



Report on

AICTE Training and Learning (ATAL) Academy
Online Faculty Development Programme (FDP)

on

**“Life Skills for Blissful Life”
(07 – 11 June 2021)**

Organized by

Centre for Life Skills & Soft Skills (CLAS)

Maharshi Dayanand University (MDU) – Rohtak

(A State University established under Haryana Act No. XXV of 1975)

'A+' Grade University Accredited by NAAC



**REPORT ON AICTE - ATAL
Online Faculty Development Programme on
'Life Skills for Blissful Life'**

7-11 June, 2021 @

Centre for Life Skills & Soft Skills, M.D University – Rohtak (Haryana)

Maharshi Dayanand University (MDU):

Maharshi Dayanand University, Rohtak, established in 1976 as a residential University with the objective of promoting inter-disciplinary higher education and research with special emphasis on studies of environmental, ecological and life sciences, is making rapid progress to emerge as a leading educational institution of the nation. Now it is a teaching-cum-affiliating university with a formidable track record in academics, research, literacy and cultural activities, and sports. Currently, there are various Post-Graduate Departments and 10 Faculties in the University. Territorial jurisdiction of the University extends to districts of Southern Haryana. The overall progress made by the University in all fields resulted in the University receiving the 'A+' grade from NAAC in March 2019. Our NIRF Ranking is 76 in University Category (2020), with its 622 Acres spread campus, offering 236+ programmes, MDU provides excellent infrastructural facilities and necessary student support services and benefits two lakh plus students. Beautiful landscaping is a hallmark of the varsity.

The University has entered into national and international level strategic tie-ups with academic and research organizations for joint academic and research programmes. Recently, University has signed MoU with National Skill Development Corporation to facilitate skill development of University students. We are all set to emerge as a pioneer University with overall excellence and global outlook and deep commitment towards social and community causes in times to come. To know more about the university please visit: www.mdu.ac.in

Centre for Life Skills & Soft Skills (CLAS):

Preamble: The centre aims at nurturing graduate attributes among students by inculcating communicative, soft and life skills to help them become better citizens of the world. The Centre aims to offer and design programs which will be designed by taking inspiration from principles of OODA (Observe, Organise/Orient, Decide and Act) Loop and Decision/ Game theory.

It aims at strengthening language competence, spoken and written; ability to describe, argue, cohere and draw inferences; and manage body language and nonverbal components of communication to add to the communicative competence. Besides, programs will sensitize the students and impart among them core values of humanities to sustain hard skills based capabilities. The Centre will also design courses on demand for various Centres/ Departments/Faculties/Institutes of the University. It will act as nodal centre for mediation and approval of value addition courses and programs offered by colleges & institutes affiliated to Maharshi Dayanand University.

Visit the centre online at: <http://mdu.ac.in/ASPX/Cells.aspx?Dept=132>

AICTE Training and Learning (ATAL) Academy:

AICTE Training and Learning (ATAL) Academy is committed for the development of quality technical education in the country by initiating various schemes launched by Govt. of India, Ministry of Human Resource Development, now Ministry of Education. The vision of AICTE is to empower faculty to achieve goals of Higher Education such as access, equity and quality. Council understands that there is a need of the day to train the young generation in skill sector and having faculty & technicians to be trained in their respective disciplines.

The main objective of ATAL Academy is to plan and help in imparting quality technical education in the country and to support technical institutions in fostering research, innovation and entrepreneurship through training in various emerging areas. It is pertinent to mention that World Book of Records London has appreciated and included AICTE Training and Learning (ATAL) Academy for conducting 1000 Online FDP's in Nine thrust areas being conducted in year 2020-21 providing training to about One Lakh Participants.

Visit the ATAL Academy online at: <https://www.aicte-india.org/atal>

About the workshop:

Life skills are essential for the all-round well-being of the individuals and to become vibrant and productive members of the society. Life skills, as defined by WHO, are “innumerable, and the nature and definition of life skills are likely to differ across cultures and settings”. WHO further defined Life skills “as the abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life” Life Skills facilitate persons to accomplish their ambitions and to utilize their fullest potential.

Developing life skills leads to enhancement of self-respect, emotional management, critical and creative thinking, social values for healthy community living like interpersonal understanding, tolerance, sociability and tolerance, decision making etc. If life skills education properly implemented through various formal and informal programmes, the younger generation will grow with a quality life and can change the destiny of world positively Scope and theme of the workshop:

The following broad areas were covered in this five days workshop.

- Blissful Life (Dimensions of life, Work Life Balance)
- Life Skills & Their Applications in everyday life (Life skills defined, need in everyday life, Soft skills & hard skills)
- Communication Skills & Their Applications in Decision Making (How to stand out & what brings you success? Listening & Speaking skills, Social Media skills, Digital literacy)
- Professional skills (Leadership & Excellence, Conflict Resolution, Entrepreneurial skills)
- Universal Human Values (Love & Compassion, Righteousness, Renunciation, Mentoring & Coaching, Ethics & Integrity)

Centre for Life Skills & Soft Skills, M.D University – Rohtak: Programme Schedule

AICTE - ATAL **Online** Faculty Development Programme on 'Life Skills for Blissful Life' (07 – 11 June, 2021)

	Day-1 <i>Monday 07 June, 2021</i>	Day-2 <i>Tuesday 08 June, 2021</i> Communication Skills	Day-3 <i>Wed - 09 June, 2021</i> Professional Skills	Day-4 <i>Thu – 10 June, 2021</i> Leadership & Management Skills	Day-5 <i>Fri – 11 June, 2021</i> Universal Human Values
09.00- 11.00	Blissful Life : <ul style="list-style-type: none"> • The Complete Life • Different Dimensions of Life & Balance Amongst Them • Work Life Balance (Mr. Rajbir Deswal - IPS) 	Communication & Soft Skills: <ul style="list-style-type: none"> • How to stand out in organisation? • What brings success • Effective Communication in Online/ Hybrid Class Room (Prof. Dipra Jha) 	Career Skills <ul style="list-style-type: none"> • Resume • Interviews • Group Discussions • Exploring Career Opportunities (Col. Sanjeet Sirohi) 	Leadership Skills <ul style="list-style-type: none"> • Innovative Leadership & Design Thinking (Prof. A.M Agrawal) 	<ul style="list-style-type: none"> • Listening Skills • Speaking Skills • Procrastination (Mr. Divas Gupta)
Online Tea Break (11.00-11.15)					
Session -2 11.15 – 13.15	Common Inaugural Programme by AICTE at 11.00 AM Link for participants: www.youtube.com/mediaaictel	<ul style="list-style-type: none"> • Communicating Confidently • Cracking Job Interviews • Charismatic Leadership (Prof. Rakesh Godhwani) 	<ul style="list-style-type: none"> • Digital Literacy for Professional Life • Social Media Skills • Cyber Crime & Frauds (Mr. Alok Mittal - IPS) 	<ul style="list-style-type: none"> • Entrepreneurship • What makes a successful entrepreneur? (Prof. S.C Bagri) 	Mentoring & Coaching: <ul style="list-style-type: none"> • Hand Holding • Individual • Group (Mr. Sharad Nautiyal)
Online Lunch Break (13.15 – 14.00)					
Session-3 14.00 – 16.00	Life Skills: <ul style="list-style-type: none"> • Life Skills Defined • Need in Everyday life • Soft Skills & Hard Skills (Prof.M.N Mohamedunni Alias Musthafa) 	Digital & Professional Skills to make you future Ready (Prof. Mahesh Jivani)	<ul style="list-style-type: none"> • Love & Compassion, Truth, Righteousness • Renunciation (Sacrifice) (Mr. Beni Kinha) 	<ul style="list-style-type: none"> • Types of Relationships • Conflict Resolution • Best Relations (Mr. Beni Kinha) 	Ethics & Integrity (Dr. Chinmay Pandya)

Day – 1 (Monday, 7 June, 2021)

Workshop Report

First of its kind, AICTE - ATAL Online Faculty Development Programme on 'Life Skills for Blissful Life' commences at Centre for Life Skills & Soft Skills (CLAS), M.D University - Rohtak.

The first of its kind FDP on 'Life Skills for Blissful Life' by the Centre for Life Skills & Soft Skills (MDU, Rohtak) started on 7th June 2021 at 09:00 am. Prof. Ashish Dahiya (Director, CLAS) and Dr. Divya Malhan (Additional Director, CLAS) delivered the opening remarks. The Centre expressed gratitude to Hon'ble Vice - Chancellor MDU for his blessings!

CLAS has got approval of Three AICTE ATAL FDP's this year. About 200 Participants from 20 Different states of India are enrolled in this FDP. Prof. Dahiya & Dr. Divya introduced the distinguished speaker Mr Rajbir Deswal (MDU alumni, prolific author, columnist, artist, administrator, former ADGP, Haryana, now an Advocate at Punjab & Haryana High Court - Chandigarh and a man given to finer pursuits in life.)

Mr Deswal talked about - Blissful Life, The Complete Life, Different Dimensions of Life and Balance Amongst Them. He shared with the audience his real life experiences and learning that can lead to a blissful life.

The distinguished speaker holistically explained the correlation between a skillful and blissful life. He also emphasized acquiring new skills that can be used for the betterment of society. In addition to acquiring essential skills, the speaker strongly suggested practicing sympathy and empathy in life.

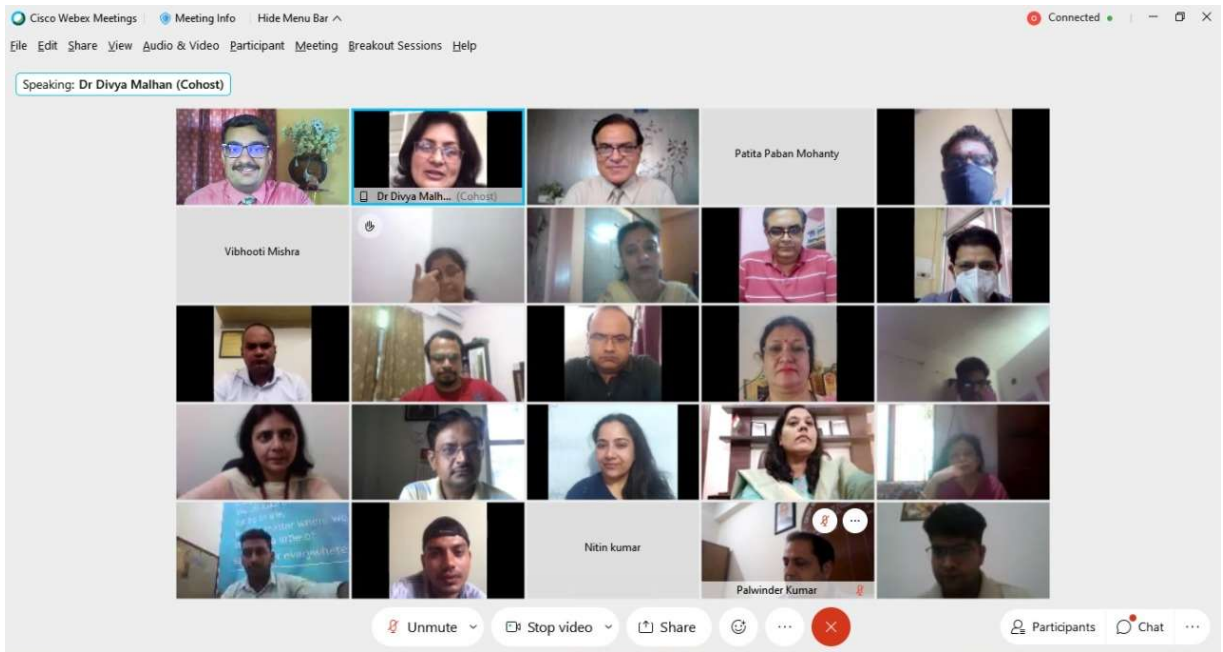
The curiosity about the topic and the learning of the participants was reflected in the question Answer Session.

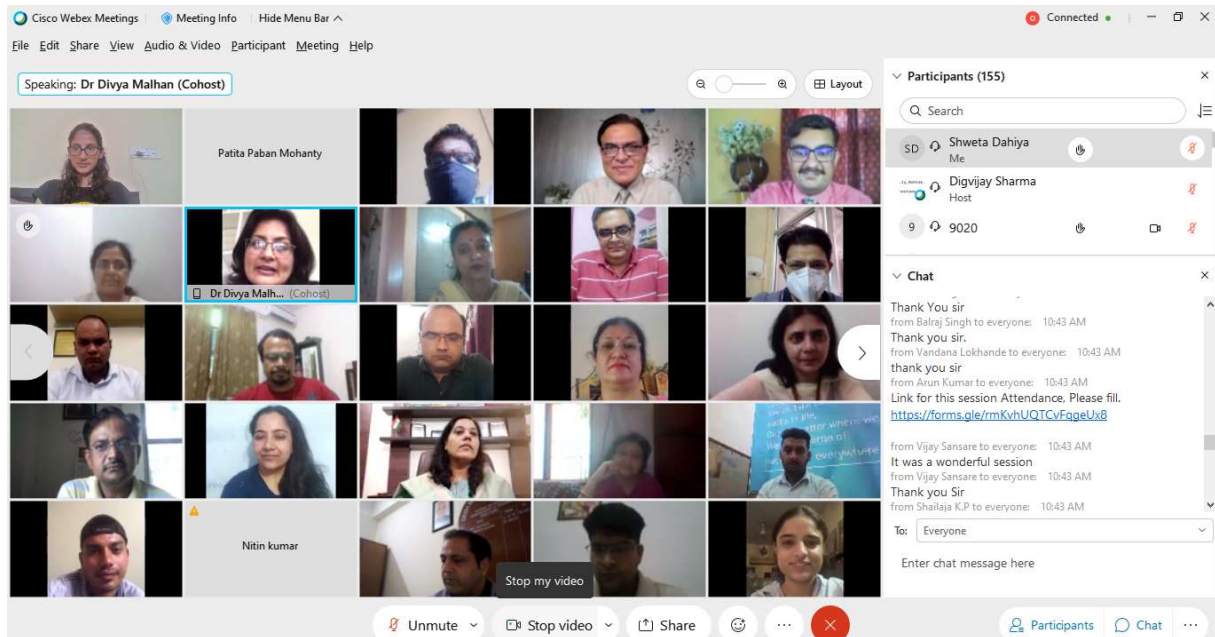
The Key takeaways from Mr. Deswal's Session shared by participants includes:

1. Having the courage to do the right things in one's job is very important. It is not only important to be clear and vocal about one's rights and duties but also have the courage to do so against the odds to perform the given responsibilities.
2. Be a good human being, by addressing the demands of the work-environment.
3. Be empathetic towards colleagues and students. People have very different circumstances and as an educator we must empathise with them.
4. How to strike a work-life balance.
5. What are the different dimensions of life and how to maintain a balance in between the different demands of life and learn to live to the fullest?



Distinguished Speaker Mr. Rajbir Deswal





Photographs of the attendees

Day- 1, Session 2

The second session was the Inauguration ceremony of 43 online ATAL FDPs that started at 11:00 am was conducted at Central Level by AICTE. Prof. Pramod Kumar Jain - Director IIT - BHU graced as the Chief Guest of the Inaugural along with luminaries like Prof. Anil Dattatraya Sahasrabudhe, Chairman AICTE, Prof. M.P Poonia - Vice - Chairman AICTE, Prof. Rajive Kumar - Member Secretary AICTE, Dr. R.K Soni - Director AICTE ATAL Academy, Prof. Siby John - Director PEC, Chandigarh, Sh. Neeraj Kumar - Director Project Appraisal & Finance and Projects (UMANG and RAS) along with Workshop Directors & Coordinators of 43 Workshops PAN India joined the programme. Mr Ravindra Kumar Soni (Director AICTE ATAL Academy) welcomed all the dignitaries and participants with opening remarks. Mr Soni shared the objectives of the ATAL FDPs, present status, contributors involved and future perspectives. He also pointed out the increased number of female participation due to the initiative. Mr Soni mentioned the new government of India initiative of Unified Mobile Application for New-age Governance (UMANG) and new ATAL FDP services on the UMANG app. He briefly explained the 43 Institutes that are contributing through their FDPs. Prof Rajive Kumar (Member Secretary-AICTE) congratulate the AICTE team for partnering up with the UMANG initiative. He explained the advantages of using UMANG. He appreciated all the contributing institution to come up with new training and development programs. Prof M. P. Poonia (Vice Chairman - AICTE) welcomed all the dignitaries and appreciated the ATAL team to train 1.5 lakh teachers through online mode. Finally, Prof Pramod Kumar concluded the meeting by praising the ATAL team, participating institutions and suggesting opening for SAARC countries in the upcoming year. The session came to an end with vote of thanks by Shree M Sundereshan (Deputy Director-AICTE).

Attracted Experts from Institutions across India

Excellent coordination between the [Educational Institutions](#), [Private Companies](#) and [Research Organizations](#)

Approx 2000 experts from reputed institutes (IITs, IIMs, IIITs, NITs, IISc, ISI, JNU, BARC, DRDO etc)

Same from non-educational organizations (private companies or research institutions)

Representation from even remote areas of India
Experts from **28 states** and **4 union territories**

More than 7000 experts conducted the sessions

Experts from **25 countries**

32 from USA

Day-1, Session-3

The Last Session of the day was taken by Prof. Mohamedunni Alias Musthafa, Director- Centre for Life Skills Education, Central University of Kerala; He has developed and launched an online course on "Developing Life Skills" on the SWAYAM platform of MHRD, Now Ministry of Education, Govt. of India. He covered definition and dimensions of Life Skills, Need of Life Skills in Everyday Life, Ten Life Skills by WHO and Life Skills Education. Prof. Musthafa, complemented the visionary Vice- Chancellor of MDU for Starting a Centre for Life Skills & Soft Skills in the University. Very few universities in India have such centres, shared Prof. Musthafa.

The Key takeaways from Prof. Musthafa's Session shared by participants includes:

1. Life should be cherished every day.
2. Life skills are important for everyone for better living but are very important for teachers with special focus on Communication skills. A teacher should be able to communicate the complex things which he/ she has learned in simple ways to the students for an effective learning environment.
3. Discovering one's self is very important.
4. Small things/ gestures make big differences, we should empathise with our students whenever they need us.
5. Effective communication helps in bridging the gaps in the learning environment.

The first day of the Five Day FDP concluded with a vote of thanks given by Dr Nidhi and a virtual photo session of the attendees. Prof. Ashish Dahiya, Dr. Divya Malhan, Dr. Nidhi & Dr. Arun Kumar on behalf of the Centre expressed gratitude to the Hon'ble Vice- Chancellor MDU Prof. Rajbir Singh, AICTE – ATAL Academy, Prof. Nina Singh & the founding team of Centre for Life Skills & Soft Skills, Prof. Nov Rattan Sharma – Dean Academic Affairs MDU, Prof. A.S Maan – DCDC, Prof. Inder Jeet Director - CRSIS&EC and University Authorities for their support and encouragement.

Viewing Dr. M.N. Musthafa...

Layout

"As a twig is bent,
so the tree will grow"
- William Wordsworth

Speaking: Dr. M.N. Musthafa

Unmute Start video Share Participants Chat

Viewing Dr. M.N. Musthafa...

Layout

The Ten core Life Skills as laid down by WHO are:

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graph TD
    LS[Life Skills] --> SS[Social Skills]
    LS --> TS[Thinking Skills]
    LS --> ES[Emotional Skills]
    SS --> C[Communication]
    SS --> IR[Interpersonal relationship]
    SS --> E[Empathy]
    SS --> SA[Self Awareness]
    TS --> PS[Problem solving]
    TS --> DM[Decision making]
    TS --> CR[Creativity]
    TS --> CT[Critical thinking]
    ES --> CS[Coping with Stress]
    ES --> CE[Coping with Emotion]
  
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Speaking: Dr Divya Malhan (Cohost)

Dr. M.N. Musthafa

Mute Stop video Share Record Participants Chat

Mehar Singh: excellent talk Sir...thank you very much

**AICTE - ATAL Online Faculty Development Programme on
'Life Skills for Blissful Life' 7-11 June 2021
@ Centre for Life Skills & Soft Skills,
M.D University – Rohtak (Haryana)**

Day – 2 (Tuesday, 8 June, 2021)

Workshop Report

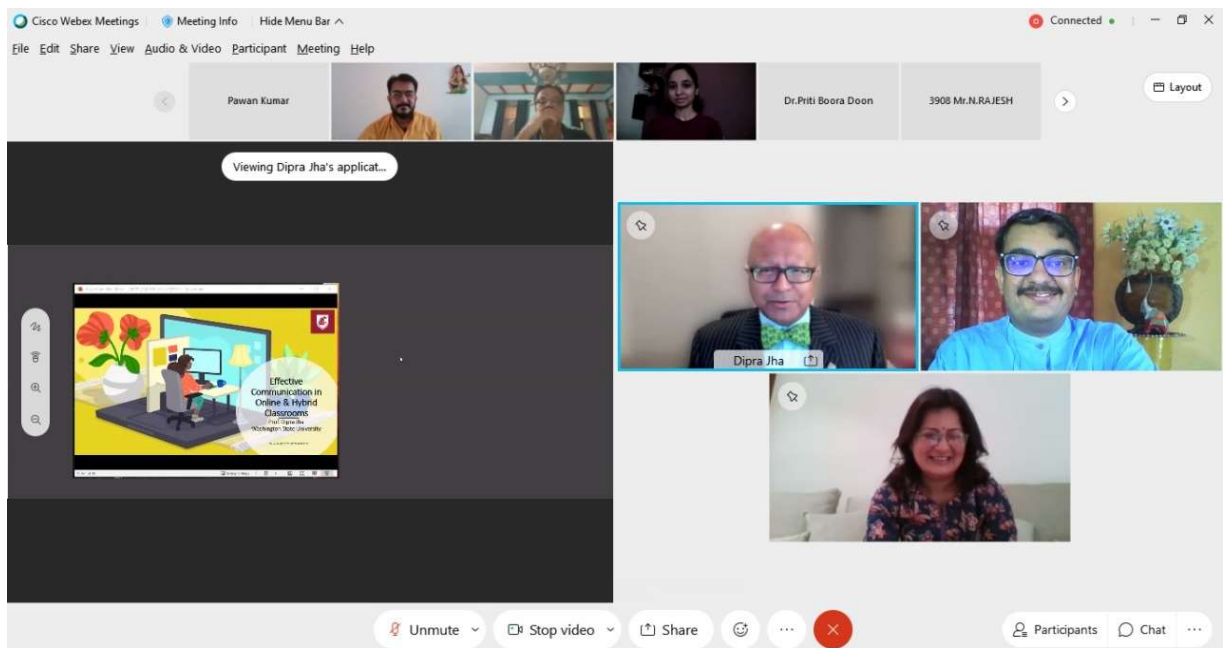
Centre for Life Skills & Soft Skills (CLAS), M.D University – Rohtak organises, first of its kind, AICTE - ATAL Online Faculty Development Programme on 'Life Skills for Blissful Life'.

The second day of FDP on 'Life Skills for Blissful Life' by the Centre for Life Skills & Soft Skills (MDU, Rohtak) started on 8th June 2021 at 09:00 am. Prof. Ashish Dahiya (Director, CLAS) welcomed all the participants and explained the day's schedule. Dr Divya (Additional Director, CLAS) formally introduced the distinguished speaker, Professor Dipra Jha, Assistant Director of the School of Hospitality Business Management at Washington State University. Prof. Jha is recognized as an expert in luxury hospitality and tourism strategy, and he currently serves on the Board of Directors of Washington Tourism Alliance. He talked about on 'How to stand out in organisation?', What Brings Success and Effective Communication in Online / Hybrid Classroom Teaching. He shared his valuable teaching experiences and learnings while working in a Multicultural Environment. The curiosity about the topic and the learning of the participants was reflected in the Discussion Sessions.

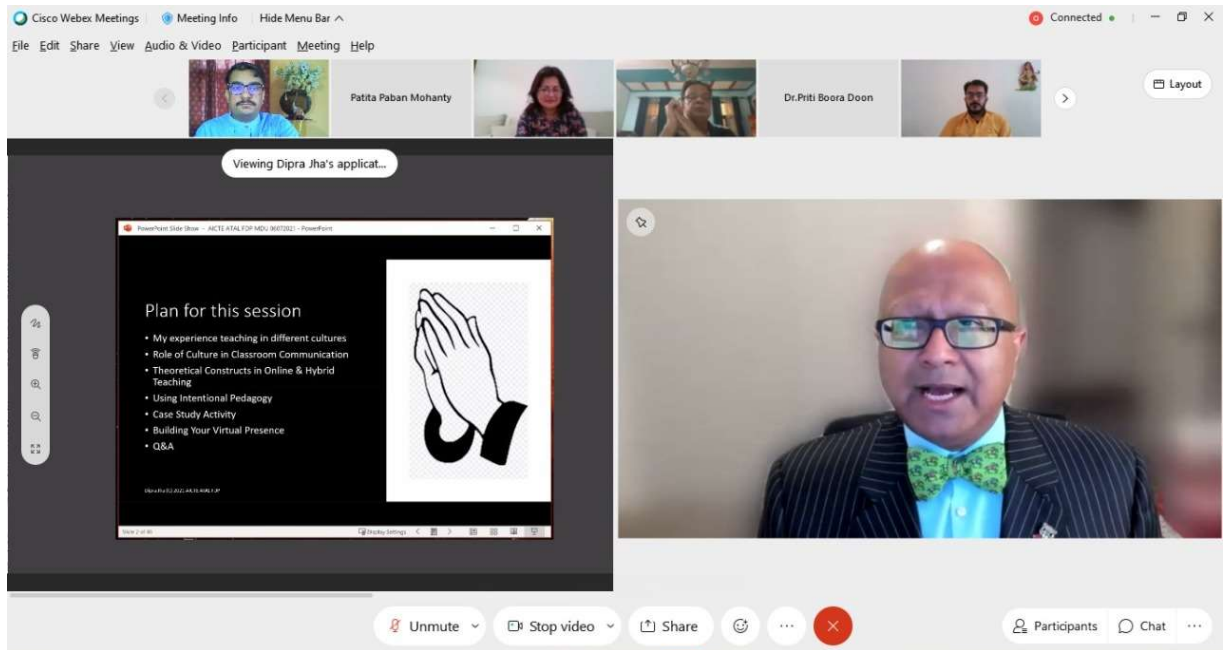
The Key takeaways from Prof. Dipra Jha Session shared by participants include:

1. The need to use real-life experiences in teaching and learning.
2. The Importance and influence of culture (Low-context & High-context) in Hybrid learning and to build a multicultural hybrid learning environment
3. How to apply various Theoretical Model/ Tools for Developing Strategies that help in Improving Teaching and Curriculum Design in Online and Hybrid Teaching
4. International pedagogical approaches/tools for Virtual Teaching such as ROPES, Visual Storytelling.
5. Different ways to keep into mind to build our presence in Virtual Environment.
6. Empathy, Patience, Inclusivity and Kindness as important aspect for Teaching & Learning

The first session of the Second Day FDP concluded with a vote of thanks given by Dr Divya Malhan and Dr Nidhi and a virtual photo session of the attendees.



Photographs of the Session – 1
With
Distinguished Speaker – Prof. Dipra Jha



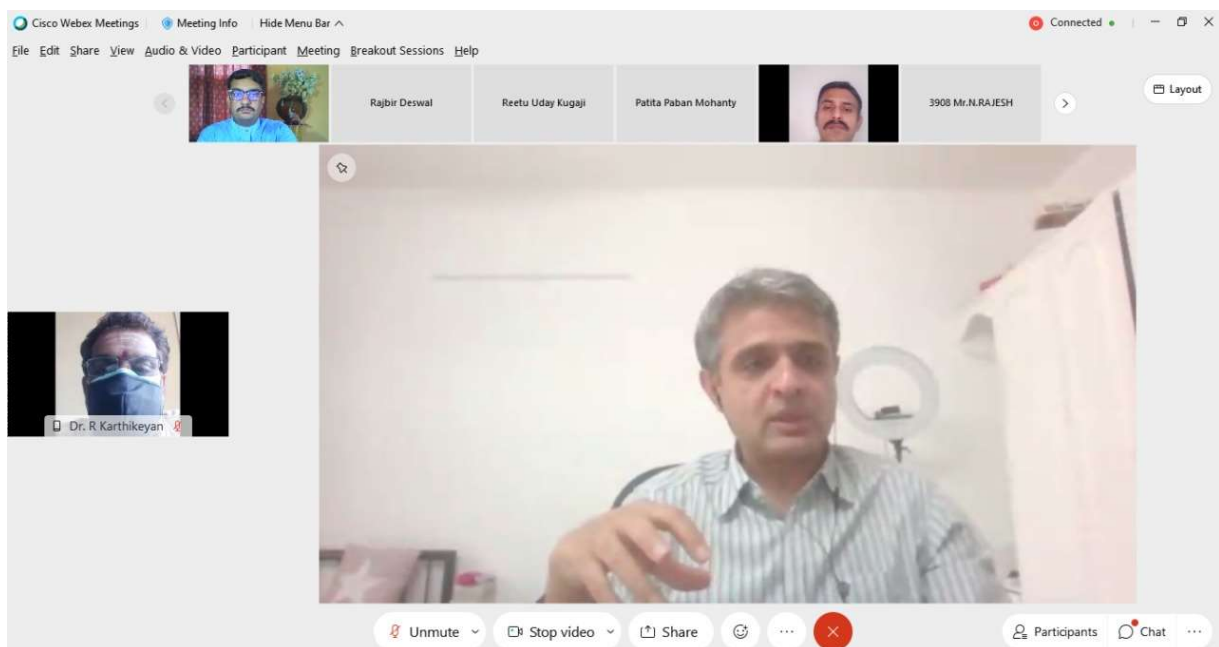
Day 2, Session-2

The second session of day -2 was delivered by Distinguished Speaker Dr. Rakesh Godhwani, the founder of School of Meaningful Experiences, an online ed-tech startup in Bangalore. In addition to his rich corporate experience, Dr Godhwani also taught communication at IIM Bangalore and IIM Udaipur. He shared his life Journey and experiences on self-exploration. Prof. Godhwani discussed about Charismatic Leadership, Cracking Job Interviews and Communicating Confidently. He also talked about the art of conversation in context of the ancient scriptures and literature.

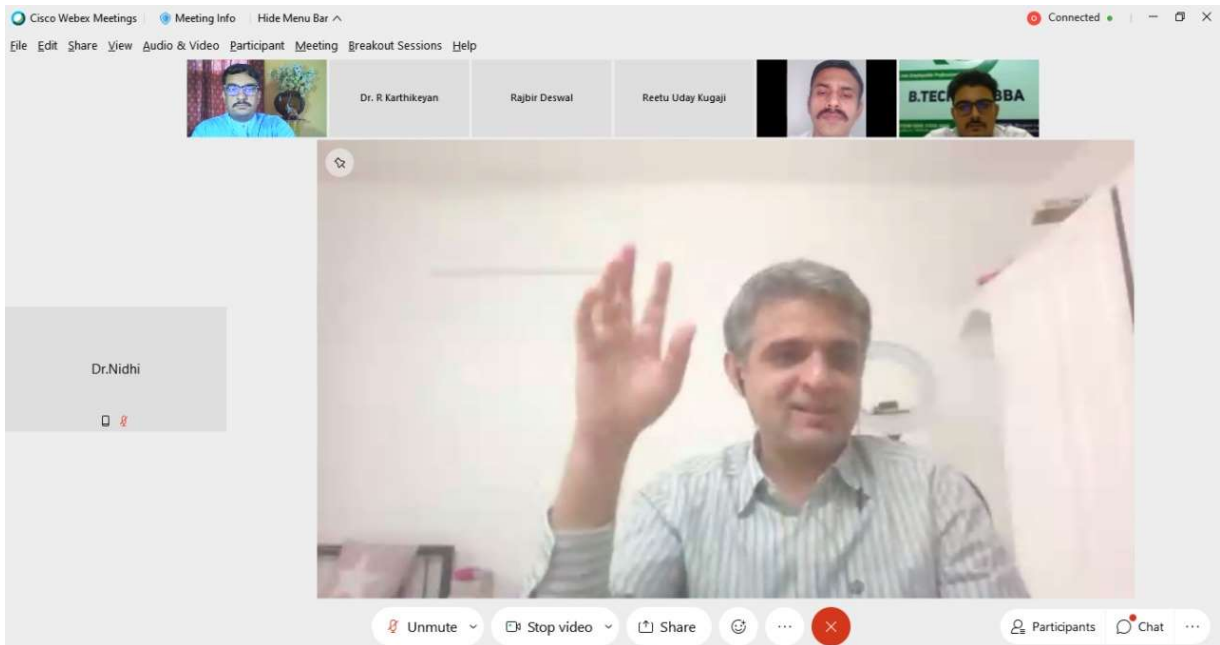
The Key takeaways from Dr Rakesh Godhwani Session shared by participants include:

1. Use of Communication in transforming lives.
2. 6 C's of Communication that helps in survival in change includes Communication, Confidence, Curiosity, Creativity, Collaboration and Competence
3. Tips to crack Job Interviews
4. The six important Qualities/Principles a Charismatic Leader must have: Power, Money, Knowledge, Beauty, Fame and Sacrifice. The relevant examples and righteous ways to adapt these principles in our Life.
5. Righteousness & Its reflections on ourselves.

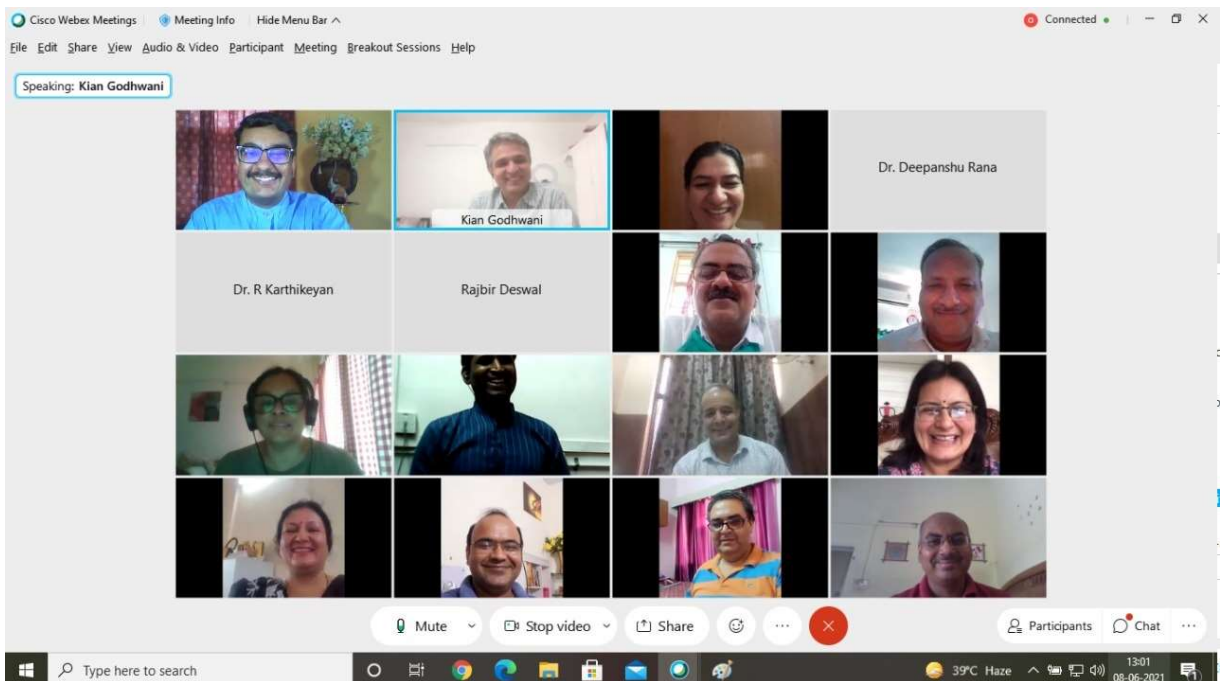
The second session of the Second Day FDP concluded with a vote of thanks given by Dr Nidhi and a virtual photo session of the attendees.



Photographs with Prof. Rakesh Godhwani



Photographs of the Session -2



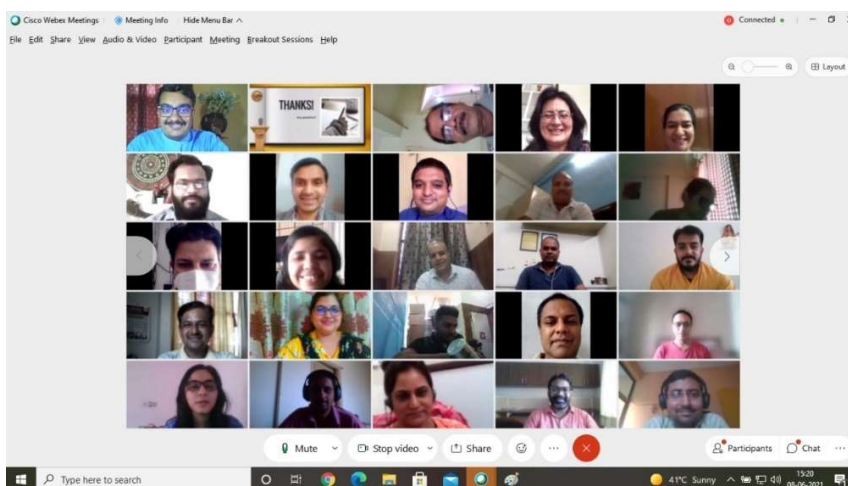
Day-2, Session 3:

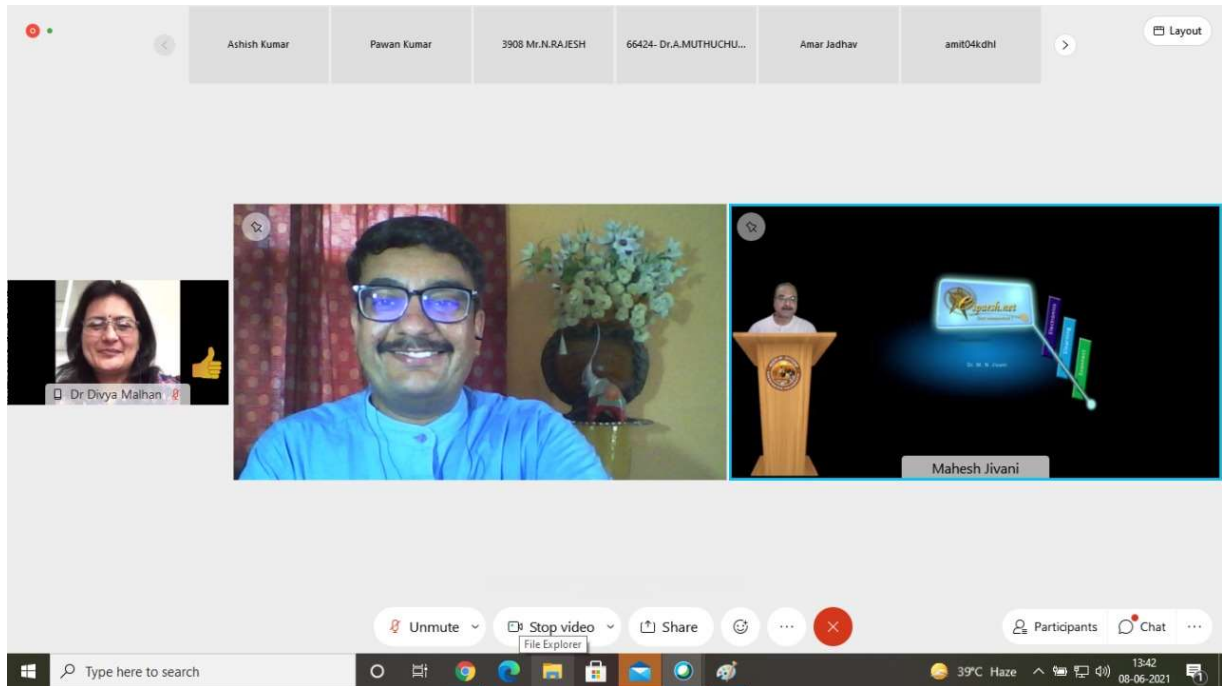
Distinguished Speaker Dr. Mahesh Jivani, Professor, Department of Electronics, Saurashtra University Rajkot, took the third session. His expertise includes Mobile Application Development, innovative use of ICT, E-Content Development and Digital Signal Processing. Prof. Jivani talked about Digital Literacy for Professional Life. He covered the various digital and professional skills needed for the future along with the tools and techniques for E-Content Development.

The Key takeaways from Dr. Mahesh Jivani Session shared by participants include:

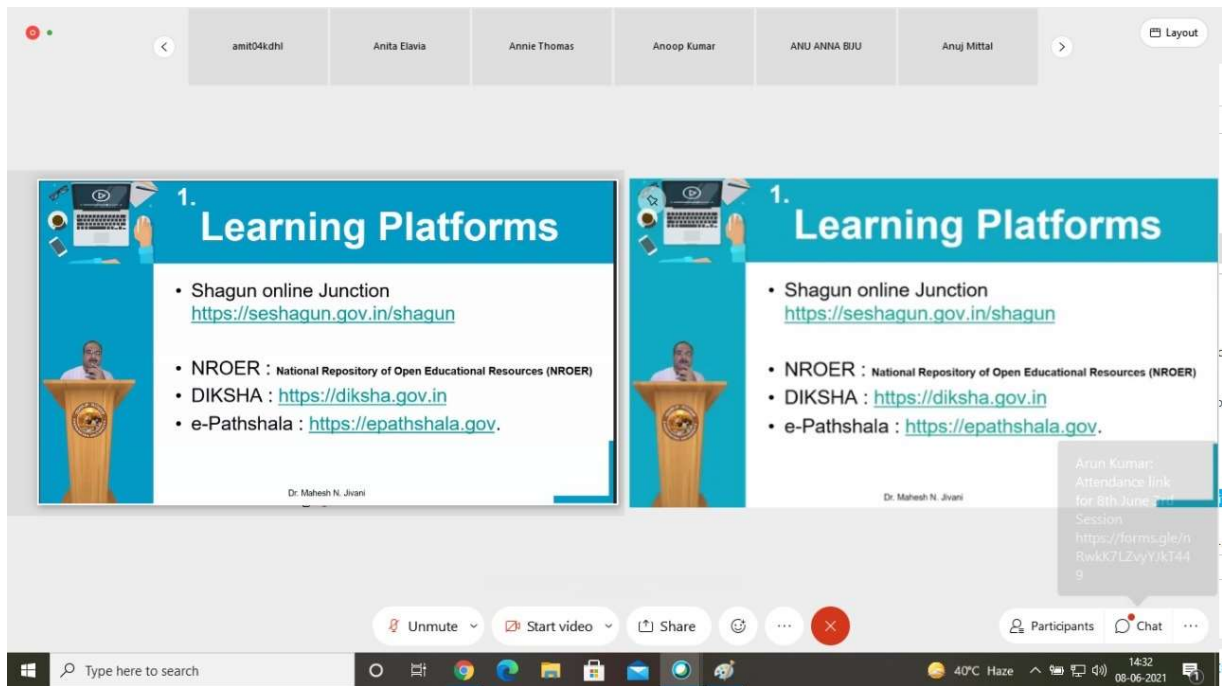
1. Importance of developing Feedback Mechanism in digital learning
2. 360-degree digital teacher competency areas that include appropriate verbal and non-verbal communication, appropriate pedagogical approach to match the technology, adapt to new technology, assessment strategies to match the learning outcomes, developing digital resources
3. Basic Netiquettes for participant/ Organiser/ Speaker in digital learning
4. Various online learning platforms of Government such as Swayam, MHRD, MoE, NPTEL, Infnbnet, epg – pathshala, UGC – CEC etc..
5. Various tools and techniques for E-Content Development

The second day of the Five Day FDP concluded with a vote of thanks given by Dr. Divya Malhan & Dr Nidhi. Prof. Ashish Dahiya, Dr. Divya Malhan, Dr. Nidhi & Dr. Arun Kumar on behalf of the Centre expressed gratitude to the Hon'ble Vice- Chancellor MDU Prof. Rajbir Singh, AICTE – ATAL Academy, Prof. Nina Singh & the founding team of Centre for Life Skills & Soft Skills, Prof. Nov Rattan Sharma – Dean Academic Affairs MDU, Prof. A.S Maan – DCDC, Prof. Inder Jeet Director - CRSIS&EC and University Authorities for their support and encouragement.





Photographs of the Session -3



AICTE - ATAL Online Faculty Development Programme on 'Life Skills for Blissful Life' 7-11 June 2021 @ Centre for Life Skills & Soft Skills, M.D University – Rohtak (Haryana)

Day – 3 (Wednesday, 9 June, 2021)

Workshop Report

First of its kind, AICTE - ATAL Online Faculty Development Programme on 'Life Skills for Blissful Life' by Centre for Life Skills & Soft Skills (CLAS), M.D University - Rohtak.

The third day of FDP on 'Life Skills for Blissful Life' by the Centre for Life Skills & Soft Skills (MDU, Rohtak) started on 9th June 2021 at 09:00 am. Prof. Ashish Dahiya (Director, CLAS) welcomed all the participants and explained the day's schedule.

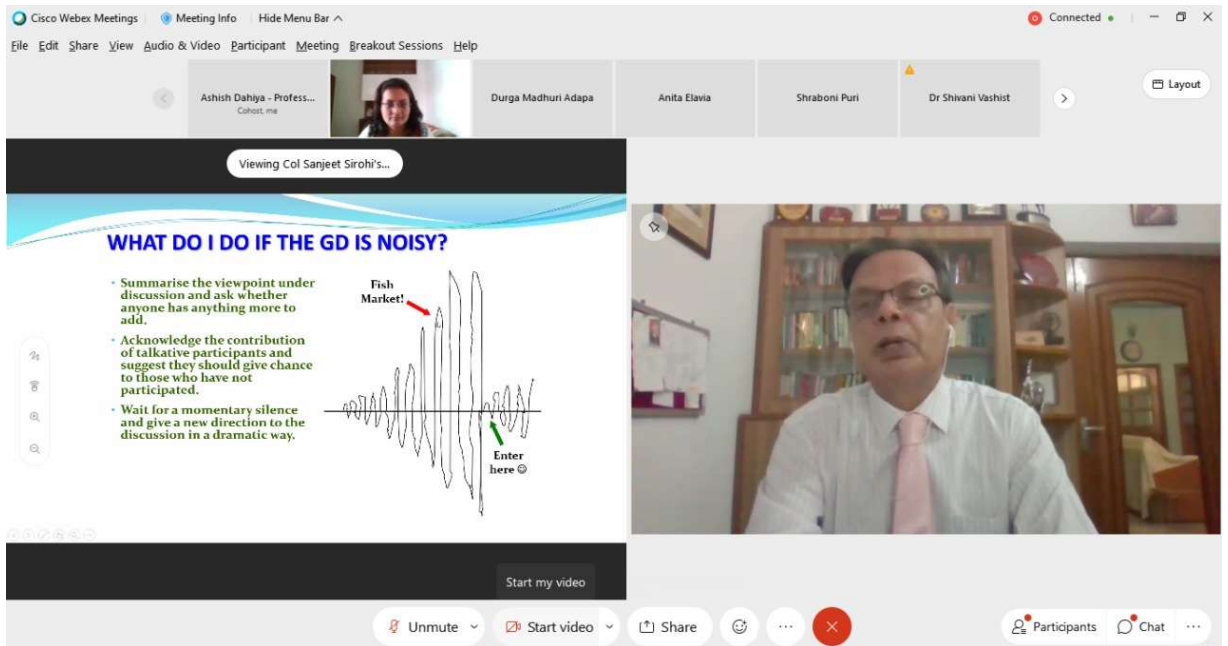
Dr. Divya (Additional Director, CLAS) formally introduced the distinguished speaker, Col Sanjeet Sirohi (DU alumni, served Indian Military Academy, avid life skills promotor, motivational speaker, writer, prolific blogger, and a man who devoted his life to refined pursuits in life.)

The distinguished speaker shared the ways to explore various career opportunities with an impactful presentation and interactive session. He covered various aspects of interpersonal skills such as resume writing, personal interviews, group discussion, and several essential career skills.

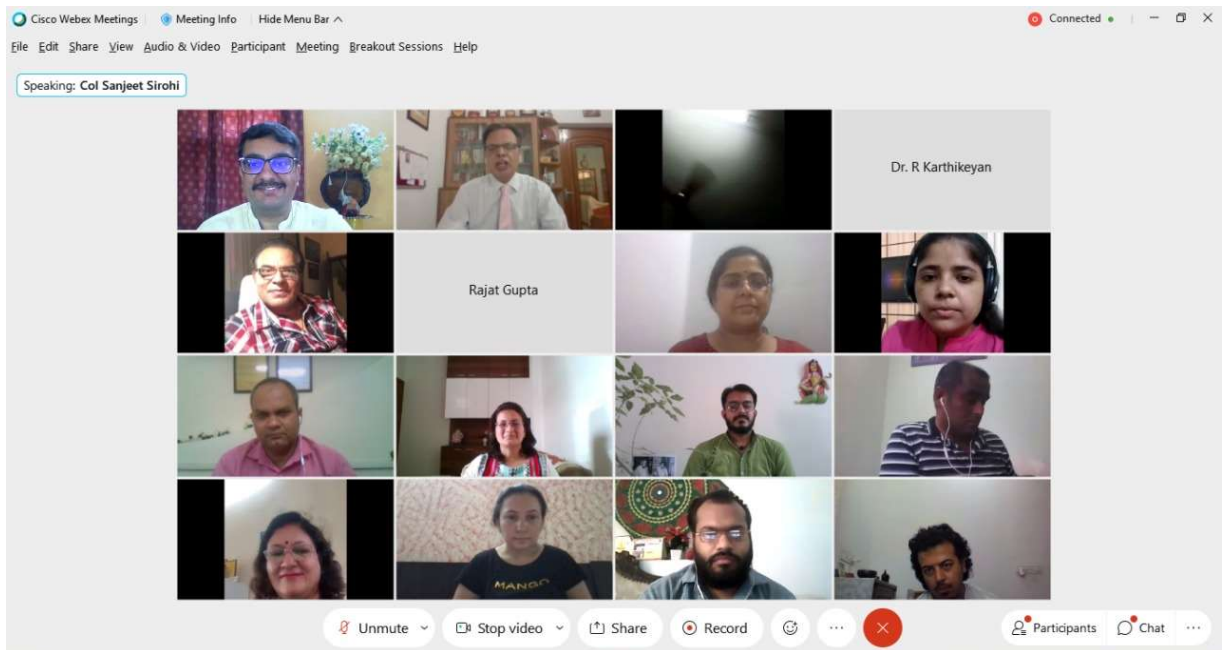
The Key takeaways from Col Sanjeet Sirohi's Session, shared by participants include:

1. Self-Analysis, i.e., knowledge of the self, is essential for everyone
2. How to map personality for self-discovery through self-disclosure, self-questioning and personal SWOT Analysis
3. Do's & don't while preparing Resume. Truthfulness in preparing Resume
4. Exploring Career Opportunities
5. Guidelines for improving general awareness
6. Importance of Righteousness and understanding Passions
7. Art of Communication
8. How to Ace an Interview?

The curiosity about the topic and the learning of the participants was reflected in the Question Answer Session. The first session of the Second Day FDP concluded with a vote of thanks given by Dr. Divya Malhan and a virtual photo session of the attendees.



Distinguished Speaker Col. Sanjeet Sirohi



Photographs of the attendees

Day -3, Session 2

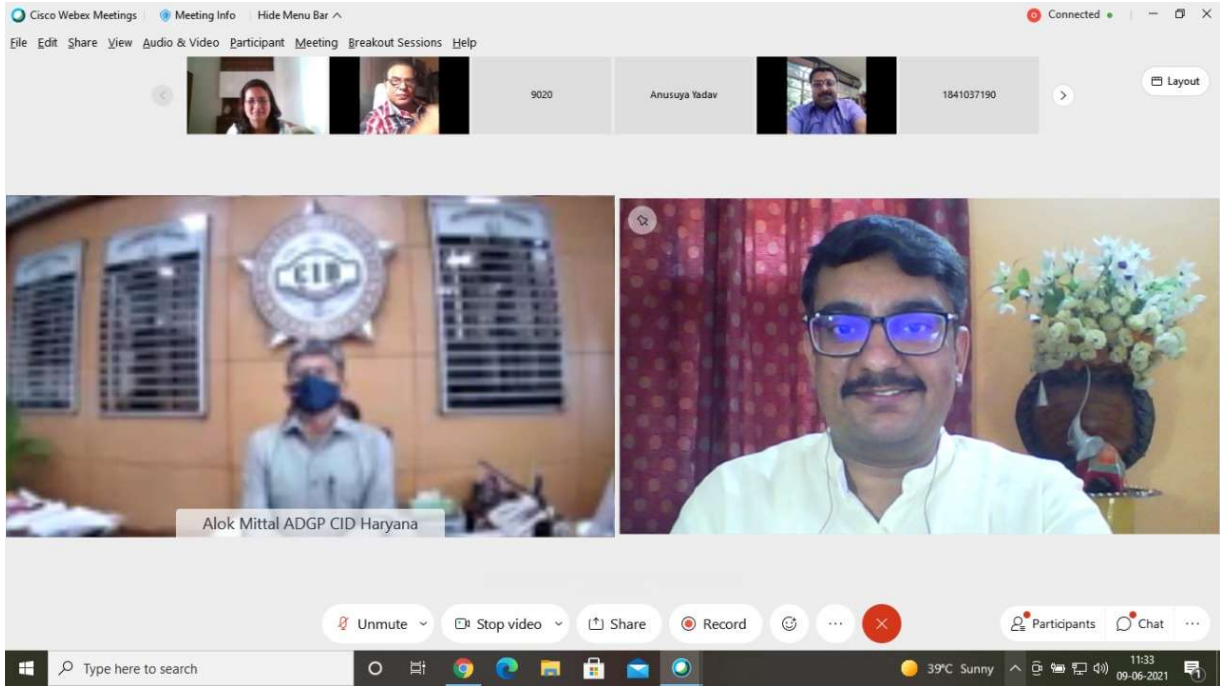
Mr. Alok Mittal (IPS) (ADGP CID, Haryana) took the second session of the day. He has served as Inspector General, National Investigation Agency, Inspector General of Police, Rohtak Range, Joint Commissioner of Police, Gurugram.

Mr. Mittal talked about the importance of Digital Literacy as an essential Life skill. He systematically covered on Evolution of Digital World, Digital Literacy, Cyber Crime, Various Types of Cyber Crimes, Preventions & Good Practices, and Emerging Technologies. Mr. Mittal also shared various real-world cases of cybercrime. Mr. Mittal strongly encouraged to enhance digital literacy and the use of authorized sources, licensed software only to avoid being victim of a cyberattack.

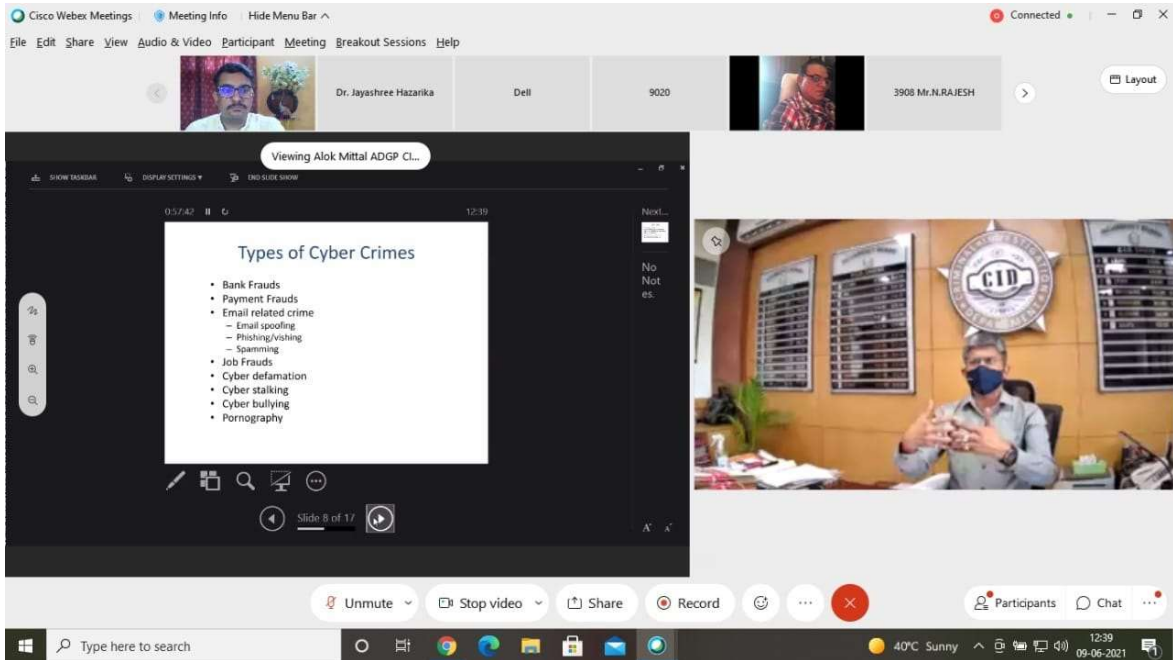
The Key takeaways from Mr. Alok Mittal's Session, shared by participants include:

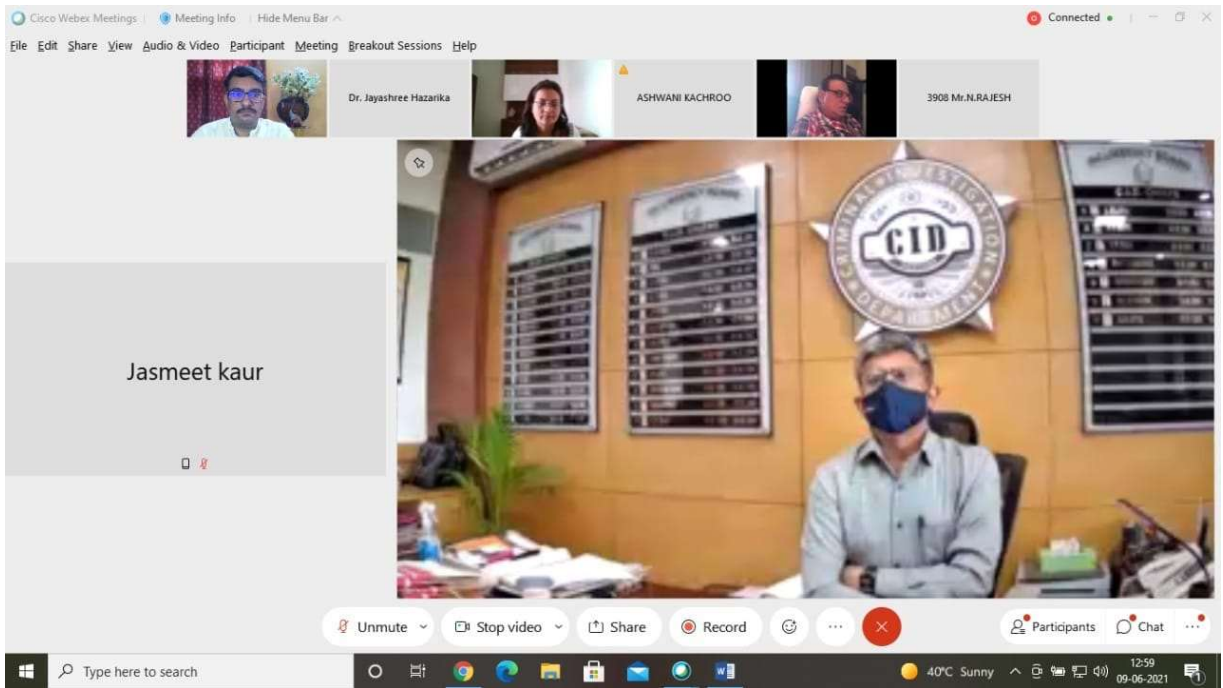
1. Evolution of Digital World (LAN, WAN, Email, Internet, Speed, Internet Banking, Online Payments, Smart Phones, Social Media, Mobile Apps, Cyber Laws & Regulations)
2. Organizing Thys elves: Digital Literacy & Good Practices to be Observed
3. Computer Literacy & Internet Usage in India
4. Cyber Crimes: Cyber Financial Frauds, Non-Financial Cyber Frauds, Cyber Crimes against – Individuals/ Organizations/ Governments
5. Types of Cyber Crimes: Bank Frauds, Payment Frauds, Email Related Crimes – Email Spoofing, Phishing, Spamming; Job Frauds, Cyber Defamation, Cyber Stalking, Cyber Bullying, Pornography.
6. Social Engineering Frauds, Financial Frauds using Social Media Platforms
7. Prevention against cybercrime : Cyber Safety Tips for Children, Parents & Others
8. Women general cyber safety tips
9. Advanced Cyber Crimes: Hacking Virus, Website Defacement, Dark Web
10. Digital literacy as a tool against cybercrime

The second session of the Second Day FDP concluded with a vote of thanks given by Prof. Ashish Dahiya & Dr. Divya Malhan and a virtual photo session of the attendees. The session was highly informative and was need of the hour mentioned the partiipants.

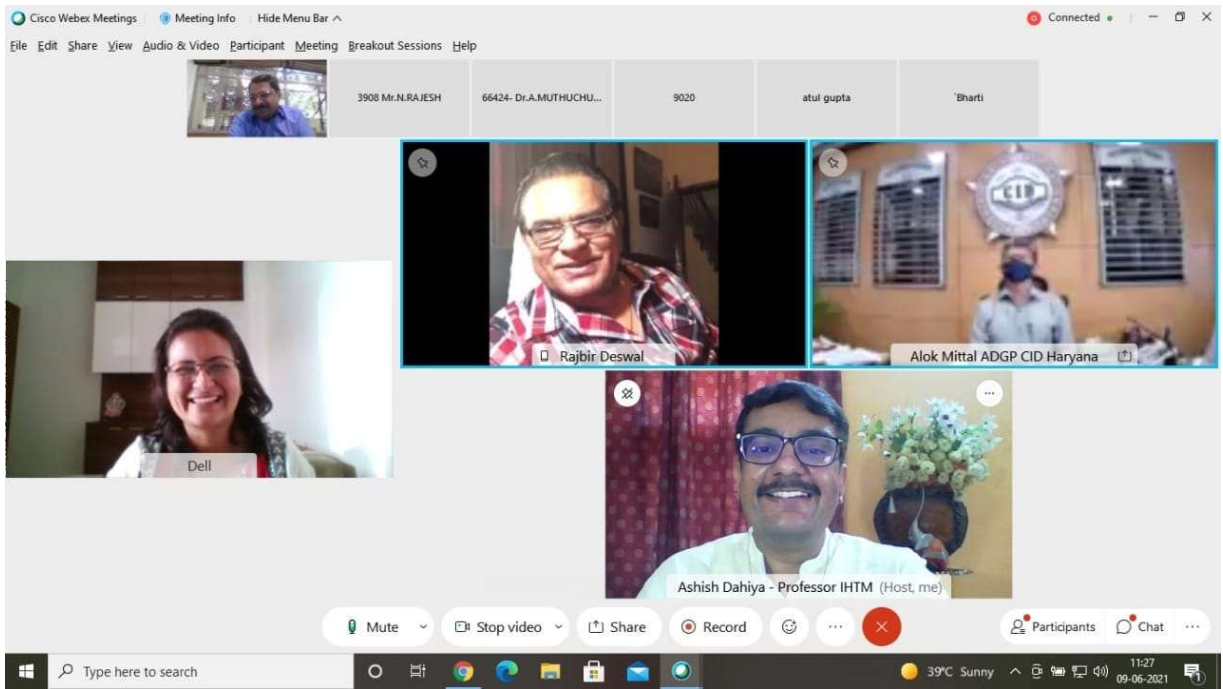


Distinguished Speaker: Mr. Alok Mittal (ADGP CID Haryana)





Photographs- Session 2



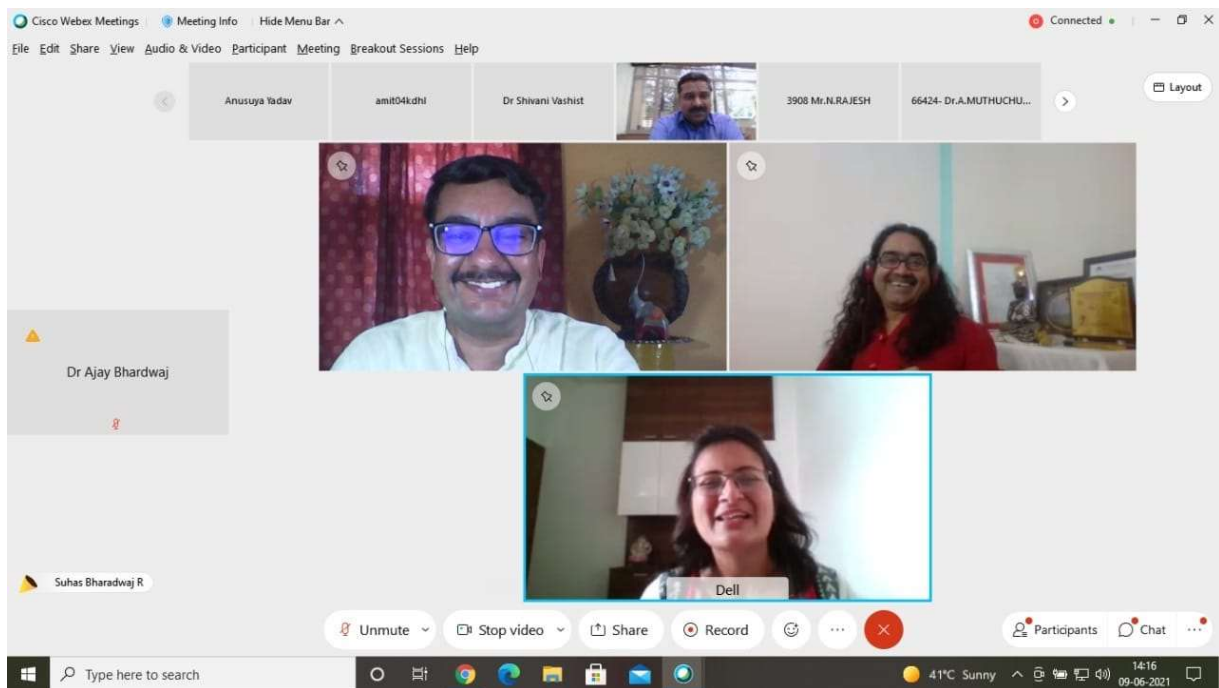
Day-3, Session 3

The Last Session of the day was taken by Mr. Beni Kinha, Founder - Nectar Factor Foundation - Life Skill/ Human Architecture/ Stress Management/ Corporate Spirituality. Mr. Kinha is a passionate speaker, Entrepreneur, Life skill coach, and Mentor. He shared various dimensions of living life in a blissful society. He brilliantly covered a wide spectrum of topics such as love & compassion, truth, righteousness and renunciation.

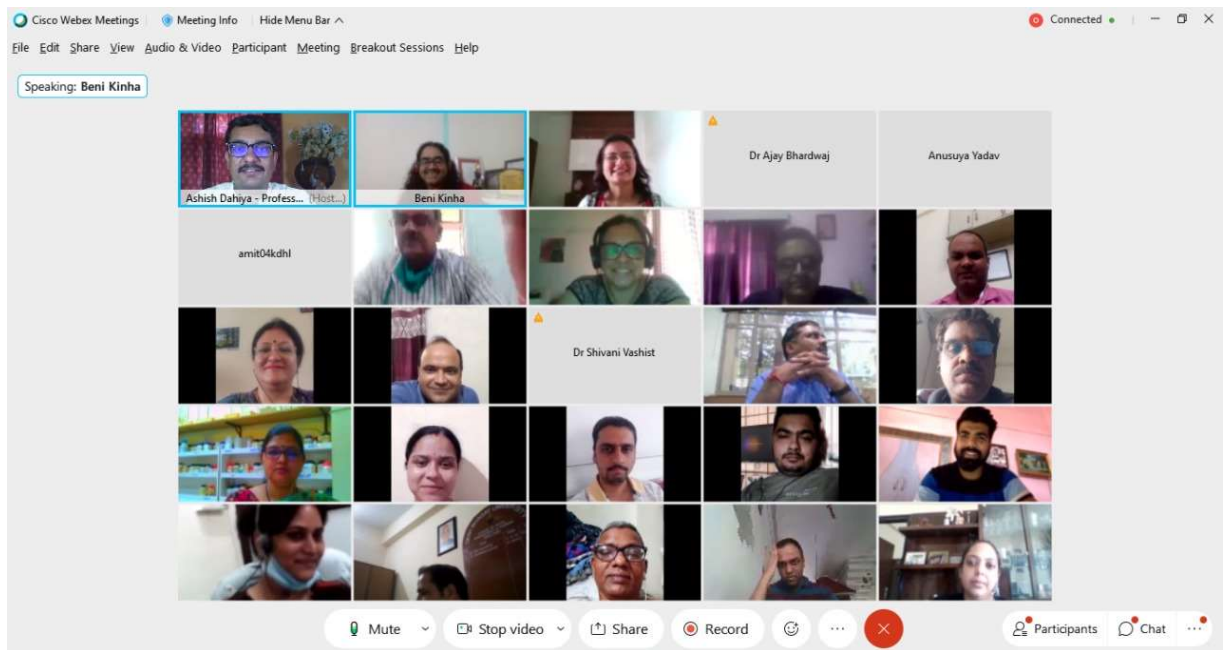
The Key takeaways from Mr. Beni Kinha's Session shared by participants include:

1. Love, Compassion & Truth
2. Developing empathy and sympathy
3. How person is different from his personality
4. Being Righteous and adopting moral way and behave as per human dharma
5. Living life in a blissful society
6. Renunciation (Sacrifice)

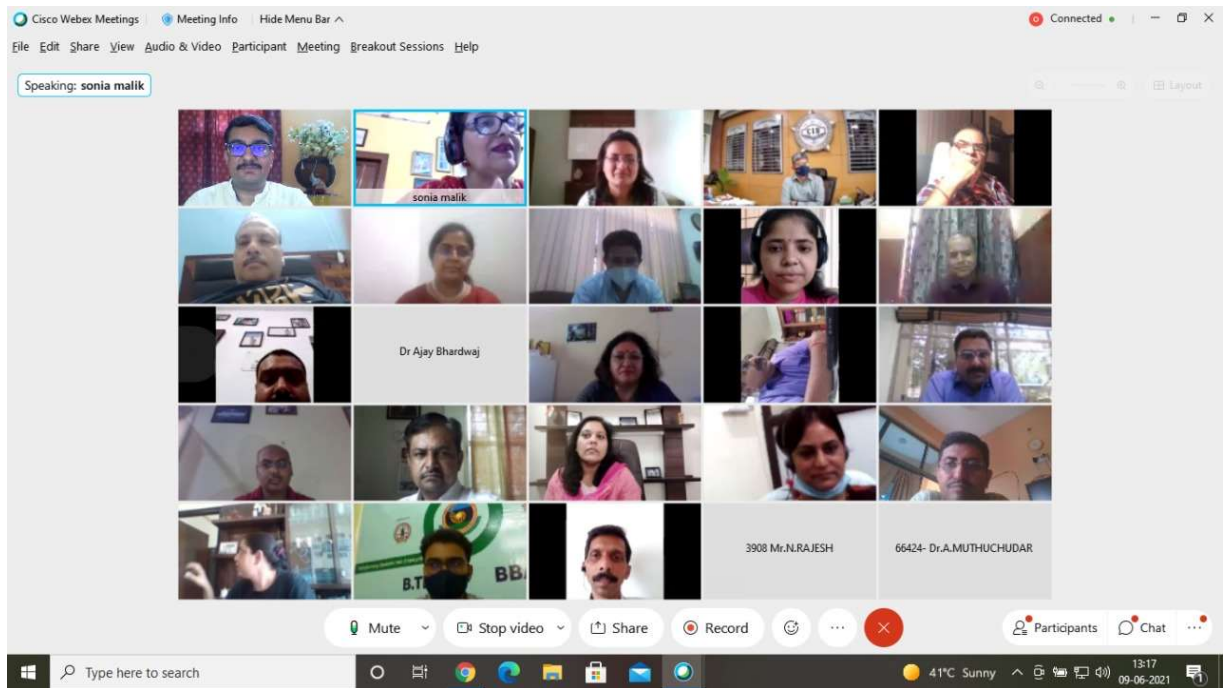
The Third day of the five day FDP concluded with a vote of thanks given by Dr. Divya Malhan. Prof. Ashish Dahiya expressed gratitude to the Hon'ble Vice- Chancellor MDU Prof. Rajbir Singh, AICTE – ATAL Academy, Prof. Nina Singh & the founding team of Centre for Life Skills & Soft Skills, Prof. Nov Rattan Sharma – Dean Academic Affairs MDU, Prof. A.S Maan – DCDC, Prof. Inder Jeet Director - CRSIS&EC and University Authorities for their support and encouragement.

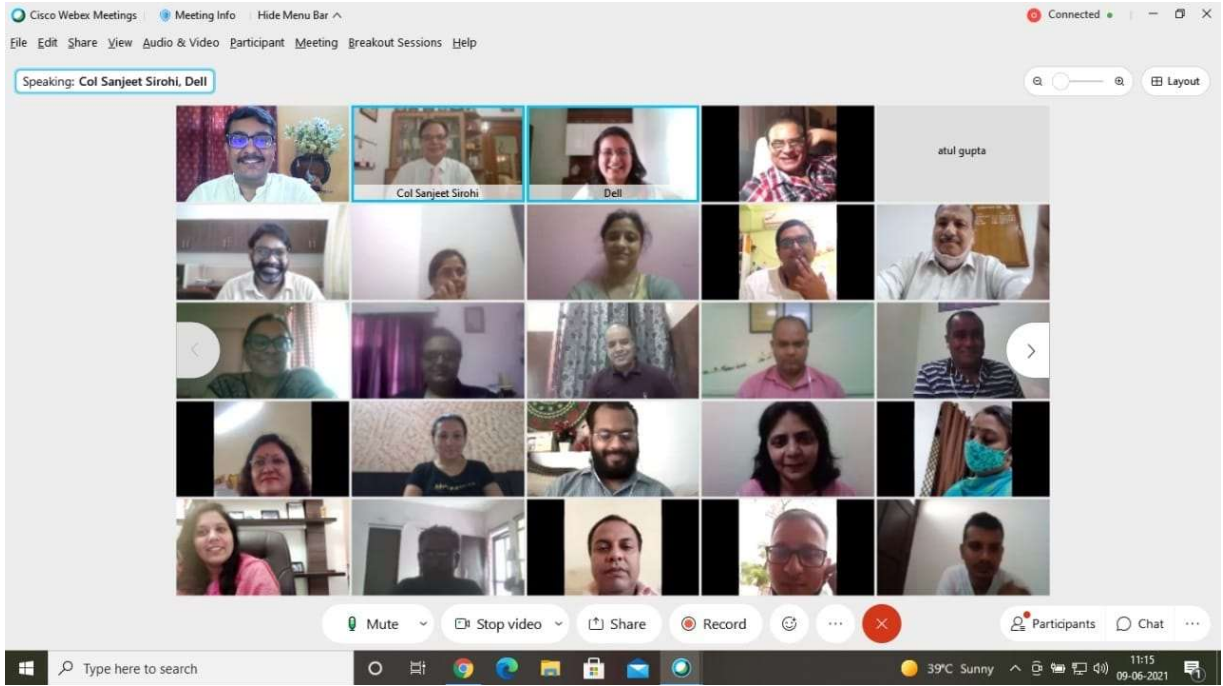


Distinguished Speaker Mr. Beni Kinha

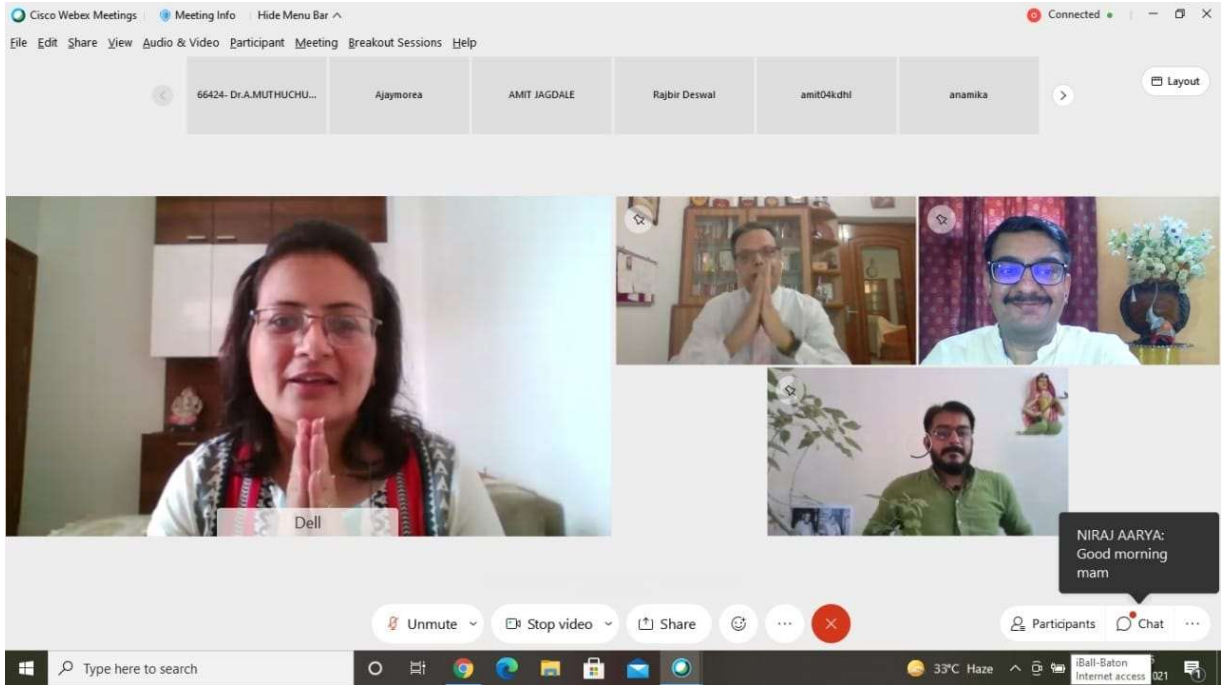


Photographs Day-3





Photographs of Day - 3



AICTE - ATAL Online Faculty Development Programme on 'Life Skills for Blissful Life' 7-11 June 2021 @ Centre for Life Skills & Soft Skills, M.D University – Rohtak (Haryana)

Day – 4 (Thursday, 10 June, 2021)

Workshop Report

First of its kind, AICTE - ATAL Online Faculty Development Programme on 'Life Skills for Blissful Life' by Centre for Life Skills & Soft Skills (CLAS), M.D University - Rohtak.

The fourth day of FDP on 'Life Skills for Blissful Life' by the Centre for Life Skills & Soft Skills (MDU, Rohtak) started on 10th June 2021 at 09:00 am. Prof. Ashish Dahiya (Director, CLAS) welcomed all the participants and explained the day's schedule.

Prof. Dahiya formally introduced the distinguished speaker, Prof. Anand Mohan Agrawal an academician, education administrator and a renowned corporate citizen. An administrator par excellence, his working experience spreads across a span of almost three decades wherein he has been at the important positions of reputed institutions as well as been privy to the doyens of corporate world.

He is an institutional builder and has established extension centers of BIT Mesra in India and Middle East. At GLA University, he established a University Polytechnic and is continuously guiding the University on the path of excellence and quality education.

A Ph D from ISM Dhanbad, he completed his graduation (B Sc Engg-Mechanical) as well as MBA from BIT Mesra. He started his career from ISM Dhanbad in 1984. Then he moved to AICTE as Director in 1995. Further, he joined IGNOU as Professor in 1999 and then back to AICTE as Advisor I in 2000. In 2001, he came to his alma mater, namely BIT Mesra, where he went on to become Dean. He joined at BIT International Centre, Muscat as Director and Dean in 2005.

Continuing his progression, Prof. Agrawal joined OMZEST, Oman as General Manager (Knowledge Initiatives) wherein he served for two years before joining GLA University, Mathura as Pro Vice Chancellor and Director in October 2012.

The distinguished speaker in his inspirational address covered three broad areas:

- Leadership – Its importance in organizations
- Leadership theories
- Importance and process of design thinking

Prof. Agrawal, shared various aspects of Leadership: Qualities, Types & Skills. He addressed that Integrity, ability to delegate, Communication, Self – awareness, Gratitude, Learning Agility, Influence, Empathy, Courage and Respect as essential qualities of a Leader.

The Key takeaways from Prof. A.M. Agrawal's Session, shared by participants include:

1. Understanding Leadership
2. How a leader is different from a manager?
3. Leadership Qualities
4. Leadership Types: Authoritarian, Participative, Delegative, Transactional, Transformational.
5. A leader succeeds, because he has learned two basic lessons:
 - a) Human beings are complex and b) Human beings are different.
6. Applying leadership as per situation
7. Analyzing the problem systematically
8. Applying decision thinking in true spirit
9. Leadership in Everyday Life for Blissful Life

The curiosity about the topic and the learning of the participants was reflected in the Question Answer Session. The first session of the fourth Day of AICTE – ATAL, Online FDP on 'Life Skills for Blissful Life' concluded with a vote of thanks given by Dr. Divya Malhan and a virtual photo session of the attendees.

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66424- Dr.A.MUTHUCHU... Akshay Sharma amit04kdhl Amar Jadhav AMIT JAGDALE

Viewing PRO-VC's applicati...

Leadership

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Dr. R.Karthikeyan Dr. Himani Mittal 3908 Mr.NRAJESH 66424- Dr.A.MUTHUCHU... 9020

Viewing PRO-VC's applicati...

Leadership Qualities

- Integrity
- Ability to delegate
- Communication
- Self-awareness
- Gratitude
- Learning agility
- Influence
- Empathy
- Courage
- Respect

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Day 4 Session-1 AICTE ATAL FDP Life Skills for Blissful Life, Distinguished Speaker: Prof. Anand Mohan Agrawal

Day-4, Session 2

Prof. S.C Bagri took the second session of the day. Prof. S.C. Bagri, obtained his Master degree from Allahabad University, Allahabad and completed a Technical course on “Cultural Tourism Management” from Rome, Italy under the fellowship of Govt. of Italy in 1986. Upon his thirst on culture, he decided to take up his doctoral thesis on Buddhist Tourism. He started his career as Lecturer at Department of Tourism, HNB Garhwal University and served till 1995.

Then Prof. Bagri was elevated to the post of Professor at Indian Institute of Tourism and Travel Management (IITTM), Gwalior, Ministry of Tourism, Govt. India. In 1998, he moved back to HNB Garhwal University) and subsequently hold the responsibility of Dean, School of Management till July 2012. He started the publication of Journal of Tourism in 1996 in joint collaboration with University of Southern Mississippi, USA. Prof. Bagri is the Editor-in-Chief of the Journal.

In 2007, recognizing the contribution of Prof. Bagri, United Nations World Tourism Organization (UNWTO) Madrid appointed him as a consultant for the project on Human Resource Development in Tourism and Hospitality sector for Punjab and West Bengal states. Prof. Bagri is the founder president of Indian Hospitality Congress. He has authored 7 books, 100 research papers and guided 22 Ph.D. research scholars in Tourism and Hospitality Management.

Prior to returning back Department of Mountain Tourism and Hospitality Studies, HNB Garhwal Central University Srinagar Garhwal Uttarakhand, Prof Bagri was the Vice-Chancellor of Himgiri Zee University, Dehradun an institution setup by Mr. Subhash Chandra, Chairman of ESSEL & ZEE Group, Mumbai.

In view of his expertise in Tourism and Hospitality Management, MHRD, Govt of India assigned him the responsibility of NRC in Tourism and Hospitality services Management for developing on line refresher program for the Assistant professors in Tourism and Hospitality subject which he successfully completed with the help of a team of 40 subject experts in May 2019.

Prof. S.C Bagri talked about entrepreneurship and what makes a successful entrepreneur? In his address, Prof. Bagri covered the aspects like Entrepreneurship: Need & Scope, The relevance of entrepreneurship in India and Do's & don'ts for entrepreneurs, entrepreneurship for youth, compatibility to be an entrepreneur, entrepreneurship skills, entrepreneurship types, entrepreneurship communities, core concepts, entrepreneurial procedures and successful entrepreneurial brands along with a case study on entrepreneurship.

The Key takeaways from Prof. S.C Bagri's Session Session, shared by participants include:

1. What it takes to be a successful entrepreneur?
2. Teachers should be a job creator. A case study approach should be adopted by teachers in which cases of entrepreneurship communities should be taught. Also, entrepreneurs should be invited for lectures.
3. About teaching practices and providing visionary approaches to students adopted by prestigious educational institutions
4. Skill crises are one of the significant causes of unemployment along with high growth of population, slow growth of industrialization and seasonality of agriculture & allied sectors
5. How change, need, solution, stakeholders, value and context are the six core concept that forms the foundation of business analysis

The second session of the fourth day FDP concluded with a vote of thanks given by Prof. Ashish Dahiya & Dr. Divya Malhan and a virtual photo session of the attendees. The session was highly informative and was need of the hour mentioned the participants.



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Dr. R Karthikeyan | Dr. Himani Mittal | 3908 Mr.N.RAJESH | 66424- Dr.A.MUTHUCHU... | 9020

Layout

Viewing PRO-VC's applicati...

Leadership Qualities

- Integrity
- Ability to delegate
- Communication
- Self-awareness
- Gratitude
- Learning agility
- Influence
- Empathy
- Courage
- Respect

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Dr. Himani Mittal | Anshul Kumar Singh | 66424- Dr.A.MUTHUCHU...

Layout

Viewing PRO-VC's applicati...

Contd...

High	Country Club Management	Team Management
Low	Impoverished Management	Produce-or-Perish Management
	Middle-of-the-Road Management	
	Low	High

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Chat

from amit04kdh1 to everyone: 9:43 AM
requested to elaborate each point with practical example

from Nishant Dhankhar to everyone: 9:44 AM
How to lead a team when team members are not satisfied with your leadership style ?

from Nishant Dhankhar to everyone: 9:51 AM
Thank you Sir, very helpful.

from G.SANDHIYA DEVI to everyone: 9:53 AM
Thank you , rightly explained.

from G.SANDHIYA DEVI to everyone: 9:53 AM
Thank you Sir

from Reetu Uday Kugaji to everyone: 9:59 AM
In some cases some managers / leaders feel insecure because their team is learned and is full of zest and zeal. How do we deal with such managers?

from Neha Bhandari to everyone: 10:01 AM
Sir sometimes the leadership quality of a person creates fear in the seniors because of which they try to suppress the person having leadership quality. In that case what should be done?

from Reetu Uday Kugaji to everyone: 10:02 AM
How do we deal with such managers

from Anshul Kumar to everyone: 10:02 AM
Link for Attendance 10th June (1st Session)
<https://forms.gle/Ke6bb62zEebsS4Z38>

To: Everyone

Enter chat message here

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Day 4 Session-2 AICTE ATAL FDP Life Skills for Blissful Life, Distinguished Speaker: Prof. S.C Bagri

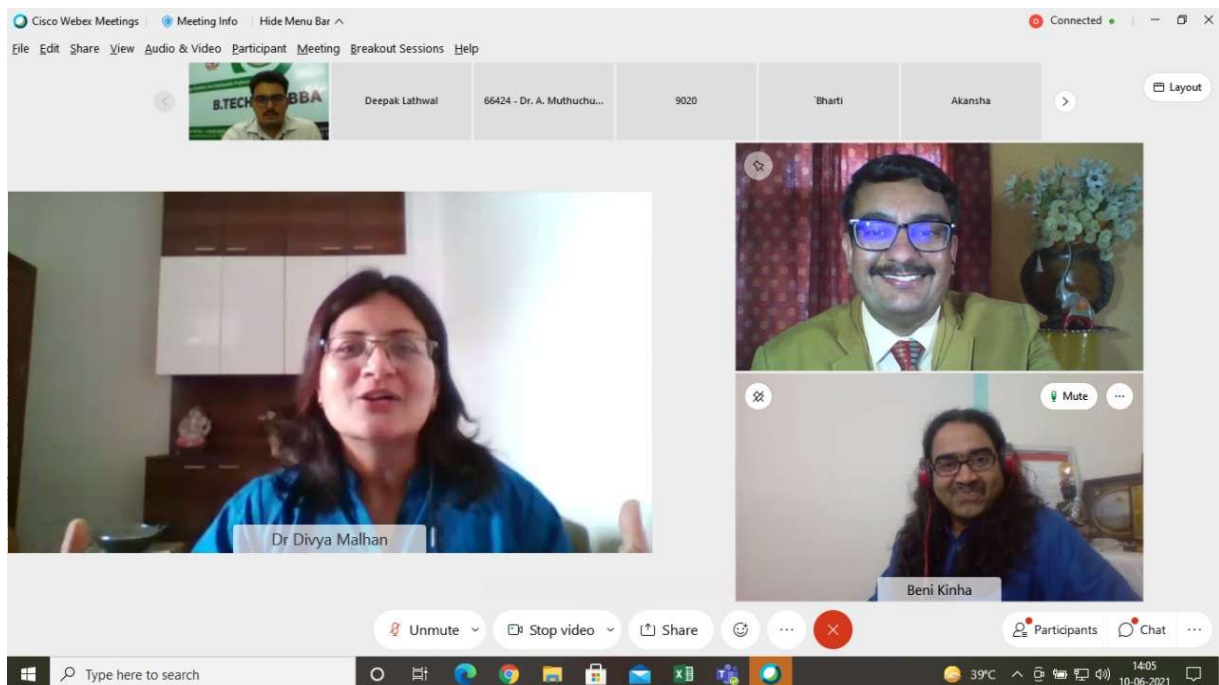
Day-4, Session 3

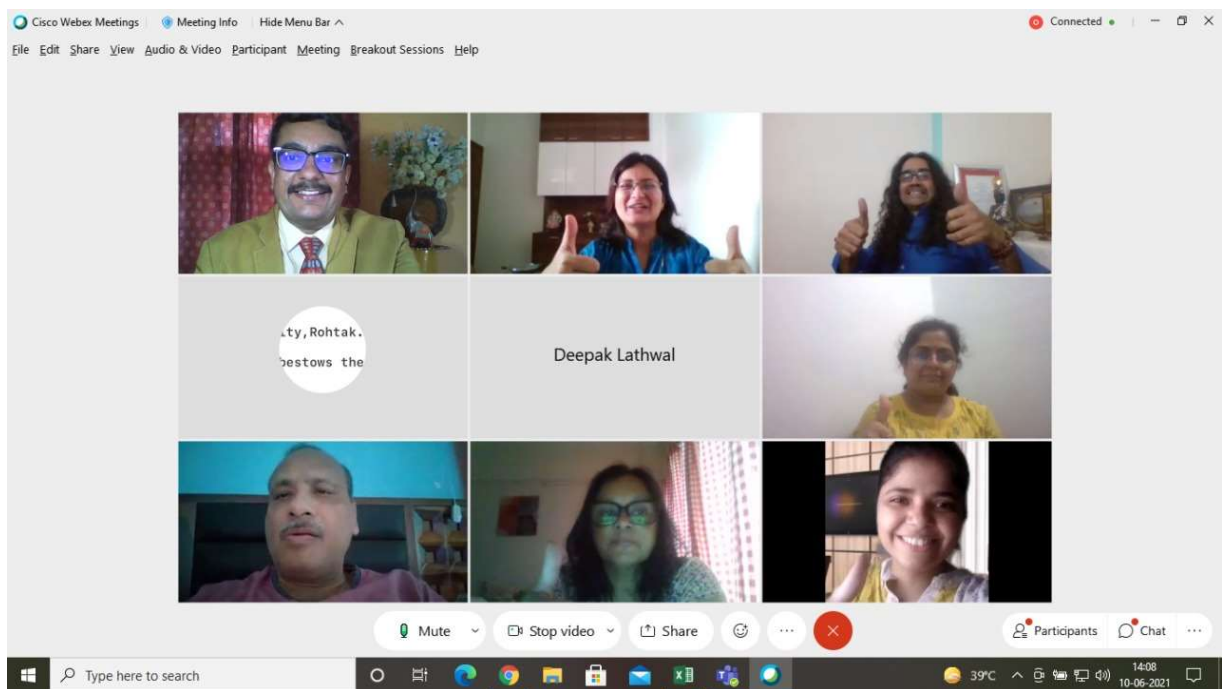
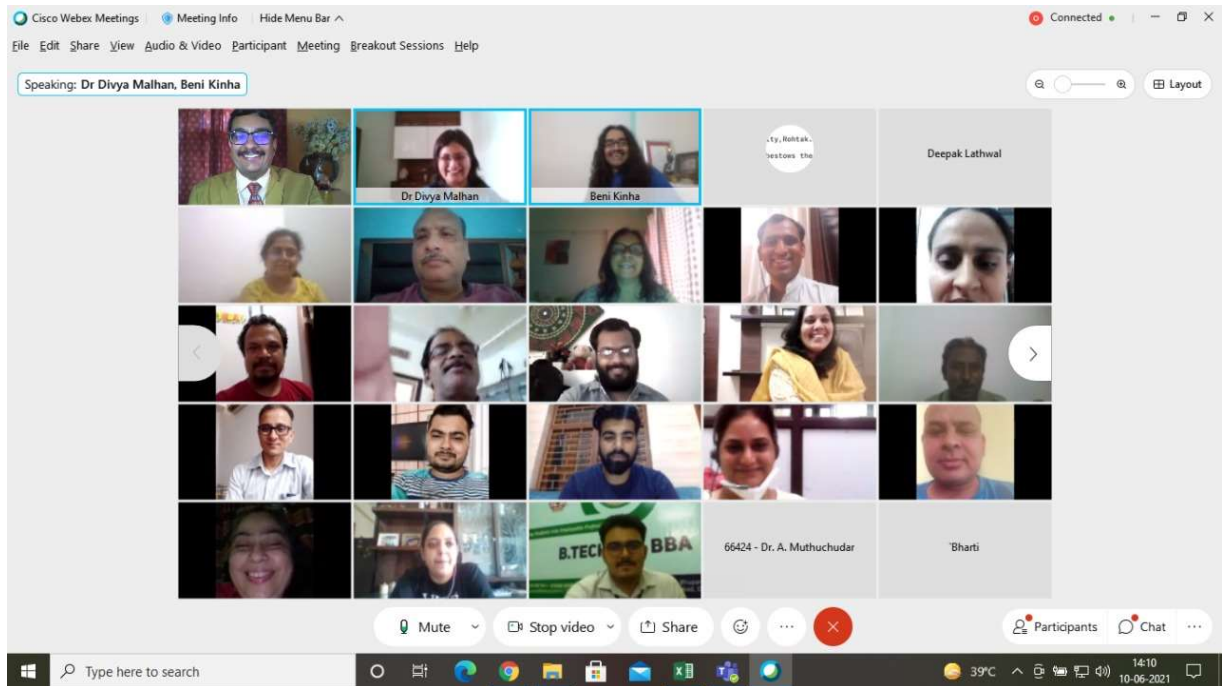
The Last Session of the day was taken by Mr. Beni Kinha, Founder - Nectar Factor Foundation - Life Skill/ Human Architecture/ Stress Management/ Corporate Spirituality. Mr. Kinha is a passionate speaker, Entrepreneur, Life skill coach, and Mentor. He addresses dimensions including types of relationship, conflict resolution, and best relations of living life in a blissful society with real-life examples.

The Key takeaways from Mr. Beni Kinha's Session shared by participants include:

1. The relationship begins within us. The journey of life is finding Me, Myself & I.
2. Conflict starts when one personality overpowers another personality
3. How to resolve conflict in relationships
4. How to build healthy relationships with complements, cooperation and coexistence

The fourth day of the five-day FDP concluded with a vote of thanks given by Dr. Nidhi. Dr. Divya Malhan, expressed gratitude to the Hon'ble Vice-Chancellor MDU Prof. Rajbir Singh, AICTE – ATAL Academy, Prof. Nina Singh & the founding team of Centre for Life Skills & Soft Skills, Prof. Nov Rattan Sharma – Dean Academic Affairs MDU, Prof. A.S Maan – DCDC, Prof. Inder Jeet Director - CRSIS&EC and University Authorities for their support and encouragement.





Day 4 Session-3 AICTE ATAL FDP Life Skills for Blissful Life, Distinguished Speaker: Mr. Beni Kinha

AICTE - ATAL Online Faculty Development Programme on 'Life Skills for Blissful Life' 7-11 June 2021 @ Centre for Life Skills & Soft Skills, M.D University – Rohtak (Haryana)

Day – 5 (Friday, 11 June, 2021)

Workshop Report

First of its kind, AICTE - ATAL Online Faculty Development Programme on 'Life Skills for Blissful Life' by Centre for Life Skills & Soft Skills (CLAS), M.D University - Rohtak.

The last day of FDP on 'Life Skills for Blissful Life' by the Centre for Life Skills & Soft Skills (MDU, Rohtak) started on 11th June 2021 at 09:00 am. Prof. Ashish Dahiya (Director, CLAS) welcomed all the participants and explained the day's schedule. Dr. Divya Malhan (Additional Director, CLAS) formally introduced the distinguished speaker, Mr. Divas Gupta (IIM alumni, Public Speaking Coach, Virtual Keynote Speaker, TEDx Speaker and a Master Career Practitioner).

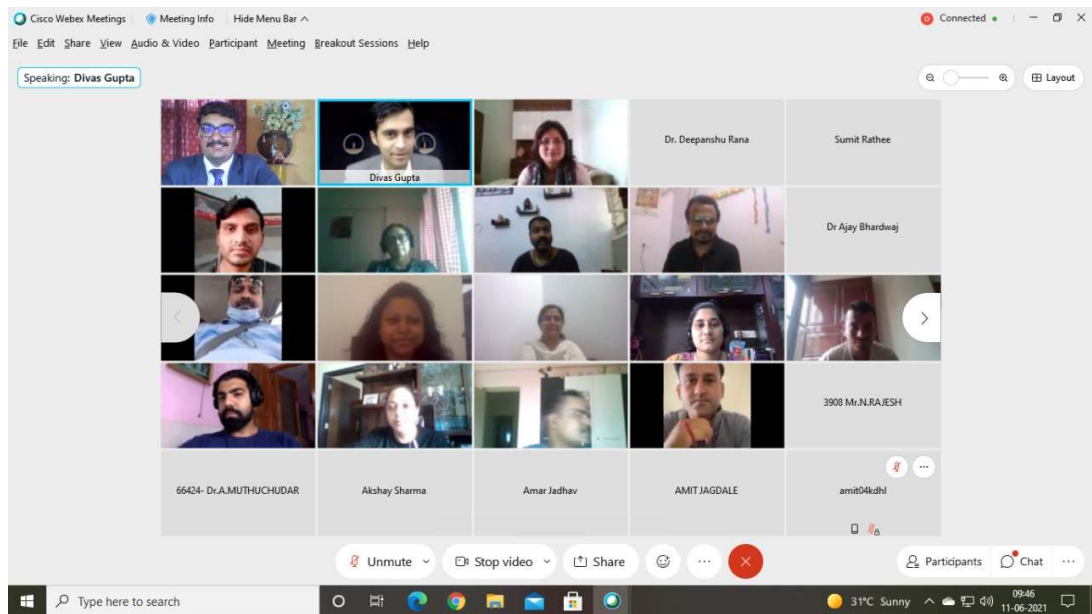
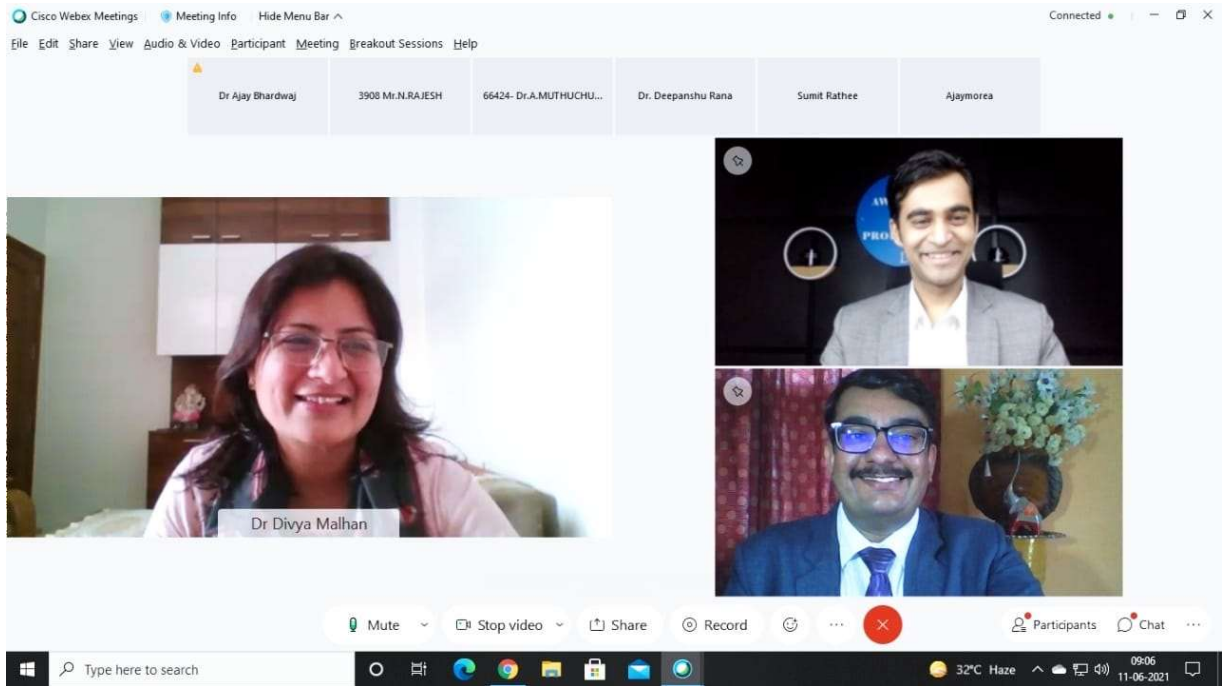
The distinguished speaker in his inspirational, energetic and motivating session covered three broad areas:

- Listening Skills
- Speaking Skills
- Procrastination

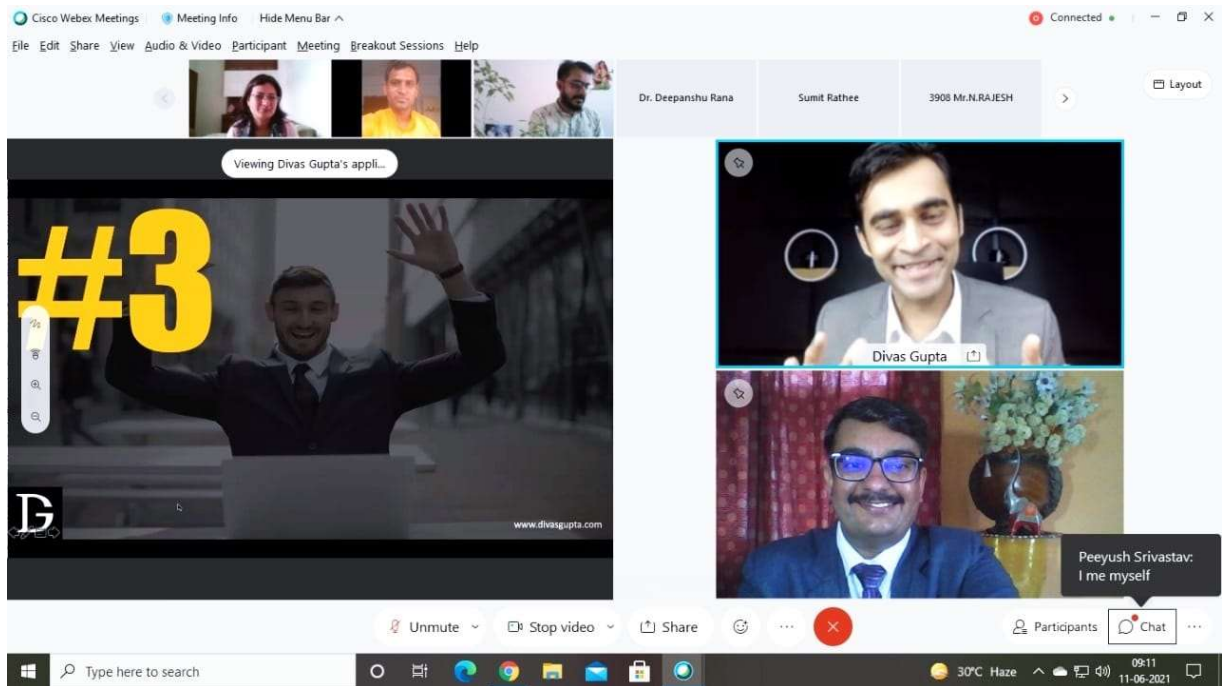
The Key takeaways from Mr. Divas Gupta's Session, shared by participants include:

1. How we can enhance our listening skills by using:
 - non-intrusive signals
 - accepting perspectives
 - unsolicited advice,
 - rephrase words instead of repeating
 - don't assume
2. What makes a great speaker?
 - Various approaches with the practical understanding of how to be a professional speaker, what mistakes to avoid, and what could be done better.
3. Time inconsistency, distractions, lack of motivation and fear of failure are some of the causes of procrastination
4. Listening & Speaking Skills for Blissful Life

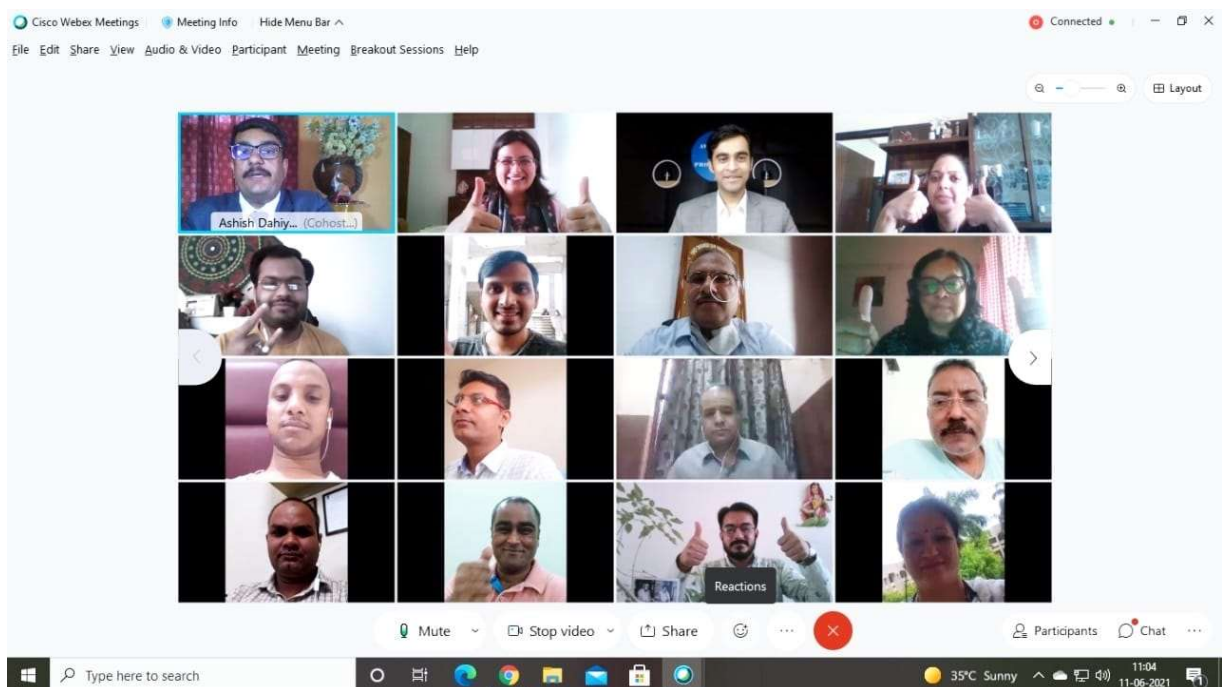
The curiosity about the topic and the learning of the participants was reflected in the Question-Answer Session. The first session of the last Day of AICTE – ATAL, Online FDP on 'Life Skills for Blissful Life' concluded with a vote of thanks given by Dr. Divya Malhan and a virtual photo session of the attendees.



Day 5 Session-1 AICTE ATAL FDP Life Skills for Blissful Life,
Distinguished Speaker: Mr. Divas Gupta



Day 5 Session-1 AICTE ATAL FDP Life Skills for Blissful Life,
Distinguished Speaker: Mr. Divas Gupta



Day-5, Session 2

Mr. Sharad Nautiyal took the second session of the day. Mr. Sharad Nautiyal is Principal at IHM Indore, Madhya Pradesh. He has been Joint Director at Madhya Pradesh Tourism.

He has also been General Manager (Training) at Madhya Pradesh Tourism. Master Trainer Mentoring Skills from Department of Personnel & Training, Govt. of India. He is a Passionate Speaker and Excels in Mentoring, and a Life Coach.

In his address, Mr. Nautiyal covered the aspects like mentoring, coaching, relevance and process of mentoring, strategic phases of a systematic approach to mentoring, how to incorporate coaching skills.

The Key takeaways from Mr. Sharad Nautiyal's Session Session, shared by participants include:

1. Difference between mentoring and coaching
2. Relevance and process of mentoring
3. Components of Mentoring:
 - a) Mentor
 - b) Mentee
 - c) Relationship
 - d) Organisation
4. Relationship building, developing plans, organising activities and reviewing outcomes are the various stages of a structured mentoring model
5. How to build a relationship with mentee for his personal and career development
6. How to incorporate and practice mentoring and coaching skills
7. Learning is a voluntary process, so is the development
8. Happiness is the key outcome of the mentoring process

The second session of the last day of FDP concluded with a vote of thanks given by Prof. Ashish Dahiya, Dr. Divya Malhan, Dr. Nidhi, and the attendees' virtual photo session. The session was highly informative and was a need for the hour mentioned by the participants.

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Shraboni Puri Dr. Deepanshu Rana B.TECH 3BA

Viewing sharad nautiyal's a...

MENTORING SKILLS

Presented By
Sharad Nautiyal
Master Trainer- Mentoring Skills (Department Of
Personnel & Training, New Delhi)

sharad nautiyal

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G.SANDHIA DEVI Shraboni Puri Dr Diya Malhan Dr S K Patro

Thoughts on Mentoring

- Have you had any experiences of being a **mentee**?
- Have you examples of being a **mentor**?
- For you, personally, what could be gained from the concept and use of **mentoring**?
- Can you suggest **benefits** of having the services of mentors in your organisation?

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Day 5 Session-2 AICTE ATAL FDP Life Skills for Blissful Life,
Distinguished Speaker: Mr. Sharad Nautiyal

Day-5, Session 3

Dr. Chinmay Pandya, Pro Vice Chancellor of Dev Sanskriti Vishwavidyalaya University took the second session of the day. Dr. Chinmay Pandya is grandson of one of the greatest scholars, seers, philosophers of recent times in India – Pt. Shriram Sharma Acharya (1911-1990), who was the founder of All World Gayatri Pariwar fraternity, which has 100 million members and thousands of global centers for social reform. Following medical studies in India, he is trained in the United Kingdom, where he gained Membership of the Royal College of Psychiatrists (MRCPsych). In London, he rose through the ranks of the British National Health Service and secured the post of Associate Specialist in Older People Services at the West London Mental Health Trust.

Dr. Pandya occupies multiple roles in the life of his university and beyond. He is Editor of the Dev Sanskriti, an Interdisciplinary International Journal that addresses a broad range of Indian intellectual interests including Vedic philosophy, culture, psychology, communication, education, Ayurveda, Indian and Eastern studies and religious pedagogies. As Director of DSVV's School of Yoga and Health, he leads efforts to analyse and advance the scientific and philosophical understanding of meditation and stress management in contemporary contexts. He is Chairperson of the International Festival of Yoga, Culture and Spirituality and has convened more than seventy national and international colloquia at DSVV on issues ranging from the rights of indigenous people to water desalination. He is responsible for ethos, academic rigor and policy implementation at DSVV. The University was recently awarded the Best University for Holistic Education of the year 2019 by the renowned "The Academic Insights" Magazine.

The distinguished speaker in his inspirational address covered Ethics and Integrity, Journey of human excellence.

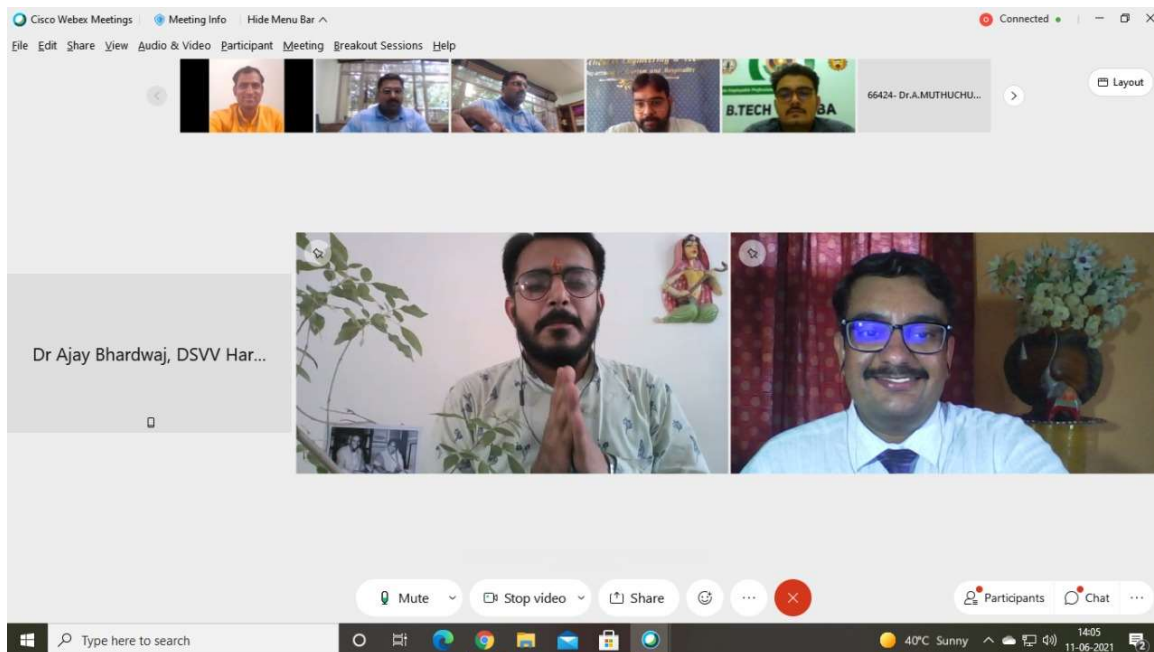
The Key takeaways from Dr. Chinmay Pandya's Session shared by participants include:

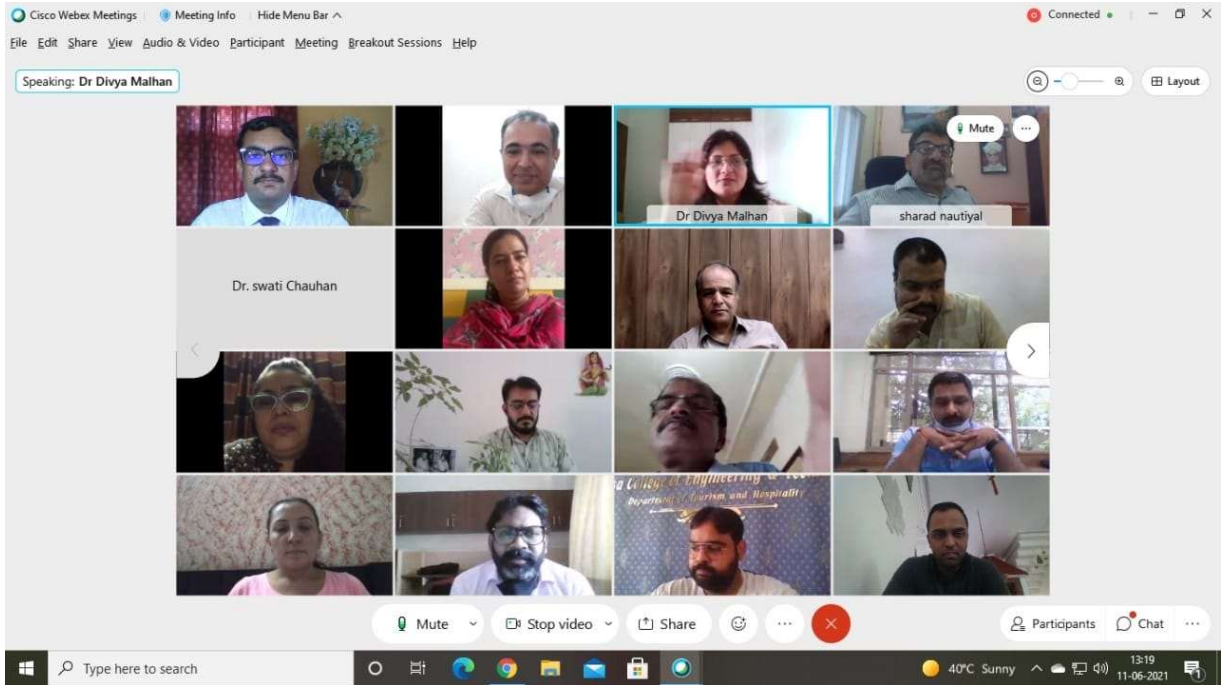
1. How to live life as a source of happiness with meaning and purpose
2. Value-based teaching is essential for the overall development of students
3. The main motive of human excellence is to live life with a meaningful, purposeful agenda. People with human excellence have a greater quality of life.
4. Ways to achieve human excellence
5. How to address the 15 global challenges faced by the humanity
6. Purpose, Attitude, Compassion, Commitment, and Excellence are the foundations of Human Excellence

The last day of the five-day FDP concluded with a vote of thanks given by Dr. Divya Malhan. Prof. Ashish Dahiya expressed gratitude to the Hon'ble Vice-Chancellor MDU Prof. Rajbir Singh, AICTE – ATAL Academy, Prof. Nina Singh & the founding team of Centre for Life Skills & Soft Skills, Prof. Nov Rattan Sharma – Dean Academic Affairs MDU, Prof. A.S Maan – DCDC, Prof. Inder Jeet Director - CRSIS&EC and University Authorities for their support and encouragement. Thanks to Dr. Shweta Dahiya, Participant in workshop from NIFTEM Sonipat and Dr. Swati Chauhan from MRIIRS, Faridabad for their contributions in report writing.

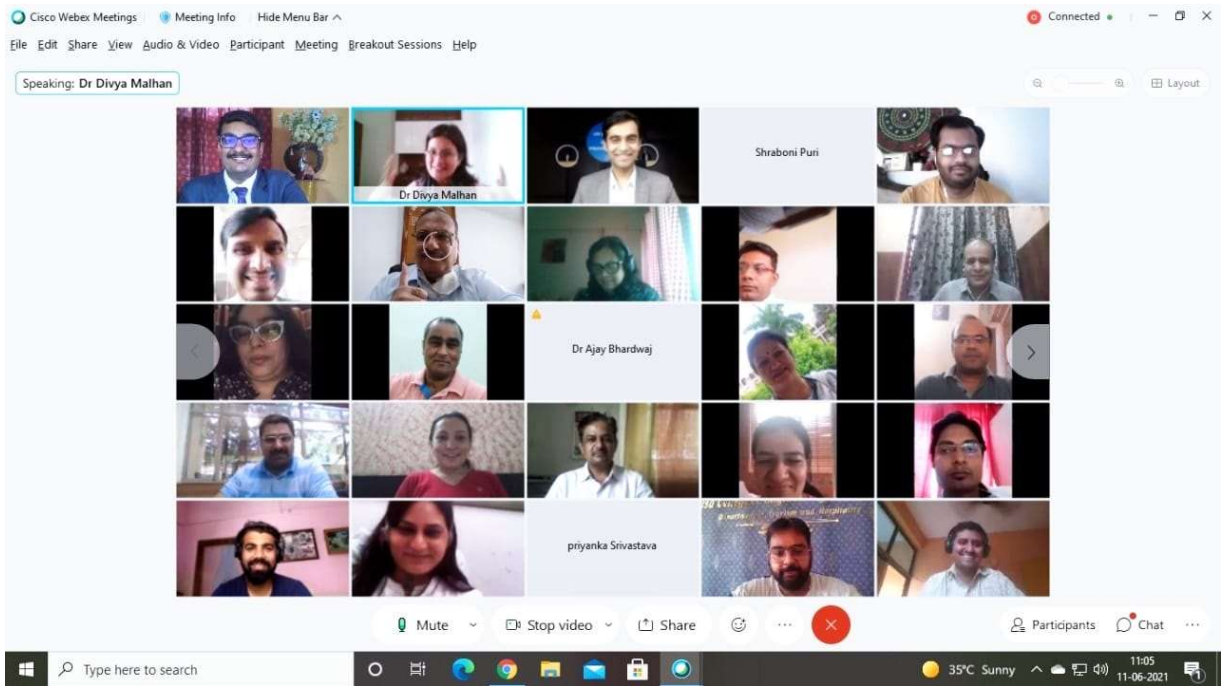


Day 5 Session-3 AICTE ATAL FDP Life Skills for Blissful Life, Distinguished Speaker: Dr. Chinmay Pandya





Day 5 AICTE ATAL FDP Life Skills for Blissful Life,
Some Blissful Moments



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Vice-Chancellor, Maharshi Dayanand University (MDU), Rohtak

PATRON

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Additional Director, Centre for Life Skills & Soft Skills (CLAS)

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Dy, Director, - CLAS

Dr. Nidhi

Dy. Director, - CLAS

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Sh. Ram Kumar

Sh. Satish Kumar

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Press Coverage of AICTE – ATAL – FDP
ON Life Skills for Blissful Life

THE AICTE – ATAL FDP ON LIFE
SKILLS FOR BLISSFUL LIFE HAS BEEN
WIDELY COVERED IN ENGLISH &
HINDI NATIONAL DAILIES



FACULTY DEVELOPMENT PROGRAMME

Rohtak: An online faculty development programme (FDP) on the topic 'Life Skills for Blissful Life's commenced today under the aegis of the Centre for Life Skills and Soft Skills (CLAS) of Maharshi Dayanand University (MDU). This online FDP is being organised under the AICTE-ATAL FDP scheme. MDU director, CLAS, Professor Ashish Dahiya said 200 participants from 20 different states of India were taking part in this five-day online FDP. MDU Alumnus Rajbir Deswal and Prof. Mohamedunni Alias Mushtafa, director, Centre for Life Skills Education, Central University of Kerala, were the invited speakers in the FDP on Wednesday. Rajbir Deswal in his address emphasised on the importance of having courage to do right things and perform one's duties in life. He also laid emphasis on work, life balance in his address. Prof MA Mushtafa focused on developing life skills, especially honing communication skills. He called for greater empathy with students in his address. Additional director, CLAS, Dr Divya Malhan threw light on the themes of the FDP. Dr Nidhi expressed the vote of thanks.

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मदवि में ऑनलाइन फैकल्टी डेवलपमेंट प्रोग्राम शुरू

लाइफ स्किल्ज विकसित करने पर बल दिया

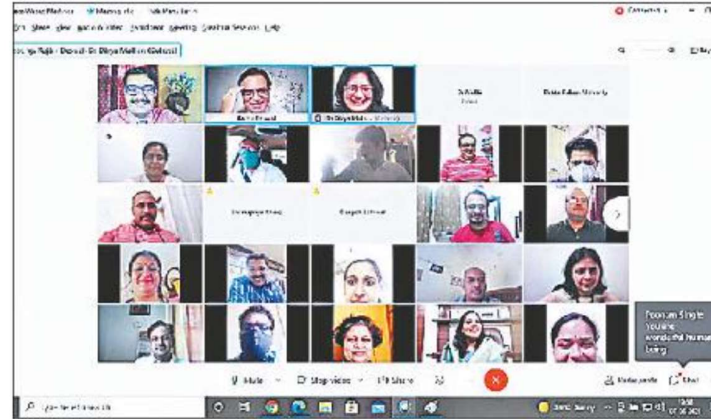
हरिभूमि न्यूज || रोहतक

महर्षि दयानंद विश्वविद्यालय के सेंटर फॉर लाइफ स्किल्ज एंड साफ्ट स्किल्ज (सीएलएएस) के तत्वावधान में सोमवार को ऑनलाइन फैकल्टी डेवलपमेंट प्रोग्राम (एफडीपी) प्रारंभ हुआ। लाइफ स्किल्ज फॉर

■ एफडीपी में बिस्सफुल लाइफ भारत के 20 विषयक इस एफडीपी का राज्यों के 200 आयोजन अखिल भारतीय तकनीकी शिक्षा प्रतिभागी ले परिषद (एआईसीटीई) रहे हैं भाग अटल स्कीम के तहत

किया गया। सोमवार को एफडीपी के पहले दिन प्रतिष्ठित लेखक तथा भारतीय पुलिस सेवा के सेवानिवृत्त अधिकारी राजबीर देसवाल तथा सेंट्रल यूनिवर्सिटी ऑफ केरल के सेंटर फॉर लाइफ स्किल्ज एजुकेशन के निदेशक प्रो. एमए मुस्ताफा ने विशेष व्याख्यान दिए। एमडीयू सीएलएएस के निदेशक प्रो. आशीष दहिया ने कार्यक्रम के प्रारंभ में स्वागत भाषण दिया। अतिरिक्त निदेशक, सीएलएएस डॉ. दिव्या मल्हान ने एफडीपी संबंधित जानकारी प्रदान की।

आमंत्रित वक्ता राजबीर देसवाल ने जीवन



रोहतक। ऑनलाइन फैकल्टी डेवलपमेंट प्रोग्राम में भाग लेते प्रोफेसर।

फोटो: हरिभूमि

में साहस के साथ जीवन के दायित्वों को पूरा करने की बात कही। उन्होंने कार्य-जीवन संतुलन बनाए रखने की वकालत की। जीवन में निरंतर नए स्किल्ज सीखने तथा स्किल्ज का उपयोग समाज के लिए करने की बात राजबीर देसवाल ने कही। प्रो. एमए मुस्ताफा ने लाइफ स्किल्ज विकसित करने पर अपने व्याख्यान में बल दिया। उन्होंने जीवन कौशल में प्रभावी संचार कौशल का

एफडीपी समेत 43 एफडीपी कार्यशालाओं का उद्घाटन

एआईसीटीई द्वारा इस एफडीपी समेत 43 एफडीपी कार्यशालाओं का उद्घाटन वर्चुअल माध्यम से केंद्रीयकृत स्तर पर किया गया। आईआईटी बीएचयू के निदेशक प्रो. प्रदीप कुमार जैन कार्यक्रम के मुख्य अतिथि थे। एआईसीटीई के अध्यक्ष प्रो. अनिल दत्तात्रेय सहस्रबुद्धे, उपाध्यक्ष प्रो. एमपी पूनिया, प्रो. राजीव कुमार, सदस्य सचिव, डॉ. आर के सोनी, निदेशक, एआईसीटीई अटल अकादमी तथा अन्य प्रमुखों ने इस वर्चुअल उद्घाटन समारोह में शामिल हुए।



होना अहम बताया। विद्यार्थियों के साथ प्रभावी संवाद रखने तथा इसमें परानुभूति के समावेश पर प्रो. मुस्ताफा ने बल दिया।

कार्यक्रम के अंत में डॉ. निधि ने आभार जताया। इस एफडीपी में भारत के 20 राज्यों के 200 प्रतिभागी भाग ले रहे हैं।

DAINIK JAGRAN - 10 June, 2021

साइबर अटैक एक बड़ी चुनौती के तौर पर हमारे सामने खड़ा : आलोक

जगरण संवाददाता, रोहतक : आज के डिजिटल वर्ल्ड में साइबर अटैक एक बड़ी चुनौती के तौर पर सामने खड़ा है। साइबर अटैक से बचने के लिए आज डिजिटल लिटरेसी की जरूरत है। यह उद्गार हरियाणा के एडीजीपी सीआइडी आलोक मित्तल (आइपीएस) ने बुधवार को महर्षि दयानंद विश्वविद्यालय (मदवि) के सेंटर फॉर लाइफ स्किल्स एण्ड साफ्ट स्किल्स (सीएलएस) द्वारा आयोजित लाइफ स्किल्स फॉर बिलसफुल लाइफ विषयक आनलाइन एफडीपी में बतौर विशेषज्ञ वक्ता व्यक्त किए।

एडीजीपी सीआइडी आलोक मित्तल ने डिजिटल लिटरेसी को आवश्यक लाइफ स्किल बताते हुए इसकी महत्ता पर विस्तार से प्रकाश डाला। उन्होंने अपने प्रेरणादायी संबोधन में डिजिटल वर्ल्ड के विकास, डिजिटल लिटरेसी, साइबर क्राइम, साइबर क्राइमों के



आनलाइन कार्यक्रम में अपनी बात रखते एडीजीपी सीआइडी आलोक मित्तल। • विज्ञापित

विभिन्न प्रकारों, इनसे बचने के उपायों एवं तरीकों और नई-नई तकनीकों बारे जानकारी दी। उन्होंने डिजिटल लिटरेसी को बढ़ावा देने पर बल देने की बात कही और कहा कि साइबर अटैक से बचने के लिए अधिकृत स्रोत एवं लाइसेंसड साफ्टवेयर का ही उपयोग करें। इससे पूर्व सुबह के सत्र में प्रतिष्ठित प्रेरक वक्ता, लेखक

एवं ब्लागर कर्नल संजित सिरोही ने विभिन्न क्षेत्रों में करियर के अवसरों बारे जानकारी दी। दोपहर बाद के सत्र में प्रतिष्ठित लाइफ स्किल कोच एवं नेक्टर फैक्टर फाउंडेशन की फाउंडर बेनी किन्हा ने विशेष व्याख्यान दिया। सीएलएस निदेशक प्रो. आशीष दहिया ने सभी वक्ताओं का स्वागत किया। डा. दिव्या मल्लान ने आभार जताया।



‘एफ.डी.पी. में वक्ताओं ने दिया ऑनलाइन व्याख्यान’

रोहतक, 11 जून (दीपक) : महर्षि दयानंद विश्वविद्यालय के सेंटर फॉर लाइफ स्किल्लज एण्ड साफ्ट स्किल्लज द्वारा आयोजित किए जा रहे लाइफ स्किल्लस फॉर ब्लिसफुल लाइफ विषयक ऑनलाइन एफ.डी.पी. में शुक्रवार को प्रतिष्ठित वक्ता दिवास गुप्ता, आई.एच.एम इंदौर के प्राचार्या शरद नौटियाल तथा देव संस्कृति विवि के प्रो. वाइस चांसलर डा. चिन्मय पांडया ने विशेष व्याख्यान दिए। सुबह के प्रथम सत्र में दिवास गुप्ता ने श्रवण कौशल, वाक कौशल तथा प्रक्रेस्टनेशन बारे विस्तृत जानकारी दी। दिवास गुप्ता ने कहा कि बेहतर वक्ता से पहले बेहतर श्रोता होना जरूरी है। उन्होंने श्रवण कौशल विकसित करने तथा वाक कौशल में महारत हासिल करने के टिप्स प्रतिभागियों के साथ सांझा किए।

दूसरे सत्र में शरद नौटियाल ने मेंटरिंग तथा कोचिंग से जुड़े महत्वपूर्ण पहलुओं बारे जानकारी दी। उन्होंने मेंटरिंग तथा कोचिंग के बीच के अंतर को स्पष्ट करते हुए मेंटरिंग की महत्ता तथा प्रक्रिया को समझाते हुए मेंटर-मेंटी रिलेशनशिप के महत्व पर प्रकाश डाला। तीसरे सत्र में डा. चिन्मय पांडया ने-एथिक्स एंड इंटीग्रेटी तथा जर्नी ऑफ ह्यूमैन एक्सीलेंस विषय पर अपने विचार रखे। सी.एल.ए.एस. के निदेशक प्रो. आशीष दहिया ने सभी वक्ताओं का स्वागत किया। एडिशनल डायरेक्टर डा. दिव्या मल्हान ने आभार जताया।

बेहतर वक्ता से पहले बेहतर श्रोता होना जरूरी: दिवास

रोहतक | एमडीयू के सेंटर फॉर लाइफ स्किल्स एंड साफ्ट स्किल्स की ओर से किए जा रहे लाइफ स्किल्स फॉर ब्लिसफुल लाइफ विषयक ऑनलाइन एफडीपी में शुक्रवार को वक्ता दिवास गुप्ता, आईएचएम इंदौर के प्राचार्या शरद नौटियाल और देव संस्कृति विवि के प्रो. वाइस चांसलर डॉ. चिन्मय पांडया ने विशेष व्याख्यान दिए।

सुबह के प्रथम सत्र में दिवास गुप्ता ने श्रवण कौशल, वाक कौशल के बारे में विस्तृत जानकारी दी। कहा कि बेहतर वक्ता से पहले बेहतर श्रोता होना जरूरी है। उन्होंने श्रवण कौशल विकसित करने व वाक कौशल में महारत हासिल करने के टिप्स प्रतिभागियों के साथ साझा किए। दूसरे सत्र में शरद नौटियाल ने मेंटोरिंग व कोचिंग से जुड़े महत्वपूर्ण पहलुओं बारे जानकारी दी। उन्होंने मेंटोरिंग और कोचिंग के बीच के अंतर को स्पष्ट करते हुए मेंटोरिंग की महत्ता व प्रक्रिया को समझाते हुए मेंटर-मेंटी रिलेशनशिप के महत्त्व पर

बेहतर वक्ता बनने से पहले बेहतर श्रोता होना जरूरी : गुप्ता

जागरण संवाददाता, रोहतक : महर्षि दयानंद विश्वविद्यालय (मदवि) के सेंटर फॉर लाइफ स्किल्स एंड साफ्ट स्किल्स (सीएलएस) द्वारा आयोजित किए जा रहे लाइफ स्किल्स फॉर ब्लिसफुल लाइफ विषयक ऑनलाइन एफडीपी में शुक्रवार को प्रतिष्ठित वक्ता दिवास गुप्ता, आईएचएम इंदौर के प्राचार्या शरद नौटियाल तथा देव संस्कृति विवि के प्रो वाइस चांसलर डा. चिन्मय पांडया ने विशेष व्याख्यान दिए। सुबह के प्रथम सत्र में दिवास गुप्ता ने श्रवण कौशल, वाक कौशल तथा प्रेजेंटेशन बारे विस्तृत जानकारी दी। दिवास गुप्ता ने कहा कि बेहतर वक्ता से पहले बेहतर श्रोता होना जरूरी है। दूसरे सत्र में शरद नौटियाल ने मेंटोरिंग तथा कोचिंग से जुड़े महत्वपूर्ण पहलुओं बारे जानकारी दी। उन्होंने मेंटोरिंग तथा कोचिंग के बीच के अंतर को स्पष्ट करते हुए मेंटोरिंग की महत्ता तथा प्रक्रिया को समझाते हुए मेंटर-मेंटी रिलेशनशिप के महत्त्व पर प्रकाश डाला। तीसरे सत्र में डा. चिन्मय पांडया ने एथिक्स एंड इंटीग्रेटी तथा जर्नी आफ ह्यूमन एक्सीलेंस विषय पर अपने विचार रखे। सीएलएस के निदेशक प्रो. आशीष ने वक्ताओं का स्वागत किया।

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