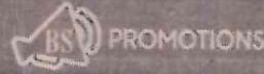


# Business Standard

BENGALURU | WEDNESDAY, 2 NOVEMBER 2022

Business Standard



## KRISTU JAYANTI SCHOOL OF MANAGEMENT ORGANIZED NATIONAL UNITY DAY – RASHTRIYA EKTA DIWAS

Kristu Jayanti School of Management celebrated the 141st birth anniversary of Sardar Vallabhbhai Patel. This day is commemorated nationally as National Unity Day or Rashtriya Ekta Divas to honour his pivotal role in making a united India. The main objective of this programme was to instill patriotism among students and make the students aware of Sardar Vallabhbhai Patel's contribution towards building modern India through videos, debate, quiz, skits and presentations. The highlight of the programme was the exhibition of 23 stalls depicting his life story, Statue of Unity, integration of India, his role in freedom struggle, his political journey as the first

Home Minister & Deputy Prime Minister, his vision for civil services, his major achievements, India honouring Vallabhbhai Patel and contribution to India post-Independence. The winners of the exhibition were given prizes. The programme was organized by the first year MBA students of 2022-24 batch.



## KRISTU JAYANTI SCHOOL OF MANAGEMENT ORGANISED FACULTY DEVELOPMENT PROGRAMME (FDP) ON HOLISTIC WELLNESS MANAGEMENT

Kristu Jayanti School of Management organised a national-level Faculty Development Programme (FDP) on Holistic Wellness Management between October 11 and 18, 2022. Holistic wellness is essential for living a happy and healthy life by promoting spiritual and emotional introspection to keep away illness and disease. It seeks to find the root cause of the problem related to health and treat it accordingly. This FDP is organised to help individuals improve their well-being across nine interconnected dimensions, namely physical, emotional, social, occupational, intellectual, financial, environmental, vocational and spiritual wellness to build new habits and improve their quality of life. The objective of this Faculty Development Programme is to guide the faculty to improve well-being across the nine interconnected dimensions and serve as a guide for mentoring future generations.

The seven-day FDP commenced on October 11, 2022. Dr M K Baby, Head, the School of Management delivered the inaugural address highlighting the importance and

need for wellness management both in faculty and students. Dr Sheeja Krishnakumar, Associate professor and faculty coordinator, FDP and Dr Gita P C, Associate professor, School of Management, Kristu Jayanti College were the resource persons. Dr Sheeja chaired the sessions on the topics, physical wellness, social wellness, spiritual wellness, intellectual & financial wellness and occupational & vocational wellness. While Dr Gita chaired the sessions on the topics, emotional wellness and environmental wellness. The seven-day FDP was a grand success with participants from across the country getting benefited.

