

REGISTRATION FORM

AICTE Training and Learning
(ATAL) Academy
Sponsored
TWO WEEKS HYBRID MODE FDP
on

**“CAPACITY BUILDING
(THROUGH YOGA AND MEDITATION)”**

13 -18 March 2023 (Online)

20-24 March 2023 (On-Site)

Name: Mr./Ms./Dr. _____

(In capital letters)

ATAL Participant Id. No.

Designation: _____

Department: _____

Organization: _____

Address for correspondence: _____

Mobile No: _____

E-mail ID: _____

Educational qualification: _____

Accommodation required: Yes/No

Signature and Date _____

RECOMMENDATION OF THE AUTHORITY:

The applicant is hereby permitted to attend the high end workshop, if shortlisted.

Date: _____

Signature and Seal of Sponsoring Authority

ORGANIZING COMMITTEE

CHIEF PATRON

Shri S C Ralhan
Chairperson NIT Jalandhar

PATRON

Prof. B K Kanaujia
Director, NIT Jalandhar

CO-PATRON

Prof Ajay Bansal
Registrar,
NIT Jalandhar

Prof Anish Sachdeva
Professor, IPED
NIT Jalandhar

ADVISOR

Dr. Renu Gupta
Associate Professor, NIT Jalandhar

CHIEF COORDINATOR

Shailendra Bajpai
Associate Professor, NITJ

COORDINATORS

Dr Narendra Kumar
Assistant Professor, NITJ
Dr Mohit Tyagi
Assistant Professor, NITKKR

CONVENER

Dr. Ghanshyam Neje
Assistant Professor, NITJ

Address for Correspondence

Dr. Shailendra Bajpai (Associate Professor)
Department of Chemical Engineering, NIT
Jalandhar- 144027- Punjab
Email: bajpais@nitj.ac.in
Mobile: +919888895253

**TWO WEEKS
HYBRID MODE FDP
on**

***CAPACITY BUILDING
(THROUGH YOGA AND MEDITATION)***

13 -18 March 2023 (Online)

20-24 March 2023 (On-Site)

Funded by

AICTE Training and Learning (ATAL) Academy



Organized by



**Department of Chemical Engineering
Dr. B.R. Ambedkar National Institute of Technology
Jalandhar: 144027**

www.nitj.ac.in

About NIT Jalandhar

Dr. B R Ambedkar National Institute of Technology (NIT) Jalandhar is amongst the 20 NITs established by Ministry of HRD, Government of India. The institute came into existence in the year 1988 (earlier Regional Engineering College Jalandhar) and obtained the status “Institute of National Importance” by Act of Parliament 2007. The institute is offering B Tech program in various disciplines like Computer Science and Engineering, Electronics and Communication Engineering, Instrumentation and Control Engineering, Mechanical Engineering, Civil Engineering, Textile Technology, Biotechnology, Chemical Engineering, and Industrial & Production Engineering. In addition to B Tech programs, the institute offers M Sc. programs in Physics, Chemistry and Mathematics, M Tech programs in all Engineering departments, and PhD programs.

Location

The institute is located on G.T Road Amritsar by-pass at a distance of 15 km from Jalandhar Bus Stand, 12 km from Jalandhar City Railway Station, and 18 km from Jalandhar Cantt. Railway Station. It is connected to New Delhi by Road through AC bus service and Rail through Shatabdi/Superfast trains. The city is surrounded by famous rivers Sutlej and Beas. Jalandhar is internationally famous for sports goods industry and hand tools industry.

Overview of the FDP:

Faculty members are the corner stone of any educational institute as they are instrumental in shaping the future of students. It is very important that, from time to time the institutions organize faculty reorientation program. This serves two purposes; Firstly, the faculty re-embodies the vision of the institute and; Secondly, it helps to re-emphasize their role as educators as the beacon that

imparts knowledge of great morals, ethics, and integrity of future generations.

FDP Objectives:

- To imbibe the skills and competencies required to achieve goals directed by values.
- To maintain and enhance faculty effectiveness by inculcating dynamism and leadership qualities.
- To develop commitment and ethical approach towards work, and instil a sense of responsibility towards the institution.
- To make participants understand how stress works and to help them develop sustainable behaviours to overcome stress.

Benefits of FDP:

After completing the Course, the faculty will itself feel the difference in terms of:

- Holistic Development
- Enhanced Potential
- Fair-mindedness and Patience
- Dynamism and Commitment
- Increased Efficiency and Confidence
- Ethical Leadership & Risk taking ability
- Stress reduction

Who can attend this workshop?

The faculty members, research scholars, PG Scholars of the AICTE/UGC/Central Government approved institutions, participants from Government, Industry and faculty, research scholars, PG Scholars of host institution are eligible to attend

Note: Number of Participants is limited to 50 on first come first serve basis

Experts from

Yoga and Meditation Experts from Art of Living and other Institute.

Registration

Interested Participants have to first register on AICTE ATAL portal.

Participants can register for this course on AICTE-ATAL portal by following steps

1. Visit <https://atalacademy.aicte-india.org/signup>
2. Register as a participant → Fill your details
3. Select Workshop → Month → Thrust Area → Life Skill Management → Face to face
4. Select Capacity Building

The application (scanned copy in pdf format) in the prescribed format should be sent to the coordinator on email latest by March, 1 2023. The participants will be intimated about selection as soon as form is received and latest by March, 5 2023.

Registration Fee

There is NO registration fee to attend the program. However, No TA/DA for attending offline mode will be provided by AICTE/NITJ.

Accommodation

Limited accommodation is available in the NITJ Guest House/Hostels for outstation participants during offline course on nominal charges on first come first serve basis. FDP OUTLINE (AS PER ATAL NORMS) Mode: Blended/Hybrid: Online for theory and offline for practical/labs/ experiential learning.