



Koneru Lakshmaiah Education Foundation

(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

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TEACHER DEVELOPMENT PROGRAM at ARAVINDA SCHOOL, KUNCHANAPALLI, VIJAYAWADA

Program Summary

Aravinda School, Kunchanapalli, Vijayawada, recently organised a **Teacher Development Program** aimed at fostering holistic growth and enhancing professional effectiveness among educators. The program focused on three crucial areas for modern teaching professionals—**Stress Management, Work-Life Balance, and Time Management**—all of which play a pivotal role in ensuring both personal well-being and classroom effectiveness.

The sessions were expertly delivered by esteemed faculty members from the **MBA Department, KL Business School, KLEF (Deemed to be University), Vijayawada Campus:**

- **Dr Shyamasundar Tripathy**
- **Dr K. Anusha**
- **Dr. Veketswara kumar**
- **Dr B. Kishore Babu**

The program was **coordinated by Mrs. Kumari, Research Scholar (MBA), KL University**, who ensured the smooth conduct of sessions and facilitated active interaction among participants.

Throughout the program, the resource persons shared **practical strategies** to help teachers:

- Recognize and manage stress effectively.
- Balance personal commitments with professional responsibilities.
- Enhance productivity through structured time management techniques.

The sessions were designed to be highly interactive, encouraging teachers to reflect on their experiences and share challenges. The discussions created a collaborative learning environment where participants could exchange perspectives and identify actionable solutions.

Teachers responded with enthusiasm and actively engaged in the program, appreciating the relevance of the topics to their daily lives. The valuable insights gained are expected to **contribute significantly to their personal well-being, professional effectiveness, and student-centred teaching practices.**

Overall, the program was a **resounding success**, leaving participants motivated and better equipped to handle the evolving demands of the teaching profession.





