



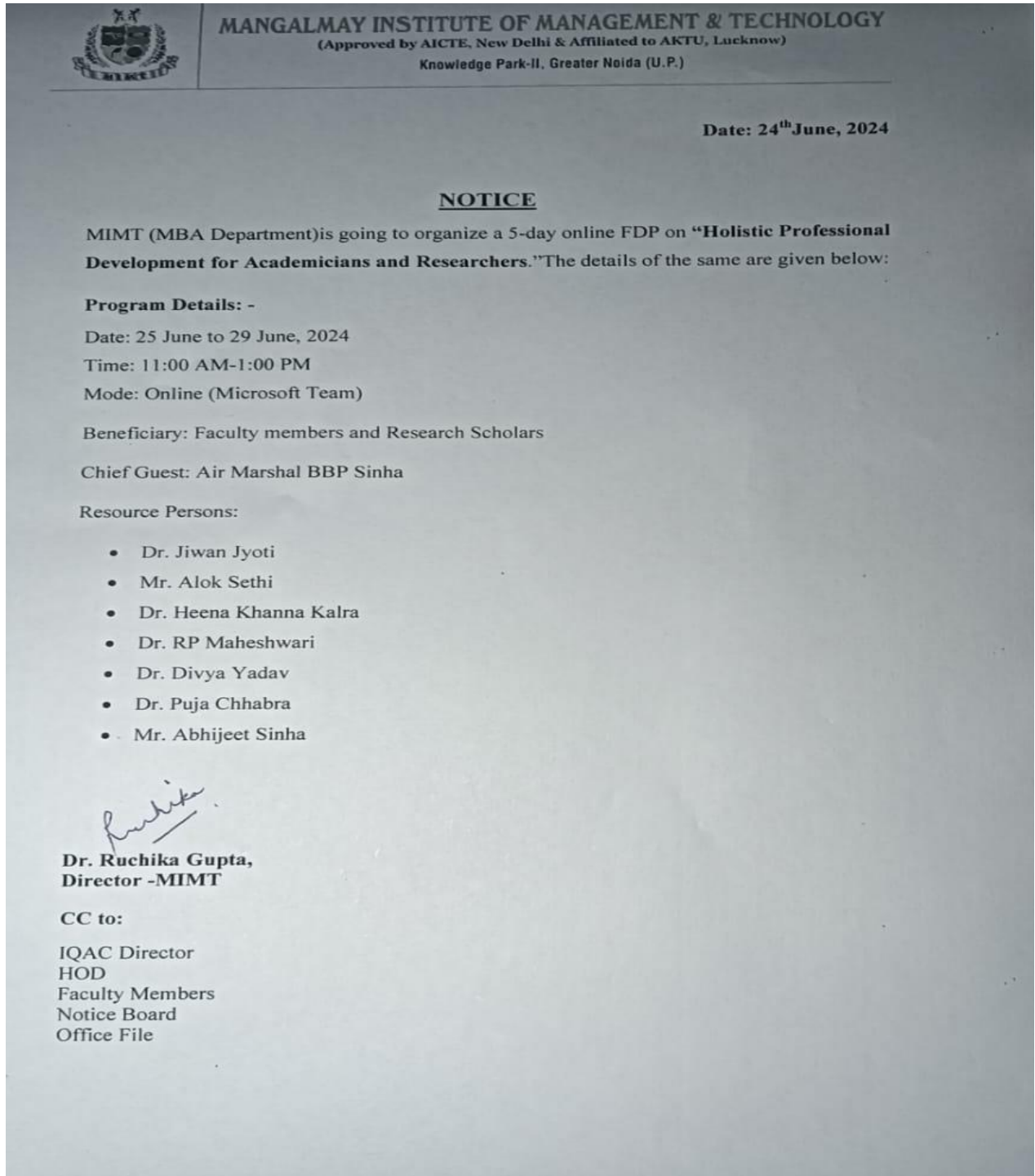
MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY


(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)

Knowledge Park-II, Greater Noida (U.P.)

A REPORT ON 5 DAY ONLINE FDP ON HOLISTIC PROFESSIONAL DEVELOPMENT FOR ACADEMICIANS AND RESEARCHERS (25-06-2024 to 29-06-2024)

Notice:



 **MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY**
(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)
Knowledge Park-II, Greater Noida (U.P.)

Date: 24th June, 2024

NOTICE

MIMT (MBA Department) is going to organize a 5-day online FDP on “**Holistic Professional Development for Academicians and Researchers.**” The details of the same are given below:

Program Details: -

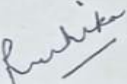
Date: 25 June to 29 June, 2024
Time: 11:00 AM-1:00 PM
Mode: Online (Microsoft Team)

Beneficiary: Faculty members and Research Scholars

Chief Guest: Air Marshal BBP Sinha

Resource Persons:

- Dr. Jiwan Jyoti
- Mr. Alok Sethi
- Dr. Heena Khanna Kalra
- Dr. RP Maheshwari
- Dr. Divya Yadav
- Dr. Puja Chhabra
- Mr. Abhijeet Sinha


Dr. Ruchika Gupta,
Director -MIMT

CC to:

IQAC Director
HOD
Faculty Members
Notice Board
Office File



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)

Knowledge Park-II, Greater Noida (U.P.)

Digital Banner:




MANGALMAY

INSTITUTE OF MANAGEMENT & TECHNOLOGY



Online Faculty Development Program

ON

“Holistic Professional Development for Academicians & Researchers”

From
25.06.2024 to 29.06.2024

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MIMT

GUEST SPEAKER



Air Marshal BDP GUPTA (Retd.)
Commanding Officer,
Operations & Control
Flying Club of India, Delhi
Former Visiting Senior Member
Air Transport Council India
Member, IATA (India)

MEMBERS OF ORGANIZING COMMITTEE



DR. DIVYA SINGH
Head of Dept. (Faculty Development)
Faculty Development
Office (Faculty Dev. Office)



DR. ANSHU SINGH (PhD)
Senior Lecturer (Faculty Development)
Faculty Dev. Office



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MEMBERS OF ORGANIZING COMMITTEE

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MEMBERS OF ORGANIZING COMMITTEE

Dr. Anushka Gaur	Dr. S. Parvathi Prasad	Dr. Vinod Kumar	Dr. Rajesh Kumar	Dr. Suresh Choudhary	Dr. Anand Agrawal
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SCAN TO PAY
Registration Fees : Rs. 200

Note: E-certificates to all registered participants will be awarded upon full attendance & feedback form submissions.



Scan the QR Code or fill the Google form below
Registration
<https://forms.gle/TAghE5iwrwLWV2117>

Toll Free : 1800 103 3797 | www.mimt.org

Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India






Schedule:

Schedule of FDP			
Inaugural Session: 10.30 AM to 11:00 AM			
Date / Time	Day	11:00 AM to 12:00 PM	12:00 PM to 1:00 PM
25-06-2024	Day 1 (Tuesday)	Work Life Balance - Air Marshal BBP Sinha (Retd.), Commander-in-Chief, Western Air Command, Deputy Chief of the Air Staff	Research Proposal Writing - Prof. (Dr.) Jiwan Jyoti, Director, Dept. of Lifelong Learning, University of Jammu
26-06-2024	Day 2 (Wednesday)	Mindfulness and Well-being - Dr. Heena Khanna Kalra, Assistant Professor, Certified NLP Trainer, Public Speaker, Lovely Professional University	Personal Financial Planning - Mr. Alok Sethi Kalra, (CA, CS), Global Corporate Trainer
27-06-2024	Day 3 (Thursday)	Research Skills and Grant Writing -Dr. RP Maheshwari, Retired Professor, Dept. of Electrical Engineering, IIT Roorkee	
28-06-2024	Day 4	Emotional	Stress Management

	(Friday)	Intelligence - Dr. Puja Chhabra Sharma, Professor-Management, Ex-Dean Ansal University, Domain Expert, TISS Mumbai	- Mr. Abhijeet Sinha, Founder-Quick Learning Education
29-06-2024	Day 5 (Saturday)	Technical Skills - Data Governance - Dr. Divya Yadav, Director, Bank OZK, USA	Valedictory Session

Brochure:

REGISTRATION PROCESS

Read the terms and conditions as mentioned in this brochure.

PAYMENT DETAILS

Pay the registration amount by scanning the UPI code Below



SCAN ME

REGISTRATION LINK

<https://forms.gle/TAgH5iwrLWV217>

PAYMENT DETAILS

- Payment proof: Take the screenshot/receipt of payment proof having unique transaction ID and date of transfer. Do attach it in the google form link shared at the time of registration.
- Fill the Registration form correctly with all the details along with payment proof.
- The following details must be very carefully filled as you wish them to appear in the certificate:
Name: In capital letters along with correct salutation (Dr./Mr./Ms.)
Institution Name:
Email ID & Phone No.
- You will be added in WhatsApp group by MIMT after confirmation of registration.
- In case you are not added to the WhatsApp group, please contact one day before FDP.
- E- Certificate will be provided on successful completion of all sessions.

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MGI

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Vice -Chairman
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REGISTRATION COMMITTEE

Dr. Ashutosh Gaur | Dr. Sheetal Panwar | Dr. Varun Kumar | Mr. Piyush Kumar | Ms. Teena Chauthary | Mr. Anurag Agarwal

REGISTRATION FEE : 200/-

MANGALMAY
INSTITUTE OF MANAGEMENT & TECHNOLOGY

is organizing
Online Faculty Development Program
on
"Holistic Professional Development for Academicians & Researchers"

25th June 2024 to 29th June, 2024



SCAN TO PAY
Registration Fee : Rs. 200



Scan the QR Code or click the link to register

<https://forms.gle/TAgH5iwrLWV217>



SCHEDULE OF FDP

Inaugural Session : 10:30 AM to 11:00 AM		
Date/Time	11:00 AM to 12:00 PM	12:00 PM to 01:00 PM
Day 1	Work Life Balance Air Marshal BDP Sinha	Research Proposal Writing Prof. (Dr.) Jivan Jyoti Director
Day 2	Mindfulness & Well Being Dr. Heena Khanna Kalra	Personal Financial Planning Mr. Alok Sethi Kalra
Day 3	Leadership & Management Skills Prof. (Dr.) Gunmala Suri	Research Skills & Grant Writing Prof. (Dr.) RP Maheshwari
Day 4	Emotional Intelligence Dr. Puja Chhabra	Stress Management Mr. Ashish Khanna
Day 5	Technical Skills - Data Governance Dr. Divya Yadav	Valedictory Session

About MIMT

Established in 2002, Mangalmay Institute of Management Technology is one of the premier Institute with a prime focus on innovation, excellence and nurturing

"Holistic Professional Development for Academicians & Researchers"

The Online Faculty Development Program titled "Holistic Professional Development for Academician and Researchers" aims to provide comprehensive growth opportunities blending personal and professional development. This covers a range of essential topics designed to enhance overall well-being and effectiveness in both personal and professional realms. Participants will explore strategies for achieving work-life balance, effective research proposal writing, and techniques for mindfulness and well-being to foster mental and emotional health. Sessions on personal financial planning will equip participants with tools for better financial management, while sessions on leadership and management skills, as well as emotional intelligence, will refine their interpersonal and leadership capabilities. Additionally, the program includes technical skills training in data governance and stress management techniques to help participants to navigate the demands of academia with resilience and efficiency. This holistic approach ensures that participants are well prepared to excel in their roles as educators and researchers.

CHIEF GUEST

Air Marshal BDP Sinha (Retd.)
Commander-in-Chief
Western Air Command
Deputy Chief of the Air Staff

RESOURCE PERSONS

- Dr.(Cdr) Puja Chhabra Sharma
- Prof. (Dr.) Jeevan Jyoti
- Mr. Ashish Khanna
- Dr. Heena Khanna Kalra
- Dr. RP Maheshwari
- Dr. Gunmala Suri
- Dr. Divya Yadav
- Alok Sethi (CA,CS)



Toll Free 1800 103 3797 | www.mimt.org
Plot No. 8 & 9 Knowledge Park-II, Greater Noida

Report:

Name of the Activity	5 Day FDP on “Holistic Professional Development for Academicians and Researchers”
Date	25th to 29th June, 2024
Mode	Online (Microsoft Team)
Organized by	Department of MBA and IQAC, MIMT
No. of Participants	103
Resource Persons	<ul style="list-style-type: none">❖ Mr. BBP Sinha (Chief Guest) Air Marshal (Retd.), Commander-in-chief, Western Air Command, Deputy Chief of the Air Staff ❖ Dr. Jiwan Jyoti, Director, Dept. of Lifelong Learning, University of Jammu❖ Mr. Alok Sethi, (CA, CS), Global Corporate Trainer❖ Dr. Heena Khanna Kalra, Assistant Professor, Certified NLP Trainer, Public Speaker, Lovely Professional University❖ Dr. RP Maheshwari, Retired Professor, Dept. of Electrical Engineering, IIT Roorkee❖ Dr. Divya Yadav, Director, Bank OZK, USA❖ Dr. Puja Chhabra Sharma, Professor-Management, Ex-Dean Ansal University, Domain Expert, TISS Mumbai❖ Mr. Abhijeet Sinha, Founder- Quick Learning Education
Convener	Dr. Ruchika Gupta, Director - MIMT
Co - Convener	Dr. Richa Sharma, HOD – MBA Dept.
Objectives	<p>The objectives of the FDP were:</p> <ol style="list-style-type: none">1. To elevate the teaching methodologies of academicians, fostering innovative and effective instructional strategies. 2. To empower researchers with advanced techniques and methodologies, encouraging a culture of rigorous and

	<p>impactful research that contributes to the academic community and society at large.</p> <ol style="list-style-type: none"><li data-bbox="571 360 1428 510">3. To encourage cross-disciplinary dialogue and collaboration, enabling participants to integrate diverse perspectives and approaches in their academic and research endeavours.<li data-bbox="571 636 1428 786">4. To cultivate essential leadership and management skills, equipping participants to take on administrative roles and drive positive change within their institutions.<li data-bbox="571 857 1428 1055">5. To refine the communication and presentation abilities of academicians and researchers, ensuring their ideas are conveyed with clarity, precision and influence in both academic and public forums.<li data-bbox="571 1180 1428 1377">6. To explore the latest technological advancements and their applications in teaching and research, promoting the effective use of digital tools to enhance academic productivity and innovation.<li data-bbox="571 1458 1428 1655">7. To reinforce the importance of ethical standards in research and academia, fostering a commitment to integrity, transparency and responsible conduct in all professional activities.<li data-bbox="571 1780 1428 1930">8. To address the holistic well-being of academicians and researchers, providing strategies for maintaining a healthy work-life balance and managing stress effectively.
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	<p>9. To create opportunities for networking and professional growth, enabling participants to build valuable connections with peers, mentors and industry experts.</p> <p>10. To inspire a commitment to continuous personal and professional development, encouraging participants to stay abreast of emerging trends and advancements in their fields.</p>
Content	<p>FDP spans five intensive days, offered faculties a holistic journey through the intricacies of conducting high-quality research and effectively communicating findings. Each day was crafted with a mix of theoretical insights and practical sessions, led by experts from different areas.</p> <p>Day 1, Session 1:</p> <p>The resource person focussed on:</p> <ul style="list-style-type: none"> • Understanding the importance of work-life balance in academic and research careers. • Identifying the challenges and barriers to achieving a healthy work-life balance. • Strategies and practical tips for managing professional responsibilities alongside personal commitments. <p>Day 1, Session 2:</p> <p>The speaker highlighted in her session about:</p> <ul style="list-style-type: none"> • the key components of a successful research proposal. • Techniques for articulating research objectives, hypotheses and methodologies. • Guidelines for presenting a compelling case for funding and support. • Common pitfalls in proposal writing and how to avoid them.

Day 2, Session 1:

The expert delivered her session on:

- Introduction to mindfulness practices and their benefits for mental and emotional health.
- Techniques for incorporating mindfulness into daily routines.
- The impact of mindfulness on stress reduction and overall well-being.

Day 2, Session 2:

The resource person focussed on:

- Fundamentals of personal financial planning and management.
- Strategies for budgeting, saving and investing.
- Understanding retirement planning and insurance needs.
- Tools and resources for effective financial planning.
- well-being.

Day 3, Session 1:

- Advanced research skills and methodologies.
- Best practices for writing competitive grant proposals.
- Understanding the grant review process and criteria.
- Tips for identifying and applying for suitable grants.

Day 4, Session 1:

- Understanding the concept and components of emotional intelligence (EI).
- The role of EI in personal and professional success.
- Techniques for developing and enhancing emotional intelligence.
- Practical applications of EI in academic and research environments.

	<p>Day 4, Session 2:</p> <ul style="list-style-type: none"> • Understanding the concept and components of emotional intelligence (EI). • The role of EI in personal and professional success. • Techniques for developing and enhancing emotional intelligence. • Practical applications of EI in academic and research environments. <p>Day 5, Session 1:</p> <ul style="list-style-type: none"> • Introduction to data governance and its importance in academia. • Principles and best practices for data management and protection. • Techniques for ensuring data integrity and compliance with regulations. • Tools and technologies for effective data governance. <p>Day 5, Session 2: Valedictory Session</p> <ul style="list-style-type: none"> • Summary of key learnings and takeaways from the program. • Reflections and feedback from participants. • Presentation of certificates and acknowledgements. • Closing remarks and future directions.
OutcomeofActivity	<p>The 5-day online FDP on "Holistic Professional Development for Academicians and Researchers" achieved remarkable outcomes.</p> <p>Participants enhanced their skills in crucial areas such as work-life balance, leadership, and research methodologies. The program fostered a deep understanding of mindfulness, emotional intelligence and stress management, contributing to their overall well-being and professional efficiency. Attendees gained valuable insights into financial planning and data governance, equipping them with practical knowledge for their personal and professional growth. The</p>

	<p>program also facilitated networking and collaboration among peers, creating a vibrant community of empowered and well-rounded academicians and researchers.</p>
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Beneficiary List:

Timestamp	Email Address	Salutation	Full Name (for E-certifi	Email ID	College/Institute/ Unive	Designation
6-24-2024 13:30:02	aditi.srivastava@mimt.c	Ms	Aditi Srivastava	aditi.srivastava@mimt.c	Mangalmay Institute of	Assistant Professor
6-24-2024 13:30:49	ashok.gupta@mimt.org	Mr.	Ashok Kumar Gupta	ashok.gupta@mimt.org	Mangalmay Institute of	Asst. Professor
6-24-2024 13:31:26	anjali.mishradixit@gma	Dr	Dr Anjali Dixit	anjali.mishradixit@gma	Mangalmay institute of	Associate professor
6-24-2024 13:32:08	varun.management@gi	Dr	Varun Kumar	varun.management@gi	Mangalmay Institute of	Associate Professor
6-24-2024 13:39:34	anubhakumari78@gma	Mrs.	Anubha Kumari Jamal	anubhakumari78@gma	Mangalmay Institute of	Assistant Professor
6-24-2024 13:57:49	anurag.agarwal@mimt.	Mr.	Anurag Agarwal	anurag.agarwal@mimt.	Mangalmay Institute of	Assistant Professor and Soft Skill Trainer
6-24-2024 13:59:08	teena.chaudhary@mir	Ms	Teena Chaudhary	teena.chaudhary@mir	MIMT, Greater Noida	Assistant professor
6-24-2024 13:59:14	divya.singh@mimt.org	Ms.	Divya Singh		Mangalmay Institute of	Assistant professor
6-24-2024 14:11:51	sanikant.kumar@mimt.	Mr.	Sani Kant Kumar	Sanikant.kumar@mimt.	Mangalmay Institute of	Assistant Professor
6-24-2024 16:09:50	shefali.panwar@mimt.c	Dr.	Shefali Panwar	shefali.panwar@mimt.c	Mangalmay institute of	Assistant professor
6-24-2024 16:22:06	anju.tripathi@mimt.org	Dr.	Anju Tripathi	anju.tripathi@mimt.org	Mangalmay institute of	Associate Professor
6-24-2024 17:19:50	aanchalyagi999@gma	Dr.	Dr. Aanchal Tyagi	aanchalyagi999@gma	Mangalmay institute of	Assistant professor
6-25-2024 6:16:35	ajjpr42@gmail.com	Dr.	Dr. Ajay Pratap Singh	ajjpr42@gmail.com	Mangalmay Institute of	Professor

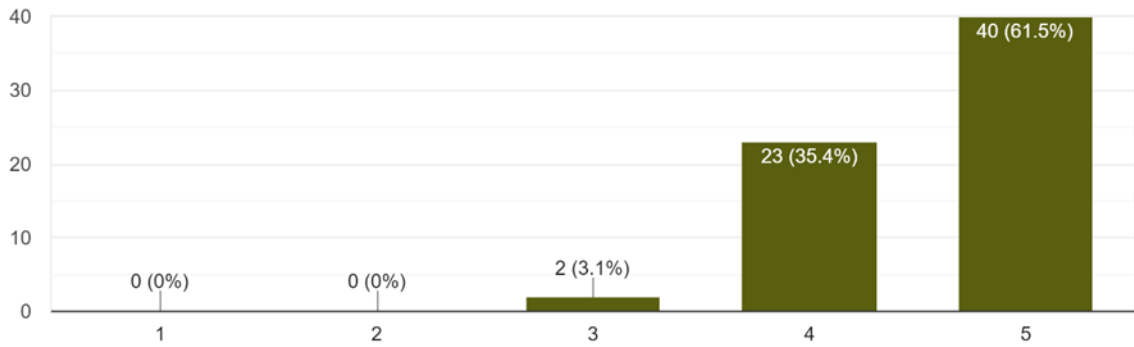
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6-23-2024 4:46:24	mishrahemantr9@gmail.Mr.		Hemant Kumar Mishra	mishrahemantr9@gmail	IIMT Group of Colleges Assistant Professor	OBVQW24Q4YONE1	https://drive.google.com/open?id=1UjMGUHeDeAduXt80C_QXQ_CQ0QrO
6-23-2024 11:20:40	Imneena2019@gmail.c	Mr.	LAXMI NARAYAN MEEN	Imneena2019@gmail.c	Aryabhata DSEU Ashok Lecturer(selection	Payment by Applicant	https://drive.google.com/open?id=1ZtrGURDeKkYkCMVt5t9zqFaaeO
6-23-2024 14:53:52	manojaswal1983@gmail	Dr.	Manoj Kumar Singh	manojaswal1983@gmail	Moradabad Institute of Associate Professor	1.13342E+11	https://drive.google.com/open?id=1FSZqfN8fYuyVgRUpTruJapsYml
6-23-2024 17:55:53	rituagarwal.ec@gmail	Dr.	Ritu Agarwal	rituagarwal.ec@gmail	ABES ENGINEERING Assistant Professor	EBRBU5DSZ28SAG	https://drive.google.com/open?id=1GahRzGLHnru9eLVbqfK5fDS-smXG
6-23-2024 18:36:33	tripathirahul9@gmail	Dr.	Rahul Tripathi	tripathirahul9@gmail	Jaganath University Assistant Professor	2.02454E+14	https://drive.google.com/open?id=1W8hNYtTmBebn07DR5AV13bTQ
6-23-2024 18:39:07	AshwiniKumar@its.edu	Dr.	Ashwini Kumar	AshwiniKumar@its.edu	Institute of technology Assistant Professor	LITGCS2QAKE2N0D	https://drive.google.com/open?id=1MfBsp8ed9GCZGH8s_MZqbn5C0VDr
6-23-2024 18:44:03	tripathirahul9@gmail	Dr.	Rahul Tripathi	tripathirahul9@gmail	Jaganath Assistant Professor	2.02454E+14	https://drive.google.com/open?id=1GahRzGLHnru9eLVbqfK5fDS-smXG
6-23-2024 18:54:57	hoarora99@gmail.com	Mr.	Hari Om Arora	hoarora99@gmail.com	SRM IST Delhi NCR C.A.P. (Soft Skills)	4.17502E+11	https://drive.google.com/open?id=1HYf5zQBok566vAciaOBWbzUN8Q
6-24-2024 20:28:17	fahimkhan0786@gmail	Mr.	Fahim Khan	fahimkhan0786@gmail	Chandigarh Group of Assistant Professor	IGARKZAEH5	https://drive.google.com/open?id=1WgOAKJLDRHSR0hZ1GaiUwZJ0ABF
6-24-2024 8:58:45	manoj.kumar@skit.ac	Mr.	MANOJ KUMAR	manoj.kumar@skit.ac	Swami Keshvanand Ins Assistant Professor	Online	https://drive.google.com/open?id=1T5XvqG2mBnGzWm3pOCCTFbbj-Y
6-24-2024 9:37:59	neelamshoelhas@gmail	Dr.	Dr. Neelam Shoelha	neelamshoelhas@gmail	DIHE Associate Professor	4.17604E+11	https://drive.google.com/open?id=1EhKDNolat0z21M6q5JLh68Rnm
6-24-2024 9:39:46	sumit.rastogi@abs.edu	Mr.	Sumit Rastogi	sumit.rastogi@abs.edu	Asian Business School Assistant Professor	09FFZB898L5W8XG	https://drive.google.com/open?id=1b7P7F-r2m0YpT-Y-E-pgF5oBQm4L34
6-24-2024 9:39:58	pratap003@gmail.com	Sh.	Pritpal Singh	pratap003@gmail.com	Aryabhata DSEU Ashok Lecturer	4.17604E+11	https://drive.google.com/open?id=1OxXQVCL_RmsArAARnRtOCm4uIV7B
6-24-2024 9:49:19	sugupta.71@gmail.com	Mr.	SUNIL KUMAR GUPTA	sugupta.71@gmail.com	Aryabhata DSEU Ashok Lecturer	GZBSC0BC7GWAU	https://drive.google.com/open?id=1SxNjR2L2PvYw6C2w0AWn25_P_dT
6-24-2024 9:56:06	varunarora.k@its.edu	Mr.	Varun Arora	varunarora.k@its.edu	Institute of Technology Assistant Professor	6.24-2024 9:56:06	https://drive.google.com/open?id=1WgOAKJLDRHSR0hZ1GaiUwZJ0ABF
6-24-2024 10:11:40	rajeev.kumar@ietluckn	Dr.	Rajeev Kumar	rajeev.kumar@ietluckn	Institute of Engineering Professor	HDF474A87DEB8E4C	https://drive.google.com/open?id=1vY80KApFz2n5YKMA_T60ucV2BqKqR
6-24-2024 10:30:40	deepak.sainy@gmail	Mr.	DEEPAK KUMAR SAINI	deepak.sainy@gmail	Aryabhata DSEU Ashok Lecturer	HG6SJOYZGTDBZ	https://drive.google.com/open?id=1e_w7J0-sucd0SGSLv1CsmNtXG5WlK
6-24-2024 10:43:43	akglr2001@gmail.com	Mr.	Ashok Kumar Gupta	akglr2001@gmail.com	Mangalay Institute of Asst. Professor	4.17604E+11	https://drive.google.com/open?id=1e_w7J0-sucd0SGSLv1CsmNtXG5WlK
6-24-2024 11:23:14	kaurharleen030@gmail	Dr.	Harleen Kaur	kaurharleen030@gmail	JMIT, Noida AP (Sr Gr)	SEPOHRPJC16ODZ	https://drive.google.com/open?id=1JUKw4Tz3k1tITCTMKJSySJDCAFwWlW
6-24-2024 11:34:11	kumarshravan@gmail	Prof	Shravan Kumar	kumarshravan@gmail	College of Liberal Arts Professor and Dean	OECACHOWPDSFYRU	https://drive.google.com/open?id=1K2hQnQ8c7Nsz7aIWE-e9S3G3Ok13
6-24-2024 12:02:55	janishis888@gmail.com	Ms	Ms Isha Jain	janishis888@gmail.com	Sunderdeep Group of Assistant Professor	4.17604E+11	https://drive.google.com/open?id=1WgOAKJLDRHSR0hZ1GaiUwZJ0ABF
6-24-2024 12:20:42	abidakan@iul.ac.in	Dr.	Abida Khanam	abidakan@iul.ac.in	Integral University Research scholar	4.17604E+11	https://drive.google.com/open?id=19RrD2tAbJvn-ez6XIEcAP7FT0ZuJQP
6-24-2024 12:26:16	sunil.k.iwari@dseu.ac	Mr.	Sunil Kumar Tiwari	sunil.k.iwari@dseu.ac	Delhi Skill & Entrepreneur Associate Professor	A12345F	https://drive.google.com/open?id=1sbUjRfYvLdDwvnt_-IMTK70DyCR
6-24-2024 12:56:37	er.amitasaxena79@gmail	Mr.	AMIT SAXENA	er.amitasaxena79@gmail	Moradabad Institute of Assistant Professor	4.17604E+11	https://drive.google.com/open?id=1b7P7F-r2m0YpT-Y-E-pgF5oBQm4L34
6-24-2024 13:05:26	srbh.spn@gmail.com	Dr.	Saurabh Srivastava	srbh.spn@gmail.com	Moradabad Institute of Assistant Professor	4.17604E+11	https://drive.google.com/open?id=17C-D5-qTf8cnH5Mkc6b9N45DwVmg
6-24-2024 13:08:57	azad.singh@mimt.org	Dr.	Dr. Azad Singh	azad.singh@mimt.org	Mangalay Institute of Associate professor	XX8988	https://drive.google.com/open?id=10qubQadZmJbTOouLAB9S-nlwWLDU
6-24-2024 13:09:55	sachin.bba@mimt.org	Mr.	SACHIN KUMAR	sachin.bba@mimt.org	MANGALMAY INSTITU Assistant professor	AY24-25/63925887228	https://drive.google.com/open?id=10qubQadZmJbTOouLAB9S-nlwWLDU
6-24-2024 13:12:08	vipul.garg@mimt.org	Mr.	Vipul Garg	vipul.garg@mimt.org	Mangalay Institute of Assistant Professor	T24062413052254993	https://drive.google.com/open?id=1zqrRvq63y6JLdJk1K-HIPaCUJWUA9
6-24-2024 13:13:57	pankaj.manpur1992@g	Mr.	Pankaj Kumar	pankaj.manpur1992@g	Mangalay Institute of Assistant Professor	4.17604E+11	https://drive.google.com/open?id=1dNtUaJjRq-rRw-YUJm0yKLCzMYWt9S9
6-24-2024 13:14:20	Anuradha.singh@mimt	Dr.	Anuradha Singh	Anuradha.singh@mimt	Mangalay Institute of Assistant Professor	8AZBQKN7VACQDY	https://drive.google.com/open?id=1vGwEO6f5W_uJkay0eSgh_QK6YNaB
6-24-2024 13:22:40	ragavendrakumar@g	Mr.	Ragavendra Kumar M	ragavendrakumar@g	Srimad Andavan Arts A Research scholar	4.17604E+11	https://drive.google.com/open?id=1mm-nxUv1EVYMRpL70XZQSUAIK-KZ46
6-24-2024 14:51:22	sonali.chauhan@mimt	M.S.	SONALI CHAUHAN	sonali.chauhan@mimt	MANGALMAY INSTITU Assistant Professor	AY24-25/8828084025	https://drive.google.com/open?id=1U_oJpIPDpnoy9r_UWJKMcR-JPHES
6-24-2024 15:01:16	monika.m@gmail.com	Ms	Monika	monika.m@gmail.com	MIMT Assistant Professor	UPI Transaction ID 411	https://drive.google.com/open?id=1PqIKisf-ke5Wv8h9eBLPFI67toU
6-24-2024 15:14:17	meenakshi.sharma@ip	Dr.	Prof.(Dr.) Meenakshi S	meenakshi.sharma@ip	Indraprastha Engineeri Professor and Head,	E	https://drive.google.com/open?id=1Kc-g7SD7yZt0ZDm4cH0cWYLUZV
6-24-2024 15:25:50	arpita.nayak@rauniiver	Ms.	Arpita Nayak	arpita.nayak@rauniiver	Rai University Assistant Professor	FY3CTVQLPINKTGL	https://drive.google.com/open?id=1MEID8Q7vQ4vntqASX1k1x36_ZGOUU
6-24-2024 15:32:00	anshularaswat30@gm	Mr.	ANSHUL SARASWAT	anshularaswat30@gm	IIIT-TECH INSTITUTE O Assistant PROFESS	T24062415220244396	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
6-24-2024 15:43:26	rachanasrivastava80	Ms.	Rachana Srivastava	rachanasrivastava80	IEC COLLEGE OF ENAP	PQVJOWJLUX1TKE	https://drive.google.com/open?id=11Xm3S12E3RQKCKL3y3y4hPCZ9z
6-24-2024 15:52:54	anand201185@gmail	Mr.	Anand	anand201185@gmail	Patliputra University, P. Research scholar	LLODAOMFB79XVMY	https://drive.google.com/open?id=13L8WQ0PjRmLuoJNncJbNlNwJWJ7cO
6-24-2024 16:01:53	ssmwdv@gmail.com	Mr.	Surya Shekhar Vishal	ssmwdv@gmail.com	Mangalay Institute of Assistant Professor	LV8RET41K8GCHBS	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
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6-24-2024 16:20:46	janvi.j@mimt.org	Ms	Janvi	janvi.j@mimt.org	Mangalay Institute of Assistant Professor	4.17605E+11	https://drive.google.com/open?id=1eDmDqKLnWd-6MkVtkKsNoRiIM_qzK
6-24-2024 16:22:14	sonamsr175@gmail.com	Mr.	Ms. Sonam Srivastava	sonamsr175@gmail.com	Mangalay Institute of Assistant professor	4.17605E+11	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
6-24-2024 16:33:14	srikav3111992@gmail	Mrs.	FATHIMA THASVIN V	srikav3111992@gmail	M.E.S. WOMENS A ASSISTANT PROFESS	4.17605E+11	https://drive.google.com/open?id=1vGwEO6f5W_uJkay0eSgh_QK6YNaB
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6-24-2024 16:48:32	shreyasc54@gmail.com	Mr.	Shreya Chauhan	shreyasc54@gmail.com	Tecnia institute of adva Assistant professor	0Y84XQOALFZX81	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
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6-24-2024 16:55:33	agrawal.karnal@gmail	Dr.	Karnal Agrawal	agrawal.karnal@gmail	Mangalay Institute of Associate Professor	4.17605E+11	https://drive.google.com/open?id=1GbT1XgJl0ntny8m0Qp93me9g7RwR
6-24-2024 16:56:18	swati.vaid@ipeec.org	Dr.	SWATI VAID	swati.vaid@ipeec.org	Indraprastha Engineeri Associate Professor	MMUHF0ACNGDVHJ	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
6-24-2024 17:11:36	shafaqzareen@vivekar	Dr.	SHFAQ ZAREEN J	shafaqzareen@vivekar	Vivekananda College, I Assistant Professor	JV1FVUYK5JJQEB	https://drive.google.com/open?id=1ENFNUlsgkLk_QndOFHhEi2KJXSY7n_T
6-24-2024 18:08:09	gowsiyakhizar@gmail	Mr.	G. GOWSIYA	gowsiyakhizar@gmail	M.MES WOMENS ART Assistant professor	OMKHQGGYIACH9H	https://drive.google.com/open?id=1lI0v7cPjLqVh9Sn-qT7bu03Vw_m0Z
6-24-2024 21:39:31	neetunujal3@gmail	Dr.	NEETU MUNJAL	neetunujal3@gmail	HERANK BUSINESS I ASST. PROFESSOR	4.17606E+11	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
6-24-2024 18:10:50	pfansarail@gmail.com	Dr.	A.ANSAR ALI	pfansarail@gmail.com	JAMAL MOHAMMED C Assistant Professor	TB2BET5FT3CRJG	https://drive.google.com/open?id=15MxUrpURJ23SKnY6MzKl_YCgnD7
6-24-2024 18:57:37	gascramesh@gmail	Mr.	M R RAMESH	gascramesh@gmail	Indira Gandhi Centre f Scientific Assistant	SBIN22216375984	https://drive.google.com/open?id=1HufHyv4J4BwYp8AG_dJl5d0S27h
6-24-2024 19:14:02	sharduldchauhan007	Mr.	Shardul Singh Chauha	sharduldchauhan007	gJSS Academy of Tech Assistant Professor	4.17605E+11	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
6-24-2024 19:38:07	draka.engineering@t	Dr.	ALKAL VERMA	draka.engineering@t	Teerth Karanik Mahaveer Associate Professor	4.17605E+11	https://drive.google.com/open?id=1xGwLJ37DfYsUjYpUJmGvZ7HdVn4dC
6-24-2024 19:55:00	ritu.yadav633@gmail	Dr.	Ritu Yadav	ritu.yadav633@gmail	GMAI Institute of Profi.Asst. Professor	4.17605E+11	https://drive.google.com/open?id=13ZMqL_jprZ4-VwzJmNjWmJyVlmgk8tC
6-24-2024 19:57:13	das.sheena.das@gmail	Smt.	Sheena Das NM	das.sheena.das@gmail	Shree Narayana Law C Assistant professor	4.17605E+11	https://drive.google.com/open?id=1KvVeCnblsQaR5OzJLAKT8XSAzN4t
6-24-2024 20:31:06	poopa.pathak@abes.ac	Ms.	Pooja Pathak	poopa.pathak@abes.ac	ABES Engineering Col Assistant Professor	4.17606E+11	https://drive.google.com/open?id=1mWgUwMwCQJfC_yyYpYbaUuagz
6-24-2024 20:39:13	molkurishnakajayan@g	Mrs.	Molkurishna K Ajayan	molkurishnakajayan@g	Shree Narayana Law C Assistant professor	4.17606E+11	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
6-24-2024 20:59:33	jayasreetai@gmail.com	Mrs	T Jayasree	jayasreetai@gmail.com	DVR & Dr HS MIC Coll Assistant professor	A1MNYMSNBRLAF8K	https://drive.google.com/open?id=1g6-8kVXy41PNs9dmB10Vyl1NlNqz
6-24-2024 22:17:27	swatisheroan@gmail	CS	Swati Singh	swatisheroan@gmail	Hiernak Business Schc Assistant professor	4.17606E+11	https://drive.google.com/open?id=1G6NtPakE9wV_AccSol5oZ2XNnmDRYve
6-24-2024 22:17:56	mailtoushank@gmail	Mr.	Shankar Reddy P	mailtoushank@gmail	Srimad Andavan Arts A Research scholar	4.17606E+11	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
6-24-2024 22:53:25	yasmineumar01@gmail	Mrs.	YASMINE B	yasmineumar01@gmail	M.E.S. WOMENS A HEAD AND ASSISTAN	ZK2SA2IEPPNRMJY	https://drive.google.com/open?id=1bvUwDhRm9BmNarh9t3GQzUuWf6
6-24-2024 23:54:58	yatika.rastogi@gmail	Ms	Yatika Rastogi	yatika.rastogi@gmail	IMS Noida Assistant Professor	T240624325207354F	https://drive.google.com/open?id=1L-GlOb-RzBkqK1Gx3L5M670ZCUFV-bZ
6-25-2024 4:51:55	neha.bakshi@mietingni	Ms.	Neha Bakshi	neha.bakshi@mietingni	Mangalay Institute of Assistant Professor	anvNYSUURDBOMZQX3	https://drive.google.com/open?id=1vDQY7E7EjPjRFBUNARTDZbcN3K3f
6-25-2024 9:36:24	kaya3ee@gmail.com	Ms.	P. Kayathi	kaya3ee@gmail.com	Valliammal College for Assistant Professor	IYOSPRIC057WCOR	https://drive.google.com/open?id=1LqS0ONbnv0r0U3r9Wb3-eEXQz7
6-25-2024 9:40:52	meenakshi.sharma@B	Prof.	Meenakshi Sharma	meenakshi.sharma@B	Mangalay Institute of Associate Professor	2.02454E+14	

Feedback and its Analysis:

Timestamp	Email Address	How satisfied were you	How relevant and helpful	What were your key takeaways	Which sessions did you attend	How satisfied were you	Any additional comments	Any overall feedback for the session	Name
6-27-2024 12:54:28	bipulsadhnnews@gmail.com	5	5	5	Relevant	5			Dr.Bijul Kumar
6-27-2024 12:54:36	shreyasc54@gmail.com	5	5	5	Research skills	5	Good session	Good	Shreya Chauhan
6-27-2024 12:54:43	piyushkumar5698@gmail.com	5	5	5	Valuable Insights	5	Nil	Very Good	Piyush Kumar
6-27-2024 12:54:46	bhagatkajal2794@gmail.com	4	4	4	Management	4	All good	Interactive	Kajal Sandesh Bhagat
6-27-2024 12:54:49	shafaqzareen@vivekar.com	5	5	5	Research skills	5		Excellent	Dr. Shafaq Zareen
6-27-2024 12:54:49	shardulchauhan007@gmail.com	5	5	5	Relevant	5			Shardul Singh Chauhan
6-27-2024 12:55:16	hudhams03@gmail.com	4	4	4	Got idea about research	4	Nope	Very nice and informative	M.S.Hudha
6-27-2024 12:55:17	anju.tripathi@mimt.org	5	5	5	Excellent	5	No	Good	Dr.Anju Tripathi
6-27-2024 12:55:35	draika.engineering@trr.edu.in	5	5	5	Shortcomings of research	5	It very inspiring talk about	No	Dr.Alka Verma
6-27-2024 12:56:04	gascramesh@gmail.com	5	5	5	All	5			M R RAMESH
6-27-2024 12:56:35	deepak.sainy@gmail.com	4	4	4	Informative session	4	Knowledgeable session	Very good	Deepak Kumar sainy
6-27-2024 12:56:47	srbh.spn@gmail.com	5	5	5		5			Dr. Saurabh Srivastava
6-27-2024 12:56:52	ragavendrakumar@gmail.com	5	5	5	Research knowledge	5			Ragavendra Kumar M
6-27-2024 12:57:00	varun.management@gmail.com	5	5	5	Research Writing process	5		Very Good	Dr Varun Kumar
6-27-2024 12:57:23	dr.rubeenabano0209@gmail.com	5	5	5	Nice session	5	More practical examples	Informative session	Dr.Rubeena Bano
6-27-2024 12:57:47	geeta.sharma@mietengli.com	5	5	5	Good session	5	Overall Good	These type of sessions are	Geeta Sharma
6-27-2024 12:58:01	fahimkhan0786@gmail.com	4	4	4	Good	4			Mr. Fahim Khan
6-27-2024 12:58:02	Rashmi.richhariya@mietengli.com	5	5	5	All	5	Excellent	Knowgable	Rashmi Richhariya
6-27-2024 12:58:25	aparnavats11@gmail.com	4	4	4		4		Informative session	Aparna Vats
6-27-2024 12:59:00	Inmeena2019@gmail.com	5	5	5	Help in work	5	No	Excellent	Laxmi Narayan Meena
6-27-2024 12:59:01	rachanasrivastava80@gmail.com	4	4	4	Importance of report writing	4	Na	Good	Rachana Srivastava
6-27-2024 13:00:09	molukrishnakajayan@gmail.com	4	4	4		4			Molukrishna K Ajayan
6-27-2024 13:00:27	jayasreetati@gmail.com	5	5	5	How R & D is useful in industry	5	No	Very good	T jayasree
6-27-2024 13:00:47	anand201185@gmail.com	5	5	5		5	Excellent	Excellent	Anand
6-27-2024 13:00:56	parisharma9nov@gmail.com	4	4	4	Good learning	4	No	Good	Parisha Sharma
6-27-2024 13:01:11	er.amitsaxena79@gmail.com	5	5	5	How to write a Grant Proposal	5			AMIT SAXENA
6-27-2024 13:01:49	kaurharleen030@gmail.com	5	5	5		5	Nice Session		Dr Harleen Kaur
6-27-2024 13:05:45	arpita.nayak@raipuruniversity.ac.in	5	5	5		5			Arpita Nayak
6-27-2024 13:05:51	anurag.agarwal@mimt.org	5	5	5	Grant writing tips	5	No	Good !	Anurag Agarwal
6-27-2024 13:06:10	sachin.sabharwal@jims.ac.in	5	5	5		5			Dr. Sachin Sabharwal
6-27-2024 13:06:35	Prashantvgi06@gmail.com	3	3	3	Explanation	3	No	Good	PRASHANT SHARMA
6-27-2024 13:08:55	deepak.sainy@gmail.com	4	4	4	Very informative session	4	Knowledgeable session	Excellent	Deepak Kumar sainy
6-27-2024 13:08:59	neha.bakshi@mietengli.com	4	4	4	Research writing skills	4		It was good	Neha Bakshi
6-27-2024 13:09:44	mailtoushankar@gmail.com	5	5	5		5			Shankar Reddy P
6-27-2024 13:15:22	pritpal003@gmail.com	5	5	5	Guideline to go for research	5		Very informative	Pritpal Singh
6-27-2024 13:16:45	rajni.singh2009@rediffmail.com	4	3	3		3			Dr. Rajni Singh
6-27-2024 13:18:05	neelamsheolias@gmail.com	3	4	4		3			
6-27-2024 13:20:29	harshitgupta90@gmail.com	5	4	4		4		Excellent	HARSHIT GUPTA
6-27-2024 13:21:24	anubhakumari78@gmail.com	4	4	4	Research process	4	Good and informative	Lots of learning from this	Anubha Kumari Jamal
6-27-2024 13:23:54	kumar4shravan@gmail.com	4	4	4		4		Good	Shravan Kumar
6-27-2024 13:28:37	gowsiyakhizar@gmail.com	5	5	5	I learn very about research	5	No it's good	Excellent	J. GOWSIYA
6-27-2024 13:28:41	anburahika@gmail.com	5	5	5	Gained knowledge about	5	Overall good	Excellent session	B ANBARASI
6-27-2024 13:36:11	himanichaudhary07@gmail.com	5	5	5	Research Skills & Grant Writing	5	Insightful Session	Overall Good	Ms. Himani Chaudhary
6-27-2024 13:48:34	swatisheroan@gmail.com	4	4	4		4			
6-27-2024 13:50:26	rituagarwal.ece@gmail.com	5	5	5		5			Dr. Ritu Agarwal
6-27-2024 13:57:55	mking2030@gmail.com	5	5	5	Research	5	Send ppt	Good	Dr M.Sreenivasa Kuma
6-27-2024 14:06:24	srikavi3111992@gmail.com	5	5	5	How to write the research	5	Outcomes of research,	Excellent, still lot of technical	FATHIMA THASKIN V
6-27-2024 14:08:11	arabicarabic666@gmail.com	2	2	2	Good	2	Good information	Very useful	B. Yasmine
6-27-2024 14:11:58	sugupta.71@gmail.com	5	5	5	Prepare research proposal	5	Very Good	Good	Sunil Kumar Gupta
6-27-2024 14:37:05	rautela28@gmail.com	5	4	4	More beneficial	5	No	Very good	Kundan singh
6-27-2024 14:48:17	varunarora.ka@its.edu	5	5	5		4			Varun Arora
6-27-2024 14:49:48	Ashwinikumar@its.edu	3	4	4		4			Ashwini kumar
6-27-2024 14:52:10	kaya3ee@gmail.com	5	5	5	Research Skills & Grant Writing	5	Nil	Useful	P.Kayathri
6-27-2024 15:19:53	chitra4255_gn@iimindia.ac.in	5	4	4	Knowledge, techniques	5			Dr. Chitra Gupta
6-27-2024 15:26:35	yatika.rastogi@gmail.com	5	5	5		5			
6-27-2024 16:06:27	agrawal.kamal@gmail.com	5	5	5		5			Dr Kamal Agrawal
6-27-2024 16:06:58	pankaj.manpur1992@gmail.com	4	4	4	NA	4	NA	Na	Dr. Pankaj Kumar
6-27-2024 16:07:17	vishalmavai8@gmail.com	5	5	5		5		Good	VISHAL MAVI
6-27-2024 16:08:31	anjali.mishradixit@gmail.com	2	4	4	Very nice sessions	3	NA	Good	Dr Anjali Dixit
6-27-2024 16:10:32	sonamsri75@gmail.com	5	5	5		5			Sonam Srivastava
6-27-2024 16:12:41	tripathirahul96@gmail.com	4	5	5	Self development is essential	5	Informative session	Good session	Dr.Rahul Tripathi
6-27-2024 16:15:34	hoarora99@gmail.com	5	4	4		5	No	Thanks	Hari Om Arora
6-27-2024 17:23:16	msantosh.shrivastava@gmail.com	4	5	5	Intrest area of Research	4	Use of technology	Find solution oriented	Santosh Shrivastava
6-27-2024 17:39:47	vaishali@banasthali.in	4	4	4		5		Amazing	Dr. Vaishali
6-27-2024 17:54:13	das.sheena.das@gmail.com	5	5	5		5		Excellent	Sheena Das N M
6-27-2024 22:06:09	neetumunjali13@gmail.com	5	5	5	Gained in depth knowledge	5	None	V. Good	Dr. Neetu Munjal
6-28-2024 8:57:17	drohtashkumargarg@gmail.com	5	5	5		5			
6-28-2024 10:10:42	ashok.gupta@mimt.org	4	4	4		4			
6-28-2024 11:13:01	shefali.panwar@mimt.c	4	4	4		4			Dr. Shefali Panwar
6-28-2024 11:30:21	inasingh123@gmail.com	5	5	5	The session was wonderful	5	Na	Excellent	Ina Singh
6-28-2024 12:16:29	mishraheman189@gmail.com	5	5	5	Like research writing	5			Hernant kumar mishra
6-28-2024 13:39:20	jainishi888@gmail.com	4	4	4	Great session	4	Great session	Great session	Isha Jain
6-28-2024 13:55:17	pooja.pathak@abes.ac	4	4	4		4			Pooja Pathak
6-29-2024 12:52:43	rituagarwal.ece@gmail.com	5	5	5		5			Dr. Ritu Agarwal

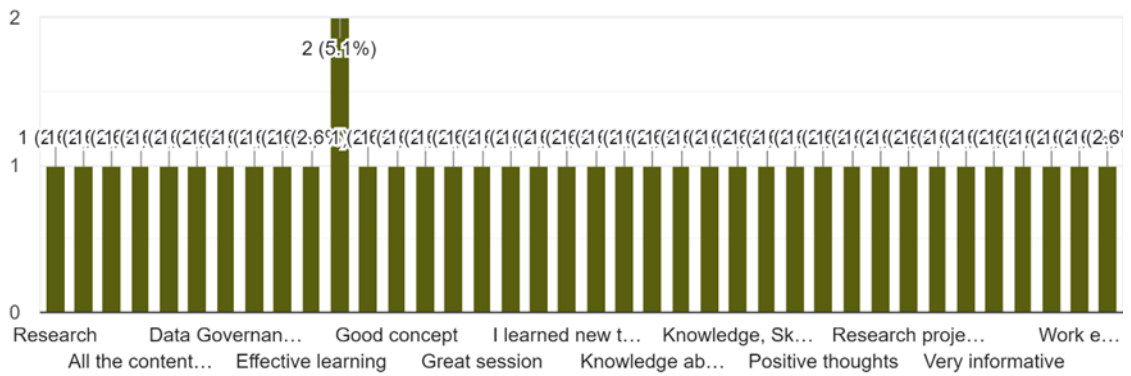
How satisfied were you with the session?

65 responses



What were your key take aways from this event?

39 responses

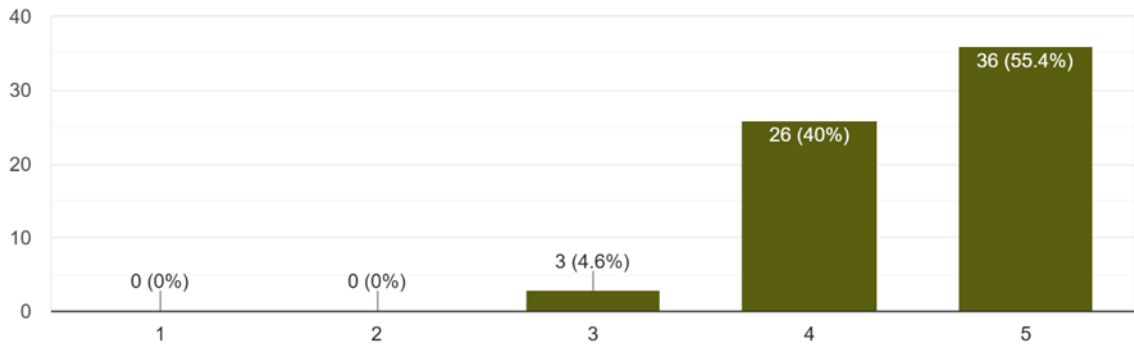


Which sessions did you find most relevant?



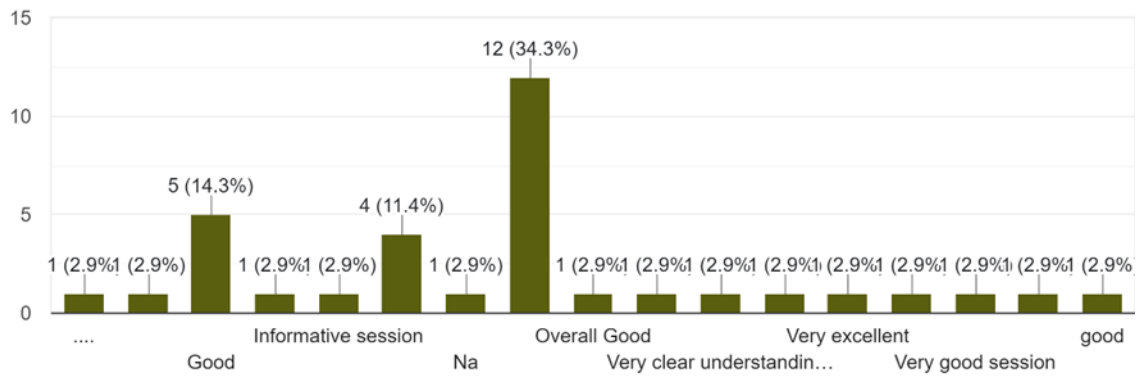
How satisfied were you with the session content?

65 responses



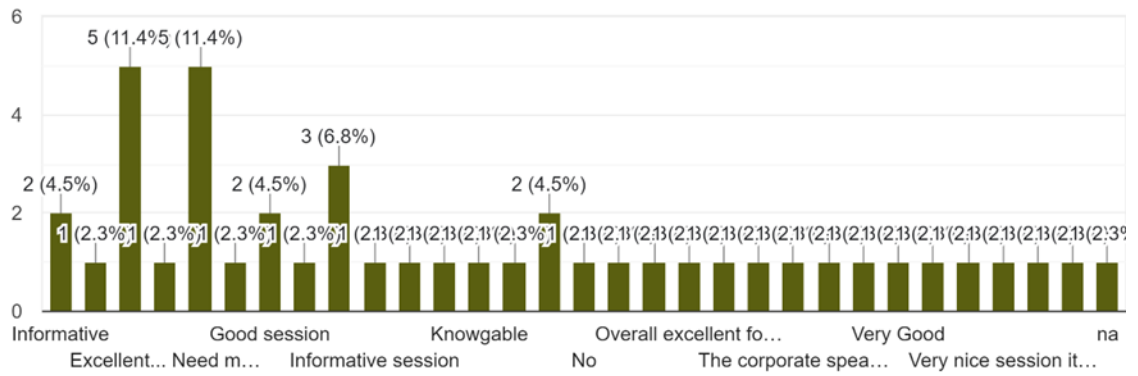
Any additional comments regarding the sessions or overall agenda?

35 responses



Any overall feedback for the event?

44 responses



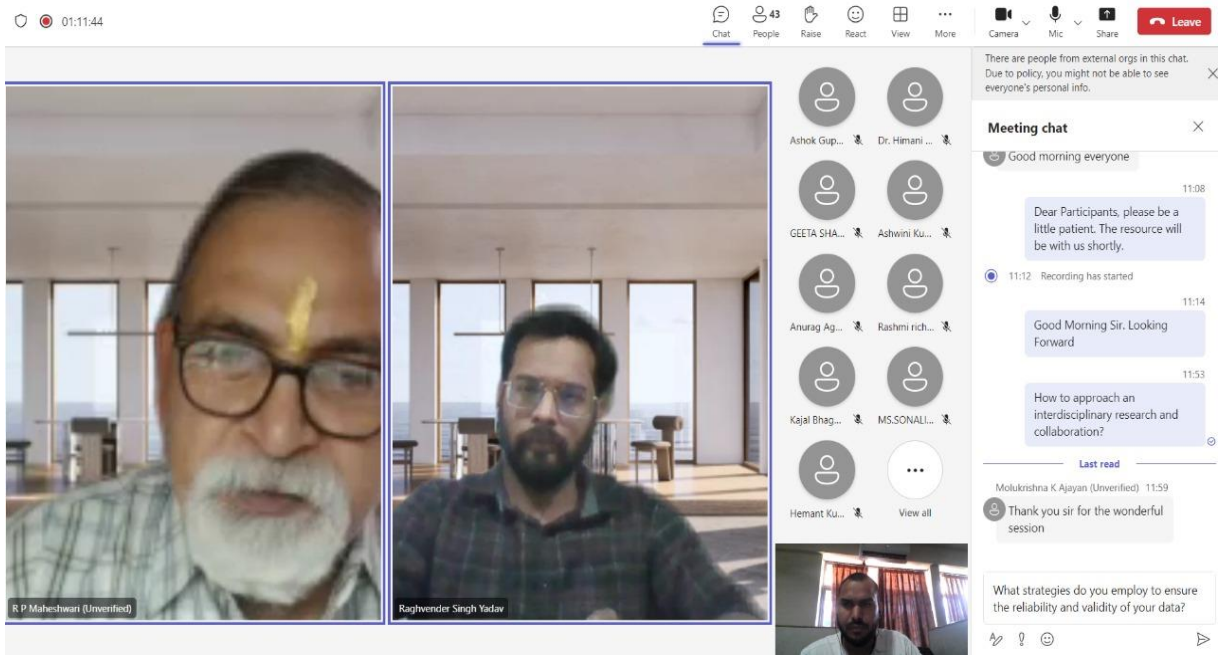
Glimpses of the FDP:

The screenshot shows a Microsoft Teams meeting interface. The main content area displays the title slide for the FDP. At the top, the logo of MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY is visible, along with its affiliation details: (Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow) and Knowledge Park-II, Greater Noida (U.P.). The title of the FDP is "Holistic Professional Development for Academicians and Researchers" and it is a 5 Days Online Faculty Development Program (FDP). The date is 25th June 2024 and the time is 11:00 AM. The chief guest is Air Marshal BBP Sinha, who is also the session title: "Work Life Balance". A portrait of Air Marshal BBP Sinha is shown on the right side of the slide. The meeting controls at the bottom include a chat window, people list, and various icons for camera, mic, and share. The Windows taskbar is visible at the very bottom.

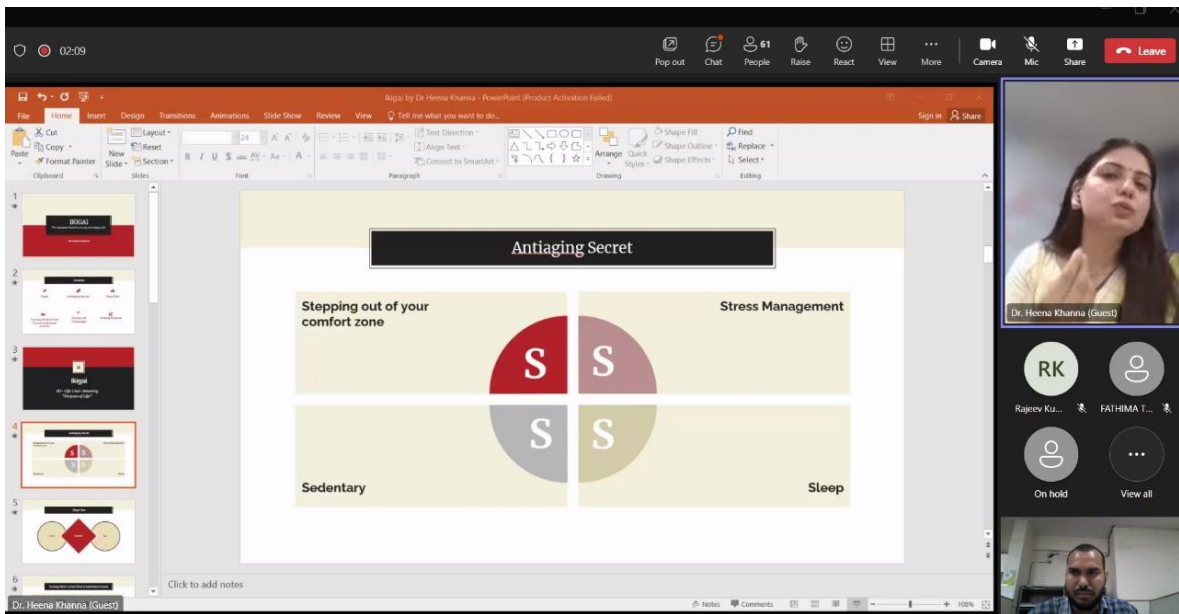
Inauguration ceremony

The screenshot shows a Microsoft Teams meeting in progress. The main content area displays a presentation slide titled "Robert Plutchik's Wheel of Emotions". The slide features a colorful wheel diagram with various emotions and their combinations. Below the diagram, there is a small text box that reads: "You can read Robert Plutchik's explanation of his model of emotions in an article that was originally published in American Scientist in 2001 and can be read on Springer International Publishing AG." The meeting interface includes a top bar with controls like "Take control", "Pop out", "Chat", "People", "Raise", "React", "View", "Rooms", "Apps", "More", "Camera", "Mic", "Share", and "Leave". A participants list on the right side shows 44 participants, including Raghvender Singh Yadav (Organiser), MG (Meeting guest), AB (Anbarasi B), AJ (Anubha Kumari Ja...), AA (Anurag Agarwal), AV (Aparna Vats), AN (Arpita Nayak), and AG (Ashok Kumar Gupta). The Windows taskbar is visible at the bottom.

Dr. Divya's session is going on



Dr. RP Maheshwari is delivering his session on Research Skills and Grant Writing



Dr. Heena Khanna Kalra is delivering her session on Mindfulness

The screenshot shows a Zoom meeting interface. At the top, there are icons for Pop out, Chat, People (75), Raise, React, View, and More. Below these are participant avatars for DS, AS, DT, L, AK, AG, and MC. The main content is a slide titled "Financial Planning Pyramid" which features a blue pyramid with three stacked boxes on its right side:

- Wealth Distribution (Transfer what you have)** - Top box, yellow background.
- Wealth Creation (Accumulate)** - Middle box, orange background.
- Wealth Protection (Protect what you have)** - Bottom box, yellow background.

At the bottom of the slide, it says "Financial Planning © CA Alok Sethi || 9509405254 || caaloksethi@gmail.com" and the page number "18". On the right, a chat window is open with messages from Alok Sethi (Guest) and others, including "Income - Expense = Saving" and "Save = Invest to earn return".

Mr. Alok Sethi explaining Financial Planning Pyramid

The screenshot shows a Zoom meeting interface. At the top, there are icons for Pop out, Chat, People (67), Raise, React, View, and More. Below these are participant avatars for DS, AS, DS, DT, and L. The main content is a slide titled "How our GOALS should be ???". The slide features the SMART acronym in large letters, each with a corresponding question below it:

- S** Specific: What do you want to do?
- M** Measurable: How will you know when you've reached it?
- A** Achievable: Is it in your power to accomplish it?
- R** Realistic: Can you realistically achieve it?
- T** Timely: When exactly do you want to accomplish it?

At the bottom of the slide, it says "Financial Planning © CA Alok Sethi" and the page number "7". On the right, a chat window is open with messages from Pritpal Singh and others, including "Invest in mutual funds" and "Planing flow of money".

The speaker is focussing on SMART goals

01:46:42

Take control Pop out Chat People Raise React View More

Camera Mic Share Leave

There are people from external orgs in this chat. Due to policy, you might not be able to see everyone's personal info.

Meeting chat

Fahim Khan (Unverified) 12:11
Thank u ma'am

Jarvi (Unverified) 12:19
Yes it's eustress

DR. RAJNI SINGH (Unverified) 12:19
Eustress
It's the spice of life

12:20
Indeed

Raghvender Singh Yadav 12:20 Edited
Participants can unmute themselves and make the session interactive.

Fahim Khan (Unverified) 12:34
Sir want to add a point too.

Type a message

Introduction to Corporate Stress

Quick Learn

- Prevalence of Stress in the Corporate World**
Explore the widespread nature of stress among employees, and how it affects productivity, engagement, and overall well-being.
- Impact on Employee Health and Wellness**
Understand the physical and mental consequences of chronic stress, including increased risk of health problems and reduced quality of life.
- Organizational Implications of Stress**
Examine how employee stress can lead to increased absenteeism, reduced creativity, and poor decision-making, ultimately impacting the company's bottom line.
- The Role of Effective Stress Management**
Highlight the importance of implementing comprehensive stress management strategies to mitigate the negative effects and foster a healthier, more productive work environment.

By understanding the profound impact of stress in the corporate setting, organizations can take proactive steps to address this critical issue and promote the well-being of their employees, ultimately leading to increased productivity, innovation, and overall success.

Raghvender Singh Yadav

2 of 9

Mr. Abhijeet Sinha is focussing on Stress Management

Specimen of the Certificates:

 **MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY**
Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow
Accredited Grade "A" Institution by NAAC
ISO 9001:2015, ISO 140001:2015 & ISA 50001:2018 Certified
Knowledge Park-II, Greater Noida (U.P.)
Website: www.mimt.org | Email: info@mangalmay.org | Ph: 0120-2328400, 01



Faculty Development Program
on
"Holistic Professional Development for Academicians & Researchers"

Certificate of Participation

This is to certify that Dr./Mr./Ms. Harleen Kaur, Assistant Professor (Senior Grade),
JIIT, Noida

had attended Faculty Development program on "Holistic Professional Development for Academicians & Researchers" from 25th June - 29th June 2024



Convener/Co-Convener



Director



Chairman / Vice Chairman



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

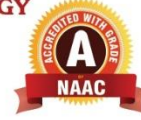
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Website: www.mimt.org | Email: info@mangalmay.org | Ph: 0120-2328400, 01



Faculty Development Program

on

"Holistic Professional Development for Academicians & Researchers"

Certificate of Participation

This is to certify that Dr./Mr./Ms. **Hari Om Arora, Assistant Professor (Soft Skills)**,

SRM IST Delhi NCR Campus, Ghaziabad

had attended Faculty Development program on "Holistic Professional Development for Academicians & Researchers" from 25th June - 29th June 2024

Convener/Co-Convener

Director

Chairman / Vice Chairman



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Faculty Development Program

on

"Holistic Professional Development for Academicians & Researchers"

Certificate of Participation

This is to certify that Dr./Mr./Ms. Ritu Agarwal, Assistant Professor,

ABES ENGINEERING COLLEGE, GHAZIABAD

had attended Faculty Development program on "Holistic Professional Development for Academicians & Researchers" from 25th June - 29th June 2024


Convener/Co-Convener


Director


Chairman / Vice Chairman