

Proposal for 5-days Online STC
On
“Wellness and Stress Management during the Pandemic”
From April 27 to May 1, 2020

‘When the going gets tough, the educators get going.’ We are going through unprecedented times and the crisis is directing the human race towards a paradigm shift in their thinking, emotions and behaviour. The Global Health pandemic is touching every aspect of life – social, economic, emotional, cultural and professional.

Educators are following Churchill’s vision, ‘No crisis to go waste’ and making all possible effort to reach out to their students through ICT, Social Media and all forms of digital resources. They are standing up to the situation and doing their best they can even though many existential and psychological dilemmas hound them too.

Thus, addressing emotional, psychological and mental health needs of teachers, parents, students all other sections of our society are of paramount importance. Teachers are the touch points who are in contact with students, who also are going through struggles and turmoil.

So, if the teachers are trained to enhance their own mental health and raise their wellness quotient, it can create a domino effect and a surge in positive effect in their students (and their parents and society as a chain reaction).

With this rationale it is proposed to organise a 5-days Online STC, in collaboration with Planet Psychology, ‘Wellness and Stress Management during the pandemic’ for the faculty and staff members of Universities, Engineering and Polytechnic Colleges. The STC can be attended by NITTR faculty and staff also.

The 5-days program aims to build up resilience and emotional/psychological immunity of the participants through experiential online training sessions on the following topics:

- 1) Emotional Freedom Technique
- 2) Managing Negative Thinking
- 3) Power of Positivity
- 4) Stress Management
- 5) Reprogramming
- 6) Subconscious Mind through Beliefs
- 7) Raising Spiritual Quotient
- 8) Enhancing Brain Power and Performance
- 9) Rediscovering Self
- 10) Happiness through Mindfulness etc.