

ATAL Faculty Development Program

Leadership Excellence for Academic Development (LEAD)-Elementary



12th - 16th
July 2021
(Online Mode)



Organized by
NITK, Surathkal

heartfulness
purity weaves destiny

In collaboration with
Heartfulness Institute



with financial support from
ATAL Academy, AICTE

Coordinators:
**Prof. Prasad Krishna (NITK) &
Prof. Hemalatha Reddy**
(Heartfulness Institute)

ABOUT NITK, SURATHKAL

National Institute of Technology Karnataka (NITK), Surathkal from its inception (1960) is known to be



a premier Institution engaged in imparting quality technical education and providing support to research and development activities. NITK has been conferred the status of an Institution of National Importance vide NIT Act No.29 of 2007 by Govt. of India and is consistently ranked (current NIRF 2020 Rank:13 in Engineering) one of the top fifteen technical institutions in India. Presently, NITK offers 9 Bachelors, 28 Masters and Doctoral Degree programs.

For more information about NITK, please visit www.nitk.ac.in

ABOUT HEARTFULNESS INSTITUTE

Heartfulness Institute is a Global non-profit organization headquartered in India dedicated to developing and offering heartfulness programs to all

citizens of the world above the age of 15. Currently, Heartfulness practices are offered in 150 countries with around 4 million practitioners around the world. The meditation training is offered free of cost to all aspirants and all other services are offered on a voluntary basis. The Heartfulness Institute recently completed 75 years of its establishment and is currently headquartered at Kanha Shanti Vanam, Telangana (close to Hyderabad International Airport) which is also the venue of the world's largest meditation hall, inaugurated by Honorable President Shri. Ram Nath Kovind. Our Honorable Prime Minister, Shri. Narendra Modi and Prof. Anil D. Sahasrabudhe, Chairman, AICTE have recently felicitated the growth of the organization. The Heartfulness Education Trust runs various value based and educationally innovative programmes such as value-based education for school and college curricula, wellness workshops, yoga and meditation retreats and fellowship programmes to all members of the public ranging from primary school students, undergraduate and post

graduate students, teaching faculty and educational administrators across India and the world. As part of one of its flagship programmes launched last year- the Heartful Campus - has currently trained around 30,000 students and 10,000 faculty members in more than 100 colleges in India.

For more information about heartfulness, please visit www.heartfulness.org

OBJECTIVES OF THE FDP

A teacher's role is demanding physically, mentally & emotionally, yet most of the teacher's training programs focus only on pedagogy and content, without developing social, emotional and cognitive abilities, shown to be more important as qualities for leaders in today's world.

Accordingly, this FDP intends to inspire the academic faculty and facilitate the enrichment of their lives through adopting alternate contemplative approaches towards teaching and learning. At the end of this FDP, participants would have learnt to adopt meditative approaches to teaching and personal evolution. Practicing heartfulness methodology will have positive effects on Emotional Intelligence, Resilience, Attention and Classroom Management in teachers.



CONTEMPLATIVE PEDAGOGY

NITK & The Heartfulness Education Trust is uniquely poised to engage with the affective dimensions of curricula, complementing already existing efforts in the wider world to improve the

cognitive (perspective based) and psycho-motor (skill based) dimensions of curricula.

We are interested in the affective dimensions of learning – helping all members of a university to connect their inner lives with their outer worlds, with balance and joy. Such affective learning-based curricula is collectively labelled as Contemplative Pedagogy, which is a system of practices, foregrounded in meditation, aimed at improving the capacity of teaching and learning drawing insights from our inner examined lives and from the challenges that the world poses us as individuals and as citizens of the world. Scientists have been studying meditation empirically for the last 60 years, and the impact of meditation on neuroplasticity, brain health and overall well-being has been established. We have sufficient proof that meditation improves stress management, sleep management, decision-making, emotional intelligence and relationship-building.

PROGRAM COORDINATORS

Prof. Prasad Krishna,
NITK Surathkal
Mobile: 94812 63296
krishnprasad@nitk.edu.in

Prof. Hemalatha Reddy,
Heartfulness Institute
Mobile: 97117 96886
reddyph2008@gmail.com

OVERVIEW OF VARIOUS SESSIONS

This FDP is offered online under the main theme of Life-Skills Management with the sub theme of Developing Consciousness. It comprises 14 sessions, with each session of 2 hours' duration, 3 sessions per day and a total of 14 sessions as part of the 5-day program excluding the inaugural, valedictory & feedback sessions. There are 4 practice sessions/experiential sessions where participants will learn the various dimensions and types of heartfulness practices.

Titles of the various sessions along with details of the resource persons are as under:

Leading from the Heart by
Mr. Ramesh Krishnan,
Director, Intel Corp., Bengaluru
& Director, Heartful Campus.

Education and meditation by
Prof. Bala Subramanian,
KREA University, Sricity, AP.

Practice session-1 by
Dr. Suresh Purini,
IIT Hyderabad.

Science of meditation by
Prof. Vibin Ramakrishnan,
IIT Guwahati, Assam.

Joyful reflective practices by
Prof. Sushama Viladkar (Rtd.),
ICFAI University, Dehradun.

Practice session-2 by
Prof. Pari Plavi (Rtd.),
Osmania Medical College, Hyderabad.

Contemplative practices in education by
Prof. Srikrishna Ayyangar,
Azim Premji University, Bengaluru.

Becoming an ethical teacher by
Prof. Prasad Krishna,
NITK, Surathkal.

Practice session-3 by
Dr. Nandini Shekhar,
Transformations Unlimited, Mysuru.

Redefining the role of an educator by
Prof. Hemalatha (Rtd.),
Delhi University.

An integrated approach to Yoga by
Prof. Sarala Upadhyaya (Rtd.),
UVCE Bengaluru.

Practice session-4 by
Dr. Ashish Johri,
Principal Consultant, SYNERGIE HR,
Human process consulting, Jaipur.

Plenary session, The 5 'C's for Teachers: Contentment, Calm, Compassion, Courage and Clarity by
Dr. Elizabeth Denley,
Coordinator, Content & Product Development, Heartfulness Institute, & Editor-in Chief Heartfulness Magazine.

WHO CAN APPLY

Faculty members, Research scholars, PG Scholars of the AICTE approved institutions, participants from Govt., Bureaucrats and Industry professionals can apply. Please note that only 200 participants are allowed on first cum first basis.

HOW TO REGISTER

This FDP is offered free of cost to all participants with financial support from the ATAL Academy, AICTE, a statutory body of the Government of India. Eligible applicants can register on the ATAL portal <https://www.aicte-india.org/atal> to attend the FDP. After signing up in the above portal, you can choose this FDP under Karnataka state in the area of Life Skills Management.

IMPORTANT DATES

Last date (Online registration):
25 June 2021

Intimation to selected candidates by email: 30 June 2021.

Confirmation from participants:
5 July 2021.

Duration of FDP:
12th -16th July 2021

COMMUNICATIONS

All communications related this FDP may be forwarded to campus.fdp@heartfulness.org. There will also be a WhatsApp Group of all participants to post updates about this FDP daily.

PARTICIPATION CERTIFICATE

E- certificates can be downloaded by the participants who are registered on ATAL portal <https://www.aicte-india.org/atal> and attend the program with minimum 80% attendance and score minimum 60% marks in the test conducted on the last day and submit overall feedback about the FDP through the portal.

