

ABOUT COURSE

- Personal effectiveness means use of all the personal resources such as talent, skills, energy, and time management to achieve their goals both in work and life. This is related to job, status and professional background of technical experts.
- The key elements is like achieving personal goals, including the development self-awareness of strength and evaluating action plans. Personal effectiveness is a foundation of great management and the skills presented from a base of personal excellence
- The increasing requirement for technical expert who can achieve personal goals, develop self-awareness of strength and evaluate action plans, communicate effectively which has generated the need to diversify the role of teaching faculty in technical and engineering institutes.
- Personal effectiveness and Communication is considered as a distinguishing characteristic of successful organization and the role of faculty occupying strategic positions.
- This course will fulfill this need by focusing on paradigm shifts and new roles that technical teachers undertake as a part of outcome based education with a view of developing Universal Human values.

The course will focus on and enable participants to :

- Understand the basic principles of stress management
- Recognize your stress triggers and how to manage them
- Develop proactive responses to stressful situations
- Emphasize the importance of inner peace of the individual as the basis for peace in society.
- Highlight the unique contribution of Yoga towards inner peace as well as the effects of Yoga on physical and mental health
- Understanding the existence of negative emotions like inertia, lust, jealousy, hatred, grief and anger as an outcome of Stress
- Essentials to experience calm, happy and positive state of mind

REGISTRATION PROCESS

One can register for the course as per the specified process of AICTE Training and Learning (ATAL) Academy.

Visit <https://www.aicte-india.org/atal> for registration

For certificate, attendance and passing of Examination is mandatory.

RESOURCE PERSONS

The program will be conducted by eminent speakers from academia and industry.

COURSE SCHEDULE

Dates : 14th -25th November, 2022

Timing :

Week 1 (Mon to Sat) - 7:00 pm to 09:30 pm.

Week 2 (Mon to Fri) - 09:00 am to 05:00 pm

WHO SHOULD ATTEND THE COURSE

The course should be attended by faculty of any stream as it will enhance the effectiveness through communication

COURSE OUTCOMES

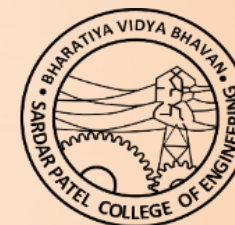
- Manage your stress levels and improve your efficiency at work
- Communicate more effectively
- Be more assertive and confident with your work colleagues
- Develop a long term action plan to minimize and better manage stress

**All India Council for Technical Education
(AICTE) Training and Learning (ATAL)
Academy**

**Sponsored Two Weeks Faculty Development
Program On**

**“Stress Management, Art of Living and
Effective Communication Skills”**

14th -25th November, 2022



Coordinator

Dr. Shyamlee D. Solanki

Assistant Professor

First Year Department

Organized By

First Year Department

Bharatiya Vidya Bhavan's

Sardar Patel College of Engineering

(An autonomous institution affiliated to University of Mumbai)

Telephone: 91-22-262 32 192 / 262 89 777

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URL : www.spce.ac.in

ABOUT THE INSTITUTE



Sardar Patel College of Engineering (SPCE) under the management of the Bhartaiya Vidya Bhavan, was founded by Kulapati Dr. K. M. Munshi. It was established to meet the growing demand for engineering talent.

The foundation stone of the college was laid on 17th September 1961 by Shri. Y. B. Chavan (the then Chief Minister of Maharashtra who later became the Defence Minister of India.)

The college was inaugurated by the first Prime Minister of Independent India, Pandit Jawaharlal Nehru in 1962. The college is dedicated to Sardar Vallabhbhai Patel, an eminent nation builder of independent India.

The college is autonomous and affiliated to the University of Mumbai for the full-time degree, post graduate, and research programs. The institute has set high standards for aspiring engineering students and also meets the need of quality education in the challenging world of business.

Over the last 50 years the college has gained an excellent reputation in the field of Technical Education. SPCE is one of the few colleges that have received Grade 'A+' rating for its aided courses from the Govt. of Maharashtra which certifies the spirit of excellence that the institute has symbolized and always practiced. Institute celebrated its golden jubilee in the year 2012.

FIRST YEAR DEPARTMENT

Vision of the department

To be a department of repute to help lay foundation of basic sciences and communication and interpersonal skills for the students required for their engineering program and even later.

Mission of the department

- To help the students develop mathematical skills required to solve the problems in their engineering program and later in their professional life.
- To impart the knowledge in engineering sciences keeping the needs of their engineering program and the industry.
- To help the students inculcate human values, develop communication and inter personal /soft skills and transform into a fine personality.

OBJECTIVES OF AICTE ATAL ACADEMY

- To set up an Academy which will plan and help in imparting quality technical education in the country
- To support technical institutions in fostering research & innovation and entrepreneurship through training
- To stress upon empowering technical teachers & technicians using Information & Communication Technology
- To utilize SWAYAM platform and other resource for the delivery of trainings
- To provide a variety of opportunities for training and exchange of experiences such as workshops, Orientations, learning communities, peer mentoring and other faculty development programs.
- To support policy makers for incorporating training as per requirements

PATRON



Dr. Sesha Iyer
Chairman, BoG,
Sardar Patel College of Engineering



Dr. Abhay Wagh
Director, Directorate of Technical
Education, Maharashtra



Dr. M. M. Murudi
Principal In-charge,
Sardar Patel College of Engineering

ORGANIZING COMMITTEE

Dr. M. M. Murudi	Principal In-Charge
Dr. Kiran Bhole	Dean (R&D) and Course Co-coordinator
Dr. Shyamlee Solanki	Course Coordinator
Prof. Ankit Asher	Faculty CED

CONTACT FOR MORE INFORMATION

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