

One Week E-Faculty Development Programme on Stress and Health Issues Due To COVID 19: Management and Technical Solutions

6th July – 10th July 2020

10 AM to 4:30 PM



Maharaja Agrasen Institute of Technology

Sector-22, Rohini, Delhi-110086, India

Tel. +91 84481 86931 ~ Fax : 91-11-27582095

E-mail : mait@mait.ac.in ~ Website : www.mait.ac.in

Courses Offered: B. Tech. (ECE, CSE, IT, EEE, MAE, ME), MBA



About the Institute

Maharaja Agrasen Institute of Technology is a private engineering institute affiliated to GGSIPU, with three NBA accredited programmes – ECE, CSE and MAE and is ISO 9001:2015 certified. It was established in 1999 by Maharaja Agrasen Technical Education Society promoted by a group of well known Industrialists, Businessman, Professionals and Philanthropists with an aim to promote quality education in the field of Technology and Management. Since then, MAIT has grown from strength to strength to emerge as one of the top technical institutes among the private institutes.

The Vision of Institute is to nurture young minds in a learning environment of high academic value and imbibe spiritual and ethical values with technological and management competence.

About the FDP

For the last three to four months, the whole world is suffering from pandemic, Corona. We all are under severe psychological pressure and stress. This FDP has been organized to release the psychological stress of faculties and staffs before the commencement of new academic session. Besides, FDP is aimed at dissemination of initiatives taken particularly by DST to improve the research potential of technical institutions during this hour of need. This pandemic should be utilized as an opportunity of research for building sustainable systems. Some of the green solutions will also be discussed during the FDP.

*“Healthy mind needs a healthy body,
physically as well as psychologically.”*

Objectives of the FDP

- ✓ How spirituality releases stress through meditation
- ✓ How positive thinking approach keeps stress-free life to man
- ✓ How can we remain calm in crisis
- ✓ Techniques for mastering the mind
- ✓ Techniques for energizing the life
- ✓ Various related inspiring topics
- ✓ Different research schemes by DST
- ✓ Development of green and sustainable solutions related to COVID-19
- ✓ Economic issues caused by the pandemic and their solutions
- ✓ Prevention of further pandemic outbreaks

Eminent Personalities for Inaugural & Valedictory Sessions



Chief Guest Inaugural Session

Prof. (Dr.) Mahesh Verma

Vice Chancellor, GGSIPU



Chief Guest Valedictory Session

Prof. (Dr.) Viney Kapoor Mehra

Vice Chancellor, Dr BR Ambedkar National Law University



Guest of Honor Inaugural Session

Prof. (Dr.) Arvinder Kaur

Dean, USICT, GGSIP University



Guest of Honor Inaugural Session

Prof. (Dr.) Neena Sinha

Dean, USMS, GGSIP University

Speakers

Brahma Kumaris Rajni Behn

Motivational Speaker, Sector-21, Rohini, Delhi

Brahma Kumaris Dr. E. V. Swaminathan

Motivational Speaker, Kerala

Brahma Kumaris E. V. Gireesh

Motivational Speaker, Nerul, Navi-Mumbai

Brahma Kumaris Pushpa Behn

Inspirational Teacher for Meditation for Peace of Mind,
Pandav Bhawan, Karolbagh, Delhi

Brahma Kumaris Dr. Damini

Physical Trainer, Spiritual Singer and Motivational Speaker,
Mumbai

Mr. Gaurav Aggarwal

Scientist-E, DST, Delhi

Prof. Surendra Singh Kachhwaha

Professor, Department of Mechanical Engineering,
Pt. Deendayal Petroleum University, Ahmadabad

Mr. Ashish Rakheja

MD Aeon Consultant
Director ASHRAE

Dr. K. K. Aggarwal

President Heart Care Foundation of India,
Chairman Legal Cell Indian Academy of Echocardiography &
Past National President IMA

Mr. Ayush Gupta

Sr. Embedded Developer, AgVa Healthcare



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कार्याणि न मनोरथैः



Course Content

Day 1 Inaugural Session & Stress Management Part - I

Day 2 Stress Management Part - II

Day 3 Stress Management Part - III

Day 4 Research Initiatives by DST (Emphasizing on COVID 19 related Solutions)
Cavitational Technology for sustainable development of Alcohol-based Sanitizers
COVID-19, Opportunity for sustainable development

Day 5 Awareness on COVID-19, Innovative Practices for COVID-19 & Valedictory Session

Request to all the guests and participants to join at 9:45 AM in the morning and 15 minutes before the commencement of each session to avoid technical glitches.



Website Link
<https://mait.ac.in/index.php/efdp>



Mail ID
fdp@mait.ac.in



Registration Form Link
<https://tinyurl.com/registrationfdp>



Contact Number
+91 84481 86931



Dr. Nand Kishore Garg

Founder & Chief Advisor, MATES

Chancellor, Maharaja Agrasen University, Baddi, HP, India

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Prof. S.K. Garg, Director General, MAIMS

Prof. Ravi Kumar Gupta, Director, MAIMS

FDP Organizing Committee

Chair	Prof. Neelam Sharma, Director MAIT
Convener	Prof. S. S. Deswal, Dean Academics
Co-convener	Prof. Namita Gupta, HoD CSE
Co-ordinators	Dr. Vaibhav Jain, HoD ME Dr. A. K. Singh, Asst. Prof.
Session Chair	Day 1 - Prof. Rajveer Mittal, HoD EEE Day 2 - Prof. M. L. Sharma, HoD IT Day 3 - Prof. S. K. Mathur, HoD ECE Day 4 - Prof. Chandra Prakash, HoD Ap.Sc. Day 5 - Dr. Amit Gupta, HoD MBA
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