



# Gokaraju Rangaraju Institute of Engineering and Technology (Autonomous)

Centre for Continuous Excellence in Life Skills (CEL)

Centre for Water Resources Engineering and Management (CREAM)

Centre for Sustainable Technologies for Eco-Social Resilience to Global Climate Change (CST-ERG)

## UNITED NATIONS PEACE DAY (21 SEP), NONVIOLENCE DAY (2 OCT), WORLD MENTAL HEALTH DAY (10 OCT) AND WORLD FOOD DAY (16 OCT) CELEBRATIONS-2020

Health is a dynamic state of complete physical wellbeing, mental wellbeing and social wellbeing that involves the conscious attitude of continuous expansion and elevation of consciousness from moment to moment.

Mental Health is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (World Health Organisation - WHO). Mental Health keeps the occupational health. According to WHO, all over the World, more than 300 million people of all ages are being affected by Depression, 60 million by Bipolar affective disorder, 23 million people by Schizophrenia and 50 million by Dementia. According to UNESCO, the defences of peace must be constructed in the minds.

The motto of AICTE, JNTUH, IIT Kharagpur and IIM Khozicode is "Yogaha Karmasu Kaushalam" (Meaning: Excellence in skilled action is YOGA). Present Outcome based education tries to develop higher order thinking, higher order empathic feeling and higher order action by Bloom's Taxonomy, Krathwohl's Taxonomy and Dave's Taxonomy respectively. **UNITED NATIONS PEACE DAY (21 SEP), NONVIOLENCE DAY (2 OCT), WORLD MENTAL HEALTH DAY (10 OCT) and WORLD FOOD DAY (16 OCT)** are being celebrated as part of outcome based education and also part of attainment of relevant graduate attributes of NBA.

**All faculty and students are invited to participate in the following competitions**

| Type of Competition      | Topic  | Date & Time  | Books Prescribed( some copies available in the library)   | Websites to be referred   |
|--------------------------|--|--|---|---|
| Group Discussion         | The theme of the 2020 UN International Day of Peace is "Shaping Peace Together"<br>( <a href="https://www.un.org/en/observances/international-day-peace">https://www.un.org/en/observances/international-day-peace</a> )   | 20 September 2020<br>9.30AM (Competitions for both students and faculty on Zoom Meetings)ID and Password will be communicated later. | 1) Unarmed Heroes:The courage to go beyond violence- Jaico Publishing House<br><br>2) The story of my experiments with Truth by M.K.Gandhi (Autobiography)<br><br>3) Nobel prize winners for peace- Dr. Gagan Jain ,Three ESS publications<br><br>4) 10 secrets for success and inner peace by Dr Wayne W. Dyer by Hay House India<br><br>5) Peace is the way: Bringing war and violence to an end by Dr. Deepak Chopra by RIDER publication.<br><br>6) The 3rd Alternative : Solving life's most difficult problems — Dr. Stephen R.Covey<br><br>7) Twelve steps to a compassionate life-Karen Armstrong<br><br>8) Choiceless Awareness by Jiddu Krishnamurti ( United Nations Peace Medal Awardee) published by Krishnamurti Foundation India<br><br>9) How to have a beautiful mind by Dr.Edward de Bono<br><br>10)Manifest your Destiny: The Nine spiritual principles for getting everything you want by Dr. Wayne W. Dyer.<br><br>11)Detox your ego: 7easy steps to achieving freedom, happiness, and success in your life.-Steven Sylvester.<br><br>12)The power of the heart: Finding your true Purpose in life-Baptist De Pape<br><br>13)Light on the yoga sutras of Patanjali by BKS Iyengar, Harper Element Publishers | <a href="http://www.gandhiinstitute.org/take-action/toolkits">1.www.gandhiinstitute.org/take-action/toolkits</a><br>2. <a href="http://www.sipri.org">www.sipri.org</a> (Stockholm International Peace Research Institute)<br>3. <a href="http://www.un.org/en/ events/peaceday/">www.un.org/en/ events/peaceday/</a><br>4 <a href="http://www.un.org/en/events/nonviolenceday/">www.un.org/en/events/nonviolenceday/</a><br>5. <a href="http://www.unesco.org">www.unesco.org</a><br>6. <a href="http://www.nonviolentpeaceforce.org">www.nonviolentpeaceforce.org</a><br>7. <a href="http://www.ipcs.org">www.ipcs.org</a><br>8. <a href="http://strategicforesight.com/ICPI">http://strategicforesight.com/ICPI</a><br>9.Gandhipace foundation, India<br><a href="http://www.amnestv.org">10.www.amnestv.org</a><br><a href="http://www.jkrishnamurti.org">11.www.jkrishnamurti.org</a><br><a href="http://www.chopra.com">12.www.chopra.com</a><br><a href="http://www.mindfulnesswithoutborders.org">13.www.mindfulnesswithoutborders.org</a><br><a href="http://www.innerpeacemeditation.org">14.www.innerpeacemeditation.org</a><br><a href="http://www.mindfulnesscds.com">15.www.mindfulnesscds.com</a><br><a href="http://www.umassmed.edu/cfm">16.www.umassmed.edu/cfm</a><br><a href="http://www.mindfulnet.org">17.www.mindfulnet.org</a><br><a href="http://www.withoutego.com">18.www.withoutego.com</a><br>19. <a href="http://www.the power of the heart.com">www.the power of the heart.com</a><br>20. <a href="http://www.un.org/en/events/yogaday/">http://www.un.org/en/events/yogaday/</a><br>21.National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore — <a href="http://www.nimhans.ac.in">www.nimhans.ac.in</a><br>22.Morarji Desai National Institute of Yoga (MDNIY), New Delhi- <a href="http://www.vogamdniv.nic.in">www.vogamdniv.nic.in</a><br>23. <a href="http://www.mindandlife.org">www.mindandlife.org</a><br>24. <a href="http://www.investigatingthemind.org">www.investigatingthemind.org</a><br>25.PATHS(Promoting Alternative Thinking Strategies)<br>26. Centre for Study and Prevention of Violence , University of Colorado, Boulder,USA — Institute of Behavioural Science- <a href="http://www.colorado.edu/cspv/blueprints/">http://www.colorado.edu/cspv/blueprints/</a><br>27. World Health Organization <a href="http://www.who.int/news-room/fact- sheets/detail/mental-disorder">www.who.int/news-room/fact- sheets/detail/mental-disorder</a> |
| Elocution                |  |  |   |   |
| Quiz                     |  |  |   |   |
| Essay Writing            | Theme for Mental Health Awareness Week 2020 of Mental Health Foundation, UK  |  |   |   |
| Listening Comprehension  | “ Kindness matters.Kindness is an act of courage( <a href="https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week#:~:text=Hosted%20by%20the%20Mental%20Health,The%20theme%20is%20kindness">https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week#:~:text=Hosted%20by%20the%20Mental%20Health,The%20theme%20is%20kindness</a> )<br><br>(Open book system in essay writing competition) |  |   |   |
| Power Point Presentation | Theme of World Food Day 2020 of Food and Agriculture Organization (FAO)of United Nations   |  |   |   |
| Poster Presentation      | “ Grow, Nourish , Sustain . Together”<br>”( <a href="http://www.fao.org/world-food-day/home/en/">http://www.fao.org/world-food-day/home/en/</a> )  |  |   |   |

**Student Organizers : Mr. Rithwez, Mr. Sruthi and Mr. Shashank**

Sd/-  
Convener

Sd/-  
Principal

Sd/-  
Director