

**One Week Online Faculty Development Program on
“NEP 2020-Impetus for Life skills and Holistic development”
1st - 5th March, 2021
(Online Mode only)**

Organized By
TLC, Central University of Rajasthan

Activity Undertaken	Objectives achieved/Details
One Week Online Faculty Development Program on “NEP 2020-Impetus for Life skills and Holistic development ” No. of Participants - 60	In this workshop, there were 60 participants from more than 34 institutions of India. The participants were from various disciplines. In this FDP, participants were given a diverse exposure to Holistic practices and Life skills <u>in Teaching and Learning</u> . This FDP comprised of topics like Relevance of holistic practices in the current education system, 'Cognitive enhancement' in a Teaching and learning system, Meditation: A potential tool for Holistic development, Holistic practices for culturing the mind, Life skills for Holistic development, Graduate attributes for better life skills, Emotion culturing: A key for Holistic development, Life skills at work place, Evidence based holistic practices and a road map for the HEI's, Holistic practices for Slow learners, Holistic health awareness. Speakers from various pioneering institutions such as AIIMS, IISc, IIM, NBRC, S-VYASA University were invited to deliver lectures.

Patron

Prof. Neeraj Gupta
Hon'ble Vice Chancellor

Organizing Committees

Dr. Ajit K. Patra, Dept. of Physics
Dr. Umesh Gupta, Dept. of Pharmacy
Dr. Janmejay K Pandey, Committee Member, TLC

Program Coordinator

Dr. Sanjib K. Patra, Dept. of Yoga
Dr. Kashinath G. Metri, Dept. of Yoga

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Sl. No.	Name of Speaker	Designation	Institutions	Discipline	Topics
1.	Padmashri Dr. V. Prakash	Chairman Former Director	International Union of Food Science and Technology Central Food Technological Research Institute	Structural Biology and food science	Inaugural Session
2.	Dr. R. Nagarathna	Medical Director	S-VYASA, Bangalore	Medicine	Relevance of holistic practices in the current education system
3.	Prof. Neeraj Gupta	Vice Chancellor (I/C)	Central University of Rajasthan	Architecture	Prime requirements of the current education system
4.	Dr. Vinay Chandra	Director	Indica Yoga, Bangalore	Psychology and Vedanta	Foundation of Value based Education – Learning from Gurukulam Education System
5.	Prof. Rabindra Kumar	Former Vice Chancellor (I/C)	Indira Gandhi National Open University (IGNOU)	History	NEP 2020- Implementing Holistic practices in University system
6.	Dr. Richa Chopra	HOD and Dean	The School of Contemporary and Behavioural Psychology, Sri Sri University, Cuttack	Child Psychology	Holistic practices for culturing the mind
7.	Dr. Pandav	Former Professor and HOD	Dept. of Social and Preventive Medicine, All India Institute of Medical Sciences, New Delhi	Community Medicine	COVID 19 Lessons: Importance of Holistic practices
8.	Dr. Hemant Bharghav	Faculty and HOD	Dept. of Integrative Medicine, National Institute of Mental Health of Neurosciences, Bangalore	Integrative Medicine	Cognitive enhancement' in teaching and learning systems

9.	Dr. Kishore Kumar	Faculty	Dept. of Ayurveda, National Institute of Mental Health of Neurosciences, Bangalore	Ayurveda and Medicine research	Ayurvedic strategies for Holistic development
10.	Dr. Anand Balyogi	Director and Professor	CYTER of Sri Balaji Vidyapeeth & Chairman ICYER at Ananda Ashram, Pondicherry, India.	Medicine and Yoga therapy	Stress relieving techniques in a learning environment
11.	Prof. M. N. Mohamedunni Alias Mushthafa	Professor and Dean	The School of Education Central University of Kerala, Kasaragod	Education	Life Skills for Holistic development
12.	Prof. Vinutha M. Shankar	Professor and HOD	Dept. of Medical Physiology, SDUMC, Kolar, Karnataka	Medicine	Graduate attributes for better Life skills
13.	Prof. R. Raghuram	Chairman	Yogabharati, USA	Yoga Philosophy	Emotion culturing: A key for Holistic development
14.	Prof. N. K. Manjunath	Professor and Pro-Vice Chancellor	S-VYASA University, Bangalore	Naturopathic and Geriatric Medicine	Evidence based holistic practices and a road map for the HEI's
15.	Dr. N. Ganesh Rao Adviser	Professor and Adviser	Dept. of Philosophy, Mumbai University and Kaivalyadhama, Lonavla, Maharashtra	Philosophy	Yoga based discipline for holistic development and Life skills
16.	Dr. Srinidhi K. Parthasarathi	Professor and Chief Operating Officer	Indian Academy Group of Institutions, Bangalore	Management studies	Life skills at work place -II
17.	Br. Adhyananda	Spiritual master	Yogoda Satsanga Society of India	Vedanta	Meditation: A potential tool for Holistic development
18.	Dr. Nandini Chatterjee Singh	Neuroscientist	National Brain Research Centre, Haryana and UNICEF	Neuroscience	Social and emotional learning
19.	Dr. Subhasis Bhadra	Associate	Dept. of Social work,	Social work	Life skills for enhancing the creativity of the

		Professor	CURAJ		students
20.	Dr. Guneet Inder Jit Kaur Faculty	Assistant Professor	Dept. of Sports Psychology, CURAJ	Sports Psychology	Holistic practices for Slow learners
21.	Prof. Gopal Mahapatra	Professor	Dept. of OB & HRM, Indian Institute of management studies, Bangalore	Management	Life skills at work place
22.	Prof. Anil N S	Professor	Dept. of Community Medicine, ESI medical College, Bangalore	Medicine	Holistic health awareness
23.	Dr. Raghavendra M. Rao	Director	Central Council of Yoga Research and Naturopathy	Oncology and Yoga therapy	Valedictory function

Schedule

Day and Date	10-11.05 am	11.10 – 12.15pm	12.20 – 1.25 pm	1.25-2.25 pm	2.30-3.35 pm	3.40 – 4.45 pm	4.50 – 5.30 pm
March 01, 2021 (Monday)	Inauguration (9.45-11.05 am)	Relevance of holistic practices in the current education system (Dr. R. Nagarathna)	Prime requirements of the current education system (Prof. Neeraj Gupta)	Lunch Break	‘Cognitive enhancement’ in teaching and learning systems (Dr. Hemant Bharghav)	Foundation of Value based Education – Learning from Gurukulam Education System (Dr. Vinaychandra)	Interactive session
March 02, 2021 (Tuesday)	Meditation: A potential tool for Holistic development (Br. Adhyananda)	COVID 19 Lessons: Importance of Holistic practices (Dr. Pandav)	Ayurvedic strategies for Holistic development (Dr. Kishore Kumar)	Lunch Break	Stress relieving techniques in a learning environment (Dr. Anand Balyogi)	Holistic practices for culturing the mind (Dr. Richa Chopra)	Interactive session
March 03, 2021 (Wednesday)	Life Skills for Holistic development (Prof. Mustafa)	Graduate attributes for better Life skills (Prof. Vinutha Shankar)	NEP 2020- Implementing Holistic practices in University system (Prof. Rabindra Kumar)	Lunch Break	CURAJ Foundation day Celebration		Interactive session
March 04, 2021 (Thursday)	Emotion culturing: A key for Holistic development (Prof. R. Raghuram)	Evidence based holistic practices and a road map for the HEI's (Prof. Manjunath Sharma)	Holistic health awareness (Prof. Anil N. S.)	Lunch Break	Life skills for enhancing the creativity of the students (Dr. Subhasis Bhadra)	Holistic practices for Slow learners (Dr. Gurinderjit Kaur)	Life skills at work place-I (Prof. Gopal Mahapatra) From 4.50-5.50 pm
March 05, 2021 (Friday)	Life skills at work place -II (Dr. Srinidhi K. Parthasarathi)	Yoga based discipline for holistic development and Life skills (Dr. N. Ganesh Rao)	Interactive session	Lunch Break	Social and emotional learning (Dr. Nandini Chatterjee Singh)	Valedictory Valedictory address (Dr. Raghavendra M. Rao) 3.45-4.45 pm	

List of Participant

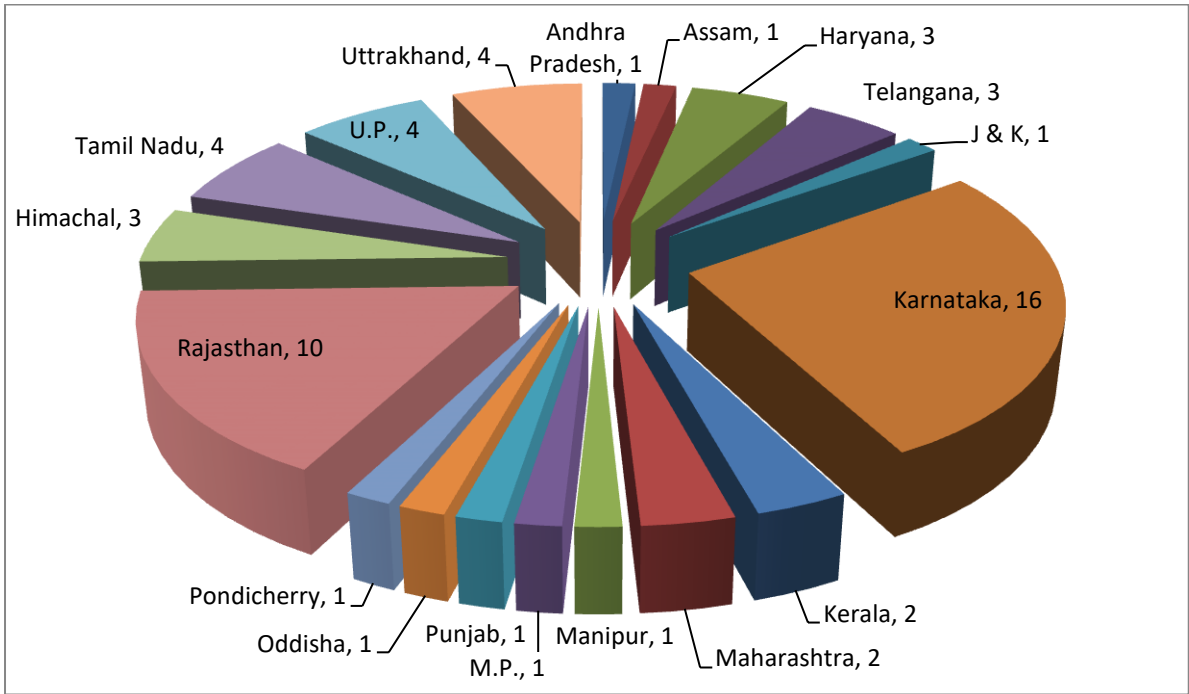
Sl. No.	Name of Participant	Affiliation
1.	Natesh Babu	S-Vyasa Yoga University
2.	Sushma Singh	Baddi University Of Emerging Sciences & Technology
3.	Dr.B.Chandrasekaram	National Sanskrit University, Tirupati
4.	Purobi Nath	Bodoland University, Debagaoon
5.	Dr. Sarwdaman Kashyap	Amity University, Bihar
6.	Dr. Shelly Mannan	Maharana Pratap National College, Mullana
7.	Kumari Ankush Sharma	Baddi University Of Emerging Sciences And Technologies, Himachal Pradesh
8.	Dr. Khushmeet Kumar	Baddi University Of Emerging Sciences And Technologies, Himachal Pradesh
9.	Dr.Lavya.Shetty	Manipal Academy Of Higher Education, Manipal
10.	Jk Swapna	Svyasa University, Bengaluru
11.	G Govardhan Reddy	Manipal Academy Of Higher Education, Manipal
12.	Soubhagya Laxmi Mohanty	Swami Vivekanada Yoga Anusandhana Samsthana
13.	Balaram Pradhan	Svyasa Yoga University, Karnataka
14.	Mr. Mangesh Pandey	Svyasa Deemed To Be University, Karnataka
15.	Dr. Arpana Pv	Sri Sri College Of Ayurvedic Science And Research, Bangalore
16.	Dr. Dhanashri Patil	Sri Devaraj Urs Academy Of Higher Education And Research, Kolar
17.	Dr. Satya Prakash Purohit	S-Vyasa Deemed To Be Yoga University, Bengaluru
18.	Ashween Bilagi	Sri Devaraj Urs Academy Of Higher Education And Research, Kolar
19.	Thejashwini G	S-Vyasa Yoga Deemed To Be University, Karnataka
20.	Dr. Sony Kumari	S-Vyasa University Bangalore
21.	Dr.Divya B R.	S-Vyasa Yoga Deemed To Be University
22.	Dr. Neetinakumar Patil	Sri Devaraj Urs Academy Of Higher Education And Research, Kolar

23.	Dr. Subramanya Pailoor	Central University Of Kerala, Kerala
24.	Reshma Maria Sampath	His Highness Maharaja's University College Thiruvananthapuram
25.	Dr. Ankita Nirwani	Oriental School Of Law, Oriental University, Indore
26.	Dr. Sujata N. Chavan	Govindlal Kanhaiyalal Joshi (Night) College, Maharashtra
27.	Dr. Dnyaneshwar Shantaram Chavan	Vidya Vikas Mandal's Sitaram Govind Patil Arts, Science And Commerce College, Sakri
28.	Dr. R. K. Roshni Raj Lakshmi	Manipur University, Manipur
29.	Dr. Jayanta Kumar Nayak	Central University Of Odisha, Odisha
30.	Prem Sukh	Sri Sri University, Odisha
31.	Dr. P. Latha	Pondicherry University, Puducherry
32.	Dr. Neeraj Puri	Gna University, Phagwara
33.	Dr. Nidhi Pareek	Central University Of Rajasthan, Ajmer
34.	Ravi Saharan	Central University Of Rajasthan, Ajmer
35.	Dr. Ram Kishor	Central University Of Rajasthan, Ajmer
36.	Dr. Yateen Kumar Choubisa	Vidya Bhawan Gandhian Institute Of Educational Studies, Ramgiri
37.	Dr. Neeraj Panwar	Central University Of Rajasthan, Ajmer
38.	Vandana Rathore	Jagadguru Ramanandacharya Rajasthan Sanskrit University, Rajasthan
39.	Dr. Ajeet Singh Choudhary	S K Government Girls College Sikar
40.	Dr. Meenakshi	Central University Of Rajasthan, Ajmer
41.	S. Binu Sathiya	Noorul Islam Centre For Higher Education, Tamilnadu
42.	Dr. M. Murugan	Noorul Islam Centre For Higher Education, Tamilnadu
43.	Dr. H. Vennila	Noorul Islam Centre For Higher Education, Tamilnadu
44.	Dr. V. N. Meena Devi	Noorul Islam Centre For Higher Education, Tamilnadu
45.	Dr. Sammaiah Buhukya	Megha & Omega Group Of Institutions, Hyderabad
46.	Mrs. Anju Karaktan	Dayanand Girls P.G. College, Kanpur

47.	Dr. Saba Parveen	Dayanand Girls Post Graduate College, Kanpur
48.	Akash Verma	V.S.S.D.(P.G.) College Kanpur
49.	Dr. Kiran B. Mamgain	Dit University, Dehradun
50.	Vikash Kumar Mishra	Dit University, Dehradun
51.	Dr. Shilpi Singhal	Dit University, Dehradun
52.	Dr. Pooja Swaroop Saxena	Dit University, Dehradun
53.	Mr. Rakesh Verma	Govt. Degree College Nowshera
54.	Dr Narendra Kumar	Central University Of Rajasthan, Ajmer
55.	Santosh Hiremath	K. R. Bellad Arts & Commerce College, Mundargi
56.	Mr. Chennakeshi Ganesh	Vardhaman College Of Engineering, Telangana
57.	Dr.Nagaluti Ramakrishnudu	Vardhaman College Of Engineering, Telangana
58.	Dr. Jaspreet Dahiya	Baba Mastnath University, Rohtak
59.	Dr. Akhil Agrawal	Central University Of Rajasthan, Ajmer
60.	Dr Rajive Kumar	N A S College, Meerut

State Wise Details of Participants:

Sl. No.	State	Number of Participants
1.	Andhra Pradesh	1
2.	Assam	1
3.	Haryana	3
4.	Telangana	3
5.	J & K	1
6.	Karnataka	16
7.	Kerala	2
8.	Maharashtra	2
9.	Manipur	1
10.	M.P.	1
11.	Punjab	1
12.	Oddisha	1
13.	Pondicherry	1
14.	Rajasthan	10
15.	Himachal	3
16.	Tamil Nadu	4
17.	U.P.	4
18.	Uttarakhand	4
Total Numbers of Participants		60



Discipline Wise Details of Participants:

Sl. No.	Discipline	Number of Participants
1.	Arts	2
2.	Biomedical Engineering	3
3.	Commerce	2
4.	Computer Science	3
5.	Management	2
6.	Humanities	4
7.	M.E.	5
8.	Maths	3
9.	Economics	2
10.	Education	5
11.	Physics	3
12.	Law	2
13.	Microbiology	2
14.	Zoology	3
15.	Yoga	16
16.	Physiotherapy	3
Total Numbers of Participants		60

