Faculty Development Programme on
“Finding Work-Life Balance as a Teacher”

The Department of Commerce, in association with ICFAI Business School, Mumbai, under the banner of Science of Happiness – Eudaimonia 1.0, organized a Faculty Development Programme (FDP) on “Finding Work-Life Balance as a Teacher.”

The programme featured Prof. Abhishek Pawar, Faculty Member at ICFAI Business School, Mumbai, as the resource person. The session aimed to create awareness among faculty members about the importance of maintaining a healthy balance between professional responsibilities and personal life.

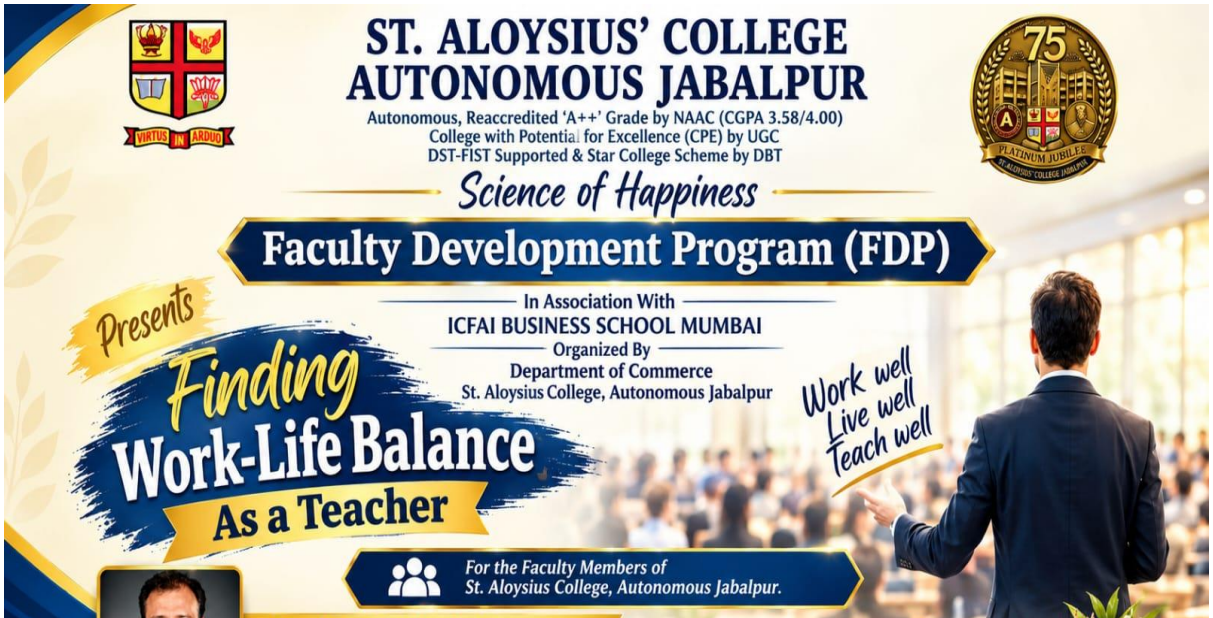
During the programme, Prof. Pawar conducted various interactive activities related to work-life balance. These activities encouraged faculty members to reflect on their daily routines, understand the importance of managing professional and personal commitments, and explore practical ways to reduce stress and improve overall well-being. The interactive approach made the session engaging and provided participants with valuable insights into maintaining a balanced and fulfilling life.

Prof. Pawar also shared useful strategies for managing academic responsibilities, improving work efficiency, and maintaining personal happiness alongside professional growth. The session highlighted the importance of work-life balance in promoting effective teaching and overall well-being.

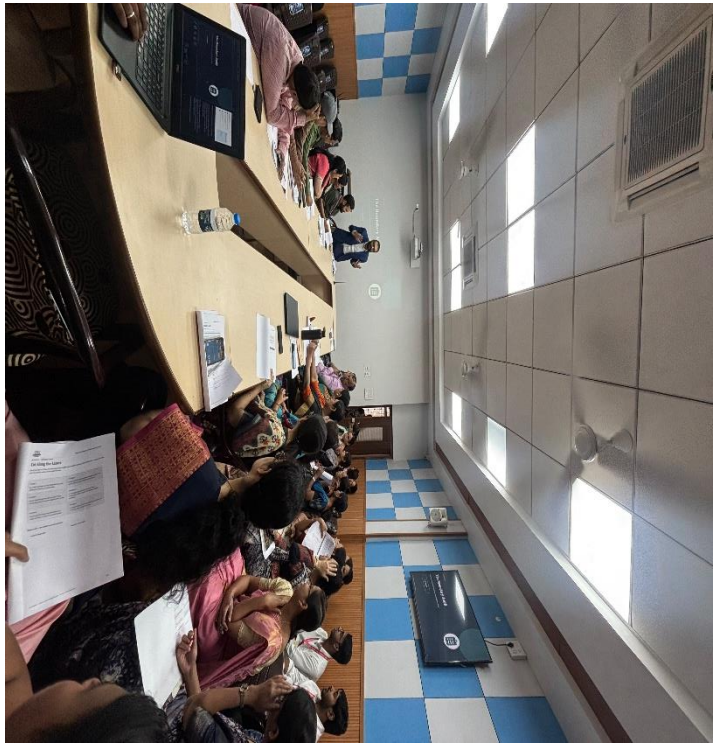
The programme witnessed the active participation of around 40 faculty members, who benefited from the insightful session and interactive activities. The session provided them with valuable insights and practical strategies for achieving work-life balance, managing professional responsibilities effectively, and enhancing their overall well-being.

The programme was meticulously planned and executed by Dr. Nidhi Khurana, Dr. Ekta Mukar and Ms. Priyanka Anand. The initiative was appreciated by Dr. Fr. J. Ben Anton Rose (Principal), Dr. Major Sonal Rai (II Shift In-charge), and Dr. Rupali Ahluwalia (Head of the Department).

The FDP proved to be an enriching learning experience for the faculty members and reinforced the importance of work-life balance in fostering happiness, professional excellence, and a positive teaching environment.








GPS MAP
CAMERA
24 Oct, 2026
Sat, 11:44 AM
Jabalpur, Madhya Pradesh, India
Tilhari Mandla Road, Jabalpur
Cantt Township
Lat 23.153522°
Long 79.952783°
Report: Work Progress


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