

A REPORT ON ATAL ACADEMY SPONSORED WORKSHOP



Co-Ordinator

Dr. Bhushan P. Pimple
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Convener

Dr. Praveen D. Chaudhari
Principal,
P. E. Society's
Modern College of
Pharmacy, Nigdi, Pune

OCTOBER 18 TO 22, 2021

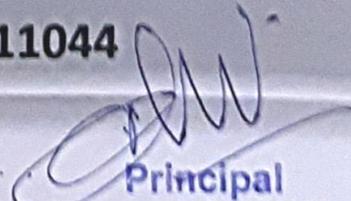
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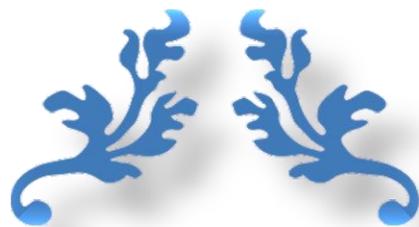
Progressive Education Society's

Modern College of Pharmacy

Yamunanagar, Nigdi, Pune 411044




Principal
P. E. S. Modern College of Pharmacy
Sector No 21, Yamunanagar, Nigdi,
Pune - 411 044.



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CTE Training and Learning (ATAL)

Academy

Sponsored



Five Days Faculty Development Program (FDP)

On

Stress Management: A Key for Personal and Professional Excellence

Scheduled from 18th to 22nd October, 2021

Organized by

Progressive Education Society's



Modern College of Pharmacy

Yamunanagar, Nigdi, Pune 411044



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Dr. P. D. Chaudhari
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College of Pharmacy, Nigdi,

Patron

Prof. Dr. G. R. Ekbote
Chairman,
Business Council,
P. E. Society, Pune -05

Objective of the FDP:

- Stress is an outcome of any event or thought that makes one feels frustrated, angry, or nervous. Today, the biggest challenge to mankind is to deal with pandemics, lockdowns, news channels, social media, “work from home” culture and job retention.
- The proposed FDP is specially designed for teachers to destress and prepare them to face the challenges of “new-normal life”. This FDP will provide a platform for healthy interactions with the experts from Clinical psychology, Holistic healing, life coaching, TEDx Speakers, Wellness coaches, Yogic sciences, Bioenergy healers, NLP trainers etc.

Participants:

- Teachers and staff members of technical institutions, industry personnels, research scholars, PG scholars

Eligibility for Participants:

- The faculty members of the AICTE approved institutions, Research scholars, PG Scholars, participants from Government, Industry (Bureaucrats/Technicians/Participants from Industry etc.)

DAY 1: 18TH OCTOBER, 2021

Inauguration ceremony: 11 am to 11:30 am

AICTE has commonly organized the inauguration ceremony for 14 workshops across the nation. The workshop was inaugurated by **Prof. Rajbir Singh, Vice Chancellor, Maharshi Dayanand University,**

Rohtak, chief guest for the ‘Inaugural Ceremony’ and **Prof. M.P. Poonia, Vice-Chairman AICTE** was the guest of honor for the session. **Smt. Mamta Rani Agarwal Adviser-I** coordinated and hosted the session.





AICTE Training and Learning (ATAL) Academy

Five Days Faculty Development Program (FDP)



STRESS MANAGEMENT

A Key for Personal and Professional Excellence

Day : 01 : Monday, 18th October 2021

Session will start after the Inauguration ceremony by AICTE



Session No. 01 :

Mr. Niraj Gera

Founder & Chairman, Humanity Foundation.

TedEx Speaker, AOL Faculty, Life Coach

Topic: "Stress Management Techniques"



Session No. 02 :

Mr. Viveck Doba

Director at VDTS Digital Services

Author of Best Selling Book - 7 Merit Mantra

Topic: Stress management: Transectional meditation



Session No. 03 :

B. K. Sarita Rathi

Senior Rajyoga Teacher MBA (HR),

PG Dip in Value Education & Spirituality

Topic: Calm in Crisis



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Speaker: Mr Neeraj Gera

Topic: Stress Management Techniques

Gera sir discussed definition of stress, causes of stress and ways to overcome it. Stress is part of being human, and it can help motivate you to get things done. Even high stress from serious illness, job loss, a death in the family, or a painful life event can be a natural part of life. Different examples, short stories, incidents, live videos were exhibited to manage the stress in our life. Live meditation session for 20 minutes was conducted and its impact was experienced by all the delegates. Different yogasanas and small activities and tricks were performed and discussed by him and delegates were asked to perform it with him to get live experience of it. He discussed live examples of his own life and role of Art of living organization in his life due to which he turned from photography to being social activist.

Different tips were given by Gera sir to manage stress in life which were as follows:

- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn to manage your time more effectively.
- Set limits appropriately and say no to requests that would create excessive stress in your life.
- Seek out social support. Spend enough time with those you love.
- Exercise
- Yoga
- Meditation
- Deep breathing
- Biofeedback
- Talk therapy

Twenty minutes' question answer session was conducted where the queries of audience were answered by the speaker and solutions were suggested to overcome their problems. Thus, it was a very enthusiastic, amazing and interactive session which felt to be was need of the hour especially when we are still facing this covid 19 pandemic situation and trying to cope with new normal.

Speaker: Mr Viveck Doba

Topic: Stress management: Transectional meditation

Doba sir started with causes of stress, symptoms of stress and ways to overcome it. Stress is the psychological, physiological and behavioural response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health” Historically, stress was our friend. It acted as a protective mechanism that warned us of danger; a natural reaction that told us when to run. This response is now referred to as the “fight or flight” response, or the “stress response.” Stress has remained part of the evolutionary drive because of its usefulness in survival. When used at the right time, stress increases our awareness and improves physical performance in short bursts. Repetitive exposure of the stress response on our body is proven to lead to long-lasting psychological and physical health issues; these include cardiovascular disease, diabetes, anxiety and depression.

One of the techniques to overcome stress is meditation. When you meditate, you clear away the information overload that builds up every day and contributes to your stress. The emotional benefits of meditation include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions

Different examples, short stories, incidents, live videos were exhibited to manage the stress in our life. Live meditation session for 20 minutes was conducted and its impact was experienced by all the delegates. Different small activities and tricks were performed and discussed by him and delegates were asked to perform it with him to get live experience of it.

Twenty minutes’ question answer session was conducted where the queries of audience were answered by the speaker and solutions were suggested to overcome their problems. Thus, it was a very ardent, spectacular and two-way session which helped the delegates to overcome the stress and focus on their goals of life.

Speaker: B. K. Sarita Rathi

Topic: Calm in crisis

Sarita Rathi madam discussed about the main causes and factors of the stress. Her main focus behind the discussion was how to maintain the calmness in the crisis. She discussed about the importance of rajyoga techniques and how improves the self-confidence with such technique. She guided all about myths of the stress and how to overcome the stressful situations. Madam also taught us how to equilibrate own self with peace, happiness and love while maintaining personal and professional life and also relationships and responsibilities. Also, she taught about how to harmonize stress-free lifestyle.

Following tips were given by Sarita Rathi madam to live stress-free life.

- Believe that I am on right path
- Everything is going to happen good to me
- Everything is going in good way
- Practice yoga and meditation regularly
- Importance of Meditation and deep breathing

Twenty minutes' question answer session was conducted wherein all the queries of audience were addressed by the speaker and the possible solutions were suggested to overcome their problems. Thus, it was a very amazing enthusiastic and interactive session especially when we all are still facing this covid-19 pandemic situation and trying to cope with new normal.



AICTE Training and Learning (ATAL) Academy

Five Days Faculty Development Program (FDP)



STRESS MANAGEMENT

A Key for Personal and Professional Excellence

Day : 02 : Tuesday, 19th October 2021

Session No. 01 : 11:00 am



B. K. Akanksha

Rajyoga Teacher, Self-Management Trainer,
Motivational Speaker, Youth Wing Member, RERF

Topic: "Easy Meditation for Busy People"

Session No. 02 : 01:00 pm



Ms. ShreyaThakar

Clinical Psychlogist,
Sports and Exercise psychologist, Counselor

**Topic: Physical Activities: Key to Effective Stress
Management**

Session No. 03 : 03:00 pm



Dr. Sairaj Patki

M.A., S.E.T., Ph.D. (Psychology)

Assistant Professor (Psychology) Department of Social Sciences,
School of Liberal Education, FLAME University

Topic: Understanding Stress and Tackling It



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Speaker: B. K. Akanksha.

Topic: Easy Meditation for Busy People

The first session on topic " Easy Meditation for Busy People " by B. K. Akanksha sister. In Sanskrit, **Spirituality** is known as Adhyatma. It is derived from two words Adhi and Atman (Atmanaha). Adhi means pertaining to the topic and Atma means the Soul. The Soul is the God principle within each of us and is our true nature. The Soul is unaffected by the ups and downs (and the happiness and unhappiness) one experiences in life as it is perpetually in a blissful state. **Spirituality, thus, deals with understanding the nature of the Soul and one's journey back to identifying with the Soul and experiencing it as one's true nature. Spirituality is the expansive science about how to be blissful, joyful, peaceful, successful, balanced and meaningful life.**

In addition to this she has discussed **Raja Yoga meditation** where, Raj means "king" and Yoga means "connection". Raja Yoga meditation is a form of meditation that is accessible to people of all backgrounds. It is a meditation without rituals or mantras and can be practiced anywhere at any time. Raja Yoga meditation is practiced with 'open eyes', which makes this method of meditation versatile, simple and easy to practice. Meditation is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. Spiritual awareness gives us the power to choose good and positive thoughts over those which are negative and wasteful. We start to respond to situations, rather than just reacting to them. We begin to live with harmony, we create better and happier, healthier relationships and change our lives in a most positive way. she has talked on "Root cause of stress" Vicious cycle of stressful thinking and how to break the stress cycle. During the session sister meditate and relaxed participants very nicely which tells how meditation is much easier than you think and Sister B. K. Akanksha shares her views on meditation with participants. More people are living, but fewer are choosing, life in the fast lane. The need to restore balance, find inner peace and replenish spiritual power can be satisfied by some form of daily meditation. Sister B. K. Akanksha presents the how to of meditation and ways that meditation can help to take the stress out of business. It was really helpful session to all participants.

Speaker: Shreya Thakar.

Topic: Physical Activities: Key to Effective Stress Management

She has discussed about stress. Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is our body's response to anything that requires attention or action. Everyone experiences stress to some degree in their life. She discussed exercise as a coping strategies for stress management and improving mental health in people with chronic diseases.

She has discussed various challenges to physical exercised when developing an exercise prescription for high-stress individuals like Lack of time, lack of motivation, fatigue, poor sleep habits, and poor dietary habits are exercise barriers associated with stress that can negatively impact exercise compliance and adherence. She taught participants about how to overcome this challenges in detail. She focused on physical activity is shown to improve levels of self-esteem and acceptance as well as given tips for sustaining physical activity.

Speaker: Dr. Sairaj Patki

Topic: “Understanding stress & Tackling it”

An informative session was conducted by Dr. Sairaj Patki on Understanding stress & Tackling it. He discussed about level of stress and performance. Very nicely he explained about acute and chronic stress and its effect on body. Also he deeply focused on how our brain controls the hormonal level and how hormonal changes related with mood swing. He has taken various activities and exercise that helps to stress relives.

‘Understanding stress & Tackling it’ topic includes:

- How to recognized or understand our stress
- Level of stress, types of stress and how it affect on performance
- Difference between acute and chronic stress
- Bio-psycho-physical concept
- Concept of stress, Eustress & distress
- Concept of Flight-fright-freeze condition
- How Brain controls all the emotion and how the hormonal imbalance affect on human health
- Activities to get relief from stress



AICTE Training and Learning (ATAL) Academy



Five Days Faculty Development Program (FDP)

STRESS MANAGEMENT

A Key for Personal and Professional Excellence

Day : 03 : Wednesday, 20th October 2021



Dr. Aruna Kulkarni

MBTI Trainer & Golden Personality Type Profiler Trainer.
Trainer for the Sandvik Global Leadership Program
(Sandvik, Stockholm, Sweden)
NLP practitioner
Hypnotherapist (California Institute of Hypnotherapy)
Certified Life Coach

Session No. 01 : 11:00 am

Topic: Positive thinking to overcome stress
and

Session No. 02 : 01:00 pm

Topic: Assertiveness as a way of managing stress



Session No. 03 : 03:00 pm

Dr. Rajeev Nagarkar

Ayurvedacharya
Clinical Psychologist
Transactional Analyst

Topic: New Normal



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Speaker: Dr. Aruna Kulkarni

Topic: Positive thinking to overcome stress

Dr. Aruna explained the concept of stress, different types of personalities and their attitude towards dealing with the stressful situations. Aruna ma'am explained why people feel stress with the help of 'Locus of Control & Human Nature'. With the help of Neuroplasticity concept ma'am gave us the idea of rewiring of brain and importance of positivity in our lives. Dr. Aruna gave us a mantra to stay positive with the help of story of a person named Jerry and with the videos from everyone's favorite movie '3 idiots (all is well!)'.

Speaker: Dr. Aruna Kulkarni

Topic: Assertiveness as a way of maintaining stress.

Dr. Aruna discussed about different types of personalities such as Type A, Type B and Moderate Types of A & B. She explained us the reasons behind the stress of these personalities and their styles of dealing with it or coping up with it. Ma'am explained us, what is assertiveness and its parts, how it helps balancing our lives. Ma'am gave us some tips to become assertive and she took out some time after the session to clear the doubts and queries of participants.

Speaker: Dr. Rajeev Nagarkar

Topic: New normal.

Nagarkar sir started the session with the "*Manache Shloka*", and this was a start of a wonderful spiritual approach towards dealing stress. Dr. Nagarkar gave us a definition of 'New normal' and connected us with the concept of freedom and the responsibilities that come along with it. Dr. Nagarkar told us the importance of synchronization of body functions and therefore life with the help of a singing activity that involved participants. He made us realize the importance of balance of health and discussed different concepts related to the same e.g., *Bramhacharya*. Sir also talked about: Root cause of stress, Manufacturing defects, *Rajju sarpa yoga* and more importantly about Brain Wave Modulation (BWM). He also cleared all the doubts of participants related to the topic.



AICTE Training and Learning (ATAL) Academy

Five Days Faculty Development Program (FDP)



STRESS MANAGEMENT

A Key for Personal and Professional Excellence

Day : 04 : Thursday, 20th October 2021



Session No. 01 : 11:00 am

Dr. Shraddha Sakatkar

Eminent Researcher in Counselling psychology,
Parenting styles, Emotional Intelligence,
Career counselling

Topic: "Coping Strategies for stress"



Session No. 02 : 01:00 pm

Dr. Sonali Nipate

Eminent Researcher in Anxiety, Depression &
Chronic Fatigue Syndrome

Topic: Cause, Effects & Treatment for Stress



Session No. 03 : 03:00 pm

Ms. Archana R Aggarwal

Pranic Healing Trainer and life coach.
Practicing therapist for Regression work and Hypnotherapy

Topic: Alternative Healing: To Destress Body & Mind



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Speaker: Dr. Shradha Sakatkar

Topic: Coping Strategies for stress

Dr. Shradha Sakatkar discussed about various coping strategies like *Appraisal focused strategies* in that ABC technique, STC technique, Car model, positive reinterpretation

Problem focused strategies in this using systematic problem solving technique, seeking help, effective utilization of time was discussed

Emotional focused strategies- mental, physical relaxation, visualization practice, mind skills points were explained very well

Few task/questionnaire was conducted by mam to keep session interactive.

Speaker: Dr. Sonali Nipate

Topic: Cause, Effects and treatment for stress

She had a talk on solution of Stressed situation and how we can reduce or avoid stressed situations. She has detailed on *Chronic Fatigue Syndrome* its Causes, risk factors, symptoms, diagnosis, medications, some home remedies, lifestyle changes and diet hacks for Chronic Fatigue Syndrome.

Speaker: Mrs. Archna Aggarwal

Topic: Alternative Healing: To Destress Body and Mind

Mrs. Archna Aggarwal highlighted on Alternative Therapies what are the basic principles behind Therapies and given the experience to feel biofield energy with her short experiment and further illuminated delegates by different therapies like Pranic healing, Sound healing, Hypnotherapy, Transpersonal Regression Therapy, role of water and diet.

Fifteen minutes of question answer session was conducted after each session where the queries of audience were answered by the speaker and solutions were suggested to overcome their problems. Thus, it was a very informative, wonderful and interactive session which felt to be was need of the hour especially when we are still facing this covid 19 pandemic situation and trying to cope with new normal.



AICTE Training and Learning (ATAL) Academy

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STRESS MANAGEMENT

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Day : 05 : Friday, 22th October 2021



Session No. 01 : 11:00 am

Ms Monica Bansal
Master Practitioner for Subconscious Reimprinting
Certified Graphologist
Life Coach

Topic: Positive thinking to overcome stress



Session No. 02 : 01:00 pm

Dr. Udichi Kataria
Professor, Research Co-ordinator and Academic Board Member
in Geetanjali Institute of Pharmacy, Udaipur
WEST ZONE coordinator, APTI, Central women forum
Topic: Know your Mind: It Matters!

Valedictory Function : 03:00 pm to 3:40 pm



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Speaker: Monica Bansal

Topic: Power of Subconscious Mind

She has discussed ways by which subconscious mind controls all body activities. She also explained that our personality is our perception. The way we

percept the situation we can be happy or sad at the same time. One of the limitation of subconscious mind is that it can not recognize reality and imagination. So we need to apply filters for it. She helped to remove hurt feelings from mind with short experiment. Also she elaborated use of subconscious mind to be healthy, wealthy and to make our life a masterpiece.

Speaker: Dr. Udichi Kataria

Topic: Know your Mind: It matters

She has explained importance of knowing your mind and various tendencies of mind like doubting the positive things in life and keep oscillating in past and future, so it is necessary to put ourselves in positivity and present. Also she elaborated various sources of energy like food, sleep, breath, happy and calm mind.

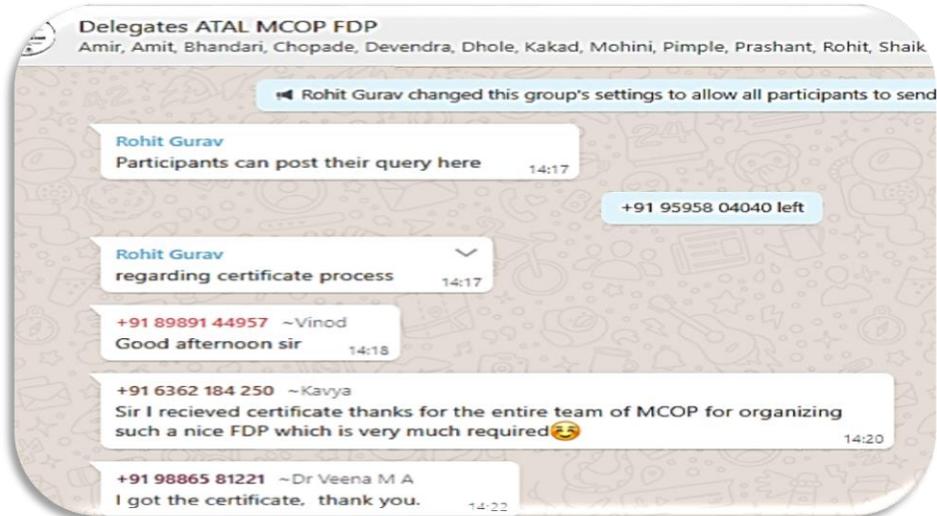


Hon. Dr P. R. Patil Regional Officer, South Central Region, AICTE, Hyderabad was invited as a chief guest for the valedictory ceremony. Principal Dr P. D. Chaudhari and Dr P. R Patil shared their valuable thoughts and delivered motivational address.

Snapshots



Feedback



मॉडर्न फार्मसी येथे कार्यशाळा संपन्न

॥ पिंपरी : प्रतिनिधी

प्रोग्रेसिव्ह एज्युकेशन सोसायटीच्या मॉडर्न कॉलेज ऑफ फार्मसी महाविद्यालयात ए.आय.सी. टी.ई. ट्रेनिंग अँड लर्निंग अर्थात अटल अॅकॅडमीने आयोजित केलेले पाच दिवसांचे फॅकल्टी डेव्हलपमेंट प्रोग्राम संपन्न झाले. १८ ऑक्टोबर ते २२ ऑक्टोबर दरम्यान झालेल्या या कार्यशाळेत देशभरातून १९६ शिक्षकांनी नोंदणी केली होती.

स्ट्रेस मॅनेजमेंट- ए की फॉर पर्सनल अँड प्रोफेशनल एक्ससलेन्स या सद्यस्थितीत उपयुक्त ठरणान्या विषयावर आधारित होता. या कार्यशाळेत निरज गेरा, विवेक डोबा, ब्रम्हकुमारी सरिता दीदी, आकांशा दीदी, श्रेया ठकार, डॉ. साईराज पत्की, डॉ. अरुणा कुलकर्णी, डॉ. राजीव नगरकर, डॉ. श्रद्धा साकटरकर, डॉ. सोनाली निपटे, अर्चना अग्रवाल, मोनिका बंसल, डॉ. उदीची कटारिया



अशा नामवंत तज्ज्ञांनी मार्गदर्शन साधला.

कार्यक्रमाचा समारोपप्रसंगी कार्यकारी अधिकारी मा. डॉ.पी.आर. पाटील उपस्थित होते. संस्थेचे कार्यवाहक प्रा. डॉ. गजानन एकबोटे, प्रा.ज्योत्सना एकबोटे, संस्थेचे सचिव प्रा. एस. एस. देशमुख, प्राचार्य डॉ.पी.डी.चौधरी यांनी उपस्थितांना संबोधित केले. कार्यक्रमाचे समन्वयक डॉ. भूषण पिंपळे यांनी आभार मानले.

पुण्य नगरी

मॉडर्न फार्मसी येथे कार्यशाळा संपन्न

॥ पिंपरी : प्रतिनिधी

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अशा नामवंत तज्ज्ञांनी मार्गदर्शन साधला.

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Smart Pimpri-Chinchwad

Page No.4 October 25, 2021

पुण्य नगरी

SMART

पिंपरी-चिंचवड



पुणे ॥ सोमवार, २५ ऑक्टोबर २०२१

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List of Participants

No	Name	Email	Phone
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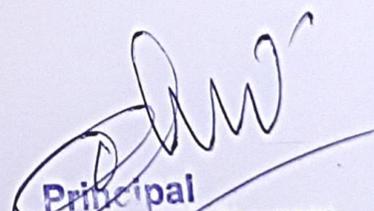
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