



Mohamed Sathak College of Arts and Science

(Sponsored by Mohamed Sathak Trust)

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Sholinganallur, Chennai - 600 119.



The *Internal Quality Assurance Cell (IQAC), Mohamed Sathak College of Arts and Science*, organized a *Faculty Development Programme (FDP)* on *"Deep Work & Atomic Habits – Unlock Your Potential Through Focus and Consistency"* on *06 August 2026 from 12:30 p.m. to 3:30 p.m.* in the Seminar Hall. The programme featured *Ms. Azha Ashika Nazeer*, Management Coordinator & Coach, Aspire College of Excellence, Chennai, as the resource person. The *Department of Psychology* played an active role in the successful conduct of the Faculty Development Programme.

The first session on *"Deep Work"* focused on the importance of purposeful and focused work, drawing inspiration from *Carl Jung's Bollingen Tower* and the concept of identifying one's *"Why," "How," and "What."* Faculty members participated in reflective activities on their purpose for choosing the teaching profession and designed their own "Bollingen Tower." The second session on *"Atomic Habits"* introduced the concepts of *Habit Stacking* and *Keystone Habits*, along with practical activities and discussions on developing effective habits for personal and professional growth.

The programme concluded with an interactive feedback session, where participants appreciated the practical insights and engaging activities conducted throughout the workshop. The FDP proved to be a valuable learning experience, equipping faculty members with strategies to improve focus, productivity, and habit formation. We express our sincere gratitude to the *Management, Principal Dr. M.S. Mohamed Jaabir Sir, Vice Principal Dr. Syed Ali Sir & IQAC Coordinator, the resource person, all Heads of Departments, faculty members, and participants* for making the programme a grand success.

Regards

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