

Theme of FDP :

Enhancing Productivity through Effective Stress Management

Topics to be covered : (but not limited to)

- Stress Generation, and Tension areas at Workplace and Homefront
- Improving efficiency and productivity through effective time management
- Understanding Breath-Mind-Body connection, and introduction to Sudarshan Kriya
- Understanding levels of body, mind, intellect and emotions
- Response and Reactions
- Relaxation and clarity of mind through meditation and control
- Commitment and Comfort; Responsibility and Belongingness
- Effort-Benefit Analysis for overcoming Stress

Resource Person :

In-House mentors and members from Art of Living Foundation

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

Programme code : 1615793691 (List of additional online FDPs 2021-22)

Programme Organizing Team :

Patron : Prof V K Jain, Vice Chancellor, Tezpur University

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Prof P Baruah, Dean, School of Management Sciences
Prof C Goswami, Head of Department, Business Administration

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AICTE sponsored
One-week ATAL
Faculty Development Programme (FDP)
(Online mode under Pandemic uncertainty)

On

Enhancing Productivity through Effective Stress Management

In association with
Art of Living Foundation

23rd – 27th August, 2021

Sponsored by



AICTE Training and Learning Academy

Organised by
Department of Business Administration

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