

Bikanti Mali

DOB- 10th June 2001

My Report for 2021-22

Academics

I am doing B. A (Hons.) in Psychology. My study centre was in Jeypore (22 Km from Koraput) but IGNOU has changed it to Delhi as there is no guide for practical in Koraput district. I will now have to complete my theory exams and then go to Delhi. I have also to do an internship. My aim would be to complete my graduation by March'23. I should have been able to complete earlier, but due to Covid lockdown and restrictions, there have been delays.



In March'21, I was taking online class with Jayanti di (Banerjee) to prepare for the June'21 exams, but was unable to continue with her as she got busy. So she got me connected with Chandel Sir for my online classes. My

classes started on 10th of April. I studied BPC-006 i.e Social Psychology with him. He took classes on WhatsApp. I had the soft copy of the book, so I would go through every chapter and mark my difficulties and send them to Sir. He would text me when he could take a class and we would connect. The classes were usually in the evening around 5:30-6:30 PM or whenever it was suitable for Sir. He would explain the whole chapter in one hour of class. I enjoyed the classes with him, as he explained everything nicely and made every point clear to me. He also gave me questions for practise after every class. The classes were not regular but it helped me a lot as I got to learn many things from him. I deeply appreciate his efforts.

The exams which were to take place in June'21 got delayed. So I got more time to prepare. I continued the classes with Sir till the course of Social Psychology was completed on 8th August, as Sir had got busy with some work in between.

Now I had to give the BPC- 006 paper with other subjects in December'21. I started writing my assignments of the third year subjects. I had to write the assignments of 5 subjects. I took the help of Pranjal Bhaiya to





find some answers but did almost all by myself. I had to submit the assignments by the end of September'21, which I did.

I had to study 4 psychology subjects- Research methods in psychology, Statistics in Psychology, School Psychology and Psychopathology; and 3 English subjects. Pranjai Bhaiya helped me with School Psychology and Statistics in Psychology. I found Statistics quite difficult to understand in the beginning but ultimately understood the concepts. I had to revise a few chapters again with Bhaiya. I still need clarity in some concepts. Meeta (Bisen) didi who had come for a month, helped me with Psychopathology. She explained me all the chapters with lot of examples, so it was easy to understand. Still I got confused and



mixed up most of the disorders as they were all mostly about the psychological disorders. For Research methods in Psychology I called up Chandel Sir again and he agreed to teach me. In November my online classes with Sir started. He



took 5-6 classes and got busy with some work so I contacted Dr. Ramesh Bijlani Sir and continued BPC-003 with him. He too took only few classes, so Aditi didi, one of his student, continued the class. I enjoyed studying with all of them and got to learn many things.

The December exams were scheduled for January .By the end of

December most of my course of psychology except for 2-3 chapters of BPC-003 and a few chapters of BPCE- 011. The date of English papers were clashing with some Psychology papers, and also I was not prepared for those papers, so I decided not to appear for English exams.

The exams were postponed again and finally took place in March'22. My exams were on 14th, 15th, 19th, 29th and 30th March. I found a few of the papers difficult but managed them. Hopefully, I will get decent marks.



Volunteering

I had been helping with teaching Maths to some of the Gratitude group students for 2 hours and Home Science to 9 students of Class 10 for one. I also



helped the Progress group students with social science for one hour, together with Mani didi and Tulsa. In Progress group I mostly taught Geography while Mani didi and Tulsa taught the history part. I would make the test papers when there was to be a test. I needed more confidence to teach this subject, and therefore, could not enjoy this class very much. I did not go for social science class, for a few months in between and joined again in December when the time table was changed. By that time the children had completed the 6th class book and started the 7th class book. Now it was a bit tougher for me but I've been trying my best.

In the Home science class I could do only 3 chapters, as my time table was changed. It was a bit easy for me to teach home science although I hadn't studied it in 12th. I made the children do some chart making along with the course studies.

From December onwards I've been taking 1 hour of English, instead of Home Science with the Gratitude and Humility groups and the rest is the same. Earlier, during the English class, the children did free reading, group reading, grammar, and writing work and they had 2 days of textbook reading of NIOS. At that time we were doing different things every day, so it was

interesting and also easier to check their notebooks. From February, the children have been doing grammar, writing work and question answers from the textbook. So the checking work has increased. During the whole class we are just busy checking notebooks and still everybody's notebook are not checked in one day as we have to check all the exercises of each chapter of each child. In the beginning I found it quite difficult in recognizing the handwriting of some of the children, so it would take me a lot of time. Gradually I've increased my speed and can comprehend the children's writing. During the English classes, I've learnt some new things and have a new experience every day.

During the Maths class I enjoy the most as I feel confident enough to teach, maybe because I've been teaching Maths for a while. Still there is always a new experience each day and many new things to learn.

Shramdaan (work offering)-

In shramdaan, we are divided into groups of two or three and turns for each shramdaan is rotated every month. Earlier I was with



Darshana and Kamli. At that time I did gardening, toilet cleaning, hostel cleaning, school cleaning and Kitchen work. We would have turns with different group of children every day, so I would do all the shramdaan along with them while we made them do. I enjoyed doing all the shramdaans. From January I've been overseeing the girls' hostel cleaning with Sushila.



I guide the children when required. Mostly, I myself get busy with the cleaning, while Sushila oversees the children. I've been enjoying doing this Shramdaan.



Room checking and Meditation

I've got my room checking and meditation turn on



Friday with Darshana. She checks the Girls' dormitories while I



check the Boys' hostel.

During meditation I make the children sing many songs and I also sing with them. I have taught two more songs to them. They are 'Jahaan daal daal par' and 'Tu daya kar malika'. It took me more time and effort to teach the second song but I enjoyed teaching it.





Celebrations

On 5th July i.e our School's birthday, I had performed a Pahadi dance along with my friends and had sung a solo song. The dance was a group dance and I enjoyed learning and performing it a lot. This was my first Pahadi dance, so I had great fun and had a new experience.



The song which I had sung was 'Shukriya'. I had sung it with karaoke and had enjoyed it. I was quite nervous while performing as I was not very confident because I was not well prepared. It was a tough song and singing it with karaoke was a challenging task. So I had to really work hard on it.



On 15th August I had participated in the 'Savitri' play which was performed by the Faith group. I had played the role of 'The Mother of sorrow'. It was a role where I had to show lot of pain and grief. I could memorise the dialogues quickly but it took me quite some time to bring that emotion in the role. With Mani didi's guidance I learnt how to say the dialogues along with a few actions. It took a lot of practise and I tried to give my best. While performing, I felt confident and could say the dialogues properly.



I had also presented a Bihu dance with my friends and had enjoyed a lot. I think this was the first time, that there was no stage fright in me.

On Janmashtami I had sung the song 'Yashomati maiyaa se bole nand lala' with karaoke. I found it easy to sing with the karaoke as it was a very straight



forward music. I enjoyed singing this song and was quite confident while performing.



In February, on the Mother's birthday, I had sung a Saraswati bhajan. Jagat had accompanied me on Tabla. I sang it without any practise with the tabla, so I was nervous but tried to give my best.