

Three Days Workshop
Report
On
Understanding of the Self



GRIZZLY COLLEGE OF EDUCATION

NAAC ACCREDITED WITH "B" GRADE

Recognised by ERC, NCTE, Affiliated to Vinoba Bhave University, Hazaribag & JAC, Ranchi
NEAR SATPULIA, GUMO, P.O. JHUMRI TELAIYA, DIST. KODERMA (JHARKHAND)

About Workshop

Everything that irritates us about others can lead us to an understanding of ourselves - Carl Gustav Jung

Understanding self is compulsory for a trainee who is pursuing B.Ed. course.

Being unsure and insecure about **understanding the self** can result in not being successful or not caring about life. It is important to understand the self and what type of person to be. Self-understanding is necessary to get to a self-concept.

While many may believe that self-concept and self-understanding are the same, there is a distinction. **Self-concept** is all the behaviours, beliefs, and abilities one has about him or herself and what is understood from the responses of others. **Self understanding** is the ability of the individual to understand his or her own behaviours, actions, and reactions.

Teachers' Self- Development or self-development refers to possessing personal strengths and characteristics that aid teachers define and make sense of their teaching practice and of themselves as individuals. This is through developing the necessary life skills that can help them grow in and outside their profession.

The understanding self is not something that you are born with, but which anyone creates and develops as they grow. The development of self can be discussed in infancy, early childhood, middle childhood, and adolescence.

The goals of teacher training also include changing trainees' attitudes towards teaching. At the same time the attitude toward the profession, the learning situation and the roles teachers are expected to play in the classroom have an important effect on the learning process. Attitudes are not innate, but culturally and socially acquired. Although they can be modified by experience and reflection, they tend to be deep-rooted and persistent (Coleman, 1996). Attitude is related to motivation. Learners' motivation may be determined by their attitude toward teaching and learning environment.

Main features:

- Effective goal-setting
- Clear communication

- Acting as a role model
- Adaptability and flexibility
- Preparation
- Self-reflection
- Life-long learning
- Promoting a love of learning

Significance of Understanding of the Self

(a) Understanding self is key to self-awareness, it allows us to look at our thoughts, feelings emotions, and actions. Through this practice, we are able to look at ourselves with interest and curiosity.

(b) Self-awareness is important because when we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals.

(c) Understanding self is important to gain a good understanding of ourselves to identify our values and strength.

Three-Day Workshop Programme on **UNDERSTANDING THE SELF** was conducted by IQAC, Grizzly College of Education from 18th of October 2022 to 20th of October 2022. The Workshop was conducted by Mr. Sumit Dutta,

Inaugural Session

Mr. Avinash Kumar Seth, Honourable Secretary, Grizzly College of Education



The Inaugural began with the tradition of Lighting the Lamp and Prayer Song. The Program was presided by Mr. Avinash Kumar Seth, Secretary, Grizzly College of Education and correspondent Dr. Sanjeeta, Deputy Director. Principal introduced to all the honourable guests and shared a few details about the college.

Honourable Secretary Mr. Avinash Kumar Seth addressed the pupil-teacher that self-understanding is a journey in life, and it is essential to maintain a better life. Through self-understanding, we develop our profession and career and help to understand others. It is very important for pupil teachers so that they will able to understand their students when they will be a teacher. He concluded his speech by saying that self-understanding will always lead to new things to discover about you and that we are able to establish a healthy society.



Dr. Sanjeeta Kumari, Deputy Director, Grizzly College of Education

Dr. Sanjeeta Kumari, honourable deputy director, Grizzly College of Education, addressed the teachers, saying that self-understanding is a crucial factor in life that helps individuals achieve their goals. She also gave importance to understanding oneself, which is essential for building a career and maintaining professional ethics. Dr. Sanjeeta promoted self-awareness among the teachers enthusiastically. She extended her gratitude to the resource

person, Mr. Sumit Dutta, the principal, the pupil-teachers, and the organising teams for organising and maintaining such types of workshops.

Prof. (Dr.) B.C.Swain, Principal, Grizzly College of Education



Prof. Swain addressed that understanding of self is the significant role in life and if we able to understand ourselves, we must attain the best life. The art of living is started from own self when we able to understand own qualities, strength, and weakness. In the context of teacher education he has given the importance to understand the self and how to be a good teacher and teacher is the best mind of the nation.





Day 1 (Date: 18.10.2022)

Resource Person: Mr. Sumit Dutta

Title: Physical and Mental Health

On the first day, Mr. Sumit Dutta focused on physical and mental health and sequentially presented the points of the two models, the bio-medical model and the bio-psychosocial model, systematically. He has given the task to the teacher trainees that the main causes of our stress and after getting written responses from teacher trainees he explained the causes of stress through the demonstrations. He elaborated that the preventive measures of stress and understanding the causes by the introspection method.

Mr. Dutta explained that health psychology is a specialty within the discipline of psychology concerned with individual behaviours and lifestyles affecting physical health. The discipline strives to enhance health, prevent and treat disease, identify risk factors, and improve the healthcare system's public image regarding health issues. Health psychology is the aggregate of the specific educational, scientific, and professional contributions of the discipline of psychology to the promotion and maintenance of health, the prevention and treatment of illness, the identification of etiologic and diagnostic correlates of health, illness, and related dysfunction, and the analysis and improvement of the health care system and health policy formation.

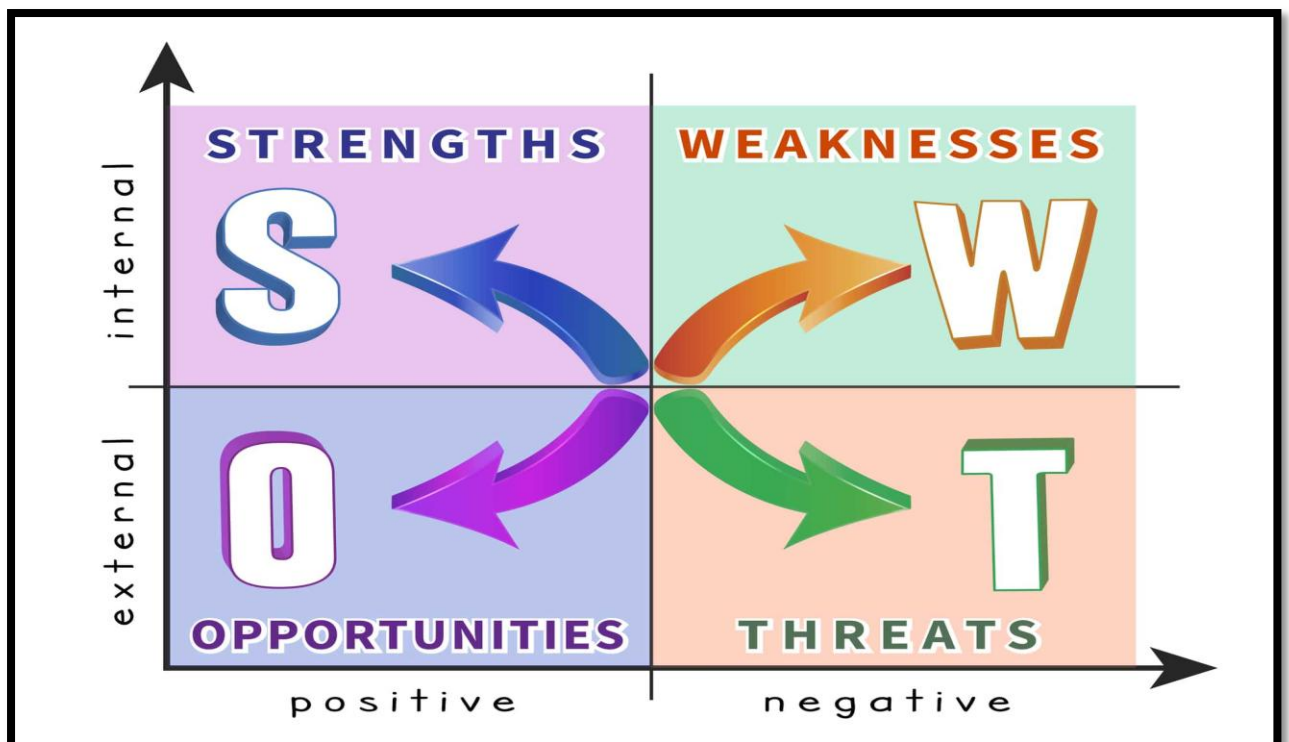
He has nicely given suggestions that how to overcome and manage properly the stress through self-understanding and the session ended enthusiastically.





Day 2 (Date: 19.10.2022)

Titled: Strength, Weakness, Threats and Opportunities (SWOT) in Life



On the second day, Mr. Dutta beautifully elaborated the SWOT. A SWOT analysis evaluates the internal strengths and weaknesses and the external opportunities and threats in life. The internal analysis is used to identify resources, capabilities, core competencies, and competitive advantages inherent to the organization. The external analysis identifies market opportunities and threats by looking at competitors' resources, the industry

environment, and the general environment. The objective of a SWOT analysis is to use the knowledge an organisation has about its internal and external environments to formulate its strategy accordingly.

He concluded that SWOT analysis can be misused by practitioners. The correct use of the tool is essential in ensuring that the right strategic action is defined in the process. It is good at drawing a picture of the current internal and external state of affairs, but it does not necessarily provide a guide to the strategic action that is required. SWOT is more of a descriptive tool for conducting an overview of the environment. It is not a prescriptive tool that determines the nature of strategic planning. An analytical approach should go beyond the mere generation of lists under each heading and should seek to determine the cause and effect arising from each factor in the process. A number of proponents have made various recommendations with a view to enhancing the effectiveness of the tool. Strategy scholars have suggested combining the SWOT analysis with the Balanced Score Card and the Quality Function Deployment (QFD) into a single tool for analysis. In spite of its limitations, there is general acceptance that SWOT remains a useful tool for reviewing a firm's competitive position.





Day 3 (Date: 20. 10.2022)

Title: Stress Management

Mr. Dutta nicely introduced about stress management that the stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation. If you view a situation negatively, you will likely feel distressed—overwhelmed, oppressed, or out of control. Distress is the more familiar form of stress. The other form, eustress, results from a “positive” view of an event or situation, which is why it is also called “good stress.”

He has explored the causes of stress clearly to the pupil-teachers that life events such as marriage, changing jobs, divorce, or the death of a relative or friend are the most common causes of stress. Although life-threatening events are less common, they can be the most physiologically and psychologically acute. They are usually associated with public service career fields in which people experience intense stress levels because of imminent danger and a high degree of uncertainty—police officer, fire and rescue worker, emergency relief worker, and the military. You may not plan to enter a high-stress career, but as a college student, you may find that the demands of college life can create stressful situations. The National Institute of Mental Health (NIMH) notes some of the more common stressors for college students:

- Increased academic demands
- Being on your own in a new environment
- Changes in family relations
- Financial responsibilities • Changes in your social life
- Exposure to new people, ideas, and temptations
- Awareness of your sexual identity and orientation
- Preparing for life after graduation.

He has focused on techniques management of stress and elaborated one by one The first step is understanding yourself better—how you react in different situations, what causes you stress, and how you behave when you feel stressed. Once you've done that, take the following steps:

Set priorities. Use the time-management tips you learned in Section 1. Make a To-Do list. Decide what is really important to get done today, and what can wait. This helps you to know that you are working on your most immediate priorities, and you don't have the stress of trying to remember what you should be doing.

Practice facing stressful moments. Think about the event or situation you expect to face and rehearse your reactions. Find ways to practice dealing with the challenge. If you know that speaking in front of a group frightens you, practice doing it, perhaps with a trusted friend or fellow student. If the pressure of taking tests causes you to freeze up, buy some practice tests at the school bookstore or online and work with them when there are no time pressures.

Examine your expectations. Try to set realistic goals. It's good to push yourself to achieve, but make sure your expectations are realistic. Watch out for perfectionism. Be satisfied with doing the best you can. Nobody's perfect—not you, not your fellow Cadet, nobody. Allow people the liberty to make mistakes, and remember that mistakes can be a good teacher.

Live a healthy lifestyle. Get plenty of exercise. Eat healthy foods. Allow time for rest and relaxation. Find a relaxation technique that works for you—prayer, yoga, meditation, or breathing exercises. Look for the humour in life, and enjoy yourself.

Learn to accept change as a part of life. Nothing stays the same. Develop a support system of friends and relatives you can talk to when needed. Believe in yourself and your potential. Remember that many people from disadvantaged backgrounds have gone on to enjoy great success in life.

“We are professional students – our job is study”

He addressed the pupil-teacher that Work is the most universal means of individuals' self-expression revealing their true nature and essence. If a profession is chosen successfully, work brings joy and satisfaction; it further develops worker's personality and becomes the content and fulfilment of his/her life. The key principle in the optimum career choice is the correspondence of the work to the worker's interests and abilities; however, the demand in the labour market is equally important nowadays.

Valedictory Session

The valedictory session started with a welcome by Manshika. Then the speech was given by our principal about workshops. After that, we had reports read by Divya Singh and Abhimanyu Kumar. After that, feedback is given by Kalpana Singh, Komal Sharma, and Prashant Kumar. After that blessing speech is given by our Deputy Director Mam. After that, we had certificates and prize distribution. After that, the Shawl and Memento presentations are done by our principal and deputy director, ma'am. A vote of thanks is given by Manshika Jain. After that, we had a photo session. At last, we had National Anthem. The whole programme was anchored by Manshika Jain and Anupam Kumar Singh. Now workshop came to an end.

Vote of Thanks

On behalf of the Grizzly College of Education, Mrs. Mirdula Bhagat, coordinator, extended her gratitude to the resource person, Mr. Sumit Dutta, for his ability to properly and informatively present the content knowledge with demonstration. She expressed her gratitude to the honourable secretary for supporting the organisation of the three-day workshop and to the honourable deputy director, madam, and principal for supporting the organisation and success of the workshop. Lastly, she expressed her gratitude to all the pupil-teachers, faculty, and staff of the college.

The workshop ended with the National Anthem.





नमस्ते झारखंड | 18.10.2022 कोडरमा 8

ग्रिजली कॉलेज में स्वयं को जानो विषय पर तीन दिवसीय कार्यशाला शुरू

कोडरमा। ग्रिजली कॉलेज ऑफ एजुकेशन में स्वयं को जानो विषय पर तीन दिवसीय कार्यशाला का शुभारंभ किया गया। कार्यक्रम का शुभारंभ दीप प्रज्वलन करने के पश्चात मां सरस्वती के मूर्ति पर माल्यार्पण रिसोर्स पर्सन सुमित दत्ता, महाविद्यालय के सचिव अविनाश सेठ एवं उपनिदेशक डॉ संजीता कुमारी एवम प्राचार्य डॉ. बी. सी.स्वेन द्वारा किया गया। महाविद्यालय के प्राचार्य प्रोफेसर डॉ बीसी स्वेन ने कार्यशाला में उपस्थित सभी लोगों का स्वागत किया। एवम स्वयं को जानो के महत्ता को समझाया। इसके पश्चात महाविद्यालय के सचिव अविनाश सेठ ने कहा कि अध्यापक की पहचान उसके व्यक्तित्व से होती है इसलिए भावी शिक्षकों को अपने व्यक्तित्व का विकास अवश्य करना चाहिए। यह कार्यशाला इस दिशा में एक सकारात्मक पहल है। कार्यशाला के उसके निवारण को ग्रुप वाइज उन्हीं के द्वारा वागीश दुबे, सौरभ शर्मा, अजय कुमार गुप्ता, प्रथम सत्र में रिसोर्स पर्सन ने मेंटल और साइज किया गया। कार्यक्रम में पूजा वर्मा, खुशबू सिन्हा, कार्यक्रम का संचालन अनुपम फिजिकल हेल्थ में अन्तर बताया तथा साथ ही हाजरा खातून, सुधीर कुमार, पूजा कुमारी, श्रुति कुमार सिंह एवं मंशिका जैन ने किया। साथ प्रशिक्षुओं को विभिन्न ग्रुपों में बांटा गया कुमारी, प्रशांत कुमार, फल्लवी पांडे, कल्पना कार्यक्रम महाविद्यालय की सहायक प्राध्यापक जिसमें सभी को अपने समस्याओं को साझा सिंह, जागृति कुमारी, अनुराधा कुमारी, मृदुला भगत एवं प्रिया कुमारी की देखरेख में कर उनके हल ढूंढने के लिए बोला गया। लंच रोशनिन इक्का, मोचन दयाल, दयानंद संपन्न किया गया। ब्रेक के बाद कार्यशाला के द्वितीय सत्र में कुशवाहा, सूरज प्रसाद, कोमल शर्मा, राहुल प्रशिक्षुओं के द्वारा लिखे गए समस्याओं एवम कुमार, स्वाति कुमारी के सहायक प्राध्यापक



नमस्ते झारखंड

Mridula Bhagat
Programme In-Charge

दैनिक जागरण रांची, 22 अक्टूबर, 2022

कार्यशाला से प्रशिक्षुओं को मिलता है फायदा

संवाद सत्र, झुमरीतिलैया (कोडरमा): ग्रिजली कॉलेज ऑफ एजुकेशन झुमरीतिलैया में स्वयं को जानो विषय पर तीन दिवसीय कार्यशाला का समापन शुक्रवार को हुआ। कार्यशाला के तीसरे दिन प्राचार्य डा. बीसी स्वेन ने कहा कि कार्यशाला से सभी प्रशिक्षु निश्चित तौर पर लाभान्वित हुए हैं। उन्होंने बताया कि प्रशिक्षु अपने जीवन में इसका प्रयोग कर और सार्थक कर सकते हैं। उपनिदेशक डा. संजीता कुमारी ने बताया कि कार्यशाला में बताए गए बातों का प्रयोग कर प्रशिक्षु खुद को स्पष्ट रूप से समझ सकते हैं एवं हर क्षेत्र में सफल हो सकते हैं।



मेमेटो प्रदान करती महाविद्यालय की उपनिदेशिका डा. संजीता कुमारी • जागरण

कार्यशाला में प्रशिक्षु कल्पना सिंह, कोमल शर्मा, प्रशांत कुमार एवं अभिमन्यु कुमार ने फीडबैक दिया। कार्यक्रम में सभी प्रशिक्षुओं को कार्यशाला के प्रमाण पत्र दिया गया। प्रशिक्षु अनुपम एवम मोशिका जैन को उत्कृष्ट कार्य के लिए पुरस्कृत किया गया और

एनएसएस के किनोबा भावे ग्रुप को बेस्ट रिपोर्ट अर्वाइड दिया गया। कार्यशाला को रिसोर्स पर्सन डा. सुमित दत्ता को शाल एवं स्मृति चिन्ह भेंट कर सम्मानित किया गया। इस अवसर पर वीएड सत्र 2020-22 की प्रशिक्षु आकांक्षा प्रिया, सुभिता सिंह, सोनम बाखला, चंदनी कुमारी, सूरज प्रसाद, गीता कुशवाहा, जागृति कुमारी, काजल कुमारी, रीना सोरेन, भारती कुमारी, रुखसार फातिमा, लालमुनि, पूजा कुमारी सिंह, उरुसा, करुणा लिंडा, गुडिया, आनंद कुमार, रेणु, रूपा पायल, अजय कुमार, मोचन दयाल, दिव्या, संजीव आदि मौजूद रहे।

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