

# Online Short Term Training Program

on

## ***'Resource, Time & Stress Management' (With Special Reference to NEP-2020)***

(February 22-28, 2022)

### **FACULTY DEVELOPMENT CENTRE (PMMMNMTT)**

HEMVATI NANDAN BAHUGUNA GARHWAL UNIVERSITY

SRINAGAR (GARHWAL), UTTARAKHAND – 246174

**NOTIFICATION-28**

**Dated: 01/02/2022**

This is true that the development and progress of any educational institute depends upon the management of infrastructure, human resources and time. The implementation of National Education Policy (NEP) 2020 requires various skills including intelligence in teachers. As a matter of strategy, the multi-disciplinary practices in NEP 2020 demand the best use of infrastructure and human resources. Today the academic fraternity is facing mental unrest due to professional demands, lack of resources, challenging work, various academic and administrative duties and responsibilities. It is very challenging to face the odd situations and environment; and the objectives of maintaining quality education in higher education sector. High aspirations of NEP 2020 demand good management of resources within limited time. Global researches proved that mismanagement, bad practices, unskilled and untrained human resources and high stress etc. are the major obstructions in institutional and personal progress of teachers.

Thus, there is a need to prepare faculty members as best academic leaders at every level with continuous training and developing healthy environment through best practices of stress and time management for faculty members. As a matter of fact, resource, time and stress management are the core requirements for such kind of preparation and training. Therefore, in current scenario, these should be the main focus of training to faculty members as per above aspects. Keeping in mind, Faculty Development Centre (FDC), HNB Garhwal University, Srinagar (Garhwal) is organizing an Online Short Term Training Program entitled '**Resource, Time & Stress Management (With Special Reference to NEP)**' for faculty members of universities and colleges during February 22-28, 2022 under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT) scheme of MHRD, Govt. of India.

The training program is designed to train and disseminate the participants elaborating upon techniques and practices related to resources, time and stress management.

#### **Content Outline:**

- 1- Best Practices for the Management of Human Resources
- 2- Best Practices for Time Management
- 3- Mindfulness as the Practice of Stress and Time Management
- 4- Popular Methods of Meditation and other Yogic Practices
- 5- Motivational Practices

## 6- Emotional Intelligence

### **Anticipated Outcomes:**

- 1- To aware the participants about best educational practices within limited resources for the Management of Human Resources
- 2- Psychophysical symptoms of bad mental health i.e. sadness, stress, tension, and depression etc.
- 3- To develop the sense of awareness in participants with essential techniques and practices of stress management.
- 4- To disseminate participants with essential techniques and practices of stress management.
- 5- To develop emotional intelligence of faculty members to face critical circumstances.
- 6- To develop basic skills of faculty members to work in limited time and tough situation.

Interested higher education teachers may register for the Online One Week Short Term Program on the prescribed application format latest by February 15, 2022 using the following link:

[https://docs.google.com/forms/d/e/1FAIpQLSdSBLtauysmBwyjRkrkJCp1GBAyxCvjBHQahRcUUo2e\\_6WA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdSBLtauysmBwyjRkrkJCp1GBAyxCvjBHQahRcUUo2e_6WA/viewform?usp=sf_link)

The amount of Rs. 1000/- (One Thousand only) non-refundable would be the program conduction fee to attend this online training program.

**Last date to apply: 15.02.2022**

For any query mail to: fdchnbgu@gmail.com.

### **Account Details:**

Account No- 38698900528

IFSC Code- SBIN0010583

Account Holder Name- Director, FDC