



MAHARAJA AGRASEN UNIVERSITY

NAAC ACCREDITED

NIRF RANKING (151-300) IN INNOVATION CATEGORY



Organizes

Under the Aegis of IQAC & HRDC

**ONE WEEK
FACULTY DEVELOPMENT PROGRAM**

On

HOLISTIC WELLNESS APPROACH

For

BLISSFUL LIVING

17-22 July, 2023

ABOUT THE UNIVERSITY



Maharaja Agrasen University established by MAHARAJA AGRASEN TECHNICAL EDUCATION SOCIETY (MATES) in the year 2013, was inaugurated by the former President of India Shri Pranab Mukherjee. The University is situated in pollution free environment of Shivalik foot hills. It is easily accessible from Chandigarh(30Km), Panchkula (21 Km), Kalka Railway Station (09 Km), Pinjore Garden (12 Km). It aspires to become the University of first choice for students, teachers and researchers. It is recognized for providing excellent opportunities for global success. MAU wishes to be acknowledged as a value-based campus where students, faculty and staff are creatively and actively engaged in scholarly activities of relevance to the community at large. Mission of MAU is to contribute to the society through imparting vibrant, innovative learning and research at the highest international levels. Committed to the cause of holistic development of students, the University endeavors to foster equality, initiative, integrity, and excellence while consciousness, civility and humility. Focus is given on personality

development Judicious mix of academic with extra curricular activities and social service.

In a very short span of time, the University has been able to make its presence felt not only in Himachal Pradesh but also pan India. This achievement of the University has been appreciated by a consortium of 25 chairpersons of industry who conferred CCI Technology Excellence Award in the category of Best Emerging Private University of India. It has also been adjudged by "Higher Education Review as the University in the category of Research & Development". In the year 2021 The Institution Innovation Cell of MHRD, Education Ministry GOI , UGC & AICTE has selected 50 mentor Institute out of 2700 from all over India and Maharaja Agrasen university is one of them and allocated Mentorship of the top prestigious Institutions: Central University of Himachal Pradesh, Dharamshala, University Institute of Technology Himachal Pradesh University, Shimla, Deen Bandu Chhotu Ram University of Science & Technology , Murthal, Haryana, Maharishi Markandeshwar University, Ambala, Haryana and Global Institute of Technology, Jaipur. Recently Hon'ble Chancellor of the University Dr. Nand Kishore Garg received Himachal Ratan Award-2022.

SCHOOLS OF MAHARAJA AGRASEN UNIVERSITY

Maharaja Agrasen University endeavors to inculcate in students constant learning through combination of academic rigour, contemporary curriculum design, passionate knowledge delivery, participative dialogue and discussion, interaction with leading practitioners and application orientation. MAU is currently running various UG, PG & Ph.D. programs in its five schools:

Maharaja Agrasen Institute of Technology

Maharaja Agrasen Institute of Technology offers B.Tech & M.Tech. in Mechanical Engineering, Electrical and Electronics Engineering, Civil Engineering, Computer Engineering, and Electronics and Communication Engineering. In addition to these courses BCA, MCA and B.Sc. in Computer Science with AI and Machine Learning are also offered by MAIT. The School has established Institution Innovation council (IIC) in 2018 under which it supports innovation and entrepreneurship among students and faculty members. It also collaborates with industry partners to provide students with real-world experience and exposure to the latest technologies and trends in their respective fields. This centre was ranked 48th among all the universities from all over India and was selected to host mentor-mentee program for Ministry of Education, Govt. of India in 2021. It is making continuous progress and has achieved many feathers to its cap and aspiring to achieve more in future.

Maharaja Agrasen School of Management

The School offers wide range of programs to the students like MBA with specialization in Finance, Human Resource, Marketing and Tourism & Hospitality, M.Com., B.Com., B. Com (Hon's), BBA, B.Sc. (Hotel Mgmt. & Administration), and Ph.D. in Management, Commerce and Tourism & Hospitality resulting in attractive employment opportunities.

Maharaja Agrasen School of Basic & Applied Sciences

The School offers M.Sc. in Physics, Chemistry, Mathematics, Biotechnology, Zoology, Pharmaceutical Chemistry. B.Sc. Medical & Non-Medical and Ph.D. in Physics, Chemistry, Mathematics, Biotechnology, Zoology and Environment Science.

Maharaja Agrasen School of Law

Maharaja Agrasen School of Law, established in 2013, is emerging as one of the premier legal institute with a unique blend of tradition and modernity. The School of Law runs Ph.D., LL.M (One Year), LLB (3 years), BALLB (5 years) program and B.Com LLB (5 years). Its mission is to equip the students with the skills to comprehend and analyze the ins and outs of various legal and other inter-disciplinary issues and devise solution to these problems. The Faculty in the School is well qualified, having good record of publications in various International/ National Scopus indexed, Peer Reviewed Journals and Books.

Maharaja Agrasen School of Pharmacy

The School is emerging as the preferred choice for the youth in the field of Pharmaceutical, innovative education and pioneering research with well-equipped Labs, Herbal Gardens etc. The school offers Diploma in Pharmacy, Bachelor of Pharmacy, Master of Pharmacy with specialization of Pharmaceutics, Pharmaceutical Chemistry and Ph.D. Program with the motive to provide them best job opportunities.

ABOUT THE FDP

“Holistic Wellness Approach for Blissful Living” is a transformative Faculty Development Program designed to empower and inspire faculty members to cultivate a balanced and harmonious lifestyle that encompasses physical, mental, and emotional well-being.

In today’s fast-paced world, individuals often find themselves caught up in the demands of their professional and personal lives, leaving little time for self-care and holistic well-being. The purpose of this FDP is to provide faculty members with invaluable tools, knowledge, and practical strategies to enhance their overall wellness and create a life of true fulfillment and joy. Throughout this program, participants will delve into various dimensions of holistic wellness, understanding that true well-being extends beyond physical health. We will explore the importance of nurturing our mental and emotional states, fostering healthy relationships, and aligning with our purpose and values. By adopting a holistic approach, we can attain a state of balance, contentment, and tranquility, which positively impacts not only our personal lives but also our professional endeavors.

Faculties will gain insights into stress management techniques, mindfulness meditation, mindful eating, exercise, and the power of self-reflection. By integrating these practices into daily routine, one will cultivate a greater sense of self-awareness and develop strategies to enhance their well-being on a profound level. This FDP is a unique opportunity for faculty members to prioritize their own well-being, as it recognizes that when educators thrive personally, they can better support their students’ growth and development.

RESOURCE PERSONS

Name	Designation
Dr. Bhupinder K. Gupta	Ayurvedic Consultant
Dr. Sukhvinder Singh	Department of Medicine, HS Judge Institute of Dental Sciences and Hospital Sector 25, Panjab University, Chandigarh
Prof. Damanjit Sandhu	HOD, Department of Psychology, Punjabi University, Patiala
Dr. Rosy Gulati	DNHE, Dietitian/ Nutritionist, DIET WISDOM, Sector 19, Chandigarh
Prof. (Dr.) A K. Vashisht	Dean Research & Director, Maharaja Agrasen School of Management, MAU, Baddi
Prof. (Dr) Aparna N. Mahajan	Dean Academics, IIC President & Director MAIT, MAU, Baddi
Prof. (Dr.) Sanjay Panwar	Director, School of Basic and Applied Sciences, MAU, Baddi
Prof. (Dr.) Richa	Director. Maharaja Agrasen School of Law, MAU, Baddi
Prof. (Dr.) Mona Piplani	Director, Maharaja Agrasen School of Pharmacy, MAU, Baddi
Prof. (Dr.) Ravi Kumar Mishra	HOD, Department of English SBAS, MAU, Baddi
Prof. (Dr.) Nitin	Professor. Maharaja Agrasen School of Law, MAU, Baddi
Dr. Vinay Chamoli	Associate Professor, Maharaja Agrasen School of Management, MAU, Baddi

Name	Designation
Dr. Shweta Sharma	Associate Professor, Maharaja Agrasen School of Management, MAU, Baddi
Dr. Promil Diwan	Assistant Professor, Maharaja Agrasen School of Law, MAU, Baddi
Dr. Nidhi Srivastava	HOD, Department of Zoology, SBAS, MAU, Baddi
Dr. Rajesh Kumar	Assistant Professor, Maharaja Agrasen School of Pharmacy, MAU, Baddi
Mr. Pankaj Bhateja	Assistant Professor, Maharaja Agrasen School of Pharmacy, MAU, Baddi
Er. Himanshu Sharma	Assistant Professor, CE, MAIT, MAU, Baddi
Er. Vinita Kaushik	Assistant Professor, CSE, MAIT, MAU, Baddi

Chief Guest (Inaugural Session)

Dr. Sukhvinder Singh

Department of Medicine,
Department of Medicine, HS Judge Institute of
Dental Sciences and Hospital
Sector 25, Panjab University, Chandigarh

Chief Guest (Valedictory Session)

Prof. (Dr.) Damanjit Sandhu

Prof. and HOD
HOD, Department of Psychology, Punjabi University, Patiala

ORGANISING COMMITTEE

CHIEF PATRON

Dr. Nand Kishore Garg

Hon'ble Chancellor, Maharaja Agrasen University, Baddi

PATRON

Prof. (Dr.) R. K. Gupta

Hon'ble Vice-Chancellor, Maharaja Agrasen University, Baddi

TECHNICAL ADVISOR

Sh. Suresh Gupta

Project Director, Maharaja Agrasen University, Baddi

ORGANIZING SECRETARY

Dr. Vinay Chamoli, Associate Professor, MASOM

Dr. Virat Khanna, Associate Professor, MAIT

ORGANIZING TEAM

Dr. Manisha Dhiman, Dr. Manmeet Singh, Mr. Arvind Kumar

Ms. Aashima Mittal, Ms. Kanika

For any queries related to the FDP, please contact:

Dr. Vinay Chamoli: 8283827783, **Dr. Virat Khanna:** 9878583636

Dr. Manisha Dhiman: 9876156641, **Dr. Manmeet Singh:** 9857265724

Mr. Arvind Kumar: 7814704506, **Ms. Aashima Mittal:** 8950093506

Ms. Kanika: 8360451239



MAHARAJA AGRASEN UNIVERSITY

Pinjore-Nalagarh highway, Nanakpur, Atal Shiksha Kunj,
Barotiwala, Baddi, Distt. Solan, HP 174103

FOR ENQUIRIES CALL:

+91-93180-29217, 93180-29218

Website: www.mau.ac.in

follow us on

HOW TO REACH US

