Shree Rahul Education Society's (Regd.)

SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science)

UGC Recognition under sec 2(f) of the UGC Act 1956 | Approved by Government of Maharashtra | NAAC Accredited with Grade "A" (1st Cycle) | Affiliated to University of Mumbai | College Code - 1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority institution

IQAC Organizes

Workshop For Faculties

" Learning to Recharge - From Slides to Guide"



Resource Person

Ms Roopa Kanojiya

23 APRIL 2026

From 11:00 AM onward



Dr Akanksha Asar
IQAC Co-ordinator

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci. Mira Road (East)

Dr. Sanjay Mishra
I/C Principal

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Education For All

Ref. No.: SLRTDC/IQAC/2026-27/ **Date:** 18th April 2026

NOTICE
Internal Quality Assurance Committee

All faculty members are hereby informed that the Internal Quality Assurance Cell (IQAC) of the College is organizing a Faculty Development Workshop on the theme:

"Learning to Recharge – From Slides to Guide"

The said workshop is structured to address the pressing necessity of maintaining a balanced approach between the professional obligations of teaching and the imperative of personal well-being. The initiative seeks to promote a sustainable academic environment by equipping educators with strategies to enhance pedagogical effectiveness while ensuring mental and emotional resilience.

Particulars of the Workshop:
Resource Person: Ms. Roopa Kanojiya
Date: 23rd April 2026
Time: 11:00 A.M. onwards
Venue: 201 new building

Objectives:
1. To deliberate upon the dual responsibilities of academic delivery and personal wellness within the teaching profession.
2. To encourage a holistic approach towards professional development, integrating mental health and work-life balance.

*All faculty members are expected to attend the workshop as part of institutional academic development initiatives.

Dr. Akanksha Asar
IQAC Co-ordinator

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci. Mira Road (East)

Dr. Sanjay Mishra
I/C Principal
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Kanakia Park, Mira Road (East),
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Date: 24/04/2026

Report on Faculty Development Workshop

Organized by:
Internal Quality Assurance Cell (IQAC)
Shree L. R. Tiwari Degree College of Arts, Commerce & Science
Topic: ***"Learning to Recharge – From Slides to Guide"***
Date: 23rd April 2026
Time: 11:00 AM onwards
Venue: Room No. 201, New Building

Introduction
The Internal Quality Assurance Cell (IQAC) of Shree L. R. Tiwari Degree College organized a Faculty Development Workshop titled *"Learning to Recharge – From Slides to Guide"* on 23rd April 2026. The workshop aimed to address the growing need for balancing professional teaching responsibilities with personal well-being, while enhancing pedagogical effectiveness.

Objective of the Workshop
The key objectives of the workshop were:
1. To deliberate on the dual responsibilities of academic delivery and personal wellness in the teaching profession.
2. To encourage a holistic approach towards professional development by integrating mental health, emotional resilience, and work-life balance.

Resource Person
The session was conducted by **Ms. Roopa Kanojiya**, an experienced resource person, who brought valuable insights into effective teaching methodologies and personal well-being strategies

Workshop Proceedings
The workshop commenced at 11:00 AM with a warm welcome of the resource person and faculty members.
Ms. Roopa Kanojiya conducted an engaging and interactive session focusing on:
- Transitioning from traditional slide-based teaching to more guided and student-centered learning approaches
- Techniques for maintaining mental and emotional balance in the academic profession
- Innovative teaching strategies to enhance student engagement and learning outcomes
- Importance of self-care and continuous professional growth for educators

The session included discussions, real-life examples, and practical strategies that faculty members could incorporate into their teaching practices.

Participation
All faculty members actively participated in the workshop. The interactive nature of the session encouraged open discussion, experience sharing, and collaborative learning among participants.

Outcome of the Workshop

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci. ★ Mira Road (East)

The workshop proved to be highly beneficial for the faculty members. Key outcomes included:

- Enhanced understanding of modern teaching methodologies
- Increased awareness about the importance of mental well-being
- Adoption of innovative and student-centric teaching techniques
- Motivation among faculty to maintain a healthy work-life balance

Feedback Analysis

1. Understanding of "Slides to Guide" Teaching Approach
Most participants positively responded to the clarity and effectiveness of the workshop. Faculty members appreciated the explanation of transitioning from slide-based teaching to a more learner-centered guidance approach.

2. Practical Strategies for Classroom Engagement
Participants found the workshop useful in providing practical methods for improving student interaction and classroom participation.

3. Importance of Teacher Well-being and Work-Life Balance
The workshop strongly highlighted the significance of emotional wellness, self-care, and stress management for educators. This aspect was highly appreciated by the participants.

4. Reflection on Teaching Practices
Most faculty members stated that the workshop encouraged them to reflect upon and improve their teaching methods and classroom practices.

5. Confidence in Applying Learned Techniques
The majority of participants expressed confidence in applying the techniques and strategies learned during the workshop in their future teaching practices.

Key Learnings Shared by Participants
Faculty members highlighted several important learnings gained from the workshop, including:

- Self-care and emotional well-being
- Mindfulness and positive thinking
- Stress management techniques
- Maintaining balance in teacher-student relationships
- Interactive and meaningful teaching methods
- Importance of happiness and personal growth

Some notable participant responses included:

- "Love and care for yourself"
- "Mindfulness and mirror image"
- "Self-love and how to destress yourself"
- "Interactive and meaningful learning experiences"

Recommendation for Future Workshops
Most participants recommended conducting similar workshops in the future and appreciated the resource person for the session.

Suggestions Received
Participants suggested:

- Conducting more sessions involving physical activities for inner peace and relaxation
- Organizing additional workshops on mindfulness and stress management
- Including more interactive classroom engagement activities



Overall Outcome of the Workshop

The workshop received an overall positive response from faculty members. Participants appreciated the practical teaching strategies, reflective activities, and emphasis on teacher well-being. The session successfully motivated educators to adopt learner-centered teaching methods and focus on maintaining emotional balance in their professional lives.

The workshop proved to be an enriching and meaningful learning experience for all attendees and contributed positively toward faculty development and professional growth.

Conclusion

The workshop successfully achieved its objectives by providing valuable insights into both professional and personal development. It emphasized the importance of recharging oneself to become a more effective educator.

The IQAC continues to play a vital role in organizing such initiatives that contribute to the overall development of faculty members and the academic environment of the institution.

IQAC Coordinator
Dr. Akansha Asar

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci. Mira Road (East)

I/C Principal
Dr. Sanjay Mishra

I/C Principal
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Kanakia Park, Mira Road (East),
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Glimpse of the event:



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Shree Rahul Education Society (Regd.)

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Attendance Sheet

Name of the Event: "learning to Recharge - From Slides to Guides."

Name of the Department/Committee/Cell/Club: IQAC.

Name of the Speaker: Ms. Roopa Kanojiya. Date: 23/04/2026

Sr. No.	Name of the Staff	Department	Gender M/F	Signature
1.	Suman Gupta	BAF	F	
2.	Asst. Prof. Namrata Singh	BAMMC	F	
3.	Kshitij L. Jha	BScDS	M	
4.	Gwali Bhatt	BMS	F	
5.	Sankalp Tiwari	BScDS	M	
6.	Vijay Yadav	BAMMC	M	
7.	Shivshankar Vishwakarma	BMS	M	
8.	Sangeeta Suryavanshi	BBI	F	
9.	Dr. Roma Ahuja	BCom MS	F	
10.	Rahul Jha	BMS	M	
11.	Suvarna Shende	BBI	F	
12.	Santosh Pandey	BAF	M	
13.	Zahid Shaikh	B.Com.	M	
14.	Pashmi Jha	BMS	F	
15.	Rambharan Yadav	B.Com	M	
16.	Gautami Aswar	BAF	F	
17.	Diksha Surve	BCom	F	
18.	Sonal Shah	BCOM	F	
19.	Nusrat Choudhary	BMS	F	
20.	Babli Vishwakarma	BMS	F	
21.	Vishal Bhoir	BBI	M	
22.	ABHISHEK. M. NAIK.	HS.	M	
23.	Dr. Sonali Nandu	BBI + MCom	F	
24.	Dr. Sau Sawant	Exam	F	
25.	Dr. Vaishali Kothiya	B.Com	F	
26.	Shabana Khan	BBI	F	

5th Meeting

Shree Rahul Education Society's (Regd.)

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Attendance Sheet

Name of the Event: "Learning to Recharge" - from slides to Guide

Name of the Department/Committee/Cell/Club: IQAC

Name of the Speaker: Ms. Roopa Kanojia Date: 23rd April '26

Sr. No.	Name of the Staff	Department	Gender M/F	Signature
1.				
2.	Asst. Prof. Namrata Singh	BAMMC	F	Namrata
3.	Dr. Soni Pandey	—	F	Soni
4.	Asst. Prof OMKAR MADYAL	B.Sc. CS	M	
5.	Babli Vishwakarma	BMS	F	
6.	Asst. Prof Suman G.	BAF	F	
7.	Asst. Prof. Mamita Nath	BAMMC	F	
8.	Dr. Vaishali Kothiya	B.COM	F	Vaishali
9.	Asst-Prof. Rambharan Yadav	B.Com	M	
10.	Sarkish Pandey	BAF	M	
11.	Asst. Prof. Laxmi Jha	BMS	F	
12.	Asst. Prof Gautami Aswar	BAF	F	
13.	Asst. prof Diksha Surve	Bcom	F	
14.	Asst prof Zahid Shaikh	Bcom	M	Zahid
15.	Asst. Prof. Shivshankar Vishwakarma	BMS	M	
16.	Asst. prof. Vijay yadav	BAMMC	M	
17.	Asst Prof. Rahul Jha	BMS	M	
18.	Asst Prof. POONAM SHARMA	B.com	F	
19.	Asst Prof Kshitij L Jha	BSCDS	M	
20.	Rashi Kulal	BSc IT	F	
21.	Abhishek. M. Naik	IT	M	
22.	Dr Akanksha Asar	BAF	F	
23.	Abhishek Indulkar	BSc IT	M	
24.	Riya Jaiswal	BSc. IT	F	
25.	Neha P	BSc IT/CS	F	

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Attendance Sheet

Name of the Event: Learning to Recharge - from slides to Guide

Name of the Department/Committee/Cell/Club: IQAC

Name of the Speaker: Ms. Roopa Kanojia Date: 23rd April '26

Sr. No.	Name of the Staff	Department	Gender M/F	Signature
1.	Asst. prof Sankalp Tiwari	Data Scien	M	
2.	Asst. Prof Sangeeta Suryavanshi	BBI	F	
3.	Asst. Prof. Vishal Bhoir	BBI	M	
4.	Asst. Prof. Shabana Khan	BBI	F	
5.	Asst. prof Suvarna Shende	BBI	F	
6.	Dr. Roma Ahuja	BCom MS	F	
7.	Asst Prof Sonal Shah	BCom	F	
8.	Dr. Jinal Mehta	BCom	F	
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