

Ramanujan College: On a Glorious Path

(A Perspective Document)

Chairman's Message



Dear College Principal Dr. S.P. Aggarwal,

It gives me immense pleasure that Ramanujan College on the eve of its Diamond Jubilee Day celebration is going to publish its 'Perspective Document'. The document is to express the creative pursuit which can develop in all originality of thought and perception. The contents of the document reflect the wonderful creativity of thoughts and imagination of our 'Centre for Ethics and Values' and "School of Happiness". Academic excellence along with ethical values and extra co-curricular activities completes the process of education.

It also gives me great pleasure that Ramanujan College is progressing in its endeavour towards the overall development of its students and teachers. I wish every success to the college in all its endeavours. I take an opportunity to congratulate the principal, staff, students and parents for their strong sense of commitment, service and responsibility that has transformed this institution into an outstanding, significant and glorious temple of learning.

Shri Shashank
Ex-Foreign Secretary,
Government of India

Principal's Message



Dear Students and Colleagues,

As we step into conclude this Diamond Jubilee year celebration of the college, filled with hope and dreams of scaling new heights, I wish to reiterate the importance of few things that we have to keep in mind. Teachers should remember that students should be guided through innovative ways to achieve whatever goals they may have in their minds, and also we may be able to discover the particular touch of genius in each one of them. The purpose of education is to teach our children to think and develop a capacity to reason out truths of life. Students should keep in mind the importance of ethics and values, which are essential to achieve success. Preserve our cultural heritage and physical environment for the next generation. With experienced and dedicated teachers and excellent infrastructure, we need to help students coming from diverse backgrounds to realize their goals in life.

I encourage all to take advantage of the opportunities provided by the college and involve themselves in all the activities that are offered, including the School of Happiness. The overall development of the mind, body and heart is sign of a healthy and holistic development.

“We cannot always build brighter and happier future for our youth, but we can always build our youth brighter and happier for the future”.

Wishing you all the best in your enterprise.

(Dr. S.P. Aggarwal)

How to turn college around: Lessons from Ramanujan

It must fix its unethical system and harness the energies of its young faculty

By: Dr. T.K. Mishra
Senior Most Associate Professor
Ramanujan College, University of Delhi

Imagine the future of a college whose students were entering the job market without quality education. Ramanujan, till year 2010 known as Deshbandhu College (Evening), had only 6 departments with an average enrolment of 500 in 1st year of the college. Looking at a dropout rate of about 30% between 1st and 2nd year, and poor result in the final year, their low percentage of campus placement and few admission at post graduate level was not surprising. With almost all indicators showing downward trend from admission to teaching and not being able to stand against the average academic standard of the university, it will not be an exaggeration to say that college had completely collapsed and required an overhaul. It might be argued that when there were higher aspirations around 'high economic indicators' by harnessing the potential of the techno-savvy younger generations, this college was unfortunately gearing up for almost 'institutional disaster'.

With a strength of around 3000 students and high rate of absenteeism of teachers and students, rejuvenation of college education system was a matter of serious concern. It is interesting to note that after heavy criticism from all sections due to absenteeism controversies in the last years of Deshbandhu College (E), the university authorities decided to separate its college campus from Deshbandhu College.

Looking at the systemic failure on indicators such as student-teacher ratio; quality of teaching; infrastructure and facilities; dropouts at 1st and 2nd year; the college education system appeared to be on life support and the university authority was just trying to save its face by separating the college. While in some departments college had 50 % fewer teachers than it needed, there were departments without students. Prior to late 1970s, students of the lower middle class and low level employees attended the college. But now, this college was no longer important to these classes. The authorities needed to finalise a short, medium and long term strategy to turn around the college and harness the energies of its young population. Teachers and administrative officials needed to be trained and aligned with the strategy.

After a series of principals failing to deliver the kind of turnaround that college desperately needed, in the year 2005 Dr. S.P. Aggarwal was appointed as the college Principal. This new incumbent realized that teachers along with administrative staff needed to be trained in a phased manner and on a continuous basis. To him, teacher absenteeism must be stopped at all levels; value-education should get top priority; complete computerisation will help students, teachers and college in their future research and innovation endeavours; extra-curricular activities must form an important part of the learning process; sports, life skills, career counselling and placement cell should be promoted on a priority basis; students in the college should be exposed to different career choices and for overall personality development.

According to him, remedial and special classes should be organized and extra-curricular activities conduct in college by giving four to five hours every week. Alumni's and other individuals' 'emotional resources' should be tapped. If institutionalised, these will supplement institutional efforts and will push the system to function well. Also, the staff council committees should become more functional, transparent and accountable. All of these can be game changers. We must realise that some of Dr. Aggarwal's sincere efforts have brought magnanimous results in the college. Girls are on a par with boys in almost all counts in education. This became

possible due to the 'women empowerment scheme' and deliberate push by the Principal. Academic results have remarkably improved; acknowledging the teaching, learning and research activities the college has been given 'Teaching Learning Centre' and the 'National Resource Centre' by the MHRD; secured higher 33 NIRF ranking and accredited 'A' by the NAAC.

THE STORY OF CENTRE FOR ETHICS AND VALUES

In the year 2010, the UGC supported Centre for Ethics and Values was initiated in the College by Dr. Aggarwal. One of its kind, the Ethics Centre as it is popularly known, seeks to synthesize ethical and moral value systems with academic pursuit. It was supposed to ensure all round development of all students irrespective of the socio-economic and cultural backgrounds that they belong to. The endeavour was to infuse the spirit of collectivism, creativity, civility and humanity in each student. The centre strongly believed that education should foster values that are oriented towards unity and integrity of people. Such values should help eliminate obscurantism, religious fanaticism, violence, superstition. Apart from this reformatory role and becoming the guiding path of the college, the centre visualised that ethics and value-education will have a profound positive impact on the overall environment of the College. Anchored in the rich cultural heritage, ethical line of thought, humanistic national goals and universal perception of peace and solidarity; centre was supposed to play a catalytic role in the development of the college.

ETHICS CENTRE'S EVOLUTION AND ACTIVITIES

The 1st conference on ethics began in 2010 at the India International Centre, New Delhi. This moved to Holistic Education conference in 2012 at the Conference Centre, University of Delhi, Ethics in learning in 2013 at the Institute of Life-Long Learning and Corporate Transformation in 2014 at the New Delhi YMCA. The 5th international conference was held in 2016 at the Lotus Temple Auditorium, New Delhi. In the year 2017 and 2018, the centre organized 1st and 2nd "Ethicists Conclave" respectively in collaboration with Tibet House, New Delhi. Throughout these years, ethics conferences, workshops, ethics fests, ethicists' conclaves have been an intellectual hub for the intelligentsia and the youth in the areas of ethics, education and transformation. Participants have found an excellent opportunity for presenting new research, exchanging information, resolving contemporary issues and contemplating future challenges.

The India International Centre, 2010

Conference on ethics, at its inception, was influenced by the fact that heads and executives faced ethical challenges in the governance of their organizations in a society driven by knowledge, information and communication technologies. Element of ethics in governance was considered a panacea to all socio-economic ills and a 'magic-mantra' to sustainable development. Governance without ethics was like heads and executives exercising 'legal rights' without 'moral rights'. It was imperative, therefore, to discuss and comprehend the need to expand and enrich outlook to include heritage of 'Raj dharma' and core values of organizations. A paradigm shift was needed i.e. from ends to means, from market-centric to people-centric and from short-run to long-run motives. With these objectives, a UGC sponsored national seminar on 'Ethical dimensions of governance' was organized under the joint auspices of our college and India International Centre, New Delhi on 15-16 February 2010. We published a book containing speeches and papers, both theoretical and practical, on various facets of the theme of the seminar; which included governance professionals, policy makers and teachers, researchers, students of the subject of ethical governance.

The Baha'i House Delhi Declaration, 2012

A 3-day International Holistic Education conference (February 8-10, 2012) was organized in association with the Baha'i House of worship and Department of Philosophy, University of Delhi by the Centre for Ethics and Values, Ramanujan College (CEV). About 400 delegates from different parts (ethicists, educators and professionals, including foreign delegates) gathered to find ways to work together and boost Holistic Education efforts. The valedictory session of the conference concluded into a declaration. It was realized that this could form the intellectual foundation for the Holistic Education movement. The Delhi Declaration was:

1. The well-being of our society requires an involved, caring citizenry with good moral character. These values transcend cultural, religious and socio-economic differences.
2. People do not automatically develop good moral character; therefore, conscientious efforts must be made to help young people develop the values and abilities necessary for moral decision-making and conduct.
3. Effective character education is based on values rooted in democratic society and in particular respect, responsibility, trustworthiness, justice and fairness.
4. Character education is, first and foremost, an obligation of families, educational institutions and youth-service organizations.
5. These responsibilities are best achieved when academic groups work in concert. We must focus on research along with teaching. Teachers should thus conduct research on issues related to ethics and values.
6. The character and conduct of our youth reflect the character and conduct of society; therefore, every adult has the responsibility to teach and model the ethical values and educational institutions have the responsibility to promote good character.
7. As a follow up on this initiative, we need to organize a workshop on the theme of this conference. It should be convened soon, so as to keep the spirit of discussions alive.
8. We have to focus on service learning in our educational institutions. As part of service learning, students can be encouraged to formulate and participate in community service initiatives under the supervision and guidance of teachers.
9. Work can start on the formation of conflict resolution centres. The proceedings of this conference can be compiled in a form of a book and can be widely distributed so that it can serve as a reference point.
10. The Centre for Ethics and Values can organize more events on the theme of ethics and values and attempt to frame a discourse of ethics and values by building interaction among people representing a cross-section of society. The CEV can form new partnerships and sustain its relationship with older partners.

In this spirit and to these ends, we decided to call upon all associations, professions, disciplines, faculty bodies, employee associations, and student organizations related to higher education to consider these questions, to debate, revise, and expand these propositions, and to join with us in renewing the Holistic mission of higher education.

Institute of Life Long Learning, 2013

Assuming that our challenge in a time of change is to transform skill-based knowledge into wisdom-based and to making education come alive, for ourselves and for those who follow after us, and in a spirit of spreading value-based holistic education; CEV and the Institute of Life Long Learning, University of Delhi, organized a 2-day Student-Teacher workshop-cum-seminar (1-2 March, 2013) on “Power of Ethics in Learning”. The purpose was to:

- Examine ways to foster a warm heart amongst the learner/teacher with finer human elements of integrity, empathy and harmony.
- Use ethical reasoning to analyze and reflect on techno-savvy issues that impact learner's personal lives as well as their abilities to learn/teach.
- Develop and promote learners who are oriented towards achieving learning outcomes that are ethical and responsive for the society.
- Build vertical team cohesion in the process of learning using ethics.
- Use self-awareness campaign and ethical policing for checking alcoholism, drug-abuse and sexual offence amongst learners.
- Energize the colleges with interactive conversations cantered on Holistic Education or transformational topics.
- Develop in the learners an understanding of the needs of ethical underpinning to realize their full potentials.
- Encourage thinking about the role of meditation in character-building of the learner and how to develop ethical insights through spiritual awakening.
- Employ diagnostic tools to help participants learn about themselves, their co-learners, junior fellows, and the teachers.
- Provide supportive processes to ensure the learning continues beyond the seminar, including guides for further learning about power of ethics.
- Develop code of conduct for ethical learning/teaching in the colleges, including in recruitment/promotion of teachers and in awarding certificate of merit/excellence to students for job placements.
- Form 'Ethics Group' which can organize lectures in various colleges to promote creation of social engineers, philanthropists, ethicists, etc.

New Delhi YMCA, 2014

'No good governance in the country without character building orientation of education', was the conclusion at an International Conference on 'Management Education and Corporate Transformation: The Ethical Underpinning' (27-28 March 2014) at New Delhi YMCA. The discussion raised fundamental issues on the intent and content of education in general and management education in particular. It found a positive correlation between character-building orientation of education and corporate transformation. A person's beliefs in God make him/her more moralistic in personal life and imbibe good values. Likewise, good

governance is dependent upon the strong belief of the corporate in ethical practices. The conference considered ethics and moral values as pillars of Good governance. Detailing the Satyam debacle case, it was explained how balance sheets were fabricated and unethical practices were adopted. It was also pointed that India was the first country to define Corporate Social Responsibility (CSR) Statute, adopt CSR practices and ensure improved governance standards. It was further clarified that CSR must not be confused with philanthropy; it is rather an obligation towards the society and the environment, unrelated to the company's business objectives. All agreed that ethics meant being one's own supervisor.

Baha'i PRO Delhi, 2016

The event is spread over two days: Saturday, March 12th – Sunday March 13th 2016. We will open on 12th March with inaugural session featuring chief guest and keynote speaker. The remaining days – will see plenary sessions, development of content through presentations, interactive sessions, group activity and discussions. This will take place in sessions across: 1) Impact of Globalization on the social responsibility of education 2) Ethical foundation of Media's Social Responsibility 3) Benefits of Social Transparency in Police/ Public Administration 4) Benefits of Environmental Transparency of Organizations 5) Benefits of Medical Ethics and Transparency to the Society 6) Impact of Globalization on Corporate Social Responsibility.

1st Conclave of Ethicists and Educationists, 2017

Report on
First Conclave of Ethicists and Educationists
On 21st April, 2017
At India Habitat Centre, New Delhi
Theme Role of Universal Ethics in Higher Education Teaching



Welcoming the participants of the conclave; jointly organised by Tibet House, Cultural Centre of H.H. the Dalai Lama and Centre for Ethics and Values; Dr. T.K. Mishra, Director, Centre for Ethics and Values, Ramanujan College described ethicists as those who are actively engaged in serving and promoting the cause of ethics and values and educationists as those who are educating the masses formally or informally. This was also the sixth event of a series of college annual ethics conference exploring how ethics could be utilized in teaching, learning, and public welfare. He explained how for over six years, Ramanujan College has been co-organizing conferences on ethics with institutions like Assocham, India International Centre, YMCA and Baha'i House of



Worship, New Delhi. While organizing a series of events with the Baha'i House both the institutions have built on common commitment to promoting effective use of ethical values in diverse modes of education and administration. He emphasised that educational institutions and spiritual organizations must instil in youth such values as tolerance, integrity, responsibility, justice, respect, solidarity, and fairness. These are the values that remain true and universal across times and cultures. Only by fostering the highest ethical and moral values, can we ensure the well-being of our people. Ethics and education trading separately or independently cannot provide holistic solutions to the society. India, described as land of sages and seers, has a rich heritage of traditional wisdom, has shown the courage to bear the anguish of China to preserve the dignity of Tibet. To him, through learning the scriptural basis of wisdom, teachers can develop insights for contentment, dignity and eternal joy. By discovering the common roots of wisdom, they can reaffirm pride in wisdom and philosophy of their own culture. To that effect centre proposes to collaborate on talks, workshops, and conferences where both teachers and students can engage and gain with each other.

Geshe Dorji Damdul, Director, Tibet House, New Delhi, spoke about 'Universal Ethics and its Application in Educational Practice'. Wherever H.H. the Dalai Lama travels in the different parts of the world, educationists, medical experts, social workers and others often ask H.H. the Dalai Lama as to what could be the reason for the decline in moral values in today's world which is responsible for the increasing number of ills of humanity such as gap between rich and poor, corruption, gender discrimination, destruction of environment, and so forth despite great progress in education and material development. H.H. the Dalai Lama, in response, says that something is wrong with the modern education system. It emphasises on the brain development and not on the heart development. As for the remedy, H.H. the Dalai Lama proposes to introduce a course on Ethics, but universal or secular in nature, in the schools, colleges and Universities. The rationale behind this is that great majority of the human population is non-believers.



Unless and until they are brought into the main stream of the humanity with regard to ethics, the world will continue to suffer the crises in the future as now if not more. H.H. the Dalai Lama offers three ways to introduce Ethics in the mind of everyone including non-believers - through common sense, common experience, and scientific findings. What is ethics in the first place? Human actions with conscience, which lead to greater harmony, peace and happiness within the individual and the society at large is Ethics. Whether its happiness or misery which one undergoes, is the result of the actions we engage in, which are concomitant in nature with what we seek. All actions are driven by our thoughts and emotions. Unethical thoughts give rise to actions which in turn result in undesirable results that we see in this world today. Owing to our failure to understand the proper causal relationships among these three – 1) thoughts and emotions, 2) our actions and 3) the consequences in the form of happiness or pain – and with the aspiration to seek happiness, one delves in the actions which are driven by the set of thoughts which only give rise to pain and misery. Proper knowledge of what consciousness is, what thoughts and emotions are, and finally what the mechanisms are by which these thoughts and consciousnesses govern our actions to give rise to a specific result, one will be wise enough to nurture those sets of mind which facilitate the actions that give rise to the desired results and abandon the class of minds which degrade ones actions. This is ethics. The simple fact we all need to know is that what underscores all principles of ethics is compassion. With this in mind, it is very important to know the meaning of consciousness or mind, its various facets and functions. Likewise it is important to administer our day to day actions towards virtue in line with the knowledge one has acquired.



Dr. S.P. Aggarwal, Principal, Ramanujan College, as Chairperson of the 1st session, spoke on the 'Role of Universal Ethics: My experience as NAAC member'. He said, "Once our college got NAAC 'A', I began accepting the offer to be part of the NAAC team for accreditation of colleges located at different parts of the country. I would like to explain here my observation that our sense of mutual respect or mutual concern and ethical consciousness is depleting day by day. I realised during my NAAC visits that we need to begin a systematic effort to develop more self-conscious teachers through a curriculum like universal ethics. To me, the colleges which will grow up with value-based education will be more useful for the society. When a teacher has a peaceful heart, he can talk of peace and ahimsa. Such transformation that increases choice, lessens reactivity, spurs new actions, creates more emotional well being, and increases trust will not come from regulations outside; it will come from the national consciousness of universal ethics, and it will come from self-realisation



of the individuals. Ethics stands at the very core of teaching. When we live the rising challenge of teaching with culture of ethics that aligns our Selves with values, we perform better and feel professionally satisfied. By transforming the self, not only are we able to augur well with the challenge of teaching but also bring our full selves to research. Along with full energy, creativity, and enthusiasm, we also bring commitment to the well-being of our teacher associates.

Professor Balaganapathi Devarakonda, Department of Philosophy, University of Delhi talked about 'Ethical framework for a teacher'. Basing on the conceptualized requirements of the mankind in a given time, the education system modifies its goals, aims, infrastructure and expertise of the people involved. We, in India, have moved a long way from traditional *gurukul*, monastic system to modern British system of education. Each required its own method of teaching, discipline and morality. Even within modern British system of education, there were many shifts and changes that we have witnessed since past 150 + years of its introduction. The present existent system of education makes unparalleled demands on each of the stakeholders as well as on the infrastructure. These systemic demands necessitate paradigm shifts in the morality of the profession. From being a virtue, the teaching profession now has moved to deontological and utilitarian perspectives. Within this general background, in my presentation, I would address; a) how different and unique is teaching from other professions; b) perennial challenges that a teacher encounters; and c) the probable criterion of a successful teacher from moral theoretical framework. I conclude with the view that realization of one's fundamental duties to oneself as well as to others forms the widest theoretical framework which should navigate the ethical perspective of the teaching profession. This requires self-reflection and introspection on the part of each of the individual teachers from the background of our cultural ethos.

Prof. Renuka Singh, Professor of Sociology, Centre for The Study of Social Systems, Jawaharlal Nehru University, New Delhi spoke on the topic 'The Challenges of Ethics in Society'. She addressed: 1. Role of Education and the Ethical Crisis. 2. Ethics as a problem and solution in society 3. And creating an alternative system of learning for a new society.



Ms. Naghma Siddiqi, Centre for Peace and Spirituality, spoke on 'Facilitating Teaching through Applied Ethics'. To her, it is the application of ethics and values in daily life. The modern term for this can be 'life education'. Life education is the solution to the dual challenge of individual frustration and social unrest. At an individual level life education helps one to comprehend one's life while at a social level it helps one to learn how to form positive relations with others, which is essential for progress and development. In life education ethics play a key role. These ethics may be secular as well as religious ethics. Some may argue that religions only divide people. However, we should note that there are two aspects of religion: the theological that is different and the ethical system that is the same for all religions. The ethical system can be used as the basis of inculcating duty-consciousness in its adherents. To her, teachers can perform their role of intermediaries by first internalizing such values on their own and then acting as facilitators for learners. They can do this through their interactions, discussions and class-room experience by relating the values and elaborating on them wherever suitable. Discussions can then ensue.



Dr. Vibhash Kumar Singh, Assistant Professor, Ramanujan College talked about 'Challenges of Applying Ethical Principles in Teaching Profession'. The present education system is losing its sheen, teachers are ridiculed for not teaching well, for not innovating and some go to the extent of saying that in the era of computers, gadgets and IT revolution teachers are no more relevant these days. Students show a callous attitude towards classroom learning, it seems as if the motivation to study is lost somewhere and we do not know how to bring that back to life! This is the present scenario and on careful perusal it seems that this situation has not been forced upon the 'new teachers' it has been

self-inflicted. To him, It has been rightly said that a teacher is similar to a candle which burns itself to provide light to its subjects, similarly, a teacher toils hard himself to provide illumination of knowledge to lighten others and in the process ends self. However, the question which is poised at this juncture is the 'question of relevance?' Had 'the candle burning self to lighten others from darkness' prophecy been true and relevant in the present scenario too, the question of bearing would not have arisen. So there are few questions in this context which ought to be answered In particular - What roles ought a proper teacher seek to enact within the institution and beyond it?; What is the appropriate and moral teacher-student relationship?; In what sense is teaching an ethical and moral enterprise?; What is the nature of the ethical and moral conflicts confronting teachers and how do they think about them?

Dr. T.K. Mishra, spoke on the 'Role of Universal Ethics in Transformational style of Education'. According to him, there are people who believe that religion is not necessary for behaving ethically in life. They feel that such values like love, compassion are independent of any religion. I call these values as universal ethics, universal beliefs. To me, even without religion, even as nonbelievers, we can promote ethics in our lives. Basic premise of universal ethics is that everyone is completely equal in wanting to be happy, wanting to be loved, and wanting to be respected. India's constitution is based on the universal principles of universalism, which respects all traditions, all religions without preference. The goal of Indian wisdom was to create a more peaceful world through moral education and ethical awareness. Education has indeed set milestones in the fields of science, economy, politics, technology, arts and literature. But aren't they unimpressive compared to the problems faced by the common man today? Transformation style of teaching based on universal principles of '*Vasudhaiv kutumbakam*', of humanity, integrity and faculties such as logic, empathy, moral reasoning or intuition is required to realise the full potential of student's minds and emotions. Education, without universal ethics, is almost geared towards economic development, which solves neither mental problems at individual level nor social problems at macro level. If change in technology is promoting new way of doing, universal ethics will promote new way of being. Evolution occurs when beings embrace doing. The exponential growth of technology brings me to serious questions: 1. How to do exponential thinking 2. How universal ethics would enunciate self transformation and bring peace, freedom for the human being? 3. How to preserve identity of the self and plurality of the community developing life-skills? 4. How do we build a strong and sustainable character of the self?



Dr. A. K. Merchant, National Trustee & Secretary, Baha'i Lotus Temple & the Indian Baha'i Community, spoke on the 'Role of universal ethics in making of a good teacher'. To him, mother is the best teacher and human education signifies civilization and progress. In other words, government, administration, charitable works, trades, arts and handicrafts, sciences, great inventions, discoveries and elaborate institutions are all the fruits of education and questing human spirit. Their success or failure depends upon the upholding of universal ethics. The teaching profession demands both ethical and professional expertise. Indeed, a code of ethics, serves as benchmark for "quality control" for the

profession. Building ethical capacity within individuals and educational institutions is crucial to achieving justice and fairness, prosperity and well-being of society. Meaningful societal change is unlikely to occur without touching those ethical and spiritual forces that lie at the heart of human consciousness and purpose. The sense of responsibility attached to the practicing of a profession is based on knowledge and vocational skills on the one hand and on the values and norms that form the foundation of the work on the other. Both are essential, and neither can replace the other. Good ethical principles cannot compensate for poor professional skills, and good professional skills cannot make up for a lack of ethical principles. Anshu Sahi, Principal of Army Public School Dhaula Kuan, New Delhi spoke on 'How ethics can improve teacher's morale, delivery and the learning outcome'? Teachers stand as the interface of the transmission of knowledge, skills and values. Teacher's character and their own ethical values are therefore crucial for the development of same in their students. Teachers will have to strive to create a learning environment that nurtures and help fulfilment of all the potential for themselves and their students. They should also act with conscientious effort to exemplify the

highest ethical standards. In ancient India, the Epics like the Vedas and the Upanishads, upheld the values of Indian society. Imparting ethical education was the main aim of the teachers of the ancient times. A teacher is able to extend its ethical belief to students only if they themselves have experienced and internalized it. Dr. Kaveri Gill, Associate Professor, School of Humanities and Social Sciences, Shiv Nadar University, Greater Noida talked about 'Challenges and Opportunities in Teaching Secular Ethics in Higher Education in India'. To her, the world of today presents many challenges as well as opportunities to young people, who at one level are more connected via technology than ever and have possibilities in various sphere that did not exist before. At another level, they confront dissolving and fluid structures of community, family, belonging, and location, as these traditional bastions anchored older generations, and confront peer pressure of various kinds in a virtual and the real world. In order to navigate this age, one of increasing violence and senseless strife, it is critical the youth of today are taught basic human values as a means of becoming good citizens, who flourish themselves and change the ecosystem they inhabit for the better. His Holiness the Dalai Lama, prescient as ever, has therefore set out his first commitment as one to all of humanity to promote secular and universal ethics, and especially to inculcate these values in the generation of tomorrow. Ms. Piyali Acharya, Ayur Gyan Nyas, spoke on 'How Ethics Can Improve Teachers Morale, Delivery and the Learning Outcome? Effective teachers are considered to be those individuals whose pedagogy is grounded in values and beliefs that lead to caring, positive teacher-student relationships, embedded in trust and high standards of professional ethics. Increasing societal concern about the perceived decline of ethical values in contemporary life is promoting renewed interest in ethical education. Conceptually, professional ethics of teaching and education explores the function of teacher education to prepare teachers to understand the ethical complexities of their role and thus enable them to reflect ethical actions and decisions in their professional practice.

Mr. T.G. Arya, Secretary, Bureau of HH the Dalai Lama, New Delhi, spoke on 'Importance of secular ethics in educational curriculum'. Drawing on his experience and learning during the course of his service in the Tibetan Administration in exile, and his association with the teachings of His Holiness the Dalai Lama and Buddhist philosophy, he spoke on the importance of secular ethics in educational curriculum. Views and works of His Holiness the Dalai Lama on secular ethics, human value, compassion etc. and how ethics could be made a part of the curriculum without having to relate it to any religious traditions, he discussed. To him, if we are looking for a compassionate and progressive society, bringing ethical values in the education system is must.





2nd Conclave on UNIVERSAL ETHICS: Perspective of 'Emotional Intelligence' in Education

Report on
2nd Conclave on
UNIVERSAL ETHICS:

Perspective of 'Emotional Intelligence' in Education

Organized by Cultural Centre of H.H. the Dalai Lama, Tibet House, New Delhi,
Centre for Ethics and Values, and Teaching Learning Centre, Ramanujan College,

Date: 14-15 April 2018

Venue: Gulmohar, India Habitat Centre, New Delhi

About the conclave: This two-day conclave attempted to make sense of the current emphasis made by HH Dalai Lama on the need of 'Hygiene of Emotions' at 2nd National Teachers Congress, organized by MIT-WPU, Pune. By covering salient aspects of 'Emotional Intelligence', it attempted to generate a broader conversation as to where India stands and perceives itself globally with its rich scientific heritage and secular world view. This conclave also discussed the ways and means to respond to great challenge posed by 'Artificial Intelligence' and 'Digital Mining', including war of words on social media. The need of the conclave was felt on the remarks of HH Dalai Lama, "There is a significance of emotions in human life. Education is not addressing 'hygiene of emotion' to bring harmony in the society". It was observed that ever since objectives of enlightenment, emotions, ethicality had gone into oblivion; formal education was not enhancing the learners' ability to live a good life, have peace with oneself and others, and become a worthy member of the society. Linking education primarily with the commercial objective, we were only educating today the left side of the

head and not the heart. Teachers today are facing difficulty in keeping their students motivated towards learning. Information technology is growing at an exponential rate, while art of teaching is growing at linear rate. Assumed supremacy of physical sciences over social sciences and indiscriminate use of technical solutions for economic growth without considering moral, social and cultural implications has glaringly resulted in short-term gains, but grim losses for the world.

Conclave Goals: To have a realization that there is lot more significance of emotions in human life, and education is not addressing 'hygiene of emotion' to promote peace and harmony in the society. In the modern era of internet and social media where post-truth has become a reality, people have once again begun to realize importance ethics and values in managing stress and improving emotional health. They need to explore along with students how HH the Dalai Lama considers ethics more important than religion and how people can do without religion, but cannot do without inner values, without ethics. The millennial generation must understand how ethics is the key to the emotional intelligence and a means to integrate economy, politics, law, aesthetics, and so forth. Few questions that needed to be answered for the present day teachers were: Are teachers losing the education war or the moral grounds because they have distanced themselves from what education meant in the past? Do students presently want to learn more about their social world and media—how it works and how they can secure a place in it that will maximize their social rewards and minimize the social pain they feel. Is it becoming difficult to get people to understand what teachers are doing and what society wants to see happen in education and whether or not education is addressing key persistent challenges of hunger, inequality, conflict, and emerging issues of intolerance, climate change?

The Outcomes: Discussion contributed a lot to the knowledge on how formal education can respond to the great challenge posed by 'Artificial Intelligence'? Panellists also explored 'How to motivate students to learn to unlearn for looking at things a new'? They were of the view that such endeavour will boost attention of teachers towards traditional wisdom, and develop insights for the wisdom-based “new” knowledge to combat potential threat of war of words on the social media. Teacher needed to filter information applying ethics, and once again fashion 'ethical lifestyle' and 'ethic of care'. Our students are needed to be told that innovation starts when one chooses to look within. This allows one's intuition to connect with and filter the outer world information and find life-skill solutions to the real world problems.

Other than organizing these seminars which brought recognition and acclaim to the College, the Ethics centre also organized a unique event entitled '*Antargyaan*' or `Inner Knowledge in 2013 in collaboration with the Baha'i House of worship, Lotus Temple and Gandhi Smriti and Darshan Samiti, Rajghat. The *Antargyaan* festival provided a window of opportunity to more than 500 students and 50 teachers to learn more about Indian art and culture, cuisine, language, music, economic, politics, geography, history and science with and focus on the integrated and syncretic culture of our country. The four day celebrations were packed activities that included debate, drama-competition, workshop, music, dance, theatre, Yoga and meditation session.

In collaboration with the NSS unit of the college, the Ethics Centre organized a Joy of giving week, *Daan Utsav* from 8-15th October 2014. Main purpose of this celebration was to experience joy from the core of heart by way of giving on all the seven days of *Daan Utsav*. Apart from *Shram Daan*, *Rakta Daan*, *Samagri Daan*; three other aspects of giving wee *Gyan Daan*, in which students taught children from the neighbouring areas; *Pushtika Daan* in which students donated books and note books to needy children and *Mudra daan* where money and articles were collected for distribution among poor was an unique way to instil a conscientious heart and mind for the participants. The centre has published six volumes of the International Journal of Applied Ethics. Apart from publishing a number of newsletters, the centre also published a book entitled “Ethics in

Governance” in 2011.

The centre has proved to be a unique initiative. It has helped greatly in integrating different disciplines and bringing together socially and culturally diverse sections of student community. It has offered a creative platform of self-expression. It has been a timely intervention in making all aware of the ethical and moral sensibility as an essential component of nation building.

ITS MISSION AND VISION:

Vision: Become a world-class institution in skill development. And leader in value education. Mission 2022: To create a culture of ethics that inspires innovation and reaps demographic dividend for the nation as suggested by the UN. Its Pledge: To give back to society through a kind of education that builds Character, inspires Humanity, and develops Harmony. The effort is aimed at renewing the mankind through awakening the heart. “Moved by the success of ethics seminar in 2010, inclusion of ethics in civil services exam, and inspired by the ethics in the life of Srinivasa Ramanujan; we brought this centre into vogue”, said r. Aggarwal. We hold meetings at least once a month. Meetings are also held with outside luminaries and institutions, including the Baha'i House of Worship.

Ms. Kia Scherr, USA, was invited to conduct her 30-day Peace Pledge. All members of the values innovation project took the motivational pledge. Since then, college is in her contact. '*Antargyan*', '*Daan Utsav*', '*Virasat*' (Ethics Fest); a donation-cum-service camp was organized to instil sensitivity amongst students. A service-learning camp was financed by the stipend of students. To inculcate sense of responsibility and social affiliation, students were engaged both with the deprived children in the vicinity and dejected elders at old age Home.

A study conducted in 2014, revealed that commitment to ethics can prevent misconduct of students, make the learning insightful and promote a culture of ethics in the campus. Our students receive 3-months internship award on 'Ethical Management'. Students were offered job by TCS, IBM, GenPact, ICICI, etc. Students realize the importance of service to overcome the solitude, enhance sociability, and earn social support, love, respect, and trust.

Some of our interventions were in the form of Innovation and Star projects on Values; International/National seminars on Ethics; International Journal of Applied Ethics, Ethics book, Handbook, Newsletter, Booklet; International 'Ethics Fest'; Joy of Giving Week '*Daan Utsav*'; Activity learning week '*Antargyan*'; Announcement of 'Ethics Action Award'. Having organizational commitment to ethics, college human infrastructure preceded the physical infrastructure. Innovation of our service-learning project was: 'until you serve, you cannot develop sense of belongingness'. People with less pride for the nation or their village are those who never served their society. Through our focus on ethics, society experienced higher level of discipline, increased students-faculty-community interaction and greater amount of satisfaction to the parents and faculty in our campus learning.

Some of our Ethics experiences were pertaining to self-realization that ethical intervention boosts moral, enhances learning skill and generates critical thinking. Then, with regard to connectivity: students can connect content of their learning with the real life situation. Also with regard to classroom attendance: absenteeism was reduced and the performance enhanced. And with regard to Life skills: following values they garner social affiliation, develop a purpose in life, and diminish feelings of isolation.

To get feedback of our ethical intervention, a study project 'Towards a Culture of Peace and Reconciliation' was applied and tested in 2014 by a researcher. The study was later published in our international journal. It showed immense positive impact on the attitude of students. With its twenty modules and two questionnaires, the program was designed to analyse teenage perception of stress, negative attitude, failure, anger, tolerance, etc. and to inculcate the culture of peace and reconciliation in them.

Having continuity with the student's Parent-adoption program was made possible when Chairman Vimal Nagpal of Old Age Home met with students at our college and happily permitted to engage with the senior citizens at Old Age Home on a regular basis. On the similar lines, a decision was taken to revamp connectivity with the destitute children in the vicinity and outskirts. Ethics Action Award was announced by the college principal, the details of which were to be given on our college website.

Now for our record and documentation purposes, we have maintained the following: Notice, agenda, minutes and E mails of the meetings. Copy of Ms. Kia's 30 day peace pledge. Papers relating 'Antargyan', 'Daan Utsav', Ethics Fest, Donation-cum-service camp, Excursion trips. Receipts of honorariums given to the dignitaries, various certificates issued, Press releases. Record of donation by the students, internship student's attendance, innovation Projects handled, international conference reports, International Journals and Ethics books published, handbook, newsletter, leaflet. Student's feedback of our ethical interventions are obtained periodically.

NOW RAMANUJAN HAS A SCHOOL OF HAPPINESS

There's more to education in the presence of happiness.

As enormous development, new campus, glories pours into an academic filled with commitments and concerns. Everyone is smiling. The air smells of freshly grown mint. This is how Ramanujan College conceived a new part 'School of Happiness'.

It was ceremoniously launched on Friday, 27th July 2018 by **Shri Sanjay Mishra** (the famous Bollywood actor). He was accompanied by advocate Amit Mishra. As a curtain raiser to this, College Principal Dr. S.P. Aggarwal assured its precious human capital investment in the 'School of Happiness'. He said, "Its goal is to promote the role of 'Ramanujan Centre for Ethics and Values' for long term happiness and wellbeing of teachers and the taught." To him, Philosophy of an educational institution should guide as well as measure student's progress not only by its knowledge and intelligence but by its happiness and wisdom. Knowledge or intelligence alone doesn't bring or ensure happiness or wellbeing of its students; and that knowledge or technology shouldn't develop at the expense of wisdom or the quality of life.

"We don't have funds at present," clarified Dr. Aggarwal. At the moment, the 'School of Happiness' will occupy part of the space of Centre for Ethics and Values. Like happiness itself, the school will be shaped by collaboration between people—in this case psychologists, philosophers, business and commerce leaders, ethicists, and political scientists from across the university. "One of the wonderful things about studying happiness," said Dr. T.K. Mishra, the centre's director and associate professor of commerce at Ramanujan, "is there's no single discipline that's going to answer the big question of how to be happier." He added, "Emphasizing selfless service to others, search for enlightenment, adherence to ethics would be the core values of the School. Besides organizing 'happiness' conference, goal of the School would be to develop life-skills amongst students."

To Dr. Mishra, the centre should focus on how to cultivate lives that are not simply free of disease, but are imbued with purpose, meaning, and optimism. “People are increasingly discovering that happiness is tied to a variety of social conditions—unemployment, human rights violation, modernity, the great revolution in communication,” opined Jagannath Choudhury, associate professor of political science at Ramanujan and director of the centre for human rights. The big question is, how much can a person do to cultivate ability to be happy on one's own, and how much is beyond control? “There's a lot of hope, sunshine around this stuff,” acknowledges Choudhury. “So students, teachers, parents all will like it”. “In recent years, researchers have repeatedly found that people who are happier in life do tend to live longer and experience less physical infirmity,” added Choudhury.

“To be happier, we need to know what allows people to attain and maintain good moral character and emotional health,” added Dr. Nagender Pal, assistant professor of commerce at Ramanujan. Indeed, people who are today diagnosed in their 50s and 60s with high blood pressure are likely seeing the result of processes that began much earlier. There are evidences that emotional and cardiovascular health is declining by the time people are in their late twenties, which is depressing. These are heavily patterned by low educational attainment. Social isolation, hopelessness, and worthlessness coalesce into physical effects. This is where it could be worthwhile to have honed a sense of resilience, gratitude and optimism, as much as that is possible.

2-DAY WORKSHOP ON 'Happiness @ Teaching'

A Report on
2-DAY WORKSHOP ON 'Happiness @ Teaching'
15 – 16 SEPTEMBER 2018
Organised by
SCHOOL OF HAPPINESS
And
TEACHING LEARNING CENTRE
Ramanujan College

On September 15, 2018, School of Happiness, Ramanujan College hosted the 2- day workshop on Happiness @ Teaching at its Ghalib Auditorium. The workshop was organized as part of the Teaching Learning Centre program, sponsored by Ministry of Human Rights Studies. A total of one hundred and twenty delegates took part in the workshop that included vice chancellors, college principals, faculty members and students from across India. <https://www.speakingtree.in/article/happiness-teaching-role-of-ethics>. The diverse academic backgrounds helped in bringing out varied and valuable dimensions of happiness at teaching.



The aim of the workshop was to train minds to be more focused, to see with clarity the role and responsibility of a teacher, and to have ethical commitment for creativity and learning. This workshop provided a platform to promote and exchange opinions about the challenges and opportunities in the workplace and how happiness which dismisses seclusion and includes camaraderie, ethicality, spirituality, yoga and meditation can be useful as a medium for leading a healthy, glorious and balanced life for a teacher. If the secret of happiness is freedom, we need to examine if the secret of freedom is ethicality.

The workshop began with the inaugural session graced by chief guest, Prof. Girishwar Misra, Vice Chancellor, Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha; guests of honour Prof. Annpurna Nautiyal, Vice Chancellor, HNB Garhwal University, and Ven Gshe Dorji Damdul, Director, Tibet who addressed the gathering about the different aspects of Happiness and its pertinence in teaching. This was followed by the panel discussion by a panel of experts. Participants then shared their feelings about the theme of the workshop in the interaction round.



The Inaugural Session





The inaugural session of the workshop started with the lighting of the lamp. Accompanied with the lighting of lamp was the enthralling musical performance. This was followed by felicitating the chief guest, and guests of honor. After the felicitations, Dr. S.P. Aggarwal, Principal, Ramanujan College, gave the welcome address. In his address, he focused on the importance of keeping happy and how a happy lifestyle, especially of teachers can help us nurturing young minds in a more creative and productive

fashion. He unequivocally emphasized on the need to walk and exercise on a daily basis and advised every participant to have exercise regime and healthy food habits. For healthy eating is a fundamental requirement for a happy heart. This was followed by the release of newsletter of the School of Happiness by Dr. S.P. Aggarwal, Dr. T.K. Mishra, Chief Guest, and our Guests of Honor.

Prof. Girishwar Misra, Chief Guest, addressed the audience and emphasized on the multiple aspects of teaching and how happiness is an important ingredient for it. Giving example of Anand Niketan school as a school exhibiting happiness, he focused on the need to understand aspirations and interests of each and every student. Understanding them would enable the teacher to work for an inclusive and diverse classroom, wherein every student would develop as per his or her potential. This was followed by the speech by our Guest of Honor, Prof. Annpurna Nautiyal on Referring to the text, *Book of Joy* by His Holiness Dalai Lama and Archbishop Desmond Tutu with Douglas Adams, she explained the concept of happiness. She talked about the way relentless mechanical race towards achieving materialistic pleasures and comforts has devoid human from their own emotions and undermined the true meaning of happiness. Here she emphasized on the need to focus on the exercises of mindfulness and introspection to delve deeper into one's own self and revive the human values of compassion and gratitude for realizing true happiness.

Ven Gshe Dorji Damdul talked about the *Sources of Happiness*. He talked how fear results in the loss of happiness and in turn, loss of peace. This very basic but ignored point gradually makes it difficult to attain happiness or, even to happily to any work. In this frame, he advised the participants to not indulge in any kind of humiliating behavior with the students. Humiliation never is a parameter for building happy classrooms, in fact it undermines the dignity of the student and do not guarantee that the mistake or misunderstanding won't be repeated.

Panel Discussion

The second session was a panel discussion and was graced by the presence of speakers from different field of study who spoke on the many dimensions happiness. There were total nine participants with diverse backgrounds.

The Moderator for the discussion was Dr. Vibhash Kumar, Department of Commerce, Ramanujan College. The panelists were:

Name of the Panelists

Ms. Soni Jaiswal, Clinical Psychologist, Student Wellness Centre, All India Institute of Medical Sciences, Delhi

Ms. Meenakshi Sharma, Motivational Speaker and Coach

Dr. Aparajita Mazumdar, Department of Political Science, Ramanujan College

Dr. Nagender Pal, Department of Commerce, Ramanujan College

Dr. Ashwani Singh, Department of Psychology, Ramanujan College

Mr. Arun Aggarwal, Department of Computer Science, Ramanujan College

Ms. Zairunisha, Department of Philosophy, Ramanujan College

Mr. Vikas Kumar, Department of History, Ramanujan College

Ms. Archana Jamita, Department of Philosophy, Ramanujan College

Discussion Topic

Happy Classrooms

Happiness in Life

Happiness in the Classrooms

Story – telling

Emotional health and Happiness

Role of Trust in Happiness

Happiness as a choice

How to Sustain Pure Joy?

General Health and Happiness



Beginning the discussion from the need of a happy classroom and the ways to make a classroom happy, the discussion ranged from happiness being a choice rather than something which is given to the importance of having a healthy lifestyle for good emotional health and physical well – being. The discussion also covered the role of trust in realizing true happiness and how that happiness could be sustained.



This was followed by a short discussion about the themes of the workshop, about the problems which teachers face in handling the classroom and how to overcome them. One such problem which was discussed at length was the problem of using mobile phones by students. Many suggestions came on the polite ways of dealing with the problem to actively making the students learn to engage with technology for effective learning.

Session (2:30 PM – 5:00 PM) Movie

The last session for the day was reserved for the showing of the movie related to the theme of happiness. The movie which was shown to the participants was *Life is Beautiful* (1997). Directed by Roberto Benigni, the movie highlighted the struggles of a Jewish father and his family who are surrounded by Nazi death camps. The movie vividly shows that how even in times of despair, the father uses humor to shield his young son from the grim realities of war.

WORKSHOP OUTCOMES

Throughout this workshop, participants improved their understanding of happiness at teaching in its 'true form and how it can impact our performance in the classroom, including how it can help enhance our utility for the students and improve our ways if teaching. The interaction session helped the participants raise the contentious issues and the different perspectives of the same. The moderator and panelists tried to satisfy various queries from the participants. Welcoming such initiative of School of Happiness, more such efforts were called for.



SECOND DAY

First Session

The Second day of the workshop began with the same enthusiasm as it was on the first day. The second session was graced by the presence of Professor A.P Padhi, Ex -Vice Chancellor, Berhampur University, Orissa a Professor V.K Goswami, Ex- Vice chancellor, Sangam and Sunrise University, India. The theme for the second day was *the way ahead to happiness*.

After the felicitations of the guests, Dr. T.K Mishra, Workshop Director briefing about the past proceedings of the workshop addressed the audience with his words of wisdom. In his address, he emphasized upon that good deeds and delivering ones duties ethically leads to an amazing experience of happiness relating the same with the concepts of good thoughts, good words and good actions. By taking various examples he explained how the lack of harmony between the three, good thoughts, good words and good actions has become the source of unhappiness focusing upon the need to attain the harmony again.



This was followed by the speech of our Guest of Honor, Professor A.P Padhi on referring to the practical aspects and implementation of Happiness in teaching. Professor Padhi talked about the comparative changes from the past to the present in teaching as a profession and how it has become more challenging in contemporary times. He emphasized upon how the process of development, urbanization, shift of man's focus from inner to the outer world and materialistic things have changed his concept of happiness. In his address, he not only focused about the diverse factors taking man away from happiness and its true meaning but also highlighted the need of the hour and solutions applicable to everyone to attain eternal piece and therefore real happiness.

After the speech of Professor A.P.Padhi, Professor V.K Goswami, our second Guest of Honor made a presentation on way ahead for happiness. Through the presentation Profession he focused upon the direct relationship between happiness and varied external factors. He also highlighted how the happiness of an individual fluctuates



with the fluctuation in the temporary external factors. Professor Goswami advised the teachers to shoulder the responsibility of generating happiness which is not dependent on the outer parameters but is drawn from within and is ever lasting.

The Session Concluded with a formal Vote of thanks by Dr. T.K Mishra, Workshop Director.

The Panel Discussion

There were total eight participants with diverse backgrounds. The Moderator for the discussion was Dr. Jagannath Choudhary, Associate Professor of Political Science, Ramanujan College, who very well connected all the themes of discussion. The faculties as panelists were:

Name of the Panelists

Ms. Shipra Yadav, Pol Science

Ms. Divya Bhanot, Psychology

Mr. Gunasekaran, Pol. Science

Dr. Virendra Kr., Mathematics

Dr. Z.A. Abbassi, Administrative Officer

Dr. Anumita Shukla, Philosophy

Ms. Neha Yadav, Environmental Studies

Mr. Rakesh Singh, Economics

Discussion Topic

Human Rights and Happiness

Spirituality and Happiness.

Practical aspects of Happiness

Happiness with no reason

My Happiness Experiences.

Duty Ethics and Happiness

Environment and Happiness

Role of Economics in Happiness

The panel discussion was followed by a brief question answer session.



Valedictory Session



The valedictory session was graced by Professor Akhtarul Wasey, Vice Chancellor-Maulana Azad University, Jodhpur. Professor Wasey shared an altogether different perspective on happiness. He talked about the different perspectives of man about happiness particularly emphasizing that true happiness lies in becoming somebody who help others to grow and progress. We should grow and while growing, there are bound to be obstacles, but the journey never ends. Despite all the conflicts and obstacles, our ways of finding peace determines our happiness. This was followed by the participants from different states sharing their feedback and views on happiness at teaching. The last part of the session for the day was reserved for the showing of the inspirational movie related to the theme of happiness "*Angreji Me Kahte Hain*" featured by Actor Sanjay Mishra who had inaugurated the 'School of Happiness'

WORKSHOP OUTCOME

Through this two day workshop, participants developed a better understanding of what happiness is all about, especially at teaching profession. The factors that are internal and external affecting happiness at workplace and in general. The interactive sessions with the resource persons helped to bring out key classroom challenges and issues face by teachers and the effective ways to handle them in order to create a peaceful classroom. Also, workshop provided a platform to the participants and the organizers to come together and explore everlasting happiness at teaching.

The Workshop of the Non-Teaching Staff on “Work is Worship”

A Report on
The Workshop of the Non-Teaching Staff on
“Work is Worship”
Organized by
School of Happiness, Ramanujan College
17th October, 2018

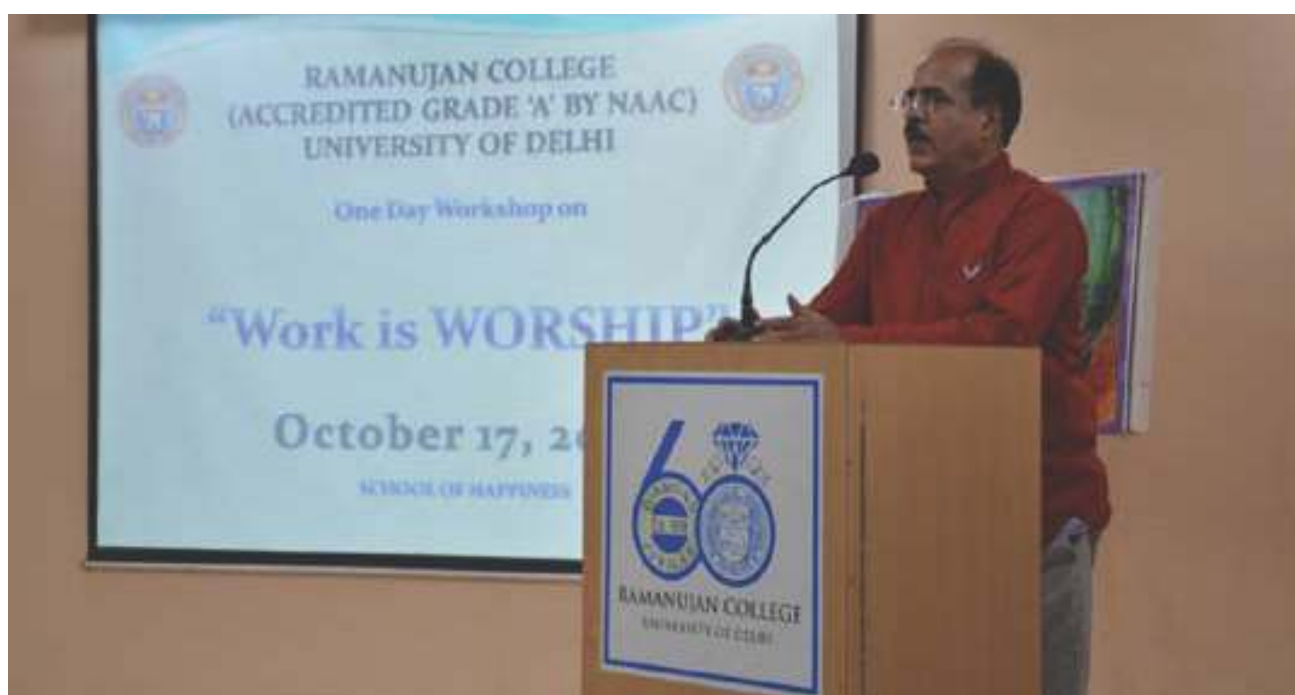
An enthralling and fun-filled workshop on 'Work is Worship' was conducted on 17th October, 2018 in the Ghalib Auditorium, in the premises of the Ramanujan College. This one of a kind of a workshop was especially dedicated to the non-teaching staff and in particular for the new recruits. The sole purpose of conducting such an event was to understand and discuss the true meaning of 'Work is Worship' and how to inculcate its value in our day to day lives.

The event began with the lighting of the lamp by the dignitaries Dr. T.K. Mishra, Officiating Principal; Dr. Jagannath Chaudhary, Secretary of the Staff Council; Dr. Nagender Pal, Assistant Professor of Commerce; Dr. Z.A. Abbasi, Administrative Officer; and Dr. N.I. Azmi, Librarian. *Saraswati Vandana* was recited by Mr. Narender Sharma, Senior Technical Assistant.



The event's host Ms. Nidhi Mathur, Senior Assistant, quoted Dr. Abdul Kalam 'Apne karm ko salam karo, duniya tumhein salam karegi. Yadi karma ko dooshit rakhoge, toh har kisi ko salam karna padega' and explained these lines in her own words by sharing her experiences so far.

A welcome speech was given by Dr. T.K. Mishra to officially welcome the entire non-teaching staff. Dr. Mishra enunciated the meaning of 'KARMA' in its true sense. Work is something that we do, all through our lives. But more importantly than the work we do, is our attitude towards it. From the minute we are conceived, till we bite the dust, work is being done constantly, in any case, regardless of whether we need it or not like it or not.



The next speaker of the event was Dr. Jagannath Chaudhary who spoke about how one should forget about the fruits of hard work and strive to work towards his 'Karma'. Dr. Chaudhary also focused that in pursuit of achieving one's goals and desires people are forgetting the actual essence of worship. Work is something which is unavoidable so our best approach should be to effectively and efficiently perform the work. Our attitude is the key towards living a happy and contented life. What determines a happy state of mind is

our approach towards it-a person sweeping the floor and barely making money can be joyous, a person making millions can remain depressed. Since work and activity are inseparable, we should do it with pleasure, interest, involvement and joy.

Our administrative officer, Dr. Z.A. Abbasi, was the next speaker and his speech was centered on the idea that every duty is holy, and devotion to duty is the highest form of the worship of God. When you are doing any work, do not think of anything beyond. Do it as the highest worship and devote your whole life to it for the time being. When you do any activity with happiness, acceptance, joy and humility, and when you are not bothered about the outcome of the work, when you have left all that to God for existence, then you can say that work is really worship.



The next address was by Mr. Rajesh Yadav on his experiences in his 13 year long stint in the Ramanujan College. He touched upon topics of hard work vs. smart work, job rotation, commitment towards work, working as teams.

The next few speakers were Dr. Azmi, Dr. Upadhyay, Mr. Dayanand Verma, Mr. Mohit Jagota. They spoke on the importance of considering work as worship in our lives.

Worship is nothing but an offering made to God. Here, we are offering our work to God. We normally work only for our own benefit, for our own profits. When we are ready to give up this benefit, and accept anything and everything that comes our way as a blessing from God, then, our work becomes worship. And that is why, in the Bhagavad Gita, Krishna urges Arjuna to fight his own cousins, not for personal gain, but as God's work, as his duty or dharma, without getting distracted with the possible outcome. Once he understood this, Arjuna's work became worship and he was free from the consequences of his actions.

The next segment of the workshop was scouting for the talent amongst the non-teaching members of our college. Many staff members came forward, despite their hesitation to speak in public, and showed their talents in the form of singing, shayeri, speeches and many other forms. The teaching staff also joined hands with the non-teaching staff in different acts and demonstrated a wholesome package of talent. A pack of sweets were distributed to the non-teaching as gesture of goodwill and belongingness.



Everyone danced to the tunes of DJ which was later followed by lunch. The day ended on a much enriching and positive note with Dr. Nagender Pal giving the vote of thanks to everyone present in the workshop.

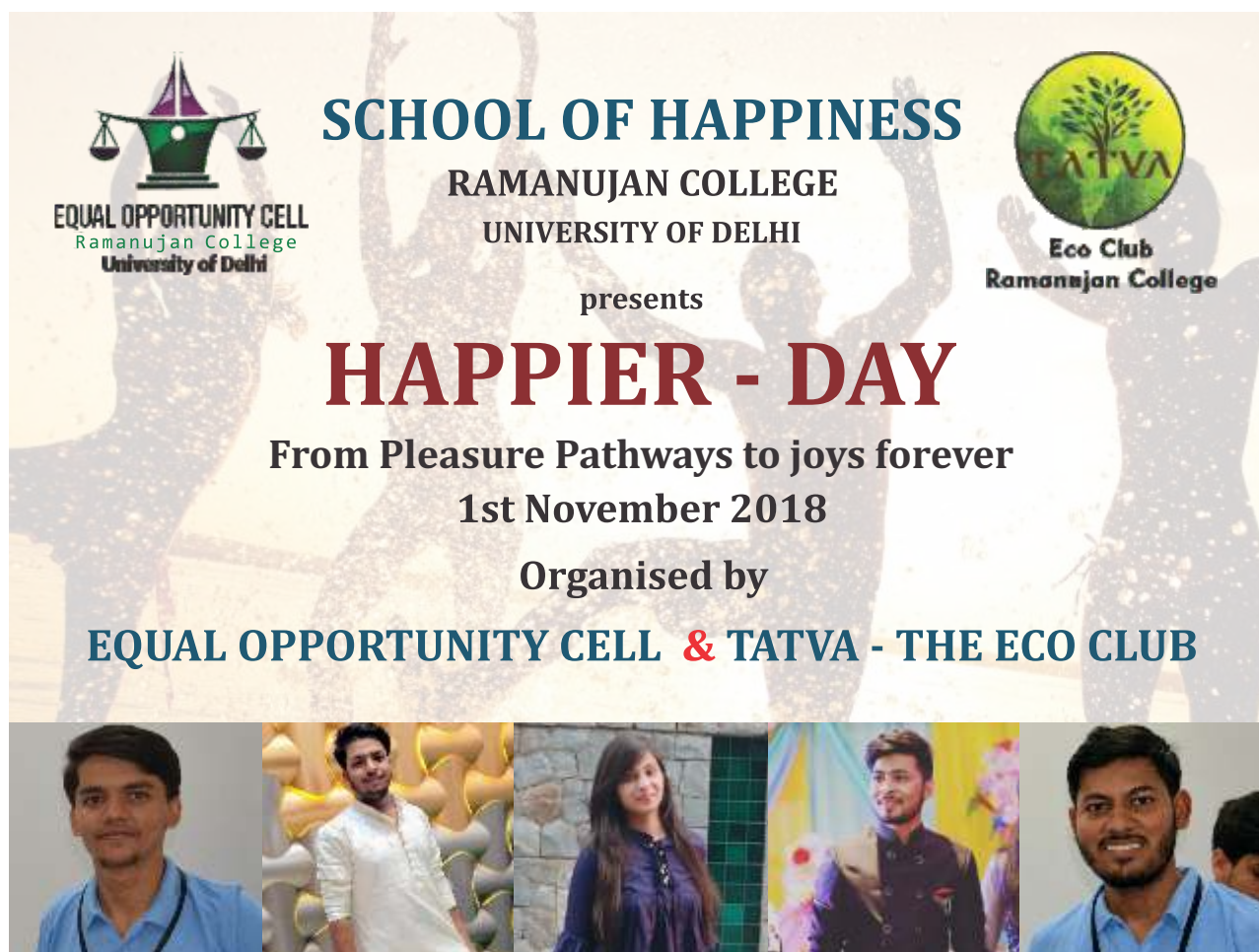


A group photograph was taken for remembrance of this eventful workshop.



Report on HAPPIER DAY CELEBRATION

Report on
HAPPIER DAY CELEBRATION
Ramanujan College,
1 November 2018



The celebration event was organized under the aegis of 'School of Happiness', Ramanujan College by TATVA-Eco club led by Dr. Sumit Nagpal and Equal Opportunity Cell led by Dr. Ngender Pal of Ramanujan College. Event started at 11:00 with a warm welcome by Principal Dr. S.P. Aggarwal. Director of the Centre for Ethics and Values, Dr. T.K. Mishra gave an introductory remarks. The chief guest of the event was Dr. Rajesh Bhat of IIT, Delhi. The Keynote speech of Dr. Bhat was appreciated by one and all. He spoke how happiness can be ensured by not allowing the senses while seeking information from outside world for decision-making to affect our soul/self/conscience. He gave example of an egg that gives peace when breaks from inside while depicts destruction when broken from outside. We can have peace of mind if we do not allow outside pressures to affect our equilibrium vested in our soul. The event comprised of activities which gained everybody's attention and participation. The key motive of the event was to create happiness among people by highlighting key to happiness. Besides happiness medley by 'Shivanjali', the musical society of the college; 'Happier day' ended up once the question answer session and speeches by students of TATVA-Eco club and Equal Opportunity Cell

was over. Under the able guidance of 'School of Happiness', the events of celebration was organized up to great satisfaction.

"4-H (Head, Heart, Hands and Health) is a youth development technique, said college student Tarun Garg, which can take place in many different settings such as project club, community clubs, after school programs, camps, workshop or events". To him, the motto of 4-H is "To make the best better." 4-H provides youth the opportunities to succeed and learn new experiences to become more productive and successful. 4-H has a pledge that every member of a cell or organization should take. Each time they recite the pledge they are giving their all, not only to their club, community and themselves, but also to the entire world. "I pledge my Head to clearer thinking," is a way of saying that 4-H members will dispel all the thoughts and ideas in today's society. Through these words members learn to stop caring solely for themselves and concentrate more on other people and things that are of greater need for the society.



"I pledge my Heart to greater loyalty," means pledging to care more for other people versus only thinking of one's self. Through the pledge, members commit to being faithful to each and every person and guarantee to help out if anyone is ever in need. The ability to have "heart" can make a member become a giving person who puts other needs before own and gives out what they need with their hands. "Hands to larger service" is a promise to give the world as much as a member can. Under this, a person tries to achieve his full potential to give better results to the society. Through "hands" 4-H members gain the ability to give strength to others. "Health to better living," is the only part of the 4-H pledge where a member thinks of himself more than others. The importance of knowing own personal needs so they do not get overlooked because of the other three H's.

At last, I want to say that a 4-H system should be followed in every organization. There should be a sense of belongingness among the members so that team work is preferred instead of individuality. You might know the movie "Fantastic 4" in which four superheroes save the world. Similarly, these 4-H are the superheroes or we can say "Fantastic 4" of a healthy organization.

Thank You.

Head, health, hands and heart are simple but powerful framework to manage change and help us to remain happy. Human changes take place in these arenas only. Successful management of these is required to lead a happy life and answer the questions that arise in these arenas.

Good afternoon everyone present here.



Today I, Aarohi Srivastava from B.com (H), second year is standing before you to present my views on the topic- Head, Health, Hands and Heart management and appreciation. First of all let me introduce you to the 4 arenas I will be talking about and the various questions arising in these arenas.

1. Head- here we have the directional changes, rational and analytical questions and mind-set. Various questions arising in this arenas are- what leads to the need of change? Where are we headed? Why this change and what is the business way?

2. Heart- it is concerned with emotional and motivational needs. Here we try to find answers to the questions like – why must I change? What is in it for me? What are the rewards and consequences of changing and what are of not changing? Am I able to make that is required?
3. Hands- reflecting behavioural requirements and operational interview. It revolves around questions like what do I need to do to look different from the crowd.
4. Health- questions arising in this arena are- is the lifestyle which I am living I actually healthy? Do I do something to keep myself physically fit?

Another key to happiness in appreciation. We should appreciate what is given to us and what all we have achieved so far. It also includes appreciating millions of things happening every single day. We should practice appreciation every day. Not that we should appreciate only our friends but also our enemies as they show us we have done something. They make us feel important and valuable. We should not only appreciate our strengths but also our weaknesses as they give us something to work upon daily. We should appreciate your struggles along with victories as they made us what we are today. And by appreciating these moments, an overwhelming feeling of joy will fill you up. As Brene Brown states in her book, *The Gift of Imperfection*, “Joy is tethered to our hearts by spirit and gratitude”. Being appreciative comes with wisdom and virtue. It's a philosophy of life that gives you hope and wings to fly. Lastly I would like to say- also don't forget to appreciate those small things that happen every day; the things that might have gone unnoticed. Notice them as they happen. Don't take them granted after all its because of them that life is so happening otherwise it would have been dead and miserable.

Thank You.

Aarohi Srivastava
B.com (H), second year

“HOW TO DEVELOP EMPATHY AND SENSITIVITY TO THE SUFFERINGS OF OTHERS.”

I want to begin my topic with a quote----“All I ever wanted was to reach out and touch another human being not just with my hands but with my heart.”

With this quote I want to make you realize what empathy is. Empathy is an awareness of the feelings and emotions of other people. Empathy goes far beyond sympathy which might be considered 'feeling for someone'. Empathy, instead is feeling with that person within their frame of reference. Being empathetic and sensitive means you have to put yourself in another person's shoes---understanding the other person's perspective and reality. You have to think beyond yourself and your own concerns. Once you see beyond you own world, you will realize there's so much to discover and appreciate.



Now here a question arises that how we can cultivate the feeling of empathy and sensitivity in us. So, I am going to tell you the simple process of doing this. All you have to do is to follow the “RULE OF EIGHT”, which are the eight ways to strengthen you own empathy. Now let's go with rule of eight which says at first step you have to challenge yourself and push you outside your comfort zone. Doing things like will humble you and humility is a key enabler of empathy. At step two, it says get out of you own usual environment. Travel, especially to new

places and cultures. It gives you a better appreciation for others. At step three, it says, get feedback about your relationship skills from family or friends and then check with them periodically to see how you are doing. At step four, the rule says, explore the heart not just the head. Learn to relate with the emotions and hardships that others are going through. At step five, it says, walk in other's shoes by talking with them about their issues and concerns and how you perceived experiences you both shared. At step six, it says, examine your own prejudices that interfere with our ability to listen and sympathize. At step seven, rule says, cultivate your sense of security. Ask lot of questions leading us to develop a stronger understanding of the people around. Now the last step eight which is a substitute of step seven, says , asks better questions and help others to develop their full potential.

“RULE OF EIGHT” helps us to feel others pain. People with different opinions, views, personality and prejudices are being able to understand each other just because of empathy. We can bring change in the world by showing empathy and sensitivity to the sufferings of others. At last, by binding up my words, I want to say that Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.

SO, BRING EMPATHY, BRING THE CHANGE AND BRING THE HAPPINESS.

Thank You.

Priyanka Pant
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"As you sow so you reap", you must have heard of this famous saying. Some of us here have also experienced it. It is said that everybody here comes with a baggage. It could be anything, an obligation, or simply a goal. One has to pay back for everything they get in their lives.

Our parents make sacrifices for our wellbeing whether it is paying off our fees or, fulfilling our demands and provide us a good life with their selfless love. The privileges many of us get from our parents' hard work cannot be weighed in any terms. They do not demand anything big from us in return either. Parents do this out of happiness. It brings them joy, watching their children have a great life. I am sure when we get older, we would do the same with our children. The love we get from our parents will be passed to our children and that is how the cycle goes on. We would love our children just like our parent did to us. The base of this is nothing but happiness. I'd like to present a very inspiring quote that I have found somewhere. It goes like "For every minute you are angry you lose sixty seconds of happiness" It does not only ends with and on our parents but there can be several examples for the same. Whatever we get in our lives, whether it is our job, respect, knowledge or any privileges, it requires a timely payback. I would like to end my speech with this famous quote by JK Rowling's Harry Potter "Happiness can be found, even in the darkest of times, if one only remembers to turn on the light"

I wish you all a very happy "Happier Day"

“DWELL UPON WAYS TO BE INTUITIVE IN DECISION- MAKING”

Have you guys ever had a moment where you felt as though something wasn't right? Like while stepping into parking lot late at night or feeling negative around someone without knowing why? I guess somewhere in our life we all had experienced this. Most of us think that these inner voices are just utterly nonsense and we don't pay attention to them. As a culture, we have learnt that rationality is what should prevail while making decisions. Even Albert Einstein said “The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have

created a society that honors the servant and has forgotten the gift". Let me ask you what about that sacred gift or that inner voice from within that tells us about the feeling beneath those layers of logic? According to me, Intuition is a sixth sense. It is a feeling that tells us more by sensing the situation. It is to look deeper before you make any decision. But, the main question is how this intuition can help in effective decision-making?



According to a famous research psychologist, "The real challenge is not whether to trust your instincts, but the real challenge is how to strengthen it to make it more trustworthy." So, here are some ways to strengthen our inner voices for an effective intuitive decision-making.

- 1) Keeping a journal-writing your feelings down on a paper will help you in better understanding of your inner voice and will also open up your mind.
- 2) Pattern recognition and action responses- repeated experiences are linked to forming patterns. Using our intuition we translate our experiences into judgements and action responses.
- 3) Trust and act on your positive vibes.
- 4) Don't confuse your desire with intuition.
- 5) Make space for reflections.
- 6) Do meditation. Try to understand your voices.

These exercises will aid you in creating a new, deeper relationship with self, will help to clarify that inner voice and allow you to bring your true instinctual awareness back into your rational life. I would like to sum up my words by quoting a beautiful quote by Blaise Pascal which says "The heart has reasons that reason does not understand."

Thank you.

Ritika Garg
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We come crying and we go dying,
And between all the time,
I just wanted to shine.
And at the age of 99
I sat with my wife,
And calculated I've never lived my Life.
We feel most alive when we smile. We travel to happiness
And get blocked by problems, sorrows, jealousies,
which are obviously pretending to be our traffic jams.
I remember what my professor mentioned the other day
that you are rich if you have something that money can't buy.
This is plenteousness.
If you possess something that you don't need money to



acquire at first place, you're rich.
We don't need to seek happiness. It is in NOW.
We just have to embrace it.
Happiness is the music that we can easily dance to.
There is a very simple story that we're playing under
the direction of God.
The smiling eyes which carry an ocean of dreams
are not meant to get dry.
Only the creator decides when to pack up our roles.
He is the one who can say cut, we have no right to quit our lives.
Huge amount of joy is awaiting us, we just have to
dive deep into the ocean of life.
It becomes a feeling when we share it with the world
and surround ourselves with affection.
Christopher Candles, who left home to find
inner self into the wild. His last words from a van where
he died of starvation were
"HAPPINESS ONLY REAL WHEN SHARED"
Those children at small age are happiest performer
on this stage of life because they find joy in every little act of life.
दबे दबे पाँव से
आये हौले हौले ज़िंदगी।
RAJ KAPOOR once famously reamarked-
इन्सान इस दुनिया मे चार दिन की ज़िंदगी गुजारने आता है.....लेकिन
चालीस दिन का घम उसे घेरे रखता है।

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