

**Report  
of  
Seven days International Workshop on The Art  
of Self-Management**

**January 15<sup>th</sup>, 2019 - January 21, 2019.**

**Organized by**

**G.H.G Khalsa College of Education**

in communication with

**Institute of Aging and Lifelong Health, University of Victoria,  
Self-Management programs, B.C, Canada**

Jan 15, 2019  
9:30 -10:30 AM  
10:30 -10:50 A.M  
10:50-11:00 AM  
Jan 15 to 18, 2019  
11:00 AM

#### Schedule of the 7 days Workshop

Registration & Morning tea  
Inauguration of the workshop  
Inaugural Speech by Dr. Sarbjit Kaur (Principal)

**Dr. Patrick McGowan**, Director of South-Asian Self- Management Programs, University of Victoria, BC, Canada.  
**Jay Bains**, Provincial Coordinator, South-Asian Self- Management Programs University of Victoria, BC Canada.

Jan 19, 2019  
10:30 AM

Theme: Communication Skills & Time Management Skills  
**Dr. Amit Kauts**, Dean, Faculty of Education, Prof & Head, Department of Education, Guru Nanak Dev University, Amritsar.  
Theme:- Self-Management Skills at the Workplace  
**Dr. Deepa Kauts**, Associate Prof. Department of Education, Guru Nanak Dev University, Amritsar

January 20, 2019  
10:30 AM

Theme: Self-Regulated Strategies for Classroom Management.  
**Prof. Dr. Latika Sharma**, Chairperson, Department of Education Panjab University, Chandigarh  
Theme: Enhancing Emotional Intelligence at Work Place  
**Dr. Mandeep Kochar**, Associate Prof. Bombay Teacher Training College, University of Mumbai

January 21, 2019  
10:30 AM

Theme: Stress Management  
**Dr. Ravinder Kaur**, Principal BBSMGC of Education, Sukhanand & Former Dean, Panjab University, Chandigarh  
Valedictory Session.

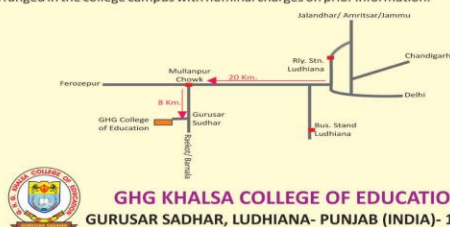
2:30 PM

#### Registration Fee

For Delegates Rs 1000/-

For Students and Research Scholars Rs. 700/-

Note: No TA/DA will be paid to the delegates for attending the conference. Stay will be arranged in the college campus with nominal charges on prior information.



**GHG KHALSA COLLEGE OF EDUCATION**

GURUSAR SADHAR, LUDHIANA- PUNJAB (INDIA)- 141104

## SEVEN DAYS INTERNATIONAL WORKSHOP ON

## THE ART OF SELF-MANAGEMENT

Jan 15-21, 2019



To be organized by  
**GHG KHALSA COLLEGE OF EDUCATION**

In Communication with  
Institute on Aging and Lifelong Health, University of Victoria  
Self- Management Programs, B.C., Canada.



**GHG KHALSA COLLEGE OF EDUCATION**  
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**"Making appointments with yourself and scheduling other things around them is key to proactive self-management."**

Michael Hyatt

#### Invitation

GHG Khalsa college of Education is pleased to invite you to Seven Days International workshop on the theme 'The Art of Self-Management' being organized in the college campus, in Communication with Institute on Aging and Lifelong Health, University of Victoria, Self- Management Programs, B.C. , Canada from January 15 to 21, 2019. You are kindly requested to depute atleast two teachers to attend this workshop.

#### About the Institute

Founded in 1921, G.H.G. Khalsa College of Education has a proud heritage of excellence and innovation. This prestigious institute is blessed as it stands in the name of the Sixth **Guru Har Gobind Sahib Ji**, who donned the swords of Miri-Piri that symbolize spiritual and temporal authority. Rising from the status of a small Gurmukhi Pathshala started by Late Nihang Shamsher Singh in the year 1921, the college has risen to its present glorious stature and at present has 100 seats for B.Ed and 50 seats for M.Ed. The college is a grant-in-aid college, recognized by NCTE and UGC, u/s2(f) and 12(b). It is permanently affiliated to Panjab University, Chandigarh and reaccredited with Grade 'A' (CGPA 3.30) by NAAC.

#### Introduction

The increasing thrust on outcomes and productivity at work place and the lifestyle of modern era has afflicted the human minds with worry, anxiety and stress. Managing workplace pressures, family and social responsibilities has become increasingly challenging. The resulting stress has led to many physical and mental diseases which become chronic over the time.

Stress management programmes have long been used to manage such situations, but a more constructive and corrective way is to equip the people with necessary skills of self management. Self management also referred to as self-care, self-control or self-regulation, is a combination of behaviours that determine how people manage themselves at their work and in their life. It is the personal application of regulatory tactics that produce a desired change in behavior.

Training in self-management skills can help people with chronic conditions to manage their health, reduce pain and fatigue and lead a quality life while still maintaining their work output. It is, thus, necessary to create awareness about self management programmes being conducted world over. This workshop will not only increase the general awareness about the self-management support being extended by various universities and voluntary agencies but also train the teacher educators in the basic techniques and strategies for using self-management in teaching and learning.

#### Objectives of the workshop:

1. To acquaint the participants with the need and importance of efficient self-management.
2. To understand the role of self- awareness and motivation for effective self-management.
3. To discuss the action plan required for stress management in case of emotional or physical difficulties.
4. To equip the teachers with self-regulated strategies for effective classroom management.
5. To train teacher educators to impart self-management skill among prospective teachers.
6. List and discuss various suggestions for conducting an effective self-management program.

**Main theme: The Art of Self-Management**  
(Seven Days International Workshop)

#### Sub Themes

1. Self-Management/ Positivity/ Productivity.
2. Self-Awareness/ Motivational Beliefs.
3. Stress Management
4. Self-Regulated Strategies for Classroom Management
5. Self-Management Skills at Workplace.

#### Organizing Committee

**Patron:** S. Manjit Singh Gill (President)

**Convener:** Dr. Sarbjit Kaur Ranu (Principal) 9814753496

**Coordinator:** Dr. Manu Chadha 9915560719

**Organizing Secretary:** Dr. Jasleen Kaur 9780979079

Dr. Pargat Singh Garcha, 9815331234

## **Seven days International Workshop on The Art of Self-Management**

**G.H.G Khalsa College of Education**

in communication with

**Institute of Aging and Lifelong Health, University of Victoria, Self-Management programs, B.C, Canada**

The seven days **international workshop on the topic “The Art of Self-Management”** organized by G.H.G Khalsa College of Education, Guruser Sadhar concluded on January 21, 2019. The workshop was organized in communication with Institute of Aging and Lifelong Health, University of Victoria, Self-Management programs, B.C, Canada. The workshop which began on January 15<sup>th</sup>, 2019 witnessed various informative sessions on self-management skills by renowned resource persons from the field of education. **Mr. Jay Bains, Provincial Coordinator, South Asian Self-Management Programs, University of Victoria, B.C, Canada** deliberated on the concept of “Self-Management Skills”. He discussed various strategies to practice self-management skills in our daily life. **Dr. Patrick McGowan, Director, South Asian Self-Management Programs, University of Victoria, B.C, Canada** shared his views through video conferencing on the topic “The Art of Self-Management”.



**Dr. Amit Kauts, Dean, Faculty of Education, Guru Nanak Dev University, Amritsar** conducted session on “Time Management Skills at Work Place” and provided many practical tips to manage time at work place.



**Dr. Deepa Kauts, Associate Prof., Dept. of Education, Guru Nanak Dev University Amritsar** in her session said that Self-Management is all about living life happily.



**Prof. Latika Sharma, Chairperson, Dept. of Education, Panjab University, Chandigarh,** deliberated on the topic “Self-Regulation Strategies in Classroom”. She said that one should always look for holistic mode of learning for complete understanding.





**Dr. Mandeep Kochar, Associate Prof. Bombay Teacher Training College, University of Mumbai,** reflected on the issue of “The Art of Self-Management”. She conducted various activities in her session so as to provide a practical outlook on the self-management skills.



**Dr. Ravinder Kaur, Principal, BBSMGC of Education, Sukhanand and Dr. Sarvjeet Kaur Asst. Prof. G.H.G.H College of Education Sidhwan Khurd** held sessions on stress management and gave many practical solutions to avoid stress at work place.



Principal Dr. Sarbjit Kaur Ranu congratulated the entire faculty and students for successful completion of the workshop. The distinguished guests present on the occasion included **Lt. Gen. I.S Singha, Director**, and **Dr. H.S Brar, Registrar, G.H.G Khalsa Colleges**, **Lt. Gen. Gurpal Singh Singha**, **Dr. J. S Brar**, **Dr. Satwinder Kaur, Principal G.H.G College of Pharmacy**, **Dr. Jagdev Singh, Former Asst. Prof. Bhabha Atomic Research Centre** and Principals and faculty of various institutions along with research scholars.