FORMAT FOR THE VARIOUS ACTIVITIES REPORT OF THE STTP/WORK SHOP/ CONFERENCES

Title: Skill Enhancement and Personal Development Duration 5 days (09/12/2019-13/12/2019)

Department: Energy Centre

Brief programme report: The main objectives are

- To understand the ingredients for enhancing personal effectiveness.
- To empower oneself through techniques of Meditation.
- Develop inner calm /peace
- To learn the insights from great practitioners.
- To make personal Effectiveness- a regular habit.

The workshop helped in attaining work life balance for all participants.

Inauguration Photo



Activity Photo



Important speakers:

Rajeev Agrawal, Sanya Bhojwani,

Sonam Chhatwani, Ananta,

Trisha Kaushik, Nidhi Sahu,

Surabhi Awasthy, Amita Singh,

Dr Chauhan etc

Affiliation and place of the participants: 60 Non Teaching Staff from various sections, MANIT,

Coordinators Name Dr Arvind Mittal, Dr Savita Dixit, Dr Vinita Mohindra, Dr Varsha Rokade