

REPORT
Faculty Development Programme

Interdisciplinary Approach to Pedagogy and Research: Holistic Reorientation
April 29, 2019- May 04, 2019

Internal Quality Assessment Cell, Bharti College, University of Delhi, organized Faculty Development Program on "Interdisciplinary Approach to Pedagogy and Research: Holistic Reorientation", from April 29, 2019- May 04, 2019.

The program witnessed good participation from faculty members & researchers, from various fields & departments. The program was spread over six days which offered to all the learners a wide range of topics to learn and reflect on. The program was designed to strike a judicious chord with prerequisite of good research and innovative approach to teaching.

The program began with inaugural session where Professor. R. k. Singh Department of Psychology, University of Delhi, impressed upon the audience that purpose of education is to ensure an enabling effect. He gave a lucid talk highlighting aspects that education and learning must invoke power of imagination, where institutions have to understand that increments must have correlation with learning outcomes. With technology rampant in every part of our lives, academics and research must think that why the domain be subservient to market.

Dr Rama, Principal Hansraj College, University of Delhi, while addressing the program in a highly motivating talk as Guest of Honor, highlighted that quest of good life is sharing and that efforts have to be made to hunt for solution to solve issues of life in a holistic way.

No research is complete without sound comprehension of data. Following the same, Dr Shradha Mishra, Associate Professor JILE Gurugram, gave an interesting presentation on dynamics involved in data collection, data comprehension and data application using statistical tools.

Today when every aspect of life is grappling with challenges of the need to cater financial discipline, Mr. Nitin Raj Shrivastav, Chief Manager, Learning and Development Reliance, gave an interesting presentation to all participants giving glimpses into significance sound financial measures, investments, balancing between short and long term planning, trade off between economics & psychology, amongst others.

Day 2 of the Faculty Development Program began with a talk by Prof. N. k. Chaddha, Department of Psychology, University of Delhi, underlining nuances of stress management, that self, job, family, community are areas where must analyse the causes of stress. He made the class indulge in a holistic exercise of personal discretion and wherein gave avenues of time to introspect. The need to avoid over thinking, taking time to manage

stress, and not to damage oneself amidst the chores of life with respect to values, interests, knowledge, personality etc.
were aptly narrated by the speaker in order to cope with stress.

Dr Sumamjeet Singh, Associate Professor, Ramjas College, University of Delhi, dwelled with issues of research paper writing and research proposal. He highlighted contours of good research- giving examples of types of research like argumentative versus analytical, empirical paper versus policy oriented. He demonstrated on the need for clarity, brevity, precise comprehensive methodology, indexing, apt justification of study, as prerequisite for good research.

Day 3 began with Dr Roma Kumar, Senior Consultant, Sir Ganga Hospital, Delhi, spoke on 'Behavioral Strategies to Handle Students', brought to the light the challenges of contemporary times using various examples and initiating classroom discussion, on issues of demands that need to be fulfilled, comparison that are made, how to deal with boon and bane of social media and technology, need to resolve unresolved crisis, look out for reasons to be happy, fight out stigma associated with visiting a psychologist.

The session by Dr Pravarjika Divyanandpran, Scholar, RK Ashram, was on 'Happiness and Good Health'- began with guided meditation, appreciation of calmness, inner balance, need to pull up negative emotions. The lecture demonstrated that how happiness is a state of mind wherein working on mind is essential. Yogic practices are the means to empty the chaos of mind and control it as they enable mind to understand different stages of happiness. She gave interesting examples from countries like Bhutan having happiness index and Seligman views on positive psychology. She urged the audience to reflect on life to strike a holistic exercise and balance with mind, body and soul.