

Faculty Development Program (FDP) Report

Faculty Development Program on "Stress to Smile"

Date: 14 July 2026

Venue: Room A-306, Vignan Institute of Technology & Management (VITAM), Berhampur

Vignan Institute of Technology & Management (VITAM), Berhampur, successfully organized a **Faculty Development Program (FDP)** on the topic **"Stress to Smile"** on **14 July 2026**. The program was conducted with the objective of helping faculty members understand the causes of stress, develop emotional resilience, and adopt practical techniques for achieving a balanced and fulfilling professional and personal life.

The session was delivered by **Shri Manikishore Das, M.Tech (NIT Rourkela), General Secretary, ISKCON Berhampur**. He is a distinguished spiritual mentor and youth counselor who combines scientific knowledge with the timeless wisdom of the Bhagavad Gita. An alumnus of **NIT Rourkela**, he chose a life of spiritual service over a lucrative engineering career and has since dedicated himself to youth development, value-based education, and community welfare through ISKCON. As the General Secretary of ISKCON Berhampur, he actively conducts leadership programs, Gita seminars, and the renowned **"Discover Yourself" (DYS)** course for students and professionals.



The program commenced with the traditional welcome of the speaker by the institute authorities. Faculty members from various departments enthusiastically participated in the session.



During the FDP, Shri Manikishore Das explained the **scientific and psychological mechanisms behind stress generation** and emphasized the importance of distinguishing between **actual threats and perceived threats**. He encouraged participants to understand their personality traits, develop self-awareness, and cultivate positive thinking to effectively manage stress.

The speaker also highlighted practical methods to transform stress into happiness through **mindfulness, meditation, emotional intelligence, self-discipline, and**

spiritual values. Drawing examples from the Bhagavad Gita and real-life experiences, he demonstrated how a balanced approach towards work, relationships, and personal growth can lead to greater peace and productivity.

The session was highly interactive, with faculty members actively engaging in discussions and sharing their experiences. The practical techniques and motivational insights provided by the speaker were well appreciated by all participants.



The program concluded with a vote of thanks, expressing sincere gratitude to **Shri Manikishore Das** for his inspiring and thought-provoking session. The FDP proved to be an enriching learning experience, equipping faculty members with valuable tools to effectively manage stress and maintain a positive outlook in both their professional and personal lives.



Outcome of the FDP:

- Enhanced awareness about the causes and effects of stress.
- Learned practical stress management and meditation techniques.
- Improved understanding of emotional intelligence and self-awareness.
- Encouraged positive thinking and value-based living.
- Inspired faculty members to maintain a healthy work-life balance and promote holistic well-being within the academic environment.