

# A Brief Report

2-DAY WORKSHOP ON

## *Happiness @ Teaching*

15 – 16 SEPTEMBER 2018

ORGANISED BY

**SCHOOL OF HAPPINESS**

**RAMANUJAN COLLEGE**

**And**

**TEACHING LEARNING CENTRE**

**MINISTRY OF HUMAN RESOURCE DEVELOPMENT**

**PANDIT MADAN MOHAN MALAVIYA NATIONAL**

**MISSION ON TEACHERS AND TEACHING**

**RAMANUJAN COLLEGE**

**(Accredited Grade 'A' by NAAC)**

**(UNIVERSITY OF DELHI)**

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 (Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching). 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.

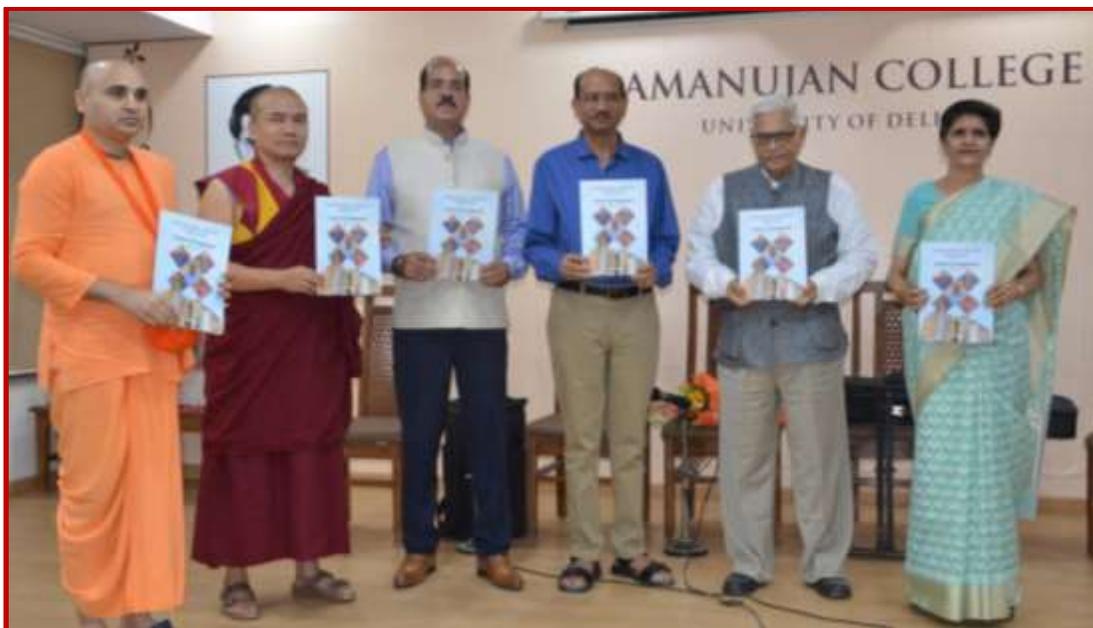
The workshop began with the inaugural session graced by chief guest, Prof. Girishwar Misra, Vice Chancellor, Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha; guests of honour Prof. Annpurna Nautiyal, Vice Chancellor, HNB Garhwal University, and Ven Gshe Dorji Damdul, Director, Tibet who addressed 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.



**First Session (10:00 AM – 12:00 AM) – 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 the 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.

**Second Session (12:30 – 1:30) – 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:

| <b>Name of the Panelists</b>                                                                                           | <b>Discussion Topic</b>        |
|------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| Ms. Soni Jaiswal, Clinical Psychologist,<br>Student Wellness Centre, All India Institute<br>of Medical Sciences, Delhi | Happy Classrooms               |
| Ms. Meenakshi Sharma, Motivational<br>Speaker and Coach -                                                              | Happiness in Life              |
| Dr. Aparajita Mazumdar, Department of<br>Political Science, Ramanujan College                                          | Happiness in the Classrooms    |
| Dr. Nagender Pal, Department of<br>Commerce, Ramanujan College                                                         | Story – telling                |
| Dr. Ashwani Singh, Department of<br>Psychology, Ramanujan College                                                      | Emotional health and Happiness |
| Mr. Arun Aggarwal, Department of<br>Computer Science, Ramanujan College                                                | Role of Trust in Happiness     |
| Ms. Zairunisha, Department of Philosophy,<br>Ramanujan College                                                         | Happiness as a choice          |
| Mr. Vikas Kumar, Department of History,<br>Ramanujan College                                                           | How to Sustain Pure Joy?       |

Ms. Archana Jamita, Department of  
Philosophy, Ramanujan College

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.

### **Third 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.

### **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 (10:00 AM – 12:00 AM)

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:

| <b>Name of the Panellists</b>   | <b>Discussion Topic</b>        |
|---------------------------------|--------------------------------|
| Ms. Shipra Yadav, Pol Science,  | Human Rights and Happiness     |
| Ms. Divya Bhanot, Psychology,   | Spirituality and Happiness     |
| .Mr. Gunasekaran, Pol. Science, | Practical aspects of Happiness |

|                                           |                                |
|-------------------------------------------|--------------------------------|
|                                           |                                |
| Dr. Virendra Kr., Mathematics             | Happiness with no reason       |
| Dr. Z.A. Abbassi, Administrative Officer, | My Happiness Experiences       |
| .Dr. Anumita Shukla, Philosophy           | Duty Ethics and Happiness      |
| Ms. Neha Yadav, Environmental Studies,    | Environment and Happiness      |
| Mr. Rakesh Singh, Economics               | Role of Economics in Happiness |

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



## **Valedictory Session (1:30 PM – 3:00 PM)**



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’

## **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.