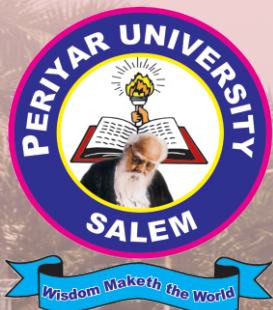


MULTIDISCIPLINARY FACULTY DEVELOPMENT PROGRAMME



Jointly organized by INTERNAL QUALITY ASSURANCE CELL (IQAC) AND DEPARTMENT OF PSYCHOLOGY PERIYAR UNIVERSITY

NAAC A++ Grade - State University – NIRF Rank 59 – NIRF Innovation Band of 11-50
Salem – 636 011, Tamil Nadu, India

A Multidisciplinary FDP on Work-Life Balance and Teacher Effectiveness in the VUCA World

28th August to 2nd September, 2023

Venue: Psychology Lab, Periyar University

PROGRAMME COMMITTEE

Chief Patron

Prof. R. Jagannathan

Vice-Chancellor

Periyar University

Salem, Tamil Nadu.

Patron

Prof. K. Thangavel

Registrar (FAC)

Periyar University

Salem, Tamil Nadu.

Coordinator

Dr. G. Yoganandan

IQAC-Director

Periyar University, Salem

Convener

Dr. S. Kadiravan

Professor & Head

Department of Psychology

Organizing Secretary

Dr. K.N. Jayakumar

Assistant Professor

Department of Psychology

Members

Dr. J. Venkatachalam, Professor

Dr. D.V. Nithyanandan

Dr. J. Parameswari

Dr. N. Selvaraj

Assistant Professors

Department of Psychology, Periyar University.

Registration and Number of Participants

The free of cost Registration is through online and strictly limited to the first 30 participants only.

Last date for Registration : 24.08.2023

PROGRAMME CONTACT PERSON

Dr. K. N. Jayakumar

Organizing Secretary: MFDP-WLB 2023

Assistant Professor

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THE PERIYAR UNIVERSITY

The Government of Tamil Nadu established Periyar University at Salem on 17th September 1997. The University is named after the Great Social Reformer E.V. Ramasamy affectionately called as “Periyar”. The primary objective of the University is “Holistic Development of the Students”.

THE DEPARTMENT OF PSYCHOLOGY

It is the youngest University Department of Psychology in Tamil Nadu with a good Psychological Laboratory, Infrastructure and Faculty. It offers M.Sc. in Applied Psychology and Ph.D degrees in Psychology.

THE PROGRAMME

College and University Teachers undergo a lot of stress due to heavy workload resulting from academic commitments coupled with administrative responsibilities. Post-Covid, the academic institutions has reverted back to the new normal where things are happening in the physical environment of the institutions. This means lots of running around for classes and administrative meetings which often drains them of their physical and psychological energy and they return home totally sapped. But, attending to the family/home commitments is the essence of a meaningful life and is more fulfilling. Many of the stress created in the workplace plays havoc in the physical, psychological and social wellbeing of the teachers. Work place stress is the major reason for job dissatisfaction, poor performance and burnout syndrome.

Work-life balance is the perennial need of the hour as always in this VUCA world. This modern world represents much Volatility, Uncertainty, Complexity and Ambiguity. Any teacher, who understands this, will be able to deal effectively. The knack of balancing professional and personal life is a critical skill to be contented and flourishing for teachers. A effective teacher is the one who balances the relationships at home and at workplace is positively recharged and brings the best of energy to the classroom, engages with the students and executes the administrative responsibilities in a more efficient manner. After all, an effective teacher is crucial for the success of educational institutions and the society as well. In this context, this multidisciplinary FDP is designed to equip teachers with skillsets to balance their personal and professional space for the betterment of the family, institution and the society.

THE EXPERTS AND THE TOPICS

The following Professionals have consented to share their expertise through the topics of their choice during the FDP

- **Dr. Padma Kumar**, Head, Department of Media Studies, Christ University, Bangalore on **Techniques for Effective Classroom Management**
- **Prof. R. Vijayakumar**, Head, Department of Commerce, Kristu Jayanti College, Bangalore on **Communication Skills for WLB**
- **Dr. Mehar Nithyan**, Psychotherapist, Founder, Calmscious Therapy, Salem on **Conscious Therapy and Workplace Well-being**
- **Dr. M. Senthilkumar**, Physiotherapist, Founder, Barath Physio Care, Salem on **Prevention and Management of Body Pain for effective WLB.**
- **Mr. Babu Rangarajan**, Clinical Psychologist and Business Consultant, Salem on **Personal time and Family Management for effective WLB**
- **Mr. G. Mohanadev**, Music Therapist and NLP Trainer, Salem on **Music for Emotional Healing**
- **Prof. S. Kadiravan**, Head, Department of Psychology, Periyar University, Salem on **Ways to manage stress and avoid burnout for WLB**
- **Prof. T. Sarathy**, Department of Management Studies, Periyar University, Salem on **Technological Aids for Teacher Effectiveness**
- **Dr. D.V. Nithyanandan**, Assistant Professor, Department of Psychology, Periyar University, Salem on **Dealing with harmful habits of College Students**
- **Dr. J. Parameswari**, Assistant Professor, Department of Psychology, Periyar University, Salem on **Helping students through Counselling Skills**
- **Dr. M. Deepa**, Assistant Professor, Department of Food Science and Nutrition Periyar University, Salem on **Healthy Nutrition for Healthy WLB**

Registration form: Registration can be made online using the link below:

<https://forms.gle/yhTcyeF9HctGSPdQ9>