

## About DTU

With a history stretching back over 69 years, providing an academic milieu amid adequate space for ingenious research as an integral part of curriculum design, Delhi Technological University is strongly identified with engineering education in India. The University has been a forerunner, and led the way in reform movement maintaining a compatibility with values and professional morality. DTU takes pride in being one of the major contributors in planning and construction of India's infrastructure. In DTU we endorse and cultivate the purity of mind as the strongest currency, with an impressive resolve to renovate and upgrade our knowledge infrastructure. DTU aspires to be ranked amongst the leading universities globally. Consequently, DTU's mission is to edify individuals to be competitive not only in India, but all over the world.

## About the Center

To create awareness, inspiration among the students and teachers about the need of higher dimensions of education in becoming enlightened citizenship which is achieved by imparting techniques and knowledge for promoting human values and thereby making better engineers with the better use of ethics and moral values in professional and personal lives.

### Patron

**Prof. Yogesh Singh**  
Hon'ble Vice Chancellor,  
DTU, Delhi

### Chairman

**Dr. T. Vijay Kumar**  
Head, Center for Value Based Education  
DTU, Delhi  
&  
University Coordinator  
AICTE-UHV Program

### Course Coordinator

**Dr. Pradeep K. Goyal**  
University Co-coordinator  
AICTE-UHV Program  
&  
Associate Professor,  
Dept. of Civil Engg. DTU, Delhi

### Important Date

Last date of Registration: 15<sup>th</sup> July, 2021

### For Any Queries Contact

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Faculty Development Program  
on

# “Leadership Mastery Through Self Management”

(online)

July 19<sup>th</sup> – 23<sup>rd</sup>, 2021



Organized by

**Centre for Value Based Education**  
**Delhi Technological University,**  
**Bawana Road, Shahbad, Daulatpur,**  
**New DELHI-110042**

*In Association with*



From Wonder, **Wisdom**  
Heartfulness Education Trust

## Introduction

Delhi Technological University offers various foundation elective courses for the holistic development of students based on New Education policy 2020. One of them is **Leadership Mastery through Self Management** for a successful professional and personal balance in their life. This course was proposed by this centre and will be introduced from the forthcoming academic session 2021-22.

In order to equip and sensitise the faculty members to impart this course (This course has been designed based on HELM syllabus of Heartfulness Institute) as a part of Student Induction based on AICTE.

This FDP provides a platform for the teachers to know, discuss and contribute towards learning and exploring the theme of: **Leadership Mastery through Self-Management**. Which is expected to serve as an opportunity to expand the scope of understanding of the contents of syllabus, and thus promoting the Value Based Education.

## Course Content

Course will focus on the following areas:

- Heartfulness Enabled Leadership Mastery, Discovering oneself
- Time Management and Healthy life style, Power of self-discipline
- Befriending Stress and Peak Performance
- Peaceful Conversation and Heartful Relationship
- Tools for relaxation, meditation and mental rejuvenation
- Art & Heart Behind Meditation
- Detox Practices, Living light and right, character and life style
- Designing Destiny Practice & Experience

## Target Group

The target group for this programme would be faculty members, Academicians, Professionals, scientists

and the officers/staff associated with them.

## Date

The programme will be organized **online** from **19<sup>th</sup> July - 23<sup>th</sup> July, 2021**.

## Registration

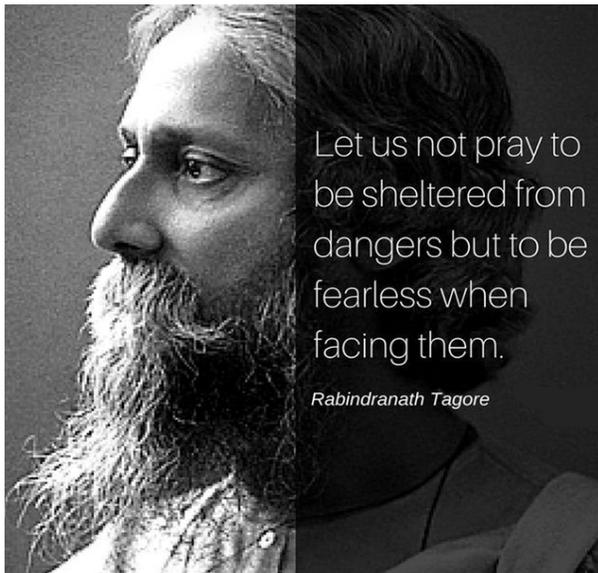
- There is no registration fee for the participants.
- Attendance is compulsory in at least in 90% days/sessions.
- For course registration, please click the following link



[Registration Form Link](#)

## Certificate

An e-certificate will be awarded to each participant the successful completion of the training program only after attending the full course.



*Rabindranath Tagore*

