

WORKSHOP VENUE



Room: Auditorium (Ground Floor)
R. A. Podar College of Commerce & Economics (Autonomous)
L.N. Road
Matunga, Mumbai-19

Team:
Chief Advisor:
Principal Dr. Shobana Vasudevan

Advisors:
Vice Principal Prof Vinita Pimpale
Mrs. Manjusha Sawant
Vice Principal Kavita Jajoo

Organising Members:
Sudarshana Saikia
Dr. Amruta Patil
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Podar College of Commerce
& Economics (Autonomous)



WORKSHOP SCHEDULE

9:00 AM - 10:00 AM:



Inaugural Session

10:00 AM-10:30 AM:

**Session-I-
Compassion for Self**

10:30 AM-11:45 AM:



11:45 AM - 11:55 AM:

**Session-I-
(Continued)
Compassion for Self**

11:55 AM - 1:00 PM:



1:00 PM - 1:45 PM:

**Session-II- Passion
at Work**

1:45PM - 3:45 PM:



3:45 PM- 3:55 PM:

4:00 PM- 4:30 PM:

Concluding remarks



S.P. MANDALI'S

R. A. Podar College
of Commerce & Economics (Autonomous)



**Self Development Centre
of R.A Podar College of
Commerce & Economics
(Autonomous)
in collaboration with
Disha Counseling Centre**

**organises
One day National level
workshop**

**Compassion for Self &
Passion at Work**

Supported by RUSA 2.0

TUESDAY

**05 DECEMBER
2023**



9:00AM- 4:00 PM

ABOUT COLLEGE

S.P. Mandali's R. A. Podar College of Commerce & Economics (Autonomous) is one of the oldest educational institutions in the state of Maharashtra spearheading education in the field of commerce and economics for the last 80 years. Located in Matunga, a central suburb of Mumbai, the College is a single faculty Commerce college and is affiliated with the University of Mumbai. The college offers six UG programmes, five PG programmes and four PhD programmes.

At R. A. Podar College, the philosophy of education may be summed up in two sentences:

"Samaani va aakooti samaanaa hridayaani vaham" (One in Mind & One in Heart).

"Na hi gnyaanen sadrasham pavitramiha vidyate" (There is nothing in this Universe as pure as Knowledge)

By nurturing intellect and creating personalities, the college has developed its learners who are known achievers in diverse fields. In recognition of the valuable academic achievements and participation of the college teachers in the university system through various bodies of the University, the college has been recognized and felicitated with the Best College Award.

As an autonomous college, we had the opportunity to implement NEP 2020 seamlessly. Under NEP norms, the thrust areas has been a learner centric approach, experiential learning and innovation amongst faculty and learners.

We encourage you to log onto www.rapodar.ac.in for a detailed profile of the institution.

ABOUT WORKSHOP

The changing landscape of education, particularly in Higher Education Institutions (HEIs), as outlined in the National Education Policy 2020 (NEP 2020), emphasizes a redefined role for teachers. This shift necessitates teachers to embody multiple roles, serving as guides and mentors, establishing a deeper connection with learners. As a result, there's a need for a dynamic change in the outlook of educators.

The workshop "Compassion for self and passion at work" primarily concentrates on cultivating self-care among teachers and its correlation with fostering a conducive work environment.

The workshop aims to empower educators in discovering their sources of synergy, enhancing their work focus, and ultimately evolving into 'Empowered Guides' by reinforcing a consistent core.

Presently, the concept of self-care has largely been confined to physical health and superficial practices akin to cosmetic care.

The workshop seeks to shift this perspective, focusing on the inner rhythm of 'self-support.' This approach aids teachers in self-identification, fostering insight, and nurturing compassion. Consequently, it enables them to maintain a positive outward relationship with their work and professional responsibilities.

The workshop is a collaborative initiative between R. A. Podar College and the Disha Counseling Center.

ABOUT WORKSHOP

The Objectives of the Workshop-

- To begin and enhance the inner journey of self-awareness, self-care and connecting to our inner space.
- To help build synchronicity between inner motivators and develop an effective, empowered and fulfilling presence in the work space.
- Enhancing positive and effective team relationships and enabling happier work environments.

The Outcomes of the Workshop-

- Identifying the inner self.
- Identifying needs and motivators.
- Building positive and effective interpersonal connect.

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A teacher affects eternity; He can never tell where his influence stops.- Henry Adams