



On-line Six Day
Faculty Development Programme

Stress Management through Yoga and Meditation

(16th –21st November, 2020)

Sponsored by
Faculty Development Cell, AICTE

Organized by
Directorate of Faculty Development & IQAC
JNTUA, Ananthapuram-515002
Andhra Pradesh, India

www.jntua.ac.in

Course Topics

- Introduction to stress, cause, effect and result
- Holistic healing approaches for stress management
- Yoga nidra for self-realization, practice
- Handling negative emotions
- Meditation on chakras and technics to handle stress

About the Experts

Well experienced resource persons from Art of Living and other reputed organizations.

Eligibility

The programme is open for the faculty members from AICTE approved technical institutions.

Registration

Participants are requested to register on or before 09/11/2020 using the link <https://forms.gle/4wwckVop53SxeASG6>
The sessions links will be shared to the selected participants (limited to 100 only), one day before the start of the FDP.

Other Details

An on-line examination is mandatory for all the participants towards the end of the FDP. Participation certificate shall be issued only to those participants who have a minimum of 80% attendance and a score of a minimum 60% in the examination.

Programme Committee

Chief Patron

Prof. S. Srinivas Kumar
Vice-Chancellor
JNTUA, Ananthapuramu

Patron

Prof. V.Bhaskar Desai
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