

FDP COMMITTEE

CHIEF PATRON

Prof. (Dr.) R. A. Gupta
Honorable Vice-Chancellor, RTU, Kota

PATRON

Shri Arpit Agarwal
Vice Chairperson, JECRC, Jaipur

RTU (ATU) TEQIP-III COORDINATOR

Prof. (Dr.) Dharendra Mathur

HOST INSTITUTE PRINCIPAL

Prof.(Dr.) V K Chandna
Jaipur Engineering College & Research Centre

RTU (ATU) TEQIP-III COMMITTEE

Dr. Harish Sharma (Nodal Officer Academic)
Dr. S. D. Purohit (Nodal Officer Finance)
Dr. D. K. Sambariya (Nodal Officer Procurement)
Dr. B. D. Gidwani (GATE Coordinator)

RTU EVENT COORDINATORS

Dr. B. D. Gidwani
RTU Kota
Contact: 9460119790;
Email: bgidwani@rtu.ac.in

HOST INSTITUTE COORDINATORS

Mr. Mukesh Agarwal CEO, RTBI
Ms. Neha Bharti RTBI, Executive
Dr. Vinita Mathur Asst. Professor
Ms. Parul Tyagi Asst. Professor
Dr. Anita Jain Chief, Library
Dr. Kamlesh Meharwal Librarian
Ms. Anima Sharma Asst. Professor
Ms. Ritambhara Asst. Professor
Ms. Richa Sharma Asst. Professor

TEQIP-III Sponsored

One week

Faculty Development Programme on
“Stress and Anger Management”

15th – 19th December, 2020

Name: Mr./Ms./Dr.

Designation:

Institute Name:.....

Institute Address:.....

Affiliated to RTU:..... (Yes/No)

Mailing Address:

Mobile No.:

E-Mail Id:

Participant's Signature

REGISTRATION LINK

<https://forms.gle/2QA86xDJBtdyBazL9>

REGISTRATION FEE

No Registration Fee.

E—Certificates will be provided to the participants with more than 80% attendance.

ONLINE LINK TO JOIN

- ❖ Meeting link will be shared with all the registered participants
- ❖ In case of any query you may contact student coordinators:
Ms. Aastha Agarwal +91- 6378415779
Mr. Shashwat Jain +91- 7229917955



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Faculty Development Programme

on

“Stress and Anger
Management”

15th - 19th December, 2020



Coordinators

Dr. B. D. Gidwani
Asso. Professor,
Dept. of Mech. Engg.,
RTU, Kota
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Organized by

RAJASTHAN TECHNICAL UNIVERSITY,
KOTA

&

JAIPUR ENGINEERING COLLEGE AND
RESEARCH CENTRE, JAIPUR

ABOUT TEQIP-III

The Project, third phase of Technical Education Quality Improvement Programme (referred to as TEQIP-III) is fully integrated with the Twelfth Five-year Plan objectives for Technical Education as a key component for improving the quality of Engineering Education in existing institutions with a special consideration for Low Income States and Special Category States and support to strengthen few affiliated technical universities to improve their policy, academic and management practices.

RAJASTHAN TECHNICAL UNIVERSITY

Rajasthan Technical University (RTU) is located in Kota in the state of Rajasthan. It was established in 2006 by the Government of Rajasthan. The university currently affiliates Engineering Colleges, B. Arch. Colleges, MCA Colleges, MBA Colleges, M. Tech. Colleges, Hotel Management and Catering Institutes.

The University aims to provide quality technical education which may help Rajasthan in its technical development and will boost technical environment in the country.

ABOUT JECRC

JECRC Foundation is a pioneer in higher education in the state of Rajasthan, established in the year of 2000, an AICTE approved and NBA accredited engineering college. Through establishments, JECRC Foundation achieved tremendous milestones in the field of engineering and research areas. JECRC Foundation is a very prominent name in technical institutions of North India, among top listed engineering colleges by the Rajasthan Technical University, Kota.

ABOUT EXPERTS

- ❖ **Mr. Suresh Oberoi**
Speaker of Peace of Mind and Awakening Channels
- ❖ **BK Suraj**
Sr. Rajyoga Faculty
- ❖ **Devi Chitralekha**
Founder Gau Sevadhaam Hospital, Hodal, Haryana
- ❖ **Sis. Usha**
Senior Raja Yoga Meditation teacher and a Management Trainer
- ❖ **Dr. EV Swaminathan**
Teacher, Trainer, HR Consultant
- ❖ **Sis Chandrkala**
Executive member Media Wing RERF
- ❖ **Prof. S. C. Gupta**
Sr. Professor, SMS Medical College, Jaipur
- ❖ **Dr. Avdesh Sharma**
Founder and Director, Mind Specialists
- ❖ **EV Girish**
Teacher, Trainer, HR Consultant
- ❖ **Mr. Balakishore**
Vice President Transformation (Searce Technologies)
- ❖ **Dr. Mohit Gupta**
Cardiologist G B Pant Hospital Delhi

TOPICS OF THE FDP

- ❖ **Self-awareness for Stress Free Life**
- ❖ **Power of Subconscious Mind**
- ❖ **Meditation for Increasing Inner Stability**
- ❖ **How to Become Positive Personality**
- ❖ **Science of Happiness**
- ❖ **Overcoming Academic Stress**
- ❖ **Techniques of Concentration**
- ❖ **Digital Wellness**
- ❖ **Emotional Quotient**
- ❖ **Enjoy the Journey**
- ❖ **Mind Management**
- ❖ **Q & A with Sh. Suresh Oberoi**

OBJECTIVE OF THE FDP

- ❖ Know the power of thoughts in dealing with stress and anger
- ❖ Learn how to let go of inner pain
- ❖ Learn how to overcome the insecurities in life
- ❖ Discover the reasons behind anger and solutions to them
- ❖ Develop a range of practical tools to live a peaceful life
- ❖ Learn Meditation and Mind management
- ❖ Discover the effective use of digital gadgets

FDP SCHEDULE

Day-1 :December 15th, 2020

10:00 AM – 11:30 AM	Inauguration
12:00 PM – 1:30 PM	Session 1 : EV Girish
02:00 PM – 03:30PM	Session 2 : Dr. Avdesh Sharma

Day-2: December 16th, 2020

10:00 AM – 11:30 AM	Session 1 : BK Suraj
12:00 PM – 1:30 PM	Session 2 : Sis. Usha
02:00 PM – 03:30PM	Session 3: EV Girish

Day-3: December 17th, 2020

10:00 AM – 11:30 AM	Session 1 : Sis. Usha
12:00 PM – 1:30 PM	Session 2 : Devi Chitralekha
02:00 PM – 03:30PM	Session 3: Dr. EV Swaminathan

Day-4: December 18th, 2020

10:00 AM – 11:30 AM	Session 1: Dr. EV Swaminathan
12:00 PM – 1:30 PM	Session 2: Dr. Mohit Gupta
02:00 PM – 03:30PM	Session 3: Prof. S. C. Gupta

Day-5: December 19th, 2020

10:00 AM – 11:30 AM	Session 1: Sis Chandrkala
12:00 PM – 1:30 PM	Session 2: Mr. Balakishore
02:00 PM – 03:30PM	Session 3: Mr. Suresh Oberoi