



# **ARMY INSTITUTE OF EDUCATION**

NAAC ACCREDITED & ISO CERTIFIED INSTITUTE

Plot M-1, Pocket P-5, Sec. CHI, Greater NOIDA

## **WORKSHOP ON PERSONAL TRANSFORMATION AND PSYCHOLOGICAL WELL-BEING OF EDUCATORS**

Army Institute of Education (AIE), Greater Noida organized a workshop on the theme “**Personal Transformation and Psychological Well-Being of Educators**” on **05 November 2019**. The resource person for the workshop was **Brig Sanjay Agarwal, Sena Medal & Bar (Retd)**.

**Dr. Tania Gupta, Principal AIE** welcomed and felicitated the resource person. He started his session with a few questions like-

- (i) Why to transform?
- (ii) What to transform?
- (iii) How to transform yourself?

He focused on what needs to be transformed that is one's inner qualities that can be changed. He suggested and emphasized the ways how one can transform and also discussed about the habits that needs to be transformed. He suggested some positive habits to be developed and some negative habits which should be removed for personal transformation.

He also discussed about activity management matrix where he described that the most focused part should be important but not urgent. At the end he explained about the concept of emotional intelligence and the ways to improve the emotional intelligence.

At the end there was a question answer and discussion session which included all the facts and question answers related to workshop and the take away points by the participants.

A total of 38 Educators from ten schools of Greater Noida participated in the workshop. The details are as follows-

S.No.	Name of the School	No. of Participants
1.	Army Public School, Noida	01
2.	Grads International School, Greater Noida	20
3.	Holy Public School, Greater Noida	02
4.	Greater Valley School, Greater Noida	02
5.	Pragyan Public School, Greater Noida	03
6.	Jaypee Public School, Greater Noida	02
7.	Kaushalya World School, Greater Noida	02
8.	Ursuline Convent School, Greater Noida	02
9.	Samsara The World Academy, Greater Noida	02
10.	Sanfort World School, Greater Noida	02

The workshop completely helped the participants to know and to transform themselves according to the adverse situations to achieve success.

It was a very insightful and interactive session, the student teachers and the participants actively participated in it.

Report compiled by-  
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Ms Deepshikha (Batch 2018-20)



Dr Tania Gupta, Principal AIE felicitating Brig Sanjay Agarwal, Sena Medal & Bar (Retd).



Brig. Sanjay Agarwal addressing the gathering.



Brig. Sanjay Agarwal sharing his views about personal transformation.



An engaged audience during the workshop