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**Dr. Ajay Kumar**  
Tecnia Institute of Advanced Studies

### Resource Persons for the FDP



**Dr. M.N. Jha**  
Dean Academics,  
Tecnia Institute of Advanced Studies



**Dr. Meenakshi Kaushik**  
Work life Balance Expert,  
DIAS



**Dr. Shinjini Sarana**  
Head, R&D,  
AWOKE India Group



**Dr. Kumari Pallavi**  
Communication Expert,  
Galgotia University



**Dr. Deeksha Ahuja**  
IKS Expert,  
Gurukul Kangri Vishwavidyalaya



**Dr. Gopal Thakur**  
Yoga and Meditation Expert,  
Tecnia Institute of Advanced Studies

#### ADVISORS

Dr Sushma Bahuguna (Associate Dean)  
Dr. Sandeep Kumar (IQAC Coordinator)  
Dr. Pooja Sharma (HoD MBA)  
Dr. Monisha (HoD BBA Shift I)  
Dr. Archana Dixit (HoD BBA Shift II)  
Dr. Pushpa Rani (HoD B.Com(II))  
Dr Shivendu Kr. Rai (HoD BA(JMC))

#### CONVENER

**Convener**  
Ms. Rachna Garg  
Assistant Professor-DMS, TIAS

#### Co-Convener

Ms. Nisha Rai  
Assistant Professor-DMS, TIAS

#### ORGANIZING COMMITTEE

Dr. Shalini Gupta  
Dr. Sheenu Arora  
Dr. Rubena Bano  
Dr. Pragati  
Dr. Parul Gaba  
Ms. Meenakshi Azad

## CERTIFICATION

The FDP will be Conducted in HYBRID mode and Certificates will be provided only to registered participants

## Indian Knowledge System (IKS) Cell,

Tecnia Institute of Advanced Studies  
Collaboration with



Apna Pariwar Global  
Organises

One Week

Faculty Development Programme  
on

# Indian Knowledge System and Mindfulness: Enhancing Resilience and Emotional Intelligence in Educators

Hybrid mode  
3 to 5 PM

13<sup>th</sup> to 18<sup>th</sup> January 2025

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