
ABL REPORT

A Report of
Activity Based Learning-IV
(5 days of Activities)
February 2022



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DAY 1 ACTIVITY

Word Association Test (WAT)

Word Association Testing is one of the psychological techniques in which the subconscious behaviour of an individual is tested.

- In this test, a word will be displayed in front of the candidate for 15 seconds and he/she is required to use that word to form a meaningful sentence.
- Based on each word, there may be different ideas related to that word in the candidate's mind, but he/she must write the first spontaneous response.
- The test consists of 60 words that are displayed on the projector for a period of 15 seconds per word in which you have to think as well as write. The total time allotted is 15 minutes.

Why the test is conducted?

- The words in the WAT are chosen in such a way that every word can be taken as noun, verb, adverb or adjective depending on the candidate's thought process.
- The time for each response is less so that students write the first response that he thinks.
- These responses are then measured against the Officer Like Qualities that each candidate must possess. The psychologist judges a candidate's personality through each response.

Tips for WAT

- The sentences should be framed in such a manner that, they show optimism, infuse leadership, honesty, responsibility etc.
- The sentence should not display negative thoughts like fear, cowardice, carelessness.
- You can use any form of the word as shown.
- You can also write a phrase, a feeling based on the word shown.
- The use of words "not", "cannot", "do not" are not allowed is only a myth. One can use them as long as he makes a proper sentence.

Dont's of WAT

- Don't try to frame a positive sentence on purpose.
- Keep your sentences as natural and as spontaneous as possible.
- Don't mug up the sentences from books or any other sources.
- Avoid making most of the sentences with General Knowledge.
- Don't make too many sentences related to Defence.
- Don't use the word "Should", "Could", "Would" as it shows a suggestion or advice.
- Don't use Idioms & Phrases.

Learning Outcomes

- Time Management
- Effective Hearing
- Personality Development

DAY 2 ACTIVITY

Lecturette

One needs to prepare well in Lecturette so as to make a good impression on the GTO (Group Task Officer).

Lecturette is one of the tests during the interview to test the personality of the candidate and test them in accordance with the Officer Like Qualities. The test is about speaking on a given topic for a given period of time.

Process of Lecturette

In the lecturette test, all candidates sit in a circular arrangement based on their chest numbers. The candidate is given a cue card that has 4 topics written on it and out of that he needs to choose any one of the given topics. The candidate is given 3 minutes to prepare on the topic and then speak on it for 3 minutes.

After 3 minutes, the candidate is called by the GTO, submit his card and come in front of the group and give the small lecture on the subject. While the first candidate is giving the lecture, the second candidates pick up a cue card, chooses the topic & starts preparing. When the first candidate finishes, the second one is called by the GTO and then told to deliver his lecturette on the topic he chose. In preparing your lecturette, you have to collect your material from various sources as under:

- Note down all ideas about the subject as they occur to you.
- Consult reference books, journals, newspapers and take down any new points not covered already.
- Discuss the subjects with your colleagues and note down any new points not covered already.
- Go through all the above material and select materials of your liking which can fit in the framework of your talk.
- Arrange the material selected in a logical order.
- Prepare a final draft of your speech.
- Divide your speech in three parts as under:
 - Introduction: It is to establish contact with the audience, to arouse their interest so that they get ready for what is going to come by disclosing and clarifying your subject and stating why the subject is important for them. Remember the maxim "Well begun is half done".
 - The body: This is the most important part as it carries the main message. Make it as interesting as possible. A dull treatment loses its effectiveness. A touch of humour may be helpful.
 - Summary and conclusion: A summary serves to wrap up the material you have presented. It is not only helpful at the end, but is useful in the beginning and at the end of each phase of your talk.
- Rehearse your lecture and limit it to the time allotted.

What is tested in Lecturette?

Before the Lecturette starts, the GTO makes small talk with all the candidates in the group asking them to say the following things:

- Name
- Place
- Parents occupation
- Qualification/profession
- Hobbies

Lecturette is basically the test of whether a candidate has an adequate amount of knowledge and based on that knowing how well can he organize his thoughts in less amount of time. Also, his confidence is tested by his command of the language.

A great leader is always regarded as the one who can rally men into the battlefield by his words. The leader must be a great orator who can pump up Josh within the soldier at the time of hardship.

Learning Outcomes

- Organizing Ability
- Power of Expression
- Confidence
- Liveliness
- Effective Intelligence
- Ability of Influence

DAY 3 ACTIVITY

Brainstorming

Brainstorming is a method of generating ideas and sharing knowledge to solve a particular commercial or technical problem, in which participants are encouraged to think without interruption. Brainstorming is a group activity where each participant shares their ideas as soon as they come to mind. At the conclusion of the session, ideas are categorised and ranked for follow-on action.

Purpose of Brainstorming

- Its main purpose is to solve a problem creatively or innovatively.
- Brainstorming also emphasizes on improving our ideation process and elevates the creative thinking of individuals.
- One of the major objectives of brainstorming is to withhold criticism and welcome all sorts of ideas to the table.
- Idea association is another objective of brainstorming as it encourages us to club ideas or work on existing ideas.
- Lastly, it believes in getting a brand new perspective towards a problem that can introduce tons of new ideas for it.

Benefits of Brainstorming

- It helps us break the monotonous way of problem-solving and gives a new perspective to the same situation.
- Since brainstorming works in all ways, it focuses on different ideas to provide a holistic solution.
- Students are often taught to do brainstorming, and it encourages self-learning and better understanding.
- It is also an extremely beneficial tool to improve teamwork and to get ideas of an entire group together.
- When it comes to list-building or fixing a deadlock, brainstorming helps a lot by getting the input of a group.
- As there are no right or wrong rules in brainstorming, people from different domains can do it without any technical issues.

Rules of Brainstorming

- Set a time limit – Depending on the problem's complexity, 15–60 minutes is normal.
- Begin with a target problem/brief – Members should approach this sharply defined question, plan or goal and stay on topic.
- Refrain from judgment/criticism – No-one should be negative (including via body language) about any idea.
- Encourage weird and wacky ideas – Further to the ban on killer phrases like “too expensive”, keep the floodgates open so everyone feels free to blurt out ideas (provided they're on topic).
- Aim for quantity – Remember, “quantity breeds quality”. The sifting-and-sorting process comes later.
- Build on others' ideas – It's a process of association where members expand on others' notions and reach new insights, allowing these ideas to trigger their own. Say “and” –rather than discourage with “but” –to get ideas closer to the problem.
- Stay visual – Diagrams and Post-Its help bring ideas to life and help others see things in different ways.
- Allow one conversation at a time – To arrive at concrete results, it's essential to keep on track this way and show respect for everyone's ideas.

Learning Outcomes

- Social Confidence
- Communication Skills
- Decision Making

Brainstorming

The climate challenge: Achieving zero emissions

Dhriti: Introduction

India is planning to Achieve zero emission by the year 2070. By the end of 2030, India is planning to reduce the carbon intensity of its economy by less than 45%. But the main question is how do we reduce the carbon emissions?

Shubham: Solutions for reducing carbon emission

- Switch to sustainable transport: Reducing car use, switching to electric vehicles and minimising plane travel will not only help stop climate change, it will reduce air pollution too. Sustainable transport systems make a positive contribution to the environmental sustainability of the communities they serve.
- Protect forests like the Amazon: Forests are crucial in the fight against climate change, and protecting them is an important climate solution. Cutting down forests on an industrial scale destroys giant trees which could be sucking up huge amounts of carbon. Governments can stop them by making better laws.
- Protect the oceans: Oceans also absorb large amounts of carbon dioxide from the atmosphere, which helps to keep our climate stable. Protecting oceans and the life in them is ultimately a way to protect ourselves from climate change.

Abdul Raheem: Zero emissions

- Country like US, China ,South Korea, India had Signed NDC UNDER PARIS AGREEMENT.
- Companies like Reliance Industries Limited, Tata Consultancy Services, Wipro, HDFC Bank, Tech Mahindra and 64 Companies have pledged to reduce green house gasses. Inferior Companies should be made aware.
- Increase transparency in Carbon foot print between big companies
- Track the carbon foot prints. Encourage them to use renewable sources of energy

Aishwarya: Ways to reduce carbon emission

As climate change affects our planet's health and ecosystems, it's important to offset its negative impacts. There are many ways to reduce carbon emissions:

- Reducing air travel: Eliminating just one roundtrip will save 1.6 metric tons of carbon dioxide equivalents per year.
- Use more public transport: Living a car-free lifestyle may not be possible for everybody, but we can substitute it with public transportation.
- Plant more trees: Planting trees is among the most inexpensive, natural ways to reduce carbon dioxide.

Nandita: Solutions on controlling carbon dioxide emissions

- Reducing the use of fossil fuels and Generate electricity without emissions by Using alternative energy sources such as wind, solar, hydropower etc. can provide much of the nation's electricity with minimal CO₂ emissions. Other low-carbon energy sources can be used alongside these power sources to make sure electricity is always available.
- Using vehicles and equipment that are powered by electricity instead of fossil fuels. Many of the biggest sources of greenhouse gas emissions can be replaced with equipment powered by electricity. In particular, switching to electric cars would greatly reduce emissions.

Gautam: Climate change

Why is climate change suddenly happening?

Basically, if we go through the geological records we can see climate change has always happened on earth. So climate change is a huge concern not only for India but its world-wide. Greenhouse gases in the atmosphere absorbs heat radiation.

How Greenhouse gases is formed?

Many human activities has increased greenhouse gases in the atmosphere since the industrial revolution which leads to more heat retention and an increase in temperature of surface.

How we can stop climate change?

We can reduce the amount of greenhouse gases which can help us tackle this climate change problem. We can plant more trees. We can lower the emissions that we are emitting through the means of industrial process.

Parikshit: Affect of nuclear emissions to the environment

Nuclear energy is a type of pollution and its the most deadliest type of pollution as it is very difficult to recycle them. A major environmental concern related to nuclear power is the creation of radioactive wastes such as uranium mill tailings, spent (used) reactor fuel, and other radioactive wastes. These materials can remain radioactive and dangerous to human health for thousands of years. Solutions: So the two major ways to reduce this emissions are recycling and direct disposal.

- Recycling has, to date, mostly been focused on the extraction of plutonium and uranium, as these elements can be reused in conventional reactors. Countries such as France, Japan, Germany, Belgium and Russia have all used plutonium recycling to generate electricity.
- Direct disposal is another way where nuclear fuel is disposed of in the underground deposits itself.

Conclusion

In a nutshell I would like to conclude that we discussed about when India is planning to achieve Zero Emission. We then discussed about the ways to reduce carbon emissions such as Opting for Sustainable Transport System, control other sources pollution. Last but not the least we discussed about why climate change is happening and how do we stop it. I would also like to add that If we want to be zero emission we have to take care as a society and do the needful.

DAY 4 ACTIVITY

Survey designing and analysis

- A Survey is a type of research to collect the data and facts about some certain situation or issue from the target population existing in surroundings having relevance to the nature of study.
- It is a quantitative method whereby a researcher poses some set of predetermined questions to an entire group, or sample, of individuals etc.

How conducting Surveys are beneficial?

- Surveys can help gauge the representativeness of individual views and experiences.
- When done well, surveys provide hard numbers on people's opinions and behaviors that can be used to make important decisions.
- One can collect information about the behaviors, needs, and opinions using surveys. Surveys can be used to find out attitudes and reactions, to measure client satisfaction, to gauge opinions about various issues.
- Surveys are a primary source of information that is, you directly ask someone for a response to a question.
- One can use surveys to measure ideas or opinions about community issues related to your initiative.
- Finally, when you have collected and analyzed all the necessary data, you will write it up as part of your thesis, dissertation, or research paper.

Sample survey Report conducted by Group 14 (SE-IT-A) on the topic Bioenergy with Carbon Capture and Storage.

Steps and measures taken:

- Firstly we gathered the information related to our topic and also conducted a deep research on the topic.
- Secondly we discussed about the mode of taking the survey. By taking the pandemic into consideration we choosed the questionnaire mode as the best mode for conducting our survey.
- After that we figured out some questions which are relevant to our topic and also discussed about the detailed implementation of the survey. We wrote the questionnaire on a google form and then passed on the questionnaire publicly so that we could get maximum responses.
- Lastly we processed the results which we received by analysing the responses which we received for our questionnaire and also tried to improve the areas wherein we went weak.

Learning Outcomes

- Situational Analysis
- Retention

DAY 5 ACTIVITY

Article Writing

An article writing is a kind of writing that is written to reach a massive audience with the help of the press. In the case of article writing, the press refers to publishing houses of newspapers, magazines, journals, etc. Writing a newspaper article, or writing a magazine article is not easy. It requires a lot of research and writing skills. It is written in such a way that it can inform the masses about a certain topic. The main aim of the writer here is to bring some difference in the world by changing the views of the people through article writing.

Tips for Article Writing

- Understand your topic - For any given topic, you shall first be able to understand it clearly. You should be able to draw related inferences for everything that comes to your mind. The best way before getting started is to make sure that you have a clearer picture of what the question is asking you and this way, you will be able to deliver captivating content.
- Prepare an outline - Before starting the writing part, one should arrange the pointers in the correct sequence. It should be a logical sequence keeping in mind the objectives. Preparation of an outline is important as well as useful as it helps us know what to do next and how much is left. You should be careful while preparing an outline as it should contain all the topics and that too in the correct sequence.
- Review and make relevant changes - Revisiting all the points by reading them again is one of the important tasks for a well-written part. One should leave the unnecessary points which are making the content lengthy without adding quality and relevance to the content. Then, logically rearrange the points so that the important points come first in the sequence and others follow.
- Write it - Now after keeping all the above-mentioned things in mind, start writing. With a strong and relevant introduction one should start, followed by the correct sequence of the points adding a necessary explanation.
- Edit and proofread - Before the final submission of content, you should go through the complete content once more.
- Ensure that your content is simple - It means that you should avoid too fancy words because otherwise, your content would lose the relatability factor.
- Adding keywords to your content is a game-changer - When you optimize your content, its value increases subsequently.

Learning Outcomes

- Industry Education
- Self Growth
- Intellectual Ability
- Focus
- Agility

Article link

CONCLUSION

Through these assignments and the task that were assigned to us, we came to learn what is Activity Based Learning (ABL) and How much is it necessary for personal development.

We also learnt about Word Association Test and the Lecturette which is more important when in certain situation wherein these two things that are most needed at that point of time.

As a team, we learned how brainstorming can help us to create and try out various other thinking aspects which can create team efficiency.

We also learnt about how survey design is important to identify the problem and its solution. Lastly, we understood how Article writing can help us as a team and as an individual.

ACTIVITY BASED LEARNING

SUMMARY WRITING FOR ALL THE DAYS

BY IT A

26-ITA-RISHUL GUPTA

27-ITA-SUNIL GUPTA

28-ITA-NIHARIKA HARMALKAR

29-ITA-HARSH JAIN

30-ITA-SUMIT JAIN

➤ Day 1: Personality Development

Personality development refers to how the organized patterns of behaviour that make up each person's unique personality emerge over time. Various Psychological Tests like WAT(Word Association Test), TAT(Thematic Apperception Test), SRT(Situation Reaction Test) and SDT(Self-Description Test) helps knowing Personality traits. In SRT, situations are given and the student has to write the reaction on the situation, TAT is a test where an image was displayed and students had to make a short story based on the image. TAT, SRT and SDT were conducted during the last semester, this semester WAT (word association test) was conducted. Words were displayed for 15 secs and then we had to write meaningful sentences in 45 secs.

Objective: To evaluate Personality Traits or Attributes of candidates through Psychological Tests.

Learning outcomes: To improve Analytical skills, improving effectiveness at work, better decision-making skills, improves critical thinking process

➤ Day 2: Lecturette

Lecturette is a personality test about speaking on a given topic for a given period of time. A topic will be given few minutes before and some time will be given to think about the topic and the student has to give an extempore speech on the topic for about 2 mins.

Objective: To check confidence, power of expression, ability to organize thoughts, etc.

Outcome: Improving thinking skills and arranging the sentences in less amount of time, also improving confidence.

➤ **Day 3: Brainstorming**

Brainstorming is a method of generating ideas and sharing knowledge to solve a particular commercial or technical problem, in which participants are encouraged to think without interruption. Brainstorming is a group activity where each participant shares their ideas as soon as they come to mind. There are two types of Brainstorming Individual Brainstorming and Group Storming. In individual brainstorming, a person brainstorms his own ideas, and does not have to worry about other people's ego. The person must sit in a comfortable place and think about the problem and its solution using mind maps, arrange and develop ideas. Whereas Group Brainstorming, all the team members can brainstorm their ideas. This helps to develop more ideas than individual brainstorming. In Day 3 activity, Group brainstorming was conducted. A problem statement was given to each group and all the members discussed their ideas. A group member was a recorder to write all the discussed points and give a summary on the same.

Objective: The main objective was to develop range of creative options and to evaluate these options

Outcome: Brainstorming will offer better solutions to a community issue or proposal because a wider range of options has been canvassed.

➤ **Day 4: Survey Designing and Study**

A survey is a type of research to collect the data and facts about some certain situation or issue from the target population existing in surroundings having relevance to the nature of study. A survey is a set of questions asked for research purposes. A survey can be small feedback or a long interview.

A survey is important to provide information about a particular situation, to explain the situation. Problem Identification is possible through such surveys and solutions can be given to these problems. Some surveys are used to know behavior and habit of a person, to study Characteristics and also for Decision making. There are many types of Surveys like Descriptive Survey, Analytical Survey, Factual Survey, Opinion survey, etc. The surveys can be used in various case studies like cross-sectional study and longitudinal study. Cross-sectional Study is a case study where all the data is collected at one point and Longitudinal Study is the data collected over a long period of time. Data can be collected using

questionnaire, personal interviews, telephonic interview, etc. and a questionnaire can contain primary questions, secondary questions, direct or indirect questions, etc. After collecting all the data, a Report is to be made which consists of the objective, problem statement and solutions, along with statistical analysis.

Following are the Survey Questions on the topic using technology to reduce co2 in the atmosphere.

The image displays two screenshots of a Google Forms survey titled "Using Technology to Reduce CO₂ in the Atmosphere".

The top screenshot shows the title, the group name "By Group-6: Rushal Gupta, Sauril Gupta, Niharika Harimallan, Harsh Jain, Samir Jain (Roll-no: 29,30)", and a thumbnail image of a hand turning a dial labeled "CO₂" from "100% MAX" to "0% MIN". Below the thumbnail is a text input field labeled "Name" and "Your answer".

The bottom screenshot shows the survey questions:

- Question 1: "Do you think CO₂ is on increasing in the?" with radio button options: ☐ Yes, ☐ No, ☐ Maybe.
- Question 2: "Do you have any idea how CO₂ is formed in industries?" with radio button options: ☐ yes, ☐ No, ☐ Don't say.
- Question 3: "Can technology reduce carbon emissions?" with radio button options: ☐ yes, ☐ No.



Using Technology to Reduce CO₂

What are some of the ways that technology can be employed to lower carbon emissions on the highway transport industry?

- ☐ using increased use of efficient routes
- ☐ using increased efficiency of personal vehicles
- ☐ using increased use of public transport
- ☐ Don't know

Do you think industrial carbon dioxide or CO₂ will be reduced?

- ☐ Yes
- ☐ No
- ☐ Maybe

What technology can remove carbon dioxide from the air?

- ☐ using Direct air capture
- ☐ Direct air carbon capture and storage
- ☐ Bio-energy with Carbon Capture and Storage
- ☐ All of the above

Using Technology to Reduce CO₂

What technology can remove carbon dioxide from the air?

- ☐ using Direct air capture
- ☐ Direct air carbon capture and storage
- ☐ Bio-energy with Carbon Capture and Storage
- ☐ All of the above

What are some actions we can take to reduce CO₂ levels in the atmosphere?

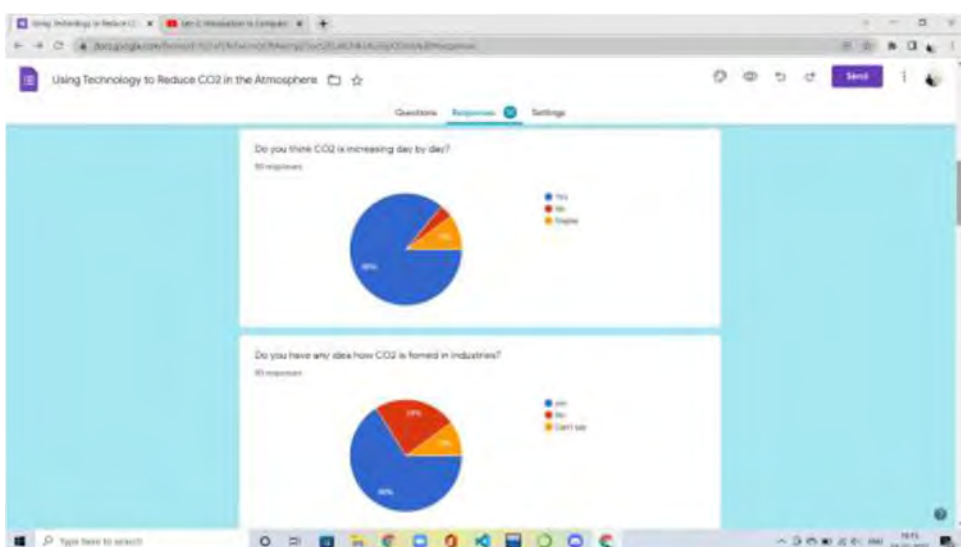
- ☐ Insulate your home
- ☐ Switch to renewable
- ☐ Buy energy efficient
- ☐ Use less water

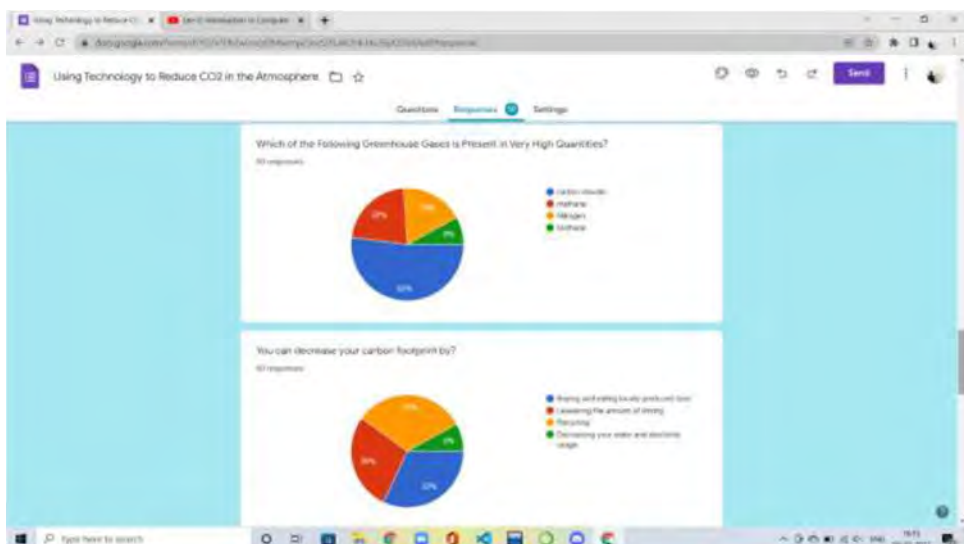
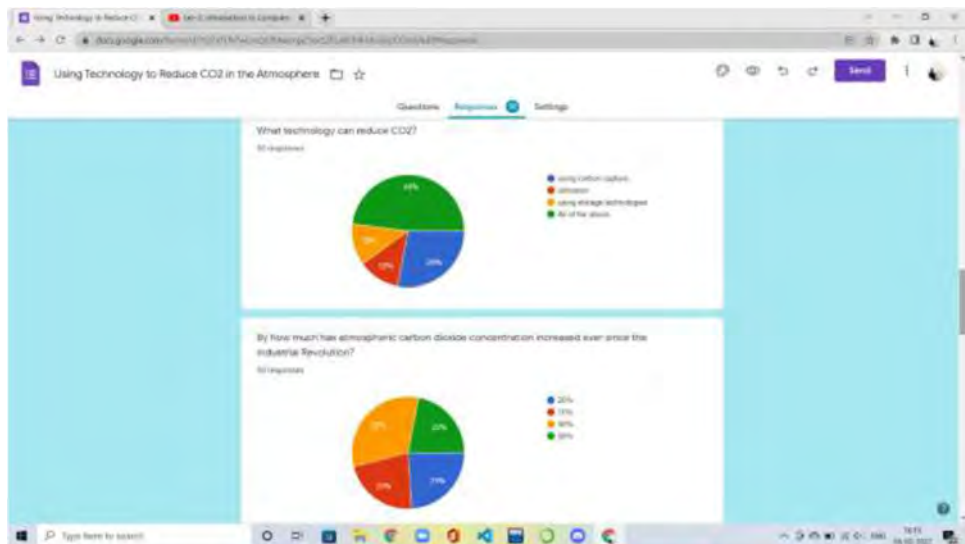
Submit

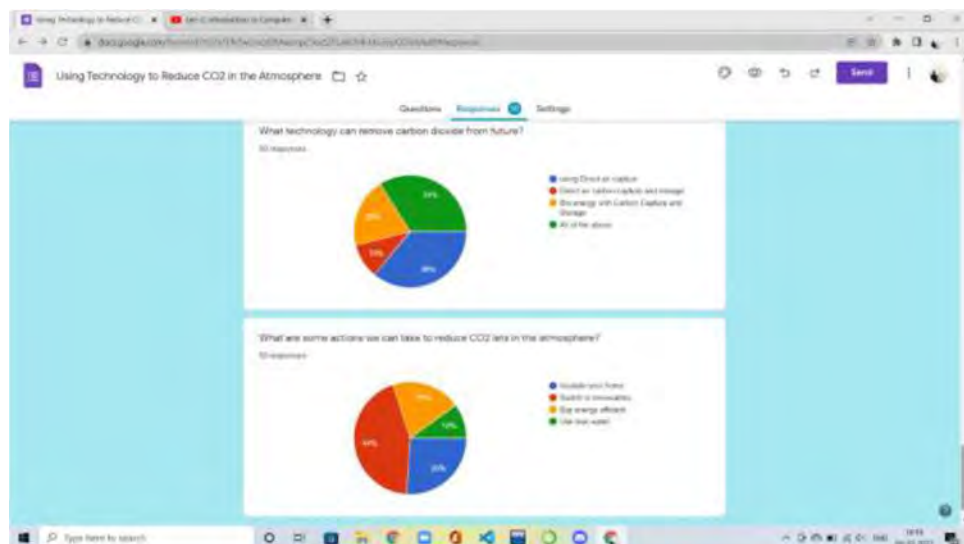
View instant responses through Google Forms

Google Forms

The Responses for the above Questions are:







Based on the survey, we were able to gather information related to carbon emission, efficient ways to reduce carbon emission and use of technology to reduce carbon emissions

Objective: Information about survey questions and report

Outcome: Survey report will give us information about the survey and the solutions to the problems

➤ Day 5: Article writing for Magazine with a connect to Society

Article Writing is a type of report used to write about a certain problem statement and solutions. These articles will be useful for the readers to gain information on a specific topic and also for research purposes. After the session our group have begin to work on the article and we did lot of research and after that we have

made an article and told people about technology that we can use to reduce co2 from atmosphere.

Objective: To do research about technology used in reduction of co2

Outcome: Article writing will give us information about the technology & people will know about Problem that they faced in their life.

➤ **CONCLUSION ABOUT ALL THE SESSION**

From first day to last day of ABL session we came to different thing and all the session is very important for us. Personality development to article all the things are very important and we should know these things in our life. In all session students have to give their best performance. All the students were facing difficulties in tests like WAT (Word Association Test), TAT (Thematic Apperception Test), SRT (Situation Reaction Test) and SDT (Self-Description Test). In Lecturette all students have to speak in the given topic on the spot. And another session is all about the brainstorming in that we have to discuss group about the given topic on the spot. Lastly, we have survey and article writing session in that we have given a certain topic in that we have to take a survey and analyze the given problem that all the people facing and get the solution for them. And the last was article writing in that we have to make an article on the given topic and in that people will come to know the different techniques used to reduce co2 in the atmosphere. This is how ABL session end and the best session we have seen.

➤ **LINK**

❖ For survey

https://docs.google.com/forms/d/e/1FAIpQLSc1fzBk3aAXNJc19Gw-0sZIXD7uTJ9yUj6S4yq79j8yf3bhuA/viewform?usp=sf_link

❖ Wordpress

<https://socialawareness22853754.wordpress.com/2022/03/03/using-technology-to-reduce-co2-in-the-atmosphere/>

THANK YOU