

Self-Critical Awareness

Activity - 01

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Introduction :

There are three important components of my presentation: Social educational, critical self awareness and revolution. It is important to explain and establish the relationship among them if we are serious to bring about changes in the world we live in. What is social education? Obviously, it is to learn and teach about social reality. But how shall social education approach social reality? There can be three possible ways (Fig: 1) social education may mirror the society as it is and make students and teachers to confirm the existing systems - the cultural norms, the religious orthodoxies, the everlasting exploitation and oppression, the national and ethnic divisions and so on. or it may, while accepting the homelessness, point out certain issues and concerns such as poverty and suggest ways to "fix" them through some kind of "reforms" rather than attacking the root causes of such problems for fundamental transformation. or it may act as a catalyst for individual and social change.

The first two ways represent the present state of social education in schools today. The last approach, what I want to outline through this

paper, has the potential to make social education revolutionary in nature. But how shall social education which has so far been involved into reproduction and reform, bring about revolution? I think it can be revolutionary if we can understand and accept the importance of critical self-awareness as the core component of education and make use of the potential of social education to provide scope for the development of the same. There are basically two main objectives of this presentation:

- To Explain the meaning and importance of critical self-awareness as the core component of the educational process that aims at individual and social transformation;
- To emphasize the potential of social education to provide space for the development of critical self-awareness among students and teachers.

Social Education as an agent of change:

Through social education is currently involved in the process of reproduction, it is not something that cannot be changed. On the contrary, I strongly feel that social education can and must provide ample opportunities for developing critical awareness of oppressive social reality, discussing in details how that social reality came into its place by each one of us and reflecting upon how do we

continue to carry it forward in our daily life. This is important if we are serious to bring about transformation of the society. What makes social education appropriate to carry out such a transformative task? The subject matter of social education is society and therefore conflicts and the problems of the society can directly be addressed through its curriculum. Not that the other subjects are inappropriate but social education is full of potential where can one talk about poverty, pollution, religious orthodoxies, exploitation, racism, inequality and many other critical issues. But will the mere inclusion of conflicts of the society make social education revolutionary? Through a radical curriculum is essential for any change, what is most significant is how that curriculum unfolds in the life-world of the classroom. Neither are classrooms free spaces nor are teachers radical. Classrooms are the sites where culture, political ideology and market greatly exert their influence by appreciating and confirming the existing norms, hegemonizing the dominant ideology and preparing students for the markets.

J. Krishnamurti and critical self-awareness

I attribute my understanding of critical self-awareness to the idea of J. Krishnamurti. Krishnamurti - an educator from India - has authored -

several books, lectured worldwide and hold discussions with renowned scholars to provide his deep insights about the human conflicts and problems. Krishnamurti describes critical self-awareness as the quality of being constantly aware of one's thoughts, actions and emotions. He explains that conflicts and problems of the outer world are not independent of us hence cannot be changed directly.

According to Krishnamurti, change in the system or structure of us hence cannot be called to real revolution; for he considers that such change is mere modification and continuation of the same realities. In his vision real revolution is the psychological revolution, which comes about through self-awareness. It is essential for each individual to understand how one, while being brought up in a social system riddled with conflicts and exploitation, acquires and inherits exploitative, acquisitive and competitive tendencies and perpetuate the fragmentation, conflicts and degeneration of society.

While discussing about the crisis of the world where "physiologically and psychologically, morally and spiritually, economically and socially, there is disintegration" Krishnamurti emphasizes that:

" This catastrophic disaster has not come into being through some act of chance; it has been created by each one of us - by our everyday activities of envy and passion, of greed and the craving for power and domination, of competition and ruthlessness of sense and immediate values. We are responsible for this appalling misery and confusion, not another, but you and I. Because you are thoughtless, unaware, wrapped up in your own ambitions, sensations and pursuits, wrapped up in those values that are immediately gratifying, you have created this immense, engulfing disaster. War is a spectacular and bloody expression of our daily life, our life of competition, ill will, social and national division and so on. You are responsible for this ~~chaos~~ chaos, not any particular group, not any individual, but you; you are the mass, you are the world. Your problem is the world's problem.

As the problem is new you must approach it anew; ~~that~~ there must be revolution in thinking. This revolution is not based on any formula but on self-knowledge, knowledge of the total process of your whole being. Neither the specialization of the part nor the study of the part can lead to the whole. Through self-knowledge there is right thinking, which is revolutionary and creative. Individual and individualistic action are two different and opposing things. Individualistic action is action - based on.

Activity - 02

Components of Critical Thinking,
And Creative thinking, decision
Making and Problem Solving

Components of Critical Thinking

Critical thinking Encompasses Specific Elements -

Every process or method is made of essential components, and critical thinking is no different. These components provide a structure to the process, which if incorporated, makes persuasive, truthful and supportive verbal communication possible to highly influence others' points of view and message acceptance. The major components in critical thinking include: Perception, assumptions, emotion, language, argument, fallacy, logic and problem solving.

Perception -

Perception is considered to be the manner in which individuals receive, interpret and translate experiences. How individuals perceive things works to define how they think. Perception tends to provide individuals a significant filtering system.

Assumptions -

Assumptions are central to critical thinking. They tend to be implied, where individuals are not always conscious of them. Assumptions are not always bad and often rest on the notion that some ideas are obvious. They tend to make individuals comfortable with their present beliefs, shutting out any alternatives.

Emotion :-

Trying to leave out of almost anything impossible as it is part of everything people do and think. Emotions are the number one cause of creating and putting into place thinking and operating barriers, which are continually used as a defense mechanism. Critical thinkers do not ignore or deny emotions but learn to accept and manage them.

Language :-

Thinking can't be separated from language since both tend to have three primary purposes: to inform, persuade and explain. Language denotes (designates meanings) and connotes (implies or suggests something) and relies heavily on the use of metaphors. Metaphors are powerful language tools, which are able to influence how individuals think and problem solve. These figures of speech give great color and depth to one's language. Metaphors can be short phrases, stories, or even poetic renditions and is a verbal message that listeners can easily interpret and visualize.

Argument :-

An argument is a claim, which is used to persuade that something is (or is not) true, or should (or should not) be done. An argument contains three basic elements: an issue, one or more reasons or premises, and one or more conclusions. An arguments-

Can be either valid or invalid based on its structure and only premises & conclusion are reached, which are either true or false.

The goals of critical thinking is to implement a sound argument, which has both a valid or proper structure and contains true premises. This is where using logic makes all the difference.

Creativity is comprised of four factors. Just remember this equation: $\text{creativity} = \text{surprise} + \text{originality} + \text{Beauty} + \text{Utility}$.

1. Flexibility: This captures the ability to cross boundaries and make remote associations. This is measured by number of different categories of ideas generated.
2. Originality: This measures how statistically different or novel the ideas are compared to a comparison group. This is measured as number of novel ideas generated.
3. Fluency: This captures the ability to come up with many diverse ideas quickly. This is measured by the total number of ideas generated.
4. Elaboration: This measures the amount of detail associated with the idea. Elaboration has more to do with focussing on each solution / idea with and developing it further.

Here are the 5 components of a fool proof decision making process:

1) Recognize and identify the problem:

The terms 'decision making' and 'problem solving' often go hand-in-hand. That's because decisions are made with the intention of solving problems (as already mentioned). The process begins with the occurrence of a perplexing problem. Managers and leaders (decision makers) need to identify the problem correctly by asking the right question. In correct identification may lead to missing out on a considerable number of problem-solving alternatives. They need to start by analyzing their goals, objectives, interests and fears.

2. Look for answers -

As a decision maker you need to realize that a problem not only affects your company, but also your stakeholders and investors. Apart from them, there may be other factors involved and affected by the problem. You therefore need to carry out research to look for solutions that answer most of the related concerns.

3. Evaluate Alternative Answers and Solutions

When we say alternatives, we mean alternative solutions to the problem at hand. Developing these

alternatives may require you to consult with experts, hold discussions, invite opinions, or even simply rely on past experiences. This step, however, does not end here.

It is obvious that when there are multiple options you will be required to choose the best among them and work with it. To do this, you may want to conduct a SWOT analysis or consider the pros and cons of each alternative for better clarity. Other factor that you might want to factor in would be related to cost, revenue, profit, and risk.

4) Select and implement your solution carefully:

In order to select the best alternative, you should try and foresee the consequences of each alternative. Make sure the alternative you select leads to a decision that is action-oriented. Avoid analysis paralysis at all costs. If you feel that the data you have is inadequate, make the best possible decision with the available information. How you implement the chosen alternative is crucial to its success or failure.

5) Review your decision:

You can execute your decisions by yourself or with the help of your team. Once your decision have been converted into a series of actions, you will need to review their implementation and evaluate

their outcome.

This should enable you to learn from them, and rectify the mistakes. This should also help you steer clear of errors in future decision making.

Components of Problem Solving

Problem solving skills help people adapt to challenging circumstances and learn to function effectively with others. Where children lack experience and knowledge of how to respond to daily challenges they engage in more problem solving situations than adults do. It's important parents help children solve problems and help them gain the knowledge they need to problem solve.

Problem solving includes making decisions, addressing a variety of feelings including anger, frustration and fear, and resolving issues between people such as parent and child, child and sibling or child and friend. To problem solve is to address the ability of two or more people work out a solution to a problem or situation, for example, if a sibling says they're going to play games with a younger sibling, then a friend calls and wants the older sibling to go do something and the older sibling goes and does something with friend instead of playing games with the younger sibling. The individual decision of the older sibling causes strong emotions in the younger sibling.

Activity - 03

Yoga Exercises

What is the Meaning of Yoga?

Yoga refers to the spiritual discipline that includes, meditation, exercises, physical postures, breathing techniques. It is done to improve physical health, mental health, relaxation, and overall well-being of the individual.

Yoga is a Sanskrit word, which means "connection" or "union". It can be used to mean any type of connection, for example, it could be a connection with self, with other people, or with the divine.

There is another meaning to the word Yoga, however. This is to 'discipline' or to 'control'. The practice of yoga is, indeed, very much about discipline the body and mind. Those who practice yoga regularly find that they are in greater control of their thoughts and emotions. Yoga paves way for a healthier life and is considered an easy way to stay fit, than other forms of exercises. You can easily practice it at home, it needs no tutor and no machines as well. Yoga includes:

- Meditation: Yoga encompasses meditation as well. Concentrating and counting your breath help you meditate simultaneously while humming "om" under your breath.
- Physical Postures: Various physical postures are

there for every part of our internal and external body parts that should be practised according to the needs of a person.

• Breathing techniques : To regulate and control breathing is one of the primary techniques that should be practised while doing yoga.

• Body control : The yoga postures demands that you have control in your body. Each postures requires you to stay in that position for a certain amount of time. This way you enhance your body balance and control as well.

• Mind control : The Breathing techniques and meditation helps you gain complete control over your mind, and improve your concentration and productivity, along with giving you mental peace.

So, in sum the word yoga means a discipline which is also a union. Yoga helps us to discipline ourselves, and as a result of this discipline we feel a stronger union with the divine - and that includes the divine in ourselves and in those who also follow this discipline.

within the western world, yoga mostly denotes "Iyasha Yoga" which refers to the physical practice of postures termed as asanas.

What are the Benefits of practicing Yoga?

practicing yoga has benefits for your mind, body and

soul. The main benefits are listed below.

1. Inner Peace: A sense of inner peace and harmony pervades your life when you practice yoga. Even simply concentrating on your breathing will bring you a moment of calm.

2. Various health benefits: Our circulatory system gets a brilliant boost from yoga. It improves body strength and balance. It ensures better health in terms of lungs, heart, muscles as well as digestive organs. It also gives you better sleep.

3. Improves concentration: It improves control over mind. Your powers of concentration increase considerably.

4. Mindfulness: It enhances mindfulness and generates happy emotions and increased self-esteem.

5. Flexibility: Your body becomes more flexible and less stiff.

6. De-Stressing: Nothing de-stressing us like a delightful session of yoga.

7. Well being: Yoga can fill us with joy. It improves physical, mental, emotional and spiritual well-being.

8. Respect: Yoga teaches us to respect others. Yoga sessions often end with a salute to the divine light mothers, and a recognition that we ourselves possess a divine light too.

9. Perspective: Practicing yoga gives us perspective.

on the world.

to. Easy: Yoga can be done by one and all. It is easy to practice and learn.

Yoga is a great form of exercise and mind-body practice that has physical, mental and emotional benefits.

Physiological, cognitive and Psychological Benefits of Yoga:

Here is a list of the physiological, cognitive and psychological benefits of yoga.

Physiological and Physical Benefits:

- Reduced sympathetic dominance / increased parasympathetic activation.
- Reduced blood pressure
- Reduced resting heart rate
- Reduced cholesterol
- Reduced blood glucose levels
- Improved lipid profile
- Improved endothelial function
- Decrease in inflammatory markers
- Reduction in chronic pain, including lower back pain.
- Decreased body weight.
- Reduced waist-hip ratio
- Increased strength
- Increased core stability.
- Improved lung function
- Reduced muscle tension
- Reduced breath control
- Improved immune system function.

Cognitive Benefits:

- Improved concentration
- Sharper focus
- Increased mental clarity
- Increased ability to be present.

Activity - 04

Self Management Skills

Self-Management Skills : List, Definition,

Tips & Techniques :

Self-Management skills are some of the most important and difficult to learn abilities in business, in the workplace, and in our personal life.

This page contains a key self-management skills list, definition, tips and techniques that can help you to manage a good self-confidence and to achieve your goals.

Effective self-management and self-motivation skills have the power to change dramatically almost every aspect of our life.

Self-management ~~almost~~ skills definition refers to our abilities to control our feelings, emotions and activities. They play a decisive role in our personal and business life.

Essential Self-Management Skills List, Tips & Techniques :

Self-confident people tend to see their lives in a positive way and they face their fears-head-on. to be self-confident means to like and to respect yourself and to believe in your own abilities and strengths

Some of the best self-confident and self-management tips are:

- get rid of the negative thoughts in your head.
- think positively
- be happy with small things.
- do not forget to tell yourself that you are smart and intelligent.
- chat with positive people.

Self-confident people are some of the most successful people in the business.

Stress management skills :

Stress management skills are among the most important in the self-management skills list. It is impossible to find a completely stress-free work and life environment.

We have to learn to cope with problems and to manage stress because the stress situations are everywhere. Unmanaged workplace stress reduces productivity, increases pressures, affects the performance of the brain, memory and concentration.

- Exercise your body, relax yourself by taking your mind off your stress.
- Enjoy yourself, rest yourself as regularly as possible.
- go to vacations and holidays with the people you love.
- Take walks in nature.

- do hobbies and take time to do activities that you love the most,

Time management and organizational skills:

They are among the most important personal, job & self management skills you have to possess to be effective and self-confident.

In the business area organizational skills are valuable for any employee. In our busy lives, managing our time is becoming more and more important for success especially in business.

Good time management examples and tips are:

- set and prioritize your goals
- create a schedule.
- make lists of tasks.
- balance work and leisure
- Use different optimization tools and to break large tasks into smaller tasks.

Also, there is out there a wide variety of specialized software such as Time management tools, task management software, Time clock software, and other tools that are essential for many types of jobs.

Self-Motivation:

Self-motivation is a crucial ability in the self-management skills list too.

Self-motivation is one of the most powerful forces that

drive you to do things and to achieve success in business and personal life:

- To find and list your motives (needs & desires);
- find different sources of motivation & inspiration (music, books, activities);
- Think - expensive thoughts;
- live fully in the present moment;
- dare to have big dreams;
- Dream often - every day;
- Remember that nothing is impossible;

Have a healthy life style and a balanced diet

Healthy eating and physical activities are extremely important when it comes to increasing your mind and body power. When you exercise and do activities your brain releases more of ~~endorphins~~ endorphins known as serotonin, which helps you feel good and fight bad mood and negative emotions.

Healthy eating plays a crucial role in overall health and will give you a great power and energy.

The self-management skills, tips, and techniques listed above are essential to achieve good self-control and to be more successful in business and personal life.

Activity-05

Group Discussion

Surrogacy or Adoption: What should a Married couple prefer?

The Surrogacy bill is getting ridiculed for being too harsh on the right of homosexuals, singles, unmarried couples, foreigners, and on laying rules for the surrogate who has to be a close family. While these may seem a bit too cold and cruel, it is worth nothing that the bill is more likely to encourage adoption instead of surrogacy that was soon becoming a trade.

Married couples who are infertile could adopt and give a good life to a poor child who could get the best of care than they would ever at an orphanage. But all thanks to new trend, people who can afford it, opt for surrogacy. Even those that could conceive naturally are having children through surrogacy.

Adoption -

1. Having a child : It is understandable that people who cannot conceive naturally opt for assisted pregnancy procedure like IVF and surrogacy. This is called altruistic surrogacy. But are surrogacy even needed in a country where there are so many orphanages where children are in -

need of love and care? Definitely not. Earlier, when there was nothing in the form of artificially induced pregnancy, people did adopt. They still can if they have half the heart to.

2. Altruistic Reason: People who are desperate to have a child and term their reason as altruistic surrogacy often forget that it would be more humane to rather adopt a forget that it baby and shower all their parental love on the orphan who would get a home, a family that they have been deprived of. Poverty is not showing any signs of decreasing and neither are people any more concerned about it.

3. Don't get inspired by celebrities: Celebrities and rich people who have children already opt for surrogacy for the next child rather than having them the natural way. Just because they can afford, it shouldn't make them forget all ethics and shower money in artificial methods. These are the people who can adopt children who are under harsh conditions of life and give them a future worth being proud of.

4. Can control child labor: Child labor, despite being banned is prevalent all over the

nation, when children should be getting education and learning about clouds and rainbows, they are made to face the harsh realities of survival and livelihood under extreme poverty conditions. If people who could afford surrogacy could only come forth and adopt these children, in the next twenty years India will show a different picture.

5. Rise in Surrogacy diminished adoption:

In the last 10 years, when surrogacy showed greater rise in all parts of the country, even to the extent that foreigners came to India to hire a womb, adoption rate showed extreme decrease. Lesser people now look forward to adopting a child when they can't have one of their own naturally.

Surrogacy:

Your own genes :- The Reason why it is said that there is nothing like parental love is the bond parents share with the child. There is an instant feeling of gratification when you get to hold a mini version of yourself. The little bundle of joy has your genes running through and that makes you proud of being able to bring

the little life into this world! Adoption does
have its own joy if parents are, actually ready
for it, but it is quite different from having
one of your,