Report of the Online Faculty Development Programme

Lessons from Positive Psychology for Promoting Student Development

Organized by the NAAC Committee in collaboration with IQAC *Government General Degree College, Mangalkote Panchanantala, Khudrun Dighi, Purba Bardhaman, West Bengal - 713132*





REPORT

- 1. Name of the Program: Online Faculty Development Programme
- 2. Theme: Positive Psychology and Student Development
- 3. Date: 26.05.2023 (Friday)
- 4. Time/Schedule: 6:30 pm 8.00 pm
- 5. Venue/Platform/Mode: Google Meet Link: https://meet.google.com/ntg-ksut-cdd
- 6. Organizers: NAAC Committee, in association with IQAC, GGDC, Mangalkote.
- 7. Organizing Committee:
- i. Patron: Dr. Pradipta Kumar Basu, Officer-In-Charge, GGDC, Mangalkote
- ii. Advisors: Dr. Debraj Biswal, Convener, IQAC, GGDC, Mangalkote
 - Mr. Pinaki Roy, Convener, NAAC Committee, GGDC, Mangalkote
- iii. Organizing Secretary: Mr. Debaditya Dutta, Member, NAAC Committee, GGDC, Mangalkote
- iv. Technical Assistance: Mr. Pinaki Roy, Convener, NAAC Committee, GGDC, Mangalkote
- v. Host Associates: All members of NAAC Committee and IQAC, GGDC, Mangalkote
- **8. Objective of the Program:** To enable the faculty members to have an understanding of positive psychology as a way of enhancing pedagogic methods and teaching-learning experiences in classroom settings and beyond.
- 9. Name of the Invited Speaker/Resource Person: Dr. Shilpa Bandyopadhyay
- **10. Designation of the Invited Speaker/Resource Person:** Assistant Professor, Jindal Institute of Behavioural Sciences, O. P. Global University, Sonipat
- 11. Title of the Lecture/Deliberation: Lessons from Positive Psychology for Promoting Student Development





12. Summary of Lecture/Deliberation by the Invited Speaker/Resource Person:

The Faculty Development Programme was a deeply enriching and interesting one which also included active participation of the audience through certain interactive digital platforms.

The programme began with an introduction to student learning and the socioemotional domain. In this arena we were introduced to ideas of intra and inter personal mastery. While intra-personal mastery involves developing the relationship we have within ourselves, interpersonal mastery is about developing the relationships we share with our students. The issues of emotional intelligence and growth mindset were also addressed in the context of learning methods. In the discussion on student learning and cognitive domain, it was shown how it is important to cognitively stimulate students.

Positive psychology is a branch of psychology which answers the question: what is right with you and how do we promote it? We take something positive in someone and push it forward and increase it. The interactive aspect of the lecture was conducted through www.menti.com wherein members of the audience could anonymously post their responses to the question: what are the skills that a 21st century student/learner should develop? The various responses from the audience included – empathy, analytical ability, tolerance, listening and so on. We were also told to ponder over the question: How can a teacher promote these skills through their instructional practices? What are your strengths as an educator and how do you leverage them to create an impactful learning experience? The lecture moved on to details on intra and interpersonal mastery which included our personal strengths and virtues, growth mindset, and emotional intelligence as well as discussions on transcendence, wisdom, humanity, courage, justice. We also learnt about the difficulties of focusing on our own positive attributes, for instance, we can easily write about our weaknesses but not our strengths but other people can easily list our strengths. This reveals the natural human negativity bias, nonetheless, positive psychology can help us overcome these tendencies and work towards a more productive future. We use wisdom to gather knowledge and information. This includes curiosity and critical thinking, love of learning, including all perspectives. A sense of justice helps us in group-based or communitybased locations. The lecture elaborated on the importance of ice breaker sessions to generate more interaction in class. Growth mindset is the idea that our success depends on time and effort rather than on innate abilities. Attributing success to talent makes people hopeless because they think that they are talentless and thus unable to succeed. We should try to convert from that fixed mindset to a growth mindset. It is more difficult to convert from fixed to growth mindset because the latter involves active engagement and agency of the learner or reader. Growth mindset is trainable. Emotional intelligence is managing, understanding, using, and perceiving emotions.





Procrastination, for instance, is an emotion regulation problem, it may come from feelings of inadequacy. Some of the recommendations suggested through this seminar included: seeking feedback from trusted others while also undergoing self assessment, gaining valuable insights into what co-workers perceive as strengths and weaknesses and so on. The programme also discussed the grounding technique which is a method of using our five senses to identify things around us, five objects one can see, four objects one can touch, three objects one can hear, two one can smell and one object to taste. If one is anxious and one starts using the senses to look for things to use the senses on, then one will feel more grounded, more mindful, less anxious, thus this exercise is recommended to create a more positive outlook and bring oneself under control. There are certain prompts and questions which help us to challenge our tendency to overthink, these prompts distract us from our anxieties and make us calmer. There are methods of listening that involve understanding rather than compulsively responding, all of which are relevant for creating a positive outlook and helping us in our teaching methods. Bloom's taxonomy consisting of the steps of remembering, understanding, applying, analyzing, evaluating and creating could be used to stimulate student learning at each of the levels. The programme concluded with a discussion on crafting our own teaching philosophy statement, our goals, our aims for students, what we do in the classroom, the effective methods of teaching and so on. At every step, we must remember the purpose of education, the strategies used to impart education, and the meaningfulness that is generated through the entire process.

13. Participant Composition and Feedback Analysis:

a. Number of Registered Participants: 25

I. From GGDC, Mangalkote: 19

II. From other institutions: 06

b. Number of Actual Participants (during the online meet) in the FDP: 20

I. From GGDC, Mangalkote: 16

II. From other institutions: 04

c. Number of Actual Participants who submitted the Feedback Form: 18

I. From GGDC, Mangalkote, who submitted Feedback Form: 14

II. From other institutions who submitted Feedback Form: 04





Diagram 1.1: Disciplinary Composition of the Faculty Participants (n=18)

Department/Discipline of Specialization

18 responses

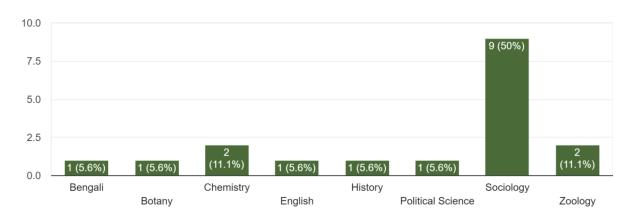


Diagram 1.2: Institutional Affiliation of the Faculty Participants (n=18)

Institutional Affiliation

18 responses

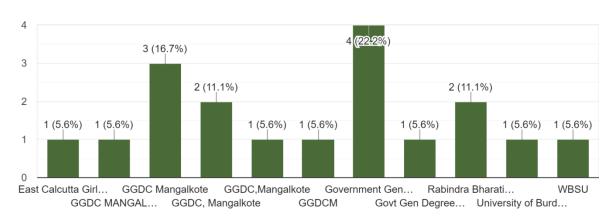


Diagram 1.1 and 1.2 demonstrates that the faculty participants were from diverse disciplinary backgrounds such as English, Bengali, History, Political Science, Sociology, Chemistry, Botany and Zoology. Apart from the faculty members of GGDC, Mangalkote, there were a few faculty participants from Rabindra Bharati University, The University of Burdwan, West Bengal State University and East Calcutta Girls' College.





Diagram 1.3: Teachers' opinion about relevance of the content of the FDP

How relevant was the content discussed by the resource person?

18 responses

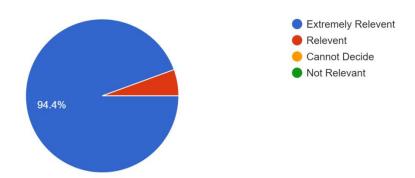


Diagram 1.3 shows that an overwhelming majority of 94% of the faculty participants responded that the content of the FDP was extremely relevant.

Diagram 1.4: Teachers' opinion about clarity of communication of ideas and concepts by the resource person

The resource person was able to communicate ideas and concepts clearly. 18 responses

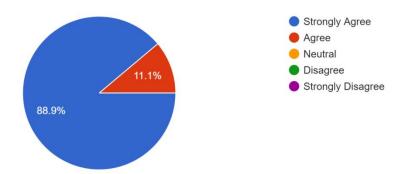


Diagram 1.4 illustrates that an overwhelming majority of 89% of the faculty participants opined that the resource person was able to communicate ideas and concepts clearly.





Diagram 1.5: Teachers' opinion regarding whether the material was explained in an interesting manner

The resource person explained the material in an interesting manner.

18 responses

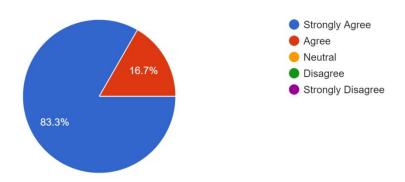


Diagram 1.5 depicts that majority of the faculty participants (about 83%) thought that the resource person explained the material in an interesting manner

Diagram 1.6: Teachers' opinion about the depth of the topic conveyed by the resource person

The resource person conveyed the topic in depth.

18 responses

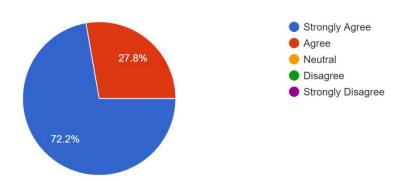


Diagram 1.6 shows that a majority of 72% of the faculty participants opined that the resource person conveyed the topic or matter in depth.





Diagram 1.7: Teachers' opinion about overall organization of the talk

How was the overall organization of the talk/lecture? 18 responses

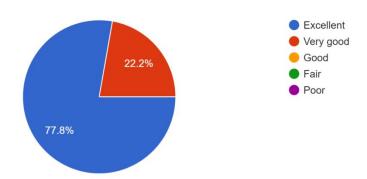


Diagram 1.7 demonstrates that a majority of 78% of the faculty participants opined that the overall organization of the talk was excellent.

Qualitative Responses from Faculty Participants about Themes of Future FDPs

Motivation, NEP, Workplace-related Stress

Academic writing

Academic and industry collaboration.

Dealing with Technology and distraction among students

Effective pedagogical methods in rural context

Professional Ethics

Procrastination

Effective teaching

Managing educational and administrative tasks on the part of the educators

FDP on enhancing relevant technical skills

TLM, Field Work etc

Soft skill development, stress management

Impact of NEP 2020 in the educational system

Sustainable practices towards a greener environment..

Modern technologies towards teaching in blending mode..

Modern techniques for data handling ..





Digital literacy

Sociology of Senses

Career opportunities for first generation graduates in a competitive market

Work-life Balance

NEP-2020

This is the first online Faculty Development Programme organized by Government General Degree College, Mangalkote. The topic of the first offline Faculty Development Programme was "Curriculum Delivery for Academic Excellence", delivered by Dr. Debraj Biswal, Coordinator, IQAC, GGDC, Mangalkote. The topic of this Online Faculty Development Programme was Positive Psychology and Student Development, delivered by the invited speaker, Dr. Shilpa Bandyopadhyay, Assistant Professor, Jindal Institute of Behavioural Sciences, O. P. Jindal Global University, Sonipat. The participation in the programme from the faculty community of the college and other institutions was encouraging and the feedback received about the presentation of the invited speaker reflects widespread appreciation.

The NAAC Committee and the IQAC of Government General Degree College, Mangalkote, will focus on the preferences expressed by the faculty participants about the probable themes of future Faculty Development Programmes.

Dr. Shilpa Bandyopadhyay has generously shared the link of her presentation for future reference by the participants of the Faculty Development Programme:

https://www.canva.com/design/DAFjtnAin_4/TmJqW6kmgPaHPtdz7ymew/edit?utm_content=DAFjtnAin_4&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton







Glimpses from the inaugural session









Snippets from Dr. Shilpa Bandyopadhyay's presentation





Glimpses from Dr. Shilpa Bandyopadhyay's presentation and the interactive session





GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

NAAC Committee In association with IQAC, GGDC, Mangalkote Invites you to join the FACULTY DEVELOPMENT PROGRAMME

on

Lessons from Positive Psychology for Promoting Student Development



ON FRIDAY, May 26th, 2023 AT: 06.30 P.M.



REGISTER BY 25.05.2023 AT: https://forms.gle/NavSHMo26QWVCPHs7



Invited Speaker:

Dr. Shilpa Bandyopadhyay

Assistant Professor, Jindal Institute of Behavioural Sciences (JIBS), O. P. Jindal Global University (Sonipat)

Speaker Profile:

Dr. Shilpa Bandyopadhyay is an Assistant Professor at the Jindal Institute of Behavioural Sciences (JIBS), O. P. Jindal Global University (Sonipat), where she teaches undergraduate and postgraduate students of Psychology. She qualified the UGC NET-JRF exam in November 2016, and earned her PhD in Psychology from the Department of Humanities and Social Sciences, IIT Delhi in January 2023. Her thesis was a mixedmethods inquiry into the aging experience, well-being and social media representation of older people in the Indian context. During the course of her PhD she was a research assistant in multiple collaborative projects examining well-being related constructs in India. The primary areas of her teaching and research interest are Geropsychology and Positive Psychology, and she has published her research works in peer-reviewed and Scopus indexed national and international journals of repute. She has also presented her research works in well-recognized national and international conferences. She has been awarded the Prof. Deepak Bhat Award for Best Presentation in a Scientific Session at the annual conference of the Indian Academy of Applied Psychology in 2021 and 2022. Besides her academic engagements, she is an Executive Committee Member of the National Positive Psychology Association, a member of the American Psychological Association (APA) and a member of APA Division 20 on Aging and Adult Development.

Lecture Topic:

Lessons from Positive Psychology for Promoting Student Development





ORGANIZING COMMITTEE:

PATRON:

DR. PRADIPTA KUMAR BASU, OFFICER-IN-CHARGE, GGDC, MANGALKOTE

ADVISOR:

DR. DEBRAJ BISWAL, COORDINATOR, IQAC, GGDC, MANGALKOTE

MR. PINAKI ROY, CONVENER, NAAC COMMITTEE, GGDC, MANGALKOTE

ORGANIZING SECRETARY:

MR. DEBADITYA DUTTA, MEMBER, NAAC COMMITTEE, GGDC, MANGALKOTE

TECHNICAL ASSISTANCE:

MR. PINAKI ROY, CONVENER, NAAC COMMITTEE, GGDC, MANGALKOTE

HOST ASSOCIATES:

ALL MEMBERS OF NAAC & IQAC COMMITTEE, GGDC, MANGALKOTE

PROGRAMME SCHEDULE (26.05.2023):

6:30-6:35 PM: WELCOME ADDRESS BY MR. DEBADITYA DUTTA

6:35-6:40 PM: INAUGURAL ADDRESS BY DR. PRADIPTA KUMAR BASU,

OFFICER-IN-CHARGE, GGDCM

6:40-6:45 PM: ADDRESS BY DR. DEBRAJ BISWAL, COORDINATOR, IQAC

6:45–6:50 PM: INTRODUCTION TO THE TOPIC BY MR. PINAKI ROY

6:50–7.35 PM: LECTURE BY DR. SHIPLA BANDYOPADHYAY

7.35–7:55 PM: DISCUSSION - MODERATION BY MR. DEBADITYA DUTTA

7:55-8.00 PM: VOTE OF THANKS BY MR. PINAKI ROY



FRIDAY, MAY 26TH, 2023 6.30 P.M. – 8.00 P.M. Google Meet gateway opens at 6.15 P.M.

Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

PLEASE JOIN -

Video call link: https://meet.google.com/ntg-ksut-cdd

PARTICIPATION CERTIFICATES WILL BE PROVIDED TO CANDIDATES SUBMITTING THE FEEDBACK FORM AT THE END OF THE WEBINAR

Timestamp	Email Address	Name	Department/Discipline of :
•	pinaki.roy88@gmail.com	Pinaki Roy	Sociology
	sanchari.s10@gmail.com	•	Sociology
5/26/2023 19:48:36	animeshpresiz@gmail.coi	Dr.Animesh Mondal	Zoology
5/26/2023 19:49:52	mukherjeesrimanti@gmai	Srimanti Mukherjee	Sociology
5/26/2023 19:52:17	sanchari.de2@gmail.com	Sanchari De	Sociology
5/26/2023 19:56:24	debhraj@gmail.com	Debraj Biswal	Zoology
5/26/2023 19:56:52	hiraksmp@gmail.com	Hirak Kumar Sinha Maha	History
5/26/2023 20:11:55	akashkedia28@gmail.con	Dr. Akash Kedia	Botany
5/26/2023 20:18:02	piyali.duttabanik@yahoo.d	Piyali Dutta Banik	Sociology
5/26/2023 20:25:55	moumita.mazumder8@gr	Moumita Mazumder	Sociology
5/26/2023 20:29:42	keshabg186@gmail.com	Keshab Chandra Saha	Bengali
5/26/2023 20:34:27	tinat.1990@gmail.com	Tinat Rukshana	Political Science
5/26/2023 20:34:57	pkbasu74@gmail.com	Dr. Pradipta Kumar Basu	Chemistry
5/26/2023 20:41:36	debiitkgp123@gmail.com	Dr. Debasish Kundu	Chemistry
5/26/2023 20:59:08	ttashneem@gmail.com	Tahira Tashneem	English
5/26/2023 22:27:09	sayantan.tintin@gmail.coi	Sayantan Ghosh	Sociology
5/27/2023 8:27:19	contact.suchismita2014@	Suchismita Das	Sociology
5/27/2023 13:06:38	nikkondutta23@gmail.com	Debaditya Dutta	Sociology
5/27/2023 19:01:56	debashis.bubun@gmail.c	DEBASHIS BISWAS	Bengali





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Lecturer	Excellent	Extremely Relevent	Agree
Assistant Professor	Excellent	Extremely Relevent	Agree
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The resource person was	The resource person expl	The resource person conv	The resource person end
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Strongly Agree	Strongly Agree	Agree	Strongly agree
Strongly Agree	Agree	Strongly Agree	Strongly disagree
Strongly Agree	Strongly Agree	Strongly Agree	Agree
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Agree	Agree	Strongly Agree	Disagree
Strongly Agree	Strongly Agree	Strongly Agree	Strongly agree
Strongly Agree	Strongly Agree	Strongly Agree	Strongly agree [1]
Agree	Agree	Strongly Agree	Agree





The talk/lecture was helpf	The resource person was	Overall the talk/lecture wa	Mention a few topics/them
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Strongly disagree	Strongly disagree	Strongly disagree	Academic writing
Agree	Agree	Agree	Academic and industry co
Strongly agree	Strongly agree	Agree	Dealing with Technology a
Strongly agree	Strongly agree	Strongly agree	Effective pedagogical met
Agree	Strongly agree	Strongly agree	Professional Ethics
Strongly disagree	Strongly disagree	Strongly disagree	Procrastination
Strongly agree	Strongly agree	Strongly agree	Effective teaching
Strongly agree	Strongly agree	Strongly agree	Managing educational and
Strongly agree	Strongly agree	Strongly agree	FDP on enhancing releva
Strongly disagree	Strongly disagree	Strongly disagree	TLM,Field Work etc
Agree	Agree	Strongly agree	Soft skill development, str
Agree	Strongly disagree	Agree	Impact of NEP 2020 in the
Agree	Strongly agree	Strongly agree	Sustainable practices tow Modern technologies towa Modern techniques for da
Agree	Strongly agree	Agree	Digital literacy
Strongly disagree	Strongly disagree	Strongly disagree	Sociology of Senses
Strongly agree	Strongly agree	Strongly agree	Career opportunities for fi
Strongly agree [2]	Strongly agree [3]	Strongly agree [4]	Work-life Balance
Strongly agree	Agree	Agree	NEP-2020





Institutional Affiliation		
GGDC, Mangalkote		
Rabindra Bharati Universi	ty	
GGDC,Mangalkote		
Rabindra Bharati Universi	ty	
Govt Gen Degree College Mangalkote		
GGDC, Mangalkote		
University of Burdwan		
GGDC Mangalkote		
East Calcutta Girls' Colleg	ge	
Government General Degree College, Mangalkote		
GGDC MANGALKOTE		
GGDCM		
Government General Deg	ree College, Mangalkote	
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Government General Deg	ree College, Mangalkote	
WBSU		
GGDC Mangalkote		
Government General Deg	ree College, Mangalkote	
Government General Deg	ree College at Mangalkote	





- [1] Responder updated this value.
- [2] Responder updated this value.
- [3] Responder updated this value.
- [4] Responder updated this value.



