

Holistic Education with STEAM in School Education

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ABSTRACT: Paper presentation for the International Journal of Advances in Engineering and Management (IJAEM) with a theme of Practices of STEAM education at National and Global level, with a sub – theme of STEAM for Health, Hygiene and Wellbeing and with a Title of the Paper as Holistic Education with STEAM in School Education.

In this process, we are not only teaching them the subject but we make them comfortable to learn by them self. STEAM approach ensures the acquisition of 21st century skills to make them fit for the digital society. The three main skills they should gain at the school level are inquiry skill, critical thinking skill, dialogue skill for better communication.

Online interaction session having its real impact on children well being, health and hygiene. Students all round development will enrich in school premises only but World wide students life's are stressed and strained by this pandemic situation of COVID-19. Due to this most of the students are escaping from learning environment. It's our responsibility to ensure them to listen the virtual classes in a holistic way.

In this presentation, we've told how to keep the young children healthy, well being and hygiene during virtual classes. It depends upon the situations, we may modify as per our situations for the benefit of fruitful results and Moreover we make a holistic life for everyone.

Keywords: Environment, Hygiene,, Holistic, Interaction and Virtual classes.

I. INTRODUCTION:

Integration of STEAM in school education at right time, which is essential for sustain of the system for a long time. Here the most important persons are student and we teach them under this umbrella of STEAM - (Science, Technology, Engineering, Arts and

Mathematics). It includes Arts component to earlier STEM.

In this process, we are not only teaching them the subject but we make them comfortable to learn by them self. STEAM approach ensures the acquisition of 21st century skills to make them fit for the digital society. The three main skills they should gain at the school level are inquiry skill, critical thinking skill, dialogue skill for better communications.

The four C's of 21st Century skills are Critical thinking, Creativity, Collaboration and Communication Skills.

The IMT of 21st Literacy skills are Information, Media and Technological Skills.

The FLIPS of 21st Life skills are Flexibility, Leadership, Initiative, Productivity and Social skills.

II. OBJECTIVE :

Online interaction session having its real impact on children well being, health and hygiene too. Students all round development will enrich in school premises only but World wide students life's are stressed and strained by this pandemic situation of COVID-19. Due to this most of the students are escaping from learning environment. It's our responsibility to ensure them to listen the virtual classes in a holistic way.

III. DETAILED INFORMATION OF THE TOPIC:

To keep sound health (Physical, Mental, Spiritual, and Emotional) and hygiene is most important. We need nutrient food which contain – food grains, cereals, vitamins ... (Science). It helps us to get all these in required proportion, these are obtained by seeding, planting, growing, watering, collecting grains, cutting, grinding ... (Technology), preparing instruments, machines, computers ... (Engineering), in this process we use many arts activities like engaging

labor, organizing field work...(arts), investing money, calculating work progress, distribution of wages...(Mathematics).

Sound health requires a good habits like daily physical exercise (Yoga /Karate) and Mental exercises (Meditation) and hygienic habits' like daily shower, nail, sickness, handwash, toilet etc. So the education system should be enrich the student and make them a self learner to face any hurdles, need to acquire required technology, which they may not study in school stage, but possessing critical thinking, applying creative ability they can stand in any novel situation.

IV. PROBLEMS FACING IN VIRTUAL CLASSES:

From the past few months World wide students facing so many problems during online sessions and we can't under estimate all this issues.

1. Due to improper posture or lack of movements they have eye problems. Even they are suffering from neck pain and back ache,because they are spending most of the time in online classes.
2. Due to improper learning environment the students are not experienced by different types of emotion. So they lack emotional balance.
3. The heavy schedule of online classes pressurize the students mindset.
- 4.The student's thoughts are not going ahead, as they have no choice of sharing their innovative ideas with friends or teachers because they are engaged only in online classes.
5. There are no physical breaks in between each sessions. So they're very much eager to participate in extracurricular activities.

V. IMPLICATIONS:

Concentrate on the following 15 points during online sessions for sound Health, Hygiene and Well being...

1. Before Starting academic syllabus interact with the students for the joyful environment.
2. Most of the children are very much found of virtual backgrounds. So, in our opinion just allow the students to keep the virtual backgrounds. So, that they feel happy and all online sessions will be very fun andcreative with interactive.
3. If possible during the online sessions apply project based learning by dividing the children into different groups so that they don't feel lonely and they together do the activities assigned to them.
4. Make a time for conversation that means divide the 40 minutes session intotime breaks for introduction, time for the topic explanation, for the

interaction. So, that the students may easily understand the holeat a flash.

5. Make a good communication with the parents, this may be helpful for us to understand the students mental and physical status. By friendly atmosphere of teacher and parent relationship, the students will feel happy and the parents also come to know, What is happening during and after the classes.

6. If possible then make class-wise video calls at least once in a week. So that the individual child feel that they are together with their classmates during this pandemic situations also.

7. After every 2 hours, plan a meditation class. So that the child feel pleasant and by the end of each session discuss the need and importance of washing hands to keep germ / virus free.

8. Once in a week, plan a class for interactive open session by the teachers with the students and parents. So that, this maybe helpful to discuss the problems of children and they can share their thoughts.

9. During online sessions communication plays an effective role for both the students and teachers. So, encourage the students to ask questions, to know whether they understood the topic clearly or not.

10. If possible keep anassistant teacher during live session. So that he/she may assist you and help the students in case of any technical issues.

11. Allow the children to express their thoughts and allow them to explore the situations freely.

12. Make a time for co-curricular activities at least for once or Twice in a week during online classes.

13. If a child is not feeling well, give him /her permission to take a leave from the session and engage

a personal tutorial at a convenient time.

14. Most of the students are living in remote areas. So there will be a signal problems by understanding

this situations, give proper time to complete their assigned work.

15. Homework need to be assign keeping in mind, that they are not supposed to go out of the house for collecting data or anyother information.

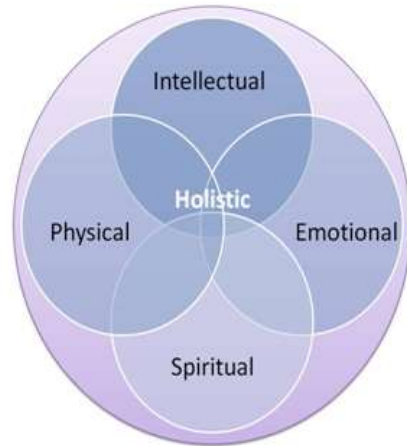
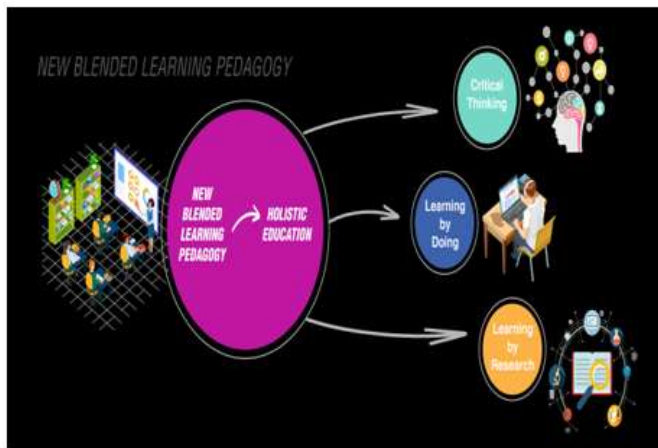
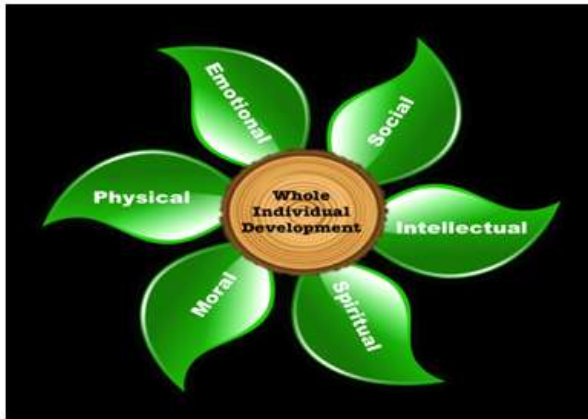
VI. CONCLUSION:

In this paper presentation, we've told how to keep the young children healthy, well being and hygiene during virtual classes. It depends upon the situations, we may modify as per our situations for the benefit of fruitful results and moreover we make a holistic life for everyone.

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Practically situation of online teaching from our students, co-teachers and Parents.

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