

## INDIRA GANDHI DELHI TECHNICAL UNIVERSITY FOR WOMEN

Indira Gandhi Delhi Technical University for Women: Cultivating Beginners' Minds for the Technical World was established in May 2013, vide Delhi State Legislature Act 09, 2012. Since then, the Institute has spread its wings and transformed into a completely self-reliant technical university exclusively for Women, building strong academic curriculum with a rich diversity of courses and is working towards new academic initiatives. Recently, IGDTUW has won many laurels recognizing its efforts in advancement and dissemination of knowledge and learning among women of the country, thus meeting the requirement of technically skilled women workforce. It has bagged the second position in Atal Ranking of Institutions on Innovation Achievements (ARIIA-2020), QS I-GAUGE E-LEAD Certificate and many more. <https://www.igdtuw.ac.in/>



### Topics to be covered:

- Importance of Strategic Thinking
- Taking Ownership
- Leading with Psychological Safety
- Social and Emotional Intelligence
- Design Thinking
- Stress Management
- Ikigai: Purpose in Life
- Power of Clear Goal Setting
- Quality of Life through fitness and wellness
- Organizing Self
- Attitudinal Shift
- Decision Making
- Leading with psychological Safety

### ORGANIZING COMMITTEE

- Dr. Pankaj Gupta
- Ms. Neha Kapoor
- Ms. Monika Mathur
- Ms. Vidhi Bishnoi
- Ms. Ritu Kandari
- Mr. Madhur Gupta
- Mr. Ishwar Mahto

### CHIEF PATRON

**Dr. Amita Dev**  
Vice Chancellor, IGDTUW University

### PATRON

**Prof. R. K Singh,**  
Registrar, IGDTUW University

### COORDINATOR

**Dr. Nidhi Goel,**  
Associate Professor, ECE Department

### CO- COORDINATOR

**Dr. Jasdeep Kaur Dhanoa,**  
Associate Professor, ECE Department



Organized by

**Department of Electronics & Communication Engineering  
Indira Gandhi Delhi Technical University for Women  
Kashmere Gate, Delhi**

### Resource Persons:

- Prof. Savita Vyas, RGPV, Bhopal
- Dr. Munshi Yadav, GTBIT, Delhi
- Dr. Abhay K. Wankhede, JNKVV, Jabalpur
- Dr. Subir Debnath, MNIT Jaipur
- Dr. Sanjeev Chopra, SCERT, Delhi
- Dr. V.K Arora, CEO, Anveshan Foundation, IGDTUW
- Dr. Aradhana Sharma, Psychologist
- Dr. Meghna Goswami, Life Skills Coach
- Mr. Vikas Bansal, Productivity Coach, Author and Speaker
- Ms. Agrima Bhasin, Trainer and Social Policy Analyst
- Ms. Seema Arora Dholi, Life Coach

### Benefits of 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

### Link for the registration:

Participants are requested to register compulsorily in the following link. <https://www.aicte-india.org/atal> OR <https://atalacademy.aicte-india.org/signup>  
For any queries/info, e-mail to: [ece.department.igdtuw@gmail.com](mailto:ece.department.igdtuw@gmail.com)

## 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 a urgent need to train the skills of students to make them more employable to acquire global competencies.

## 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.

To achieve this goal, Indira Gandhi Delhi Technical University for Women, under the ATAL scheme is organizing this Faculty Development Program. This program aims to combine basic life skills training, along with wonderful stress management yoga and pranayama, and all this taught through a variety of group activities and power point presentations

## 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 the the effect of stress on their mental and physical well being.
- To help them develop sustainable behaviors to overcome stress

### TEST AND CERTIFICATE:

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, SCORED MINIMUM 60% MARKS IN THE TEST AND SUBMITTED FEEDBACK FORM.

E- CERTIFICATE CAN BE DOWNLOADED IN AICTE ATAL WEBSITE OR WILL BE SENT THROUGH E-MAIL OF ALL THE REGISTERED PARTICIPANTS.

**Registrations Charges: Free**  
**Last date for registration: 4<sup>th</sup> Sept. 2020**

FDP is open for all the faculty members of AICTE/UGC recognized or equivalent Universities/Organizations, PG-Scholars, Govt./Industry Bureaucrats and Technicians.

Register at

<https://www.aicte-india.org/atal> OR

<https://atalacademy.aicte-india.org/signup>

(Limited Seats Available)  
Registrations accepted will be based on First Come First Serve Basis (Selected participants will be informed via email only)

## Tentative Time-Table

**Inaugural – 7<sup>th</sup> September 2020, 10.00 a.m. - 11.00 a.m**

	<b>11.00 am - 12.30 a.m.</b>	<b>12.30 p.m. - 1.30 p.m.</b>	<b>1.30 p.m. - 3.00 p.m.</b>	<b>3.15 - 4.45 p.m.</b>
<b>Monday (7/9/2020)</b>	Power of Clear Goal Setting (Mr. Vikas Bansal)	<b>L U N C H  B R E A K</b>	Leading with Psychological Safety (Ms. Seema Arora Dholi)	Ikigai – Living with purpose (Dr. Munshi Yadav)
<b>Tuesday (8/9/2020)</b>	Art of Living (Prof. Savita Vyas)		Stress management (Dr. Aradhana Sharma)	Self Compassion (Ms. Agrima Bhasin)
<b>Wednesday (9/9/2020)</b>	Quality of Life through fitness & wellness (Dr. Subir Debnath)		Organizing Self (Dr. Abhay K. Wankhede)	Taking Ownership (Dr. Aradhana Sharma)
<b>Thursday (10/9/2020)</b>	Design Thinking (Dr. V.K. Arora)		Social and Emotional Intelligence (Dr. Meghna Goswami)	Attitudinal Shift (Mr. Vikas Bansal)
<b>Friday (11/9/2020)</b>	Yoga and Meditation		Transformative Learning & Decision Making (Dr. Sanjeev Chopra)	Feedback & Valedictory Session

Mr. Vikas Bansal	Extreme Productivity Coach, Author and Speaker
Ms. Seema Arora Dholi	Life Coach
Dr. Munshi Yadav	Professor , CSE Department, GTBIT, (affiliated to GGSIPU), New Delhi
Prof. Savita Vyas	Professor at Dept. of Energy & Environment, RGPV, Bhopal.
Dr. Aradhana Sharma	Psychologist and Life Skills Trainer
Ms. Agrima Bhasin	Writer, Trainer and Social Policy Analyst
Dr. V.K. Arora	CEO, Incubation Centre, IGDTUW
Dr. Abhay K. Wankhede	Professor at Jawaharlal Nehru Krishi Vishwavidyalaya (JNKVV), Jabalpur
Dr. Subir Debnath	Sports Officer, MNIT Jaipur
Dr. Meghna Goswami	Life Skills Coach
Dr. Sanjeev Chopra	Educationist, Actively involved in Human Values and Transformative Learning