



Anjuman-I-Islam's
College of Hotel & Tourism
Management Studies & Research
92, Dr. D. N. Road, CSMT, Mumbai 400 001
NAAC Accredited with B+ in Cycle 1

Internal Quality Assurance Cell
in Collaboration with
University of Mumbai
Organizes

5 Days Faculty Development Programme

**Wellness to Wisdom:
Empowering Faculty for
Future Ready Education**

18th August, 2025
to
22nd August, 2025

**Chief Guest:
Smt. Sanjana Sawant**

Deputy Registrar
Academic Authorities
Meeting and Services
University Of Mumbai

About Us

Anjuman-I-Islam's College of Hotel Tourism Management Studies and Research (CHTMS&R) stands proud as a bright, sparkling jewel of Anjuman-I-Islam Education Trust. Nestled conveniently in the heart of Mumbai, near the iconic Chhatrapati Shivaji Maharaj Terminus (C.S.M.T), the institute enjoys a strategic location within Mumbai's bustling business district.

Anjuman-I-Islam's CHTMS&R not only acknowledges but actively embraces the evolving role of education in the 21st century. By imparting quality education and fostering a progressive environment for young minds, we contribute to the growth and prosperity of our nation. As we move forward, we remain dedicated to providing an enriching educational experience, empowering our students to become leaders, innovators, and contributors to the ever-changing world.

About Faculty Development Programme

The 5-day Faculty Development Program titled "Wellness to Wisdom: Empowering Faculty for Future-Ready Education" is a holistic initiative aimed at nurturing faculty well-being while enhancing their academic and professional capabilities. The program blends sessions on mental and emotional wellness, physical wellness, and ergonomic-based exercises to help educators build resilience, manage stress, and maintain long-term health. Focused modules such as Mindfulness and Emotional Resilience for Educators promote self-awareness and inner balance, while practical strategies for developing a strong research culture support academic growth and institutional excellence. The session "Innovate to Educate: 21st-Century Skills for Hospitality Education" equips faculty with forward-thinking teaching methods, digital tools, and learner-centric approaches to meet evolving industry demands. By the end of the program, participants will have enhanced their personal well-being, integrated ergonomic and mindfulness practices into daily routines, strengthened their capacity to lead and contribute to a research-driven culture, and adopted innovative, future-ready strategies for teaching and learning. This comprehensive approach empowers educators to thrive in their roles and shape transformative learning environments for the next generation.

Resource Persons



Mr. Ryan Baretto

Strengths Strategy Coach,
Corporate Trainer
HR Consultant
18th August 2025
1:30 pm - 4:00 pm



Dr. Sonia Bharwani
Certified Higher Education
Practitioner
19th August, 2025
1:30 pm - 4:00 pm



Ms. Bushra Ansari
Mentor
Motivational Speaker
Soft Skill Trainer
20th August, 2025
1:30 pm - 4:00 pm



Ms. Niyati Bapat
Corporate Trainer for
Interpersonal Skills
21st August, 2025
1:30 pm - 4:00 pm



Ms. Artti Khahttan
Mr. Ravi Das
Co-Founder Fittroop
22nd August, 2025
2:00 pm - 4:30 pm

Principal
Mr. Harish Suvarna
IQAC Co-ordinator
Adv. Ananda Hajare
FDP Co-ordinator
Mrs. Priyanka Devsaria
☎ +91 9821304744

Programme Highlights

Day 1

18th August 2025, Monday
**Mindfulness and Emotional Resilience
for Educators**
Resource Person: Mr. Ryan Baretto
Time: 1:30 pm to 4:00 pm

Day 2

19th August 2025, Tuesday
**Innovate to Educate: 21st-Century Skills
for Hospitality Education**
Resource Person: Dr. Sonia Bharwani
Time: 1:30 pm to 4:00 pm

Day 3

20th August 2025, Wednesday
**Strategies for Developing Research Culture
in Educational Institutions**
Resource Person: Ms. Bushra Ansari
Time: 1:30 pm to 4:00 pm

Day 4

21st August 2025, Thursday
Team Building
Resource Person: Ms. Niyati Bapat
Time: 1:30 pm to 4:00 pm

Day 5

22nd August 2025, Friday
**Mental & Emotional Wellness & Physical
Wellness + Ergonomic based exercises**
Resource Person: Ms. Artti Khahttan
Time: 2:00 pm to 4:30 pm

Patrons

Dr. Zahir I. Kazi - Hon. President (Padma Awardee 2024)
Mr. Mushtaq Antulay - Hon. Sr. Vice President
Dr. Shaikh Abdullah - Hon. Vice President
Mr. Moiz Miyajiwal - Hon. Vice President
Mr. Aqeel Yusuf Hafiz - Hon. General Secretary
Mr. Shakil Shaikh - Hon. Treasurer
Mr. Shoaib I. Jamkhanawala - Hon. Joint Secretary
Mr. Shohab Rais - Hon. Joint Secretary
Mrs. Yasmin Saifullah - Hon. Executive Chairperson

Please Note

- This FDP will be conducted completely in an Offline Mode
- Certificate of Participation will be provided only to those participants who attend the entire FDP and successfully complete the assigned tasks by the Resource Persons.

Registration

- Spot Registration at the venue will be done 30 mins prior to the scheduled program.
- There are **NO REGISTRATION** fees for the programmes.

Contact Us

- ☎ +91 22 2263 2817 / +91 9833279737
✉ _principal@anjumanchtmsr.com
🌐 <https://www.anjumanchtmsr.com/>
📍 92, Dr. Dadabhai Naoraji Road, Opp. Chhatrapati Shivaji Maharaj Terminus, Fort, Mumbai, Maharashtra 400001