

CAREER COLLEGE, BHOPAL

SESSION:2022-23

One Week Faculty Development Programme

Theme: "Professional Ethics"

Duration: 24.04.23 to 29.04.23

Organized

by

Inter Quality Assurance Cell (IQAC)

REPORT

Educators have the highest calling of all and can set the course for the students' entire life. The role of teachers is to teach priceless life lessons in addition to just academics. Teachers must adhere to display professionalism and set a good example. With an aim to apprise and enlighten all, a one Week Faculty Development Programme on "Professional Ethics" was organized from 24th April to 29th April 2023 under the banner of IQAC, Career College, Bhopal.

DAY-1: 24-4-2023

On 24th April 2023 (Monday), the theme of invited talk was on the topic "Emotional Intelligence and Stress Management Skills". Ms. Hina Mathur renowned Motivational Speaker was the esteemed Resource Person. The moderator of the day was Dr. Priyanka Kurup Nair, Assistant Professor, Dept. of Commerce and Management. The welcome address was given by Principal Dr. Charanjeet Kaur.

She explained the relationship of emotional intelligence, self awareness and how it can be developed. Emotions lead to thoughts which define our behavior and ultimately affect our performance. The four skills of EI are self awareness, self management, social awareness and relationship management which lead to personal competence and social competence as well. One should understand the emotional triggers, red flags like angry tirades ,door slamming, passive aggressive behavior etc. Social Awareness requires

empathy and further we can use this awareness to manage relationships in our life. Organizational engagement is also a part of social engagement which included trust, motivation, change, teamwork and execution. Stress management requires identifying the stress signs and then finding solutions to it. Exercise, supplements (ashwagandha, kava, green tea etc), aromatherapy, chewing gum, spending time with family, laughing, avoiding procrastination and yoga were few solutions given by the speaker.

Her deliberation made all the faculties to understand the significance of Self Emotions, Self Worth, and Self Happiness. Her talk was a nice blend of ethics and professionalism.

The problems are gaps, gaps can be overcome by improvement, which in turn gives us opportunities to learn and to do something new with this note, vote of thanks was given by Principal Dr. Charanjeet Kaur madam who appreciated the efforts of the speaker on behalf of the Management and staff of Career College.

DAY-2: 25-4-2023

On 25th April 2023 (Tuesday), the theme of invited talk was on the topic "**Managerial Skills**". Dr. Rajeev Agrawal renowned industrialist and Motivational Speaker was the esteemed Resource Person. The welcome address was given by Principal Dr. Charanjeet Kaur.

Dr Agrawal discussed about stress management as one of the managerial skill and also discussed about how to learn acceptance and change habits. It is important to know yourself and carefully consider the causes of stress. This awareness and practice helped the participants to understand and develop coping techniques for managing stress. The session provided a good learning experience with live examples of Principle of acceptance. He also made the participants to understand the theory of "Stop Loss". He explained the theory of events and response which equals to outcome. He concluded his session with the life changing mantra "Accept people and things as it is".

The vote of thanks was given by Principal Dr. Charanjeet Kaur madam who appreciated the efforts of the speaker on behalf of the Management and staff of Career College.

DAY-3: 26-4-2023

On 26th April 2023 (Wednesday), the theme of invited talk was on the topic "**Time Management and team building**". Shri. Pradeep Ghosh founder and Advisor OASIS was

the esteemed Resource Person. The welcome address was given by Principal Dr. Charanjeet Kaur.

Mr. Ghosh took an interactive and activity-based session to explain the importance of becoming a competent team member and the skills required to build a strong result-oriented team. The session was totally based on activity learning which proved that learning can be best understood by doing actions. Mr. Ghosh cited many examples to make the attainment of the skills very clear and how to utilize resources properly. He quoted that biggest room in the world is "Room for improvement". He concluded his deliberations by saying that timeline should always be suggestive in nature and good team work starts from the process of bottom-up planning.

The vote of thanks was given by Principal Dr. Charanjeet Kaur madam who appreciated the efforts of the speaker on behalf of the Management and staff of Career College.

DAY-4: 27-4-2023

On 27th April 2023 (Thursday), the theme of invited talk was on the topic "Art Therapy". Mrs. Swati Rajoria renowned Creative Art Practitioner was the esteemed Resource Person. The moderator of the day was Mrs. Namrata Ganguly, Assistant Professor, Dept. of Commerce and Management. The welcome address was given by Principal Dr. Charanjeet Kaur.

The speaker emphasized on the value system and discussed the importance of perception for deciding right and wrong in any scenario. Ethics and ethical behavior is a practice decided by one's conscious. Work ethics depends mainly on your adaptive nature, dedication to work, cooperative behavior, responsibility, honesty, attitude, productivity, effective communication etc. She stressed on being a team player who should be objective oriented and thus contributing as a team member. One should always work upon developing core values like honesty, loyalty, generosity and integrity. She explained the importance of a thought-provoking question in one's life, **Who am I?** One can find the answer to this question through analyzing self character, personality, attitude and temperament.

Further all participants were given art theme of showcasing their inner needs, barriers, distractions and expressed these through drawing and interpreting it for self improvement. She concluded the session by saying that all should be open to observe, absorb and reflect in every situation of life.

The vote of thanks was given by Principal Dr. Charanjeet Kaur who thanked and obliged the session by Mrs. Swati Rajoria on behalf of Career College, Family.

DAY-5:28-4-2023

On 28th April 2023 (Friday), the theme of invited talk was on the topic “**Human Rights and Environment**”. Prof. Dr. Rajiv Khare Professor of Law NLIU, Bhopal was the esteemed Resource Person. The moderator of the day was Dr. Priyanka Kurup Nair , Assistant Professor, Dept. of Commerce and Management. The welcome address was given by Principal Dr. Charanjeet Kaur.

The session was initiated by exchanging of ideas on the issues concerning the Human Rights and Environment. His session was based on the concept of Equality Rights, Right to Freedom, right to live and personal liberty. He also focused on Sustainable Development Goals that are the blueprint to achieve a better and more sustainable future for all. He stated that human rights are affirmative and environment rights are regulatory in nature. He emphasized on the interlinking of 3Ps Population, Poverty and People. The session provided insight on the various challenges associated with environment as well as human rights and interrelationship of both which was well explained together with examples.

The vote of thanks was given by Principal Dr. Charanjeet Kaur madam who appreciated the efforts of the speaker on behalf of the Management and staff of Career College.

DAY-6:29-4-2023

On 29th April 2023 (Saturday), the theme of invited talk was on the topic “**Strategies for enhancing mental health among youth**”. Prof. Dr. Bhupinder Singh Professor and Head, Department of Psychology, UTD, Barkatullah University, Bhopal was the esteemed Resource Person. The moderator of the day was Mrs. Namrata Ganguly, Assistant Professor, Dept. of Commerce and Management. The welcome address was given by Principal Dr. Charanjeet Kaur.

Prof. Singh explained importance of mental health and wellbeing and emphasized on resilience and optimism in one's life. He discussed about the prevalence of mental health among youth today. Further he explained the factors affecting mental health and its risk factors. He suggested strategies for enhancing mental health in youth which included encouraging healthy habits, foster strong relationships, promote positive

thinking, provide access to mental health services, psychological interventions and promoting resilience.

He concluded by saying that mental health is priority, happiness is essential and self-care is a necessity. In the end a small video on MANSIK SWASTHYA was also shared by Dr. Bhupinder.

Spirituality and believe is the foundation stone for one's wellbeing and connecting to our roots will always strengthen our personality, with this note, the vote of thanks was given by Principal Dr. Charanjeet Kaur madam who appreciated the efforts of the speaker on behalf of the Management and staff of Career College.

Prepared by:

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15/12/2023
Principal
Career College, Bhopal