



# **ARMY INSTITUTE OF EDUCATION**

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA  
(Affiliated to GGSIP University, New Delhi)  
NAAC ACCREDITED & ISO 9000:2015 CERTIFIED INSTITUTE

## **THREE DAYS NATIONAL WORKSHOP ON**

### **“PERSONAL TRANSFORMATION AND PSYCHOLOGICAL WELL-BEING”**

Sharda University, Greater NOIDA organized Three Days National Workshop on **“Personal Transformation and Psychological Well-Being”** from 31<sup>st</sup> January to 2<sup>nd</sup> February 2019. Three student- teachers along with Dr Tania Gupta, Principal AIE & Ms Kavitha N Karun, Assistant Professor, AIE attended the workshop.

On 31 January 2019, the first session was conducted by resource person Brig. S Agarwal on the topic “Personal Transformation”. In this session the participants got to know about “Why do we need to transform? What need to be transformed?”, “Emotional Intelligence” and also about “Styles of Communication”.

In the second session Ms. Rashmi Agarwal enlightened the participants about “Enhancing Personal and Social Competencies”. During her session participants learnt about Biorhythm, Time matrix and how to manage our ‘U’ and ‘I’ in our daily life.

On 1 February 2019, the National workshop started with session by Ms. Annie Khanam on theme “Life-Skills and their application to life” in this session she told us about some stress buster which will help to deal with our stress in our daily life. As we are human, so stress is also a part of our life which affects us in many ways and as an educator we need to be very calm and patient as we are going to deal with an innocent life so we can’t let stress to affect us in anyway. So she introduced some activities which will help us and even the students to overcome their problems and she also told us about to be assertive in our life.

On 2 February 2019 , Dr. Sangeet Sharma, a certified NLP Practitioner and Wellness coach was the resource person. As the term NLP which means “Neuro Linguistic Programming” sounds very new to us and because of this we are more curious to know about this topic. As we know our brain can have 10 new information in 1 sec and also at a particular time our brain can concentrate at one point only, so he gave us some exercise to perform and also to check whether we are able to capture new information within 1sec or not. He also discussed about to have a positive learning we all need to have positive posture and never criticize our as we can also learn from our past. He also introduced three terms “DDG” where ‘D’ stands for Delete; ‘D’ stands for Distortion and ‘G’ stands for Generalization which means that world will remain same as well but only thing is to change our perception. Afterwards student-teachers along with other participants had great session with a Zumba instructor Mr. Sahib and we all enjoyed a lot. After an energetic Zumba session, student-teachers of AIE shared their experience about the workshop and received certificates.

During these three-day National Workshop on “Personal Transformation and Psychological Wellbeing” the participants of AIE gained a lot about how to enhance personality and deal with emotions.



Student Teachers of AIE is with Dean of Instructions Dr. Reinu Gupta, Recourse Person Ms. Rashmi Agarwal and Faculty members Dr. Sarita Verma and Ms. Ruchi Saxena



During Activity session on Life skills



Receiving certificates of participation

Reporters:  
Pallabi Bora, Roshni Singh and Mohini Kumari  
Student-Teachers AIE