



Unveiling Excellence

# USTM

## **Brief Report** *on* **Faculty Development Programme** **2017-18**

### **UNIVERSITY OF SCIENCE & TECHNOLOGY, MEGHALAYA**



## **BRIEF REPORT**

**DATE:** 4<sup>th</sup> November – 17<sup>th</sup> November, 2017

**VENUE:** Conference Hall, Administrative Block, USTM

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|--------------------------------------|--------------------------------------|
| <b>1. NAME OF THE PROGRAM</b>        | <b>: Faculty Development Program</b> |
| <b>2. TOPIC OF THE PROGRAM</b>       | <b>: ‘Art of Living’</b>             |
| <b>3. ACADEMIC YEAR</b>              | <b>: 2017-2018</b>                   |
| <b>4. NUMBER OF RESOURCE PERSONS</b> | <b>: 3</b>                           |
| <b>5. NUMBER OF PARTICIPANTS</b>     | <b>: 40 (Enclosed the list)</b>      |
| <b>6. ORGANIZED BY</b>               | <b>: USTM under IQAC initiative</b>  |
| <b>7. BRIEF PROGRAM REPORT:</b>      |                                      |

This fourteen days Faculty Development Programme on ‘**Art of Living**’ was successfully conducted at University of Science & Technology, Meghalaya (USTM) from 04/11/2017 to 17/11/2017. A total number of 40 faculty members from various departments of USTM have participated in this FDP. Experts of the programme have taken various sessions regarding the topic. Some of the sessions included in the programme were: yoga, meditation, stress management, effective communication, handling complaints and problems in college environment, dynamism and crossing boundaries, ethics in team work, holistic rejuvenation of body and mind system, experiential teaching, being inspired and inspiring others, etc. •

### **PHOTO GALLERY**



**Few representative photographs of the FDP**

## LIST OF FACULTY MEMBERS PARTICIPATED IN THE FDP-ART OF LIVING

Sr. no	Name of the Faculty	Department
1.	DR SANCHITA ROY	Department of Physics
2.	DR GITANJAL DEKA	Department of Physics
3.	DR SHAZIDA BEGUM	Department of Mathematics
4.	DR TAZMIN SULTANA	Department of Mathematics
5.	DR RANJAN DUTTA KALITA	Department of Applied Biology
6.	DR JAYABRATA SAHA	Department of Applied Biology
7.	ANUSUYA BARTHA KUR	Department of Applied Biology
8.	DR SUFIAN AHMED TAPADAR	Department of Botany
9.	MR ANGSHUMAN DUTTA	Department of Business Administration
10.	MR RAJA BAISHYA	Department of Botany
11.	DR AFSANA AMIN	Department of Sociology
12.	DR NAZIA PARBIN	Department of Sociology
13.	SWORD RONRA SHIMRAY	Department of Social Work
14.	UDIPTA SINGHA LAHKAR	Department of Social Work
15.	DR PRANAMI BHATTACHARJYA	Department of English
16.	DR BEDASHREE DAS	Department of English
17.	ANKUR GOSWAMI	Department of English
18.	JYOTI KONWAR	Department of English
19.	SHALIM M.HUSSAIN	Department of English
20.	RINIVA THAKURIA	Department of English
21.	DR ANIRUDDHA K. BORO	Department of Political Science
22.	DR Y. MONOJIT SINGHA	Department of Political Science
23.	ADRITA GOGOI	Department of Political Science
24.	MS SAMPURNA DUTTA	Department of Political Science
25.	DR SARU JOSHI	PQSE
26.	DR MD. DELOWAR HUSSAIN	PQSE
27.	DR MOUCHUMI DEKA	PQSE
28.	FARIZA SAIDIN	PQSE
29.	SARMISTHA CHOUDHURY	PQSE
30.	SUDESHNA NATH	PQSE
31.	KULCHUMA CHOUDHURY	PQSE
32.	INDRAJIT DAS	PQSE
33.	HIMI SAIKIA	PQSE
34.	DR DEBOJEET SAHU	Department of Chemistry
35.	DR MOUTUSI DAS	Department of Chemistry
36.	DR UTTAM THAPA	Department of Chemistry
37.	DR JESMINE BEGUM	Department of Chemistry
38.	HIMADRI DUWARAH	Department of Electronics
39.	JEEMONI KALITA	Department of Electronics
40.	RISHIPARNA CHOUDHURY	Department of Electronics



**DETAIL REPORT****1. SUMMARY SHEET**

Name of the Program:	Faculty Improvement Program on ‘ <b>Art of Living</b> ’
Organizer:	University of Science & Technology, Meghalaya
Venue:	Adminidtrative Block
Duration of the Programme:	14 days
Date of the commencement:	4 <sup>th</sup> November, 2017
Date of Conclusion:	17 <sup>th</sup> November, 2017
Total Participants:	40
Total Male Participants:	16
Total Female Participnats:	24
Total Resource Person attended:	Three

**2. About Organizer:**

University of Science & Technology, Meghalaya is the first State Private University on Science & Technology in entire North East India, sponsored by Education Reseach and Development Foundation (ERDF). The University is being established in more than 400 acres of picturesque landscape surrounded by tranquil led greenery in Assam Meghalaya border, just one kilometer from GS Road, Baridua, 9<sup>th</sup> mile, opposite to CRPF Camp, Ri-Bhoi District of meghalaya. It is about 85 kilometers from Shillong, the Capital of Meghalaya and 6 kilometers from Dispur, the Capital of Assam and 36 kilometers from Guwahati International Airport. The University is also having its own helipad within the campus.

**3. Inauguration:**

This faculty Development program on ‘**Art of Living**’ was inaugurated by Mr. M Haque, honourable Chancellor of University of Science & Technology, Meghalaya, on 4<sup>th</sup> Of November, 2017 in the Administrative Block of USTM Campus. All India Council for Technical Education (AICTE), New Delhi Launched this 14-day-long national level Faculty Development Programme (FDP) on Art of Living at the Conference hall of the University of Science and Technology Meghalaya (USTM), Techno City campus at 9th Mile, Ri Bhoi. The programme is being organized by USTM under IQAC initiative and is sponsored by the All India Council for Technical Education (AICTE), New Delhi. •In the inaugural session of the Programme, Prof Malkhede, who was the Chief Guest, said that though introducing a training programme on a subject like Art of Living in a technical institution is not that common, there is a need for conducting such workshops in view of the tremendous amount of stress that students as well as teachers have to undergo now-a-days.

**4. About the various sessions of the Program:**

This 14-days Faculty Development Programme on ‘**Art of Living**’ was successfully conducted at University of Science & Technology, Meghalaya (USTM) from 04/11/2017 to 16/11/2017. A total number of 40 participants/ faculty members from various departments of USTM attended this FDP. Various sessions started after the inaugural session.

“Teachers are the only medium to reach the heart and mind of the students and “Art of Living” has the potential to contribute in this direction by helping teachers learn how to release stress and improve the energy level for educational excellence” - this was stated today by Prof Dileep Malkhede, Advisor, All India Council for Technical Education (AICTE), New Delhi. He expressed his happiness and highly praised USTM for applying such a unique project to AICTE that can help the faculties and students alike. In his address, he announced several upcoming schemes by the Central Government such as scholarship for girl students, schemes for physically challenged students that will be launched soon by the Government of India. □ Prof. Amarjyoti Choudhury, Vice Chancellor, USTM also graced the occasion and said that controlling our vibrations or breath is very important while learning the art of living. He expressed his hope that the teacher will be benefitted by the programme by learning to release stress in life. □ Expert faculties from AICTE approved NGO “the Art of Living” will conduct the programme. Speaking on the occasion, Dr. Shanti Medhi, Gynaecologist and Senior Faculty, Art of Living said that the main aim of Art of Living is stress release. Mr. Deba Kumar Baruah, State Teachers Coordinator, Assam and Faculty, Art of Living also address the participants and spoke on yoga, life skill and how to increase energy level for performance in life. □ Participation certificates will be issued to the candidates who attend the programme in full. Some of the sessions included in the programme are: yoga, meditation, stress management, effective communication, handling complaints and problems in college environment, dynamism and crossing boundaries, ethics in team work, engineering as a profession, holistic rejuvenation of body and mind system, experiential teaching, being inspired and inspiring others, etc. □

**5. Valedictory Function**

The 14 day national level Faculty Development Programme (FDP) on ‘Art of Living’ has come to a successful end today at the University of Science and Technology Meghalaya (USTM), Techno City campus at 9th Mile, Ri Bhoi. □ Addressing the valedictory session, Samir Baruah, VVMVP, Art of Living said, “Art of living teaches to enjoy every moment of life. It is a journey from the head to the heart”. He said that if people work with a sense of belongingness, they do not get tired. Art of living is a way of life in three levels—physical, mental and spiritual, he added. □ Speaking on the occasion, Prof. Alaka Sharma, noted social activist and Dean, School of Social Sciences and Humanities, USTM said that everybody

wants happiness and freedom from pain, though the concept of pain may vary. “Art of living teaches how to reach more happiness and get freedom from pain. A teacher who can live in the present moment can be a very inspiring teacher who can create leaders”, she said. The good thing about Art of Living is that there are simple exercises performing which we can acquire higher level of happiness and freedom from pain. Our basic job is to create moments of happiness, she added.□Addressing the participants, Prof. Amarjyoti Choudhury, Vice Chancellor, USTM thanked AICTE for supporting a course like Art of Living, which he termed as a ‘visionary’ step forward towards developing faculties by helping them to release their stress. He also thanked all the members of the Art of living team for imparting a 14-day-long session.□In his address, Mahbubul Hoque, honourable Chancellor, USTM said that releasing stress is very important for the faculties in order to enjoy their work. Thanking AICTE for sponsoring the programme, he expressed hope that all the faculties who have attended the workshop have been highly benefitted.□Expert faculties from AICTE approved NGO “the Art of Living” conducted the programme. While addressing the participants, Mr. Deba Kumar Baruah, State Teachers Coordinator, Assam and Faculty, Art of Living expressed his satisfaction and shared his experience of the camp. He spoke on yoga, life skill and how to increase energy level for performance in life.□ Participation certificates were issued to the candidates who attended the programme.



Participants along with Resource Person

## **Campus**

**Techno City, Khanapara, Kling Road, Baridua**

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