

Report

An FDP on Stress Management, organized by the NITTR Chandigarh and Department of Applied Sciences, MSIT(as a remote center) 15-19 January 2024

The report outlines the details of a Faculty Development Program (FDP) on Stress Management organized by the Department of Applied Sciences at MSIT (Maharaja Surajmal Institute of Technology) from January 15th to January 19th, 2024. The FDP was facilitated by the National Institute of Technical Teachers Training and Research (NITTR) Chandigarh, with MSIT serving as one of the remote centers. Here's a breakdown of the key points covered in the report.



Organizing Institutions: NITTR Chandigarh organized the FDP. MSIT served as one of the remote centers for the program.

Participants: Approximately 50 faculty members from MSIT registered for the FDP.

Duration: The FDP took place over a period of five days, from January 15th to January 19th, 2024.

Inaugural Session: The FDP commenced with an inaugural session on Monday, January 15th, 2024. P.K. Singla provided an introduction to the course, highlighting its scope, objectives, and relevance.

Sessions and Topics Covered: The FDP included various sessions covering topics related to stress management. Talks were delivered on "Resilience-Based Stress Management Strategies" by Dr. Shipa Suri and "Time Management" by P.K. Singla. Other topics covered included "Managing Self for Stress Management", "Life Work Balance- Relationship", "Living in the Moment", "Fostering Happiness", "Communication and Interpersonal Relations", among others.

Final Day Activities: The last day of the FDP started with a meditation practice.

It concluded with participant presentations and feedback sessions.

Feedback: The FDP was described as useful and interactive. Participants provided positive and warm feedback on the course.

Overall, the FDP on Stress Management was well-received by the participants, with a range of relevant topics covered and interactive sessions conducted throughout the duration of the program.

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