

*CHAPTER- III*  
*PROCEDURE AND*  
*METHODOLOGY*

This chapter is concerned with the details of the techniques adopted in this study, it describes the methodological aspects of the study. It elaborates the sampling technique employed, the tool used, source of data and its collection and procedure of scoring used in and statistical techniques used. This chapter also includes the research design. The research design is the detailed plan of the investigation or the blue print of the obtained data.

**Sampling Size:**

A sample of 30 students were taken from the demonstration school of Bhopal city.

The following table shows the position of the sample

No. of Students	Class	Medium	School
30	VIII "A"	English	Demonstration Multipurpose School, Bhopal

**Data Gathering Device:**

To carry on any type of research investigation the data are gathered from which the hypothesis may be tested. For the purpose of this study investigator has used LVEP.

The LVEP was conducted in the following manner:

**Day-I** : Friday  
**Date** : 10th Jan'04  
**School** : Demonstration School.  
**Duration** : 45 mins.

**Activity:** Situation cards were given and questions were asked for the pretest to find out the awareness of values of Peace and Tolerance among Elementary school students of class VIII.

**Procedure:** The students were verbally asked question and were asked to write down their honest answers on the answer sheet in front of the question number given and then after each question some students were asked to read aloud the answers.

**Day II** : Monday  
**Date** : 12th Jan'04  
**Duration** : 1:30 mins.



**Activity:** (1) Orientation of values of Peace and Tolerance, (2) story telling for tolerance (3) relaxation exercise for peace and (4) explanation of rainbow as a concept for tolerance.

**Procedure:** Orientation of Peace – For this Peace lessons were given, and the following points were reflected upon. To experience peace for self.

- To identify what allows the students to feel peaceful.
- To identify differences between a peaceful world and a world of conflict.
- To identify thoughts and actions that allows peace to grow.
- To increase knowledge about the components of a peaceful world.
- To build positive, peaceful methods of dealing with conflict including conflict resolution skills.

Discussions were held on a peaceful world, arms classroom and in the school.

**Orientation of Tolerance:** For this the Tolerance lessons were given under which the following points were reflected.

- To understand tolerance through understanding others.
- To listen to others.
- To increase knowledge and appreciation of different cultures.

- To understand that every culture & race is valuable as every ray of a rainbow.
- To develop socially conscious skills for increase social cohesion.
- To understand that seeds of intolerance and fear.
- To discuss intolerance and tolerance.

Story Telling: The story "A Bowl of stock" was told and questions were asked related to the story with points like what would you do if you were in place of the lady in the restaurant etc.

**Relaxation exercise for peace:** It went like this – one way to be peaceful is to be silent inside. For a moment think of the stars and imagine yourself to be just like them. They are so quiet and peaceful. Let your body be still... Relax your toes and legs... Relax your stomach... and your shoulders... Relax your arms... close your eyes... your, the tiny star inside are peaceful inside... This light is soft and safe... Relax into that light of peace alone... and so on...

Rainbow: A rainbow was drawn and coloured and the concept of Tolerance of cultures and race and people world wide were discussed.

**Day III** : Tuesday  
**Date** : 13th Jan'04  
**Duration** : 1:30 mins.

**Activity:** (1) A group song on peace was sung, (2) followed by meditation, (3) discussion on a world of peace versus a world of conflict. (4) Real stories of Nelson Mandela and Mother Teresa discussed. (5) Discussion of different cultures.

**Procedures:** Peace – The Researcher sang a song on peace and love and the class repeated after her and thus a group song was sung where all the students participated, together.

Then there was a short meditation conducted in which the students sat peacefully with eyes closed and remained in the state for few minutes.

The students were asked to make two columns on the board and one by one they entered the actions of world of conflict and peaceful world in them. Discussion of Reflection points were done:

- Peace is more than the absence of war.
- Peace is living in Harmony and not fighting with others.

- If everyone was peaceful this would be a peaceful world.

Tolerance – Nelson Mandela's "Walk to freedom" and Mother Teresa in our country was discussed with regards to Tolerance. Students were asked to talk about Tolerant people they know around them.

India has a variety of cultures and so the students one by one discussed their cultures and also tried to appreciate cultures of others. The students were asked to discuss what they discovered and really appreciate about a culture different than their own.

**Day III** : Wednesday

**Date** : 14th Jan'04

Holiday

**Day IV** : Thursday

**Date** : 15th Jan'05

**Duration** : 2 hours

**Activity:** (1) Collage making of peace and war, (2) of tolerance and intolerance. (3) Prayer on peace and discussion on discrimination.

**Procedure:** Peace – The students were asked to think about what peace means to them, instructed them to make in image or an object or paste photos, pictures of magazines or symbols that illustrate a peaceful world. The collage consisted of a peaceful world on one side and the other side had wars and conflicts representing war and agony.

A student came forward with a prayer of peace by Rabindranath Tagore – Make me a channel of your Peace...

Tolerance: A collage of Tolerance and a map of intolerance was prepared similarly by drafting pictures, images, and photos with news and Articles and slogans. The collage was later discussed in the class.

Discrimination was discussed in the class. Students were asked about tolerance of differences they have noticed at school, or in society.

Have you ever been discriminated against? How did it feel?  
Points like this were discussed.

**Day V** : Friday

**Date** : 16th Jan'04

**Duration** : 1:30 mins.

**Activity:** Post test.



**Procedure:** Situation cards were given and question were asked. The students were given sheets to answer is front of the number of the question and the question were told verbally.

The students were then thanked for then cooperation during the conduction of the LVEP and were wished good luck and the researcher took leave.