



## **AICTE Training and Learning Academy (ATAL)**

### **Faculty Development Program**

**On**

## **Productivity Enhancement Through Stress Management**

**Dates: 30<sup>th</sup> January 2023 to 10<sup>th</sup> February 2023**

### **PROGRAM OVERVIEW**

Faculty members are the cornerstone of any educational institute and are instrumental in shaping students' future. It is essential that institutions organize faculty reorientation programs from time to time. It serves two purposes; Firstly, the faculty re-embodies the institute's vision; Secondly, it helps to re-emphasize their role as educators as the beacon that imparts knowledge of great morals, ethics, and integrity to future generations.

### **PROGRAM OBJECTIVE**

- To make participants understand how stress works and to help them develop sustainable behavior to overcome stress using **Ancient Practices & Indian Knowledge Tradition**.
- To imbibe the skills and competencies required to achieve goals.
- To maintain and enhance effectiveness by inculcating dynamism and leadership qualities.
- Develop commitment and an ethical approach toward work and instill a sense of responsibility towards the institution.

### **BENEFIT OF THE PROGRAM**

After completing the program, the faculty will itself feel the difference in terms of:

- Holistic Development
- Enhanced Potential
- Fair-mindedness and Patience
- Empathetic behavior & Optimistic attitude
- Dynamism and Commitment
- Increased Efficiency and Confidence
- Ethical Leadership & Risk taking ability
- Stress Reduction

## TOPICS TO BE COVERED

- Listening, Finding Purpose
- Breathing Techniques, Mind Matters
- Decision Making, Team Building
- Stress Management
- Knowledge Sutra Games and Mistake
- Response effectiveness, Time Management
- Pranayama, Yoga, Sudarshan Kriya (AOL)
- Panchakosa meditation, Nature of mind
- Attitudinal shift, Pranayama
- Levels of Existence & Nature of Self
- Organizing Self

## PARTICIPANTS

Director, Principals, Deans, HOD's, AC/BoG/BoS, Faculty members of the AICTE approved institutions, Research Scholars, participants from Government, Industry etc.

## DETAILS

- The mode of the FDP is **ONLINE (week 1) and OFFLINE (week 2)**
- There is **no Registration Fee.**
- Preference will be given to applicants from M.P.
- Maximum 50 Participants.
- Selection of eligible applicants on a first-come, first-serve basis.

## REGISTRATION

Participants can register for this course on AICTE-ATAL by following steps

<https://atalacademy.aicte-india.org/signup>

**LAST DATE OF REGISTRATION: 23rd January 2023**

**Continuous Comprehensive Assessment of Attendees - Overall 70% to receive a certificate, 90% and above distinction**

- Attendance - 10% (Individual) - minimum required 80% attendance *(including Online and Offline session.)*
- Participation - 5% (Individual)
- 2 Page Article Summary/per Team - 40% (Team & Individual)
- Reflection Journal - 15% (Individual) - at the last session
- Project or MCQs - 30% (Team - Project, or Individual- MCQs)- at the last session

## **RAJIV GANDHI PROUDYOGIKI VISHWAVIDYALAYA, BHOPAL**



The Rajiv Gandhi Proudhyogiki Vishwavidyalaya, Bhopal has been established by the Government of Madhya Pradesh vide act no. 13 of 1998 of the Legislative Assembly. Over a sprawling Campus of about 247 acres, the Rajiv Gandhi Proudhyogiki Vishwavidyalaya is marching towards development into a centre of excellence in the arena of Technical Education, Research, and Innovations. Under its umbrella, there are 05 UTD's, 200 affiliated Engineering Colleges, 98 Pharmacy Colleges, 95 MCA Colleges and 04 Architecture Colleges imparting Graduate level instructions running around 17 under graduate-level courses, 85 Polytechnic institutions offering diploma courses in emerging and conventional disciplines.

### **SCHOOL OF ENERGY & ENVIRONMNET MANAGEMENT, UTD, RGPV**

School of Energy & Environment Management (SoEEM) is an autonomous university teaching department of Rajiv Gandhi Proudhyogiki Vishwavidyalaya, Bhopal. SoEEM has been set up with the target of developing a talent pool of Post Graduates engrossed in research and engaged in cutting-edge R&D and innovation for the major thrust in the area of Renewable Energy, Bio-fuels, and Biodiesel, Green Hydrogen, Carbon Capture & Sequestration, Climate Change, Environmental Sustainability, Air Pollution & Control technologies, etc. The Institute Labs, Energy Park has the latest Research Facilities installed for hands-on experience on Solar, Wind, Biomass, Biodiesel, CCS, Hybrid Electric vehicles, etc. The Institute has International & National level MoUs/Collaborations. The National & State Level Training Programs are conducted regularly viz.:

- AICTE, TEQIP Sponsored FDP's,
- AICTE-RGPV Joint Teachers Training Programs
- STTP's & Skill Development Workshops for Students
- Capacity Building Programs
- Solar Rooftop Training for Engineers by National Institute of Solar Energy(NISE), Delhi
- Training & Awareness Programs under Unnat Bharat Abhiyan in adopted villages for social, techno-economic development.

**Chief Patron**

**Prof. Sunil Kumar**  
Vice Chancellor, RGPV, Bhopal

**Patron(s)**

**Prof. R. S. Rajpoot,**  
Registrar, RGPV, Bhopal

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**Organized by**

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(An Autonomous University Teaching Department)  
**Rajiv Gandhi Proudhyogiki Vishwavidyalaya, M.P.**  
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## **AICTE ATAL FDP**

On

### **Productivity Enhancement Through Stress Management**

**Dates: 30<sup>th</sup> January 2023 to 10<sup>th</sup> February 2023**

#### **Detailed Session Planning**

#### **Week1 – Online (6:30 pm – 9:00 pm)**

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>
<b>6.30 – 7:20</b> Session 1 (I) <b>Introduction</b> (participants & topic)  “What is Productivity?”	<b>6.30 – 7:20</b> Session 2 (I)  Causes of Lack of Productivity	<b>6.30 – 7:20</b> Session 3 (I)  Productivity & Team building	<b>6.30 – 7:20</b> Session 4 (I)  Stress & its impact on Productivity	<b>6.30 – 7:20</b> Session 5 (I)  Strengthening the Mind for Better Productivity	<b>6.30 – 7:20</b> Session 6 (I)  Breath& Meditation – an effective tool to enhance Productivity
<b>7.30 – 8:20</b> Session 1 (II)  The power of Meditation.	<b>7.30 – 8:20</b> Session 2 (II)  Strengthening the mind – Breathworks - 1	<b>7.30 – 8:20</b> Session 3 (II)  Strengthening the mind – Breathworks -2	<b>7.30 – 8:20</b> Session 4 (II)  Practice of Breathworks & Meditation	<b>7.30 – 8:20</b> Session 5 (II)  Learning the Art of Relaxation	<b>7.30 – 8:20</b> Session 6 (II)  Why Relax and its impact on Productivity
<b>8:30 – 9:00</b>  Session 1 Interactions	<b>8:30 – 9:00</b>  Session 2 Interactions	<b>8:30 – 9:00</b>  Session 3 Interactions	<b>8:30 – 9:00</b>  Session 4 Interactions	<b>8:30 – 9:00</b>  Session 5 Interactions and Q&A	<b>8:30 – 9:00</b>  <b>Week 1 MCQs</b>

**Week 2 – Offline (10:30 am – 5:30 pm)**

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
<b>9:00 –10:00</b>  Inauguration	<b>10:30 – 12:30</b>  The Seven Layers of Existence and its impact on Productivity	<b>10:30 – 12:30</b>  The Sources of Energy for human body and mind and its impact on Productivity	<b>10:30 – 12:30</b>  The 5 golden Principles to a Better You part-1	<b>10:30 – 12:30</b>  The 5 golden Principles to a Better You part-2
<b>10:00 – 1:00</b>  Recap of the Online Content and discussion.	<b>12:30 – 1:30</b>  Better Productivity with Happiness	<b>12:30 – 1:30</b>  Being in the moment & Time Management	<b>12:30 – 1:30</b>  MCQs	<b>12:30 – 1:30</b>  Visioning Exercises & Check the Results; Share Achievements
<b>1:00 – 2:00</b> Lunch	<b>1:30 – 2:30</b> Lunch	<b>1:30 – 2:30</b> Lunch	<b>1:30 – 2:30</b> Lunch	<b>1:30 – 2:30</b> Lunch
<b>2:00 – 3:00</b>  Define Goals & Enhancing the Practice of Breath works	<b>2:30 – 5:00</b>  <b>Understanding The Practice of Sudarshan Kriya,</b> its benefits & Impact on Productivity (Learning the Practice-1)	<b>2:30 – 5:00</b>  Sudarshan Kriya as a tool to Enhance Productivity (Learning the Practice-2)	<b>2:30 – 5:00</b>  Sudarshan Kriya as a tool to Enhance Productivity(Learning Self Practice)	<b>2:30 – 4:30</b>  Lessons Learned & Completion of Action Plans and Evaluations
<b>3:00 – 5:30</b>  Productivity Enhancement Methods	<b>5:00 – 5:30</b>  Discussion and Questions on the Practice of Sudarshan Kriya	<b>5:00 – 5:30</b>  Teaching Practice and discussion	<b>5:00 – 5:30</b>  Home Learning Methods and discussion	<b>4:30 – 5:00</b>  Feedback
				<b>5:00 – 5:30</b>  Valedictory