



INNOVATIVE COLLEGE OF PHARMACY

(Affiliated to Dr. APJAKTU, BTEUP - Lucknow
and Approved by PCI, New Delhi)

Faculty Development Program

PHYSICAL ACTIVITY & MENTAL HEALTH

ELIGIBILITY:
All Non-Teaching Members

DURATION :
06th November 2023 to 10th November 2023



Principal:
Dr. Amarjeet Singh
Pharmacy

Coordinator:
Dr. Titiksha Sharma
Academic Director

Plot No.-6, Knowledge Park-2, Greater Noida, U.P.
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INNOVATIVE COLLEGE OF PHARMACY

Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC

Date:31/10/2023

Circular

All the Non-Teaching staff are hereby informed that the institute has scheduled Five days FDP on "Physical Activity and Mental Health" from 6th Nov 2023 to 10th Nov 2023 .

The brief date wise Itinerary of the event is as under:

Day	Date	Time	Topic	Resource Person
1	06/11/2023	12PM-1 PM 1PM-3 PM	Benefits of Physical Activity on Mental Health	Mr. Ebenejer Raja
2	07/11/2023	2 PM to 3:30 PM	Types of Physical Activity	Ms. Rachna Kaushik
3	08/11/2023	2 PM to 3:30 PM	Creating a Personalized Exercise Plan	Mr. Hemant Chamoli
4	09/11/2023	2 PM to 3:30 PM	Implementing Physical Activity at Work	Mr. Suraj Gupta
5	10/11/2023	2 PM to 3:30 PM	Mindfulness and Stress Management	Mr. Manas Ranjan

All the Non-Teaching staff are requested to attend the sessions.

On the completion of the event, the proper certificate shall be conferred to the participants who have attended all the sessions. It is further to be noted that every day there will be short multiple-question tests to ascertain what you have understood during the session.

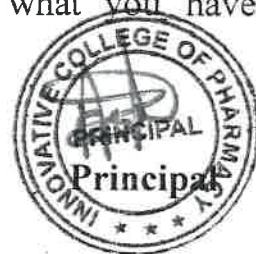
All are requested to comply with the instructions.

Copy to:-

Chairman

All Department Heads

IQAC





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Report on Faculty Development Program
Organized by
INNOVATIVE COLLEGE OF PHARMACY
on
"Physical Activity and Mental Health"
(Period- 6th Nov. 2023 to 10th Nov. 2023)

INTRODUCTION

In recent years, the interplay between exercise and psychological well-being has garnered substantial attention, reflecting a growing recognition of its importance. Physical activity, commonly valued for its benefits to cardiovascular health and physical fitness, also plays a vital role in enhancing mental health. Regular exercise has been shown to alleviate symptoms of depression and anxiety, elevate mood, and improve cognitive function. This connection is supported by extensive research highlighting how physical activity stimulates the release of mood-regulating neurotransmitters such as endorphins, serotonin, and dopamine. These "feel-good" chemicals help to mitigate stress and enhance emotional resilience. In this session, we will explore not only the science behind these benefits but also practical ways to incorporate exercise into daily routines, despite busy schedules. Additionally, we will discuss strategies for educators and practitioners to encourage physical activity as part of a holistic approach to mental health. By the end of our time together, you will be equipped with a deeper understanding and practical tools to promote well-being through physical activity, both for yourself and those you support.





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PURPOSE

The purpose of the Faculty Development Program (FDP) on Physical Activity and Mental Health is to enhance understanding and practical application of the crucial link between physical exercise and mental well-being. This program aims to raise awareness about how regular physical activity can positively impact mood, stress levels, and overall mental health. Participants will gain insights into the scientific evidence supporting these benefits and learn practical strategies to incorporate exercise into their daily routines, even amidst busy schedules. Additionally, the FDP will equip faculty and staff with the skills needed to advocate for and support physical activity within their communities, fostering a culture of wellness. Ultimately, the program seeks to empower participants to improve their own mental health and encourage others to do the same, thereby contributing to a healthier and more supportive organizational environment.

PROGRAM OVERVIEW

The Physical Activity and Mental Health module within the Faculty Development Program (FDP) aims to provide participants with a comprehensive understanding of the interconnectedness between physical health and mental well-being. This program will cover the science behind how regular physical activity positively influences mental health by reducing stress, anxiety, and depression while enhancing cognitive function, emotional balance, and overall life satisfaction. Participants will engage in interactive sessions, workshops, and practical exercises designed to integrate physical activities into their daily routines, both personally and within their professional environments. The program also emphasizes the role of educators in promoting a culture of wellness in academic settings, offering strategies for creating supportive environments that encourage physical activity among students and staff. By the end of the program, faculty members will be equipped with the knowledge and tools to enhance their own mental and physical health, as well as to inspire and lead wellness initiatives within their institutions.





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The day-wise FDP program is as under :

Day	Date	Time	Topic	Resource Person
1	06/11/2023	12PM-1 PM 1PM-3 PM	Benefits of Physical Activity on Mental Health	Mr. Ebenejer Raja
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DAY-WISE REPORT

A five-day Faculty Development Programme was organized in the institute from **6th Nov 2023 to 10th Nov 2023.**

The day-wise report in the brief is being encapsulated for the reference of all concerned.



Session Topic: Benefits of Physical Activity on Mental Health

Timing: 12 PM to 3 PM

Resource Person: Mr. Ebenejer Raja

The first day of the Programme commenced with the **formal welcome** of the Resource Person **Mr. Ebenejer Raja** and all participants by Principal **Dr. Amarjeet Singh**.

Mr. Ebenejer Raja, Engaging in regular physical activity offers numerous benefits for mental health, significantly enhancing overall well-being. Physical exercise has been proven to reduce symptoms of anxiety, depression, and stress by triggering the release of endorphins and other neurotransmitters that promote a sense of happiness and relaxation. It also improves cognitive function, including memory, attention, and problem-solving skills, by increasing blood flow to the brain and stimulating the growth of new neural connections. Additionally, physical activity can improve sleep patterns, boost self-esteem, and provide a constructive outlet for managing emotions, leading to a more positive outlook on life. Participating in group exercises or sports also fosters social connections, reducing feelings of loneliness and isolation. Overall, incorporating regular physical activity into daily





routines is a powerful tool for maintaining and enhancing mental health, leading to a more balanced, fulfilling life.



Session Topic: Types of Physical Activity

Timing: 2 PM to 3:30 PM

Resource Person: Ms. Rachna Kaushik

Physical activity encompasses a broad range of movements that can be categorized into different types based on their intensity, purpose, and benefits. Aerobic activities, such as walking, running, cycling, and swimming, are designed to increase cardiovascular endurance by raising the heart rate and breathing for extended periods. These activities improve overall heart health, stamina, and lung capacity. Strength training, including weightlifting and resistance exercises, focuses on building muscle strength and endurance by challenging the muscles against resistance. This type of physical activity is crucial for maintaining muscle mass, bone density, and metabolic health. Flexibility exercises, such as stretching and yoga, enhance the range of motion in joints and reduce the risk of injuries by improving muscle elasticity and joint flexibility. Lastly, balance exercises, which include activities like tai chi and stability ball exercises, are vital for maintaining stability and preventing falls, especially in older adults. Each type of physical activity plays a unique role in promoting overall health and well-being, and incorporating a variety of these activities into one's routine ensures a balanced approach to fitness.





Session Topic: Creating a Personalized Exercise Plan

Timing: 2 PM to 3:30 PM

Resource Person: Mr. Hemant Chamoli

In this enlightening session, Mr. Hemant Chamoli, our distinguished resource person, emphasized the critical role of reflection in the research process. Mr. Hemant Chamoli guided participants through an exploration of the importance of reflective practice in enhancing the quality and integrity of research endeavors.

The session commenced with an overview of the concept of reflection and its significance in the context of academic research. Mr. Hemant Chamoli Creating a personalized exercise plan involves tailoring physical activity to an individual's specific goals, fitness level, preferences, and lifestyle. The first step is identifying clear objectives, whether they are weight loss, muscle building, improved cardiovascular health, or overall well-being. A fitness assessment, such as evaluating current fitness levels, medical history, and physical limitations, is crucial to ensure that the plan is safe and effective. The exercise plan should incorporate a mix of aerobic, strength, flexibility, and balance exercises, aligned with the individual's goals. For instance, someone aiming to build strength may prioritize weightlifting sessions, while someone focused on cardiovascular health might include more running or cycling. Frequency, intensity, and duration of workouts should be adjusted according to the individual's fitness level, gradually increasing as they progress. Flexibility is key; the plan should allow for adjustments based on how the person feels and any changes in their goals or





schedule. Additionally, incorporating activities that the individual enjoys increases the likelihood of adherence. Regularly reviewing and updating the exercise plan ensures it remains aligned with the individual's evolving needs and goals, making it a sustainable part of their lifestyle.



Session Topic: Implementing Physical Activity at Work **Timing:** 2 PM to 3:30 PM

Resource Person: Mr. Suraj Gupta

In this informative session, Mr. Suraj Gupta, our esteemed resource person, Implementing physical activity at work can significantly enhance employee well-being and productivity. Simple strategies, such as encouraging short walking breaks, providing standing desks, and organizing group exercises like yoga or stretching sessions, can make a big difference. Employers can also create an active culture by promoting stair use instead of elevators and offering incentives for participation in fitness challenges. By integrating these activities into the workday, employees can reduce stress, improve focus, and maintain better physical health, leading to a more energized and productive workplace.





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Session Topic: Mindfulness and Stress Management

Timing: 2 PM to 3:30 PM

Resource Person: Mr. Manas Ranjan

In this engaging session, Mr. Manas Ranjan, our esteemed resource person, Mindfulness is a powerful tool for stress management, involving the practice of staying present and fully engaged in the moment. By focusing on the here and now, mindfulness helps individuals reduce anxiety, manage negative emotions, and improve overall mental clarity. Techniques such as deep breathing, meditation, and mindful movement, like yoga, allow people to cultivate a sense of calm and resilience in the face of stress. Regular mindfulness practice can lead to better emotional regulation, lower stress levels, and an enhanced ability to cope with life's challenges, contributing to overall mental and physical well-being.





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ATTENDANCE LIST OF THE PARTICIPANTS

S.No.	Name of the Participant	Signature
1	Mr. Dharmendra	
2	Mr. Keshav	
3	Mr. Kuldeep Tomar	
4	Mr. Abhay Kumar	
5	Jitender	
6	Monu	
7	Bablu	
8	Mr. Vijay	
9	Mr. Vikrant Pur	
10	Ms. Manisha	
11	Ms. Sakshi Chauhan	
12	Ms. Jyoti	
13	Mr. Satender Singh	
14	Ramesh	





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**Faculty Development Program
Organized by
INNOVATIVE COLLEGE OF PHARMACY
on
"Physical Activity and Mental Health "**

FEEDBACK FORM

Thank you for participating in our Faculty Development Program (FDP) on Physical Activity and Mental Health. Your feedback is invaluable to us as we strive to continuously improve our programs. Please take a moment to share your thoughts by completing the following feedback form:

1. How satisfied were you with the FDP overall?

- Extremely satisfied
- Very satisfied
- Somewhat satisfied
- Not satisfied

2. Were the topics covered in the FDP relevant to your role as a teaching staff member?

- Yes
- No
- Somewhat



3. How would you rate the quality of the content presented during the FDP?



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- Excellent
 - Good
 - Fair
 - Poor
4. Were the sessions engaging and interactive?
- Yes, very much
 - Somewhat
 - Not really
5. Do you feel that you acquired new knowledge or skills related to ethical dimensions in research and professional integrity?
- Yes
 - No
 - Partially
6. How effective were the facilitators/resource persons in delivering the content?
- Extremely effective
 - Effective
 - Somewhat effective
 - Not effective
7. How would you rate the organization and logistics of the FDP?
- Excellent
 - Good
 - Fair
 - Poor





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8. Do you have any suggestions for improving future FDPs on similar topics?

Thank you for taking the time to provide your feedback. Your input will help us enhance future iterations of the FDP and better meet the needs of our teaching staff.

Sincerely,

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Test Questions for all Day Sessions

Result Analysis : 90% of participants felt that the session was excellent and/or 10%. It was a very good session.

1. **Yes or No:** Does regular physical activity positively impact mental health?
2. **Yes or No:** Can physical activity help reduce symptoms of anxiety and depression?
3. **Yes or No:** Is strength training a type of physical activity?
4. **Yes or No:** Is flexibility training considered a type of physical activity?
5. **Yes or No:** Is it important to tailor an exercise plan to an individual's specific fitness goals and preferences?
6. **Yes or No:** Should a personalized exercise plan include a mix of aerobic, strength, and flexibility exercises?
7. **Yes or No:** Can providing standing desks be an effective way to increase physical activity at work?
8. **Yes or No:** Is organizing group exercise sessions at work a beneficial way to promote physical activity among employees?
9. **Yes or No:** Can practicing mindfulness help reduce stress levels?
10. **Yes or No:** Is deep breathing a mindfulness technique that can aid in stress management?

