



**LLOYD INSTITUTE OF
MANAGEMENT & TECHNOLOGY (PHARM.)**

• EDUCATE • INNOVATE • EMPOWER



NBA Accredited

B. Pharm. from 2018

Promoting international quality standards for technical education in India



AICTE Training and Learning (ATAL) Academy Sponsored

One Week Online Faculty Development Program (FDP)

on

Life Skill Development of Educators Through Inner Transformation by "Art of Living"

- Thurst Area: Life Skill Management
- Sub Thurst Area: Stress Management
- Application No: 16115632357
- Workshop Id: 2303



16th - 20th August 2021



IST 10:00 am - 04:30 pm Every Day

Online
Platform:



For Registration

<https://www.aicte-india.org/atal>

OR

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

Important Dates

Last Date for Receipt of
Applications: 12.08.2021

Intimation to Selected
Candidates: 13.08.2021

FDP Zoom Meeting

Zoom Link:

<https://lloydcollege-in.zoom.us/j/97528936657?pwd=eXhBMjEVDWDBLmVhbnRlOTRNY2pWdz09>

Meeting ID:

975 2893 6657

Meeting Password

532524

Organized by:

Lloyd Institute of Management & Technology (Pharm.)

Plot No. 11, Knowledge Park-II, Greater Noida, Uttar Pradesh-201306



www.lloydpharmacy.edu.in | fdp.pharmacy@lloydcollege.in



About Institute

Lloyd Institute of Management & Technology (Pharm) was established in 2004. The Institute offers programs in Pharmacy, viz., D. Pharm., B. Pharm., M. Pharm. (Pharmaceutics) & M. Pharm. (Pharmaceutical Quality Assurance) and over the years has gained prestige for its quality and the holistic learning experience offered to students on the campus. The Institute is approved by AICTE, PCI and affiliated to Dr. APJ Abdul Kalam Technical University (AKTU) and Board of Technical Education (BTE), Lucknow, Uttar Pradesh.

The B Pharm program of Lloyd is accredited by the National Board of Accreditation (NBA).

The Institute has introduced many effective features in its pedagogy and taken initiatives in the direction of Community Pharmacy Division, Personality Development Program, Industry Expert Lectures, Entrepreneurial Excellence Development, On-the-Job training in industry etc. "Beyond-curriculum" activities like lectures from industry experts, industrial visits and hands on training are an integral part of education at Lloyd.

In order to promote standards of technical and professional education and ensure contemporary learning to meet societal needs, the Institute has been actively engaged in conducting development programs for the faculties in various domains.

Vision of Institute

To become a globally recognized, education and research organization in the field of pharmaceutical sciences and produce quality professionals to contribute to the well being of society and growth of Pharmaceutical Industry.

Mission of Institute

- ✓ To produce high quality professionals with quality education, technical training, sensitive to the everchanging needs of the profession, society, Industry and Country.
- ✓ To promote innovation ,research, entrepreneurship to meet challenges and foster an environment of collaborations.
- ✓ To inculcate high morals, professional and ethical values amongst our students ,transforming them to quality service providers.
- ✓ To create an environment of continuous upgradation and higher studies to meet professional, economic and social standards.

About ATAL Academy

AICTE Training and Learning (ATAL) Academy is established with the vision to empower faculty to achieve goals of Higher Education such as access, equity and quality. AICTE is committed for development of quality technical education in the country by initiating various schemes launched by Government of India, Ministry of Human Resources Development. It understands the need of the training required for youth of Indian nationals in required skills and demand for skilled faculty members in various disciplines. Training is required for increasing the knowledge and skill set of faculties and students to make them more employable and acquire global competencies.



About FDP

Teaching since ages has been a noble yet demanding profession. Educators are a real time mentors not only of their students but society as a whole. They are role models for their students and society and significantly influence the progress of Country as a whole. However current generation teachers are faced with many challenges like rapidly evolving Technology, changing attitudes of learners, competition from online learning resources etc. and of course the sudden transit from offline to online mode of education inflicted by Covid -19 has left our teachers stressed and burnt out. It is hence of utmost importance to release the stress and elevate the energy levels of our teachers.

The current FDP has been conceived with the objective of developing Life Skills of Teachers so that they are trained to be in harmony at all times and dissipate freshness, energy and positivity in society.

The program is unique in that, it is intended to address the teachers and indirectly the students. There is a dire need for conducting such non-technical sessions in Institutes of Higher Technical Learning so as to sensitize both the students and the teachers towards human values, professional ethics, social responsibility and creation of a peaceful and progressive world.

Objectives of FDP

- ▮ To relieve stress, anxiety and depression.
- ▮ To acquaint the participants with immunity building practices so as to ensure good health.
- ▮ To improve the energy levels and motivate the teachers.
- ▮ To ensure mental peace and wellbeing of participants.
- ▮ To help improve relationships and foster a spirit of Teamwork.

Expected Outcomes of FDP

The FDP is expected to instill a spirit of well-being amongst the participants and help them achieve harmony within self and dissipate the same in their surroundings and society as a whole. Besides it would ensure Physical and Mental well-being of the participants and create a passionate, energized and motivated workforce to address the paradigm shift in teaching and learning process. It would help in making technocrats with humanitarian attitude.



FDP Content/Topics to be Covered

- Coping up with stress
- Valuable tips on coping with uncertainty
- Team dynamics and effective communication for promoting efficient team work
- Address absenteeism and attrition
- Fostering creativity and Innovation
- Lifestyle management for better physical and mental health and improved outputs
- Sudarshan kriya: Breathing techniques

Targeted Participants

Faculty members from AICTE Approved Institutions, Research Scholars, PG Scholars, Participants from Government, Industry (Bureaucrats/Technicians/participants from Industry), School Teachers and Staffs of host Institution.

Registration

Registration Fee: No Registration Fee.

Seats Limited: Maximum Number of Participants is **200** and would be selected on first come first serve basis.

How to Register:

- Participants can sign up and register for the program in AICTE ATAL website links: <https://www.aicte-india.org/atal> OR <https://atalacademy.aicte-india.org/signup>
- Once successfully registered, you will be intimated or receive a confirmation through mail.

Guidelines for Participation

- Minimum 80% attendance is required for all sessions of FDP
- Minimum 60% marks should be obtained in the Final test to be conducted online at the end of FDP
- An assessment test will be conducted on the last day of the program for all the participants.
- Feedback must be compulsorily shared by participants through their login in the ATAL portal.

Certification

- A digital certificate by the ATAL academy will be issued to only those participants who have an attendance of minimum 80% and score more than 60% in the test and have submitted the feedback form.

For Any Query, Contact:

Dr. Chitra Gupta

Contact: +91-9811028038

Dr. Lalit Kumar Tyagi

Contact: +91-9997306488

Important Dates

Last Date for Receipt of Applications
12.08.2021

Intimation to Selected Candidates
13.08.2021



RESOURCE PERSONS

The Sessions would be conducted by **renowned/professional trainers** from **The Art of Living Foundation** and other reputed yoga Gurus of "**Life Skill and Stress Management**".



Mr. Rajeev Nambiar

Certified Yoga Trainer & Director,
Institutional Programs/ National Teachers Coordination,
The Art of Living Foundation, Bengaluru



Mr. Vishesh Deep

State Director,
The Art of Living Foundation,
Delhi NCR



Mr. Abhishek Pachauri

Professional Yoga Trainer,
Lloyd Institute of Management and Technology,
Greater Noida

ORGANIZING COMMITTEE

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Date: 16th - 20th August, 2021

Online Platform: zoom

PROGRAM SCHEDULE*

DAY/ DATE	SESSION/TIME	TOPIC	RESOURCE PERSON
DAY-1 (MONDAY) 16.08.2021	INAUGURAL SESSION 10:00AM-10:30AM	• Inauguration of Event	-----
	SESSION-1 10:30AM-12:30PM	• Effective Communication & Introduction to Meditation	Mr. Rajeev Nambiar, Certified Yoga Trainer & Director, Institutional Programs/ National Teachers Coordination, The Art of Living Foundation, Bengaluru
	SESSION-2 12:30PM-02:30PM	• Coping with Uncertainty & Dynamics of Happiness & Yoga	Mr. Vishesh Deep, State Director, The Art of Living Foundation, Delhi NCR
	02:30PM-03:00 PM	• BREAK	-----
	SESSION-3 03:00PM-05:00PM	• Responsibility, Team Dynamics & Effective Communication	Mr. Rajeev Nambiar, Certified Yoga Trainer & Director, Institutional Programs/ National Teachers Coordination, The Art of Living Foundation, Bengaluru
DAY-2 (TUESDAY) 17.08.2021	SESSION-4 10:00AM-12:00PM	• Training on Basic Yoga Practices	Mr. Abhishek Pachauri, Professional Yoga Trainer, Lloyd Institute of Management and Technology, Greater Noida
	SESSION-5 12:00PM-02:00PM	• Sudarshan Kriya	Mr. Vishesh Deep, State Director, The Art of Living Foundation, Delhi NCR
	02:00PM-02:30PM	• BREAK	-----
	SESSION-6 02:30PM-04:30PM	• Understanding Burn-Out and Rust-Out in Students & Faculty	Mr. Rajeev Nambiar, Certified Yoga Trainer & Director, Institutional Programs/ National Teachers Coordination, The Art of Living Foundation, Bengaluru
DAY-3 (WEDNESDAY) 18.08.2021	SESSION-7 10:00AM-12:00PM	• Effectively Handling Stress at Work	Mr. Rajeev Nambiar, Certified Yoga Trainer & Director, Institutional Programs/ National Teachers Coordination, The Art of Living Foundation, Bengaluru
	SESSION-8 12:00PM-02:00PM	• Sudarshan Kriya Practice	Mr. Vishesh Deep, State Director, The Art of Living Foundation, Delhi NCR
	02:00PM-02:30PM	• BREAK	-----
	SESSION-9 02:30PM-04:30PM	• Fostering Creativity and Innovation Place	Mr. Rajeev Nambiar, Certified Yoga Trainer & Director, Institutional Programs/ National Teachers Coordination, The Art of Living Foundation, Bengaluru
DAY-4 (THURSDAY) 19.08.2021	SESSION-10 10:00AM-12:00PM	• Training on Breathing Practices	Mr. Abhishek Pachauri, Professional Yoga Trainer, Lloyd Institute of Management and Technology, Greater Noida
	SESSION-11 12:00PM-02:00PM	• Uncommon Sense Wellness	Mr. Rajeev Nambiar, Certified Yoga Trainer & Director, Institutional Programs/ National Teachers Coordination, The Art of Living Foundation, Bengaluru
	02:00PM-02:30PM	• BREAK	-----
	SESSION-12 02:30PM-04:30PM	• Meditation Workshop	Mr. Vishesh Deep, State Director, The Art of Living Foundation, Delhi NCR
DAY-5 (FRIDAY) 20.08.2021	SESSION-13 10:00AM-12:00PM	• Adhering to Commitments Through Inner Peace and Outer Dynamism	Mr. Rajeev Nambiar, Certified Yoga Trainer & Director, Institutional Programs/ National Teachers Coordination, The Art of Living Foundation, Bengaluru
	SESSION-14 12:00PM-02:00PM	• Instilling a Sense of Responsibility Towards Students Institution and Colleagues	Mr. Vishesh Deep, State Director, The Art of Living Foundation, Delhi NCR
	02:00PM-02:30PM	• BREAK	-----
	02:30PM-04:30PM	• Evaluation Test and Feedback • Valedictory Session	-----
----- End of Program -----			



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