



## ABOUT DAULAT RAM COLLEGE AND DEPARTMENT OF PSYCHOLOGY

Daulat Ram College, one of the leading colleges of University of Delhi, imparts education towards degree at the Bachelors' level in Arts, Science and Commerce. Of the 18 departments, seven departments enroll students at the Master's level. The college holds a leading position both in academics as well as co-curricular activities. The college provides a holistic experience to its students, by working on their intellectual, emotional and spiritual development.

Psychology Department, Daulat Ram College was established in 1969. It offers degree courses at Masters and Bachelor levels. The department is well-equipped with state-of-art laboratories, latest psychological tests and equipment. It has a dedicated faculty which uses latest teaching methods and actively participates in academic pursuits such as projects from ICSSR, UGC, DRDO, publication of research papers, and supervising doctoral work. The department has a very active Psychology Association and Resource Centre which provide sustained opportunities to the students to participate in curricular co-curricular activities. By regularly organizing skill development courses the department also aims to contribute to the overall development of the students.

## Aim and Objectives of the Faculty Development Program

In the 21<sup>st</sup> century the buzz word is 'skill development'! How are we to achieve this goal in any educational setting? The answer lies in the empowerment of teachers and students through skill training. The continuation of a top-down approach as the paradigm for imparting education to our students has its drawbacks. The need of the hour is to take a closer look at the two important stakeholders- students and teachers. The current paradigm of teaching and learning generally focuses on transmission of discipline centred knowledge to the students, who in turn, usually use this information with the aim of performance enhancement in examinations. There is a preference of marks/grades over knowledge along with a focus on text book driven teaching and little focus on the holistic skill development of both students and teachers. Both stakeholders remain 'fixed in their respective expected roles. India is home to youth that needs to develop a more progressive way of education. There is a growing awareness that the existing paradigm is incomplete as it does not take into account other *key skills* which are critical for having a meaningful and satisfying life as a teacher or a student.

*Positive education is a new approach that blends academic learning with well-being and happiness. Positive Education integrates knowledge and intervention perspectives that enrich the educational experience for both the teacher and the student. Developing key skills in the teacher influences the learning experience (s) of the student. And, this in turn creates a healthy and wholesome institution.*

### FACULTY DEVELOPMENT PROGRAM

On

### POSITIVE EDUCATION:

*Developing Skills for Teaching, Learning, and Well-Being*

22<sup>nd</sup>-28<sup>th</sup> May, 2018

*Organized by*

### POSITIVE PSYCHOLOGY CENTER

*Under IQAC*

DAULAT RAM COLLEGE

UNIVERSITY OF DELHI

*Sponsored by*

### National Skill Development Corporation

Dr. Pooja V. Anand      Dr. Preeti Kapur      Dr. Savita Roy

FDP Convenor      FDP Co-Convenor      Principal

Department of Psychology      Department of Psychology      Daulat Ram College

Positive Education Program as a Faculty Development Program (FDP) focusses on developing various skills in the participants, namely **emotional intelligence, resilience, hope, optimism, positive relationships, grit, curiosity and the like.** These aspects of positive psychology bring in the experience of engagement, flow, meaning, and a growth mind-set which contribute to thriving at work and life.

Admittedly teacher skill training in the traditional sense focuses on enhancing domain related technical skills. However, vital aspects of a teacher's role include **relating to students, mentoring them, using innovative teaching skills to engage the students, engaging in innovative research to enhance one's knowledge, being aware of and managing one's emotions, being aware of the emotions of others, developing and maintaining satisfying relationships, stress management, developing the potential of the students, motivating them, inspiring the students, instilling hope and optimism in the students** and many other critical aspects of the roles as a teacher are ignored. Undoubtedly, this is a rather long list of the expected role of a teacher. Yet, we must start to engage in innovative ways and means to make the educational milieu meaningful, absorbing and fulfilling to both the teacher and the student.

Hence, the FDP aims to fill this gap by focussing on the development of various skills of teaching and learning in the teachers broadening the goals of education to include well-being as well. Hence this program focuses on teachers who are the pillars in any educational institution. It aims to enable them to develop their skills so that they in turn help in developing the skills of their students, thereby creating a meaningful change in the society.

### **The content framework for the FDP is as follows:**

- Teaching and Learning : An integrated process.
- Inspirational Teaching : Inspiring and motivating students, being a role model.
- Emotional Intelligence : Understanding and managing emotions.
  - Positive Conversations : Sharing stories and experiences.
  - Hope : Goal setting, believing in a better future ahead.
  - Optimism : Being a positive thinker, looking at the bright side.
  - Resilience : bouncing back from adversity .
  - Communication skills : key to students teacher relationship.
  - Innovative Teaching Pedagogical methods .
  - Student-Teacher Relationship : Relating to students, mentoring.
  - Inclusive-Education : Education for everyone.
  - Research : Teachers as researchers, applying ideas to practice.
  - Project : Culmination of all learning.
  - Happiness and Wellbeing : ‘Happy teacher is a productive teacher’.

*(Detailed program schedule shall be sent to registered participants)*

#### **Benefits:**

**For Teachers:** Training and equipping teachers with these crucial skills will go a long way not only in enriching their teaching skills and widening their perspective of education as a holistic process but also enhance their personality.

**For Students:** These positive changes in the teachers will have spill-over effects on their students in terms of equipping them with key skills so as to enhance their understanding of their subject specific knowledge but more importantly being equipped with various key strengths to effectively deal with life challenges.

**For Institution:** The institution will eventually benefit as the main stakeholders - the students and teachers - will be better equipped with various skills to not only enhance themselves but contribute positively and meaningfully to the development of the college academic and social environment.

**For Society:** As a society we often look at GDP as an indicator of prosperity of the nation. However, this FDP aims to create awareness about the critical need for another more important indicator of prosperity which is the well-being of the members of the society. Teachers who are equipped with such crucial skills will help in educating the youth about their strengths. In this way both the students and teachers can positively contribute to the well-being of the society at large.

#### **Participants**

The FDP is specially designed for faculty members across all disciplines of Humanities, Commerce and Sciences.

#### **Resource Persons**

The program will be delivered by faculty members of the Psychology department and other experts in the field of Psychology and Education.

#### **Registration**

All participants are required to submit the registration form and fee as mentioned below. Registration fee will cover reading material, course kit, tea, lunch, refreshments and certificates.

#### **Participants Status**

Teachers at Daulat Ram College

Teachers in Colleges/ University  
(Non-DRC)

#### **Registration fee**

Rs. 1500/-

Rs. 3500/-

*Last day of registration: 10<sup>th</sup> May, 2018*

#### **Guidelines for Participation**

- Interested candidates can apply for the FDP with duly filled in form latest by 10<sup>th</sup> May, 2018.
- Limited seats are available hence seats will be allocated on “first come, first served” basis.
- No refund of fees shall be made later on.
- Certificate of participation shall be given to participants on successful completion of the program.

#### **VENUE:**

DAULAT RAM COLLEGE 4, PATEL MARG, MAURICE NAGAR,  
University Of Delhi, DELHI – 110007

#### **PAYMENT**

Payments of the fees can be made by NEFT in Savings Bank Account No.: 173401000010001, Account Name: PRINCIPAL, DAULAT RAM COLLEGE IFSC: IOBA0001734, MICR: 1100280084 (Indian Overseas Bank, University Branch, Daulat Ram College, 4, Patel Marg, Maurice Nagar, Delhi—110007). Participants are required to send the scanned copy of the completed registration form along with the proof of transfer of payment receipt with your name and contact number clearly mentioned on it to - [fdppedrc@gmail.com](mailto:fdppedrc@gmail.com)

The registration form can be downloaded from our college website:

[dr.du.ac.in](http://dr.du.ac.in)

For inquiries, please contact on the following email address or mobile numbers:

9811483362, 9899430495

[fdppedrc@gmail.com](mailto:fdppedrc@gmail.com)



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### REGISTRATION FORM

<b>Name of the Participant</b>		
<b>Designation</b>		
<b>Institutional Affiliation</b>		
<b>Address</b>		
<b>Mobile No.</b>		
<b>Email Address</b>		
<b>Participant status (Please tick)</b>	<b>Teachers at Daulat Ram College (Rs. 1500/-)</b>	<b>Teachers in Colleges/ Universities (Non-DRC) (Rs.3500/-)</b>
<b>Payment Receipt Number</b>		
<b>Bank/Branch</b>		

**Signature of the Participant**