

## Report on “Enrich Minds: Faculty Support and Motivational Program”

Date: 24.5.24

Venue: Physiotherapy Education Unit, located on the 3rd floor of the Health Sciences Building

Time: 9:30am to 1:00pm

Program Coordinator: Dr. Feba Roy

Number of participants: 24

*On 24th May 2024, the College of Physiotherapy at Dayanand Sagar University hosted an inspiring event titled “Enrich Minds: Faculty Support and Motivational Program.” Held in the Physiotherapy Education Unit, located on the 3rd floor of the Health Sciences Building, the program ran from 9:30 AM to 1:00 PM. It brought together 24 faculty members from various departments, including Medical, Nursing, and Engineering.*

The primary objectives of the program were to enhance the professional growth and well-being of the faculty by focusing on several key areas:

- Interpersonal Relationships
- Goal Setting
- Stress Management and Progressive Relaxation Techniques
- Golden Principles of Human Relationships
- Law of Attraction

### **Program Highlights**

The event commenced with Dr. Feba Roy assistant professor's welcome address, followed by a lamp-lightening ceremony by our esteemed guest of honor Dr. Pushpa Sarkar Dean school of health sciences, Dr. Sathya Guruprasad principal COPT and Mr. Ravinder Singh Kalsi, the resource person for the event. Dr. Sathya Guruprasad principal addressed the gathering, emphasizing the significance of the day's event. Dr. Vinod and Dr. Sunjyoth welcomed our guest of honor, Dr. Pushpa Sarkar and the resource person, Mr. Ravinder Singh Kalsi. Dr. Pushpa Sarkar, Dean of the School of Health Science, addressed the gathering, emphasizing the importance of work ethics and wishing all participants a productive day, thus setting a positive tone for the event. The sessions were designed to be interactive and practical, enabling participants to apply the techniques and strategies discussed directly. Participants provided overwhelmingly positive feedback, highlighting the program's relevance and the immediate applicability of the techniques learned. Many faculty members expressed their appreciation for the opportunity to connect with colleagues from different departments and to gain new insights into personal and professional development.

In conclusion, the program significantly contributed to the professional growth and well-being of the faculty. The event not only enhanced individual skills but also fostered a sense of community and mutual support among the participants. We extend our heartfelt thanks to everyone who participated and contributed to making this event memorable and impactful.



Program coordinator

Principal