

## Bombay Teachers' Training College

### Organises DARPAN

#### “What’s Needed Is You, Unadulterated and True”

**Resource Person: Ms. Fatema Contractor (Alumnus of BTTC)**

**Date: 31<sup>st</sup> December 2020**

**Time: 10:30am to 1:00pm**



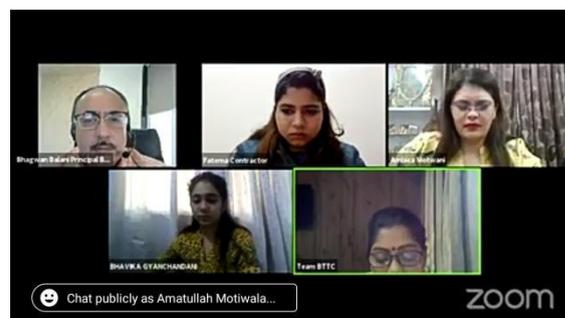
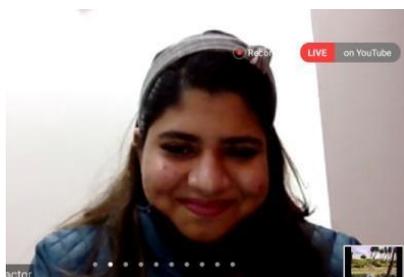
“DARPAN” – looking into the mirror, A session organised by Bombay Teachers' Training College on the very last day of the year 2020 set us on the path of Self Love and Self Awareness. The resource person and the speaker on this topic was our very own Alumnus of BTTC, Ms. Fatema Contractor who is a teacher at 'Aarya Vidya Mandir' as an

English and Social Studies facilitator. Dr. Priya Pillai set the session in rolling by extending a warm welcome to the resource person and the audience. She gave us the highlights of the previous 2 day webinar series on “Preparing for Inclusive Classrooms”. She introduced the session by sharing a few words on reflection. Dr. Priya Pillai rightly mentioned that the mirror gives us an unbiased reflection of ourselves, Similarly the people around us also show us a reflection of ourselves. The common factor in all the relationship of your life is “you”. She welcomed our student Ms



Bhavika Gyanchandani who gave a brief introduction of our resource person and formally welcome her. The session was the handed over to Ms. Fatema Contractor, she began her talk with a very interesting question “What is the Centre of Your Universe”. She further mentioned that the centre of our universe is nothing that is around us, it's something that is within us. She believed that “Teaching is an Art of Courage”, if a teacher has explored herself, her

own abilities only then will she be able to channelize her student's abilities. To explain the true meaning of self-reflection, she gave us an activity where the audience had to look around themselves and associate themselves with any one thing that relates or gives a meaning to the person's character. This activity not only helped us open up our mind on what we think of ourselves to be but also made us realise some strengths that had gone unnoticed. She further mentioned that “Self Awareness is the first step to Self Reflection”. This simply means that unless you haven't explored your inner self, you cannot correctly evaluate yourself. Ms Fatema had designed a very interesting quiz on self awareness where we got a score indicating the level of our self awareness. This score was not concrete, as the levels definitely change with time but this quiz set us thinking, how we are in various situations.





Ms Fatema had got a very interesting game to us, wherein an online site was given <https://powerpuffyourself.com/#/en> , the game on this site allowed us to design our own avatar and design our own powerful self. Through these games and activities she brought out the meaning of the terms Self Concept, Self Image, Ideal and Real Self. She enlightened us on the view that we often

deceive ourselves by creating a wrong self image. The self image is not but the influence of our experiences and the world that reinforces the notions of ourselves to us. She gave us a few solutions how we can explore ourselves and go down deep within to know the inner self. Solutions like Self Talk, taking insights of what people around you think of you, asking self evaluating questions to yourself can help to know more about “SELF”.



Ms. Fatema threw light upon a few things that we oversee daily like using correct words to describe yourself and others. Usage of wrong words may lead to the person building a negative self image. Therefore as teachers, we shall be mindful how we communicate about someone’s traits. The session concluded on a very thankful note, where Ms. Fatema asked us that how much were we grateful for being what we are? For being grateful of our own health, have we thanked ourselves for who

we truly are? She inspired us to make a resolutions that will help ourselves grow more, help us more to explore ourselves and set a positive self image. Dr. Priya Pillai thanked and appreciated Ms. Fatema for such an enriching session. She read out all the compliments and appreciation that Ms Fatema had received for her session that streamed on zoom and youtube platforms. Ms. Melvina D’souza, a student of BTTC concluded the session with the formal vote of thanks. She thanked Ms Fatema Contractor for the wonderful and soulful insights on how our own Self will lead us to a part of inner happiness and content. Ms. Melvina thanked Our Incharge Principal Dr. Bhagwan Balani and Vice Principal Dr. Mandeep Kochar Ma’am for Organising such an Informative session. This Webinar Workshop left all of us with a curious mind, all set and ready to peel the outer layers and dig deep within to keep on exploring our own self.

Report written by Amatullah (ECEP) moderated by Melvina D’souza. (SYB.Ed.)