


## 'Inner Awareness And Personal Growth'

A one day workshop was organized on 'Inner Awareness And Personal Growth' for teachers and staff on 22.09.2018 at Netaji Nagar Day College.

The goal of this workshop was to strengthen body and mind, overcoming negative emotions and enhancing concentration.

The duration of the camp was four hours.



**NETAJI NAGAR DAY COLLEGE**  
(Under Graduate & Post Graduate Institution)  
Affiliated to University of Calcutta  
Accredited by NAAC (B<sup>++</sup>)  
170/436, N.S.C. BOSE ROAD  
REGENT ESTATE – KOLKATA - 700092

Ref. No.....

Date: 13.09.2018

**NOTICE**

The Internal Quality Assurance Cell of Netaji Nagar Day College shall organize a Camp for "Inner Awareness and Personal Growth" for ~~Teaching and Non-Teaching~~ staff of the College. The Camp aims to bring about "Strengthening of body and mind, Overcoming Negative Emotions and Enhancing Concentration", among others. The Camp is of 4 hours duration and will be held on ~~22.09.18~~ (Saturday) from 11am to 3pm. There is no registration fee. A working lunch will be provided to all participants of the Camp

Interested colleagues are requested to register their names for the camp with the Co-ordinator ~~Dr~~ Santanu Ganguly, of the Department of English.

*S.B. Jash*  
(Dr. Sonali Banerjee Jash)  
Principal & Chairperson, IQAC  
Principal  
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*C. Guha Roy*  
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Co-ordinator, IQAC  
Coordinator  
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## **Camp for Inner Awareness and Personal Growth**

*"Strengthening of body and mind, overcoming negative emotions and enhancing concentration"*

### **Sastha Sustha Rakher Sahaj Upai**

Life is spoken of as the union of the body, senses, mind and spirit. Health is the supreme foundation of virtue, wealth, enjoyment and salvation. Diseases are the destroyers of health, of the good in life, and even of life itself.

#### **Key Factors to Keep Good Health**

##### **Positive Factors :**

- i. Feeling personal happiness
- ii. Ability to laugh easily
- iii. Regular work and daily routine
- iv. Happy marriage or Satisfying long term relationship
- v. Ability to convey one's feelings easily
- vi. Ability to make and keep close friends
- vii. Ability to exercise control on self temperament
- viii. Enjoying leisure time and satisfying hobbies
- ix. Living within means and feeling financially secure
- x. Feeling optimistic about the future

##### **Negative Factors :**

- i. Feeling depressed
- ii. Living alone or feeling of loneliness and absence of close friends
- iii. Lack of regular work or daily routine
- iv. Always very much anxious
- v. Inability to express emotions
- vi. Feeling helplessness to change self
- vii. Getting irritated and being unable to express anger
- viii. Criticizing self and others
- ix. Having to work very hard or do not work at all
- x. Financial worries or excessive burdens
- xi. Regrets for sacrifices made in the past

*Understanding relationship between students, teachers, teachers and students, non-teaching staffs and teachers, non teaching staffs and students*

*Understanding individual work, role, responsibility and being positive & motivated towards work*

*Creating a work culture and spreading happiness to make environment positive and suitable for good education and lifestyle Attitude and interpersonal Skills Pro-activeness*

*How to express self in case of emotional outburst related to dissatisfaction or unhappiness*

*How to relate work to job role & play the part for the bigger cause to serve students and institutional goal*

*How to behave professionally to give good first impression & How to manage crisis and  
How to find resolution to issues to dissolve situation at hand and stop escalation*

*Clear communication and eliminating barriers to communication and avoiding miscommunication  
Eliminating doubts by effective communication*

*How to pass on information and ensuring communication is complete & correct*

*Setting ground rules before in hand and not after the results or just before exams*

*Empathetic attitude and empathize with socio-economic background of students*

*Meeting right expectation and moment of truth for students by providing the right facilities and environment for educating*

*How to attract students to attend classes and come to college*

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Empathetic attitude and empathize with socio-economic background of students

Meeting right expectation and moment of truth for students by providing the right facilities and environment for educating

How to attract students to attend classes and come to college

Working as a team to achieve goal of service towards students

How to handle difficult situation with poise & Cooperative attitude and interpersonal Skills

Values & ethics

Avoiding unforeseen situations by being updates and aware of issues around and taking pro-active steps to prevent situations well in advance.

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