of a child. His physical and mental development is as important as his cognitive development. Yoga is a series of simple body movements which help in bringing the mental and physical aspects of a body together. This form of exercise helps in maintaining a balance of the different aspects of our body. Aerobics is another kind of exercise with fluid movements that helps in maintaining our physical health. A good physical health helps us get close to a good mental health. Education and the curriculum should help in achieving this balance. Is it possible for a teacher to incorporate all these aspects in her day to day teaching? Can all the aspects of art and physical education be a natural part of the teaching learning that takes place at various levels of schools and colleges?

Keeping in view the above aspects with respect to the changing curriculum at various levels in education, this national level seminar is conceptualized for students, teachers, teacher educators and research scholars.