

**One Week Self-Sponsored
Short Term Training Programme
(STTP)**

on

“How to live Stress free life

तनाव मुक्त जीवन कैसे जीये”

From

26th Dec.2019-01st January, 2020

REGISTRATION FORM

Name:

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Designation:

Organization:

Qualification:

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Correspondence Address:

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Tel. (O) (R)

(M)

Fax. No.....

E-Mail:

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Department:

Date:

Place:

Signature of the participant

Chief Patron

Dr. A. M. Rawani, Director, NIT Raipur

Patron

Dr. S. Gupta Dean(R&C), NIT Raipur

Convener

**Dr. S. D. Patle, HoD, Department of Humanities
and Social Sciences, NIT Raipur**

Course Coordinator

Dr. Heena Chawda

*Faculty (Value Education & Psychological
Counsellour), NIT Raipur*

Department of Humanities and Social Sciences
NIT Raipur (CG) - 492 010

Email: counsellingcell.nitr@gmail.com

Contact No.: +91-8839616181

Address for Correspondence

Dr. Heena Chawda

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**Online Registration Link for this
STTP:**

<https://forms.gle/qAie2mdrXhYH7HLM7>

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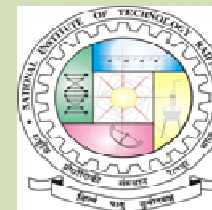
From

26th Dec. 2019-01st January, 2020



Organized by

**Department of Humanities and Social
Sciences**



**National Institute of Technology
Raipur-492 010 (Chhattisgarh)**

About the Institute:

National Institute of Technology, Raipur situated in the capital of Chhattisgarh, has proven to be 'avant-grade' in the field of science and technology over past few decades in this region. With sweet memory of foundation ceremony by our president Hon'ble Dr. Rajendra Prasad on 14th September, 1956. The institute started with two departments namely Metallurgical and Mining Engineering. Later the inauguration of the Institute building was done by our Prime Minister Hon'ble Pt. Jawahar Lal Nehru on 14th March 1963. From 1st December 2005, the institute has become the National Institute of Technology. It is well connected with Mumbai, Delhi and all metro cities by regular flights and is on the main Howrah-Mumbai railway route. The institute is 5 km from the Raipur railways station and 18 km from airport on NH-6, the Great Eastern Road.

About Department:

The Department of Humanities and Social Sciences is dedicated to providing a well-rounded education by offering insights into the different facets of human experience. It prepares the students with a set of skills that are suitable for a broad range of professional fields such as entrepreneurship, innovation, communication, linguistics, literature, yoga, Value Education.

Venue: Virtual Classroom (D-2) Second Floor

Department of Humanities and Social Sciences,
National Institute of Technology, G.E. Road,
Raipur-492010, (C.G.), INDIA

About Course:

Objective of the course:

1. To develop the understanding of Self, Family, Relationship, Values, Nature and Harmony.
2. To understand the Human being, Humanity, Human mindset, Human conduct and Universal Order in Nature and Existence.
3. To develop the understanding of Human consciousness.
4. To develop the understanding about Human Life.

Course Methodology:

- The methodology of this course is universally adaptable, involving a systematic and rational study of the human being vis-à-vis the rest of existence.
- It is free from any dogma or value prescriptions.
- It is a process of self-investigation and self-exploration, and not of giving sermons. Whatever is found as truth or reality is stated as proposal and the students are facilitated to verify it in their own right based on their Natural Acceptance and Experiential Validation.
- This process of self-exploration takes the form of a dialogue between the teacher and the students to begin with, and within the student himself/herself finally. This self-exploration also enables them to evaluate their pre-conditionings and present

Speaker: Dr. Heena Chawda

Expert: Value Education & Psychological
Counsellour

Topics to be covered:

- How to understand yourself and others?
- How to remove stress?
- Why do you get angry?
- How to overcome, anger?
- Why do negative thoughts come?
- How to get rid of negative thoughts?
- How to achieve success?
- What are the root causes of problems in life?
- What is the root cause of personal and family problems and how to correct it?

All of you are cordially invited for meaningful dialogue.

- स्वयं और दुसरो को कैसे समझे?
- तनाव दूर कैसे करें?
- गुस्सा क्यों आता है?
- गुस्सा दूर कैसे करें?
- नकारात्मक विचार क्यों आते हैं?
- नकारात्मक विचारों से मुक्ति कैसे पाए?
- सफलता कैसे प्राप्त करें?
- जीवन में समस्याओं का मूल कारण क्या है? व्यक्तिगत एवं पारिवारिक समस्याओं का मूल कारण क्या होता है एवं यह ठीक कैसे करें?

सार्थक संवाद हेतु आप सभी सादर आमंत्रित हैं.

Targeted Participants:

- > U.G./ P.G. /Ph.D. Students
- > Faculty/Staff members

Last date of receipt of registration-26th
December 2019.

Participation is free

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26th Dec. 2019-01st January, 2020

Organized by
Department of Humanities and Social Sciences,
National Institute of Technology, Raipur, and C.G.

Full Name (Block Letter):

Name of College/Institution/Organization:

Qualification:

Designation:

Address:

Pin code:

Phone No./Mobile No.:

E-mail:

Place:

Date:

Signature of the participant

Duly filled registration form must reach to Department of Humanities and Social Sciences, NIT-Raipur, before last date of receipt of registration form by hand.