



MANIPAL UNIVERSITY
JAIPUR



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MANIPAL UNIVERSITY JAIPUR TEACHER
EMPOWERMENT CENTRE (MUJ-TEC)

A report on
Four Day Faculty Development Program
on
“Skills and Strategies for Personal and Professional
Excellence”

By
MUJ-TEC & Team HR

29th Oct 2021 to 1st Nov 2021

Introduction of the Event

There has been a devastating effect of the prolonged unprecedented pandemic situation and coming together for a Goal or common cause, will come naturally, as people have inherently caused themselves in the matter of helping each other. The inherent essential goodness of Humankind needs to be harnessed to nurture a culture of Teamwork & collaboration. The pre-Requisite condition is mental & emotional Wellness for posttraumatic growth.

Objective of the Event

The aim of the FDP is to facilitate and train teachers to assess and enhance their skills and master strategies for dealing with the challenges and issues. The training programme will enhance their effectiveness in personal and professional domains. Teachers as effective leaders can play a key role in transforming students. It will foster the learning environment in classroom setting.

Outcomes: Participants will be able to enhance their interpersonal skills, learn strategies for fostering emotional wellbeing of self and others, skills, and strategies for working in teams, collaboration and conflict management.

Beneficiaries of the Event

All faculty members of the Manipal University Jaipur

Details of the Resource persons

The session was engaged by the following speakers:

1. **Mr. Nishith Mohanty (Group HR Head, MEMG)** - Nishith Mohanty is the Group President – Human Resources, Manipal Education & Medical Group (MEMG), comprising of Education (including Universities), Healthcare, Research and Manipal Foundation. As the Group HR Head, Nishith inculcates a Performance-Driven Culture, handles Talent Acquisition and Management, initiates HR Best Practices and fosters Leadership Development. He is also responsible for the alignment of the HR function with the business needs of the Group by formulating and implementing HR strategies to ensure that the organisation is future ready. He has played a pivotal role in transitioning the Group into a full-fledged Corporate. He also led



the way for several integrations work pertaining to Mergers and Acquisitions, Leadership Development, senior level Succession Planning and Wealth Creation Planning in his previous assignments.

2. **Mr. Ritesh Batra** – Being a certified Psychodrama Leadership Practitioner from PIB Zentrum, Germany, he augments the therapeutic needs in behavioral modification for new normal individuals. Ritesh has been practicing TSM (Therapeutic spiral modeling) to help trauma survivors in post-traumatic growth. As a mentor and an OD intervention design and delivery specialist, Ritesh helps organizations achieve peak performances while thriving UNCERTAINTY through overall development of their employees. Ritesh has been contributing his mentorship to Sales professionals across domains, in IT, software, Pharma, Enterprise Sales, and more. He is one amongst the most sought-after Sales Training consultants owing to his unmatched expertise on Professional Selling Skills for over 2 decades. Ritesh has coached international audiences with highly engaging Virtual and Hybrid sessions of over 2000 hours of Virtual sessions.
3. **Arati Kedia** – She is a mental health consultant and specializes in Crisis Intervention, Addressing team issues through Integrated Therapy, Leadership Programs, Emotional Adaptability, Adversity Quotient building, Employee stress counseling, New age psychological challenges due to hybrid working model.
4. **Kamal Gulati Manwani** – She is an Educationist, Counsellor, Drama therapist, Art therapist, Movement therapist, Psychometric Analyst, Coach & Mentor with over 18 years of experience.
5. **Anuradha Batra** - Anuradha is a Certified - Applied Theatre Based Facilitator, Storyteller and a certified continued Professional Development from Emerson College, London. She is also a Life Coach and a Voice and Accent Trainer and has over 15 years of varied experience in enhancing personal effectiveness.



Programme Schedule

DATE/DAY	SESSION DETAILS	RESOURCE PERSONS	TIME
29/10/2021 (Friday)	Inaugural Ceremony	Welcome of the guests and participants by Emcee and Invocation Inaugural Speech by Prof. (Dr.) G. K. Prabhu President, Manipal University Jaipur Introduction of the Resource person by Prof. (Dr.) Rajveer Singh Shekhawat, Dean, FOE, Manipal University Jaipur	2:00 pm – 2:05 pm 2:05 pm – 2:15 pm 2:15 pm – 2:20 pm
	Session 1: Team building and leadership	Mr. Nishith Mohanty (Group HR Head, MEMG)	2:20 pm – 4:00 pm
30/10/2021 (Saturday)	Session 2: The Sandbox! A psychodramatic playful approach to the Mental and Emotional Reprise	Mr. Ritesh Batra, Motivational speaker, Life coach Faculty Development Coach (New Delhi)	2:00 pm – 4:30 pm
31/10/2021 (Sunday)	Session 3: Understanding Stress: A mindfulness-based approach	Ms. Arati Kedia, Mental health consultant (Mumbai)	2:00 pm – 4:30 pm
1/11/2021 (Monday)	Session 4: Stories that Ignite! & Chakra Healing for Conflict Resolution	Ms. Anuradha Batra, Professional Development Coach certified from Emerson College, London & Ms. Kamal Manwani, Educationist, Counsellor, Drama and Art therapist (Gurgaon)	2:00 pm – 4:30 pm
	Valedictory	Mr. M.S. Sridhar Head-HR, Manipal University Jaipur (guest for day)	4:30 pm – 4:35 pm

Brief Description of the Event

Day-1 (29 Oct 2021):

MUJ-Tec organized an FDP on Skills and Strategies for Personal and Professional Excellence. The program commenced with brief introduction of FDP and welcoming of guest by Mr. M.S. Sridhar Head-HR, MUJ. After this, Provost MUJ, Dr. Shekhawat shared insights on importance of this FDP in current scenario. Director MUJ Tec, Dr. D.P. Sharma then extended his sincere thanks to Provost for his valuable inputs and inaugurating the program. This was followed by Dr. Suyesha inviting the resource person for the day, Mr. Nishith Mohanty (Group HR Head, MEMG). He discussed in detail about Leadership and team building, which helped participants to understand the skills and strategies for effective leadership. He introduced various leader styles and their relevance. Mr. Mohanty explained the benefits and implications of Inspirational leadership in the current scenario. He also conducted some leadership profiling activities, that helped participants to understand and assess their preferred styles of leadership. Various strategies for fostering team building were also discussed. The session ended with Mr. Mohanty answering queries of participants. Then participants were requested to fill the feedback form.

Day-2 (30th Oct 2021):

MUJ-Tec organized an FDP on Skills and Strategies for Personal and Professional Excellence. Resource person for day 2 of FDP was Mr. Ritesh Batra (Drama Interventionist and Therapeutic Expert for Mental & Emotional well-being). Dr Batra taught us to access our inner child using “Sandbox”, (a virtual psychodrama-based activity oriented session). Faculty members learned to unleash the child within and to access the boundless energy of imagination. The Role Atom and THE SOCIAL ATOM were drawn in 15 min to get clarity on Actionable Steps. Through the role understanding, faculty members accessed journey from Fragmented Roles to the Expanded Roles. Dr. Batra discussed that BY BEING AUTHENTIC, WE NEVER LOOSE OUR POWER! Leaders need "BEING" powerful! Psychodrama helped faculty members access OBSERVER SELF to be able to 'acknowledge' their thoughts feelings and emotions and to be able to SAY THE UNSAID! Dr. Batra explained that to be effective with 'OTHERS' requires an access and an understanding of "how the world occurs to THEM" The Role clarity comes by 'defining the roles' and plumbing the resources of

our affective domains. The session ended with Dr. Batra answering queries of participants. Then participants were requested to fill the feedback form.

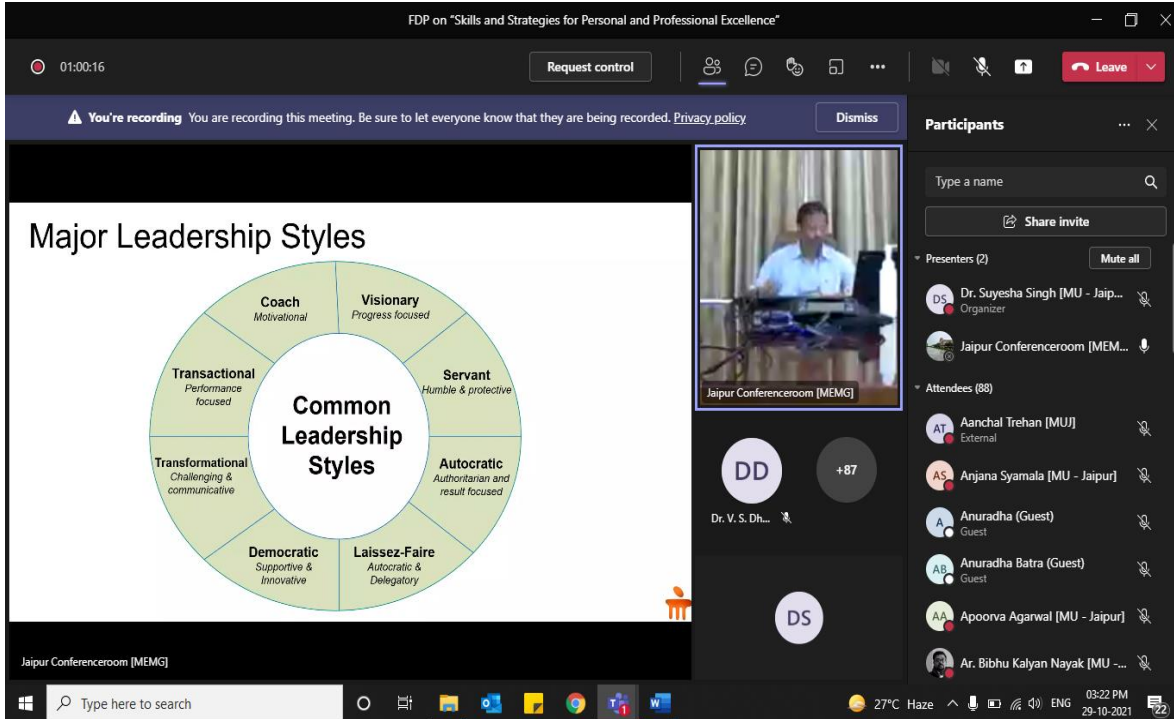
Day-3 (31st Oct 2021):

MUJ-Tec organized an FDP on Skills and Strategies for Personal and Professional Excellence. Resource person for day 3 of FDP was Dr. Arati Kedia (Dance Movement Therapist, intermodal therapeutic practitioner Nutritional Expert & Microbiologist). Dr Kedia taught importance of non-Violent communication and lifestyle possibilities. She explained we become what we eat! and it's important to reimagine our habits by going Vegan. She elaborated on how eating & food habits cause all the unwanted stress that we keep carrying and explained Stress, Eustress, environmental, postural, nutritional etc. with Eye opening examples! Faculty members explored experiential learning possibilities in a face-to-face session through Dance Movement Therapy. They experienced it though a virtual DMT based activity. Discussion on how underdiagnosed and unattended anxiety, depression and other effects of stress are. Faculty members also learned on how to de stress oneself and their students by drawing the healthy boundaries for stress. The session ended with Dr. Kedia answering queries of participants. Then participants were requested to fill the feedback form.

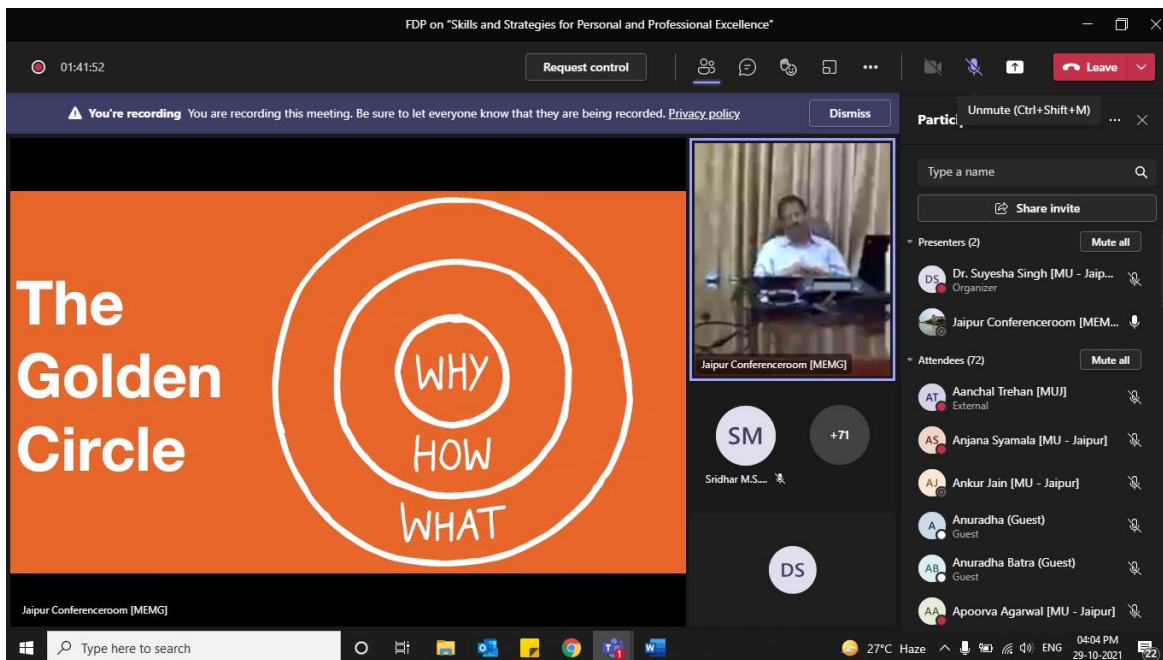
Day-4 (1st Nov 2021):

MUJ-Tec organized an FDP on Skills and Strategies for Personal and Professional Excellence. Resource person for day 4 of FDP was Kamal Manwani (Psychoanalysis expert & Psychotherapist) and Ms. Anuradha (Storyteller). The highlight of the session was Storytelling technique to understand the meaning, importance and significance of Healing Self & Others for Allowing Wellbeing as a True Leader. This session was highly interactive with experiential Chakra Healing (otherwise very difficult to conduct in a Virtual Mode). However, the power packed action-oriented Chakra Healing session aroused a lot of curiosity and awe of the world of possibilities. The ongoing pandemic situation has severely affected our Root Chakra, Sacral Chakra and the Solar Plexus. The expert helped understand how we can align & heal our chakras through pathbreaking examples and simple techniques. Busted myths and re-surfaced facts! The session ended with guests answering queries of participants. Then participants were requested to fill the feedback form.

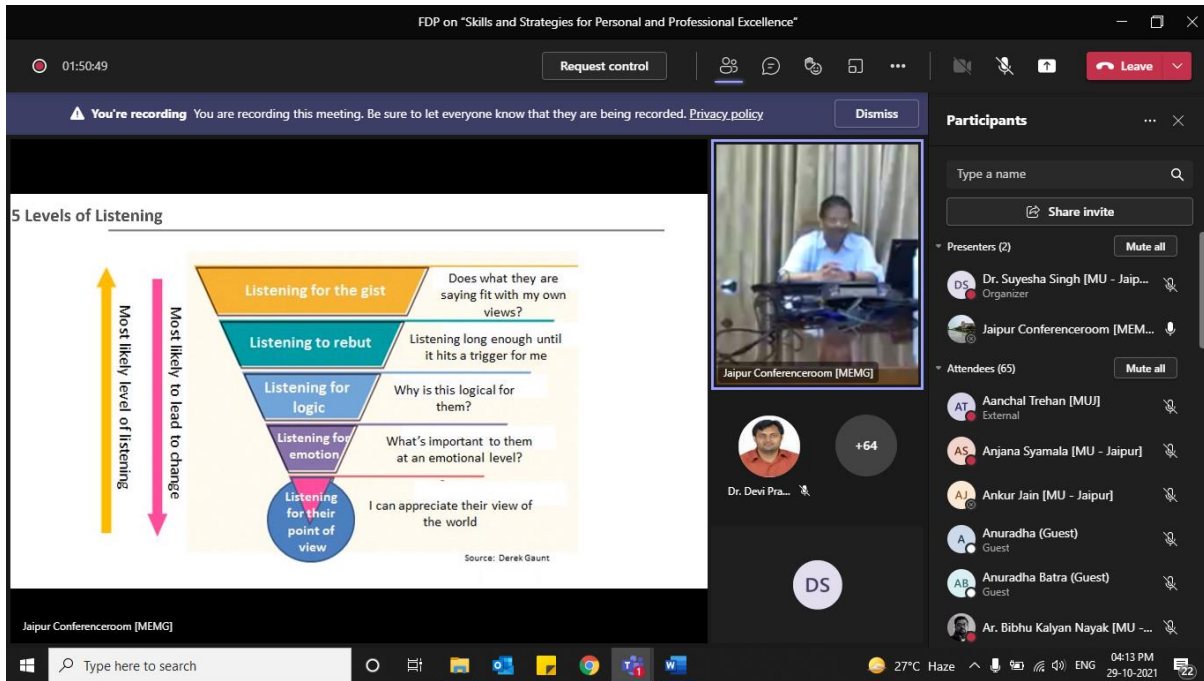
Photographs-
Day 1 (29th Oct 2021)



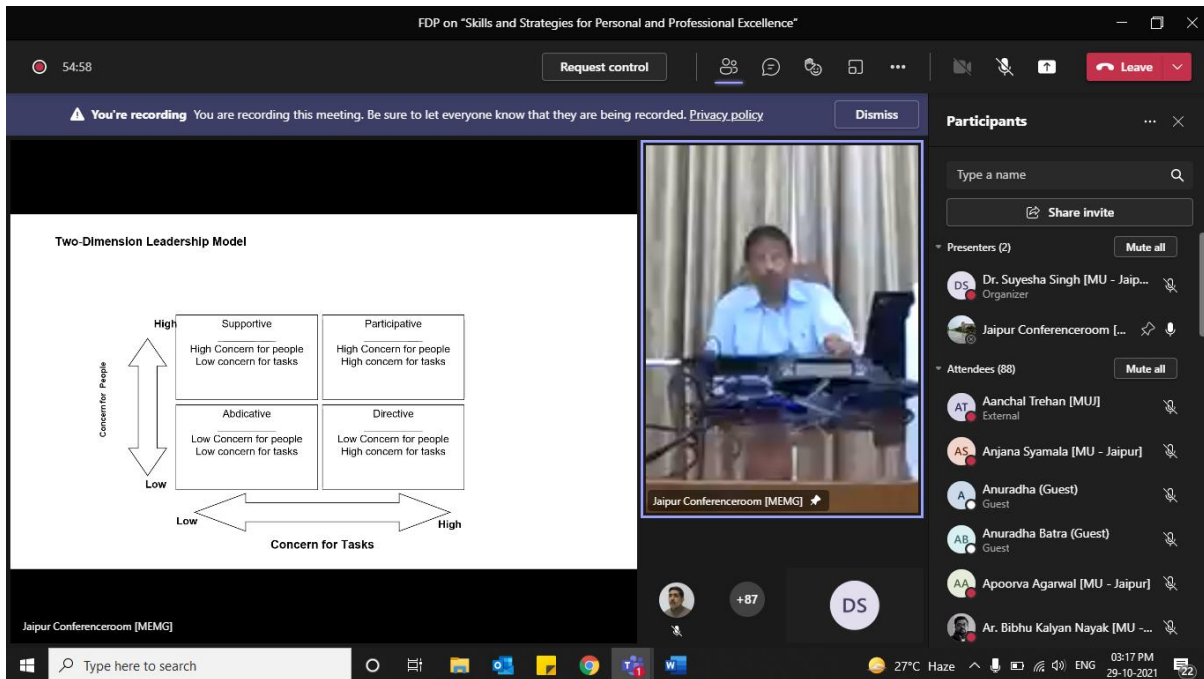
Picture 1: Mr. Nishith Mohanty sharing insights on Leadership styles



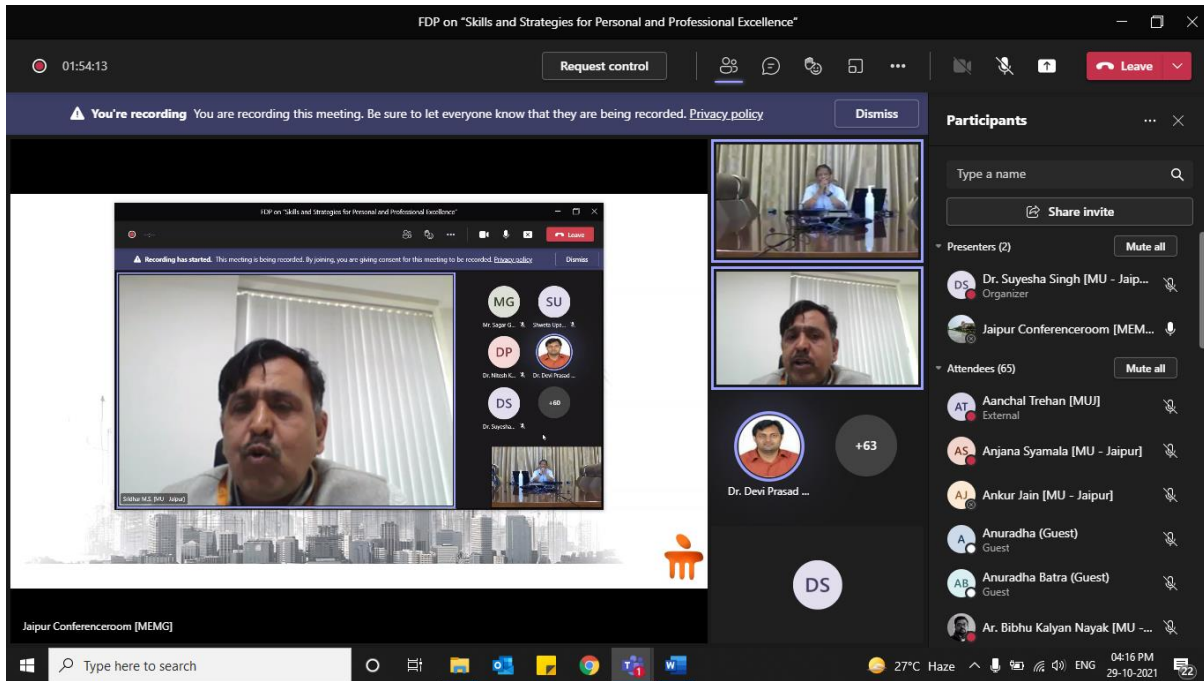
Picture 2: Mr. Nishith Mohanty explaining the concept of "Golden circle"



Picture 3: Mr. Nishith Mohanty shedding light on skills for effective leadership and team building

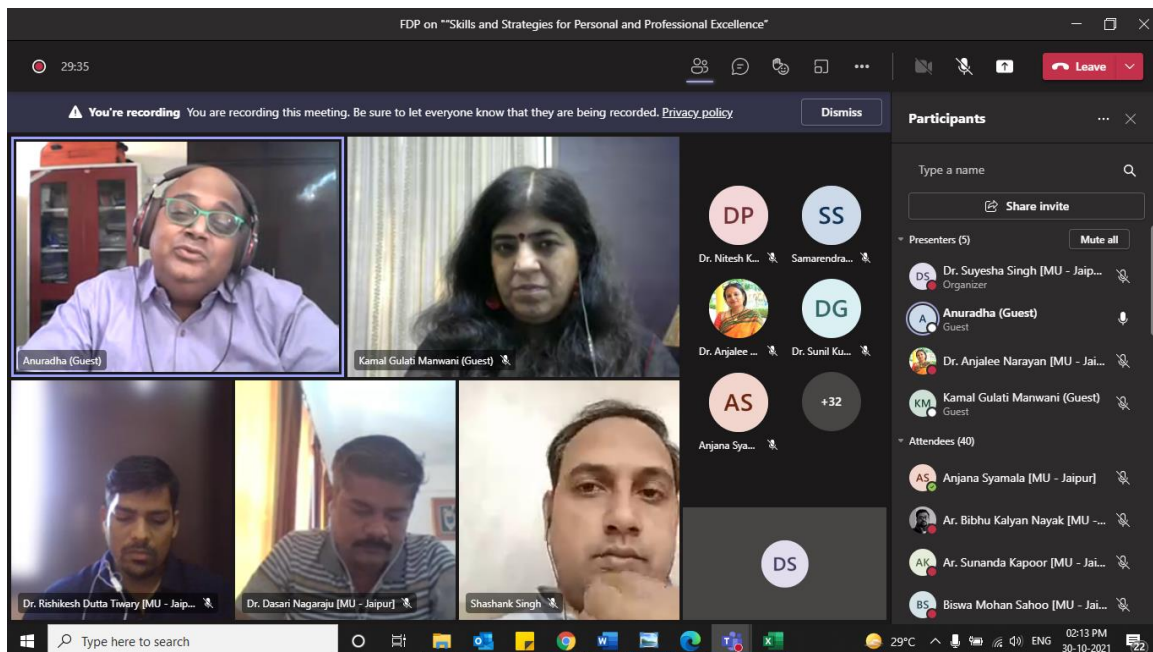


Picture 4: Mr. Nishith Mohanty talking about inspiration leadership

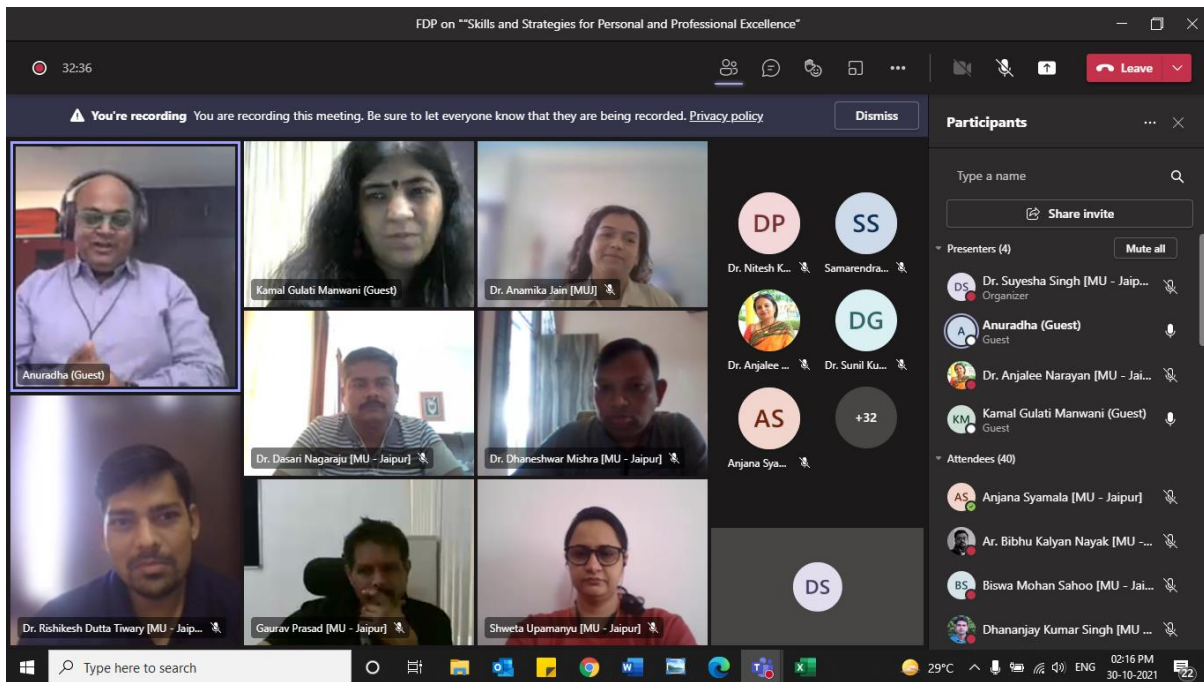


Picture 5: Mr. M.S. Sridhar Head-HR, Manipal University Jaipur, addressing the FDP participants

Day 2 (30th Oct 2021)



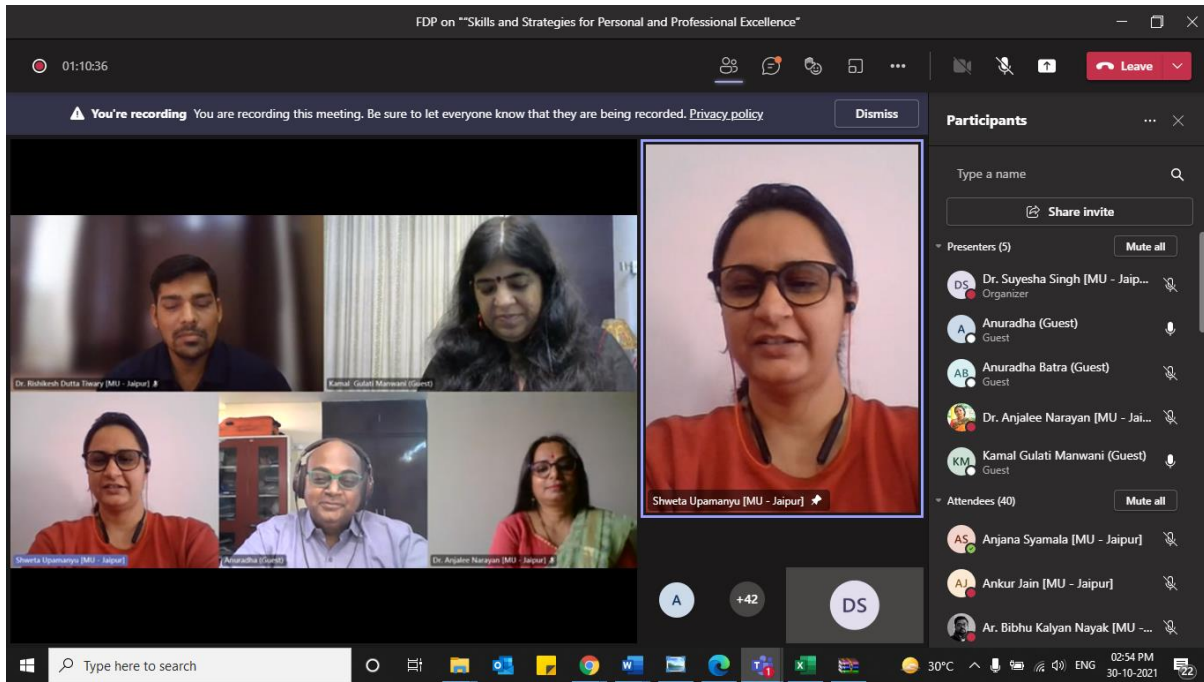
Picture 1: Participants engaged in a psychodrama-based activity



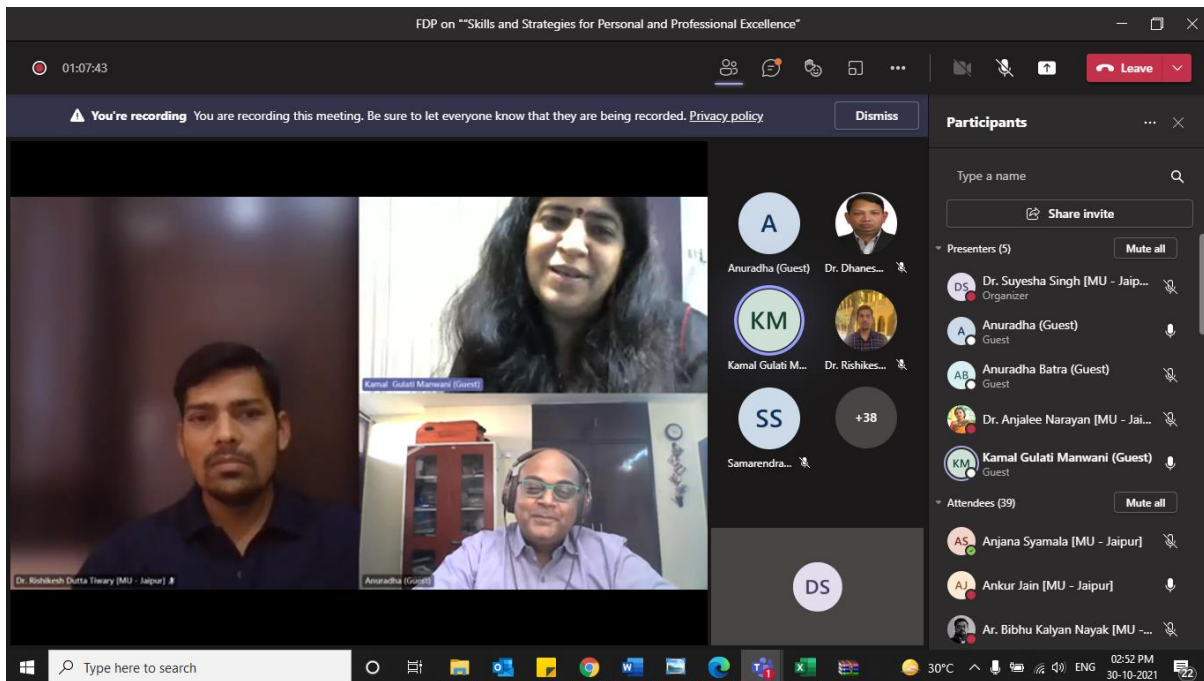
Picture 2: Mr. Ritesh Batra interacting with participants



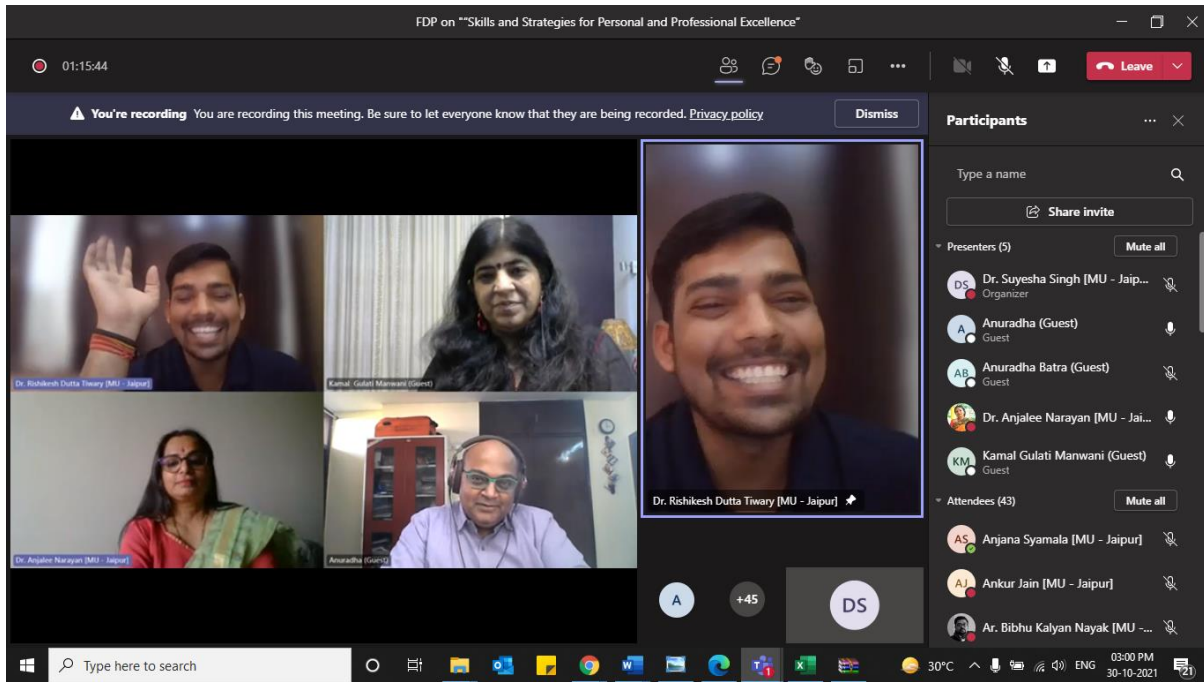
Picture 3: Participants engaged in a psychodrama-based activity



Picture 4: Participants sharing their feedback and their takeaways from the session

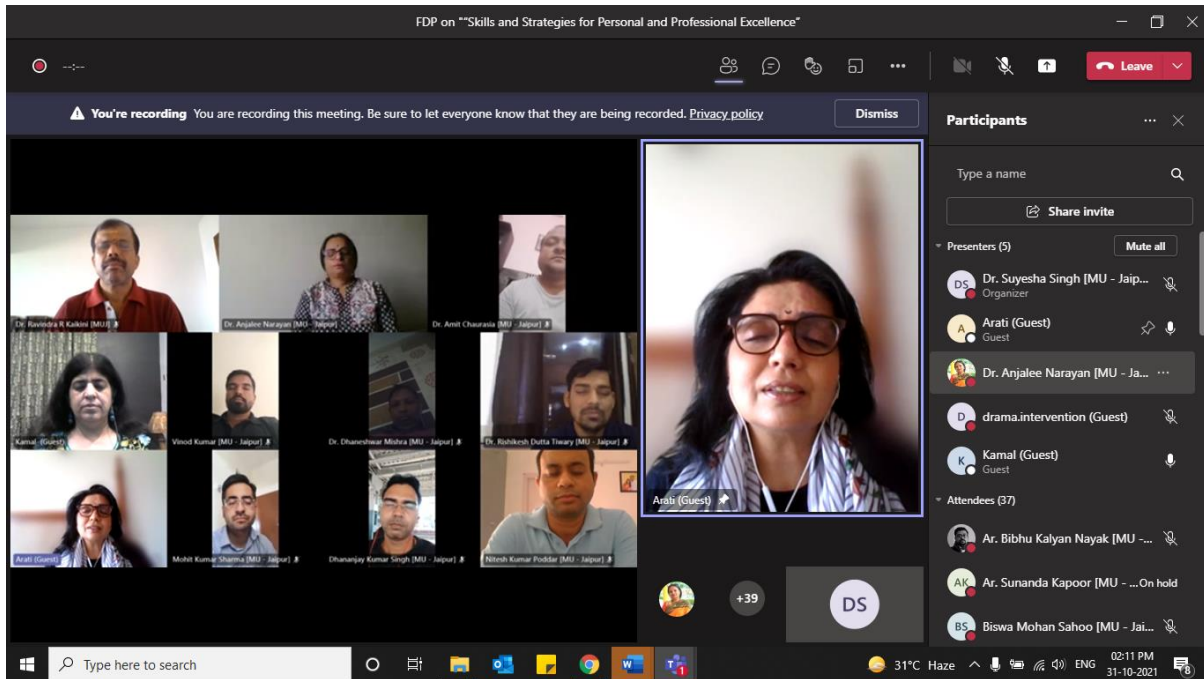


Picture 5: Activities during the session

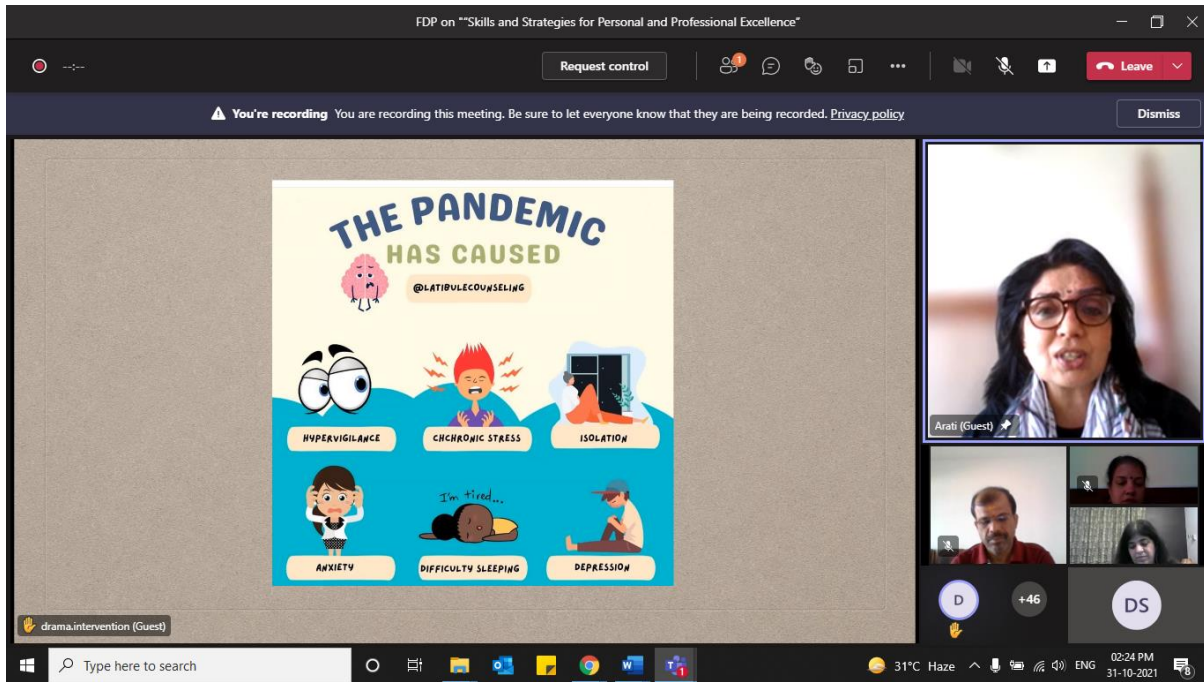


Picture 6: Activities during the session

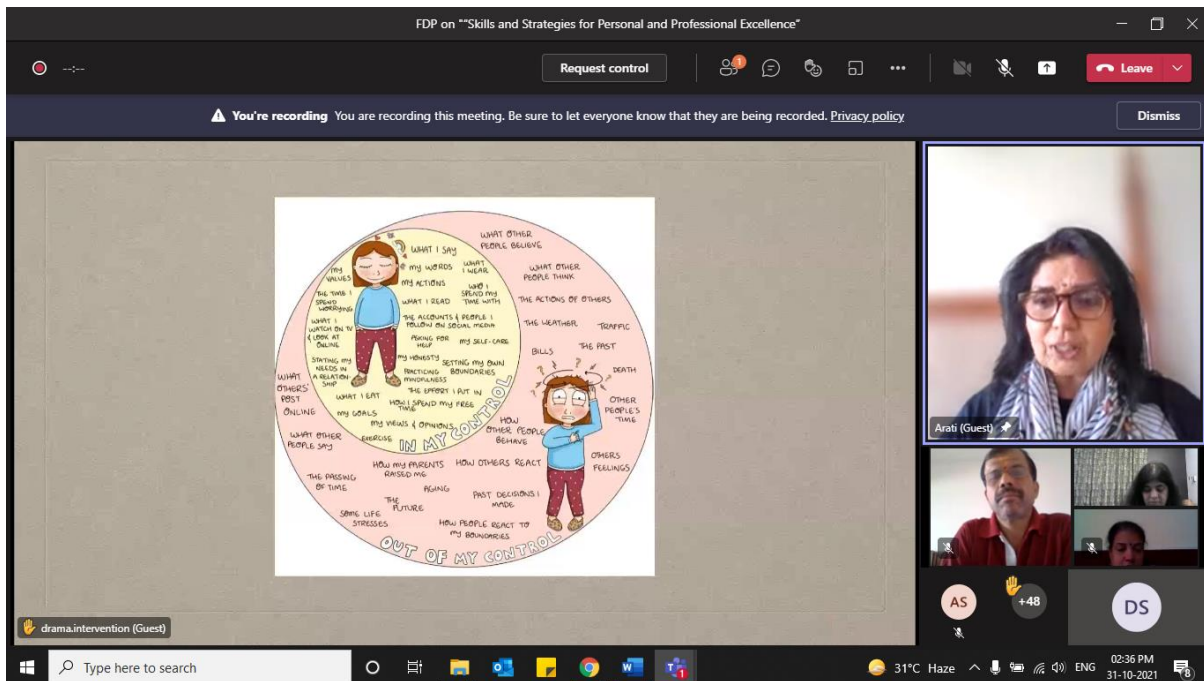
Day 3 (31st Oct 2021)



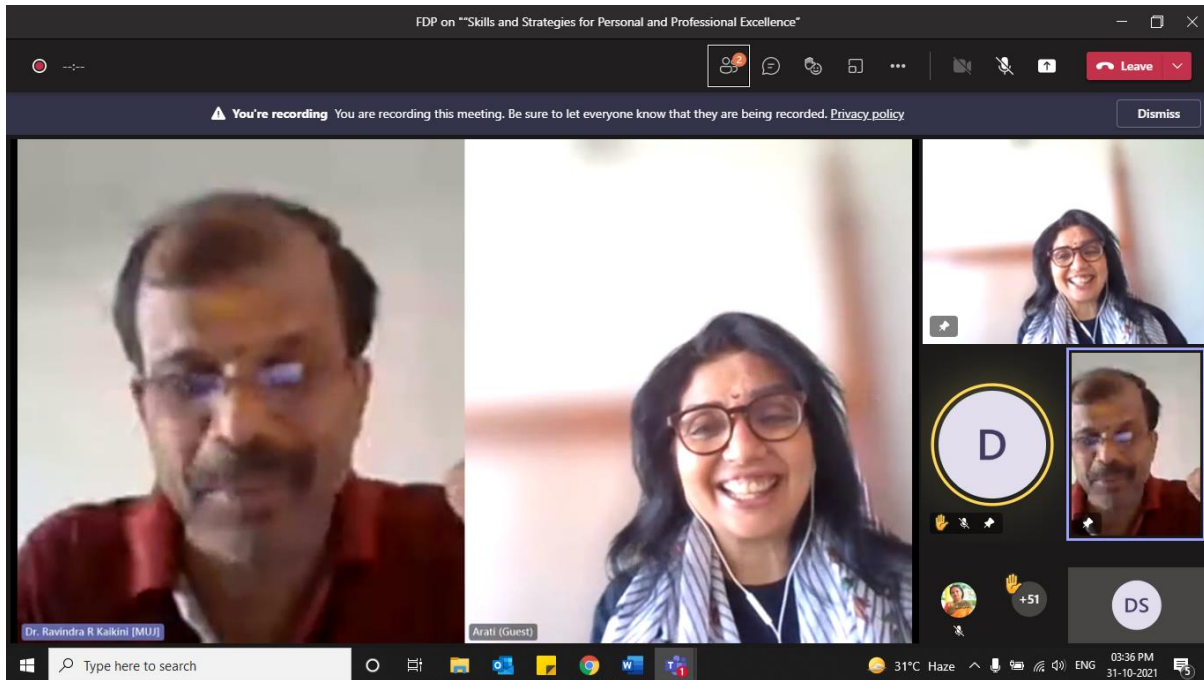
Picture 1: Dr. Arati Kedia interacting with the participants



Picture 2: Dr. Arati Kedia discussing the impact of pandemic on mental health

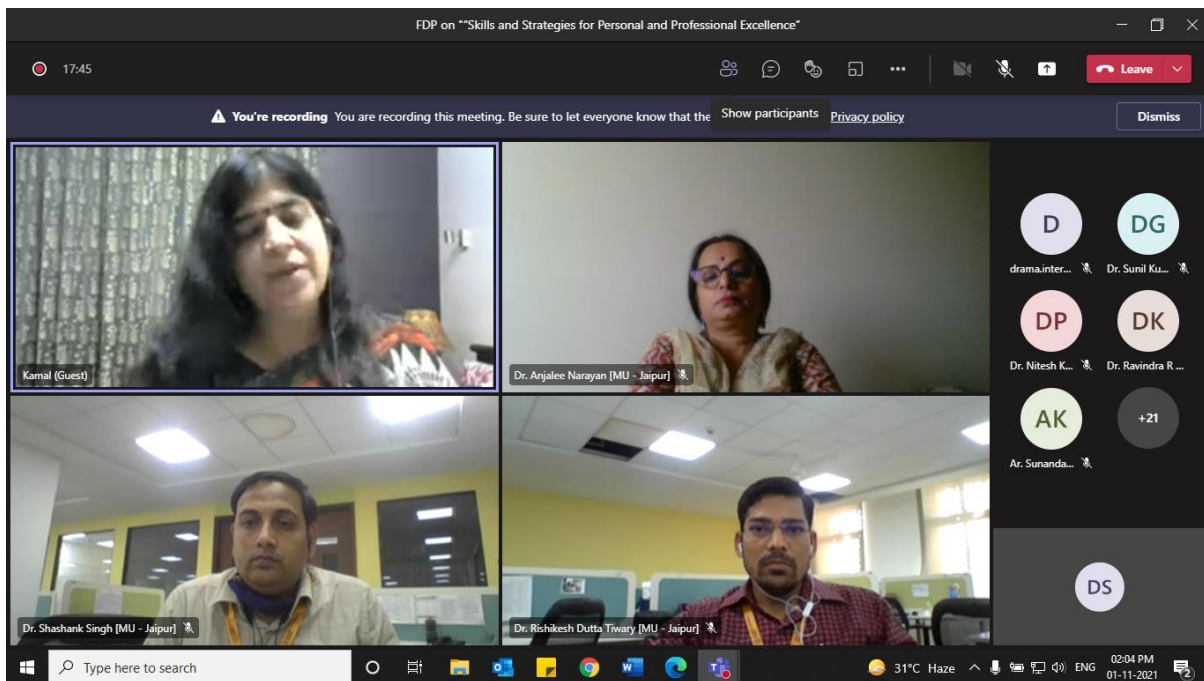


Picture 3: Dr. Arati Kedia discussing about self-regulation

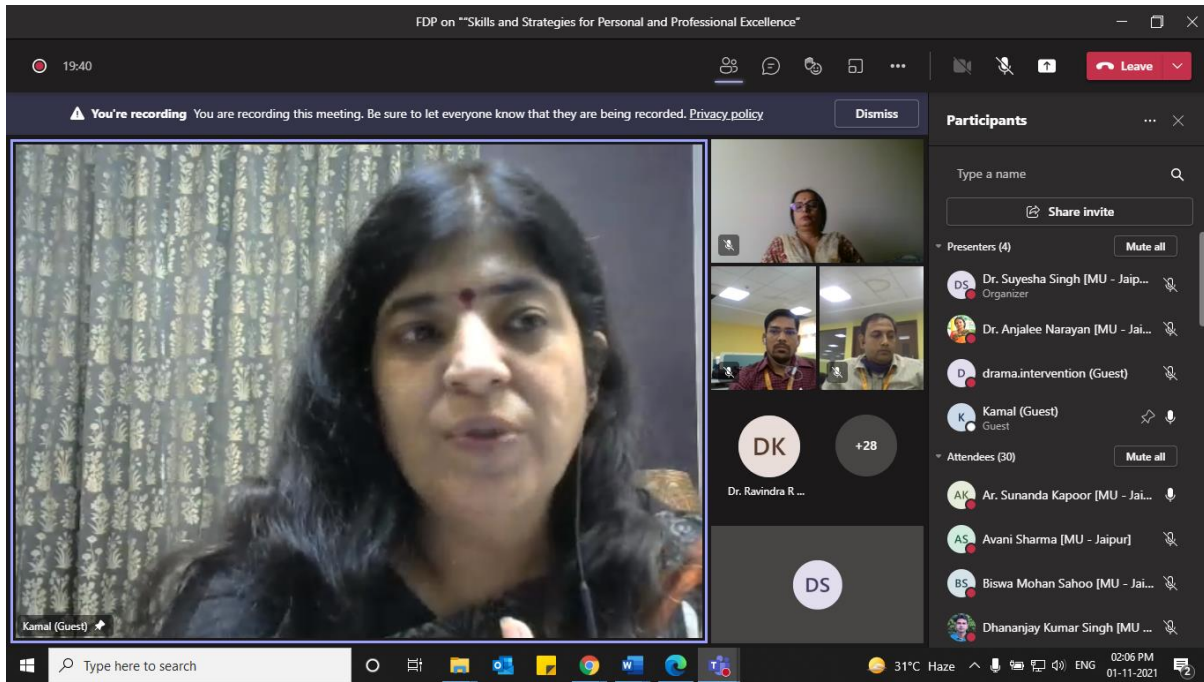


Picture 4: Participants interacting and sharing feedback during the session

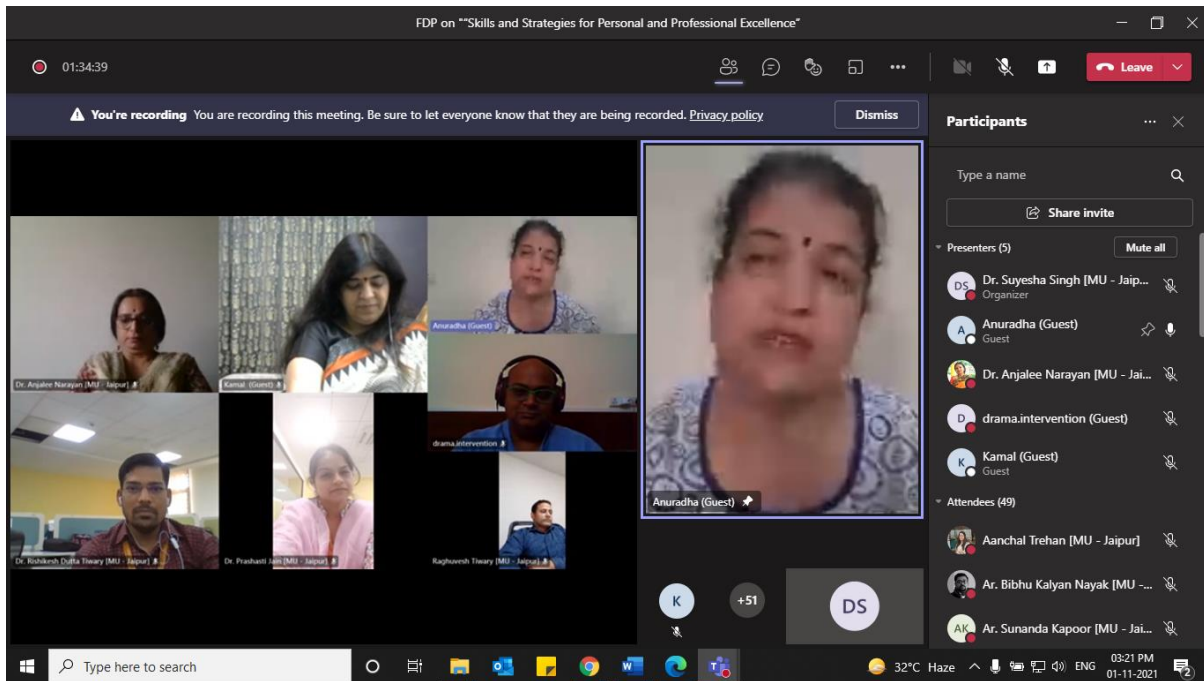
Day 4 (1st Nov 2021)



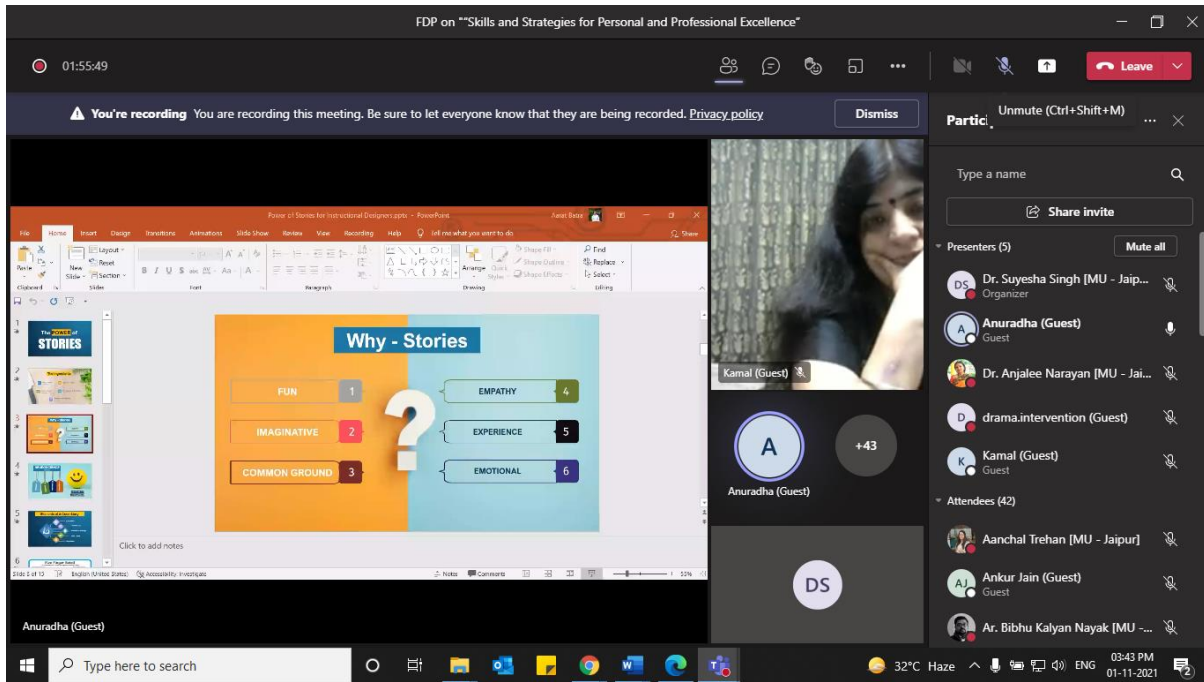
Picture 1: Ms. Kamal Manwani interacting with participants about conflict resolution



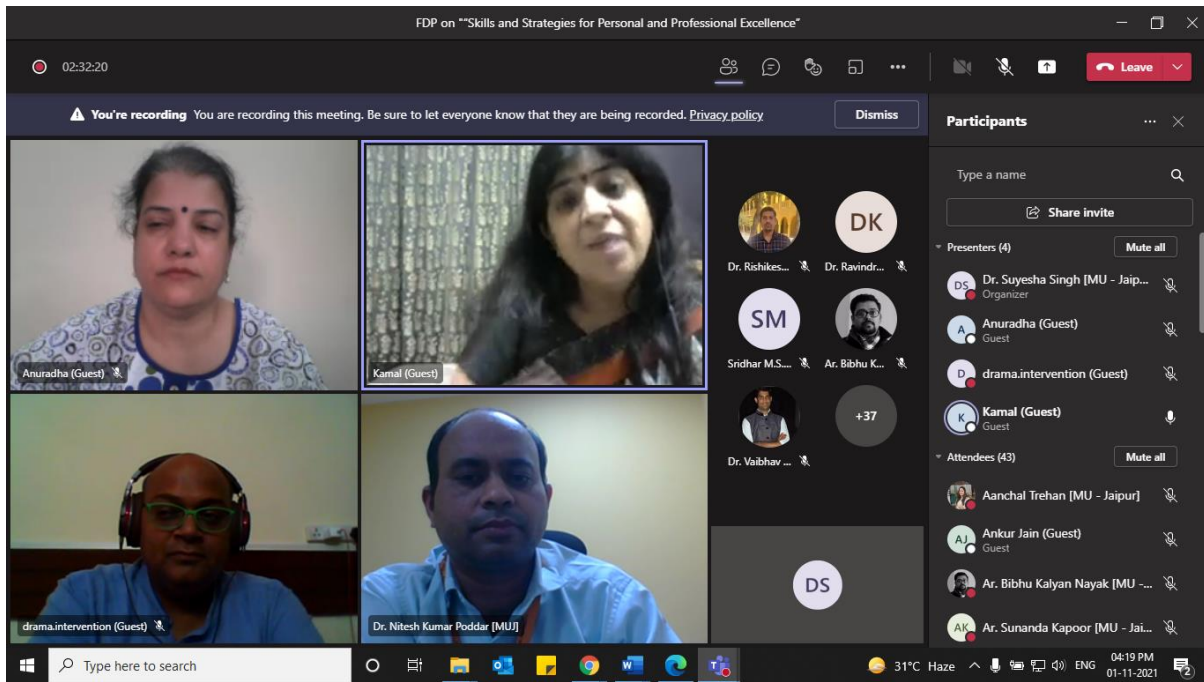
Picture 2: Ms. Kamal Manwani interacting with participants about conflict resolution



Picture 3: Ms. Anuradha Batra in a story telling session



Picture 4: Story telling session – Understanding the elements, process, utility and impact of stories



Picture 5: Meditation session with Ms. Kamal Manwani

Brochure of the event

About Resource Persons



Mr. Nishith Mohanty
Group President – Human Resources,
Manipal Education & Medical Group (MEMG)



Mr. Ritesh Batra
Motivational speaker, Life coach,
Faculty Development Coach



Arati Kedia
Mental health consultant



Kamal Gulati Manwani
Educatorist, Counsellor, Drama and Art therapist




Anuradha Batra
Professional Development Coach
certified from Emerson College, London

Expected Outcome of FDP

Objective: The aim of the FDP is to facilitate and train teachers to assess and enhance their skills and master strategies for dealing with the challenges and issues. The training program will enhance their effectiveness in personal and professional domains. Teachers as effective leaders can play a key role in transforming students. It will foster the learning environment in classroom setting.

Outcomes: Participant will be able to enhance their interpersonal skills, learn strategies for fostering emotional wellbeing of self and others, skills, and strategies for working in teams, collaboration and conflict management.



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*A Four-Day
Faculty Development Program
on
SKILLS AND STRATEGIES
FOR PERSONAL AND
PROFESSIONAL EXCELLENCE*

*29 Oct - 01 Nov, 2021 [Virtual mode]
02:00 PM - 04:30 PM*

Jointly Organized by: MUJ-TEC and Team HR

Target Audience

All faculty members of Manipal University Jaipur

About MUJ

Manipal University Jaipur (MUJ), India is a co-educational, residential, private research university located in the city of Jaipur in Rajasthan, India. It is the fifth university established by Manipal Global Education Services. Courses and programs offered by the university are in the fields of Engineering, Architecture, Interior Design, Fashion Design, Fine Arts, Hospitality, Humanities, Journalism and Mass Communication, Basic Sciences, Law, Commerce, Computer Applications, and Management. The campus of the institute has a total land area of 122 acres, with the constructed area of 2.47 million sq ft.; it was the first university in Rajasthan to be accredited as A+ (3.28) grade by NAAC.

MUJ boasts of best-in-class infrastructure, including state-of-the-art research facilities and a modern, digital library. In line with Manipal University's legacy of providing quality education to its students, the campus uses the latest in technology to impart education.



Day 1: <i>Link</i> <i>[Inauguration]</i>	https://www.manipal.edu/academics/faculty-development-program/2021-22/02-04-30pm-29-10-01-11-2021-virtual-mode
Day 1: <i>Link</i>	https://www.manipal.edu/academics/faculty-development-program/2021-22/02-04-30pm-29-10-01-11-2021-virtual-mode
Day 2: <i>Link</i>	https://www.manipal.edu/academics/faculty-development-program/2021-22/02-04-30pm-29-10-01-11-2021-virtual-mode
Day 3: <i>Link</i>	https://www.manipal.edu/academics/faculty-development-program/2021-22/02-04-30pm-29-10-01-11-2021-virtual-mode
Day 4: <i>Link</i>	https://www.manipal.edu/academics/faculty-development-program/2021-22/02-04-30pm-29-10-01-11-2021-virtual-mode



Program Schedule

Day 1: 2:00 PM- 02:15 PM	Inaugural Ceremony
Day 1: 2:15 PM- 04:00 PM	Team building and leadership
Day 2: 2:00 PM- 04:30 PM	The Sandbox! A psychodramatic playful approach to the Mental and Emotional Reprise
Day 3: 2:00 PM- 04:30 PM	Understanding Stress: A mindfulness-based approach
Day 4: 2:00 PM- 04:30 PM	Stories that Ignite! Chakra Healing for Conflict Resolution

Organizing Committee

Chief Patrons

Prof. (Dr.) K. Ramnarayan

Chairperson, Manipal University Jaipur

Prof. (Dr.) G. K. Prabhu

President, Manipal University Jaipur

Prof. (Dr.) N. N. Sharma

Pro-President, Manipal University Jaipur

Prof. (Dr.) Rajveer Singh

Shekhawat

Dean, FOE, Manipal University Jaipur

Patron

Prof. (Dr.) D P Sharma

Director, MUJ TEC, Manipal University Jaipur

FDP Organizers

Dr Suyesha Singh

Assistant Professor, Dept of Psychology

Dr Anjalee Narayan

Assistant Professor, Department of Arts



Schedule of the Event:

Date: 29th October 2021 to 1st November 2021

Time: 2.00 pm to 430 pm

Venue/platform: Microsoft Team

Attendance of the Event

Names of attendees	Email address
Sridhar	sridhar.ms@jaipur.manipal.edu
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Ramakrishnan Ganesan	ramakrishnan.ganesan@jaipur.manipal.edu

Feedback of the event



Feedback Form Day-1 (FDP-29th Oct 2021 to 1st Nov 2021)

26
Responses

09:20
Average time to complete

Active
Status

1. Name

26
Responses

Latest Responses
"SANTOSH KUMAR VISHWAKARMA"
"Mangal Das"
"Dhananjay Kumar Singh"

2. Emp Code

26
Responses

Latest Responses
"MUJ1047"
"muj1133"
"MUJ1185"

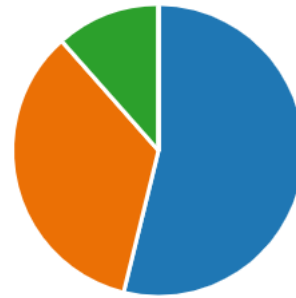
3. Instructor's Teaching Methodology:

- Excellent 12
- Very Good 14
- Good 0
- Average 0
- Poor 0



4. Instructor's Depth of understanding of Topic:

● Excellent	14
● Very Good	9
● Good	3
● Average	0
● Poor	0



5. Instructor's Behaviour & Attitude:

● Excellent	16
● Very Good	7
● Good	3
● Average	0
● Poor	0



6. Training agenda & topics were as per set expectation:

● Excellent	10
● Very Good	15
● Good	1
● Average	0
● Poor	0



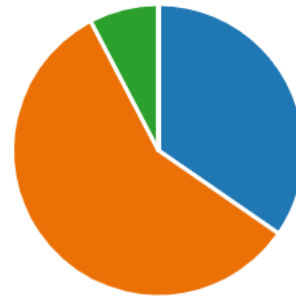
7. Program enhanced the understanding of the topic:

● Excellent	10
● Very Good	12
● Good	4
● Average	0
● Poor	0



8. Overall Program Rating

Excellent	9
Very Good	15
Good	2
Average	0
Poor	0



9. Overall Remarks

26
Responses

Latest Responses
"VERY ENCOURAGING SESSION"
"Good FDP"
"Very Good"



Feedback Form Day-2(FDP-29th Oct 2021 to 1st Nov 2021)

32
Responses

01:15
Average time to complete

Active
Status

1. Name

32
Responses

Latest Responses
"SANTOSH KUMAR VISHWAKARMA"
"Mangal Das"
"Dhananjay Kumar Singh"

2. Emp Code

32
Responses

Latest Responses
"MUJ1047"
"muj1133"
"MUJ1185"

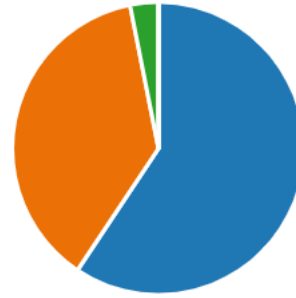
3. Instructor's Teaching Methodology:

- Excellent 15
- Very Good 15
- Good 2
- Average 0
- Poor 0



4. Instructor's Depth of understanding of Topic:

● Excellent	19
● Very Good	12
● Good	1
● Average	0
● Poor	0



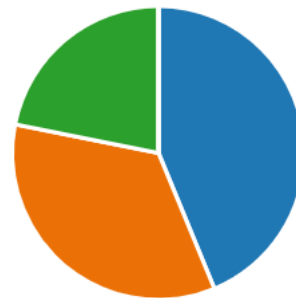
5. Instructor's Behaviour & Attitude:

● Excellent	23
● Very Good	8
● Good	1
● Average	0
● Poor	0



6. Training agenda & topics were as per set expectation:

● Excellent	14
● Very Good	11
● Good	7
● Average	0
● Poor	0



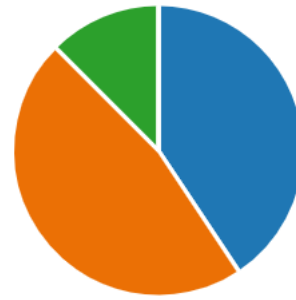
7. Program enhanced the understanding of the topic:

● Excellent	13
● Very Good	15
● Good	4
● Average	0
● Poor	0



8. Overall Program Rating

● Excellent	13
● Very Good	15
● Good	4
● Average	0
● Poor	0



9. Overall Remarks

32
Responses

Latest Responses

- "FINE"
- "Good FDP"
- "Very Good"



Feedback Form Day-3 (FDP-29th Oct 2021 to 1st Nov 2021)

35
Responses

06:58
Average time to complete

Active
Status

1. Name

35
Responses

Latest Responses
"SANTOSH KUMAR VISHWAKARMA"
"Mangal Das"
"Dhananjay Kumar Singh"

2. Emp Code

35
Responses

Latest Responses
"MUJ1047"
"muj1133"
"MUJ1185"

3. Instructor's Teaching Methodology:

Excellent	21
Very Good	10
Good	4
Average	0
Poor	0



4. Instructor’s Depth of understanding of Topic:

● Excellent	19
● Very Good	13
● Good	2
● Average	1
● Poor	0



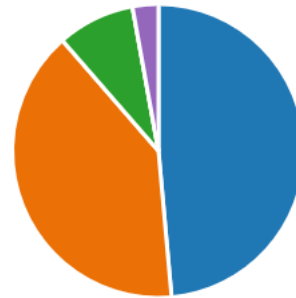
5. Instructor’s Behaviour & Attitude:

● Excellent	24
● Very Good	8
● Good	2
● Average	1
● Poor	0



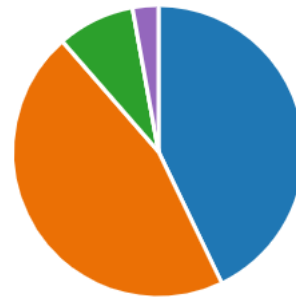
6. Training agenda & topics were as per set expectation:

● Excellent	17
● Very Good	14
● Good	3
● Average	0
● Poor	1



7. Program enhanced the understanding of the topic:

● Excellent	15
● Very Good	16
● Good	3
● Average	0
● Poor	1



8. Overall Program Rating

● Excellent	19
● Very Good	13
● Good	2
● Average	0
● Poor	1



9. Overall Remarks

34
Responses

Latest Responses
"NICELY COVERED THE TOPICS"
"Good FDP"
"Excellent"



Feedback Form Day-4 (FDP-29th Oct 2021 to 1st Nov 2021)

21
Responses

01:17
Average time to complete

Active
Status

1. Name

21
Responses

Latest Responses
"SANTOSH KUMAR VISHWAKARMA"
"Mangal Das"
"Smaranika Mohapatra"

2. Emp Code

21
Responses

Latest Responses
"MUJ1047"
"muj1133"
"MUJ1092"

3. Instructor's Teaching Methodology:

Excellent	8
Very Good	12
Good	1
Average	0
Poor	0



4. Instructor's Depth of understanding of Topic:

● Excellent	6
● Very Good	14
● Good	1
● Average	0
● Poor	0



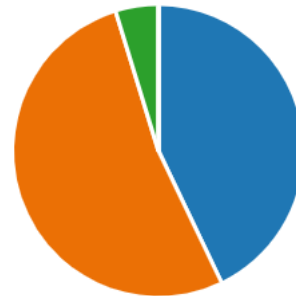
5. Instructor's Behaviour & Attitude:

● Excellent	11
● Very Good	8
● Good	2
● Average	0
● Poor	0



6. Training agenda & topics were as per set expectation:

● Excellent	9
● Very Good	11
● Good	1
● Average	0
● Poor	0



7. Program enhanced the understanding of the topic:

● Excellent	7
● Very Good	11
● Good	1
● Average	2
● Poor	0



8. Overall Program Rating

Excellent	8
Very Good	10
Good	3
Average	0
Poor	0



9. Overall Remarks

20
Responses

Latest Responses
"VERY NICELY COVERED TOPICS"
"Good FDP"
"Good"