

## **Syllabus of Value-Added Course**

# **Nurturing the Self to Nurture Others: A Journey for Future Educators**

*Tagline: Empowering future teachers through self-awareness, purpose & discipline.*

### **Session 1: Who Am I? The Foundation of Self-Awareness** **(1 Credit)**

- Understanding the self beyond roles and labels
- The teacher as a role model: clarity of identity and intention

### **Session 2: Purpose of My Life - Discovering the Why**

- Meaning of existence and the deeper role of a teacher
- Aligning personal purpose with professional calling

### **Session 3: Values that Anchor Me - Building Inner Strength**

- Identifying core personal values (honesty, empathy, responsibility etc.)
- Living value-based life in the classroom and beyond

### **Session 4: Mind Management - Cultivating Peace & Positivity**

- Understanding thoughts, emotions and triggers
- Handling stress, criticism and student behaviour with calm

### **Session 5: Discipline & Daily Work Management (Improving Productivity)**

- Importance of consistency ... routines based on prioritization
- Teachers as time managers and life organizers
- Practice: creating a personal DWM (Daily Work Management) chart

### **Session 6: Power of Communication & Listening** **(1 Credit)**

- Speaking to inspire, not just instruct
- Listening from the heart – what students really want
- Role play: parent-teacher/student scenarios

### **Session 7: Gratitude, Humility & Emotional Intelligence**

- Developing humility and gratitude for life and learners
- Recognizing and regulating emotions to build better connections
- Thanks to all in life ... Who am I grateful to in my learning journey?

## **Session 8: Leadership with Compassion & Vision**

- Every teacher is a leader: vision, courage, service
- How to lead without authority
- Inspiring to transform others

## **Session 9: Spiritual Strength – The Silent Anchor**

- Simple, secular spirituality for inner peace (e.g. Rajyoga/Mindfulness)
- Energy of thoughts and their ripple effect in class
- Short guided meditation session

## **Session 10: Becoming a Lighthouse – Leaving a Legacy**

- How self-developed teachers uplift generations
- Personal action plan: My path to becoming a ‘Lighthouse Teacher’
- Open House and sharing ....

### **Task/assignment**

Completion of ten online task in the format of google form

**(2 Credit)**



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