

In association with

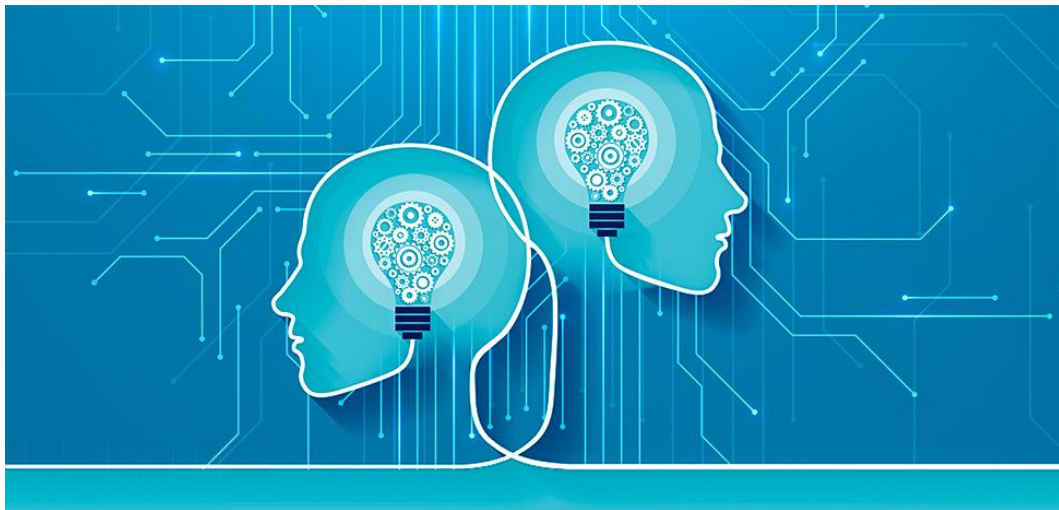
Praan
MENTAL WELLNESS

Presents

**ATAL Online 6-Day
Faculty Development Programme**

**Building Mental Well-being in the Digital Age :
A holistic and tech-enabled approach**

1st to 6th September, 2025



Where wellness meets technology for Holistic Growth

About Chetana's

Chetana Trust has been at the forefront of higher education in Mumbai since its inception in 1969. With his philosophy of “*Education for all*”, The Founder President of the Trust, Late Shri Madhukarrao Chaudhari believed in delivering quality education as well as contributing to the overall welfare of the society. With special emphasis on academic, social and industrial activities Chetana Trust aims to achieve its objectives through the following institutions:

Chetana's H.S. College of Commerce & Economics	1970
Chetana's Junior College of Commerce	1976
Chetana's R. K. Institute of Management & Research	1981
Chetana's Kusumtai Chaudhari Arts College	1992
Chetana's Institute of Management & Research	1996

About CIMR

Pursuing the same vision, Chetana's Institute of Management & Research (CIMR), have been imparting quality management education programs to meet the industry requirements. CIMR an institute that has a legacy of 29 glorious years offering AICTE approved, NBA Accredited and AIU Equivalent PGDM and PGDM Marketing programs. CIMR offers the Fellow Program in Management (FPM) to working professionals. The Institutes have been consistently ranked amongst the Top-50 Private B- schools in India and amongst the Top-10 in Mumbai by The Economic Times, Corporate Dossier issue and The Week.

The Institute is a member of the Association to Advance Collegiate Schools of Business (AACSB), demonstrating its commitment to excellence in business education and continuous improvement through adherence to globally recognized standards. In 2024 and 2025, the institute was awarded as the Best Education Brands by ET now.

CIMR has a strong alumni network, with graduates occupying senior positions in various industries globally. The institute's reputation for academic excellence has resulted in collaborations with leading international universities, providing students with opportunities for global exposure and learning. With a focus to ‘*Develop ethical business leaders*’, Chetana's undertakes many CSR activities with profit and non-profit organisations. Chetana's Institute of Management & Research (CIMR), through Chetana's Centre of Excellence (CoE) offers Faculty Development Program, Management Development Program, Training Programs, Consulting services and undertakes sponsored research projects for different stakeholders.

About the Department

The Department of management strives to achieve excellence in education, industry focussed research and develop skill workforce with a global mindset. The Department offers PGDM, PGDM marketing and FPM programs. The department fosters innovation, ethical leadership, and continuous learning through academic rigor and industry engagement. With a learner-centric approach, it empowers students to become responsible and future-ready professionals.

Objective of the FDP

The objective of the FDP is to equip faculty members from diverse disciplines with the knowledge, skills, and practical tools necessary to enhance their mental well-being. The FDP aims to foster self-awareness, emotional resilience, mindfulness, self-esteem, work life balance in the current digital age. Participants will be equipped to help their learners (Students) to recognise early signs of mental distress and cultivate habits that supports both personal and professional well-being.

The participants will also have an opportunity to use digital tools for mental and emotional well-being. Additionally, they will develop skills for digital detox and managing the use of digital devices.

Outcome of the FDP

- Understand the concept of self-awareness, Identify early signs of mental distress and, examine key components of mental well-being including emotional resilience, mindfulness, self-esteem, and work-life balance in the digital context.
- Apply mindfulness and stress-reduction techniques to manage daily academic and personal pressures more effectively.
- Utilize digital tools including (mobile applications) for such as meditation apps, mood trackers, mental health platforms to support their own and their students' emotional well-being.
- Evaluate a culture of well-being in at workplace through empathetic communication, active listening, and mental health awareness.
- Develop and implement strategies for digital detox, including setting healthy boundaries with technology and reducing screen fatigue.

Target Audience of the FDP

- Faculty members across disciplines in AICTE approved higher education institutions
- Faculty from recognised teacher education and B.Ed./M.Ed. programs
- Academic counsellors and student mentors
- Faculty handling student development, life skills, or personality enhancement courses
- Members of Internal Quality Assurance Cells (IQAC) focusing on faculty & student wellness
- Faculty development program coordinators
- Researchers and scholars in education, psychology, and well-being

Topics Covered

Stress and burnout : Identifying sources, causes and techniques for holistic well-being and resilience, emerging technologies for identifying and managing stress

Emotional Intelligence : Strategies for Enhancing Self-Awareness, Empathy, and Resilience for Personal and Professional Growth

Mental Wellness : Concept strategies, techniques for improving mental health for communication and relationship building and technology for managing mental health

Digital Incivility : Concept and skills for digital civil conversation and turning conflict into opportunity

Mindfulness : Tech and non-tech-based strategies to practice mindfulness techniques to reduce stress, improve focus, and enhance overall well-being

Hands-on and reflective activities, case studies and demonstrations for experimental learning.

Registration

All participants are requested to apply online at AICTE Atal registration portal using <https://www.aicte-india.org/atal>

Registration Fee : NIL

The programme will be delivered through online mode only.

Chief Patron

Dr. Madhumita Patil
CEO, CRKIMR and CIMR

Patron

Dr. Nandita Mishra
Director, CIMR, director@cimr.in

Coordinators

Dr. Mahesh Luthia (Coordinator)
Professor, CIMR, mdp@cimr.in

Dr. Nalini Krishnan (Co-Coordinator)
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Address for Correspondence



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ATAL Online 6-Day Faculty Development Programme Schedule

FDP Thrust Area: Holistic Wellbeing

FDP Title : **Building Mental Well-being in the Digital Age : A holistic and tech-enabled approach**

Start Date: 1st September 2025

End Date: 6th September 2025

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Monday, 01.09.2025	Tuesday, 02.09.2025	Wednesday, 03.09.2025	Thursday, 04.09.2025	Friday, 05.09.2025	Saturday, 06.09.2025
6:00PM to 6:30PM	6:00PM to 7:30PM	6:00PM to 7:30PM	6:00PM to 7:30PM	6:00PM to 7:30PM	2:00PM to 3:30PM
Inaugural Session:	Session 3	Session 5	Session 7	Session 9	Session 11
Introduction to Mental Wellbeing and health care technology CEO – Dr Madhumita Patil & Coordinator & Co- Coordinator	Topic: Stress Decoded Name of the Expert: Dr Sandeep Nemlekar Designation & Organization: Professor, CIMR Years of Exp: 35 years	Topic: Burnout: Recognize Prevent Recover Name of the Expert: Raj Gayen Designation & Organization: Accessibility support worker, Barry Bennett Years of Exp: 12 Years	Topic: Emotional Processing- Wheel of Emotion Name of the Expert: Dr. Mahesh Luthia Designation & Organization: Professor OB & HR, CIMR Years of Exp: 18 years	Topic: Digital Incivility Name of the Expert: Dr. Tanusree Chakraborty Designation & Organization: Asst. Prof., ASCI Years of Exp: 15 years	Topic: Mental Wellness @Work Name of the Expert: Dr. Athar Qureshi Designation & Organization: Physician, Public Health Specialist, Mgmt Consultant, Praan Wellness Years of Exp: 22 years
6:30PM to 8:00PM	7:30PM to 9:00PM	7:30PM to 9:00PM	7:30PM to 9:00PM	7:30PM to 9:00PM	3:30PM to 5:00PM
Session 1	Session 4	Session 6	Session 8	Session 10	Session 12
Topic: Self Reflection and Self Awareness Name of the Expert: Dr Nandita Mishra Designation & Organization: Director, CIMR Years of Exp: 30 years	Topic: Resilience Building- Managing Stress Name of the Expert: Mr Rabindra Singh Designation & Organization: Asst Professor, CIMR Years of Exp: 20 years	Topic: Enhancing Mental Health Through Better Communication and Building Relationships Name of the Expert: Dr Sunitha Narendran Designation & Organization: Assoc. Pro-CV and Psychologist Years of Exp: 15 years	Topic: Mindfulness Tools- Journaling, Guided Meditation, Expressive Art Name of the Expert: Dr. Athar Qureshi Designation & Organization: Physician, Public Health Specialist, Mgmt Consultant, Praan Wellness Years of Exp: 22 years	Topic: Balancing Technology with Mindfulness Name of the Expert: Dr Tanusree Chakraborty Designation & Organization: Asst. Prof., ASCI Years of Exp: 15 years	Topic: Mental Wellness Strategies-Self Care Routines Name of the Expert: Dr Manasi¹ & Dr. Mohammad Ishak Tayoob² Designation & Organization: 1 Consultant, BJ Wadia Hospital 2 Medical Practioner Years of Exp: Over 15 years
8:00PM to 9:30PM					5:00PM to 7:30PM
Session 2					Session 13
Topic: Building Emotional Awareness for Better well Being Name of the Expert: Cleon Dsouza Designation & Organization: Counselling Psychologist, Praan Wellness Years of Exp: 10 years					Topic: Developing Your Own Emotional and Mental Wellness Plan Name of the Expert: Dr. Mahesh Luthia Designation & Organization: Professor OB & HR, CIMR Years of Exp: 18 years
					6:30PM to 7:30PM Online test & feedback
					7:30PM to 8:00PM Valedictory Session