

ABOUT THE INSTITUTE

With its phenomenal and enriching presence for more than two decades, ISIM is a pioneer in the field of Management and IT education, delivering value to its stakeholders. Ranked amongst the top Management and IT institutions by Rajasthan Technical University and accredited 'A' by NAAC, ISIM believes in bringing a change in the society by imparting quality education.

The institute has been consecutively ranked first in the category "A" for the academic sessions 2017-2018, 2018-19 and 2019-2020 by Rajasthan Technical University, Kota, for its MBA and MCA programs on the basis of Quality Index Value (QIV) score. It has also been ranked first in category "A" for its MBA program in 2020-21, 2021-22 & is placed in category "A" in 2020-21, 2021-22 for its MCA Programme.

The institute has also been able to achieve distinguished ranks among all the institutions in India, in the surveys conducted by agencies such as CSR-GHRDC, Indian Management and Business world.

A total of 24 batches of MBA and 23 of MCA have successfully graduated and are well placed at senior management positions in National & International organizations. ISIMites engage themselves energetically and enthusiastically in various academic, co-curricular and research activities.

At ISIM, the students are nurtured and trained for success. The institution has sustainable good practices in teaching, learning and evaluation to achieve academic excellence. The course design and pedagogy equip the students to lead diverse organizations in a cross-continental environment. Innovative pedagogy, qualified and experienced faculty, structured industry interface and a state-of-the-art fully integrated campus, contribute immensely towards making the students future-ready professionals.



Address for Correspondence

International School of Informatics & Management Technical Campus
(Formerly India International Institute of Management)
Sector-12, Mahaveer Marg,
Mansarovar,
Jaipur - 302020, Rajasthan, India
Tel.: +91-141-2781154/55
Telefax: +91-141-2781158
Email: iiim@icfia.org
Web : www.icfia.org

A Heritage of Vision ● A Legacy of Innovation

10-15 October 2022

Faculty Development Programme on Reset, Rejuvenate & Renew: A mind body spirit Approach to self renewal



International School of Informatics & Management
Technical Campus
Jaipur

A Heritage of Vision • A Legacy of Innovation

Introduction

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. Particularly for a working People, Yoga is a great remedy to remove our tensions which definitely affects our health.

The objective of the FDP is to highlight the importance of 'Life Skills' and how to cope with changing lifestyle and stress, especially in present era. In view of 'Yoga is the artwork of awareness on the canvas of body, mind and soul' this FDP will help the Faculties to keep healthy in body and mind

This FDP will unleash the full potential of participants by electrifying the body, mind & soul. The program will be fully immersed in a journey of self-discovery and rejuvenation as this FDP will bring together a powerhouse lineup of expert speakers, high-energy workshops, and uplifting activities. From invigorating yoga and meditation sessions to tantalizing healthy eating workshops, this event will leave the participants with the feeling of rejuvenation, invigorated, and ready to tackle anything in professional and personal life's

The program will also provide participants to Dive deep into the Spiritual teachings of the Bhagavad Gita and discover the path to inner peace and true fulfillment.

This faculty development program will be a transformative week of growth, renewal, and pure bliss. So, get ready to experience the ultimate Body, Mind, and Soul transformation. The prime aim of program is to strengthen the participants mentally, physically and spiritually.

Objectives:

- To make the participants understand the significance of yoga and meditation
- To enable the participants to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values through yoga and meditation.
- To attain higher level of consciousness.
- Increased inner awareness of self
- Understanding the strength and weakness of self
- Balanced life and profession
- Stress free and healthy life style
- Better understanding of others perspective
- Improved Productivity in profession Happy personal life
- Smoother interpersonal relationships

Resource Persons :

Mr. Jitendra Singh Bulawat

Ayurved Expert
Foodoga

Ms. Garima Moitra

Senior Group Manager HR,
WNS Global Services Pvt. Ltd.

Ms. Himani Sharma

HR Manager,
Taj Hotels

Coach Ajay Singh

Director,
Apple Fitness Pvt. Ltd.

Shri Siddha Swaroop Das

Youth Mentor,
Akshaya Patra

Patron:

Dr. Ashok Gupta
Director

Convener:

Dr. Manju Nair
Principal

Co-Convener:

Dr. Kavaldeep Dixit, Vice Principal
Dr. Swati V. Chande, HOD, Computer Science

Co-ordinators:

Dr. Bharti Sharma
Dr. Gargi Sharma
Ms. Osheen Modi

Schedule and venue/date:

Venue: Auditorium/ 10-15 October, 2022

Organizing Committee:

Dr. Kavya Saini
Dr. Bhumija Chouhan
Dr. Poornima Mathur