

About MNIT Jaipur

The college was established in 1963 with the name as Malaviya Regional Engineering College, Jaipur as a joint venture of the Government of India and the Government of Rajasthan, Subsequently; on June 26, 2002 the college has been given the status of National Institute of Technology and on 15 August 2007, Proclaimed Institute of National Importance through Act of Parliament. The Institute is fully funded by Ministry of Education (Shiksha Mantralaya), Government of India.

About IIIT Kota

Indian Institute of Information Technology, Kota (IIIT Kota) is an Institute of National Importance. IIIT Kota is a joint venture of the MHRD, Govt. of India, and Govt. of Rajasthan with Industry Partners in Public-Private- Partnership (PPP) mode. IIITKota was established in 2013. Currently the institute is mentored by MNIT Jaipur. The institute is governed by the eminent personalities of the Government, Industry and Academia. Currently we offer B.Tech in the discipline of Computer Science & Engineering and Electronics & Communication Engineering only.

Venue

Jaipur is well connected by road, rail and air services. IIIT Kota is situated inside MNIT Campus on Jawaharlal Nehru (JLN) Marg. The workshop will be organized in online mode.

About the workshop

This workshop is designed to provide the Psychosocial Support for Mental Health & Well Being specially of Students/ Faculty/ Staff Members during and beyond the COVID-19 Outbreak. This one week workshop aims to support the MANODARPAN—An initiative by Ministry of Education (Shiksha Mantralaya), Government of India. The major activities of the workshop has been divide into three tracks—Physical Wellbeing (Yoga & Meditation), Mental Wellbeing (Positive Thinking), Social Wellbeing (Fun Activities). The workshop will be conducted in the online mode using Cisco Webex platform, licensed to IIIT Kota, which supports upto 1000 participants.

Workshop Coordinators

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Dr. Amit Kumar Garg
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Dr. Priyanka Harjule
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Eligibility/Target Audience

- Participation in this workshop is open to the faculty members/ PhD Scholars/PG Students/ UG Students of MNIT and IIIT Kota.
- Since the number of seats is limited, the selection will be made on first cum first basis.

Resource persons

- Mr. Mukesh Sharma (Yoga Instructor, Silver Hawk, the right way of fitness)
- Dr. Dhaarna Bhardwaj (Pratiiti - An Expert Psychotherapist for Career, Adolescent & Relationship Counseling)
- Dr. Hina Mohnot, Psychotherapist, care to grow. (Texas Tech University)
- Mrs. Ranu Rashtradeep, Chairperson, Police Welfare Association, Ajmer
- Sanjeev Tulsian, Honorary Faculty at Art of Living.

Registration Link

The registration for the workshop is **FREE** and can be done through online link:

<https://forms.gle/s7KLEX17YMoJ3Bun6>

Note: There are several prizes for various activities (terms & conditions apply)

TEQIP-III Sponsored

One Week Workshop

on

Mental Health & Emotional Wellbeing

14th –18th September, 2020



Chief Patron

Prof. Udaykumar R Yaragatti
Director, MNIT Jaipur,
Mentor Director, IIIT Kota

Conveners

Prof. Ashok Kumar Vyas
Coordinator, IIIT Kota &
Professor Civil Engg. MNIT Jaipur

Prof. Tarush Chandra
Dean Student Welfare &
Professor Dept. of Architecture & Planning,

Jointly Organized by:

**MNIT Jaipur & IIIT Kota,
MNIT Campus Jaipur, 302017, Rajasthan,
India**



Name of the Institute/Organization: Malaviya National Institute of Technology Jaipur (MNIT Jaipur)
Indian Institute of Information Technology Kota (IIIT Kota)

Title of the Workshop: TEQIP-III Sponsored Workshop on ‘Mental Health and Emotional Wellbeing’

From: 14th September – 18th September, 2020

Mode: Online

Platform: Cisco Webex

Schedule for TEQIP-III Sponsored Workshop on ‘Mental Health and Emotional Wellbeing’

Date	7:00 AM to 8:00 AM	10:00 AM	3:30 PM to 5.00 PM	5.00 PM to 5:15 PM	5.15 PM to 6:15 PM
14-09-2020	Session 1 Yoga session (Mr. Mukesh Sharma, Yoga Instructor, Silver Hawk, the right way of fitness)	Inauguration	Session 2 Prioritizing mental health (Fun activity: Quiz competition) (Dr. Hina Mohnot, Psychotherapist, care to grow, Texas Tech University)	Session break	Session 3 Wellbeing and resilience in times of COVID19 (Dr. Dhaarna Bhardwaj, Pratiiti - An Expert Psychotherapist for Career, Adolescent & Relationship Counseling)
15-09-2020	Session 4 Yoga session (Mr. Mukesh Sharma, Yoga Instructor, Silver Hawk, the right way of fitness)	Session break	Session 5 Raising self esteem (Fun activity: Poster making competition) (Dr. Hina Mohnot, Psychotherapist, care to grow, Texas Tech University)	Session break	Session 6 Celebrating Happiness - Finding your Ikigai (Dr. Dhaarna Bhardwaj, Pratiiti - An Expert Psychotherapist for Career, Adolescent & Relationship Counseling)
16-09-2020	Session 7 Yoga session (Mr. Mukesh Sharma, Yoga Instructor, Silver Hawk, the right way of fitness)	Session break	Session 8 Coping with stress (Fun activity: Toy making competition) (Dr. Hina Mohnot, Psychotherapist, care to grow, Texas Tech University)	Session break	Session 9 Power of Positive Thinking (Mr. Sanjeev Tulsian, Honorary Faculty Art of Living)
17-09-2020	Session 10 Yoga session (Mr. Mukesh Sharma, Yoga Instructor, Silver Hawk, the right way of fitness)	Session break	Session 11 Emotional intelligence (Fun activity: creative skill demonstration) (Dr. Hina Mohnot, Psychotherapist, care to grow, Texas Tech University)	Session break	Session 12 Living stress free in challenging times (Mr. Sanjeev Tulsian, Honorary Faculty Art of Living)
18-09-2020	Session 13 Yoga session (Mr. Mukesh Sharma)	Session break	Session 14 Bonding with parents (Fun activity: Know your child quiz) (Mrs. Ranu Rashtradeep, Chairperson, Police Welfare Association Ajmer)	Session break	Session 13 Human Values and Ethics (Prof. Rajeev Garg, Dept. of Architecture and Landscape Design, SMVDU Katra) Valedictory



Highlights for TEQIP-III Sponsored Workshop on ‘Mental Health and Emotional Wellbeing’

To register, please visit <https://forms.gle/s7KLEX17YMoJ3Bun6>

	Chief Patron Prof. Udaykumar R Yaragatti Mentor Director, IIIT Kota Director, MNIT Jaipur	http://www.mnit.ac.in/admin/director.php
	Convener Prof. Ashok Kumar Vyas Coordinator, IIIT Kota Professor, Civil Engg. Dept., MNIT Jaipur	http://www.mnit.ac.in/dept_civil/preprofile.php
	Convener Prof. Tarush Chandra Professor, Architecture and Planning Dept., MNIT Jaipur	http://www.mnit.ac.in/dept_arch/preprofile.php
	TEQIP-III Workshop Coordinator Dr. Parikshit Kishor Singh Assistant Professor, ECE Dept., IIIT Kota	http://www.iiitkota.ac.in/parikshit
	TEQIP-III Workshop Coordinator Dr. Amit Kumar Garg Assistant Professor, ECE Dept., IIIT Kota	http://www.iiitkota.ac.in/amitgarg
	TEQIP-III Workshop Coordinator Dr. Priyanka Harjule Assistant Professor, Mathematics Dept., IIIT Kota	http://www.iiitkota.ac.in/priyankaharjule
	TEQIP-III Workshop Expert Prof. Rajeev Garg Professor and HoD, Architecture and Landscape Design Dept., SMVDU Katra	https://www.smvdu.ac.in/index.php/fp-doald



TEQIP III



	<p>TEQIP-III Workshop Expert Dr. Hina Mohnot Psychotherapist, care to grow, Texas Tech University</p>	<p>http://caretogrow.in/</p>
	<p>TEQIP-III Workshop Expert Mrs. Ranu Rashtradeep Chairperson, Police Welfare Association Ajmer</p>	
	<p>TEQIP-III Workshop Expert Mr. Sanjeev Tulsian Honorary Faculty, Art of Living</p>	<p>https://in.linkedin.com/in/sanjeev-tulsian-65700711</p>
	<p>TEQIP-III Workshop Expert Dr. Dhaarna Bhardwaj Pratiiti - An Expert Psychotherapist for Career, Adolescent & Relationship Counseling</p>	<p>https://www.pratiiti.com/</p>
	<p>TEQIP-III Workshop Expert Mr. Mukesh Sharma Yoga Instructor, Silver Hawk, the right way of fitness</p>	