

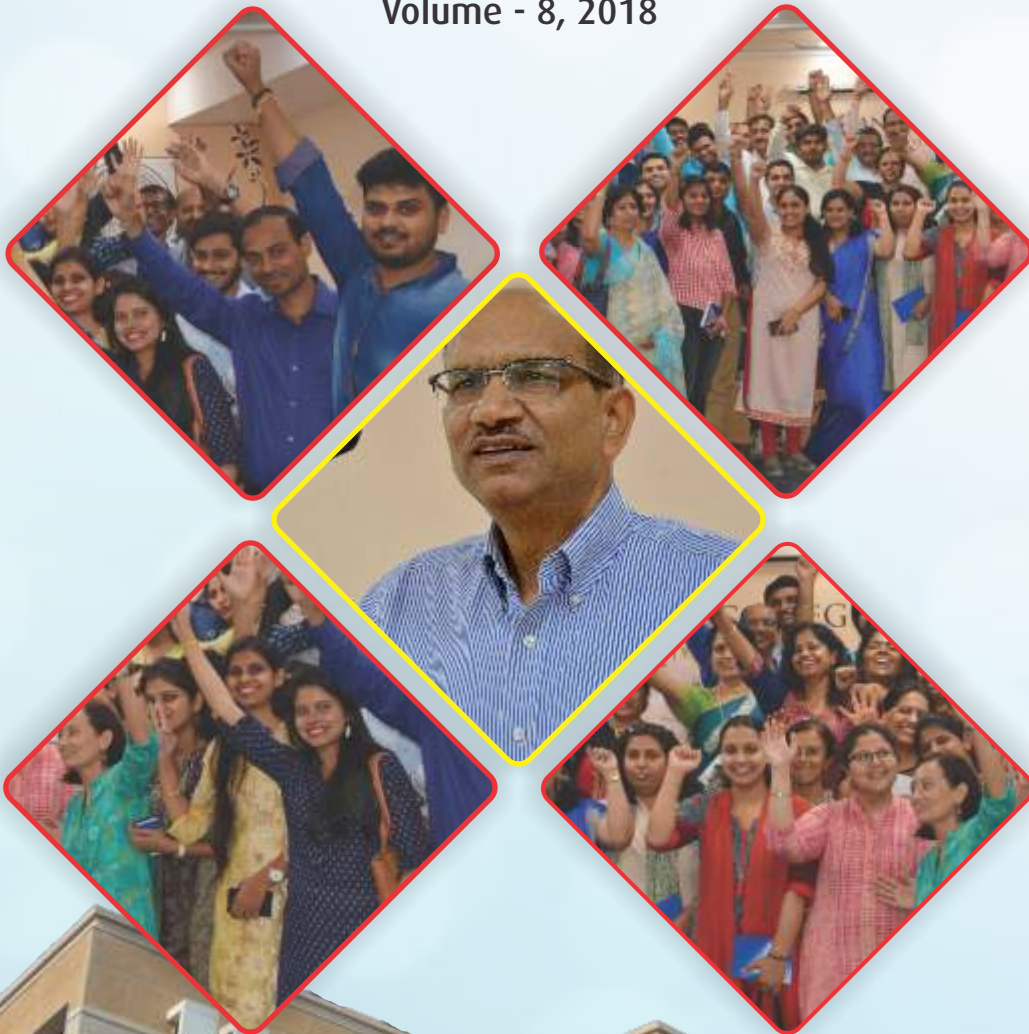
RAMANUJAN COLLEGE

(Accredited Grade "A" by NAAC)

University of Delhi

School of Happiness

Volume - 8, 2018



The Workshop

The two day workshop on “Happiness @ Teaching” is about training minds to be more focussed, to see with clarity the role and responsibility of a teacher, and to have ethical commitment for creativity and learning. The workshop is an interface among Job-satisfaction, Happiness and Ethicality by exchange of ideas and life-skills in simplifying the work life goals of teachers. Lower job-satisfaction leads to seclusion. When there is seclusion, brightness and youthfulness is absent from the manner; the laughter is not happy, it is spiteful; the smiles are not of the pleased but of the cynical. Where there is no seclusion, brightness and youthfulness is the characteristics of the people; there is happiness and good humour in their laughter; there is pleasure and kindness in the smiles. Therefore, the primary objective of the workshop is to promote an exchange of 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 'School of Happiness' was ceremoniously launched at Ramanujan College on 27th July 2018 by Shri Sanjay Mishra (the famous Bollywood actor), wherein the College Principal Dr. S.P. Aggarwal 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.” At the workshop we will also focus on how emotional intelligence can respond to the challenge posed by artificial intelligence and how to improve the efficiency of every individual teacher to overcome from stressful work life. Transformation can begin in the workplace itself, when teachers open themselves to the cultivation of ethical values. This would mean addressing teachers as whole human beings in terms of their physical, mental, emotional, and spiritual needs. By focussing on the qualities of ethical pursuits and joy at work, we have to devise ways for increased job satisfaction, enhanced job involvement, institutional identification, job rewards satisfaction, greater honesty, trust, and commitment culminating into a happy life and an improved classroom performance.

Theme of the Workshop

Happiness is an important value. How related are job-satisfaction, ethical values and life-happiness? This question has to be explored in this workshop. Job satisfaction has been associated with multiple desirable outcomes such as job performance, institutional citizenship behaviour, absenteeism, and happiness. Job-satisfaction focuses on how teachers feel and think about their job. In a similar way to those of life-happiness, it involves emotional states, feelings, affective responses, and cognitive evaluations of job. Ethical practices in the job of teaching serve several purposes. First, they enable a teacher to comply with norms of educational institution. Second, sound ethical practices create trust and reliability with respect to student and teachers who are crucial to running the institution. Third, it helps to keep teachers happy and willing to work hard to achieve institutional goals. Last and most important, following ethical practices in job and personal life is the right thing to do. The purpose for ethical pursuit is to build ethical culture and set the tone in clear terms that unethical behaviour will not be tolerated in the institution. Teachers should be made aware that it pays to adopt holistic approach and pursue values-based education.

The “millennial generation” wants more than just classroom teaching from the institutions. Attracting and keeping this young generation of teachers and students requires creating an ethical learning atmosphere with values they can be proud to support. While ethical behaviour promotes job-satisfaction, job-satisfaction also promotes ethical behaviour. Dissatisfied teachers are more likely to bunk classes, especially if they see their senior colleagues bunking, too. Ethics go beyond just adhering to the law. It is working according to the spirit and responsibility of the job. The happiest teachers are those who believe in caring and helping others in teaching professions or doing creative work collectively. In order to have happy, satisfied and sincere students, institutions should have happy, satisfied and sincere teachers. Generally, people with weak moral values have low skills and are unhappy lot involving complications and creating problems for the learning activity. Teachers have some responsibility to create an ethical environment for themselves that fosters job satisfaction. The best way to do this is to challenge yourself to achieve reasonable goals on the job and enhance life skills so that you become a more valuable teacher.

Immediate Objectives

1. To understand the value of ethics, natural world, and to use an activity that can demonstrate that understanding in the classroom.
2. To have participants reflect on how spending time in an ethical and natural environment affects them and others.
3. To have participants reflect on the connection between music, morale and mood.
4. To have participants engage in the teaching process in a way that encourages creativity and commitment.
5. To have participants use their skill to create awareness in others of the marvel of ethical society.

Long run Objectives

- Being happy/joyous
- Bringing brightness/youthfulness
- Building resilience/responsiveness
- Improving hygiene of emotions
- Igniting creativity
- Cultivating sense of belonging
- Feeling energised
- Boosting immune functions
- Regulating sleep patterns
- Monitoring general health

Activities

1. Specialized lectures
2. Film Analysis from the Internet and/or YouTube
3. Music from the film and/or other samples and/or musical instruments

Group discussion based on Activities

1. What points of appreciation do you see in the film?
2. Which of these points have you observed in the natural environment?
3. Which of these points do you think your grandparents have seen?
4. Which emotions do you feel as you watch this part of the film? (Happiness, sadness, nervousness, anger, peacefulness, fear, etc.)
5. How would you describe the soundtrack? What mood does it create?
6. What makes a child appreciate and laugh?

Venue

Ramanujan College, University of Delhi, Kalkaji, New Delhi -110019

The college is located near the well known commercial hub of Nehru Place and the residential areas of Chittaranjan Park, Kalkaji and Greater Kailash. It is well connected with public transport and the Delhi metro, nearest metro station being Nehru Place Metro Station on the Violet Line. The Teaching Learning Centre at Ramanujan College is equipped with a modern state of art auditorium, conference rooms and ICT enabled classrooms.



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