



National Institute of Technology
Arunachal Pradesh



राष्ट्रीय प्रौद्योगिकी संस्थान
अरुणाचल प्रदेश



AICTE Training and Learning (ATAL) Academy 5 Day Faculty Development Program (FDP)

On

STRESS BUSTING MEDITATION SITTINGS

Organised by

Department of Management and Humanities

NIT Arunachal Pradesh.

20-24 September, 2021

Venue: Online through webex/zoom etc

About the Institute

The National Institute of Technology, Arunachal Pradesh (sponsored by the MHRD, Govt. of India) is one of 31 NITs established by the NITSER Act, 2009. The temporary campus is located in Yupia which is 3 kilometer from Naharlagun/Itanagar Railway station. The Naharlagun/Itanagar Railway station is the nearest railway station while the nearest airport is Lilabari Airport, 60 kilometers from NIT Arunachal Pradesh and 332 km from Guwahati Airport. The more information about the Institute may be obtained from www.nitap.ac.in.

About the Department

The Department of Management and Humanities was established as a full-fledged department in the year of 2014. Before that, Humanities had been established with the Department of Basic Sciences and Humanities right from the inception of the Institute in 2010. During 2014, Humanities was separated and merged with Management. The Department is also offering Ph.D. programme in Management and Humanities.

The Department has a state of the art Professional Communication Laboratory with the objectives of developing and refining the language skills of our students. It has its own software packages for training. The Department also offers different foreign language courses for the undergraduate students.

Back Ground

“Education has five aspects – information, concepts, attitude, imagination and freedom”

– Gurudev Sri Sri Ravi Shankar

Education is to prepare a person for life. To an experienced educationist, it is a well-known fact that the age group of 18-30 years is extremely crucial. This is the age where issues of career, relationships, peer/parental pressures, and anxiety about the future, come to the fore simultaneously. For a youth bogged down by these issues, academic performance and development to their full potential suffers.

Educational institutions, thus, have the primary responsibility to not only inspire students towards a higher vision but also create a strong sense of bonding between the institution and the students to nurture a stress free holistic environment.

Introduction to stress busting meditation sittings

Stress busting meditation sittings have a significant role to play in the institute's overall holistic development. They act as a catalyst in shaping and guiding the youth of the nation. They are the link between young minds and the society. So it's very necessary to provide them with training opportunities and give attention to their overall growth so that they can impart quality knowledge and skills to students through stress busting meditation.

Target Audience

Faculty (AICTE approved institution/PG/Ph.D scholars)

Objectives

- Increasing efficiency, productivity and motivation
- Stress management
- Have a positive and optimistic attitude
- Clarity of mind for better decision making
- Enhance individual effectiveness by inculcating dynamism and leadership qualities
- Develop commitment towards work
- Instill a sense of responsibility towards the institution

Resource persons/speakers/faculty-trainers

Mrs. Dimple Kalwani, Faculty-The art of living Bangalore
Mr. Aakarshan khurana Faculty-The art of living Bangalore

Organising committee:

Chief Patron:

Prof. Pinakeshwar Mahanta
(Director NIT Arunachal Pradesh)

Patrons:

Prof. M.K Shome
Professor and Head, Department of Management and Humanities

Coordinator

Dr. Moirangthem Momocha Singh MBA, M.COM, PGDMM, PH.D, NET- Mgmt & Com
Assistant Professor Grade-I
Department of Management and Humanities

Organising committee member :

1. Mr. Taba Tadhe Goyang Ph.D Scholar Management and Humanities Department NIT Arunachal Pradesh
2. Mrs. Kago Mariam Ph.D Scholar Management and Humanities Department NIT Arunachal Pradesh
3. Mr. Chaitan Kumar Ph.D Scholar Management and Humanities Department NIT Arunachal Pradesh
4. Lame Taluk Ph.D Scholar Management and Humanities Department NIT Arunachal Pradesh
5. Rajesh Deka Ph.D Scholar Management and Humanities Department NIT Arunachal Pradesh
6. Thomas Yigan Ph.D Scholar Management and Humanities Department NIT Arunachal Pradesh

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