



मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर (राष्ट्रीय महत्व का संस्थान)

Malaviya National Institute of Technology Jaipur

Faculty Development Program by the Art of Living



About

From July 26th to July 28th, 2023, the Wellness Club in collaboration with the Dean Student Welfare (DSW) Office at MNIT Campus hosted "The Art of Living Faculty Development Program (FDP)." This three-day program aimed to provide 15 faculty members with a unique blend of ancient wisdom and contemporary knowledge, incorporating interactive intellectual exchanges, tools, and techniques, including breath-work and meditation. The centerpiece of the program was Sudarshan Kriya (SKY), a profound breathing technique. Participants reported notable benefits, including increased calmness, relaxation, mental refreshment, and a heightened sense of belongingness and positivity.

Purpose:

The purpose of the session is to:

- empower faculty members with holistic well-being strategies, enhancing both their professional and personal lives
- combined timeless wisdom with modern insights and
- fostering a comprehensive and practical understanding of well-being.

Session Highlights:

- The program effectively integrated ancient wisdom with contemporary knowledge, providing participants with a well-rounded approach to personal and professional development.
- Faculty members actively engaged in intellectual discussions and knowledge-sharing sessions, cultivating a sense of collaboration and community among participants.
- The program introduced participants to various breath-work and meditation techniques, with Sudarshan Kriya taking center stage. These practices offered valuable tools for stress reduction and improved mental well-being.
- Participants reported multiple positive outcomes, including increased calmness, relaxation, and mental refreshment. They expressed a stronger sense of belongingness and positivity, recognizing the potential of these techniques to enhance their overall quality of life.

Feedback:

Feedback from the 15 faculty members who attended the program was overwhelmingly positive: Many participants praised the holistic approach to well-being, emphasizing its relevance in managing the challenges they face in their professional and personal lives.

Date: July 26th to July 28th, 2023

Venue: APJ Abdul Kalam Hall, MNIT Campus

Organised by: Wellness Club, DSW Office, MNIT Campus