Chief Patron:

Prof. O R Jaiswal
Director, NIT Goa

Coordinators:

Dr. Saidi Reddy Parne
Associate Professor of Physics
Department of Applied Sciences

Dr.Damodar Reddy Edla
Associate Professor
Department of Computer Science and Engineering

Resource Persons:

- **Mr. Rajeev Nambiar, Director,** The Art of Living , Bengaluru, Karnataka.

- **Dr. Rajesh, Director, TAOL ,** The Art of Living , Bengaluru, Karnataka.

- **Mr. Varun Upadhayay, R Director**, The Art Of Living, Mind Management, Bengaluru, Karnataka.

- **Mr. Ritwik Shetty, Faculty,** The Art of Living , Bengaluru, Karnataka.

- **Mr. Sanchit Jain, State Director,** The Art of Living , Bengaluru, Karnataka.

- **Miss. Kavya Nagpal,** State Coordinator, The Art of Living , Bengaluru, Karnataka.

About the Institute:

NIT Goa was established in the year 2010 by an act of parliament (NIT act 2007), and is declared an 'Institute of National Importance'. NIT Goa is an autonomous institute functioning under the aegis of the Ministry of Education (MoE), Govt. of India. The institute offers undergraduate courses in Five Engineering Departments: (1) Computer Science and Engineering, (2) Electronics and Communication Engineering, (3) Electrical and Electronics Engineering, (4) Civil Engineering, and (5) Mechanical Engineering. In addition, the institute offers Post Graduate courses and Ph.D. degrees in all five Engineering Departments as well as science, humanities, and social sciences.

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AICTE Training and Learning (ATAL) Academy

ATAL Offline 6 Day Faculty Development Programme

On

Stress Management and Capacity Building

during

23rd to 28th February 2026

Organized

By
Department of Applied Sciences
National Institute of Technology Goa
Ministry of Education
Cuncolim, Goa – 403 401, India

About AICTE Training and Learning (ATAL) Academy:

AICTE is committed to the development of quality technical education in the country by initiating various schemes launched by the Ministry of Education, Govt. of India, e.g. SWAYAM, MOOCs, Start-up Initiatives, Prime Minister Kaushal Vikas Yojana (PMKVY), Sansad Adarsh Gram Yojana (SAGY), Swachh Bharat/Unnat Bharat Abhiyan, Yoga Activities, etc. There is an urgent need to train the young generation in the skill sector and have faculty & technicians trained in their respective disciplines. It was felt that training with the latest tools and technologies is vital to keeping an institute competitive and more productive. Moreover, training is required to increase students' knowledge and skills to make them more employable to acquire global competencies.

Overview of the Course:

The Faculty Development Program on **Stress Management and Capacity Building** helps to imbibe the skills and competencies required to achieve goals directed by values.

- To have a positive attitude and the ability to cope with the changing environments.
- To maintain and enhance faculty effectiveness by inculcating dynamism and leadership qualities.
- To develop commitment and ethical approach towards work, and instill a sense of responsibility towards the institution.

Objectives of the Course:

- **Tenets on Inspirational Leadership:** Leadership approaches to build a culture that brings out the best in people and provides room for talent to flourish, thereby creating an ambience of excellence.

- **Coping with Uncertainty:** Uncertainty is ever-increasing in the corporate environment and leaders need to learn how to cope with uncertainty.
- **Team Dynamics & Effective Communication:** Tips for building ownership and trust, understanding the causes for failure in team work and frameworks on how to deal with situations that aids in promoting teamwork.
- **Address Attrition & Absenteeism:** Understanding employee burn-out and rust-out.

Benefits of the course:

Participating in the Faculty Development Program on **Stress Management and Capacity Building** offers numerous benefits. Attendees will deepen their understanding.

Fostering Creativity and Innovation: Tips to tap into the creativity of your employees and build an innovative organization; moving from mistakes to innovation.

Lifestyle Management: Stretching and Low-Impact postures to maintain good physical and mental health; incorporating healthy habits for improving overall personal well-being.

Sudarshan KriyaTM: A powerful breathing technique that harmonizes the body, mind and spirit.

Topics to be Covered:

- Capacity building methods
- Inner Capacity - Power of Meditation
- The many facets of Capacity Building
- Happiness and Capacity Building
- Learning the Art of Relaxation
- Stress & its impact on health and performance
- Tendencies of the Mind
- Aspects of Capacity building & Group Dynamics
- Mind Management

- Mental Capacity
- Mind Matters
- Group practice of Sudarshan Kriya and Q&A
- Breath, Stress and Wellness

Eligibility:

Faculty members of the AICTE approved institutions, Research scholars, PG Scholars, participants from Government, Industry (Bureaucrats/ Technicians, Participants from Industry, etc.), and staff of host institutions. Not more than 30% from the Host Institution.

Details:

The mode of the FDP is OFFLINE (6 Days). There is no Registration fee from any participant. Preference will be given to new participants. A maximum of 50 participants may be allowed to attend FDP on a first come first serve basis.

Registration:

A test will be conducted by the coordinator at the end of the program, and the certificates shall be issued to those participants who have attended the program with minimum 80% attendance and scored minimum 60% marks in the test.

e-Certificate can be downloaded in AICTE ATAL website or will be sent through e-mail of all the registered participants.

Participants can register for this course on AICTEATAL by following the steps

Visit https://atalacademy.aicte-india.org/signup

There is no Registration fee for attending this FDP.