



**AICTE Training and Learning  
(ATAL) Academy**



**Faculty Development Programme  
(FDP)**

**Leadership Excellence through Yoga and  
Meditation  
during  
(10/01/2023-21/01/2023)**



**Organized**

**By**

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Indian Institute of Technology  
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Dhanbad-826004**

## **Overview of the Course**

Faculty members are the corner stone of any educational institute as they are instrumental in shaping the future of students. It is very important that, from time to time the institutions organize faculty reorientation program. This serves two purposes; Firstly, the faculty re-embodies the vision of the institute and; Secondly, it helps to re-emphasize their role as educators as the beacon that imparts knowledge of great morals, ethics, and integrity of future generations.

## **Objectives of the Course**

- To imbibe the skills and competencies required to achieve goals directed by values.
- 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.
- To make participants understand how stress works and to help them develop sustainable behaviors to overcome stress.

## **Topics to be covered**

- Listening, Finding Purpose and Pranayama
- Breathing Techniques, Mind matters
- Decision Making
- Stress Management
- Knowledge Sutra Games and Mistake
- Response effectiveness
- Pranayama
- Panchakosha meditation, Nature of mind
- Attitudinal shift, Pranayama
- Levels of Existence & Nature of Self
- Organizing self
- Yoga

## **Benefits of the Course**

After completing the Course, the faculty will itself feel the difference in terms of:

- Holistic Development
- Enhanced Potential
- Fair-mindedness and Patience
- Empathetic behavior & Optimistic attitude

- Dynamism and Commitment
- Increased Efficiency and Confidence
- Ethical Leadership & Risk-taking ability
- Stress reduction
- Decision making Process

### Who Can Attend?

The faculty members, research scholars, PG Scholars of the AICTE/UGC/Central Government approved institutions, participants from Government, Industry and faculty, research scholars, PG Scholars of host institution are eligible to attend.

### Registration:

Participants can register for this course on AICTE-ATAL by following steps

1. Visit <https://atalacademy.aicte-india.org/signup>
2. Register as a participant → Fill your details
3. Select Workshop → Jharkhand → Month → January → Thrust Area → Life Skill Management → Online/Offline i.e., Face to face
4. Select Leadership Excellence through Yoga and Meditation

**There is no fee for attending this FDP.**

### About AICTE Training and Learning

AICTE is committed for development of quality technical education in the country by initiating various schemes launched by Govt. of India, Ministry of Human Resource Development 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 skill sector and having faculty & technicians to be trained in their respective disciplines. It was felt that Training with latest tools and technologies is vital to keeping an institute competitive and more productive. Training is required for increasing the knowledge and skills of students to make them more employable to acquire global competencies.

### About IIT(ISM) Dhanbad

IIT(ISM) is a fully residential technical institute having all modern amenities located in the mineral-rich belt of India in the prime cooking coal city of Dhanbad, Jharkhand. It was established as ISM in 1926 on the lines of the Royal School of

Mines, London. IIT (ISM) an Institute of National importance has been rendering invaluable service to the cause of global education and societal development in its nine long decades of existence. Keeping in tune with the changing times a need has been realized for further expansion and diversification. IIT (ISM) has grown into a full-fledged technical institution with 18 faculty Departments offering a wide range of courses in Engineering, Science, Management, Humanities and Social Sciences at UG, PG and Ph.D. levels. IIT (ISM) admits students through IIT- JEE, JAM and GATE Entrance Exam in various courses of the respective departments.

### **About Department of Mathematics and Computing**

The department provides an outstanding research environment complemented by excellent teaching for their students to flourish in different arena of academics and industry as well. It offers academic programs leading to the award of M. Sc. (Mathematics and Computing), Integrated M. Tech. (Mathematics and Computing), M. Tech (Data Analytics) and Ph. D. degrees. The department is executing various sponsored projects received by UGC, CSIR, NBHM, ISRO, DST etc. It is well recognized by the external funding agencies with SAP-DRS provided by UGC, FIST provided by DST and Science Academy programme provided by National Science Academy's. The Society of Applied Mathematics (SAM) established in 2009 and contributing significantly towards academic outreach such as Workshop, Training Programmes, Conferences and Research activities as well.

### **Chief Patron**

**Prof Rajiv Shekhar**

Director  
IIT(ISM) Dhanbad  
Jharkhand-826004

### **Patron**

Prof Ranjit Kumar Upadhyay  
Head, Department of Mathematics and Computing

### **Coordinator:**

**Prof. Mritunjay Kumar Singh**

Department of Mathematics and Computing

**Prof. Badam Singh Kushvah, Co-coordinator**

Department of Mathematics and Computing

**Detailed Session Planning: - Leadership Excellence through Yoga and Meditation**

**BASIC AICTE ATAL FDP/CPDP Week 1 and Week 2**

**Week1 – Online (7:00 pm – 9:30 pm)**

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>
7:00 – 7:50 Introduction (participants & topic)  Understandin g Leadership	7:00 – 7:50 Leadership Principles: What are the signs of a good Leader	7:00 – 7:50 Session 3 (I)  Leadership Excellence - Can Leadership Qualities be inculcated?	7:00 – 7:50 Session 4 (I)  Three Levels of Leadership	7:00 – 7:50 Session 5 (I)  Rewriting Leadership Norms	7:00 – 7:50 Session 6 (I)  How to be a Perfect Leader
8:00 – 8:50  Leadership begins with the Self- Understandin g Self and Environment through Meditation.	8:00 – 8:50 Session 2 (II)  Self Enhancement through Breathworks	8:00 – 8:50 Session 3 (II)  Strengthening Ones mind – tools and Techniques	8:00 – 8:50 Session 4 (II)  Enhancing the practices - Breathworks & Meditation	8:00 – 8:50 Session 5 (II)  The Art of Letting Go- Relaxation techniques	8:00 – 8:50 Session 6 (II)  Strengthening the Practice and Creating a Personal Mission Statement
9:00 – 9:30 Session 1 Interactions	9:00 – 9:30 Session 2 Interactions	9:00 – 9:30 Session 3 Interactions	9:00 – 9:30 Session 4 Interactions	9:00 – 9:30 Session 5 Interactions	9:00 – 9:30 Week1 MCQs

**Week2 – Offline** (9:30 am – 4:30 pm)

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
9:00 – 9:30 Inauguration	9:30 – 12:00 Understanding the Seven Layers of Existence and Leadership Styles	9:30 – 12:00 Sources of Energy for the human body and mind and its impact on Leadership	9:30 – 12:00 The 5 golden Principles Part-1	9:30 – 12:00 The 5 golden Principles-Part 2
9:30 – 12:00 Defining Leadership  Recap of the Online Content and discussion.	12:00 – 1:00 Happiness and Leadership	12:00 – 1:00 100% and Time Management	12:00 – 1:00 MCQs	12:00 – 1:00 Creating an Impact through Yoga and Meditation
12:00 – 1:00 Lunch	1:00 – 2:00 Lunch	1:00 – 2:00 Lunch	1:00 – 2:00 Lunch	1:00 – 2:00 Lunch
1:00 – 2:00 Practice of Breathworks & Meditation	2:00 – 4:30 Developing your Inner Innovator - Why Sudarshan Kriya? (Learning the Practice-1)	2:00 – 4:30 Sudarshan Kriya - a tool for Self-Improvement (Learning the Practice-2)	2:00 – 4:30 Sudarshan Kriya - a tool for Self-Improvement (Learning Self Practice)	2:00 – 4:30 Creating a Support System through Yoga and Meditation
2:00 – 4:00 Setting SMART Goals & How to achieve them	4:30 – 5:00- Create a Personal Mission statement	4:30 – 5:00 The Behavioural Traits & Principles of Right Habit Formation	4:30 – 5:00 Principles of Influence- Identifying the Benefit for Others and Creating a Long-Term Plan	4:30 – 5:00 Leadership & Empathy-Enable others to act
4:00 – 5:00 Review & Goal Setting				4:00 – 5:00 Valedictory