

## Press Release

### **5-day Leadership & Excellence Program under AICTE ATAL Scheme conducted at IIT Hyderabad**

***The sustained practice of the methods taught through the highly interactive sessions is expected to enable the participants to lead balanced stress-free lives with a positive outlook.***

**HYDERABAD, 11<sup>th</sup> September 2020:** A 5-day Leadership & Excellence Program was conducted at Indian Institute of Technology, Hyderabad from 7th September 2020 to 11<sup>th</sup> September, coordinated by Prof. Melepurath Deepa, Dean (Faculty), IIT Hyderabad, Mr. Sandeep Vaswani, Ex-State Coordinator - Art of Living Program, Delhi and Mr. Vamsi Kosuri, Art of living Faculty. This program is conducted by Art of Living in collaboration with AICTE (All India Council of Technical Education) at IIT Hyderabad. It is an insightful workshop for educationists across India so that they can perform under high complexity and drive with greater collaboration and innovation. ***Eminent educationists from the regulatory bodies and institutions participated in the program. Prof. B. S. Murty, Director IIT Hyderabad has praised the initiative and highlighted its importance in bringing positivity amongst the educationists.***

**Speaking about the benefits of ATAL FDP Program, Prof. Melepurath Deepa, Dean (Faculty), IIT Hyderabad said,** *"The Faculty Development Program on Leadership and Excellence sponsored by ATAL and organized by IITH in collaboration with the Art of Living Foundation has been a truly transformative experience for the faculty members from different institutes across the country. The sessions were conducted brilliantly by the AOL faculty and the participants benefited immensely for they went through very effective yet simple practices which can help them deal with anxiety and stress issues that are common in our daily lives. Overall, the sustained practice of the methods taught through the highly interactive sessions is expected to enable the participants to lead balanced stress-free lives with a positive outlook."*

**Stating the various aspects of the sessions, Mr. Sandeep Vaswani, Ex-State Coordinator - Art of Living Program, Delhi Said,** *"The workshop is designed in a way in an extremely scientific manner. Leadership starts with the Self. Hence it decodes various aspects of the Self layer by layer. It is not direct, rather it inspires Participants through stories of transformation. Stories which they can relate to in everyday life."*

**Vocalizing the key traits of the workshop, Mr. Vamsi Kosuri, Art of living Faculty said,** *"This workshop has provided faculty with the multiple tools that will help them succeed in their present day roles. The techniques have prepared them to be a better team player even while dealing with difficult people and situations."*

The benefits of this program comprise well-being, leadership agility, performance, change management, team building and effective decision making. The first day targeted methodologies such as Energy & Creativity and Responsibility & power of the mind. Methodologies like Alertness & Awareness, Connectedness, Trust, and Communication & Conflict Resolution will be followed on Day 2 while methodologies such as Health & Food, Empowerment & Sustainability, Impact & Inspiration and Valedictory will be taken on the final day. The training for these skills are provided through various presentations and group activities spread over 5 Days and 14 such sessions.

***Sharing their delightful experience about the session participants said:***

“It was extremely thought provoking session. Infact it has helped to think me in a different way. It clarifies my pre-learned concepts on some topics. Now not only the concepts are clear but also their application is also in hand. Thank u the entire team.” - **Ms. Mousumi Ghosh, Assistant Professor, Global Institute of Sc. & Technology**

“Taking this opportunity to thank the organizers - IIT HYD, AICTE and Art of Living, for this wonderful program, it was extremely invigorating and a complete sense of peace and techniques to overcome stress. Thank you one and all. I look forward to sharing these experiences with my students and others too.” - **Mrs. Madhavi Garikaparthi, Assistant Professor, IBS Hyderabad**

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**About IIT Hyderabad**

Indian Institute of Technology Hyderabad (IITH) is one of the six new Indian Institutes of Technology established by the Government of India in 2008. In a short span of **12** years, the institute built on an imposing **570**-acre campus and has been ranked among the top ten institutes for four consecutive years in the National Institute Ranking Framework (NIRF) released by the Ministry of Human Resource Development (MHRD), Government of India. The Institute was also ranked under Top **#20** in the recent edition of Atal Ranking of Institutions on Innovation Achievements (ARIIA) introduced this year by MHRD to systematically rank all major higher educational institutions and universities in India on indicators related to ‘Innovation and Entrepreneurship Development’ among students and faculties.

IIT Hyderabad has close to **221** full-time faculty, **2,855** students of whom **20** per cent are women, nearly **200** state-of-the-art laboratories and five research and entrepreneurship centres. The Institute has a strong research focus with more than Rs. **500** crore of sanctioned research funding while PhD scholars account for about **30** per cent of total student strength. IITH students and faculty are at the forefront of innovation with more than **1,500** research publications and patent disclosures, **300** sponsored/ consultancy projects and **50** industry collaborations. IITH has MoUs with **50** universities in the U.S.,

Japan, Australia, Taiwan and Europe. IITH has been a pioneering change in pedagogy with fractal academic programs that atomizes course modules, encourage interdisciplinary learning, spanning innovative technology, fundamental science, liberal arts and creative arts like photography, theatre and painting.

**About ATAL:**

AICTE Training and Learning (ATAL) Academies conducted a series of Training Programs in various emerging areas across the country in the year 2019-20. Total 185 training programs were conducted in the year 2019-20. 500 more FDP will be conducted in the Financial Year 2020-21 across the country in various thrust areas and emerging areas in discipline like Engineering, Management, Arts & Craft, Design & Media. During the lockdown period (COVID-19 crisis) ATAL Academy decided to conduct 83 online FDP.

**About Art of Living:**

Operating in 156 countries, The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher - Gurudev Sri Sri Ravi Shankar. All our programs are guided by Gurudev's philosophy: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace." The Art of Living community is diverse and attracts people from all walks of life.

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