



Guru Angad Dev
**MALAVIYA MISSION
TEACHER TRAINING CENTRE
(UGC-MMTTC)**

S.G.T.B Khalsa College, University of Delhi, Delhi-110007



ONE WEEK ONLINE FACULTY DEVELOPMENT PROGRAMME

ON

‘The Science of Happiness in Educational Practices’

December 1 –7, 2025

Organized by

**GURU ANGAD DEV -MALAVIYA MISSION TEACHER TRAINING CENTRE (GAD-
MMTTC)**

In collaboration with

CENTRE FOR SKILL ENHANCEMENT (CSE)

JANKI DEVI MEMORIAL COLLEGE

(UNIVERSITY OF DELHI)

UNDER THE AEGIS OF IQAC

and

REKHI FOUNDATION FOR HAPPINESS

FDP Report

Title: The Science of Happiness in Educational Practices

Dates: 1- 7 December, 2025

No. of Registrations: 89

No. of Participants Joined: 89

Organizing Committee @ GAD-MMTTC

- Prof. Gurmohinder Singh, Principal, SGTB Khalsa College, University of Delhi
- Prof. Vimal Rarh, Director, UGC-MMTTC, SGTB Khalsa College, University of Delhi

Organizing Committee @ Collaborating Institutions (Janki Devi Memorial College, University of Delhi and Rekhi Foundation for Happiness)

- Prof. Swati Pal, Patron and Principal, Janki Devi Memorial College, University of Delhi
- Dr. Satinder Singh Rekhi, Theme Mentor, Rekhi Foundation for Happiness
- Dr. Kush Gayasen, IQAC Coordinator
- Dr. Shiwani Burnwal, Deputy IQAC Coordinator
- Dr. Sakshi Bansal, FDP Convenor
- Dr. Deepti Sethi, FDP Convenor
- Dr. Md. Zubeer Ahmed, Member
- Dr. Bijoyata Yonzon, Member
- Dr. Renuka Singh, Member
- Dr. Jyoti, Member
- Dr. Raju Keshari, Member
- Dr. Shalini Singh, Member
- Dr. Vineeta Bhatt, Member

RESOURCE PERSONS AND PANELISTS:

1. Dr. Priyamvada Mathur, Indira Gandhi Delhi Technical University for Women (IGDTUW)
2. Dr. Riya Vinayak, Rekhi Foundation for Happiness
3. Mr. Shishir Arya, Rekhi Foundation for Happiness
4. Dr. Srihari Krishna, Rekhi Foundation for Happiness
5. Dr. Rupashree Baral, Indian Institute of Technology Madras
6. Mr. Rijul Arora, Rekhi Foundation for Happiness
7. Dr. Archana Tyagi, Rekhi Foundation for Happiness
8. Dr. Vandana Gambhir, Lakshmibai College, University of Delhi
9. Prof. Manas Mandal, Indian Institute of Technology Kharagpur
10. Dr. Saamdu Chhetri, Shoolini University
11. Dr. Archi Banerjee, Indian Institute of Technology Mandi
12. Dr. Sara Subhan, Monash University, Malaysia
13. Ms. Ishmeet, Rekhi Foundation for Happiness
14. Dr. Kiran Jot Singh, Chandigarh University
15. Dr. Divneet Singh Kapoor, Chandigarh University
16. Ms. Sunita Lama, Inspira Knowledge Campus, Siliguri
17. Ms. Tanishqa, Gargi College, University of Delhi
18. Dr. Pooja Sahni, Indian Institute of Technology Delhi



Rekhi Foundation for
Happiness



Janki Devi Memorial College
(University of Delhi)



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GURU ANGAD DEV- MALAVIYA MISSION TEACHER TRAINING CENTRE (GAD-MMTTC)

S.G.T.B KHALSA COLLEGE, UNIVERSITY OF DELHI

IN COLLABORATION WITH

JANKI DEVI MEMORIAL COLLEGE, UNIVERSITY OF DELHI

CENTRE FOR SKILL ENHANCEMENT

(Under the aegis of IQAC)

and

Rekhi Foundation for Happiness

Organise

ONE- WEEK ONLINE MULTIDISCIPLINARY
FACULTY DEVELOPMENT PROGRAMME (FDP)

THE SCIENCE OF HAPPINESS IN EDUCATIONAL PRACTICES

1 DEC - 7 DEC, 2025

As per CAS of UGC for regularisation/ promotion



9.00 AM to 5.00 PM on 7 Days
(36 Hours)

**NO REGISTRATION CHARGES.
LIMITED SEATS ONLY !
Last date to register
27 Nov, 2025**



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ONE-WEEK FACULTY DEVELOPMENT PROGRAMME (FDP) (IN ONLINE MODE)

THE SCIENCE OF HAPPINESS IN EDUCATIONAL PRACTICES

1 - 7 DECEMBER 2025

EXECUTIVE TEAM @ GAD-MMTTC, SGTB KHALSA COLLEGE, UNIVERSITY OF DELHI

PATRON



**PADAM BHUSHAN
SARDAR TARLOCHAN SINGH**
CHAIRMAN, GOVERNING BODY
SGTB KHALSA, DU

EXECUTIVE HEADS



PROF. GURMOHINDER SINGH
PRINCIPAL
SGTB KHALSA, DU



PROF. VIMAL RARH
DIRECTOR, UGC-MMTTC
PROFESSOR, DEPT. OF CHEMISTRY
SGTB KHALSA COLLEGE, DU

ABOUT GURU ANGAD DEV-MALAVIYA MISSION TEACHER TRAINING CENTRE (GAD-MMTTC)

GAD-MMTTC is a leading Centre of Ministry of Education, Govt. of India. Formerly known as GAD-TLC, it has trained more than 1,20,000 teachers through various training programmes since 2016. It has the mandate to train 15 lakh Higher Education Teachers for the NEP Sensitisation and Orientation Programme along with FIP, FDP and Refresher Courses which are recognised for CAS and NAAC. The Core Team of GAD-TLC has an expertise of developing e-content for 89 courses in e-PGPathshala Project and more than 50 MOOCs in Four Quadrant Format for SWAYAM platform of Govt. of India and the e-content produced by GAD-TLC has been rated as one of the best in quality at the National Level



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ONE-WEEK FACULTY DEVELOPMENT PROGRAMME (FDP) (IN ONLINE MODE)

THE SCIENCE OF HAPPINESS IN EDUCATIONAL PRACTICES

1 - 7 DECEMBER 2025

EXECUTIVE TEAM @ JANKI DEVI MEMORIAL COLLEGE, UNIVERSITY OF DELHI

PATRON



PROF. SWATI PAL
PRINCIPAL
JANKI DEVI MEMORIAL
COLLEGE, DU

THEME MENTOR



DR. SATINDER SINGH REKHI
FOUNDER
REKHI FOUNDATION FOR
HAPPINESS

CONVENOR



DR. SAKSHI BANSAL

CONVENOR



MS. DEEPTI SETHI

ABOUT, JANKI DEVI MEMORIAL COLLEGE, UNIVERSITY OF DELHI

Janki Devi Memorial College, is an A+ NAAC accredited and ISO 21001: 2018 and ISO 9001: 2015 certified premier women's college of the University of Delhi. The Institution was founded in 1959 by the famous Gandhian Shri Brij Krishan Chandiwal in memory of his mother Smt. Janki Devi.

JDMC aims to provide quality education to young women and empower them to become economically self-reliant, have the confidence to face the vicissitudes of a challenging society, contribute meaningfully to the community at large and acquire the capability to think, lead and change the world. The focus is on providing access and resources to develop an ecosystem of research, inculcating the values and principles of Indian philosophy and culture, and instilling a sense of pride, service, duty and responsibility to the nation and society.

ABOUT REKHI FOUNDATION FOR HAPPINESS

The Rekhi Foundation for Happiness was started by Dr. S.S. Rekhi and his wife Harpreet Rekhi in 2016 with the first happiness center being established at IIT Kharagpur. At Rekhi Foundation, the core belief that happiness is a skill that can be learned and cultivated. Each centre offers multiple courses, as well as, training programs and research.



Rekhi Foundation for
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THEMES OF FDP

**Cultivating
Happiness in
Institutes**

**Understanding
and Measuring
Happiness**

**Mind Mechanics:
CBT and Mindful
Tools for Joy**

**Emotional Well-
being**

**Digital Well-
being in Learning
Spaces**

**The Science of
Flourishing**

**Workplace
Happiness**

ELIGIBILITY FOR FDP:

- All Subject Teachers (Permanent/ Temporary/ Ad-hoc/ Contractual/ Guest from University/College) but must be presently in service
- Faculty members working in Universities and Colleges that are included under Section 2(f) of the UGC Act
- The Teachers of Colleges that do not yet come within the purview of Section 2(f), but have been affiliated to a University for at least three years, will be permitted to participate in the courses

IQAC Coordinator -Dr. Kush Gayasen
IQAC Deputy Coordinator - Dr. Shiwani
Burnwal

Co- convenor
Mr. Rohit Kumar Singh

Members:

Dr. Bijoyata Yonzon
Dr. Renuka Singh
Dr. Jyoti
Dr. Narayan Singh
Dr. Raju Keshari
Dr. Abhinav Mishra

Members:

Dr. Abhinub Kumar
Dr. Manish Chauhan
Dr. Shalini Singh
Dr. Vineeta Bhatt
Dr. Md. Zubeer Ahmed



GURU ANGAD DEV MALAVIYA MISSION TEACHER TRAINING CENTRE

SRI GURU TEGH BAHADUR KHALSA COLLEGE
UNIVERSITY OF DELHI, DELHI-110007



GAD-MMTTC
(Also, GAD-TLC)



SGTB Khalsa College
University of Delhi

APPLICATION FORM CUM NOC

(*Please read the TERMS AND CONDITIONS as given in Poster of the Programme, before filling the application form)

Type of Programme/Course (FIP/FDP/Refresher Course):

Fill the following as per Poster:

Title:

Dates:

1. Name of the applicant (in Capital letters):

2. Father's/Mother's/Spouse Name:

3. Date of Birth: 4. Gender (Male/Female):

5. Category (General/ST/SC/Others):

6. Designation: 7. Date of Appointment:

8. Nature of Appointment (Permanent/Temporary/ Ad-Hoc/Others):

9. Name & Address of the Institution:

Name of Affiliating University:

10. Teaching Experience (In years): Ad-Hoc Temporary Permanent Total

11. Residential Address:

Mobile: E-mail:

Affix your recent
Passport size
Photograph

DECLARATION BY APPLICANT

I hereby declare that the entries made in this application form are correct.

I hereby undertake to participate in the Programme/Course and will attend & participate in all the requirements & parameters of assessments as per the guidelines & conditions of GAD-MMTTC, S.G.T.B. Khalsa College, and University of Delhi during the Programme/Course failing which I will not get certificate of completion.

Date:

Signature of the Applicant

NO OBJECTION BY HEAD OF THE INSTITUTION

I hereby forward the application of for the to be held in Online/Offline/Hybrid mode scheduled from being organized by GAD-MMTTC, SGTB Khalsa College, DU, Delhi. There is **No Objection** from the Institution for her/him to participate in the same. He/She will be relieved from his/her duties to participate in the Programme/Course and provided Academic Leave as "ON-DUTY"

Date:

Signature and Seal
(Head of the Institution)



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STEPS TO REGISTER:

1. Fill the registration form via this link <https://forms.gle/9SNJy113edMHujan6> and provide your correct and complete information
2. At the end of the registration form, you will be asked to submit a NOC cum Application form.
3. Download the format for the NOC cum Application form via the link <https://bit.ly/COLLAB-APPL-FORM> complete it and upload it in the registration form

LAST DATE TO REGISTER - 27 NOVEMBER, 2025

Registration link:

[https://forms.gle/
9SNJy113edMHujan6](https://forms.gle/9SNJy113edMHujan6)

**CLICK ON THE LINK
OR SCAN THE QR TO
REGISTER**



IMPORTANT: Registration is not confirmation of participation. Mail will be sent by us for confirmation. If you get this mail and are not able to join, we will not allow you to join in any of our future fully-sponsored programmes; a prior timely intimation with only valid reason with proof will be admissible

**Contact CSE-JDMC, DU
Email: cse@jdm.du.ac.in**

DAY ONE SCHEDULE AND REPORT

Day	Date	Timings	Sessions	Themes	Resource Person	Affiliation	Mode
1- Mon	December 1	09:00 am - 09:45 am	0	In-augural	-	-	Hybrid (Venue- JDMC Seminar Hall)
1- Mon	December 1	09:45 am- 10:00 am	High Tea/Break	-	-	-	Venue- College Canteen, JDMC
1- Mon	December 1	10:00 to 11:45 am	Session 1	Understanding the Monkey Mind	Dr. Priyamvada Mathur	IGDTUW	Hybrid (Venue- JDMC Seminar Hall)
1- Mon	December 1	11:45 am- 12 noon	Break				
1- Mon	December 1	12 noon - 01:45 pm	Session 2	Science of Happiness: Fundamentals and Mindset	Dr. Riya Vinayak	Rekhi Foundation for Happiness	Hybrid (Venue- JDMC Seminar Hall)
1- Mon	December 1	01:45 pm - 02:45 pm	Lunch	-	-	-	Venue- College Canteen, JDMC
1- Mon	December 1	02:45 pm- 04:30 pm	Session 3	Mindfulness in Everyday Life: Enhancing Productivity and Happiness	Mr. Shishir Arya	Rekhi Foundation for Happiness	Hybrid (Venue- JDMC Seminar Hall)
1- Mon	December 1	04:30 pm	High Tea	-	-	-	Venue- College Canteen, JDMC

Day 1 – 1 December 2025

Session 0: Inaugural Session

The Inaugural Session (Session 0) of the programme was held on Monday, 1 December, from 9:00 a.m. to 9:45 a.m. in hybrid mode, with the offline venue at the JDMC Seminar Hall. The session marked the formal commencement of the Faculty Development Programme and focused on welcoming the participants, outlining the objectives of the programme, and highlighting the importance of mindfulness and well-being in academic and professional life. The session began with an overview by Prof. Vimah Rarh, Director, UGC–GAD MMTTC, who explained the objectives, rules, certification requirements, and ethical framework of the FDP, while emphasizing the relevance of mindfulness in higher education. This was followed by an address by Dr. Saamdu Chhetri, Professor of Commerce at Shoolini University, representing the Rekhi Foundation for Happiness. A Bhutanese academic, Dr. Chhetri specializes in teaching the Science of Happiness through mindfulness and meditation and has been associated with the Rekhi Foundation for Happiness for a long time. The inaugural session also featured Prof. Swati Pal, Principal, Janki Devi Memorial College, who emphasized the programme's role in enhancing personal growth, emotional balance, and professional effectiveness. Together, the speakers created a positive and reflective start to the FDP, which witnessed active participation from faculty members and aimed to promote awareness about happiness, emotional balance, and productivity in academic life.

Day 1 – 1 December 2025

Session 1: Understanding Monkey Brain

This session was conducted by Dr. Priyamvada Mathur, Department of Management, IGDTUW, and Faculty Coordinator, Rekhi Centre of Excellence for the Science of Happiness. She explained the concept of the “monkey brain” as the restless and impulsive part of the mind that often leads to stress and dissatisfaction. Using examples from positive psychology and mindfulness, she highlighted how unchecked intuition influences decision-making. The session helped participants understand the difference between pleasure and lasting happiness. Faculty members were encouraged to practice awareness and emotional regulation in both personal and professional contexts.

Objective: To help participants recognize impulsive thought patterns and develop mindfulness for better decision-making and emotional balance.

Session 2: Enhancing Productivity and Happiness

The session was conducted by Dr. Riya Vinayak, Faculty, Rekhi Foundation for Happiness. She discussed the psychological factors that influence happiness, resilience, and emotional well-being. The session focused on cultivating a positive mindset and mindful habits to improve productivity. Interactive reflections encouraged faculty members to examine their work–life balance and stress patterns. The discussion helped participants understand how intentional thinking and emotional awareness can improve academic effectiveness.

Objective: To enable participants to apply psychological strategies that enhance productivity while promoting emotional well-being.

Session 3: Practical Mindfulness Strategies

This session was conducted by Mr. Shishir Arya, Founder, HEAL Labs. He introduced practical mindfulness techniques such as mindful breathing, grounding exercises, and awareness practices. The session highlighted how mindfulness can improve focus, emotional regulation, and workplace relationships. Participants actively engaged in guided practices and shared experiences. The session concluded with reflections on integrating mindfulness into daily academic routines.

Objective: To equip participants with actionable mindfulness tools for managing stress, improving focus, and fostering positive relationships.

Day 1 Wrap-Up: Overall, the sessions were highly engaging, offering both theoretical insights and practical strategies that participants could start applying immediately in professional and personal contexts.

Day 2 – 2 December 2025

Day	Date	Timings	Sessions	Themes	Resource Person	Affiliation	Mode
2 - Tues	December 2	10:00 am - 11:45 am	Session 1	The Resilience Blueprint	Dr. Srihari Krishna	Rekhi Foundation for Happiness	Online
2 - Tues	December 2	11:45 am- 12 noon	Break				Online
2 - Tues	December 2	12 noon - 01:45 pm	Session 2	Happier Self with Work Life Balance	Dr. Rupashree Baral	IIT Madras	Online
2 - Tues	December 2	01:45 pm- 02:45 pm	Lunch				Online

Session 1: The Resilience Blueprint

The session was conducted by Dr. Srihari Krishna, Rekhi Foundation for Happiness. He discussed resilience, emotional intelligence, and growth mindset using insights from positive psychology and neuroscience. The session emphasized developing adaptive thinking and emotional strength in challenging academic environments. Practical strategies were shared to help faculty respond constructively to stress. Participants gained clarity on building long-term personal and professional resilience.

Objective: To develop participants' emotional strength and resilience through practical approaches informed by neuroscience and positive psychology.

Session 2: Happier Self with Work–Life Balance

This session was conducted by Dr. Rupashree Baral, IIT Madras. She engaged participants through self-

assessment activities such as the “Wheel of Life” and reflective exercises. The session explained how the brain functions under stress and productivity demands. She emphasized shifting focus from work–life balance to a healthier work–life interface. Faculty members identified personal priorities and short-term goals for improved well-being.

Objective: To help participants assess their priorities and adopt strategies for a harmonious work–life interface that enhances well-being.

Session 3: Leading Digital Well-Being

The session was conducted by Mr. Rijul Arora, Digital Well-being Expert, Rekhi Foundation for Happiness. He discussed the impact of excessive digital engagement on mental health and productivity. Practical strategies were shared for managing screen time and building healthy digital habits. The session encouraged mindful use of technology in academic life. Participants actively contributed through discussions and activities.

Objective: To raise awareness about digital wellness and provide participants with strategies for mindful and productive technology use.

Day 2 Wrap-Up: The day’s sessions were quite interactive and thought-provoking, leaving participants motivated to implement strategies for resilience, balanced living, and digital well-being.

Day 3 – 3 December 2025

Day	Date	Timings	Sessions	Themes	Resource Person	Affiliation	Mode
3 - Wed	December 3	10:00 am - 11:45 am	Session 1	The Thriving Quotient	Dr. Srihari Krishna	Rekhi Foundation for Happiness	Online
3 - Wed	December 3	11:45 am- 12 noon	Break				Online
3 - Wed	December 3	12 noon - 01:45 pm	Session 2	Pathways to Happiness: Exploring Positive Psychology Interventions	Dr. Archana Tyagi	Rekhi Foundation for Happiness	Online
3 - Wed	December 3	01:45 pm- 02:45 pm	Lunch				Online
3 - Wed	December 3	02:45 pm - 04:30 pm	Session 3	Mind Mechanics: CBT and Mindful Tools for Joy	Dr. Vandana Gambhir	Laxmi Bai College, DU	Online

Session 1: The Thriving Quotient

This session was conducted by Dr. Srihari Krishna, Rekhi Foundation for Happiness. He explored strategies for thriving through resilience, emotional intelligence, and mindfulness. Drawing from positive psychology, the session focused on personal growth and leadership effectiveness. Participants learned how to move beyond coping towards flourishing. The session offered actionable tools for sustaining motivation and well-being.

Objective: To guide participants in shifting from coping mechanisms to thriving strategies for sustained motivation and personal growth.

Session 2: Pathways to Happiness

The session was conducted by Dr. Archana Tyagi, Professor of Organizational Behaviour and HRM, Rekhi Foundation for Happiness. She presented evidence-based positive psychology interventions such as gratitude, optimism, kindness, and mindfulness. The session emphasized applying these practices consistently for emotional balance. Participants reflected on habits that enhance life satisfaction. The interactive format strengthened understanding and engagement.

Objective: To familiarize participants with practical positive psychology interventions that enhance daily happiness and emotional balance.

Session 3: Mind Mechanics – CBT and Mindful Tools for Joy

This session was conducted by Dr. Vandana Gambhir, Lakshmibai College, University of Delhi. She integrated cognitive-behavioral techniques with mindfulness practices. The session helped participants identify negative thought patterns and reframe them positively. Practical tools were shared to cultivate joy and emotional stability. Faculty members appreciated the relevance to classroom and personal settings.

Objective: To enable participants to use CBT and mindfulness techniques to reframe thoughts, manage stress, and cultivate joy.

Day 3 Wrap-Up: The sessions were engaging and inspiring, offering actionable tools for faculty to enhance personal well-being and bring positivity into academic environments.

Day 4 – 4 December 2025

Day	Date	Timings	Sessions	Themes	Resource Person	Affiliation	Mode
4 - Thur	December 4	10:00 am - 11:45 am	Session 1	Creating a Curriculum for Happiness Science	Prof. Manas Mandal	IIT Kharagpur	Online
4 - Thur	December 4	11:45 am- 12 noon	Break				Online
4 - Thur	December 4	12 noon - 01:45 pm	Session 2	Mindfulness as a Seed to Happiness	Dr. Saamdu Chhetri	Shoolini University	Online
4 - Thur	December 4	01:45 pm- 02:45 pm	Lunch				Online
4 - Thur	December 4	02:45 pm - 04:30 pm	Session 3	Orientation to Measurement of Happiness and Well-being	Dr. Archi Banerjee	IIT Mandi	Online

Session 1: Creating a Curriculum for Happiness Science

The session was conducted by Prof. Manas Mandal, IIT Kharagpur. He discussed the importance of integrating the Science of Happiness into higher education curricula. The session highlighted the interdisciplinary and skill-based nature of happiness education. He emphasized understanding student challenges before curriculum design. Faculty gained insights into curriculum innovation for holistic development.

Objective: To guide faculty on designing happiness-oriented curricula that address student challenges and foster holistic learning.

Session 2: Mindfulness as a Seed to Happiness

This session was conducted by Dr. Saamdu Chhetri, Professor of Commerce, Shoolini University, representing the Rekhi Foundation for Happiness. He discussed mindfulness as a pathway to inner growth and self-awareness. Philosophical concepts such as karma and universal connectedness were explored. The session emphasized mindful living through practical steps. Participants reflected deeply on purpose and identity.

Objective: To cultivate self-awareness and inner growth through mindfulness and reflective practices.

Session 3: Measurement of Happiness and Well-Being

The session was conducted by Dr. Archi Banerjee, Consultant, Mind Lab Research and Implementation, Rekhi Foundation (USA). She explained how technology and neuroscience tools are used to measure happiness. Practical demonstrations from mind lab research were discussed. The session expanded understanding of data-driven well-being. Participants engaged actively through questions and

discussions.

Objective: To introduce participants to scientific methods and technological tools for measuring happiness and well-being.

Day 4 Wrap-Up: The sessions were highly engaging, offering both innovative curricular insights and practical strategies for fostering mindfulness and data-driven well-being.

Day 5 – 5 December 2025

Day	Date	Timings	Sessions	Themes	Resource Person	Affiliation	Mode
5 - Fri	December 5	09:15 am - 11:00 am	Session 1	Psychological Flexibility & Well-being in Academic Settings	Dr. Sara Subhan	Monash University, Malaysia	Online
5 - Fri	December 5	11:00 am - 12:15 pm	Break				Online
5 - Fri	December 5	12:15 am - 02:00 pm	Session 2	Bringing Joy Back to the Classroom	Ms. Ishmeet	Rekhi Foundation for Happiness	Online
5 - Fri	December 5	12:15 am - 02:00 pm	During Session 2	Assessment 1	-	-	Online
5 - Fri	December 5	02:00 pm - 02:15 pm	Break				Online
5 - Fri	December 5	02:15 pm - 04:00 pm	Session 3	Workplace Happiness Tools for Measuring Happiness	Dr. Kiran Jot Singh and Dr. Divneet Singh Kapoor	Chandigarh University	Online

Session 1: Ecological Happiness

The session was conducted by Dr. Pooja Sahni, IIT Delhi. She discussed the link between human well-being and nature. The session highlighted ecological happiness from a neurological and educational perspective. Self-reflective tasks encouraged awareness of sustainability. Faculty gained insights into integrating environmental well-being into education.

Objective: To highlight the connection between environmental awareness and human well-being, promoting sustainability as part of holistic education.

Session 2: Workplace Happiness

This session was conducted by Dr. Kiran Jot Singh and Dr. Divneet Singh Kapoor, Chandigarh University. They discussed workplace happiness, productivity, and leadership. Scientific tools used to measure happiness were introduced. The session highlighted organizational well-being and performance. Participants appreciated the research-based approach.

Objective: To enhance understanding of workplace well-being and provide strategies to improve productivity and leadership effectiveness.

Session 3: Psychological Flexibility and Well-Being

This session was conducted by Dr. Sara Subhan, Monash University, Malaysia. She explained psychological flexibility using Acceptance and Commitment Therapy (ACT). Practical strategies for managing academic stress were discussed. Reflection activities enhanced participant engagement. The session promoted balanced and adaptive thinking.

Objective: To equip participants with ACT-based strategies to cultivate psychological flexibility and manage stress effectively.

Day 5 Wrap-Up: The sessions were quite engaging, providing actionable approaches to ecological awareness, workplace well-being, and adaptive thinking.

Day 6 – 6 December 2025

Day	Date	Timings	Sessions	Themes	Resource Person	Affiliation	Mode
6 - Sat	December 6	10:00 am - 11:45 am	Session 1	Cultivating Happiness Through SEL Mastery	Ms. Sunita Lama	Inspira Knowledge Campus, Siliguri	Online
6 - Sat	December 6	11:45 am- 12 noon	Break				Online
6 - Sat	December 6	12 noon - 01:45 pm	Session 2	The Problem of Happiness	Ms. Tanishqa	Gargi College, DU	Online
6 - Sat	December 6	01:45 pm- 02:45 pm	Lunch				Online
6 - Sat	December 6	02:45 pm - 03:45 pm	Session 3	Ecological Happiness: Lessons from Research	Dr. Pooja Sahni	IIT Delhi	Online
6 - Sat	December 6	03:45 pm - 04:45 pm	Valedictory Session	Valedictory Session	JDMC and Rekhi Foundation	JDMC and Rekhi Foundation	Online

Session 1: Cultivating Happiness through SEL Mastery

This session was conducted by Ms. Sunita Lama, Faculty, Inspira Knowledge Campus, Siliguri. She introduced socio-emotional learning through mindfulness and gratitude activities. The session emphasized emotional awareness and empathy. Participants engaged in reflective exercises. The session highlighted the role of teachers in modeling emotional intelligence.

Objective: To develop socio-emotional skills among faculty and enhance emotional awareness and empathy through SEL practices.

Session 2: The Problem of Happiness

The session was conducted by Ms. Tanishqa, Gargi College, University of Delhi. She discussed different perspectives and misconceptions about happiness. The session explored the gap between desire and practice. The role of community and purpose was emphasized. Participants reflected on meaningful happiness.

Objective: To help participants critically examine misconceptions about happiness and align personal and community purpose for fulfillment.

Session 3: Bringing Joy Back to the Classroom

This session was conducted by Ms. Ishmeet, Rekhi Foundation for Happiness. She discussed incorporating joy into teaching practices. The session focused on discussion-based and reflective learning methods. Faculty explored ways to create positive classrooms. The session concluded the FDP on an inspiring note, followed by a subjective questions-based assessment.

Objective: To inspire faculty to create joyful, reflective, and engaging classroom environments for students.

Day 6 Wrap-Up: The final day's sessions were quite engaging, leaving participants inspired to integrate joy, purpose, and socio-emotional awareness into their teaching practices.

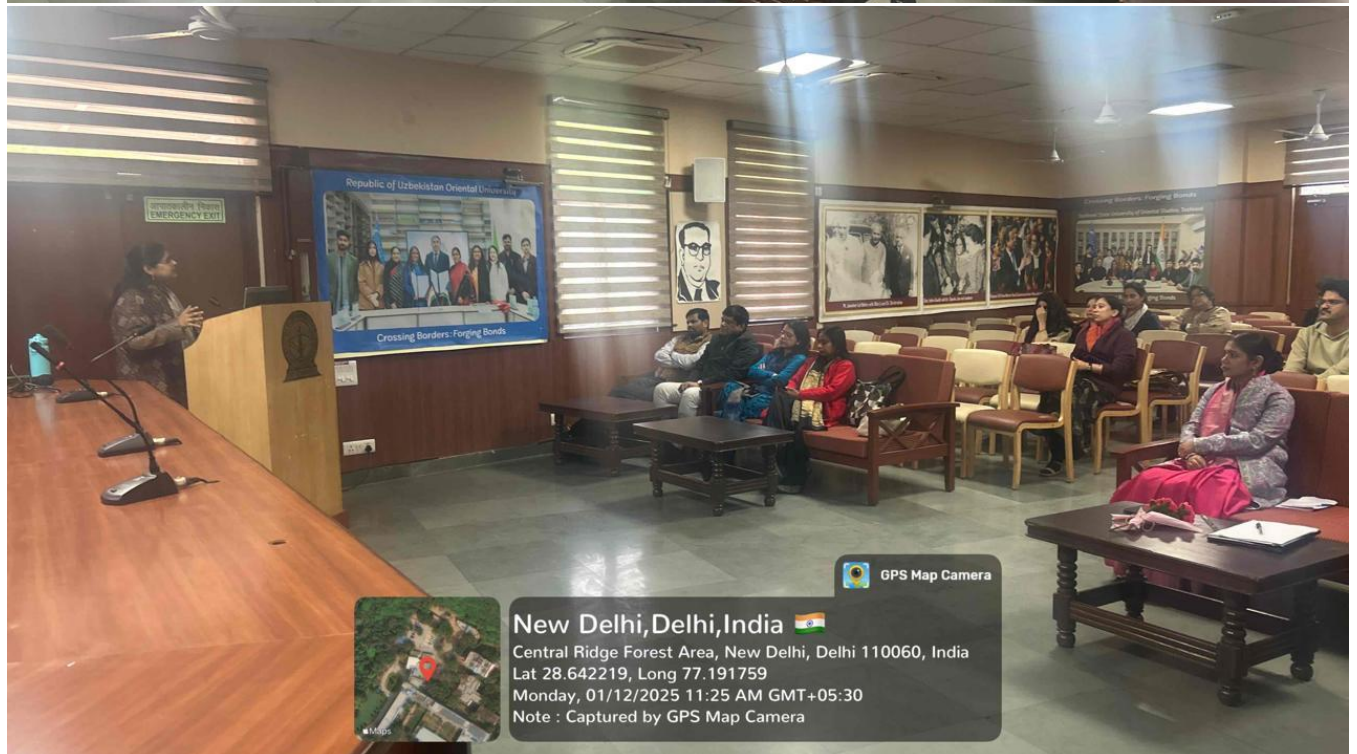
This was followed by a formal **valedictory session**, during which Janki Devi Memorial College and the Rekhi Foundation for Happiness expressed their gratitude to all participants and contributors for their active involvement and support.

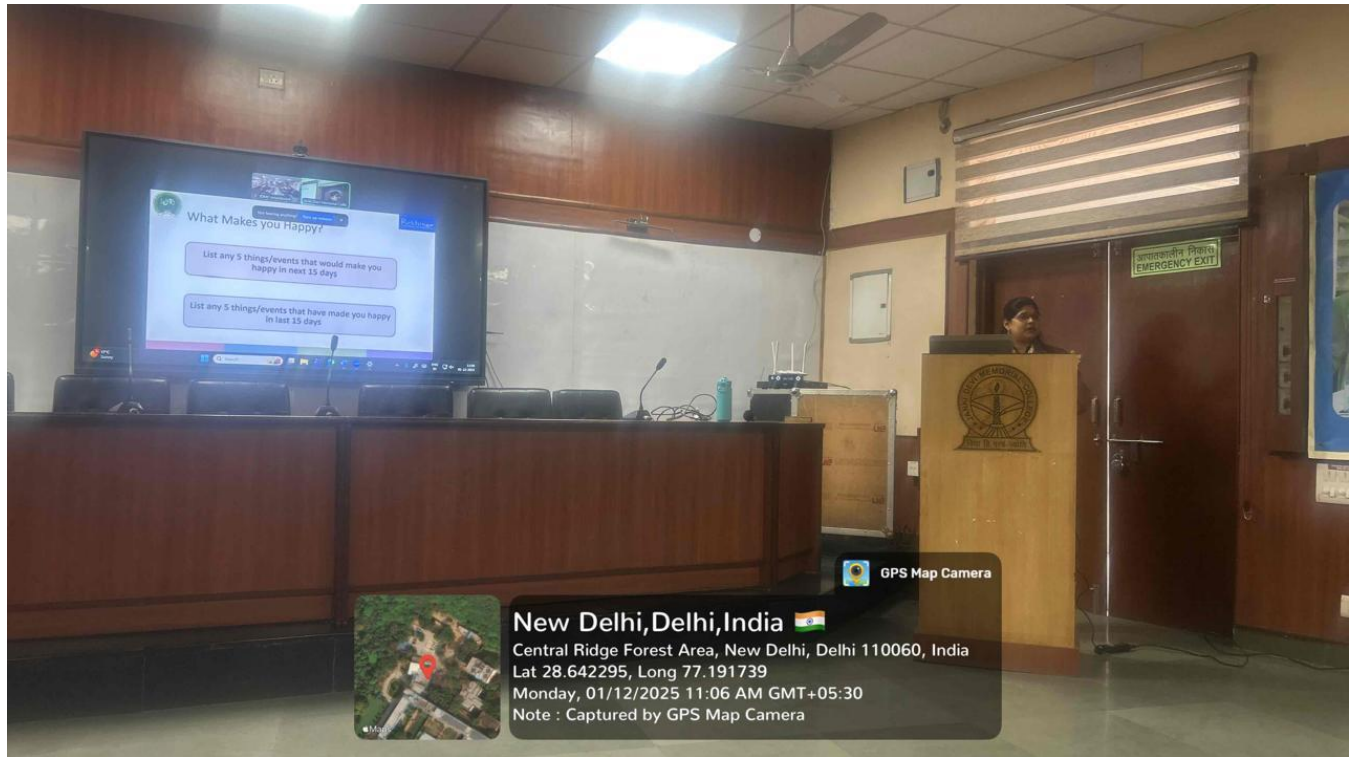
Day 7 – 7 December 2025

Day	Date	Timings	Sessions	Themes	Mode
7- Sunday	December 7	02:00 pm - 06:00 pm		Assessments - (1 MCQ Based) and (1 Subjective)	Online

The remaining two assessments were conducted on the last day of the programme

PHOTOGRAPHS





zoom Workplace Meeting Janki Devi Memorial College's scr View Sign in

Swati Malik Dr. Deepa Jain Sasmitha Mohanty

Kishore Swati Malik Dr. Deepa Jain Sasmitha Mohanty

REFERENCE POINT #2: WHAT OTHER PEOPLE MAKE

CLARK & OSWALD (1996)

- TESTED JOB SATISFACTION IN 5000 BRITISH WORKERS
- JOB SATISFACTION ↓ AS COMPARATIVE INCOME ↑
- IF COWORKERS HAVE HIGHER SALARY, YOU ARE LESS HAPPY WITH YOUR JOB

SOCIAL COMPARISON = THE ACT OF EVALUATING ONE'S OWN SALARY/STATUS/POSSESSIONS/ABILITIES/ETC RELATIVE TO THOSE OF OTHER PEOPLE

The Science of Happiness in Education...

Everyone Sasmitha ... New chat

Sasmitha Mohanty (private message)

articulate more in the class, 3) When I help my colleagues if they need any help. 4) When I listen to resource persons in last Seminar we had on dissertation writing, 5) my last trekking in October to Dayara Bugiyal, Uttarakhand

You 11:43 AM

<https://docs.google.com/forms/d/e/1FAIpQLSdP1xnT5N4zCWzMcZ-LFdV8H0L99BHLme2tg8kws4oBOaAg/viewform?usp=header>

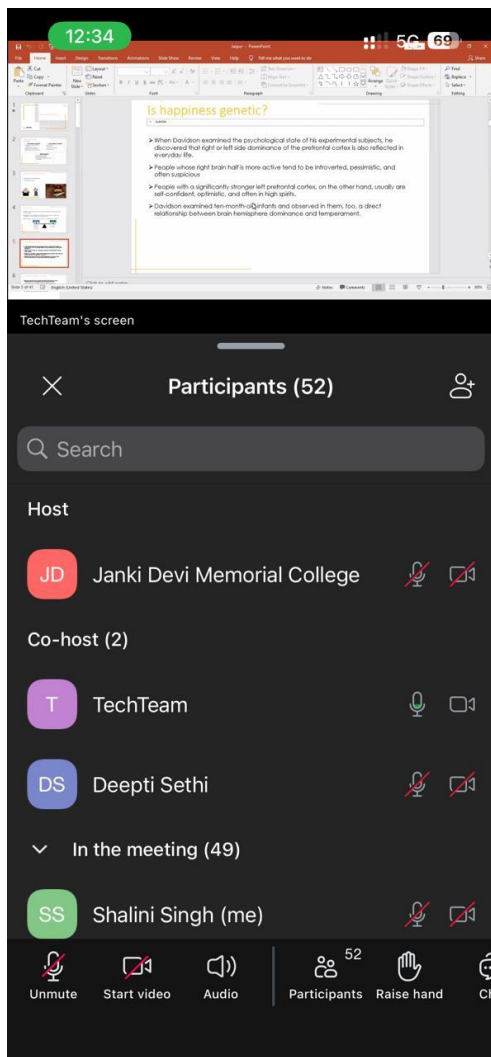
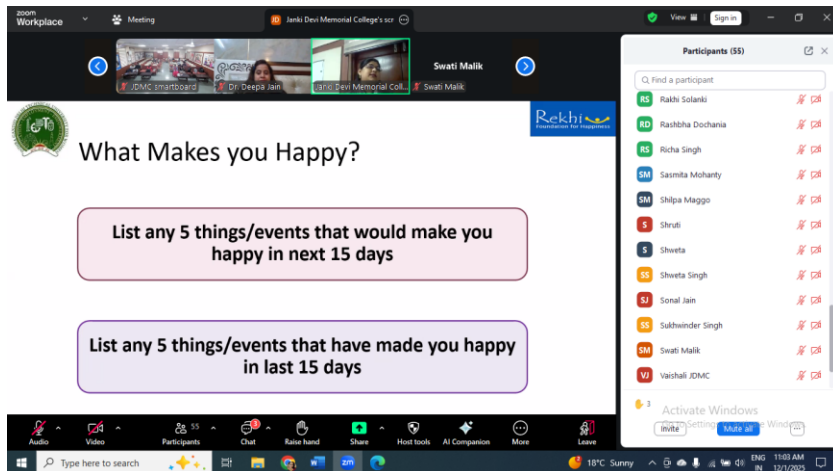
Dear All, kindly fill out the feedback-attendance form. Thanks

Message Sasmitha Mohanty (private message)

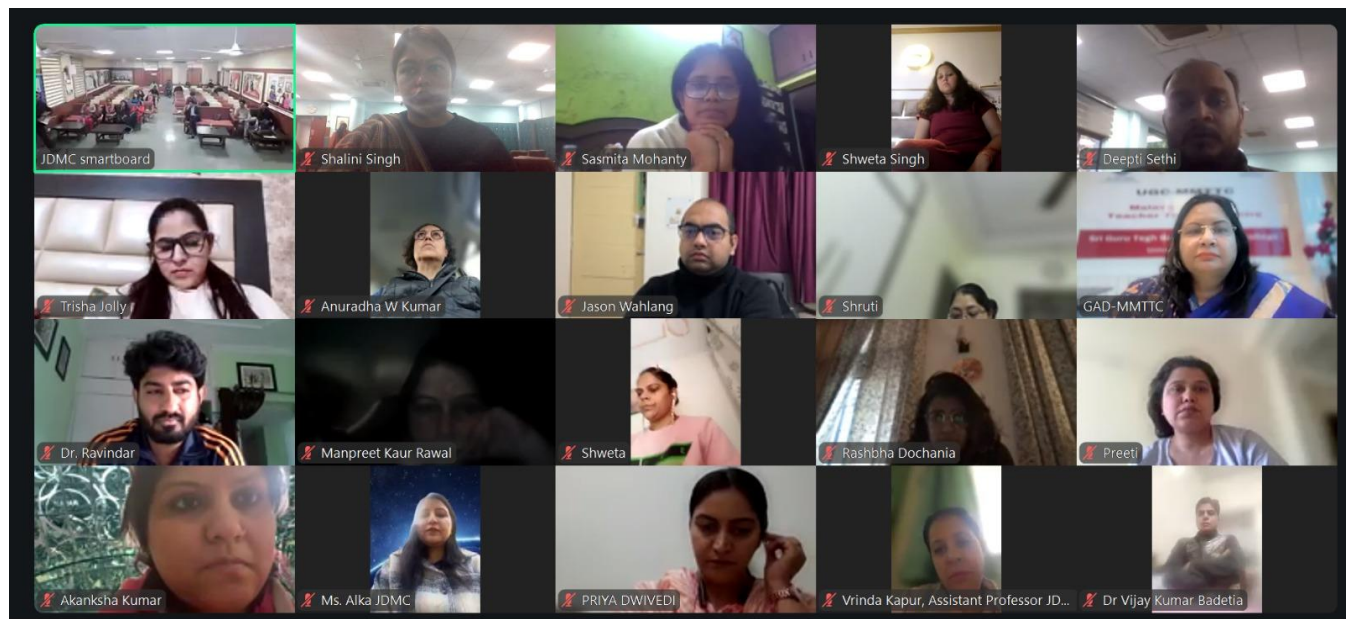
Activate Windows
Go to Settings to activate Windows.

Audio Video Participants Chat Raise hand Share Host tools AI Companion More Leave

Type here to search NIFTY +0.22% ENG 11:55 AM IN 12/1/2025







WhatsApp | Feedback, Report Format - Google | The Science of Happiness |

app.zoom.us/jc/84118386119/join?fromPWA=1&pwd=DEAUaOINs6wNDLGY76h2OxENrOWfbh.1&x_zm_rtaid=jp18y_BGQguKK0f4KCaUBA.1764649404803.84174e236cd0e80f7315d224...

zoom Workplace

REC View

Dr. Narayan Singh Dr. Shruti Gupta Srihari Krishna, Rekhi Happiness Clinic... Dr. Deepa Jain

You are viewing Raju Keshari's screen View Options

Oops! Something went wrong. Please close all browsers and rejoin the meeting.

Faculty shape resilient classrooms by embedding small, brain-friendly practices across the 7Cs.

- Competence: Retrieval, micro-tasks
- Confidence: Small wins, effort praise
- Connection: Check-ins, pair-share
- Character: Values prompts, reflection
- Contribution: Purpose-driven tasks
- Coping: Breathing, grounding
- Control: Goal-setting templates

Participants (70)

Find a participant

- DN Dr. Narayan Singh (Co-host, me)
- RK Raju Keshari (Host) REC
- SK Srihari Krishna, Rekhi Happiness Clinic, ... (Co-host)
- DV Dr. Vineeta Bhatt (Co-host)
- SB sakshi bansal (Co-host)
- TJ Trisha Jolly
- MB MAMTA BHARDWAJ
- DM Dr. Mansi Yadav
- RS Rakhi Solanki
- MC Monica Chutani
- DT Dr. Tarun Routhan
- P Pouriangthanliu
- DS Dr. Sandeep Kumar Gautam
- OM Orgina Mary Lakadong

Unmute Stop Video Participants Chat Raise Hand Share Screen Security AI Companion More Leave

Type here to search 20°C Sunny 11:33 AM 02/12/2025

WhatsApp | Feedback, Report Format - Google | The Science of Happiness |

app.zoom.us/jc/84118386119/join?fromPWA=1&pwd=DEAUaOINs6wNDLGY76h2OxENrOWfbh.1&x_zm_rtaid=jp18y_BGQguKK0f4KCaUBA.1764649404803.84174e236cd0e80f7315d224...

zoom Workplace

REC View

Preety Goel Dr. Narayan Singh Srihari Krishna, Rekhi Happiness Clinic, ... Dr. Deepa Jain Raju Keshari Bijoyata Yonzon

1/4 Dakshita Rupashree Dr. Sarat Chandra Bibhar Dr. Vineeta Bhatt Kanika Kakar anuradha wadehra kumar

Nancy Rao Shalini Manisha Kumari sakshi bansal Dr. Sandeep Kumar Gautam Shruti

Dr. Pooja Sin... To Meeting Group... Thank you, Sir

Mute Stop Video Participants Chat Raise Hand Share Screen Security AI Companion More Leave

Type here to search 22°C Sunny 11:43 AM 02/12/2025

Zoom Workplace interface showing a presentation slide titled "The 7C Resilience Framework". The slide content includes:

The 7C Resilience Framework

The Framework offers a holistic roadmap to build resilient, motivated, future-ready learners.

- **Competence:** Build skills and mastery
- **Confidence:** Strengthen self-belief
- **Connection:** Create psychological safety
- **Character:** Identity and values development
- **Contribution:** Purpose and meaning
- **Coping:** Emotional regulation skills
- **Control:** Ownership & agency over choices

Participants visible in the top bar include Dr. Narayan Singh, Dr. Shruti Gupta, Srihari Krishna, Rekhi Happiness Cl..., Dr. Deepa Jain, and Preeti.

Zoom Workplace interface showing a presentation slide titled "Our attention spans are decreasing!". The slide features a line graph illustrating the decline in attention span over time.

Our attention spans are decreasing!

Year	Attention Span (Seconds)
2004	3.0
2015	0.5

Participants visible in the top bar include Renuka Singh, Riju Arora, Dr. Deepa Jain, Manisha Kumari, Samiran Ghissing, and Dr. Debahuti Brahmachari.

Page 20 | 2 December 2025 | Digital Wellness

zoom Workplace Meeting Srihari Krishna (Rekhi Foundation for Happiness) is talking...

Cognitive Expansion & Growth Mindset

Expanding cognition through mindset and network balance boosts flexibility.

- Reduces DMN rumination → clearer thinking
- Growth mindset enhances neuroplasticity
- Exploration neural state boosts curiosity & flexibility
- Students internalize mindset through educator modeling

Participants: Dr. Anuradha wadhwa kumar, Dr. Kamal, Dr. Athol Kamel, Dr. Winda Kasun, Assistant, Pouriangthanliu, Akanksha Kumar, Dr. Anuradha Gu..., kailashrani, Dr. Vijay Kumar..., Anil Kumar, Sasmita Mohanty, AJAY KUMAR K...

Audio Video Participants Chat Raise hand Share Host tools AI Companion Meeting info Apps Pause/stop recording Show captions Polls/quizzes More Leave

17°C Sunny Search 10:49 03-12-2025

zoom Workplace Meeting Dr Archana Tyagi's screen

Participants: Renuka Singh, Dr Archana Tyagi, Dr. Savita Singh, Janki Devi Mem..., Janki Devi Memorial Co..., Orgina Mary Lakadong, Dr Sasmita Mohanty

4. Nurture Relationships-

Proactively enhancing the quality of your relationships. Deepening existing relationships

- Research shows nurturing relationships:
- Promotes a positive perception of other people and community.
- Creates favorable social comparisons.
- Relieves distress or guilt over other's misfortunes.
- Fosters heightened sense of interdependence and cooperation.

DK From Dr Kamal to everyone
Yes. It is very touchy

Audio Video Participants Chat Raise hand Share Host tools AI Companion Meeting info Apps More Leave

13:07 03-12-2025

zoom Workplace Meeting Manas K Mandal's screen Sign in Recording... View

Switch to shared content Remove pin

Participants (45)

Find a participant

- BY Bijoyata Yonzon (Host, me)
- MK Manas K Mandal (Co-host)
- JD Janki Devi Memorial Colle... (Co-host)
- RG Rose Gomes (Co-host)

Manas K Mandal

Audio Video Participants 45 Chat Raise hand Pause/stop recording More End

Snipping Tool

Screenshot copied to clipboard
Automatically saved to screenshots folder.

Mark-up and share

19°C Partly sunny Search ENG IN 10:06 04-12-2025

zoom Workplace Meeting Saamdu Chetri's screen Recording... View

Five Steps to Mindfulness

- ☐ Breathing and verses
- ☐ Concentration
- ☐ Awareness of body
- ☐ Releasing Tension
- ☐ Mindful movement

From Kavya Narang to everyone

Requesting everyone to join with their full names and please keep your cameras on.

Saamdu Chetri

Audio Video Participants 61 Chat Raise hand Share Host tools AI Companion Meeting info Apps Pause/stop recording Show captions Polls/quizzes More Leave

19°C Partly sunny Search ENG IN 12:29 04-12-2025

zoom
Workplace

Meeting

Archil Banerjee's screen

Sign in

Recording

View

naman

Archil Banerjee

Dr. Deepa Jain

Renuka Singh

Janki Devi Mem...

Janki Devi Memorial C...

Dr. Mahashradha Yadav entered the waiting room

Admit

View

✕

Wearable Eye-tracker Recordings Analysis Window

Participant 1

Participant 2

Wearable eye-tracker Recordings from different participants in same experimental condition

Audio

Video

Participants 61

Chat

Raise hand

Share

Host tools

AI Companion

Meeting info

More

Leave

The Science of Happiness in Education...

Everyone

New chat

BY Bijoyata Yonzon 2:59 PM

white

DV Dr Vijay Kumar Badetia 2:59 PM

Purple blue white

KK Kanika Kakar 3:00 PM

White

DS Dr. Sandeep Kumar Gautam 3:00 PM

white

DK Dr Kamal 3:00 PM

Blue

MS Jyoti 3:00 PM

Pink

SG Samiran Ghissing 3:00 PM

white

DR Dr. Richa Singh 3:00 PM

purple and white

AK Akanksha Kumar 3:01 PM

Pink

Who can see your messages? Recording on

To: Meeting group chat

Message everyone

zoom
Workplace

REC

View

Sara Subhan

Kavya Narang

Sadia Saleem

Anuradha W Kumar

You are viewing Sara Subhan's screen

View Options

The Six Processes of Psychological Flexibility

Openness

Awareness

Value Clarity

Perspective Taking

Committed Actions

Self-compassion in Difficult Moments

Unmute

Stop Video

Participants 60

Chat

Raise Hand

Share Screen

Security

AI Companion

More

Leave

Participants (60)

Find a participant

KN Kavya Narang (Co-host, me)

JD Janki Devi Memorial College (Host)

REC

SS Sara Subhan (Co-host)

+

P Pouriangthanliu

VN Vaishali Narula(KNC)

DK Dr. Kanika Kakar

AW Anuradha W Kumar

S Shruti

RK Raju Keshari

OM Orgina Mary Lakadong

DV Dr Vijay Kumar Badetia

DK Dr Kamal

SS Sadia Saleem

GK Gurleen Kaur

Invite

Mute All

More

g28.digi... National... NTA... Schedul... Homer2... Group L... Google... d\jnta25... EEG pre... Meet... x

meet.google.com/toj-wtyi-wn

New Tab YouTube Gmail YouTube Maps (1) Home / X Human centered ro... Human-Computer L... BCI Lab Thanks! Researchin... what is b2b - Googl... All Bookmarks

A P K J (Presenting, annotating)

A P K J Shweta Singh Akanksha Kumar 27 others Naman Dhiman

Happiness at Work

- A state of well-being derived from the work environment, relationships, and purpose.
- External factors like workplace culture, team dynamics, and work-life balance.
- Encourages long-term loyalty
 - Positive team relationships
 - Supportive leadership
 - Feeling valued at work

Work that Makes You Happy

- A situation where the nature of the work itself brings personal joy and fulfillment.
- Intrinsic factors such as passion for the work, alignment with personal values, or enjoyment of tasks.
- Sparks immediate enthusiasm
 - Loving a creative task
 - Enjoying problem-solving
 - Fulfillment from helping others

vs

Happiness at Work vs Work that Makes You Happy

3:01 PM | toj-wtyi-wn

g28.digi... National... NTA... Schedul... Homer2... Group L... Google... d\nta25... EEG pre... Meet... +

meet.google.com/toj-wtyi-wn

New Tab YouTube Gmail YouTube Maps (1) Home / X Human centered ro... Human-Computer L... BCI Lab Thanks! Researchin... what is b2b - Googl... All Bookmarks

APKJ (Presenting, annotating)

APKJ Divneet Singh Kapoor Akanksha Kumar 30 others Naman Dhiman

Idea 3

Listen

People

All muted Add people

Anil Kumar Anuradha Gupta Anuradha Wadhera Ku... AQUEEL AKHTAR Athoi Kamei Deepak Kumar Divneet Singh Kapoor Meeting host Dr. Richa Dr. SANDEEP KUMAR G... Gurleen Kaur

3:20 PM | toj-wtyi-wn

Microphone Video Camera Chat Hand Raise Hand End Call

g28.d... Nation... NTA... Schedi... Home... Group... Google... d\ynta... EEG p... Me... Workp...

meet.google.com/toj-wtyi-wn

New Tab YouTube Gmail YouTube Maps (1) Home / X Human centered ro... Human-Computer L... BCI Lab Thanks! Researchin... what is b2b - Googl... All Bookmarks

Divneet Singh Kapoor (Presenting, annotating)

Hardware

Fluke Mobile Thermal Camera

Bosch GTC 400 C

FLIR Thermal Imaging and Infrared Cameras

Software

Testothermography

FLIR One/Ignite

Thermal Camera Real Simulator

(app for Android)

Tools

Divneet Singh Kapoor

Rohit Kumar

Nancy Rao

Akanksha Ku...

Kishore M...

Anuradha Wadhwa Kumar

Manpre...

25 others

Naman D...

3:45 PM | toj-wtyi-wn

Sunita Lama

Moderator: Fatima Sana

Dr. Athoi Kamei

Sasmita Mohanty

Dr. Kamal

Shweta Singh

Ahirrao Dinesh Bharat

Preety Goel

M KISHORE

Dr. Anuradha Gupta

Shweta Singh

Deepak Mancha...

Janki Devi Mem...

Janki Devi Mem...

Ruchika Bhatia

Pouriangthanliu

Dr. Vijay Kumar...

Akanksha Kumar

Kanika Kakar

Rashbha Docha...

रजनी अनुरागी

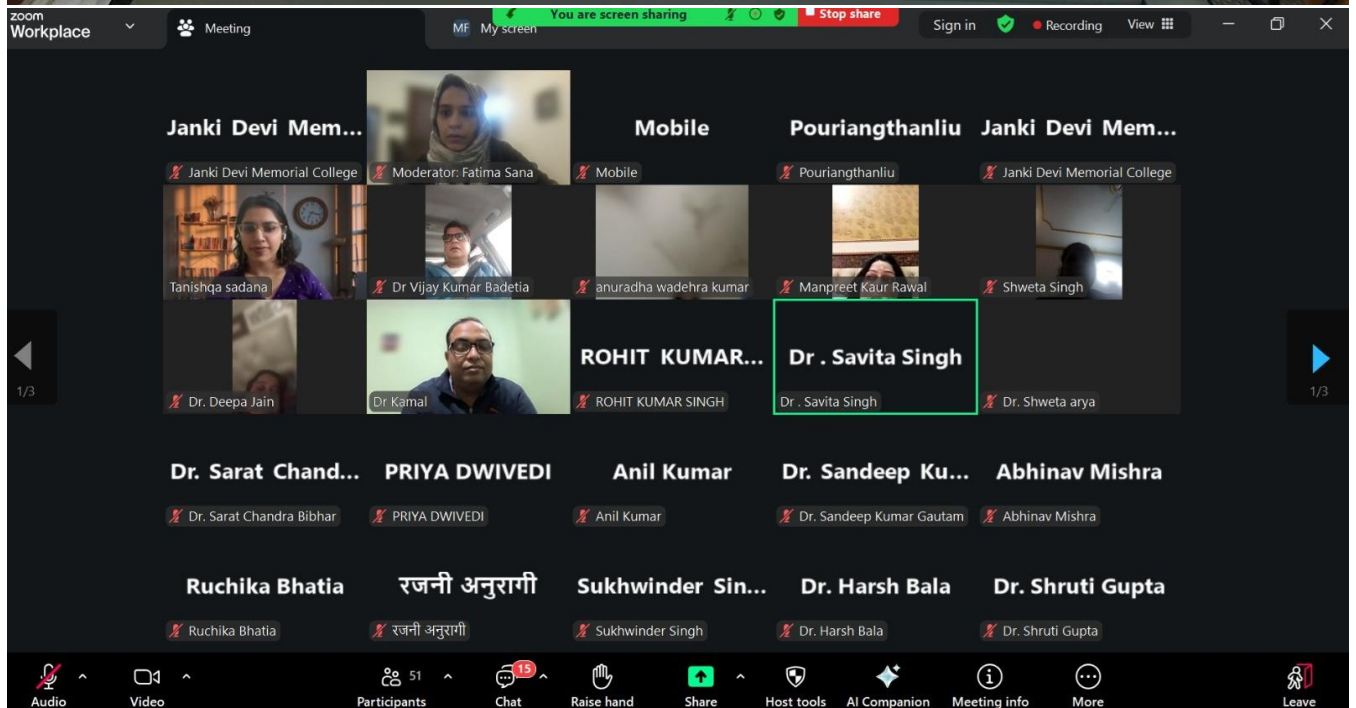
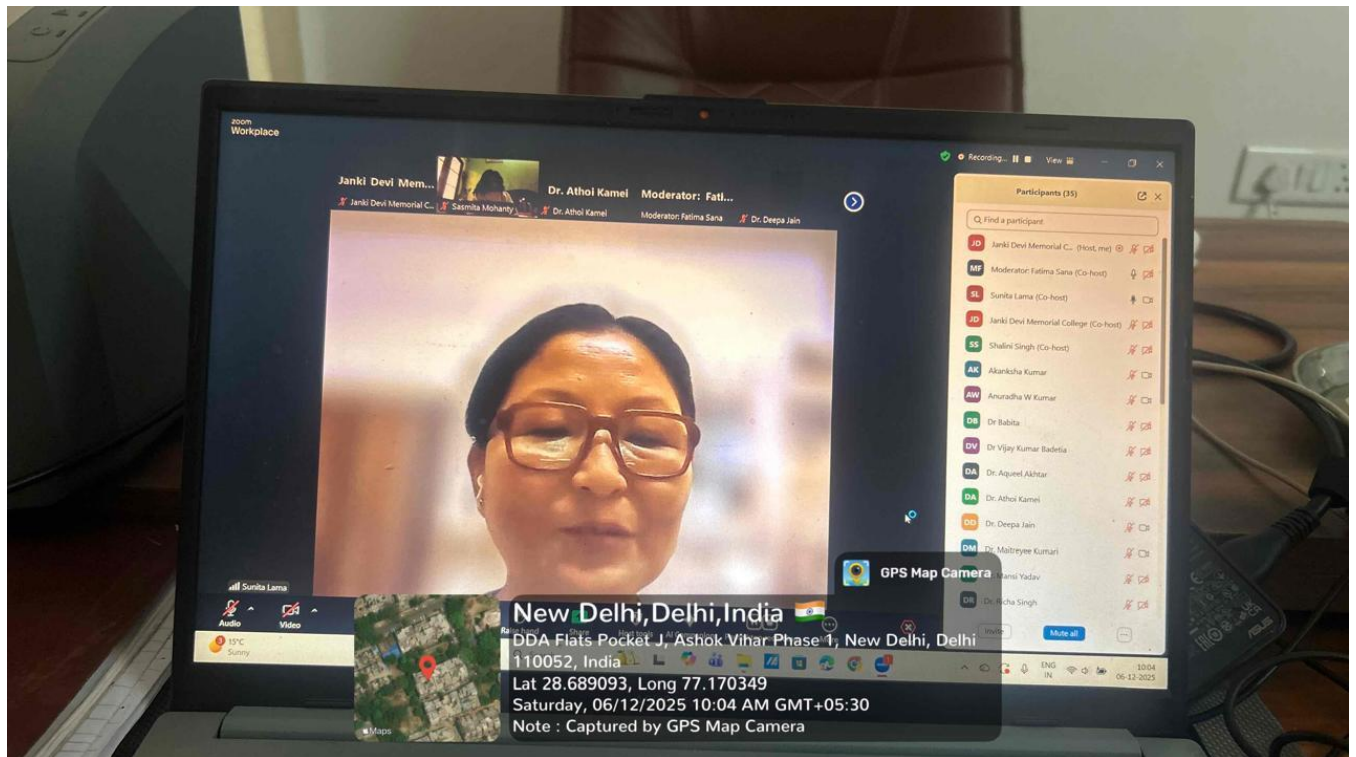
Manisha Kumari

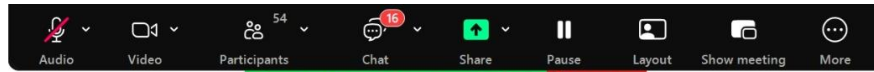
Dr. Deepa Jain

Monica Chutani

Gurleen Kaur

Dr. Richa Singh





Breakout Rooms

- What does Happiness mean to you?
- What is your source of happiness?



Manpreet Kaur...

Manpreet Kaur Rawal

Tanishqa sadana

Moderator: Fatima Sana

Akanksha Kumar

Akanksha Kumar

zoom Workplace

Sign in Recording View

Participants (45)

Find a participant

Initials	Name	Audio	Video
MF	Moderator: Fatima Sana (Me)	On	On
JD	Janki Devi Memorial College (Host)	On	On
IK	Ishmeet Kaur (Co-host)	On	On
DS	Deepti Sethi (Co-host)	On	On
M	Mobile (Co-host)	On	On
AM	Abhinav Mishra	On	On
AK	AJAY KUMAR KNC	On	On
AW	Anuradha W Kumar	On	On
DK	Dinesh Kataria	On	On
D	Dr. Savita Singh	On	On
DM	Dr Mahashraddha Yadav	On	On

Invite Unmute me

Dr. Vrinda Kapu... **Shweta Singh** **Pouriangthanliu** **Dr. Shruti Gupta** **Abhinav Mishra**

Dr. Vrinda Kapur, Assista... Shweta Singh Pouriangthanliu Dr. Shruti Gupta Abhinav Mishra

Manish Chauhan **ROHIT KUMAR...** **AJAY KUMAR K...** **Raju Keshari** **Dr. Mansi Yadav**

Manish Chauhan ROHIT KUMAR SINGH AJAY KUMAR KNC Raju Keshari Dr. Mansi Yadav

Audio Video Participants Chat Raise hand Share AI Companion More Leave

zoom Workplace

Recording... View

1/3

Deepti Sethi

Moderator: Fatima Sana

Deepti Sethi

Dr. Debahuti Brahmachari

Ishmeet Kaur

Shweta Singh

Dr. Vrinda Kapur, Assistant Pr...

ROHIT KUMAR SINGH

kailashrani

kailashrani

Preeti

Anil Kumar

Swati Malik

Dr. Savita Singh

Kanika Aggarwal

Akanksha Kumar

Dr. Sandeep Kumar Gautam

Dr. Anuradha Gupta

Dr. Sasmita Mohanty

Madhulika Nirmal

Anuradha W. Kumar

Dr. Aqueel Akhtar

Ms. Alka JDMC

Monica Chutani

Sukhwinder Singh

Janki Devi Mem...

Pouriangthanliu

Monica Chutani

Sukhwinder Singh

Janki Devi Memorial College

Pouriangthanliu

Audio Video Participants Chat Raise hand Share Host tools AI Companion Meeting info Polls/quizzes Breakout rooms More Leave

Type here to search

23°C Mostly sunny

ENG IN 3:23 PM 12/6/2025

Manpreet Kaur...

Manpreet Kaur Rawal

Deepti Sethi

Ishmeet Kaur

Shweta Singh

Dr. Sasmita Mohanty

Moderator: Fatima Sana

Preeti

Trisha Jolly

Dr. Savita Singh

ROHIT KUMAR SINGH

Kailash Rani

Janki Devi Memorial College

Ahrrao Dinesh Bharat

Vaishali Narula

Moderator: Fati...

Moderator: Fatima Sana

Monica Chutani

Samiran Ghissing

kushgayasen

Akanksha Kumar

Orgina Mary Lakadong

Dr. Vrinda Kapur, Assistant Pr...

Shalini

Rashbha Dochania

Dr. Vijay Kumar Badetia

Dr. Kamal

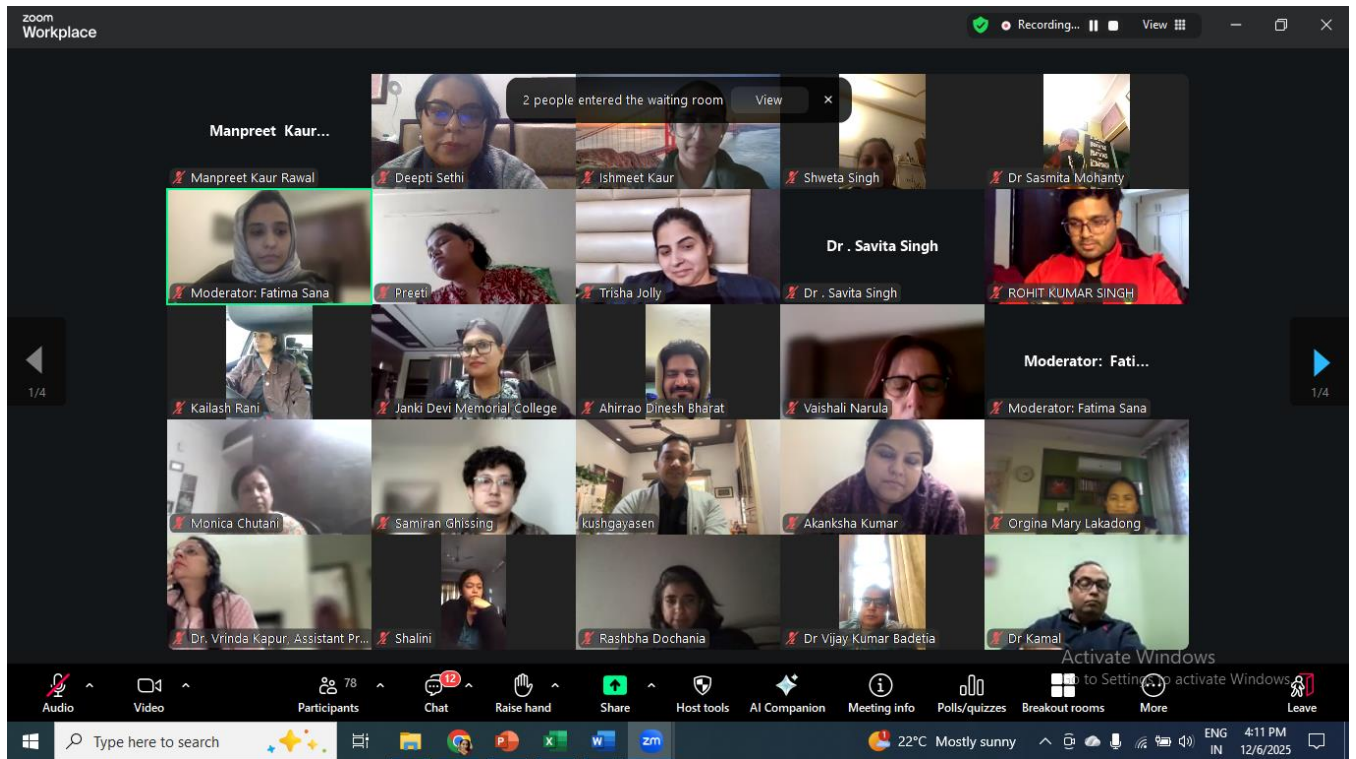
Activate Windows

Go to Settings to activate Windows.

Type here to search

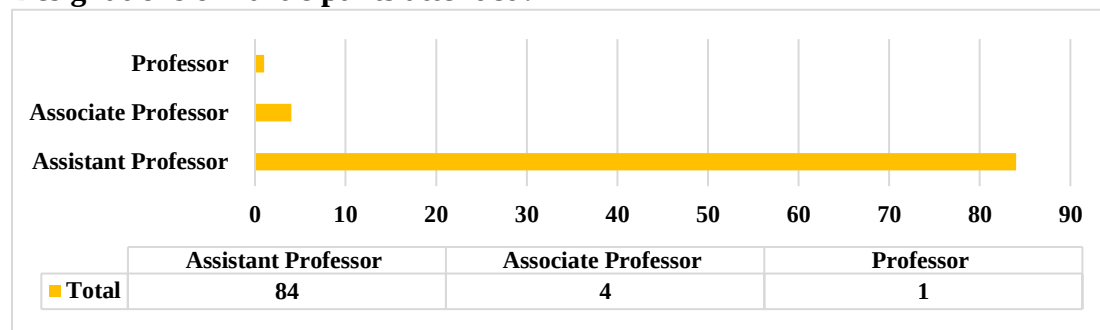
22°C Mostly sunny

ENG IN 4:11 PM 12/6/2025

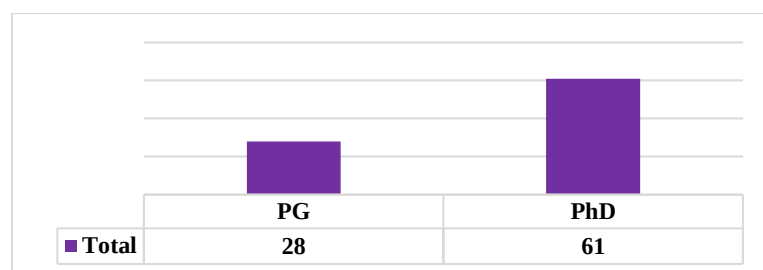


STATISTICAL ANALYSIS

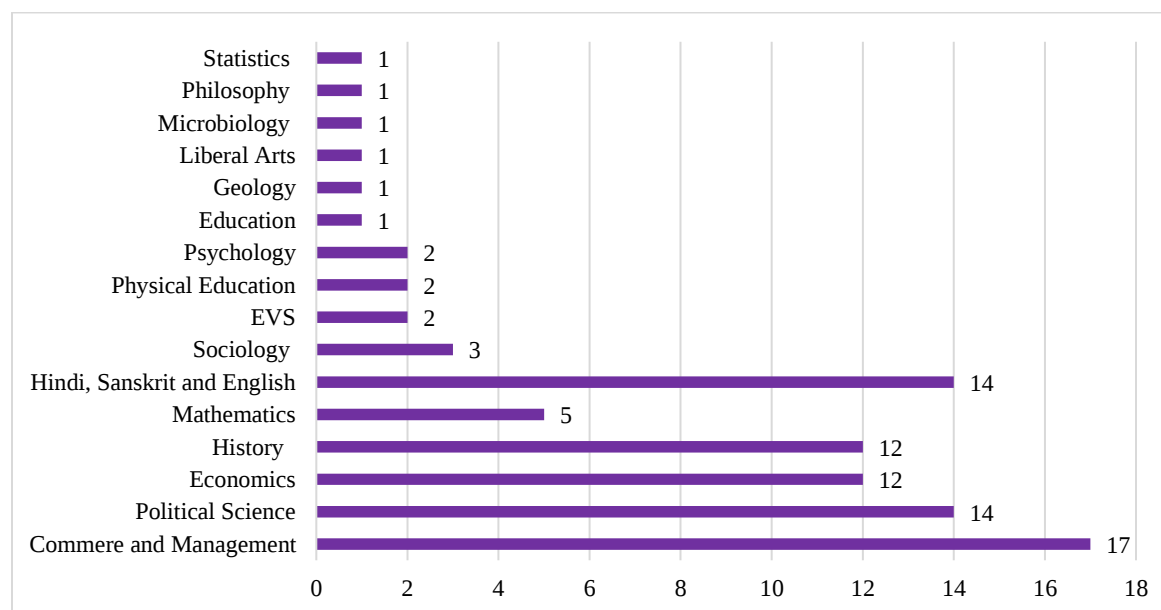
Designations of Participants attended:



Qualification:



Subject:



Nature of Institution:

College: 86

University: 2

Nature of Appointment:

Regular: 85

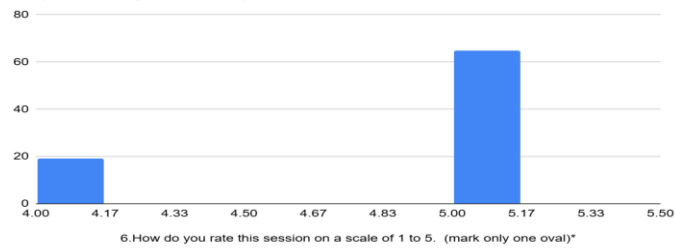
Contractual: 3

Ad hoc: 1

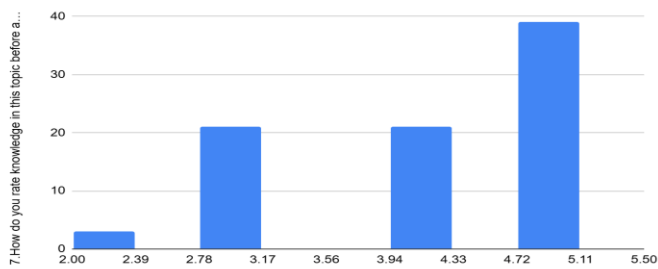
SESSION WISE FEEDABCK ANALYSIS

Day 1- Session 1

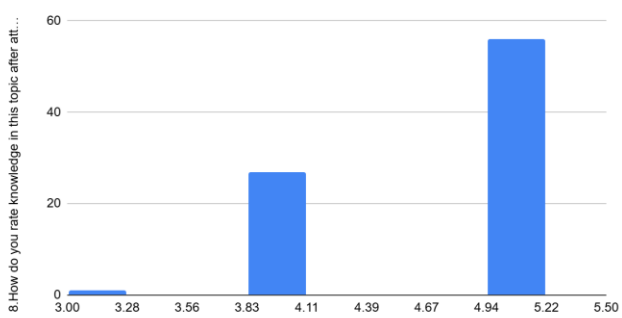
Histogram of 6.How do you rate this session on a scale of 1 to 5. (mark only one oval)*



7.How do you rate knowledge in this topic before attending the session?*



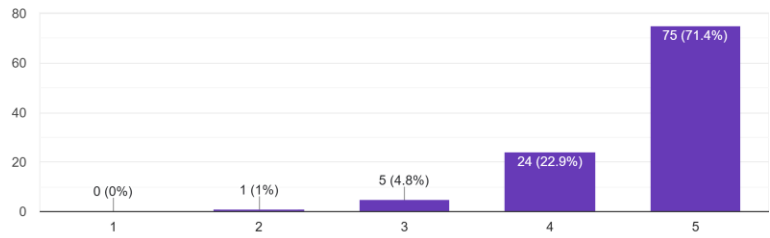
8.How do you rate knowledge in this topic after attending the session?*



Day 1- Session 2

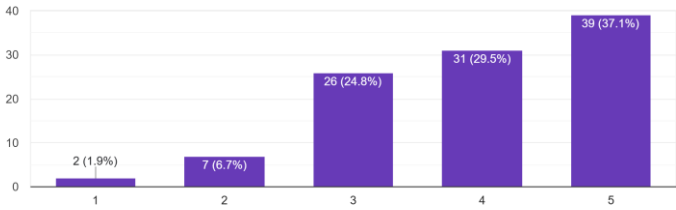
6.How do you rate this session on a scale of 1 to 5. (mark only one oval)

105 responses



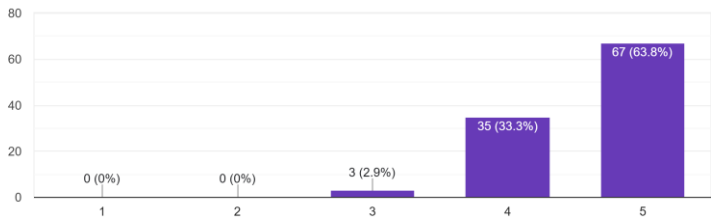
7.How do you rate knowledge in this topic before attending the session?

105 responses



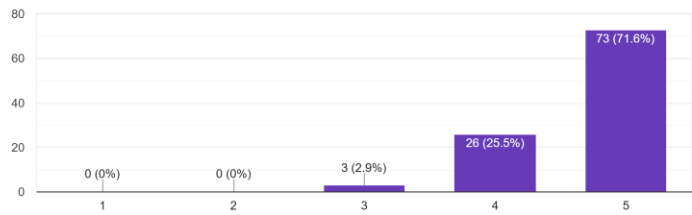
8.How do you rate knowledge in this topic after attending the session?

105 responses

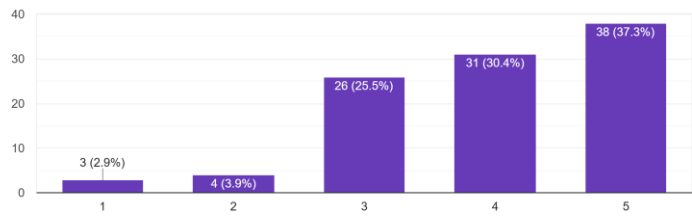


Day 1- Session 3

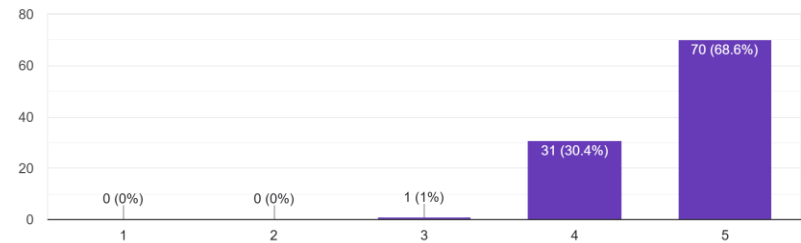
6. How do you rate this Session on a scale of 1 to 5.
102 responses



7. How do you rate your knowledge in this topic before attending the Session? *
102 responses



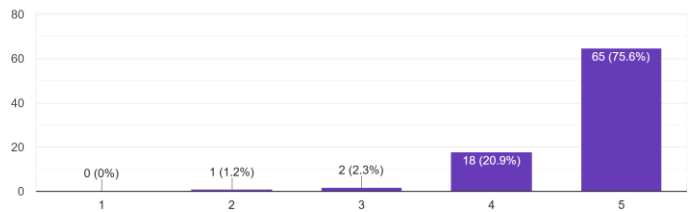
8. How do you rate your knowledge in this topic after attending the Session? *
102 responses



Day 2- Session 1

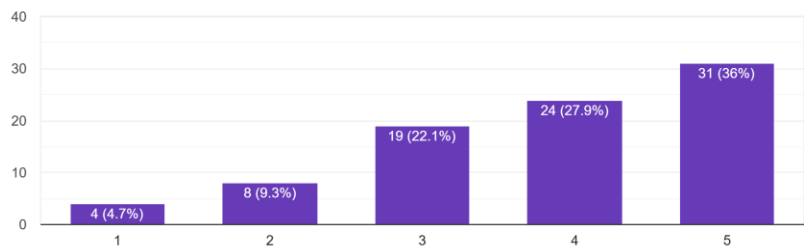
1. How do you rate this Session on a scale of 1 to 5?

86 responses



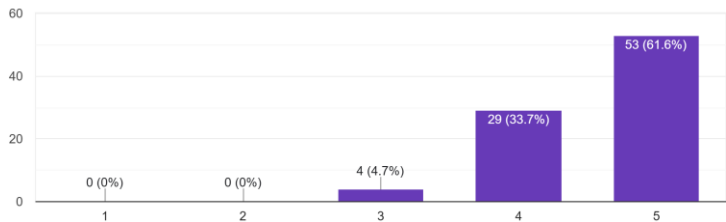
2. How do you rate your knowledge in this topic before attending the Session?

86 responses



3. How do you rate your knowledge in this topic after attending the session?

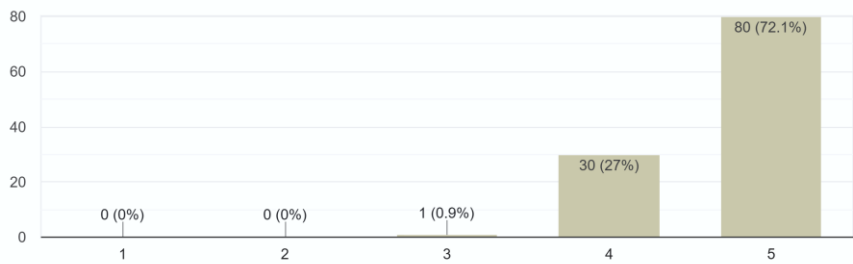
86 responses



Day 2- Session 2

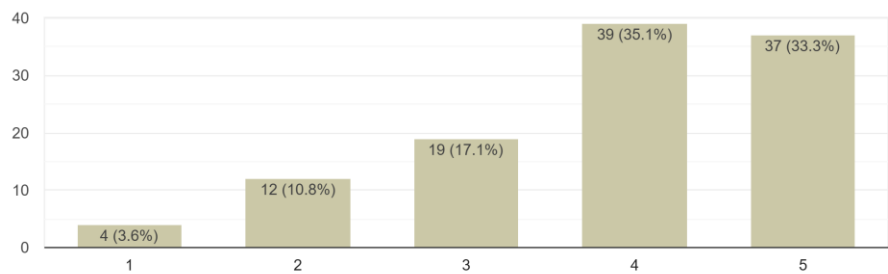
6. How do you rate this Session on a scale of 1 to 5.

111 responses



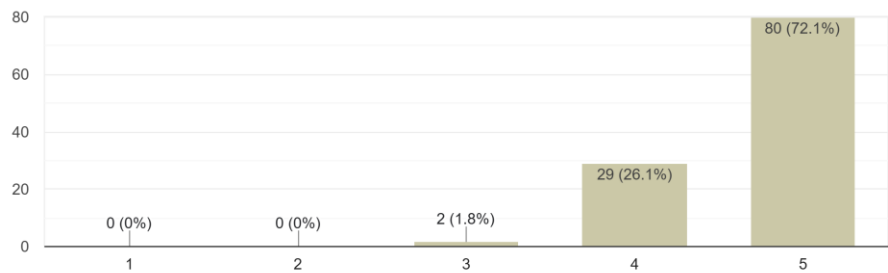
7. How do you rate your knowledge in this topic before attending the Session?

111 responses



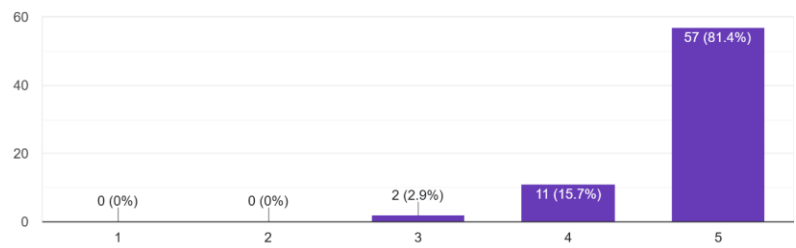
8. How do you rate your knowledge in this topic after attending the session?

111 responses

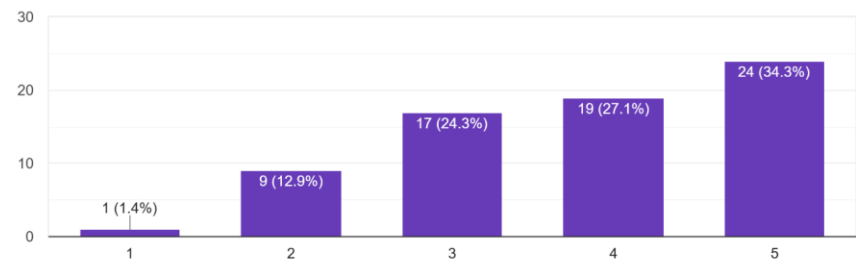


Day 2- Session 3

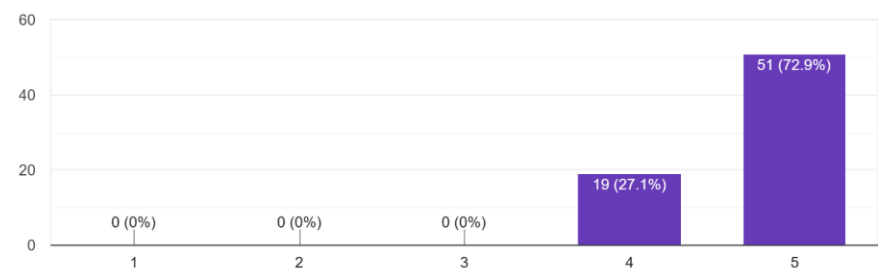
6. How do you rate this Session on a scale of 1 to 5.
70 responses



7. How do you rate your knowledge in this topic before attending the Session?
70 responses

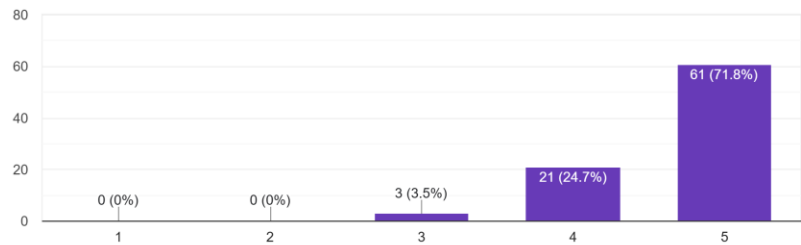


8. How do you rate your knowledge in this topic after attending the session?
70 responses

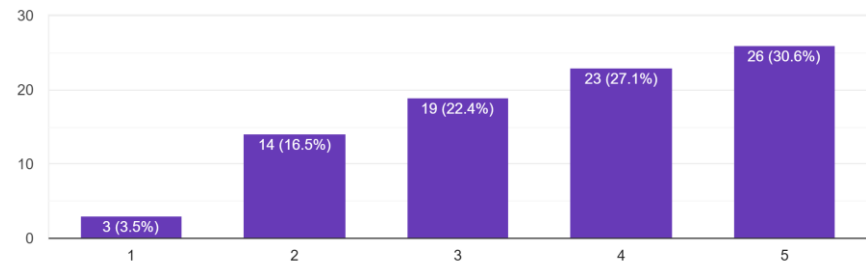


Day 3- Session 1

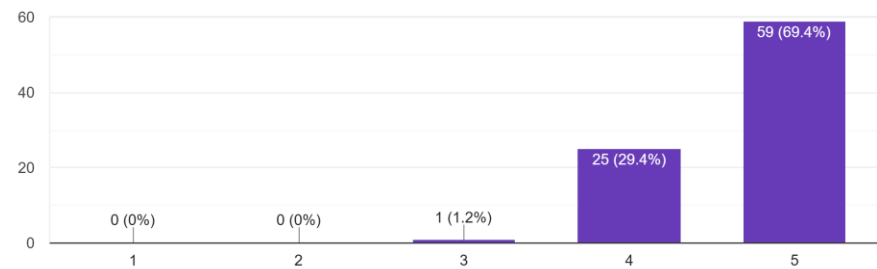
1. How do you rate this Session on a scale of 1 to 5?
85 responses



2. How do you rate your knowledge in this topic before attending the Session?
85 responses

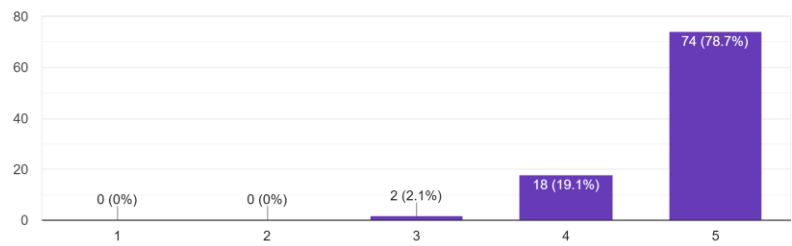


3. How do you rate your knowledge in this topic after attending the session?
85 responses

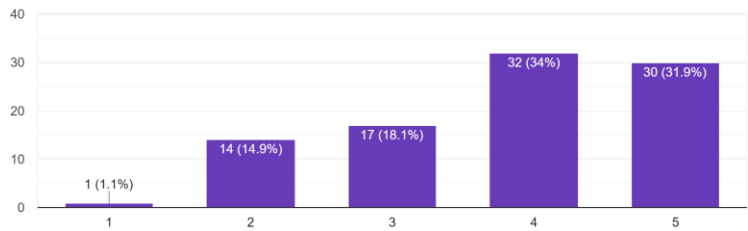


Day 3- Session 2

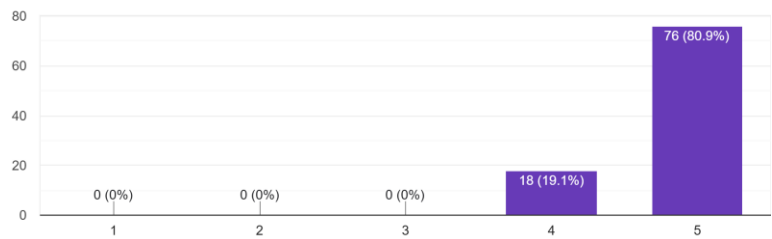
6. How do you rate this Session on a scale of 1 to 5.
94 responses



7. How do you rate your knowledge in this topic before attending the Session?
94 responses

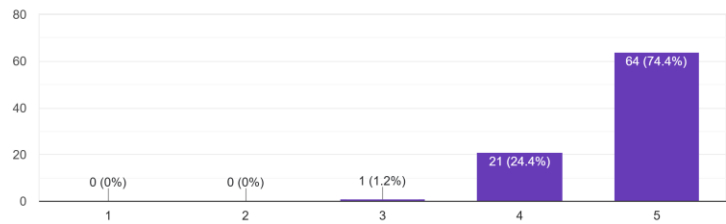


8. How do you rate your knowledge in this topic after attending the session?
94 responses

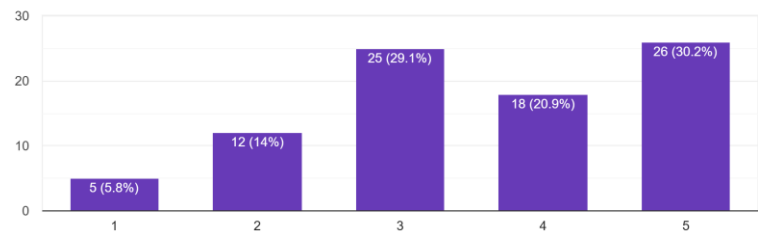


Day 3- Session 3

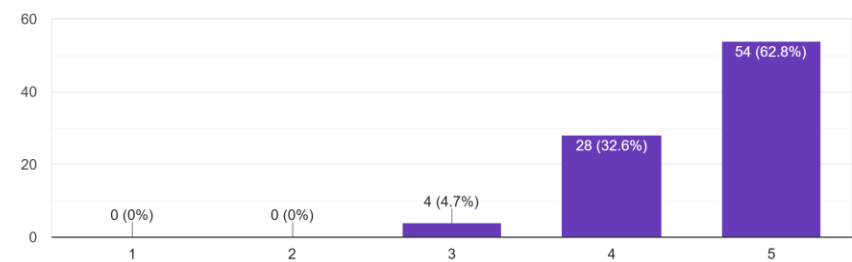
1. How do you rate this Session on a scale of 1 to 5?
86 responses



2. How do you rate your knowledge in this topic before attending the Session?
86 responses



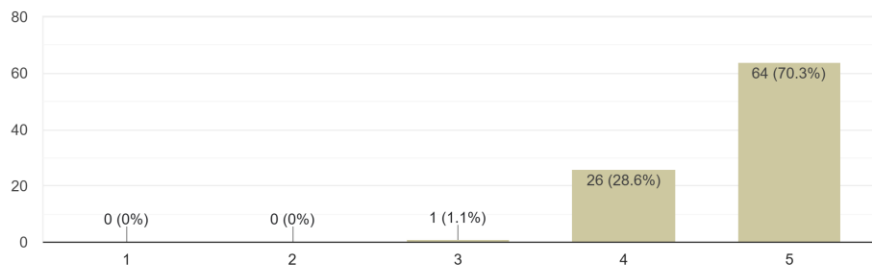
3. How do you rate your knowledge in this topic after attending the session?
86 responses



Day 4- Session 1

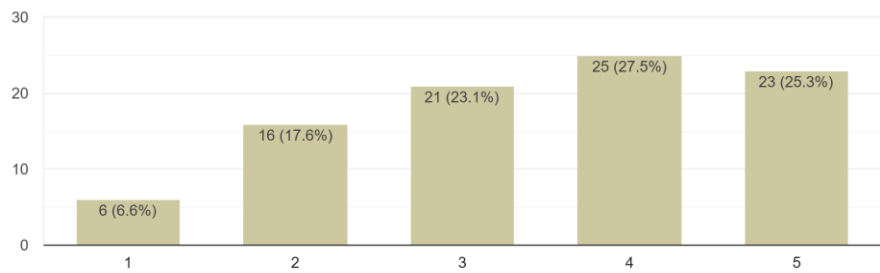
How do you rate this Session on a scale of 1 to 5.

91 responses



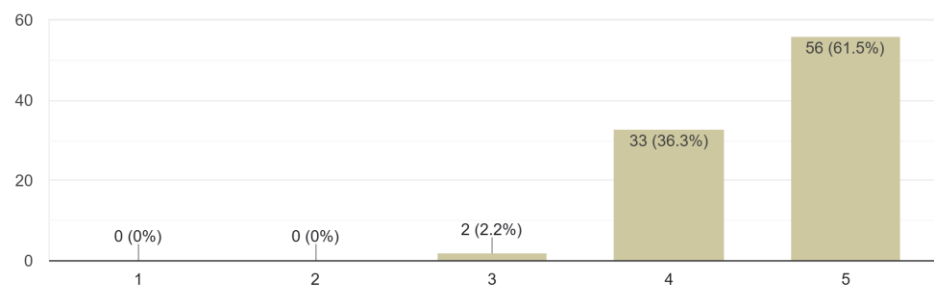
How do you rate your knowledge in this topic before attending the Session?

91 responses



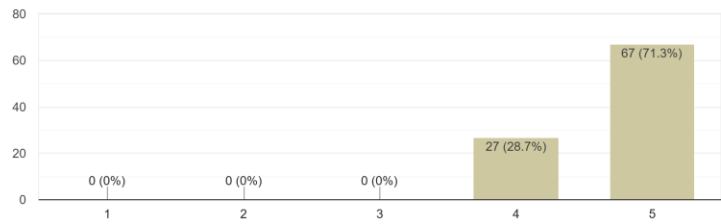
How do you rate your knowledge in this topic after attending the session?

91 responses

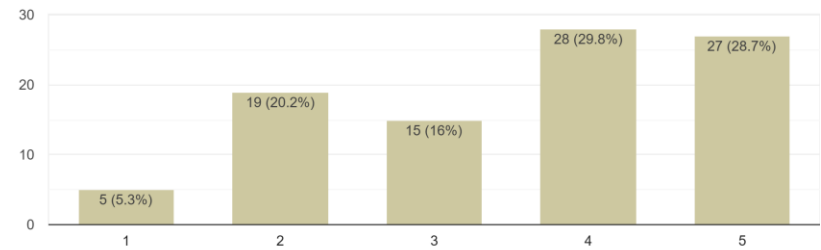


Day 4- Session 2

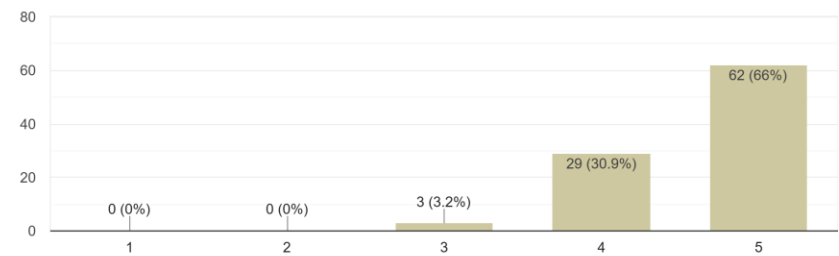
How do you rate this Session on a scale of 1 to 5.
94 responses



How do you rate your knowledge in this topic before attending the Session?
94 responses

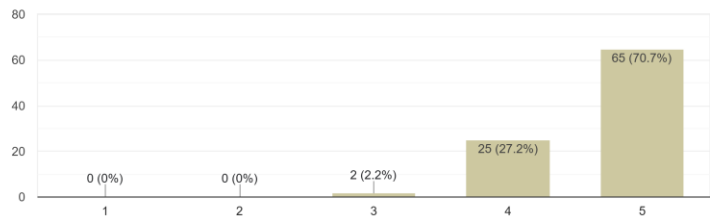


How do you rate your knowledge in this topic after attending the session?
94 responses

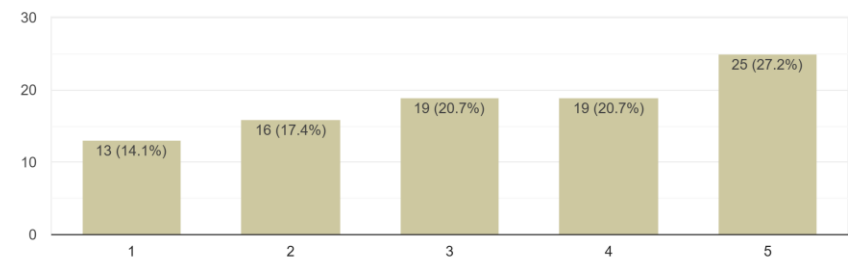


Day 4- Session 3

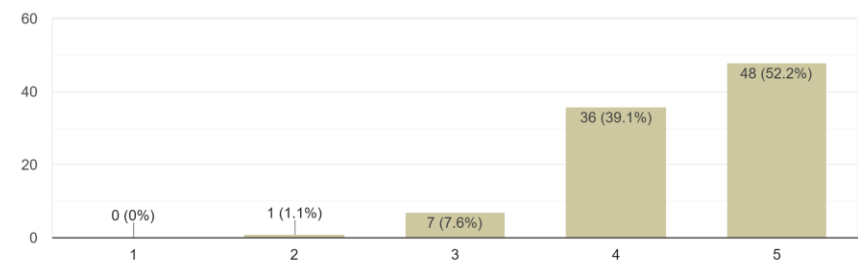
How do you rate this Session on a scale of 1 to 5.
92 responses



How do you rate your knowledge in this topic before attending the Session?
92 responses



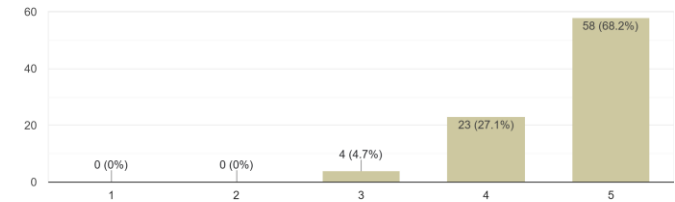
How do you rate your knowledge in this topic after attending the session?
92 responses



Day 5- Session 1

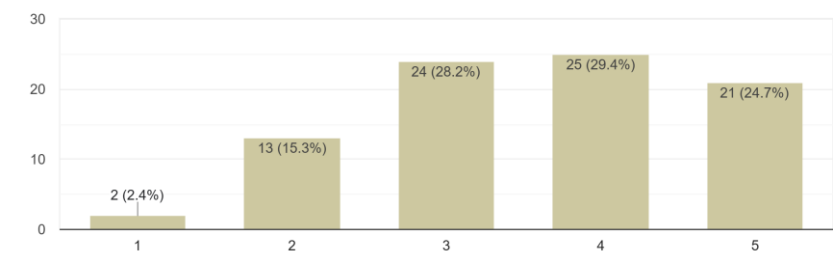
How do you rate this Session on a scale of 1 to 5.

85 responses



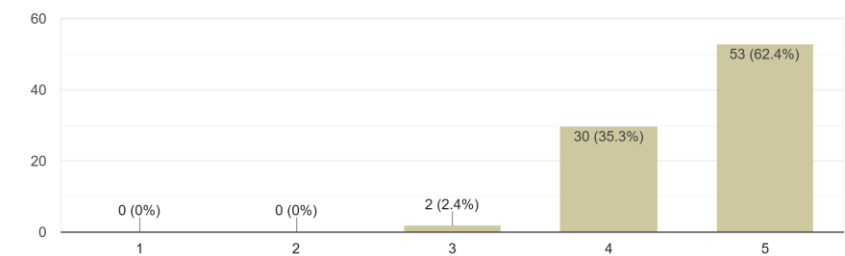
How do you rate your knowledge in this topic before attending the Session?

85 responses



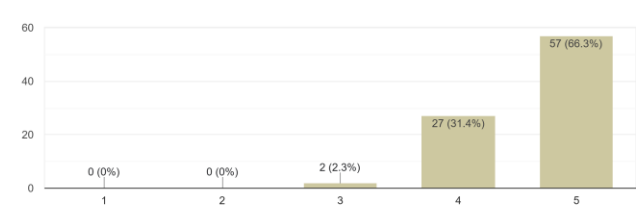
How do you rate your knowledge in this topic after attending the session?

85 responses

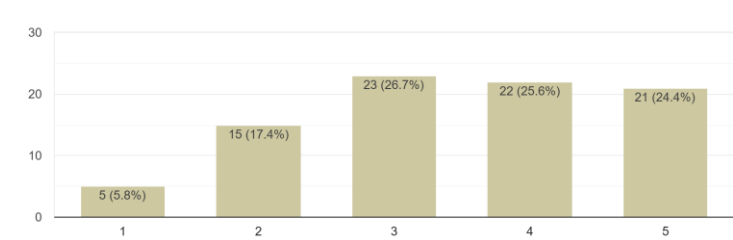


Day 5- Session 2

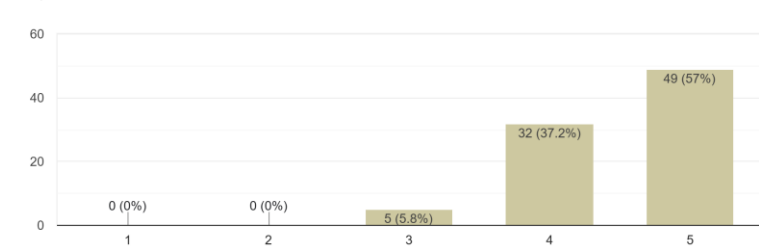
How do you rate this Session on a scale of 1 to 5.
86 responses



How do you rate your knowledge in this topic before attending the Session?
86 responses

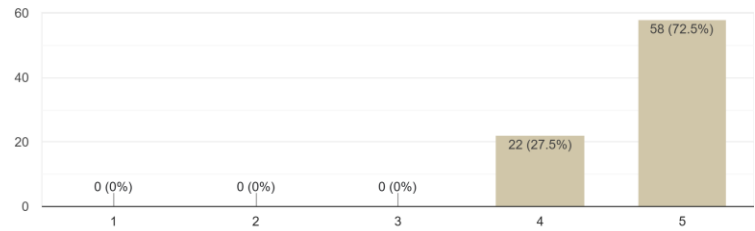


How do you rate your knowledge in this topic after attending the session?
86 responses

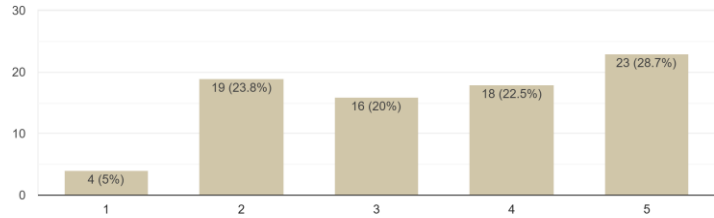


Day 5- Session 3

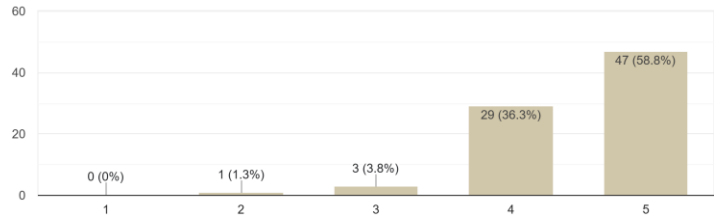
How do you rate this session on the scale of 1-5
80 responses



How do you rate your knowledge in this topic before attending the Session?
80 responses

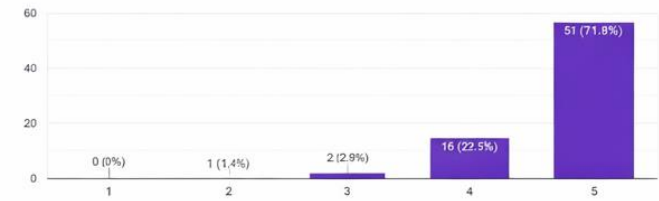


How do you rate your knowledge in this topic after attending the session?
80 responses

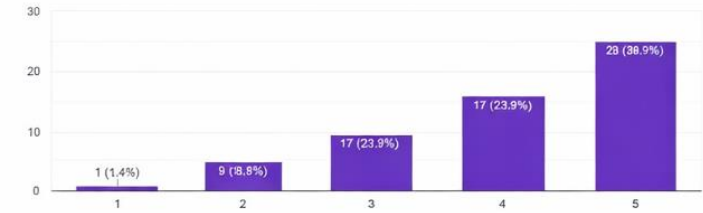


Day 6- Session 1

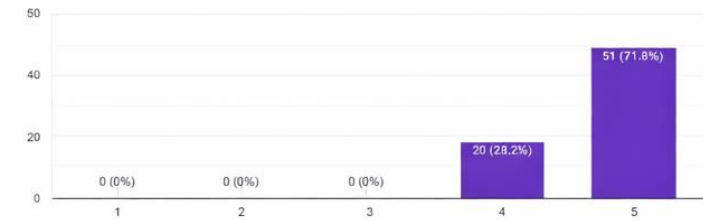
6. How do you rate this Session on a scale of 1 to 5.
71 responses



7. How do you rate your knowledge in this topic before attending the Session?
71 responses



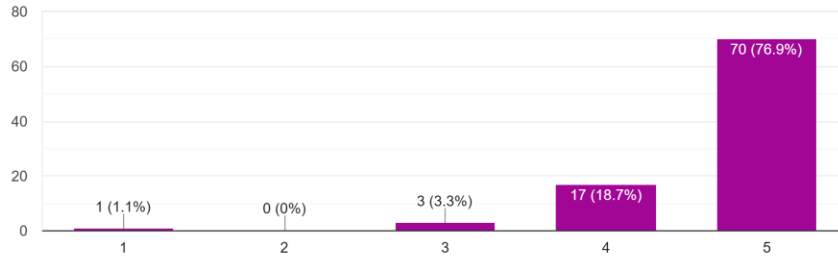
8. How do you rate your knowledge in this topic after attending the session?
71 responses



Day 6- Session 2

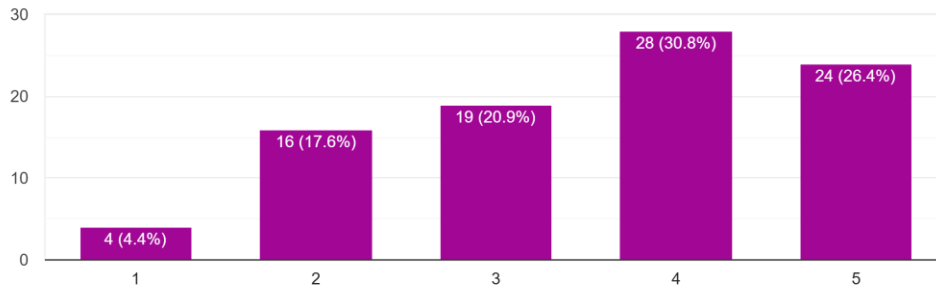
How do you rate this Session on a scale of 1 to 5.

91 responses



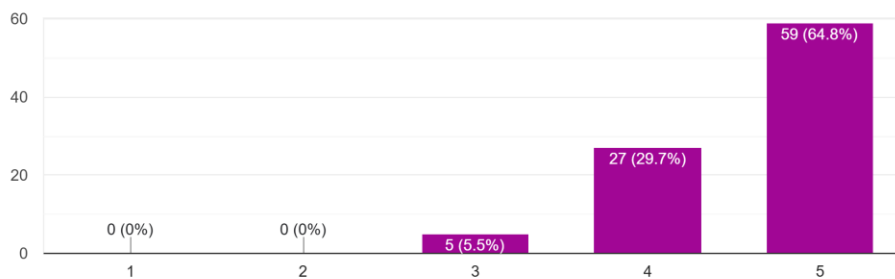
How do you rate your knowledge in this topic before attending the Session?

91 responses



How do you rate your knowledge in this topic after attending the Session?

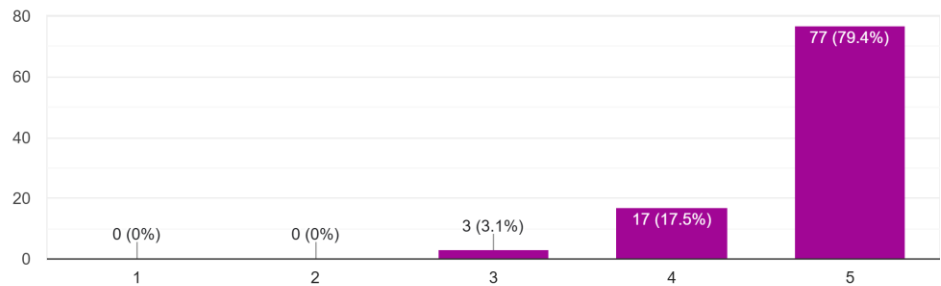
91 responses



Day 6- Session 3

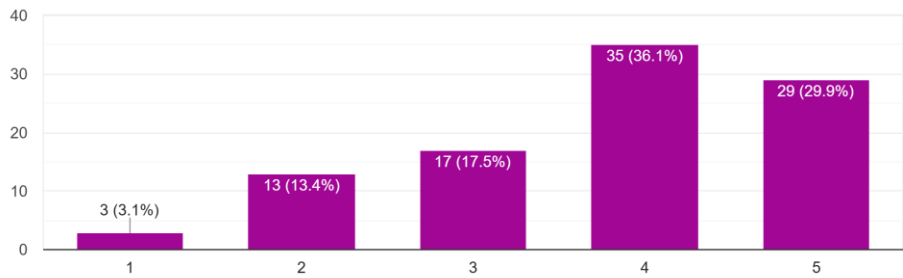
How do you rate this Session on a scale of 1 to 5.

97 responses



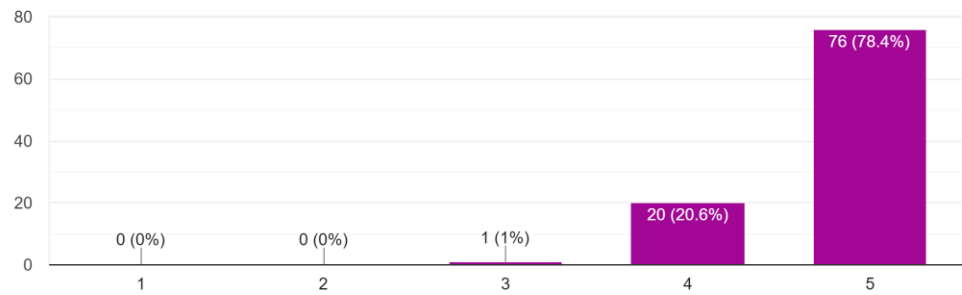
How do you rate your knowledge in this topic before attending the Session?

97 responses



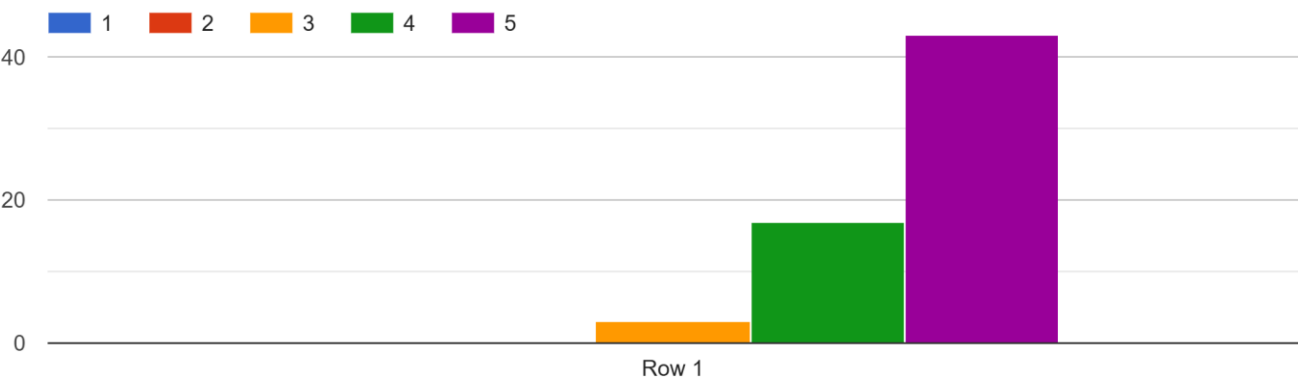
How do you rate your knowledge in this topic after attending the Session?

97 responses



OVERALL FEEDBACK

How do you rate your overall experience of attending this FDP in scale of 1 to 5 , 1 being lowest and 5 being highest.



How do you rate the following sessions (1 being lowest and 5 being highest)

