

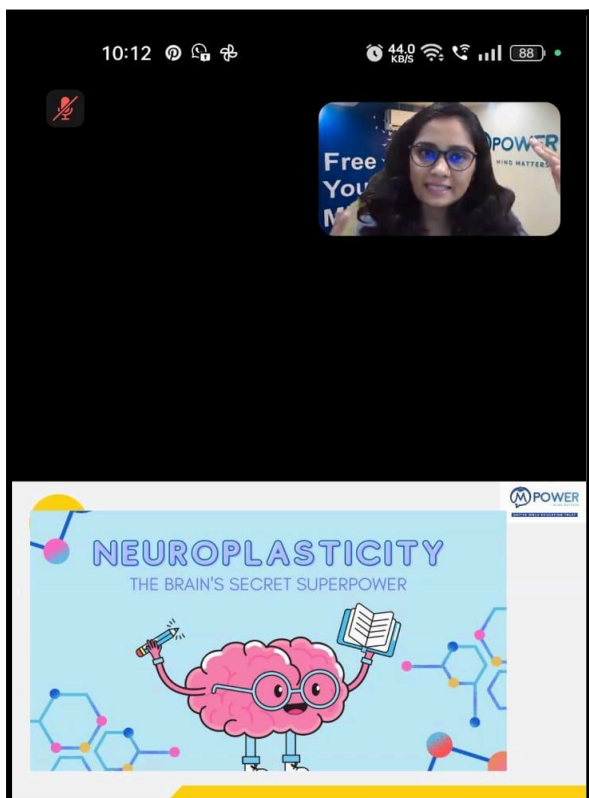
Faculty/ Management Development Programme Organised

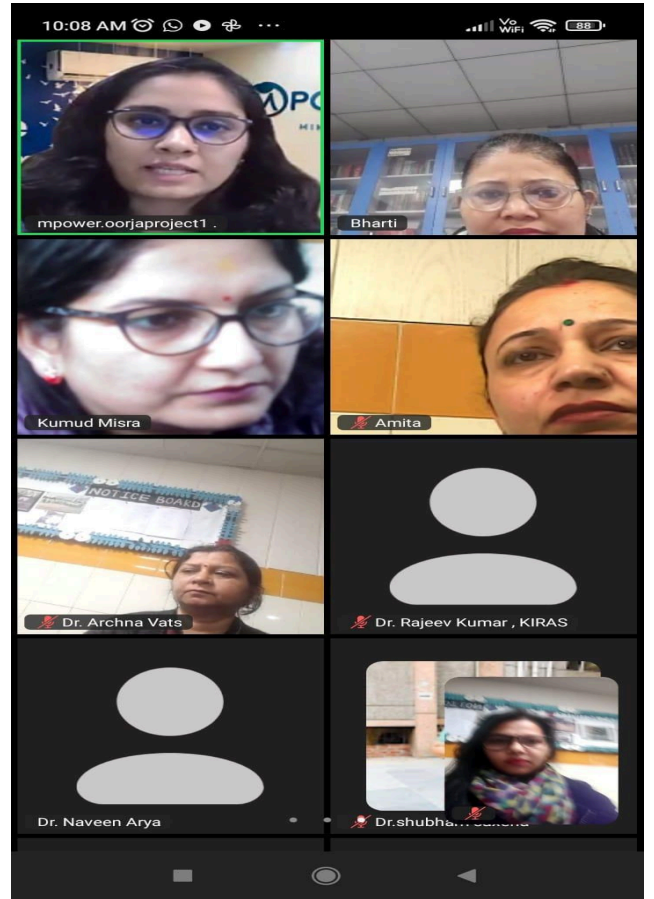
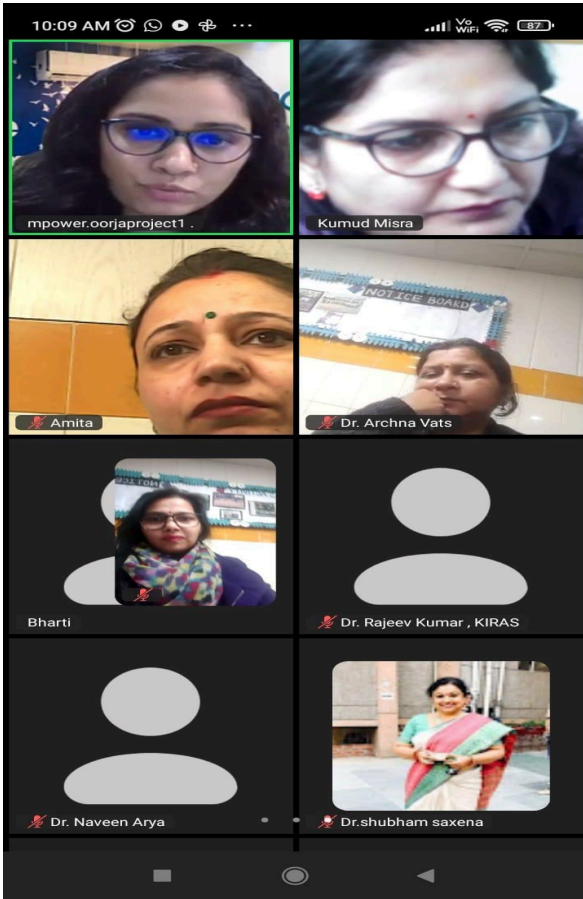
**FACULTY DEVELOPMENT PROGRAM
ON
'NEUROPLASTICITY'
(20th December 2024 to 24th December 2024)**

On 20th December 2024 to 24th December 2024, Kalka Institute for Research & Advanced Studies (KIRAS) in joint collaboration with MPOWER Aditya Birla Education Group hosted an insightful and interactive 5 days FDP on *Neuroplasticity*. MPOWER Aditya Birla Education Group stands as a beacon of excellence in the realm of education, embodying a commitment to transformative learning experiences and holistic development. MPOWER is a digital platform that offers mental health services like counselling and therapy to students and young adults. It was created with the aim of addressing the rising mental health issues among individuals in today's fast-paced world. The platform provides a safe and confidential space for users to speak openly about their struggles and receive guidance from qualified professionals. By introducing MPOWER, Aditya Birla Education Group is working towards promoting positive mental well-being and breaking the stigma surrounding mental health problems. It's a much-needed initiative that strives to make mental healthcare more accessible and affordable for everyone. The FDP on *Neuroplasticity* was conducted online via the Zoom platform, with all faculty members of the B.Ed. and BCA departments of KIRAS participating in the FDP.

ZoomLink: <https://us02web.zoom.us/j/87087772048?pwd=AT6KOpTDIb6bl1MVNEH8QjIao6Ks8R.1>

Glimpses of the FDP





Faculty Development Programme on “Education for Life” 2024

A memorable day unfolded at Kalka Institute for Research and Advanced Studies, Alaknanda, as the college gathered for the Faculty Development Program (FDP) on “Education for Life,” commenced from 1st Dec-7th Dec 2024.



Dr. Vinod Kumar Kanvaria
Associate Professor,
Department of Education,
University of Delhi.



Professor Amit Prakash Singh
University School of Information,
Communication & Technology.



Dr. Jagmohan Rai,
Retired Associate Professor,
Department of Mathematics,
PGDAV- University of Delhi.



Ms. Alekhya Shastri
Chartered Accountant,
Chief Executive
Director-PMC Hindi

Ms. Amulya
MBA, Chief Operating
Officer-PMC Hindi



Dr. Amit Ahuja
Associate Professor,
University School of
Education, GGSIPU



Prof. M. C. Sharma
Director of UNICEF
Teacher Education Project &
Former Director at IGNOU



Short Term / Value Added Programmes Conducted

MEDITATION SESSIONS



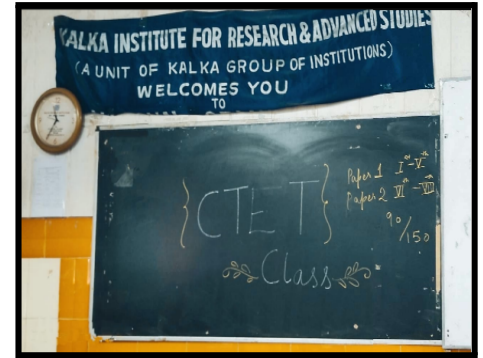
With the goal of promoting inner serenity and overall well being meditation sessions are conducted twice a week for students. These sessions have shown to be extremely beneficial in fostering personal development and holistic development, with enthusiastic students leading the way towards overall development among students.

YOGA PRACTICE



Students at college actively participated in yoga practice, embracing its physical, mental, and emotional benefits. Through guided sessions, they enhanced flexibility, reduced stress, and improved focus, fostering overall well-being. Yoga continues to be a vital practice for a balanced and healthier lifestyle among students.

CTET CLASSES



KIRAS organized weekly Central Teacher Eligibility Test (CTET) classes for students of Bachelor of Education (B.Ed.), conducted in the college premises. These classes are held every working Saturday i.e., 2nd and 4th Saturday of every month at 10:00am to 12:00pm. The classes were conducted for aspiring teachers with comprehensive guidance and preparation strategies for excelling in the examination. The classes comprehensively covered all the sections of the CTET syllabus, including Child Development and Pedagogy, Language I and II, Mathematics, Environmental Studies and Social Studies.