



RUKMINI DEVI
Institute of Advanced Studies

Approved by AICTE, HRD Ministry, Affiliated to G.G.S. I.P. University, Delhi

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DOSSIER

ON

*One Week FDP on "The Art of Productivity and Human
Consciousness" (Internal Event)*

Research & Development Board

ON

09/12/2019 - 13/12/2019



Submitted By:	Supriya Sardana
Designation:	Asst. Professor
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Title	Submission of Dossier for "One Week FDP on "The Art of Productivity and Human Consciousness""
Resource Person/Facilitator	RDIAS Faculty
Date	09/12/2019

Summary

RDIAS organized its One Week Faculty Development Programme on OBE and The Art of Productivity and Human Consciousness. The primary objective of this programme was to enhance the teaching learning process and learn the art of managing stress.

The First day started with a lecture on Management Games delivered by Ms. Upasana Diwan where the faculty members learnt to develop a positive perspective towards life, followed by a lecture on Implications of IPR infringements in Academics delivered by Dr. Sunil Yadav. He discussed the history of IPR and its relevance in the education industry. On third day, Ms. Shuchi Dikshit delivered a lecture on Stress Management and discussed various techniques to handle stress and maintain work-life balance. On Fourth day, Mr. Deepak Chhabra discussed the use of Neuro Linguistic Programme in bringing positive change in our lives. The last day of FDP was taken by IQAC team where they discussed the designing of Question papers and Assignment according to Outcome Based Objective.

The main aim was to improve the soft skills of the faculty members and motivate them to bring a positive attitude towards life. The sessions on stress management techniques, management games etc. helped in improving skills to meet the real world challenges. Over all the sessions in FDP were informative and it was an enjoyable learning experience.

Dossier Image



FDP started with Team Building exercises



Expert giving overview on impact of IPR infringements in Academics



Participants actively involved in stress management activity



Expert sharing various Neuro linguistic programming techniques for personal change