



## About the Host Institution

As a proud part of the Mar Ivanios Vidyanagar on the blessed Bethany Hills, deriving the inner strength of truth and goodness from the visionary Patrons, MAR BASELIOS COLLEGE OF ENGINEERING AND TECHNOLOGY (MBCET) inspires the aspirations of generations of knowledge-seekers. Dedicated to mould morally upright, socially committed and intellectually trained Engineers, the College strives to realize its dreams.

### Vision

To be an Institution moulding globally competent Professionals as epitomes of Noble Values.

### Mission

To transform the Youth as technically competent, ethically sound and socially committed professionals, by providing a vibrant learning ambience, for the welfare of humanity.



#### Patron

His Beatitude Moran Mor Baselios Cardinal Cleemis Catholicos

#### Director

Rev. Fr. John Varghese Palanikunnathil

#### Bursar

Rev. Dr. Koshy Issac Punnamoottil

#### Principal

Dr. S. Viswanatha Rao

#### Coordinator

**Dr. Pradeep M**

Associate Professor,  
Dept of Mechanical Engg

#### Co Coordinator

**Ms. Bindu Biju**

Assistant Professor,  
Dept of Civil Engineering

#### Contact Us

Ms. Bindu Biju / Dr. Pradeep M

Mobile : 9249476946 / 9895414969

Email : bindu.biju@mbcet.ac.in

MBCET, Nalanchira, Thiruvananthapuram, Pin 695015

### Target Group

Faculty Members, Ph.D. Scholars, PG students from the Higher Education Institutions from the same city/ within 100 km of the host institute. Participants should be nominated by the respective Heads of Institutions. Min/Max Limit - 30/50 participants

### How to Register

The FDP is offered free of cost to all participants with financial support from the ATAL Academy, AICTE - a statutory body of the Government of India. Eligible applicants can register on the ATAL portal to attend the FDP : [aicte.gov.in/atal](http://aicte.gov.in/atal)

**Last Date for Applying : 8 Feb 2026**

## AICTE TRAINING AND LEARNING (ATAL) ACADEMY

### Faculty Development Program (FDP)

on



## Emotional Intelligence & Stress Management

**February 9 - 14, 2026**

Sponsored by  
**All India Council for Technical Education**  
New Delhi



ORGANISED BY



**MAR BASELIOS**  
COLLEGE OF ENGINEERING AND TECHNOLOGY  
AUTONOMOUS

[www.mbcet.ac.in](http://www.mbcet.ac.in)  
Trivandrum - 695015, Kerala

## Expected Outcomes

A teacher's role is demanding - physically, mentally, and emotionally. Yet, most training programs focus on pedagogical techniques rather than personal development. This FDP is specifically designed to develop the social, emotional, and cognitive abilities required for educational leaders in today's world.

Participants will leave this FDP equipped with a toolkit of dynamic and meditative practices - ranging from breathwork to positive psychology. These tools serve a dual purpose: fostering personal well-being (resilience and emotional intelligence) and enhancing professional performance (attention span and classroom management).

## Benefits

- Learn world-renowned techniques to reduce stress, improve **confidence** and **concentration**, and bring **work-life balance**
- Learn better ways to manage yourself, your relationships with others and your work environment
- Learn breathwork and postures to improved **lung capacity** and **flexibility**; and to reduce back, neck and **knee pain**
- Understand the significance of breath work & meditation and learn how to use them to be emotionally more intelligent, stable and stress-free
- Unlock the wisdom of maintaining a calm, centred mind **even in the middle of chaos** and emotional turbulence

## Resource Persons

The FDP will be led by highly experienced trainers from the International non-profit organisation - The Art of Living. They offer stress-elimination tools like breath work, yoga and meditation as well as social initiatives to foster universal well-being & global progress. AOL is present in 181 countries, reaching an estimated 450 million people worldwide with a vision of individual and social stewardship in society.

## Schedules and Topics

[ ATAL FDP on Emotional Intelligence and Stress Management ]

	Day1	Day2	Day3	Day4	Day5	Day6
9 - 11 AM	Inauguration   Introduction to Stress Management & Emotional Intelligence	Emotional Intelligence - The Power of Meditation	Breath Stress and Wellness Pranayama - An effective way to strengthen mental health	Happiness and Emotional Intelligence; Giving 100%	Breathing Techniques / Pranayama	The Art of Relaxation & Expanding Consciousness
11 - 1 PM	Understanding Seven Layers of existence	Sources of Energy and their connection with Emotional Intelligence & overall performance	Mastering the Mind and Emotions through the 5 Golden Rules	Knowledge Sutra - Handling Mistakes	Knowledge Sutra - Handling Criticism	Concentration Pranayam
2 - 3.30 PM	How to Unlock your Effectiveness with Pranayama & Meditation	The Sudarshan Kriya technique for Elimination of stress (Practice session-1)	The Sudarshan Kriya technique for Elimination of stress (Practice session-2)	Sudarshan Kriya technique for Elimination of stress (Learning the Self Practice)	Response effectiveness & Attitudinal shift	Visioning Exercise
3.30 - 5.30 PM	The Mindfulness Technique	Teaching Practice Review of Subjective Experience	Teaching Practice Q&A and Discussion on the Sudarshan Kriya Practice	Teaching Practice Discussions on Self Practice	Panchakosha Meditation, Nature of mind	Validictory

Coordinators may adjust timings as per mutual convenience and local needs