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A STUDY ON TECHNOLOGY, THINKING STYLES, AND CONTENT OF EDUCATION

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Abstract

Education & learning are life time forms, they have no restriction of when to begun and stop. Learning helps in increasing new encounters in our regular day to day existence, in this manner changing our state of mind, living and making a decision about human conduct. Through education understudies are getting different sorts of information. Information teachnology has the capacity of accelerating information conveynce so this capacity can be utilized in enhancing educating learning environment.

This study is an attempt to recognize regardless of whather individual trademark related learning style contrasts impact the degree to which understudies profit by e-learning. The approach which is utilized in this examination is delibration arbitrary inspecting for understudies under conventional investigation mode & purposive testing in recognizable proof of understudies.

Keywords: Impact of Technology, Thinking Style.

Introduction

Advances in information technology will influence the speciality of educating by supplementing rather than taking out traditional classroom instruction to be sure the effective instructor acts in a blend of jobs. In one job the instructor is a provider of administrations to the understudies, who may be viewed as its customers.

In any case, the effective instructor possesses another job too, as a chief of understudies, and assumes a job in persuading, empowering, assessing, and creating understudies. For any topic there will dependably be a little level of understudies with the important foundation, motivation, and self-restraint to gain from self-managed exercise manuals or PC helped instruction. For the lion's share of understudies, be that as it may, the nearness of a live instructor will continue to be much more effective than a PC helped partner in encouraging positive educational results.

Both education and learning is life time forms, they have no restriction of when to begin and stop. Learning helps in increasing new encounters in our regular day to day existence, in this manner changing our state of mind, living and making a decision about human conduct. Through education understudies are getting different sorts of information. Information technology has the capacity of accelerating information conveyance so this capacity can be utilized in enhancing educating learning environment. The two teachers and understudies are utilizing different advances to accomplish particular scholarly objectives. Information advancements have diminished the expense of education. For instance the expanded utilization of web broadband makes it simple for understudies to get to scholastic information on time. Likewise teachers utilize this broadband web to make and convey information utilizing recordings and realistic illustrations. It empowers teachers and understudies to speak with one another through electronic email. Information technology speeds the transfer and distribution of information.

Through online examinations understudies are getting degrees which improve they fit for business. Today educational institutions distribute their outcomes online so understudies require not need to trust that long will think about their performance. IT likewise encourages gather discussion. Information technology has changed the manner in which understudy learns through introduction of varying media methods in education. It scopes to the people, gatherings and masses, advantaged or unprivileged through its media or means. Information Technology can encourage the teachers, students, scientists, administrators, and educational planners to get to important fortune of learning, expertise and application for enhancing their very own assignments. Distance learning, virtual classrooms, e-learning and m-learning are the most recent concepts and patterns that are developing in educational horizon of our nation.

Review of Literature

Young, (2015) This survey of writing on Quality Teaching intends to give a hypothetical foundation to the OECD-IMHE venture on the nature of instructing in advanced education. It features the

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primary discussions on the subject to date, wanting to display the alternate points of view that exist on the theme of value in instructing. The audit of the writing is composed in three primary parts as to address three noteworthy inquiries: 1) "What is Quality Teaching and for what reason is it critical in advanced education?" 2) "By what means can instructing solidly be upgraded?" 3) "How might one ensure Quality Teaching activities are compelling? Quality instructing has turned into an issue of significance as the scene of advanced education has been confronting persistent changes: expanded universal rivalry, expanding social and topographical decent variety of the understudy body, expanding requests of significant worth for cash, presentation of data advances, and so on. In any case, quality showing comes up short on a reasonable definition, since quality can be viewed as a result or a property, or even a procedure, and in light of the fact that originations of instructing quality happen to be partner relative. The effect of research, of the "grant of educating" and of learning networks on encouraging quality is examined here. Quality training activities are exceptionally differing both in nature and in capacity. The job of the teachers, of the office, of

the focal college and of the state is broke down,

and in addition the objectives and the extent of these activities. Picking dependable and quantifiable markers to survey the nature of one's instructing and the productivity of training activities stays testing. Different strategies and their effectiveness are talked about here. The variables that decide if proper utilize is made of the criticism given are additionally brought into discourse. A standout amongst the most noteworthy results of the advancement of data innovation is presumably electronic trade over the Internet, another method for leading business. In spite of the fact that just a couple of years old, it might drastically change financial exercises and the social condition. As of now, it influences such huge segments as interchanges, fund and retail exchange and may extend to territories, for example, training and wellbeing administrations. It suggests the consistent utilization of data and correspondence innovation along the whole esteem chain of a business that is led electronically. PCs and correspondence advancements likewise advance more market-like types of creation and conveyance. A foundation of figuring and correspondence innovation, giving 24-hour access requiring little to no effort to any sort of cost and item data wanted by purchasers, will diminish the enlightening boundaries to proficient market activity. This foundation may likewise give the way to affecting continuous exchanges and make delegates, for example, deals assistants, stock specialists and

travel operators, whose work is to give a fundamental data connect among purchasers and merchants, excess. Evacuation of mediators would lessen the expenses in the generation and dissemination esteem chain. The data innovations have encouraged the advancement of improved mail arrange retailing, in which products can be requested rapidly by utilizing phones or PC systems and after that dispatched by providers through coordinated transport organizations that depend broadly on PCs and correspondence advances to control their activities.

Andrews, (2015) The main role of this examination was to distinguish impression of rural training instructors in the United States of America with respect to chosen standards of educating and taking in, the current utilization of chose instructional techniques and apparatuses and their adequacy. An auxiliary design was to decide the connection between the chosen factors and to build up a model for directing effective utilization of chosen instructing and learning methodologies in optional horticultural training programs. Educators reacting to the survey evaluated the vast majority of the standards of instructing/adapting genuinely high on the scale. The most noteworthy appraised standards were "singular contrasts exist among understudies, "Significance of criticism for understudy learning," "Significance of showing technique," and "Utilizing an assortment of assessment strategies." The least evaluated standards were "an understudy's evaluations ought to be founded on what the understudy has realized," and "the understudy's learning style is identified with the educator's showing style," and "coordinated learning is more compelling than undirected taking in." The techniques and apparatuses utilized most by instructors included exhibitions, exchanges, research centers, and ventures, challenges, utilizing genuine protests and managed involvement. The best encouraging techniques and devices included utilizing research facilities, shows, and challenges, utilizing genuine items, exchange and regulated understanding. Instructor attributes affecting the utilization of chose to see of the chosen training techniques incorporated the quantity of courses taken concentrating on educating and learning, length of showing contract, school area, school estimate, scholastic foundation and sexual orientation.

Yuan, (2015) Integration of Information, Communication, and Technology (ICT) will help educators to the worldwide prerequisite to supplant conventional showing strategies with an innovation based instructing and learning devices and offices. In Malaysia, ICT is considered as one of the principle components in changing the nation to the future advancement. The Ministry of Education,

through the most recent Education Blue print, bits of knowledge the significance of innovation based instructing and learning into the schools' national educational modules. This investigation expects to examine instructors' recognitions on adequacy of ICT mix to help educating and learning process in classroom. An overview survey was appropriated arbitrarily to the aggregate of 101 instructors from 10 open auxiliary schools in Kuala Lumpur, Malaysia. The information for this quantitative research were examined for both illustrative and inferential measurement utilizing SPSS (adaptation 21) programming.

Impact of Technology on Education

Technology impacts classroom-learning. The vast majority of the schools now daily's convey learning and information with encouraging guides like slide projector, over-head projector and LCD projector. Now and again varying media tapes, floppy plates and CD-ROMS are additionally utilized by teachers to give instruction on different orders. PCs assume a noteworthy job in making learning material. Other than this, different sorts of information, for example, clipart, animation, illustrations, music, voice and live interaction makes the classroom showing exceptionally effective. The utilization of multi-media PC fills a productive need for preparing singular understudy.

Contrasted with TV it controls the response of instruction transfer process as indicated by the getting a handle on limit of the students in order to make purposive and situation particular interface with the accessible information bundle. This makes an indistinguishable condition to the classroom on PC monitor without drawing in an educator and the given bundle can be perused over and over by the student to coordinate with his or her very own learning procedure. Today billions of understudies are utilizing web. Through Google, MSN or Yahoo understudies can get different sorts of information with sudden snap of a mouse. Web has lessened the expense of purchasing books. It empowers understudies to download books and taking in materials from various sites, along with films, recreations, pictures and so on which aid their inside and out advancement.

Other than these, the web gives helpful chances to understudies to get to electronic libraries, digital book inventories, logical records, and scholastic works. It additionally helps teachers, professors; inquire about researchers to distribute their articles, diaries on sites. Propelling the web in the classrooms enables teachers to use on-line assets, educational recordings, programs, visual guides and so on. Web additionally serves the chance of virtual classrooms which is an electronic environment that enables understudies to take an interest in life preparing occasions without the need

to travel. Understudies listen addresses, make inquiries, and get criticism similarly as they do in conventional classroom. Understudy can perform it from anywhere on the off chance that he or she has web connection. Consequently it additionally fills the need distance education.

The Internet all in all and the World Wide Web specifically are important empowering agents of both formal and casual education. Information Technology has achieved revolutionary changes in the education of youngsters with exceptional requirements. Current PC technology has paved the way for classroom communication, education of the kids like visual debilitated, hearing impeded, learning handicapped, and so on. It empowers kids with visual debilitation to utilize Braille PCs to step through notes and examinations in the class and plan assignments and paper at home. An exceptional contraption named Cranmer Abacus causes them to learn number concepts and perform calculations.

Teachers who are the most fundamental partner in the education procedure are the one who will coordinate CIT with instructing exercises. Thinking styles favoured by teachers are effective on application of CIT in educating exercises. In the meantime in determination of tool, hardware and techniques utilized in education environment, thinking styles of teachers are significant drive in decisions. In like manner, effective thinking abilities are vital for teachers in planning procedure of education to secure information and learning that can be utilized in selection of showing strategies and materials and in their evaluation. In such manner, it is important to explore the relationship between thinking styles of pre-benefit teachers who are pioneers of execution of education exercises and their competency in utilization of ICT. Along these lines, new organizing conceivable outcomes, for example, change in educational modules or arrangement obviously content would be accessible being developed of new thinking styles, which empower pre-benefit teachers to utilize information and communication advances in learning and showing exercises all the more effectively.

Conclusion

This is attempted to recognize regardless of whether individual trademark related learning style contrasts impact the degree to which understudies profit by e-learning. It is discovered that, in the wake of controlling for different components, female understudies profited less from e-inclining material than their male partners. The approach that was utilized in this examination was deliberate arbitrary inspecting for understudies under fconventional investigation mode and purposive testing in recognizable proof of understudies under

the e-learning study mode. It is inferred that with the end goal to enhance showing adequacy and scholastic accomplishment, advanced education ought to consider expecting to create e-picking up instructing systems that energize more noteworthy commitment and furthermore mull over the distinctive learning styles found inside the understudy body. The examination prescribes that basic factors, for example, institutional issue, administration issue, instructive components, mechanical issue, interface configuration issue, assessment issue, and asset bolster issue and the variables inside each issue have not yet been explored with detail inclusion. It further recommends that there is have to complete detail inquire about including contextual investigations dependent on review polls including different learning foundations which will at last give a superior comprehension of effect of e-learning perspectives inside execution process.

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SOCIAL MEDIA & ACADEMIC PERFORMANCES: AN EMPIRICAL ANALYSIS

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Abstract

Internet is a great boon in our life. It helps in every aspect s of life. It is a very large community which is using internet for pure education, but unfortunately we have also a large number of people including majority of youth & teenager using internet for social network such as Orkut, Facebook, Twitter Myspace etc. Social media/ Social Networking is one of the Technological foundation of Web 2.0 which allow people to create, share, exchange information and ideas in virtual communities and network's. It is the social interaction among people in which they can create share or exchange information.

Introduction

Internet is a great boon in our life. It helps in every aspect s of life. It is a very large community which is using internet for pure education, but unfortunately we have also a large number of people including majority of youth & teenager using internet for social network such as Orkut, Facebook, Twitter Myspace etc. Social media/ Social Networking is one of the Technological foundation of Web 2.0 which allow people to create, share, exchange information and ideas in virtual communities and network s. It is the social interaction among people in which they can create share or exchange information.

Furthermore Social Media depends on mobile and web-based technologies to create highly interactive platforms through which individuals and share, co-create, discuss user generated content. In the year 2003, a new social networking sites Facebook & Orkut.com change total concept of Social Network in the history of Social media. Social Networking such as Facebook, Orkut, Myspace, Flicker and Youtube are sites where users apply for membership and maintain their personal profile information in a centrally organized database .Each network member controls access to their profile by accepting or deleting request from other network members to be "friend ".

By expanding and developing their networks of friend s, social networking members are able to maintain online relationship for work, study, special interests leisure- related purposes. Platform like Twitter, Facebook, and Myspace have created online communities, where people can share as much or as little personal information as they desire with other members. The result is an enormous amount of information that can be easily shared, searched, promoted, disputed and created. Social Networking services utilize the participation technology and software tools such as blogs, wikis instant messaging, chat room message boards and social bookmarking to share online ideas, videos,

photos etc. Put simply, social networking is a way for one person to meet up with other people on the Internet. People use social networking sites for meeting new friends, finding old friends, or locating people who have the same problems or interests they have, called niche networking. Social Networking Sites are the example of techno-oriented communication.

Facebook, Friendster, Twitter, Yahoo Messenger, and Skype are examples of the new phenomenon of online social networking. It is through these sites that people come in contact of their society members to seek mates, search for entertainment and participate in political spheres. It wasn"t the founders of Facebook, or Twitter, or even My Space or Friendster. Social media - the exchange of media within networks of friends and acquaintances is much older than the Internet.

Review of Literature

Aasha Vanve1 et al., (2016) web usage presents a wholly new learning atmosphere for college kids, so requiring a distinct talent set to achieve success. Important thinking, research, and analysis skills square measure growing in importance as students have increasing volumes of data from a spread of sources to kind through. Also, notably in courses that square measure entirely electronic, student's square measure far more freelance than within the ancient setting. This needs that they be extremely actuated and committed to learning, with less social interaction with peers or a coach. Students in on-line courses tend to try and do furthermore as those in lecture rooms, however there's higher incidence of withdrawal or incomplete grades. E-learning is viewed as laptop motor-assisted learning and as pedagogy for student targeted and cooperative learning. Early developments in e learning centered on laptop motor-assisted learning, wherever half or all of the training content is delivered digitally. a lot of recently the education dimension of web usage has become outstanding. Web usage includes all

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styles of electronically supported learning and teaching.

Ben Akko, (2011) data and communication technologies have created vital contributions to our social, economic, and political structures. It's conjointly contributed to education. Basification, group action, access, and constraints of distance in education are addressed victimization the web to foster interactions and collaboration among learners and instructors, associated to deliver content in a more and more globalized world. In recent times, social media has entered the fray that although empowering, is additionally disenfranchising - a duality that's typically perceived from its unquiet tendencies than from its sanctioning attributes, generally to socio-political structures however specifically to education.

This study argues that the expansion of the web is very important for teaching and learning in this it facilitates education in ways in which were antecedently difficult. It acknowledges the expansion of social media as associate rising web technology which will add price and profit existing ways of on-line or distance education if they're consistently and homogeneously applied. It explores the adult learning context, examines the characteristics of adult learning, describes social media and its affordances, aligns adult learning characteristics to social media affordance, explores, through the employment of a framework, commonalities between adult learning characteristics and social media affordance, and from this hypothesize that social media is effective in teaching and learning. This study has implications on pedagogy and on content delivery within the post-secondary level.

Adrian Kirkwood, (2014) The term Technology-enhanced learning (TEL) is employed to explain the applying of data and communication technologies to teaching and learning. Express statements concerning what the term is known to mean square measure rare associated it's not evident that a shared understanding has been developed in pedagogy of what constitutes an improvement of the scholar learning expertise. This study presents a review and assessment of however TEL is understood in recent literature. It examines the aim of technology interventions, the approaches adopted to demonstrate the role of technology in enhancing the training expertise, differing ways that within which improvement is formed and also the use of assorted forms proof to substantiate claims concerning TEL. Thematic analysis enabled classes to be developed and relationships explored between the aims of TEL

interventions, the proof given, and also the ways that within which improvement is formed.

Jasmine An sari et al., (2012) The rising trends of hybrid web usage and internet a pair of.0 technologies square measure a byproduct of the unexampled advancements of data technology. Understanding and experimenting on however technology fits into the advanced realities of lecture rooms has resulted in vital shifts in learning trends towards a lot of internet primarily based atmosphere as opposition the previous general teacher-student atmosphere. The education sector in Asian country has seen huge progress within the past decades with specific efforts place into educating the feminine population to empower girls. Blue blood prophet Bin king University (PMU), a new established not-for-profit university accredited by the Ministry of upper Education, having a field specifically dedicated to feminine students has been chosen for case study. This analysis is an endeavor to know the advantages and challenges of implementing hybrid web usage and internet a pair of.0 application primarily based atmosphere to teach feminine students. Results of the investigation prove that introducing such learning environments will have vital impacts on improvement of students' analysis method, analysis capabilities, and communication skills. Finally, we have a tendency to show however this technology also can yield similar in leads to alternative countries and alternative institutes.

The Nature of Social Networking Sites and Low Academic Performances

Social networking sites as web-based services that allow individuals to: (1) construct a public or semi-public profile within a bounded system, (2) articulate a list of other users with whom they share a connection, and (3) view and traverse their list of connections and those made by others within the system.

For the past years, social networking has been very popular for people worldwide. Social networking is a great form of entertainment. It is like going to a new school, on your first day you have no friends but as days pass you will meet new friends and eventually you will form groups or circle of friends. At first, you don't have much interest in your new school but when you begin to learn and enjoy more about your school, you will be happy to spend much of your time in school with your friends, teachers and etc. It is open for all kinds of people, all ages, and all races. A purpose of social networking is we meet people, maybe people we met before like old classmates or schoolmate or new people from different races and countries, we just have same interests with.

For teens in this generation, social networking has become sort of an "addiction". A teenager has a Facebook account. She opens her account daily to check new updates. She spends hours checking new updates until she realizes she has more important things to do like school works she has missed doing because of signing in into a social network service. This is an example of a teen being addicted to such social networks. To prove social networking can be an addiction, the researchers made a survey to test whether social networking could be a hindrance to a good performance in school. The survey made got answers that yes, some people are willing to spend more time being online on these social network services than to spend time studying and working up on school works. This is sad to hear because with all the advantages social networking can give, there are also disadvantages, like this, that can be or give bad effects to people who use them.

Conclusion

The social media engages students and have to be examined as entrepreneurs of understanding. The medium of internet is marketing with increase in its programs. The interactive character of online conditions has extended with social networking. Hooking up through social networking began as being a niche activity, though time it's a phenomenon. The web sites are employed in many ways like developing metropolitan areas, speaking, blogging etc. Additionally, different institutions even nowadays are developing groups on several Websites.

The improved usage of Websites has become a worldwide phenomenon for quite some time. What began out as being a hobby for several computer literate people has converted to a social norm and existence-style for individuals from around the globe. Teens and teenagers have especially recognized these internet sites to be able to contact their peers, share information, reinvent their personas, and showcase their social lives.

While using the increase of technology helpful for getting together with others along with the recognition on the internet, Internet sites are now being an activity that's done mainly on the web, with Websites.

According to Facebook users often time experience poor performance academically. Similarly, posit that social media is negatively associated with academic performance of student and is a lot more momentous than its advantages. Internet addiction consequently gave rise in internet usage within the last couple of decades. Recommended that addicted users prefer using internet setting back their

personal and professional responsibilities which ultimately leads to poor academic performance. According to pointed out that Facebook users devoted lesser time to their studies in comparison to nonusers did and subsequently had lower GPAs. Also mentioned that among various unique distractions of every single generation, Facebook remains a major distraction of current generation.

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ROLE OF HEALTHY FOOD FOR LIFE

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Abstract

The rise of the nourishment business has, revised urban sustenance culture in Bharat to some degree. In India, nourishment culture developed once freedom. Admission gathering acclimated is a major aspect of Indian culture. Nonetheless, finished a measure of your chance is with a development inside the scope of atomic families, monetary process and expanding per capita monetary benefit also as globalization, nourishment culture picked up noticeable quality. Additionally, adolescents conjointly turned to nourishment in view of their presentation to worldwide urban culture and western cooking that quickened their need for sensible and scrumptious sustenance. Also, sustenance costs underneath antiquated suppers initiating with course and last with after.

Keywords: Healthy, Food.

Introduction

With the unwinding of the economy in 1992, new transnational sustenance mammoths focused on Bharat as a substantial potential market with their retailers. Burger King, Pizza Hut, Domino's pizza pie, McDonald's and KFC retailers are working in looking shopping centers and changed open zones.

Junk Food

- Junk food only is void calorie sustenance. Relate degree void calorie sustenance could be an unhealthy or calorie well off nourishment that needs in smaller scale supplements appreciate vitamins, minerals, or amino acids, and fiber anyway has high vitality (calories).
- These nourishments don't contain the supplements that your body must keep sound. Subsequently, these nourishments that have poor nutrition cost is considered unfortunate and will be alluded to as sustenance. Sustenance is an easygoing term connected to a few nourishments that are seemed to have almost no or no nutrition cost, anyway that even have fixings contemplated undesirable once eaten frequently, or to those pondered unfortunate to expend at all.
- The term 'lousy nourishment' was instituted as a slang inside the general population enthusiasm for 1972 by Michael Jacobson, Director of the center for Science, Washington D.C. Garbage is that it contains large amounts of sweetener, white flour, trans fat and fat, salt, and assorted nourishment added substances respect prepared and tartrazine; at a comparative time, it's deficient in proteins, vitamins, basic minerals, fiber, among various solid traits. These nutrients have almost no quickening agent producing vitamins and minerals and anyway contain abnormal state of calories in their place.
- A sustenance that is high in fat, sodium, or potentially sugar and gives high calories by the by futile in cost is for the most part called a nourishment. Despite what might be expected, nourishment is easy to hold, buy and devour. By and large, a sustenance is given an extremely luring look by adding nourishment added substances and shades to help flavor, surface and for expanding significant lot.

Review of Literature

Dr. S.J. Manjunath et al (2016) This analysis is concentrated to seek out what area unit the key success factors for alimentation trade in region of Mysore District. client satisfaction plays a polar role in success of each business whether or not it's meant for a product or a service. Each business wants not solely to retain its current clients however conjointly to expand customer's base considerably and it's attainable only if target customer is totally glad from company on some parameters. Alimentation ideas developed terribly speedily in previous couple of years in Mysore District. The target of the study is to seek out the essential factors or determinants of customers' satisfaction within the building trade of Mysore District. There area unit 2 variables mentioned during this study, i.e. freelance and dependent variables. Client satisfaction in alimentation trade showing dependency on service quality, Product Quality, Physical style, Price, client satisfaction, Physical surroundings, style and Promotion. The assorted applied math tools accustomed analyze the first information were Correlation coefficients, multiple linear regressions. Multivariate analysis and Regression Co-efficient. Findings of the study show that service quality and physical style area unit the key factors for satisfaction in alimentation trade in Mysore District.

Yuchu Song et al., (2016)Yank rates of overweight and bloatedness region unit high, and furthermore the predominance of largeness has kept on

ascending in the course of recent decades. Unnecessary utilization of nourishment has been one among the numerous causative components driving the overweight and profound plague. This writing audit abridges the detriments of sustenance on individuals' wellbeing, uncovers everyday citizens' normal nourishment utilization. bolstered this foundation, the paper is to investigate factors why a few people choose to not expend nourishment, moreover as variables why a few people like better to devour sustenance, and to outline a few proposals which will encourage downsize the utilization of nourishment from the examinations that are as of now done.

Pie Jallinoja (2016) A progress towards a great deal of property food utilization needs changes in ordinary encouraging examples, quite a substitution of creature super atom with plant-based super particle sources. Be that as it may, in a few European nations plant super atom utilization is low contrasted with meat utilization. The investigates plant sue particle utilization frequencies, future goals to expand bean utilization, and in this manner the relationship of regular bean nourishing with financial factors and bean-related implications, material issues and competency. A populace electronic overview was led in 2013 among 15-64-year-old Finns (n = 1048). The outcomes demonstrated that beans and soy-based plant proteins were in some cases expended. A fifth of the respondents intended to expand their bean utilization inside the future, aim being the best among those that officially encased beans in their eating methodologies. Visit bean utilization was apparently among people matured 25-34, living round the capital locale, with instruction over thorough or center school, and WHO were feeder. Seeing beans as socially adequate and great tasting, and having competency in preparing bean dinners were completely identified with the successive sustaining of beans. The outcomes direct that for plant proteins to trade meat, new implications and capabilities concerning preparing and bolstering beat based dishes zone unit required. Upheld our outcomes, we tend to construct different future circumstances for plant super atom utilization and in this manner the associated necessities for changes. Numerous performing artist groups, like NGOs, lawmakers, big name gourmet experts and scholastics of home include a focal part inside the improvements.

Deepthi R et al., (2012) Eat well and live sound' is one among the fundamental requirements for long life. Tragically, these days world has been customized to an arrangement of utilization of foods that has numerous antagonistic consequences for wellbeing. Mode changes has constrained USA such a great deal, to the point that one has in this

way almost no opportunity to basically accept what we keep an eye on territory unit bolstering is correct. Globalization and urbanization have extraordinarily influenced ones bolstering propensities and made numerous people to expend extravagant and fatty fast foods, prevalently called 'Low quality nourishments. Investigation into the achievable wellbeing perils on utilization of such unhealthy foods has given an understanding to maintain a strategic distance from them, anyway unfortunately measures accepted aren't as powerful as they must be. Ailments like arteriacoronaria disease and diabetes have seen a significant ascent in creating nations and such unfortunate food utilization is one among the eminent variables to its commitment. This universal disadvantage of serious food on a larger than average scale and its effect on wellbeing needs stress and wellbeing training which may enormously add to its limited utilization and move over to solid bolstering propensities for the higher living. Information feature concerning the bolstering propensities, natural process perspectives, and nature of undesirable foods, their wellbeing effect and preventive estimates should be to make mindfulness and render wellbeing instruction for an adjustment towards sensible sustaining rehearses. Food and its effect on wellbeing are looked into from various assets and are reliably given, accordingly on stress its debilitated impacts and measures to be custom fitted towards solid living.

FJ Henry., (2012) Studies at the Caribbean Food and Nutrition Institute (CFNI) were conducted to supply info that may guide the hindrance and management of major food and nutrition issues within the region. One among the Institute's mandates is to strengthen the capability of nations to gather, analyses, interpret and use information to watch, develop, influence, strengthen or inform policy choices, interventions and public education programmes. Over the years, various studies were through with countries at the individual level, however, as a regional establishment, the first aim was (i) to spot the challenges and opportunities that have application across the region and (ii) to travel on the far side the descriptive work and elaborate the proximal and distal barriers and interventions that relate to the 2 major food and nutrition issues within the Caribbean - food insecurity and fatness. Central to all or any the analysis was the popularity that unless the studies area unit grounded within the context of financial condition and inequity, the importance of the findings on food security and fatness are consequently diminished.

Modern Diet
Essential supplements, respect sugars, fats, and proteins, are the possibility of all life exercises. They speak to the carbon skeleton of changed

down to earth particles, and supply vitality through vigorous disintegration. Truly, the most point of nourishment is stop and treats wholesome inadequacies. Notwithstanding, once nourishment is sufficient or over the top, the body faces the issues of quantitative administration of the supplements ingestion and capacity. Over nourishment, especially assimilation and capacity of vitality can't exclusively affect wellbeing anyway conjointly on the grounds that few infections respect polygenic confusion, vessel sicknesses, corpulence, hypertension, and lipaemia. Further, finished sustenance diminishes procreative ability and advances the occasion of fluctuated growths that may genuinely affect personal satisfaction, survival, and imitation in people. due to over sustenance, nutriology bolstered nutritionary necessities can't manufacture proposals for supplement allow in way of life because of supplement ingestion, vitality stockpiling, and high-impact vitality offer administration differ from individual to individual. Indeed, even all through development, nutritionary mastery hopes to be recorded inside the nucleosides and polymer that includes all parts of supplement detecting, cell correspondence, metabolic direction, natural marvel, and epigenetic changes. In any case, nourishment admission could be a fundamental movement of the material body and could be a supply of vitality.

Conclusion

The alimentation business conjointly denigrates the economy. McDonalds, parenthetically, encompasses a reached a degree wherever they're now not a part of the service business; they're currently part of the producing industry. there's a scientific line of production, each within the plant and within the building, that's still travel by human beings; nevertheless, the requirement to hurry up the assembly method even additional and obtain the most affordable labor out there to form the foremost profit might shortly be commutation those individuals with machines. Schlosser talks concerning the interests of McDonalds, parenthetically, on turning into a part of the producing business. If the alimentation giants become a part of the producing business, it'd appear that our country could be a robust manufacturer to the eyes of the worldwide economy. This may profit the country, yes, however at a similar time those alimentation giants

are enjoying the tax breaks of the producing business, that are supported by their friends within the Republican Party.

Own, let's take a glance at quick food's moral impact on our society. First, alimentation chains target youngsters once advertising. McDonalds, parenthetically, not solely awards youngsters with a toy for intake their Happy Meal, however conjointly hypnotizes them to believe that the clown's food tastes higher than their mother's home-cooked food. In most alimentation commercials, there's a child enjoying a meal with their oldsters at the establishment; for little youngsters, United Nations agency might not understand that what they see on TV is fiction, intake at these places is that the factor to try and do. The Yankee Psychological Association additional explains that youngsters not solely cannot differentiate between programming and advertising, however conjointly might not perceive that the goal of packaging is to persuade them to try and do one thing. This contributes to the growing culture of wanting things quick and low cost.

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A STUDY ON OPTIONAL SCHOOL AND REGULAR SCHOOLS TEACHING WITH REFERENCE TO COMING SCENARIO

*Bhawna
**Dr. Nidhi Goyal

Abstract

The rule of regular indicating method which tends to arrange understudies as a homogeneous social affair where teachers 'transmit' data to each one of the understudies in the classroom with a similar game plan of demonstrating system and before the complete of the term, educators foresee that each one of the understudies will surpass desires in the state regulated test being coordinated, move with the likelihood of contemporary indicating techniques which worried on particular differentiations. Teachers in the latest decade had consequently looked with the issue of understudies not having the ability to meet the assessment criteria of regulated exams where standardized exam focuses solely on 'fundamental capacities' which incorporates semantic and cognizant numerical experiences among understudies, dismissing distinctive assortments of bits of knowledge that exist. However, an extraordinary voice having a place with Harvard's scholarly examiner Gardner (1989) expressed that a redefinition of information would extend the understanding of how kids learn and end up productive understudies.

Keywords: School Teaching.

Introduction

The rule of regular indicating method which tends to arrange understudies as a homogeneous social affair where teachers 'transmit' data to each one of the understudies in the classroom with a similar game plan of demonstrating system and before the complete of the term, educators foresee that each one of the understudies will surpass desires in the state regulated test being coordinated, move with the likelihood of contemporary indicating techniques which worried on particular differentiations. Teachers in the latest decade had consequently looked with the issue of understudies not having the ability to meet the assessment criteria of regulated exams where standardized exam focuses solely on 'fundamental capacities' which incorporates semantic and cognizant numerical experiences among understudies, dismissing distinctive assortments of bits of knowledge that exist. However, an extraordinary voice having a place with Harvard's scholarly examiner Gardner (1989) expressed that a redefinition of information would extend the understanding of how kids learn and end up productive understudies.

Educators fight with finding ways to deal with accomplish the various assortment of individual learning styles and needs, therefore educators and instructors had swung to the MI approach in teaching as a response for demonstrating understudies with differences through eight contrasted pathways making MI an incredible mechanical assembly that associates in achieving informational goals simply more enough. This has provoked the objective of the examination that is to investigate the qualifications that exist between the Multiple Intelligence profiles and furthermore the empowering methods got among fundamental and assistant educators. Singular traits of a teacher impact his/her indicating execution, convincing demonstrating characteristics and demonstrating ampleness.

As shown by the examination, it was found that the Multiple Intelligence (MI) profile of an individual is outstandingly especially related to their specific learning styles. Learning styles is almost identified with particular qualities and tendencies which contemplate the way in which a man see and speak with the earth, and also respond and experience the learning method. Individual will have the ability to learn and ingest data better, extending their triumphs when the substance is passed on to them using educating systems that highlights on their common information or their favored learning strategies.

Additionally, individual could all the more probable relate them and viably make significance out of the new data that they were exhibited to. It is evident that the basic and assistant instructive projects is particular to the extent the themes and the point of convergence of academic progression among understudies, the strategies that instructors grasp in training in the two settings are basic in choosing the sufficiency of the learning technique. Hence, with the idea near to, the point of convergence of this examination is to recognize the MI profile of assistant and grade educators and to take a gander at their preparation styles in light of the Multiple Intelligence through this examination the staggering sorts of learning of teachers in the

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basic and helper schools through their preparation styles will be recognized.

Repercussions of speculation in guidance: Through the execution of the Multiple Intelligence (MI) demonstrating approach in the classroom, teachers will by suggestion decentralize the classroom, asking understudies to have a proactive impact in their learning and changing the educators' part work from boss to facilitator. The two educators and understudies share the opportunity to develop their distinctive bits of knowledge as they instruct together. The usage of various bits of knowledge in rule and response decisions gives a phase to understudies to have varying and normal techniques for learning and taking part in the learning system in the classroom similarly, it enough interfaces with understudies in the understudy cantered state of the classroom and can energize singular freedom, obligation and reinforcing. Various Intelligences (MI) when associated with the classroom enable instructors to watch diverse limits and premium that understudies delineate and besides empower understudies to have a prevalent learning affiliation and support of the activity.

Review of Literature

Brilliant (2014) The act of contemporary instructing strategies that investigated understudy assorted variety had begun to prevailing generally classrooms. As of late, educators had embraced a numerous insights approach in instructing to address the issues of a more extensive scope of understudies. Target of the present investigation was to decide the Multiple Intelligence (MI) profile and showing styles of essential and auxiliary teachers. The investigation additionally centered around recognizable proof of the distinction in encouraging styles received among essential and optional teachers. Approach: This investigation included 310 arbitrarily chose essential and auxiliary instructors had connected a distinct outline in which surveys were utilized with the end goal of information accumulation. Connection based methods were utilized to decide the relationship and in addition the extent among various insights. Results: Research discoveries demonstrated that huge contrasts were available in five MI profile (spatial, naturalistic, rationale/science, relational and melodic) with t = 2.75, 2.55, 3.56, 3.05 and - 2.32 separately and three critical contrasts in the showing methodologies (naturalistic, melodic and intrapersonal) with t = - 2.58, - 3.78 and 2.70 individually among auxiliary and grade teachers. End: It can be reasoned that both essential and optional instructors had used the hypothesis of Multiple Intelligence (MI) in their showing approaches in the present classroom. Research has

concentrated transcendently on how instructors influence understudies' accomplishment on tests in spite of proof that an expansive scope of mentalities and practices are similarly vital to their long haul achievement. We locate that upper-basic instructors effectively affect self-detailed proportions of understudies' self-viability in math, and bliss and conduct in class. Understudies' states of mind and practices are anticipated by showing rehearses most proximal to these measures, including educators' enthusiastic help and classroom association. Be that as it may, educators who are successful at enhancing test scores regularly are not similarly compelling at enhancing understudies' states of mind and practices. These discoveries loan experimental proof to settled hypothesis on the multidimensional idea of instructing and the need to distinguish systems for enhancing the full scope of educators' aptitudes.

Kaplan (2009) Past research has demonstrated a connection between instructors' identities and their capacity to inspire understudies to perform, proposing that educator practices are the most essential impetuses for understudy strengthening. This expressive quantitative research crossed over a learning hole by evaluating the factual hugeness of the connection between optional educator identity composes, as estimated by the Myers-Briggs Type Indicator (MBTI) appraisal, and their capacity to scholastically engage their understudies, as estimated by EDUCATE Alabama. This adjustment can be more hard to achieve without a secondary school confirmation as Davis and Dupper (2004) announced that "just 15% of employments today call for untalented work and even in those occupations, a secondary school graduate is favored". Various Government programs have looked to enhance the nature of instruction through the consistent rearrangement of educational systems or the idea of preparing.

Schonert-Reichl, (2014) The reason for this 3-year longitudinal examination was to look at pre-benefit instructors' identity directions as estimated by the IPIP Big-Five factor markers amid educator arrangement. The connection between understudies' identity attributes, social allure, and earlier scholarly accomplishment was likewise analyzed. This 3-year longitudinal examination welcomed members from the main year of a 4-year undergrad (UG) pre-benefit instructor training program, the class of 2017. The example comprised of 305 understudies.

Primary or Secondary School Teaching

How remunerating a vocation is depends as much on close to home objectives, abilities and aspirations as it does upon the calling or occupation itself. So it is difficult to make a call regarding whether primary educating is all the more fulfilling

or if secondary instructing is. In any case, what we can do is take a gander at a portion of the notable highlights of each showing profile and afterward maybe make a correlation between the two.

Primary teachers can show understudies between the ages of 3 through to 11, separated into three phases, establishment arrange – that is nursery or gathering for kids between 3 to 5 years, Key Stage 1 – which is for youngsters between 5 to 7 years, or years 1 and 2, and Key Stage 2 – which is primarily kids between 7 – 11 years old, or years 3 to 6. The part of a primary instructor incorporates educating the primary educational programs, spurring understudies through their showing style, authoritative obligations, and different obligations, for example, giving input to guardians or carers, sorting out school treks or occasions and so on. Secondary teachers instruct the national educational modules to understudies from ages 11 to 18 years.

As instructors, both secondary and primary educators, they should endeavour to persuade students to learn and perform to the best of their individual capacity. Secondary instructors educate more seasoned understudies and are especially anticipated that would stay up with the latest with new advancements in their showing region, and conceiving viable methods for showing utilizing diverse advances like digital recordings, films, intuitive instructing and so forth.

An educator is intended to help and spur a student to learn and investigate new zones of information and comprehension. An educator is likewise intended to be a tutor and bolster an understudy's development as a person. Accordingly, the principle contrast between the ideas of secondary and primary educating is the age of the understudies, the phase of life they are at, and the issues, issues and needs that accompany that.

Particular about Optional School
Over this, the optional school novice ought to in like manner centre on somewhere around one co-curricular exercise (CCAs) which would mean investing extra energy in school. Essentially, here are a segment of the movements, which another auxiliary school understudy would need to comply with:

- Longer school hours; more noteworthy obligation and time required for CCAs;
- More subjects (from four subjects in grade school to around eight or nine in optional);
- More highlight on essential thinking aptitudes;
- Greater independence concerning the understudy

Conclusion
The movements could be overwhelming for a couple of new optional school understudies yet it is only a brief span before the Secondary One youthful gets settled with his or her new life as an auxiliary school-goer. Having a class buddy may be a useful method to counter this fundamental vague tendency. Buddies who support and help each other with school matters could go about as significant partners. Auxiliary school is moreover a phase where understudies begin to get themselves that they are youths everything considered. This is a period when the words "secondary school trepidation" and "fuming hormones" show. A parent needs to endeavour and perceive how to oversee such pubescent direct and that can make life less troublesome for our young understudy.

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AN EFFECT OF STUDY HABITS ON ACADEMIC ACHIEVEMENT

*Deepti
**Dr Nidhi Goel

Introduction

Today, our major concern is that all children irrespective of their diverse social and economic backgrounds and variations in physical, psychological and intellectual characteristics must learn and achieve success in school. There should be no fear of discrimination, corporal punishment, abuse or teasing. The schools must plan their learning tasks and pedagogic practices in a way that all children are able to participate equally in the education process. It is important that a school must create an environment in which each every child feels happy and relaxed instead of feeling tortured. Schooling should not destroy sensitivity and joy and create fear and boredom. The present day education system must address all these issues and find solutions. In order to give all learners access to quality education, a significant shift from exclusivity to inclusivity is required. It is especially important in the light of the 'culture of silence' (Friere, 1985) prevalent in the education scenario where voices of some remain silent while those of others become dominant, in spite of the fact that education has become a fundamental right and millions of learners, irrespective of their age and background, are being enrolled in schools.

Elements of Student Achievement

Students feel connected to high school once they experience:

• Social connectedness with faculty employees and peers;
• An attractive surroundings that's physically and showing emotion safe; and
• Educational engagement-support to achieve their personal best with versatile, relevant instruction

A 2008 study describes five common characteristics that make up an effective school; these characteristics, and the theory behind them has also been described as the five-factor theory.

• The first factor is quality authority. As such, understudies perform better where the foremost gives solid initiative. Compelling pioneers are noticeable, ready to effectively pass on the school's objectives and dreams, team up with educators to improve their abilities, and are engaged with the disclosure of and answers for issues.
• The second factor is having elevated requirements of understudies, and in addition instructors. Elevated requirements of understudies have more than once been appeared to positively affect understudies' execution. More consideration ought to be paid to elevated standards of instructors. As such, educators who are required to instruct at abnormal amounts of viability can achieve the level of desires, especially when instructor assessments and instructor proficient improvement is intended for enhancing instructional quality.
• The third normal for an effective school is the continuous screening of understudy execution and advancement. Schools should utilize evaluation information to contrast their understudies and others from the nation over. Powerful utilization of appraisal information enables schools to distinguish dangerous territories of learning at the classroom and school levels, with the goal that arrangements can be created in the matter of how to best address the issues.
• The fourth normal for an effective school is the presence of objectives and course. Organization ought to effectively develop objectives and afterward successfully impart them to fitting people (i.e., understudies, instructors, group on the loose). School principals should likewise be open and willing to consolidate advancement into objectives for school procedures and practices. It is vital to welcome contribution from all partners during the time spent creating school objectives. Understudy execution has been appeared to enhance in schools where all in the school group move in the direction of objectives that are imparted and shared among all in the learning condition.
• The fifth and last factor of an effective school is the degree to which the school is secure and sorted out. For most extreme figuring out how to happen, understudies need to feel secure. Regard is a quality that is advanced and is a crucial part of a sheltered school. There are likewise various prepared staff and projects, for example, social laborers, who work with issue understudies before circumstances escape hand.

Review of Literature

Anita Bhat, (2011) conducted the study on the impact of home environment on the psychosocial competence of adolescents. 100 adolescents were selected from English medium high schools of Dharwad. Results show that adolescents with high

control, social isolation, deprivation of privileges and rejection at home have shown significantly lower problem solving, decision making, coping with emotion, coping with stress and overall psychosocial competence. Children with high protectiveness, punishment, conformity, reward, nurturance and permissiveness have better empathy, critical thinking, empathy, self-awareness, coping with stress, interpersonal relations and effective communication as well as overall psychosocial competence.

Waheeda Matheen, (2011) has examined the dynamic of parent child relationship and emotional maturity of the young girls. The sample was selected from city college students. The study revealed that there is alarming presence of extremely unstable emotional maturity and implication would be to refer them for more screening of emotional disturbances and parent training appears imperative, to enhance their relationships with their children, thereby improving the emotional maturity of the sample.

G.L. Yadav, (2011) examined the study of youth problems, family relationship, & certain psychological aspects like impulsiveness in relation to academic achievement of teen aged girls in the present era. The main objective was to study the effect of family acceptance, concentration and avoidance academic achievement of teen aged girls. The sample consists of 150 teen aged girls. Youth problems inventory by Mithilesh Verma, family relationship inventory by Sherry and Shinha and impulsiveness scale by Rai and Alka sharma was used for data collection. The results indicate that acceptance and concentration were significantly higher in mothers than fathers, While the avoidance was higher in father as compared to mothers.

Deep Shikha, (2011) studied the role of family environment on socio-emotional adjustment of adolescent girls in rural areas of eastern Uttar Pradesh. The main purpose of the study was to assess family environment of adolescent girls and its impact on their socio-emotional adjustment, The sample consists of one hundred adolescent girls of age group between 17-18 years were selected by simple random sampling method. Family environment scale by Bhatia and Chadha and adjustment inventory for school students (AISS) by Sinha and Singh were used for data collection. The study revealed that all the eight family environment factors, viz. cohesion, expressiveness conflict, acceptance and caring, independence, active-recreational orientation, organization and control together showed significant role in socio emotional and educational adjustment of adolescent girls.

Rozumah Baharudin (2009) had studied relationships with father and mother, self-esteem and academic achievement among college students. The main purpose of the study was to see the quality of relationships between college students and their mothers and fathers, and its correlates with their self-esteem and academic achievement. Sample consisted of 386 (209 males and 177 females) students between 18-32 years old Undergraduate students of University Putra Malaysia were selected by multi-stage cluster sampling technique. Parent and Peer Attachment (IPPA) The Rosenberg self-esteem scale by Rosenberg were used for data collection. The result indicates that adolescents had good quality relationships with their mothers and fathers. Girls seemed to establish better relationships with both parents compared to boys. There was no significant difference in the level of self-esteem between female and male adolescents. Females were found to score higher on their academic achievement compared to males. Adolescents with good relationship with their mother also had higher academic performance.

Relation in Academic Achievement and Education

It is well known that training in every field results in improving the performance of the learner. It not only improves his/her skills but also build confidence among the person. In our daily life we always try to learn new things by getting knowledge and training in the respective field. Without getting necessary information or knowledge no one can become efficient and this efficiency can be acquired through appropriate training. The theory behind this study reiterates the predictions to become successful teachers; prospective teachers should have positive relation between their level of aspirations and teaching aptitude. By analyzing the whole results, the researcher found out that there was high significant and positive relationship between teaching aptitude and level of aspiration showing the importance of these variables during the teacher training course. The students should get admission in teacher training courses after checking their entry behaviour by administering teaching aptitude and level of aspiration scale in order to find out how much they are serious in adopting the teaching profession and so that after the completion of training, they would be able to become efficient, confident and qualified teachers.

Quality education is a pre-requisite for national, regional and global development. For delivery of quality education, we need quality teachers who are committed to teaching and equipped with necessary knowledge, skills and competencies for effective teaching. Quality teachers and teaching only can be

the strong agents of social reengineering and national reconstruction. Educationists, no matter, how different their educational philosophies and ideologies may be admit that the ultimate test of nation's greatness is the quality of her citizens which depends upon the quality of her teachers. For teachers to be more effective and quality professionals, teacher education must be brought into the mainstream of the academic life of our institutions at all levels. Planning and implementation of futuristic, exhaustive and farsighted reforms and recommendations can make a real breakthrough and vitalize teacher education. Although an educational system has excellent resources, or if the teachers are lacking teaching aptitude and are incompetent or indifferent to their responsibilities, the whole programme is likely to be ineffective and largely wasteful.

The Teacher's Role in Developing Study Habits

The teacher's emphasis will change the way of one's study. Effective teaching with its four components, knowledge, understanding, application and skill fulfilled, can definitely elevate one's study habits. Some teachers encourage the students to memorize and some others emphasize the need for learning by understanding, avoiding memorization. Hence, in developing a study habit, it's not only a student who performs, but also a teacher.

Teachers are unique in their teaching approach. Accordingly a student adopts a particular approach in a particular class. As is the teacher, so is the student.

Conclusion

Living in and working for a universe of developments requires in a general sense diverse states of mind, learning and abilities from the natives. Mechanical adjustment and advancement have been the principle drivers of monetary development in created nations sin the world war second and are petitioning be vital factors additionally in many creating nations. Effective financial finish based on high esteems, not just ease. High esteem is best ensured by all around prepared and instructed work force and adaptable deep rooted learning open doors for all natives. The most much of the time exhibited general thought for expanding Indian monetary advancement is to outfit individuals with the abilities and demeanors achievement in an undeniably learning based economy. the learners shall be involved in activities which a teacher is supposed to perform in the school. The school based activities have been mentioned in the curriculum framework of education. The learners shall interact with a faculty member (a senior experienced teacher /principal/

faculty of the school/college where the learner is working) to work on school based activities. Thus a learners shall be supervised/guided by the mentor for a minimum of 15 study hours.

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LEARNING STYLES AND STUDY HABITS: EMPIRICAL EFFECT

*Dr. Seema Sharma

Introduction

Many people recognize that each person prefers different learning styles and techniques. Learning styles group common ways that people learn. Everyone has a mix of learning styles. Some people may find that they have a dominant style of learning, with far less use of the other styles. Others may find that they use different styles in different circumstances. There is no right mix. Although the nation is witnessing a major push to promote performance-based pay for teachers, nearly all current teacher compensation systems are built around the dual pillars of seniority and degree acquisition. These systems, for example, generally provide stipends to teachers who earn a master's degree or otherwise rely on a salary schedule that rewards teachers for earning advanced degrees or course credits. Nonetheless, evidence that such degrees contribute to student achievement is limited. Some studies indicate that a teacher's advanced degrees in mathematics and science are positively related to student achievement in those subjects in high school, but evidence does not apply more broadly to other academic subjects or grade levels. Many traits of an individual may be related to his other traits. Researcher revealed that attitude towards teaching is also not an isolates concept but it has also some correlates. Adjustment, Job satisfaction, Locus of control, Creative thinking, Efficiency, teaching competency, Teaching behavior, Academic achievement, Performance in admission entrance exam and Home environment, emerged as correlates of Attitude towards teaching. Samantaroy (1971) found significant correlation between the two variables, teacher attitude and teacher adjustment. He observed that there existed some degree of positive relationship between the teacher attitude and teaching efficiency. Also his analysis showed a positive relationship between the teacher adjustment and teaching efficiency. Singh (1974) found significant positive relationship between scores on theoretical and social values and scores on attitudes. Contrary to this there was negative relationship between scores on economic and political values and scores on attitudes. He reported a positive and significant relationship between scores on attitudes and scores of satisfaction. Saran (1975) found certain personality variables as needs of achievement; abasement, endurance and autonomy had hardly any influence on the formation of attitude towards the teaching profession. Tripathi (1978) found significant relationship between thrust and attitude towards child-centered practices. Gupta (1978) found that

success in teaching was significantly related to professional attitude. Singh (1981) observed that teachers with favorable attitude towards teaching are better adjusted than teachers with unfavorable attitude towards teaching.

Review of Literature

Dr. Smritikana Mitra Ghosh, (2016) The purpose of the present study was to find out whether the study habits of school students of working differ significantly from those of non-working mothers. The sample of the study consisted of 200 school students (100 school students of working mothers &100 school students of non- working mothers) studying in class Xth of Ranchi town. Study Habit Inventory constructed by Hassan (2003) of P.G. Department of Psychology, Ranchi University, Ranchi was administered to the selected sample to assess their study habits. The data so collected was analyzed statistically by employing mean, SD and t-test. The study revealed there were significant differences between the adolescent students of working and non- working mothers. Adolescents of working mothers had significantly better study habits than adolescents of non-working mothers. Further the study revealed that female students had significantly better study than male.

Mukhtar Ahmad Wani, (2015) had examined emotional maturity across gender and level of education. The main purpose of the study was to find the significant gender differences in emotional maturity among university students. One hundred post graduates and research scholars (50 male & 50 female) students were selected by random sampling method from different departments of Jamia Millia Islamia University. Emotional maturity scale by Yeshver Singh and Mahesh Bhargave was used for data collection. The study shows that male students are emotionally immature than females on personality disintegration dimension of emotional maturity. The study also shows that significant difference between post graduates and research scholars on personality disintegration dimension of emotional maturity. There is no significant difference between on other dimensions of emotional maturity. There is no significant difference between males and female post graduates and research scholars of emotional maturity.

Rekha Devi (2015) conducted study on emotional maturity among secondary school students in relation to their family climate. The main aim of the study was to see the correlation between

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emotional maturity and family climate of the secondary school students and to see gender difference in emotional maturity among school student. 100 students (50 boys and 50 girls) age range from 13 to16 years have been selected from the school of Sonipat city. Dr. Beena Shah's family climate scale and emotional maturity scale (EMS) by Yashvir Singh and Mahesh Bhargava was used for data collection. The results show that there is a significant correlation between emotional maturity and family limited study also shows male students have high emotional maturity as compare to female students.

Study Habits and Academic Achievement

Memorization is the process of committing something to memory. The act of memorization is often a deliberate mental process undertaken in order to store in memory for later recall items such as experiences, names, appointments, addresses, telephone numbers, lists, stories, poems, pictures, maps, diagrams, facts, music or other visual, auditory, or tactical information. Memorization may also refer to the process of storing particular data into the memory of a device. One of the most basic approaches to learning any information is simply to repeat it by rote. Typically this will include reading over notes or a textbook, and re-writing note.

Conclusion

Each individual student since the age of normal infant has the potential and talent that can be expanded and enhanced. They have been exposed earlier to various sources of information. This phenomenon to some extent can have a significant impact in the development and physical growth, cognitive, psychomotor and emotional, especially among those who are known as students.Gifted and talented students as individuals who have a high potential in various aspects of development and growth. In order to develop their potential and talents in a more systematic and effective, a special education program is needed. Students' personality type to be emphasized since it is among the aspects that influence academic achievement. Personality can know as a dynamic organization and planned properties owned by a person with unique determine behaviour, motivation, thinking and various situations

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