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**राष्ट्रीय प्रौद्योगिकी संस्थान जमशेदपुर - 831014 झारखंड**  
**NATIONAL INSTITUTE OF TECHNOLOGY**  
**JAMSHEDPUR – 831014, JHARKHAND**  
 (An Institution of National Importance under MHRD, Govt. of India)  
**अधिष्ठाता (छात्र कल्याण) का कार्यालय Office of the Dean (Students Welfare)**

Ref. No. NIT JSR/Dean (SW)/2020/ 41

Date: 07/ 01 /2020

**NOTICE**

Student Wellness Centre of the institute is going to organize an invited talk  
 "Antaryatra-A Journey within Self" addressed by **Sri P.K. Jha**, a life trainer & Ex. DGM  
 Maruti Udyog Ltd.

The invited talk will be organized in the Conference Room of the Computer Centre  
 for the students / faculty and staff of the Institute on 10<sup>th</sup> to 12<sup>th</sup> January 2020 from 5:00 PM  
 onwards as per schedule hereunder :-

Description	For Faculty, Staffs & Students	Date and Time
Motivation of Techniques for Creating High Performance team and Personal Growth & Team Building	For Faculty & Staffs	10 <sup>th</sup> January 2020 5:00 PM onwards
Human Value for Excellence -I	For Students	11 <sup>th</sup> January 2020 11:00 AM onwards
Human Value for Excellence -II	For Students	12 <sup>th</sup> January 2020 11:00 AM onwards

The event is funded by TEQIP-III and supported by Office of the Dean (Students Welfare).

Expected Outcome of the Lectures:-

- Enhanced Mental Increases productivity at academics and workplace.
- Self –motivation: Leading to enhanced decision making abilities (work/personal).
- Calm & Focus: Dealing effectively with ambiguity and difficult situation at College, workplace, home etc.

Dean (Students Welfare)

Copy to:-

1. Office of the Director, for favour and kind information.
2. All HOD's
3. Chief Warden
4. Hostel Notice Board for kind information and needful.
5. P/I –website for necessary action.