

Faculty development on Art of Living at RIST



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Teachers are the only medium to reach the [heart](#) and mind of the students and “Art of Living” had the potential to contribute in this direction by helping teachers learn how to release stress and improve the energy [level](#) for educational excellence.

This was more or less of what [Prof](#) Dileep Malkhede said ad the Advisor, All [India](#) Council for Technical [Education](#) (AICTE), [New Delhi](#) opened a 14-day national [level](#) Faculty [Development](#) Programme (FDP) on Art of Living at the [Conference](#) hall of the University of Science and [Technology Meghalaya](#) (USTM), Techno City campus at 9th Mile, Ri Bhoi.

The programme is being organized by the Department of Electrical and Electronics Engineering, Regional Institute of Science and [Technology](#) (RIST) and is sponsored by the All [India](#) Council for Technical [Education](#) (AICTE), [New Delhi](#). [Prof](#) Malkhede said that though introducing a [training](#) programme on a subject like Art of Living in a technical institution is not that common, there is a need for conducting such workshops in view of the tremendous amount of stress that students as well as teachers have to undergo nowadays.

He praised RIST for applying such a unique project to AICTE that can help the faculties and students alike. In his address, he announced several upcoming schemes by the Central Government such as scholarship for girl students, schemes for physically challenged students that will be [launched soon](#) by the Centre. [Prof](#) Amarjyoti Choudhury, Vice Chancellor, USTM also graced the occasion and said that controlling our vibrations or breath is very important while learning the art of living. He expressed his hope that the teacher will be benefitted by the programme by learning to release stress in life. Expert faculties from AICTE approved [NGO](#) “the Art of Living” will conduct the programme. Speaking on the occasion, Dr Shanti Medhi, Gynaecologist and Senior Faculty, Art of Living said that the main aim of Art of Living is stress release.

Mr Deba Kumar Baruah, State Teachers Coordinator, Assam and Faculty, Art of Living also addressed the participants and spoke on [yoga](#), life skill and how to increase energy [level](#) for performance in life.

Participation certificates will be issued to the candidates who attend the programme in full. Some of the sessions included in the programme are: [yoga](#), meditation, stress management, effective communication, handling complaints and problems in college environment, dynamism and crossing boundaries, ethics in team work, [engineering](#) as a profession, holistic rejuvenation of body and mind system, experiential teaching, being inspired and inspiring others, etc.

The welcome address was made by [Prof](#) U K Sarma, Executive Director and Convener, FDP, RIST. It was also announced that USTM will [soon](#) launch a new course in the university in collaboration with Art of Living. The vote of thanks was delivered by Dr. P.C. Mahanta, Director, RIST.

AICTE was set up in November 1945 as a national [level](#) Apex Advisory Body to conduct a survey on the facilities available for technical education and to promote development in the country in a coordinated and integrated manner. RIST, an [engineering](#) college of par excellence, provides B [Tech](#) courses approved by AICTE, [New Delhi](#), Ministry of HRD.

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