

Course Outline:

- ◆ Effectively handling stress at the workplace
- ◆ Introduction to sudarshan kriya
- ◆ Understanding Breath-Mind-Body Connection
- ◆ Improving efficiency and productivity, time management by sustaining high energy level
- ◆ Understanding seven levels of body, mind, intellect and emotions.
- ◆ Realising the inner world of peace and the outer world of Dynamism
- ◆ Relaxation and clarity of mind through mediation
- ◆ Scientific benefits of mediations

Registration:

- Main site link is follows: <https://www.aicte-india.org/atal>
- Then click on signup for creating a login and register yourself. Once registered click on the General details and fill up your details.
- Then click on the workshops tab on the left side of the page. A huge list of workshops will be listed here, among all of them. Select----> State--->Mizoram; Select----> month--->July; select--->thrust area-- Life Skill Management.
- Then select Application No: 1614088444 click on + to apply
- The number of participants is limited to 200 and the selection is based on first come -first served basis.
- No Registration fee
- The workshop will be conducted online through Google meet or other similar platform.

Last date of Registration: 25th July 2021

Notification of Acceptance: 26th July 2021

Contact Us: Coordinator

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Experts

Mrs. Dimple Kalwani Khurana
Regional Coordinator
The Art of Living, Bengaluru

Mr. Aakarshan khurana
Regional Coordinator
Art of Living, Bengaluru

AICTE Training And Learning (ATAL)



Academy Programme on

“FDP on Productivity
Enhancement”

(27th July - 31st July 2021)

at

NIT MIZORAM



www.nitmz.ac.in



AICTE Training And Learning (ATAL) Academy Programme

on

**“FDP on ‘Productivity Enhancement’ at NIT Mizoram
27th July 2021 – 31st July 2021**

SCHEDULE PLAN

DATE	9.40 AM to 10 AM	10:00 AM to 12:00 AM	12:00 AM to 1.00 PM	1.00 PM to 3.00 PM	3.00 PM to 3.15 PM	3:15 PM to 5.15 PM
27.07.21	Inauguration	Effectively handling stress at workplace Mr. Aakarshan khurana Regional Coordinator Art of Living, Bengaluru	-	Effectively handling stress at the workplace Mr. Aakarshan khurana Regional Coordinator Art of Living, Bengaluru	-	Introduction and practise to Sudarshan kriya Mrs. Dimple K Khurana Regional Coordinator The Art of Living, Bengaluru
28.07.21	-	Breath-Mind-Body Connection Mrs. Dimple K Khurana The Art of Living, Bengaluru	-	Time Management-Improving efficiency and productivity, time management by sustaining high energy level Mr. Aakarshan khurana Regional Coordinator Art of Living, Bengaluru	-	The seven levels of body, mind, intellect and emotions. Mrs. Dimple K Khurana The Art of Living, Bengaluru
29.07.21	-	Road-response effectiveness, organising self, attitudinal shift, decision making Mr. Aakarshan khurana Regional Coordinator Art of Living, Bengaluru	-	Reacting v/s responding inner world of peace and outer world of dynamism, life as an expression of happiness. Mrs. Dimple K Khurana The Art of Living, Bengaluru	-	Relaxation and clarity of mind through meditation. Mr. Aakarshan khurana Regional Coordinator Art of Living, Bengaluru
30.07.21	-	Guided panchkosha meditation and scientific benefits of Meditation and Sudarshan kriya Mr. Aakarshan khurana Regional Coordinator Art of Living, Bengaluru	-	Adhering to commitments through inner peace and outer dynamism. Mrs. Dimple K Khurana The Art of Living, Bengaluru	-	Commitment vs comfort, Ego and naturalness, ego handling techniques Mr. Aakarshan khurana Regional Coordinator Art of Living, Bengaluru
31.07.21	-	Instilling a sense of responsibility towards the institution, students and colleagues Mrs. Dimple K Khurana The Art of Living, Bengaluru	-	Responsibility and belongingness, Team service project, mathematics of responsibility Mrs. Dimple K Khurana The Art of Living, Bengaluru	-	Feedback and Assessment Dr. Chaitali Koley Asst. Prof. (ECE) NIT Mizoram

***Examination for the Programme would be held on 31.07.2021.*

Course Coordinator: Dr. Chaitali Koley, Assistant Professor, Dept. of ECE, NIT Mizoram
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