

A workshop (webinar/virtual mode/online)
"Student Excellence Learning Program (SELP)"



Sponsored by



Technical Education Quality Improvement Programme

A six day webinar from
10th-15th August, 2020 (4:00-6:00 P.M.)



PATRON

Prof. Karunesh Kumar Shukla (Director)



CHAIRPERSONS

Prof. R.V. Sharma (Dean R&C) & Prof. Tarni Mandal (Dean SW)



COORDINATOR SECRETARY
Dr. Kumari Namrata (A.D.S.W.)

STUDENT COMMITTEE

Animesh Narayan, Rishikesh Sengor, Shivam Srivastava, Chetan Agarwal, Satwik Panda, Nikita Lugun, Gurdeep Dagar, Kumar Prasoon, Garima Saraswat, Akanksha Sudhanshu, Anamika Upadhyay, Harshita Shankar & Rhea Srivastava.

INTRODUCTION

Educational institutions have the primary responsibility to inspire students towards a higher vision and create a strong sense of bonding between the institution and the students to nurture a stress free holistic environment. We have organized various workshops for students as well as faculties in institutions across the globe and helped them achieve their goals.

To an experienced educationists, it is a well-known fact that the age group of 18-30 years is extremely crucial. This is the age where issues of career, relationships, peer/parental pressures, and anxiety about the future, come to the fore simultaneously. For a youth bogged down by these issues, academic performance and development to their full potential suffers. Educational institutions, thus, have the primary responsibility to not only inspire students towards a higher vision but also create a strong sense of bonding between the institution and the students to nurture a stress free holistic environment.

ITINERARY

| DAY | TIME | PROGRAM |
|-----|------------------|--|
| 1 | 4:00 - 4:15 P.M. | Inaugural Session by Prof. Karunesh Kumar Shukla (Director) |
| 1 | 4:15 - 6:00 P.M. | Improving Efficiency & Productivity through sustained high energy levels. |
| 2 | 4:00 - 6:00 P.M. | Developing interpersonal skills through relaxation & meditation. |
| 3 | 4:00 - 6:00 P.M. | Organizing Self, Attitudinal Shift, Decision Making. |
| 4 | 4:00 - 6:00 P.M. | Adhering to commitments through inner peace & outer dynamism. |
| 5 | 4:00 - 6:00 P.M. | Instilling a sense of responsibility towards the institution, students & faculty. |
| 6 | 4:00 - 5:45 P.M. | Stress management & importance of spirituality. |
| 6 | 5:45 - 6:00 P.M. | Valedictory Session by Prof. R.V. Sharma (Dean, R&C) & Prof. Tarni Mandal (Dean, SW) |

INFORMATION ABOUT THE SPEAKER



TANUSHREE BISHNOI
(ART OF LIVING FACULTY)

Tanushree is a young, dynamic youth leadership trainer. She holds a B.E. Degree in Biotechnology and along with her undergraduate studies has worked on several research projects at the Indian Institute of Science, Bangalore. She was granted a Graduate Research Scholarship at the National University of Singapore, where she was awarded an M.S. degree in Structural Biology and Clinical Drug Design. Throughout her academic career she has been involved with organizing youth initiatives as a volunteer for the Art of Living Foundation and is a living testament to the fact that science and spirituality can walk side by side. As a facilitator for the flagship youth program of the Art of Living, YES!+(Youth Empowerment and Skills program), she travels to several states in India and is proud of the opportunity to bring about a positive change. In the last 9 years, she has inspired & empowered thousands of students through the YESplus programs across educational institutions that include NIT Surathkal, XLRI Jamshedpur, T.A. Pai Management Institute Manipal, Bangalore Medical College & Research Institute, Karnataka Medical College, IIT Madras, Manipal University, SRM University, IISc Bangalore, NIT Jamshedpur & others. She is an avid swimmer, an absorbed reader and a self-confessed gastronome.

Note
-Webex links to all the webinars will be circulated shortly.