

Report:

Faculty Development Program (FDP)

HGD Committee, SSNC, in association with The Art of Living also carried out a 4-day short Faculty Development Program (FDP) for the faculty members of Swami Shraddhanand College from 19 Dec. to 22 Dec. 2023, Timings: 1 PM - 4 PM

Venue: Seminar Hall, Old College Campus. It was Four Day Meditation Course to Discover the power of Sudarshan Kriya - which is a soothing rhythmic breathing technique to bring down stress, boosts efficiency, emotional intelligence and to detoxify the body. Our 18 faculty members of SSNC participated in this Program and learnt the Sudarshan Kriya.

The online follow-up for practicing Kriya and Yogas is being conducted weekly every Saturday at 8:30 a.m. The faculty members join and enjoy the benefits of the program.

Following faculty members participating in AOL Meditation course:

1. Dr Rachana Singh
2. Dr. Aradhana Chadha Sachdeva
3. Prof. Ushvinder Kaur
4. Prof. Renu Sobti
5. Dr. Rekha Gupta
6. Dr. Kiran Bala
7. Ms. Chanchal
8. Dr. Kiran Dabas
9. Dr. Mukesh Kumar
10. Dr. Sweta Yadav
11. Dr. Pramod Kumar
12. Dr. Chandra Shekhar
13. Dr Nishant
14. Dr. Ruchika
15. Prof. Anand Malik
16. Dr. Kavindra
17. Prof. Renu Sobti

18. Dr. Lakshna Mahajan



1.






SHRI MADHU RAO
CHAIRMAN
THE ART OF LIVING



Certificate

This certificate has been awarded to

Lakshna Mahajan

in recognition of successful completion of the
Faculty Development Program (FDP) held at

Swami Shraddhanand College

from **19 Dec, 2023** to **22 Dec, 2023**

Implementation of knowledge and practice of the techniques taught in
this program builds learning capacity, enhances creativity and
communication that helps in developing leadership skills.