

**Report of RTU TEQIP III Sponsored FDP on Stress and Anger Management  
(15-19 December, 2021)**

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**Annexure**

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## RTU Office Order



### RAJASTHAN TECHNICAL UNIVERSITY

Rawatbhata Road, Akelgarh, Kota-324 010

**TEQIP III-RTU(ATU) OFFICE**

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No. RTU/TEQIP-III/F(56)/2019-20/ 5581-87

DATE:- 09/12/2020



#### OFFICE ORDER

In continuation to order No. RTU/TEQIP-III F(56)/2019-20/5480-86 dated 20/11/2020, following are the revised/updated dates of the FDP to be conducted at the affiliated engineering colleges under subhead 1.2.2.4 of RTU (ATU) TEQIP-III Action plan as per the mentioned schedule.

S. No.	Name of The Institute	Title of The Proposed FDP	RTU Coordinator	Scheduled Dates
1	Anand International College Of Engineering, Jaipur	Mathematical And Computational Modeling	Dr Deepak Bhatia/Dr. Mahendra Lalwani	18-22 December 2020
2	Arya College Of Engineering & Research Centre	Internet Of Things & Its Application	Dr. Harish Sharma and Dr Seema Agrawal	17-21 Dec. 2020 (Revised)
3	ARYA INSTITUTE OF ENGINEERING & TECHNOLOGY	MACHINE LEARNING AND DATA SCIENCE	Prof. C. P. Gupta	Dec. 14-18, 2020
4	B K Birla Institute Of Engineering & Technology, Pilani	Research Applications In Machine Learning And Deep Learning	Dr. Girish Pannar & Dr. M. L. Meena	Dec.18-20,2020
5	Geetanjali Institute Of Technical Studies, Udaipur	Next Generation Semiconductor Devices	Mrs.Saaju Tanwar	Dec. 11-13, 2020
6	Jaipur Engineering College And Research Center	Stress And Anger Management	Dr. B.D. Gidwani	Dec. 15- 19, 2020 (Revised)
7	Jaipur Engineering College, Kukas	Smart City Development & Green Energy	Sh. Manoj Vaishnav and Sunita Chahar	27-31 Jan 2021
8	Kautilya Institute Of Technology & Engineering	Solar And Smart Grid Technology	Dr. Lata Gidwani and Dr. A.K. Sharma	4 Jan-8 Jan 2021 (Revised)
9	Modi Institute of Technology, Kota	Research applications in Artificial Intelligence and Machine Learning	Dr Nirmala Sharma (Revised)	19-20 Dec. 2020
10	Nahdwara Institute Of Engineering & Technology	Emerging Trends In Civil Engineering	Prof. A. K. Dwivedi, Mr. Piyush Kumar Jain and Mr. Vaibhav gupta	05-01-2020 to 09-01-2020
11	Poomima College Of Engineering Jaipur	Renewable Energy	Dr. K B Rana, Dr. Pankaj Sharma	14-18 December 2020
12	Poomima Institute Of Engineering & Technology	Design & Analysis Of Building Structure By Using Extended Three-Dimensional Analysis Of Building System (ETABS)	Dr. K B Rana, Dr. Rahul jain	21-25 December 2020
13	Regional College For Education Research And Technology, Jaipur	Application Of Machine Learning And Data Science In Engineering Technology	Dr Rajeev gupta	15-19 December 2020
14	Sawai Madhopur College Of Engineering And Technology Sawai madhopur	Recent Trend In Agriculture Technology	Mr. Manoj Vaishnav and Sunita Chahar	23-24 December 2020
15	Sri Balaji College of Engineering and Technology, Jaipur	Machine Learning and Android	Dr. R. K. Banyal and Dr Harish Sharma	21-12-2020 to 25-12-2020
16	Shrinathji Institute Of Technology & Engineering	Arduino And PLC Based Automation In Thermal, Production And Automobile Fields	Dr Deepak Bhatia	19-23 Jan. 2020
17	University Departments, Rajasthan Technical University Kota	Health Monitoring For Engineering Structures	Mr. S. S.Gedam, Dr. B. Tripathi	17.02.2021 to 21.02.2021

*(Signature)*

## Schedule

 <b>TEQIP-III RTU (ATU) SPONSORED</b> <b>STRESS &amp; ANGER MANAGEMENT</b> <b>15<sup>th</sup>-19<sup>th</sup> DECEMBER, 2020</b> 					
Date	10:00am - 11:30am	11:30am - 12:00pm	12:00pm - 1:30pm	1:30pm - 2:00pm	2:00pm - 3:30pm
<b>15-Dec</b>	<b>Inauguration</b> Prof. R A Gupta (HVC RTU) Sh. Sandesh Nayak (Commissioner, DCE Raj)	B	<b>EV Gireesh</b> How to Become Positive Personality	B	<b>Dr. Avdesh Sharma</b> Mind Management
<b>16-Dec</b>	<b>BK Suraj</b> Power of Subconscious Mind	R	<b>Sis. Usha</b> Self-awareness for Stress Free Life	R	<b>EV Gireesh</b> Science of Happiness
<b>17-Dec</b>	<b>Sis. Usha</b> Meditation for Increasing Inner Stability	E	<b>Devi Chitralkha</b> Enjoy the Journey	E	<b>Dr. EV Swaminathan</b> Overcoming Academic Strees
<b>18-Dec</b>	<b>Dr. EV Swaminathan</b> Techniques of Concentration	A	<b>Dr. Mohit Gupta</b> Emotional Quotient	A	<b>Prof. S. C. Gupta</b> Stress & Anger
<b>19-Dec</b>	<b>Sis. Chandrakala</b> Powers for Adapting to New Ecosystem	K	<b>Sh. Suresh Oberoi</b> Q & A	K	<b>Mr. Balakishore</b> Digital Wellness



TEQIP-III RTU (ATU)  
SPONSORED ONE WEEK

FACULTY DEVELOPMENT PROGRAM  
ON

# STRESS & ANGER MANAGEMENT

ORGANIZED BY

RAJASTHAN TECHNICAL UNIVERSITY, KOTA  
&  
JAIPUR ENGINEERING COLLEGE AND RESEARCH CENTRE



Prof. R.A. Gupta  
Honble VC RTU



Prof. V. K. Chandna  
Principal, JECRC

**15<sup>th</sup>-19<sup>th</sup> DECEMBER, 2020**

**TAKE AWAY**

❖ LET GO INNER PAIN ❖ WORK LIFE BALANCE ❖ LEARN MEDITATION ❖ EXPERIENCE PEACE



**Rajyogi BK Surya**  
Senior Rajyoga Faculty  
Mount Abu



**Devi Chitrlekha**  
Spiritual Speaker  
Haryana



**Sister Usha**  
Stress Management Trainer  
Abu Road



**Dr. Avdesh Sharma**  
Consultant Well-Being  
Psychiatrist, Delhi



**Dr. Suresh Gupta**  
Senior Professor (Psychiatry)  
Psychiatric Centre &  
SMS Medical College Jaipur



**Sister Chandrakala**  
Incharge, Brahma Kumaris,  
Vaishali Nagar, Jaipur



**Dr. Mohit Gupta**  
Cardiologist, GB Pant Hospital  
Delhi



**Dr. EV Swaminathan**  
Renowned Corporate Trainer  
& Consultant, Kerala



**BK EV Gireesh**  
Dynamic Trainer & Counselor  
Mumbai



**Balakishore**  
VP Transformation,  
Seanco Technologies  
Hyderabad



MEETING ID & PASSCODE will be  
e-mailed to all the registered participants.



PLEASE SCAN QR CODE  
FOR REGISTRATION

COORDINATOR: DR. B. D. GIDWANI, RTU +91 946011 9790 | MS. CHITRA, JECRC +91 92520 11765

## Sample Certificate



One Week TEQIP-III Sponsored  
**FACULTY DEVELOPMENT PROGRAMME**  
on  
**STRESS & ANGER MANAGEMENT**



**Organised By**  
Rajasthan Technical University, Kota  
Jaipur Engineering College and Research Centre

# Certificate

Ref No. / / 2020

This is to certify that Dr. / Mr. / Ms. \_\_\_\_\_ of \_\_\_\_\_ has participated in the One Week **Faculty Development Programme** on "**Stress & Anger Management**" held from **15 / 12 / 2020** to **19 / 12 / 2020** at **Jaipur Engineering College and Research Centre.**

Coordinator  
Ms. Chitra Khandelwal  
Head-Spiritual Research Cell

Director/ Principal  
Prof. Vinay Kumar Chandna  
Principal, JECRC

Coordinator  
Dr. B.D.Gidwani  
Coordinator, RTU Kota

## Abstract

A five days online Faculty Development Program (FDP) on “Stress and Anger Management” sponsored by RTU TEQIP-III was organised by Jaipur Engineering College and Research Centre (JECRC), Jaipur during 15th-19th December”2020. The event was a complete toolbox to improve and manage one’s life. It was conducted as an initiative to help the faculties to eradicate from their minds the terms like stress and anger. The event started with the inaugural ceremony and then throughout focused on some explicit topics:

1. How to become positive personality
2. Mind management
3. Power of subconscious mind
4. Self- awareness for stress free life
5. Science of happiness
6. Meditation for increasing inner stability
7. Enjoy the journey
8. Overcoming academic stress
9. Techniques of concentration
10. Emotional quotient
11. Stress and anger
12. Powers for adapting to new ecosystem
13. Digital wellness

There were a total of 15 diverse sessions assembled and managed by eminent and globally renowned speakers including Mr.Suresh Oberoi, BK EV Gireesh, Devi Chitrlekha Ji , Sister Usha, Dr. EV Swaminathan,etc who mesmerized the audience on above points. The speakers encapsulated the audience through their deep applied knowledge and made their minds focus and perform on good and positive criterions making the event a super hit. More than 2700 participants registered for the event from about 40 different countries worldwide including Australia, Myanmar, Pakistan, Nepal, U.S.A.,etc. This response shows the need for such events.

## Speakers' Profile

### 1. Dr. Avdesh Sharma



Dr Avdesh Sharma, D.P.M., M.D. (Psychiatry, Gold Medalist), from National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore, is a Consultant Well-Being Psychiatrist with over 35 years of clinical practice in Delhi. He has been the International Lead on Public Education for the World Psychiatric Association (WPA) and has received several awards for his contributions in the field of mental health especially in public education and awareness building.

### 2. Sister Usha

Sister Usha is a Senior Raja Yoga Meditation teacher and a Management Trainer of the Brahma Kumaris Ishwariya Vishwa Vidyalaya. With her innate qualities, she is blending Spiritual Dimension with Modern Management philosophy. She is a practical example of Applied Spirituality. She was awarded the "Hall of Fame" by the Public Relations Council of India in 2012. In September 2019 she was awarded with the prestigious G.O.D award in Los Angeles, USA. She has been invited to impart systematic Self Managing Leadership courses for high ranking executives and management staff by various industrial groups including General Electric (Hong Kong), Thai Rayon Company (Thailand), Pan Edible Oils (Malaysia), DRDO, Bharat Heavy Electrical Ltd., Tata Iron and Steel etc.



### 3. BK Suraj



Rajyogi Bramha Kumar Suraj is a senior yoga meditation teacher who has given countless national & international sessions on stress-free lifestyle, life management, mind management and use of meditation in daily life. His own life is a practical example of what he teaches. His specialty is to give classes in many important and deep subjects relating to spirituality in a very simple, sweet and easy way. He has deep knowledge about

the Power of Subconscious Mind. Brother Suraj appeared on the television series 'Samadhan'. The series is based on solutions given to problems faced in daily life. He has guided many students to achieve good grades and success in life through spirituality and a positive state of mind.

### 4. Dr. Mohit Dayal Gupta

Dr Mohit D. Gupta currently works as Professor of Cardiology in GB Pant Hospital. Dr Gupta has a distinct achievement of getting more than 18 gold medals and 5 silver medals in his medical career. He is awarded young scientist of the year by association of physicians of India and recently awarded with Prestigious "Agra-Ratna " award for distinguished medical and social services to the society. Besides that he is Strong advocate of spirituality, Dr Gupta has been associated with Brahma Kumaris World Spiritual University from his childhood and practices rajayoga meditation daily. He has given more than 500 lectures and conducted symposiums all over the world.



## 5. Devi Chitralekha

Devi Chitralekha is a popular Indian spiritual Saint, Bhagwat preacher, and motivational speaker. She is one of the youngest spiritual saints in India and honoured by "World Book of Records" for being the youthful Bhagwat preacher. So far Deviji has disseminated the "Name of God" in many areas of India through her Sankirtan Yatra are like Bihar, Haryana, Delhi, Uttrakhand, Madhya Pradesh, Uttar Pradesh, Rajasthan, Nagaland, Punjab and mostly in entire Gujarat and apart from that Deviji has delivered discourse in foreign countries like U.K. , Africa and the USA (Florida, Texas, Washington D.C., Maryland, New Jersey, New York, Indiana, Boston).



## 6. Dr. EV Swaminathan



Dr. EV Swaminathan is a trainer, counsellor and consultant with a clear focus on creating a value based society. He is an engineering and management faculty and gives training on emotional engineering, empathetic communication, concentration and memory enhancing and work efficiencies. He has also appeared on several television talk shows which are being aired on Awakening and Peace of Mind channels.

## 7. BK EV Gireesh

BK EV Girish is a Dynamic Trainer and Counsellor with passion for excellence and creativity. With an experience of more than 14 years he is well-known for his unique style and ability to inspire people. He has taken training programs at various institutes including ISRO - Indian Space Research Organization, NPCIL - Nuclear Power Corporation of India Ltd, IITs, NID (National Institute of Design), Indian Army,



L&T, ICAI, ICSI, Tata Motors, TCS, Accenture, Infosys, Cipla, Zydus Research Laboratories, Tata Power etc.

### **8. Balakishore**



Bala Kishore is an engineer and Professional Certified Coach. He has been associated with the IT industry since 1994. He has been a meditation practitioner for the last 23 years. He holds many awards and recognitions to his name including British Chevening Scholarship in 2001. Currently, He is the Vice President of Transformation, SEARCE Technologies. For the last fifteen years he has been sharing deep knowledge through lectures on various topics related to mind, medicine, motivation and spirituality. He has taken sessions at Facebook Mumbai, Infosys, TCS, BOSCH, DST etc.

### **9. Sister Chandrakala**

Brahma Kumari Chandrakala is a director of Rajyoga Retreat Center at Vaishali Nagar, Jaipur. She coordinates more than 40 Rajyoga Meditation Centers in and around Jaipur. She is gifted with higher levels of consciousness and has attained deeper stages of yoga. She was honoured with "PR Hall of Fame by the public relations council of India", in 2019. She had extensively travelled in India & abroad (Europe, Asia & South Africa) for conducting and facilitating various seminars on spirituality for people to practice in their daily lifestyle.



## 10. Mr. Suresh Oberoi

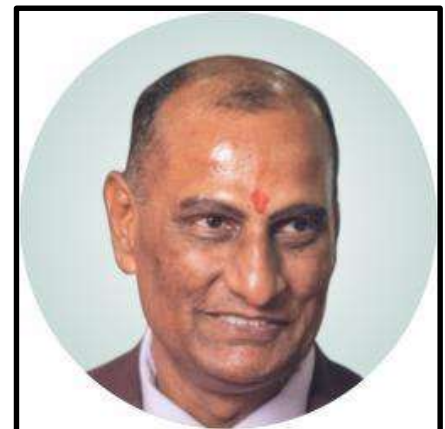


Suresh Oberoi is an Indian character actor and politician. He is a recipient of the National Film Award for Best Supporting Actor. He started his career in radio shows, modelling and later moving to Bollywood, making him a popular character actor in the 1980s and much of the 1990s. Oberoi Ji was active in sports. He was a Tennis and swimming champion, later winning the President's Award as a Boy Scout. He has made over 135 films.

Oberoi ji has acted in the television shows Dhadkan and Kashmir and hosted Jeena Isi Ka Naam Hai. But the role that fits him best is as presenter of the TV show, Awakening with the Brahma Kumaris. As he quizzes and questions Sis. Shivani, the young and wise representative of the Brahma Kumaris, his own interest and knowledge of spirituality seems impressive. It certainly highlights that Sir, a former actor, is both a sincere and seasoned student of spirituality. And it has influenced his dealings with others.

## 11. Dr. Suresh Gupta

Dr. Suresh Gupta, who is a senior professor (Psychiatry), Psychiatry Centre & SMS Medical College , Jaipur. He offers some advanced treatments for diseases like Depression, Phobias, Anxiety Disorders, Bipolar Disorders, Schizophrenia, Mental disorders, Alcoholism, Obsessive Compulsive Disorders (OCD), etc. He is one of the most trusted doctors in Jaipur. He has numerous successful treatment cases registered in his name.



**Inauguration Program**  
**15<sup>th</sup> December 2020 @ 10:00 to 11:30 a.m.**

S. No.	Event	Person	Time
1.	Welcome Note	Dr. Vinita Mathur	10:00 - 10:05
2.	Welcome Address by Principal JECRC	Prof. Vinay Kumar <u>Chandna</u>	10:05 - 10:10
3.	Introduction of the event	Dr. B. <u>Gidwani</u>	10:10 - 10:20
4.	Address by VC RTU	Prof. R.A. Gupta	10:20 – 10:35
5.	Address by Honored Guest	<u>Sandesh Nayak</u> IAS	10:35 – 10:50
6.	Vote of Thanks	Dr. Vinita Mathur	10:50 - 10: 55



The inaugural ceremony commenced in the presence of a group of dignified persons - Honored Guest Shri Sandesh Nayak ,IAS, Professor R.A. Gupta, Honorable Vice Chancellor Rajasthan Technical University, Kota, Professor V.K. Chandna, Principal JECRC, Mr. Mukesh Agarwal,CEO RTBI-JECRC, Dr. B. D. Gidwani FDP Coordinator-RTU, Ms. Chitra Khandelwal FDP Coordinator- JECRC and the session host Dr. Vinita Mathur.

Dr. Vinita Mathur started the session by giving a warm welcome to all dignitaries and the participants.

- Prof. V.K. Chandana delivered a welcome address to all the dignitaries and the participants and gave insight about the five days FDP programme. He also told the audience that JECRC is continuously making efforts in mental, emotional and spiritual development of students and teachers through its Spiritual Research Cell which is a unique thought lab of its own kind. He invited everyone to visit the thought lab at JECRC and requested everyone to utilize their valuable time by attending all the sessions during the FDP.
- Professor R.A. Gupta expressed that:
  1. Person needs to be free from stress and anger, not manage it.
  2. He gave some important keys for successful life -
    - Discipline
    - Hygiene
    - Concentration
    - Politeness
  3. He said that this program is very useful for the participants because in this pandemic time covid -19, stress & anger due to digital platforms, less social interaction between friends, colleagues, teachers etc.
  4. The way to free ourselves from stress & anger, we need to cut the root cause of stress & anger.

## Summary of all the sessions

### How to become positive personality (15<sup>th</sup> December)

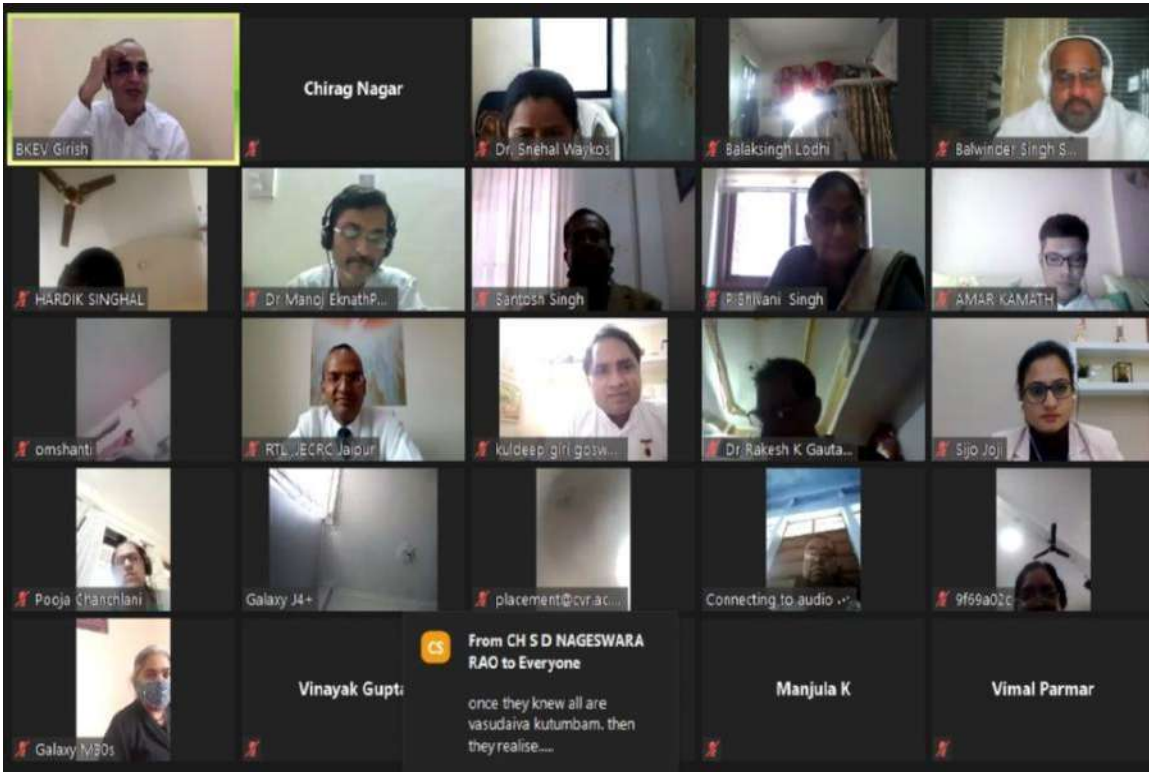


Regulation of stress and anger is a need of the present scenario. There is a need of stress and anger free life. The second session of the FDP on December 15, 2020 revolved around the above stated need of the current time. The session was presented by BK EV Gireesh on the topic 'How to become a positive

personality' in which he shared relevant ways to increase positivity in our lives.

- We should be polite when someone gets angry with us.
- We should create good thoughts inside us when nothing outside is going according to our will.
- We should never use negative words like don't, never, nor in our lives otherwise as they make us negative.
- Leading by influence is important and this influence should be in a positive direction which should be casted by positive values like love, respect and a beautiful relation between the leader and the team, teachers and the students. This type of influence accepts and respects the qualities and abilities of others. Let them use their power to discern what is right and what is wrong and make them feel more connected, which brings the best and every one allowing them to improve and grow simultaneously.
- We need to bring patience in our life .There are most cases in our life where we can avert the wrong situation only by keeping patience.
- Be ready for challenges because a smooth sea never made a skillful sailor.
- We should try to add peace, help, punctuality, discipline, integrity, love, Forgiveness and coordination in our life

Besides that he gave us a formula by which we can think positive or convert negativity into positivity.



Formula of positivity = I + good word +situation

This formula not only converts the situations but also makes our mind positive. At the end, according to this formula he gave 0 marks for facts,-1 marks for negative words and +1or +2 marks for positive words to the question that was given by him.

### Mind Management (15th December, 2020)



The third session of the First day of FDP on 'Stress Anger and Management' was addressed by Dr. Avdesh Sharma on the topic 'Mind Management'

He started the session by explaining about the Mind. Mind: - Minimal information naturally developed & maximum information naturally declined. He then gave the right definition of

experience. Experience is not what happens to you it is what you do with what happens to you.

**Four signs of stress are:**

- Physical: - breathlessness, dry mouth, sweating, tense muscles, dizziness, palpitations.
- Mental:-Irritability, poor concentration, confusion, Indecisiveness, forgetfulness, irrational.
- Emotional: - touchy, anxious, suspicious, hopeless, guilty, insecure.
- Behavioral: - withdrawal, overeating, restlessness, nail biting, sleeplessness.



Mind management: It does not mean control or suppression but natural flow of mental characteristics towards optimum utilization under guidance of consciousness. He advised to practice meditation regularly for 20-45 minutes (once/twice per day), all meditation produces is relaxation.

**Dharmic stress management:**

- Unconditional love
- Forgiveness & compassion
- Soul consciousness & egoless functioning
- Empathy & universal respect
- Awareness of karmic patterns and world drama
- Selfless service

The process of change starts with an individual like a drop in the ocean which when reaches a critical mass, creates a social movement towards stress free, self-actualized individuals in a stress free, self-sustaining society. We are spirit materialized, engaged in spiritualizing matter.



## Power of Subconscious Mind (16th December, 2020)



The First session of the Second day of FDP on 'Stress Anger and Management' was addressed by Rajyogi BK Surya on the topic ' Power Of Subconscious Mind'.

1.First of all he said problems like stress & anger come in weak minds and the best solution for

this, we use our power of mind.

2. We have 90% of our power of mind, residing in the subconscious mind.
3. He then added lot of things about the subconscious mind -
  - The subconscious mind is the powerful secondary system that runs everything in our life.
  - The subconscious mind is a data bank for everything, which is not in our conscious mind.
  - It stores our beliefs, previous experience, memories, skills, habits.
  - Everything that we have seen, done or thought is also there.
  - Our subconscious minds have more healing power at night.
  - Our subconscious mind is active 10 minutes before going to sleep & after 10 minutes of wake up.

4. The last thought of the day is the first thought of the next day so, we need to take attention to this thought.

5. Faith is a state of mind, which may be induced or created, by affirmation or repeated instructions to the subconscious mind.



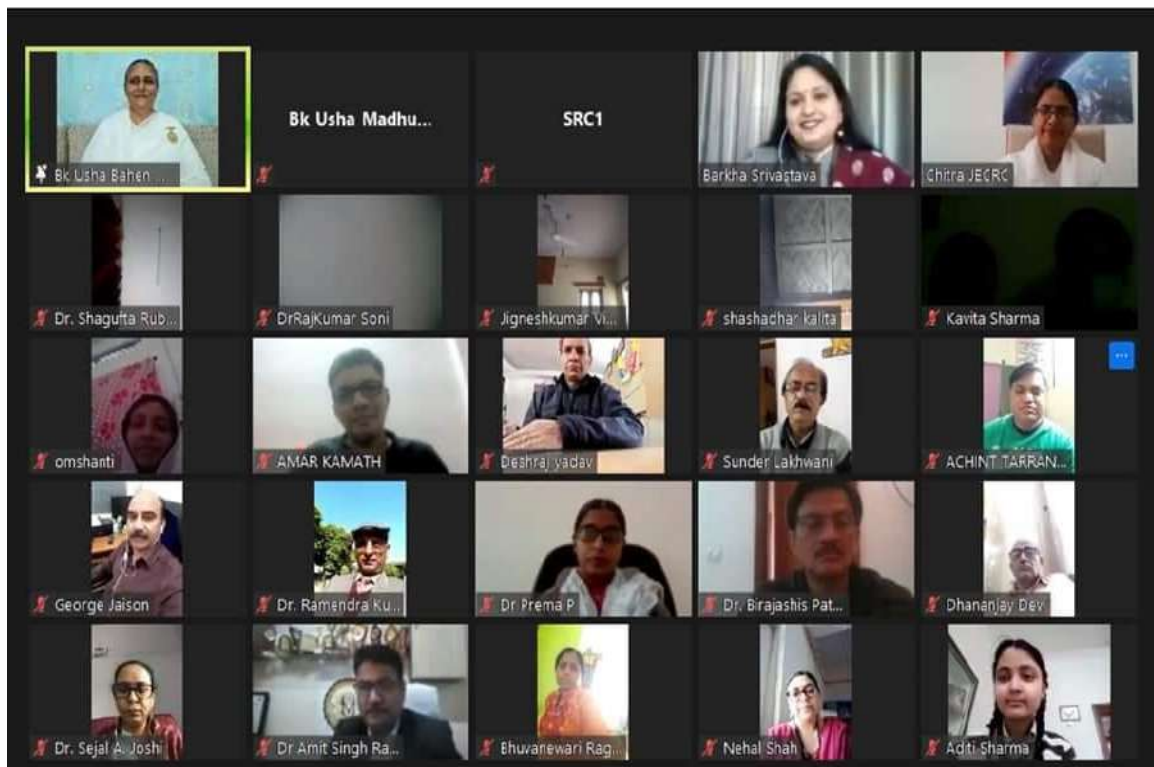
### Self-Awareness for Stress Free Life (16th December, 2020)



The second session of the second day of FDP on 'Stress and Anger Management' was addressed by Sister Usha on the topic 'Self-awareness for Stress Free Life'. The event started at 12 o'clock

- First of all she told 3 ways to improve emotional immunity and to cut the root cause of stress & anger -
  - (1) Nourishment: - Attention what we watch, listen and read.
  - (2) Meditation for rest.
  - (3) Practice positive thinking.
- Stress = pressure / internal strength

- Rajyoga helps us to avoid stress & anger. We can get the following benefits by Rajyoga
  - (1) Maximize the work efficiency
  - (2) Balance in physical & spiritual life
  - (3) Learn science of self-discipline & patience
- She discussed the seven qualities of the soul which are very important for internal strength : Purity, Spiritual knowledge, Peace, Unconditional love, Happiness, Bliss Power
- Benefits of charging the soul battery are :-
  - (1) We are able to change the situations.
  - (2) We are able to change the mentality of other people.
  - (3) We are able to change the environment.
- Spirituality neither teaches us to shut up nor quarrel.
- You will become what you think.



## Sixth Session (16th December, 2020)



The Third session of the second day of FDP on 'Stress and Anger Management' was addressed by BK EV Gireesh on the topic 'Science of Happiness'. The event started at 2 o'clock.

He started his session by asking a question - 'How to be happy?' and started

giving the answer step by step. First of all he cleared the difference between pleasure and happiness and gave some definitions of positive psychology, mental health and mental wellness. He stated that we should not wait for happiness but it should be cultivated. It's totally up to us whether we remain always happy or something else. Then he gave three equations to become happy:

Equation 1:- whatever can happen around me, can be determined by somebody else but whatever happens within me, only one person should decide (myself)

Equation 2:- I who thought that I have complete control of my life, realized that I can control only three things...

- Thinking
- Feeling
- Doing

Equation 3:-

- Be happy
- Doing the things with happiness
- Get the peace (happiness)

After it he stated that Meditation helps us in creating this positive and powerful thought process. This is a beautiful and peaceful journey of understanding the true knowledge of the self that we are a peaceful, living, perceiving, knowing BEING who is in a body and we are the master who chooses what to think and what not to think, what to do and what not to do.

At the end of the session, he guided the participants to experience the true self through meditation and feel the peace and power within.

Then after the Q&A round Ms Anima Sharma gave a thanking note to the speaker.



### Seventh Session (17th December, 2020)



The first session of the third day of FDP on 'Stress and Anger Management' was addressed by Sister Usha on the topic 'Meditation for increasing inner stability'. The event started at sharp 10 am. Event Curator Dr. Barkha Shrivastava welcomed the speaker and all the participants and handed over the board to the spokesman

Sister Usha. In that session Sister Usha gave an introduction about meditation (Yog) and about god. She stated that meditation (Yog) means to develop a relationship between soul and supreme soul. It is only possible when we connect ourselves with God. Meditation means to heal ourselves from within. It provides inner stability. She said that it is necessary to believe in one god but...

Who is GOD?

What is the real truth?

Then she explained that whoever has these five qualities is GOD.

These five qualities are:-

- Who is universally accepted by all religions as GOD
- Supreme authority
- Omniscient
- Infinite in all values and powers



After sawing every religion we concluded that in every religion, GOD is described as a supreme light. The Supreme (GOD) is the father of all the souls. In Islam Prophet Muhammad also said that GOD (Allah) is one. In Christianity, Jesus Christ said that GOD is light, I'm son of GOD Guru Nanak ji, Buddha, Mahaveer ji all described GOD in the form of light. Then she said prayer means saying to GOD but meditation means listening to GOD. With the help of meditation we can charge our soul. At the end of the session he guided the participants to experience themselves through meditation and feel the peace and power within. After the Q&A round, Dr. Bharka Shrivastava gave a thanking note to the speaker.

## Eighth Session (17th December, 2020)



The second session of the second day of FDP on 'Stress and Anger Management' was addressed by Devi Chitralekha ji on the topic 'Enjoy the journey'. The event started at sharp 12 o'clock. Moderator Mr. Mukesh Agarwal welcomed the speaker and all the participants and handed over

the board to the spokesman Devi Chitralekha. She started her session very politely by remembering God. Some of the beautiful points of her session are given below -

- We should not collect waste in our mind.
- It's totally up to us whether we accept anger or not.
- Parents must first change themselves to teach the same to their children.
- To destroy unwanted pride, we should see people bigger than us.
- We must meditate to protect ourselves from negativity and to make a connection with supreme (God).
- Be happy and make others happy in every situation of life.



Then she gave some tips to be free from stress and anger -

1. Eat and sleep at the proper time.
2. Clean negative data (negative thoughts) from your mind before going to sleep.
3. Make good people as friends so that a good environment is built around you.
4. We should not expect anything from anyone.

These points touched everyone's heart. At the end, Mr. Mukesh Agarwal invited her to visit Rajyoga Thought Laboratory at JECRC, Jaipur.

### Ninth Session (17th December, 2020)

The third session of the third day of FDP on 'Stress Anger and Management' was addressed by Dr. BK EV Swaminathan on the topic 'Overcoming Academic Stress'. The event started at 2:00 o'clock on Zoom platform.



Moderator Mrs. Anima Sharma welcomed the speaker and all the participants and handed over the board to the spokesman BK Swaminathan. He addressed the audience which consisted of teachers, professors and doctors from various cities of the country and shared his views upon the topic.

He said that a teacher should know how to teach and when to teach because the content is not that much important as the flow of energy is. He also shared the importance of happiness that if we are happy we will definitely become successful. So, to live a healthy and happy life we must include good things in our lifestyle such as:

- Physical exercise
- Meditation
- Balance diet

Some other points that he shared are:

- Whenever we feel sad or things are not going according to us, we should take a pause and take a break to introspect and analyse whether we are on the right track or not.

We should connect ourselves with nature, happy people and feel blessed about what we have.

- Stress= Outer Pressure / Inner Coping Abilities.

We cannot control what is happening around and with us i.e., Outer pressure but we can surely control what happens within us i.e., Inner Coping Abilities.

- To increase our inner coping abilities add good things like meditation, physical exercise, etc in our lifestyle to make it a healthy one and create big changes after some period of time through simple, small and sustainable changes.
- Mind your MIND because MIND matters.
- We should increase our reaction time and emotional intelligence.
- Strong and powerful mind creates powerful thoughts, emotions and attitudes. For it, the quantity of thoughts must be low and quality of thoughts must be high.

After it he stated that he had never seen such a lab which works upon thoughts in any college as Rajayoga Thought Lab. He was really impressed with its idea. Then he ended the session with a story of Arjun and bird's eye and left a question for the audience to answer in the next session: What does it signify when Arjun said he saw only the bird's eye?

### Tenth Session (18th December, 2020)



The First session of the Fourth day of FDP on 'Stress Anger and Management' was addressed by Dr. BK EV Swaminathan on the topic 'Techniques of concentration'. Mrs. Anima Sharma welcomed everyone to continue the whole journey and handed over the board to Dr. BK EV Swaminathan.

- He started the session by explaining the importance of EQ (Emotional Intelligence).
- He then added further that we must 'Forget Learning, Learn Forgetting' to manage our thoughts.
- Sleep is the best gift of nature. When we sleep our brain's state reaches a delta level in which the quantity reduces and the quality can be improved by doing meditation.

So, proper sleep along with meditation is good for our mind which becomes strong and powerful.

- Then he told the secret of making one's mind his best friend. He said that our mind communicates by images. So, we should add some alternative positive words every time in our thoughts to make them elevated which heals us by infusing positivity in the language of our mind.
- At last he disclosed the solution of Arjun and bird's eye story's question asked by him in the previous session. He explained that it signifies the beautiful, powerful thought management by Arjun whose thoughts were actually focused upon the target only. And that is what the true concentration is.

Then everyone meditated for a few minutes under his guidance and experienced the power of high quality thoughts.

### **Eleventh Session (18th December, 2020)**



The second session of the Fourth day of FDP on 'Stress Anger and Management' was addressed by Dr. Mohit Gupta on the topic ' Emotional Quotient". Dr. Mohit Gupta's Session was divided into three parts:-

1. Preventive measures of stress and anger
2. Digital detoxification
3. What is use of meditation
1. Preventive measures of Stress and Anger:-

In this part he added following points -

- People, situations, memories, and the future should not affect our life.
- Only 10% of our life is what happens to us and 90% is How we react to it.
- Life is all about balance -what to hold on and what to let go.
- We should have the ability to convert challenges to opportunities.
- We can reduce stress and anger by changing our perspective towards situations and adding calmness in our life.

- How do I check the stability of my emotions?

By asking some questions to ourselves, we can check it:-

1. Do I get stressed easily?
2. Do Anxiety and overthinking dominate?
3. Do I Hold grudges: don't let go?
4. Do I Blame others?
5. Do I get offended easily?
6. Do I make assumptions quickly?
7. Do I often feel misunderstood?



If the answers to most of these questions is YES, then it shows lower inner stability.

### Twelfth Session (18th December, 2020)



The third session of the Fourth day of FDP on 'Stress Anger and Management' was addressed by Dr. Suresh Gupta on the topic ' Stress and Anger '. What is stress? What is the root cause of stress? What is the impact of stress? Who is, who are stressors? The session started with

these questions and then he explained all the answers very well. He stated that stress is not a disease but a problem that can be cured easily.

Types of stress are:

- Moderate
- Severe
- Mild

Some of the stressors in our life are:

- Daily life
- Life events
- Psychological
- Environmental

- Physical

Impacts of stress are:

- Physical
- Emotional
- Behavioral (drug, impulsive actions)
- Cognition (memory less, hopelessness, suicide)

Then he gave three advices for management of stress

- Acceptance
- Modify According to the situations

It contains many things like:

- Sleep (6 to 8)
- Balanced diet
- Exercise (40-45 min)
- Meditation, yoga
- Relaxation exercises (hobbies)
- Increase communication with your family
- Avoid addictions (mobile, drugs, alcohol etc.).
- Believe any religion or any positive power in the universe.
- Add humor in your life.

Then he came to Anger, he said that Anger has two major reasons:

1. Misbehavior by people/ abusive.
2. When things are not going according to our will.

Then what should we do?

- Think positive
- Understand the situation comprehensively
- Patience
- Control your reaction

After the Q&A round, Mrs. Richa Sharma gave thanking note to the speaker



## Thirteenth Session (19th December, 2020)



The First Session of the Fifth day of FDP on 'Stress Anger and Management' was addressed by Sister Chandrakala on the topic ' Powers for Adapting to a New Ecosystem '.

1. Leaders need to know “where they are heading & what they stand for.”
2. What lies behind us and what lies

before us are small things, when compared to what lies within us.

3. She explained the various powers which are the best solutions for stress & anger.

(1) Power of focus and concentration :-

Focus on things on which you have direct control rather than to blame circumstances.

(2) Power of determination :-

Nothing great will ever be achieved without great men and men are great only when they are determined to be so.

(3) Power to remember and forget :-

(a) “Often in life we forget the things we should remember and remember the things we should forget.”

(b) Power to forgive is the key to forget negativity.

(4) Power to manage:-

Management = manage men

Manage men = manage me

“Manage me” is the first key for management.

(5) Power of balancing

(6) Power of communication

(7) Power to protect happiness and enthusiasm:- Happiness is not the absence of problems but it's the ability to deal with them.

(8) Power of good wishes:- True benefactor is one who shelters others by the power of his good wishes irrespective of the person next



(9) Power of silence:-

(a) Speech is silver & silence is golden.

(b) Silence is one of the great arts of conversation.

### Fourteenth Session (19th December, 2020)



The second session of the Fifth day of FDP on 'Stress Anger and Management' was addressed by Mr. Suresh Oberoi. This session was a question and answer session. Mr. Mukesh Agarwal, Head, Rajyoga Thought Laboratory, JECRC moderated this session. Shri Amit Agarwal, Chairman,

JECRC University shared the welcome address.

We received around 500 questions from the participants to be asked, but due to the short span of time following questions were selected:

Q1. Why did you choose spirituality over Bollywood's glamorous life?

Ans. He said that I traveled all over the world but I didn't get peace anywhere else .I got only stress, anger, tension etc. but when I chose spirituality I got peace. Actually peace is the real form of every soul. By choosing spirituality I didn't abandon Bollywood I only met my real form.

Q 2.Many time we walk in spiritual path but people don't change so where do we change?

Ans. When we change one day everything changes automatically. We should connect with God .You should focus on yourself rather than people.

Q.3 In this world everyone is running towards money, fame, name, etc when we will run?

Ans. Everyone is running, they think that happiness and peace hide in these materialistic things. No matter how much they run but they will not get happiness and peace. They will get peace and happiness only when they make connection with the Supreme Father.

Q.4 Is perfection increasing stress?

Ans. Perfection is death. It depends on our point of view. We make our false portrait. In universe God is only perfect.

Q.5 What is the impact of food on our life?

Ans. Impact of food in our life is very high because whatever kind of food you eat creates your mindset .If you eat food full of negativity, fear, pain etc. then it will make your mindset negative .

Q.6 How do we end up being influenced by others?

Ans. We are influenced only when we like to be influenced by others. We should do meditation and should get influenced by God only.

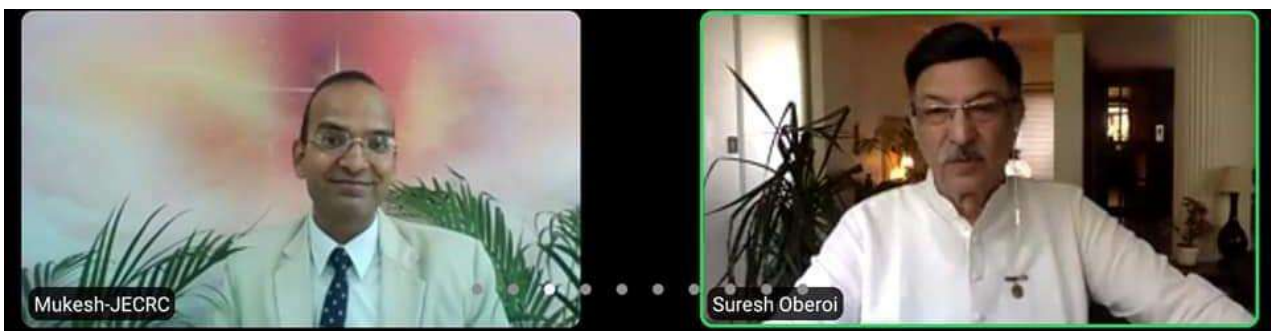
Q.7 Why do we not recall the knowledge of what we listen to?

Ans.7 Because we do not repeat it. When we repeat something it goes into our subconscious mind and automatically those things come to our mind at the right time.

Q.8 How to control our emotions when we feel ill.

Ans. We should forget our past and think of ourselves as souls. We should only connect with God; Meditation helps us in this.

The session went flawlessly and participants enjoyed it very much. Mr. Oberoi Ji appreciated the efforts of JECRC for organizing this kind of event. At the end, Dr. V.K. Chandna, Principal



JECRC gave thanks to him and also invited him to the JECRC campus.

### Fifteenth Session (19th December, 2020)



In this digital age, healthy use of technology is very much important. The fifteenth session of the FDP on 19 December, 2020 revolved around the above stated need of the current time. The session was presented by Mr. BalaKishore on the topic 'Digital Wellness' in which he shared relevant

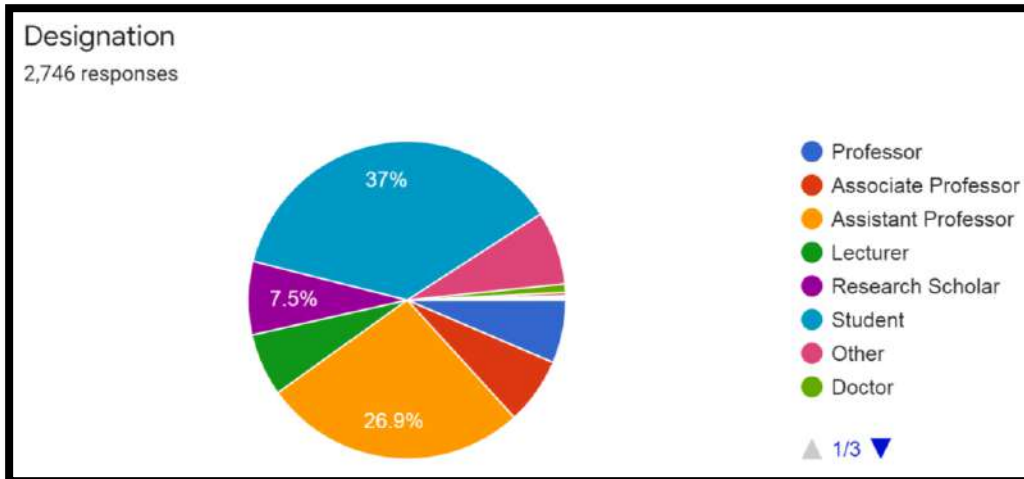
and useful information about the preventive measures and the ways to achieve digital wellness.

- He stated Brain is the excellent filter and attention is its gate.
- Attention is the key for creating neural circuits and this property of the brain to create neural circuits is called Neuroplasticity.
- He showed that the neural circuits formed due to internet addictions, social media addictions, etc cause mental and physical problems.
- Continuous sitting, improper food habits also affect our wellness.
- He provided some preventive measures like-
  1. Switching off unwanted notifications.
  2. Sitting less, moving more.
  3. Doing physical exercise.
  4. Eat right, eat less and live long.
  5. Sleep is not waste. Sleeping more is required in this Digital age.

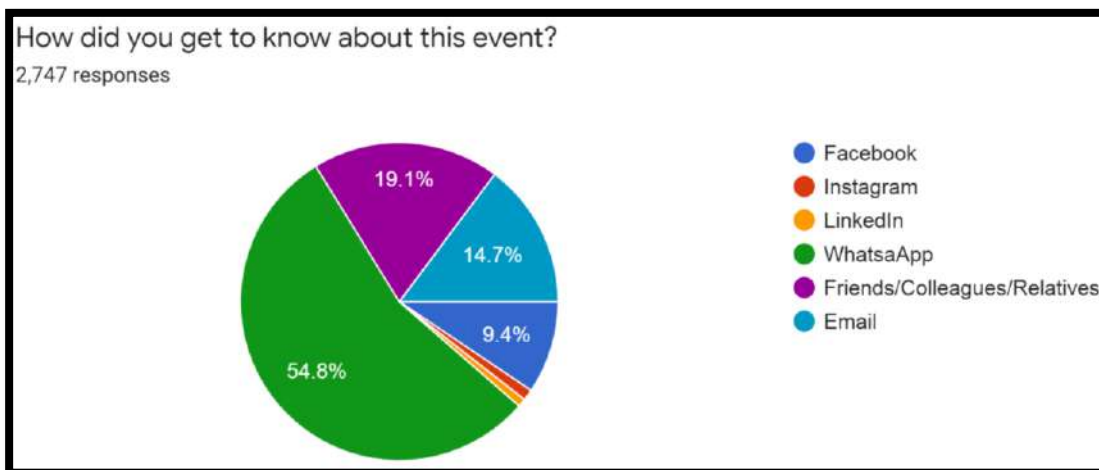
He also shared the key to digital wellness - Meditation. After it some questions of participants regarding digital wellness were answered and then the session ended by a 2 minutes meditation session.



## Registration Data Analysis



The 5-days Faculty Development Program on 'Stress and Anger Management' fascinated lots of teachers, doctors and professors and brought 2748 registrations from all over the country. There were participants from more than 240 different institutions and organizations from 191 cities. Some registrations also came from countries Australia, Myanmar, Pakistan, Nepal, U.S.A.,etc. Participants include principal, vice principal, research scholar, research associate, professor, assistant professor among the 45 different countries which shows the importance of such events. The event came out to be very beneficial for all.



## जेइसीआरसी में हुआ पांच दिवसीय 'स्ट्रेस एंड एंगर मैनेजमेंट' पर फैकल्टी डेवलपमेंट प्रोग्राम

जयपुर (कासं.)। राजस्थान टेकनीकल यूनिवर्सिटी, TEQIP - III और जयपुर इंजीनियरिंग कॉलेज सीतापुरा के संयुक्त तत्वाधान से पांच दिवसीय 'स्ट्रेस एंड एंगर मैनेजमेंट' पर फैकल्टी डेवलपमेंट प्रोग्राम 15 दिसंबर से 19 दिसंबर को ऑनलाइन आयोजित किया गया।

JECRC यूनिवर्सिटी के वाइस चेयरपर्सन अमित अग्रवाल ने सभी अतिथियों का स्वागत किया और कहा कि बहुत खुशी है मुझे इस कार्यक्रम का हिस्सा बन कर, कोरोना काल में हमारे आस पास नकारात्मक ऊर्जा उत्पन्न हो गई है, ऐसे में इस तरह के कार्यक्रम हमें पॉजिटिव एनर्जी देते हैं साथ ही सही दिशा में आगे बढ़ने के लिए प्रेरित करते हैं।

यूनिवर्सिटी के वाइस चेयरपर्सन अर्पित अग्रवाल ने कहा कि इस तरह के कार्यक्रम शिक्षकों को तकनीकी लाभ के साथ साथ भावनात्मक और आध्यात्मिक ज्ञान



देते हैं जो की जरूरी है स्ट्रेस फ्री जिंदगी जीने के लिए।

कार्यक्रम में देवी चित्रलेखा, सिस्टर उषा, डॉ. सुरेश गुप्ता, सिस्टर चन्द्रकला, राजयोग बी के सूर्या, डॉ. अवदेश शर्मा, बालकिशोर, डॉ. मोहित गुप्ता, डॉ. इ.वी. स्वामीनाथन, बीके इ.वी. गिरीष ने भी अपने विचार व्यक्त किए। देवी चित्रलेखा ने अपने विचार व्यक्त करते हुए कहा कि स्ट्रेस और एंगर दो ऐसे शब्द हैं जिन्हें हमने अपनी जिंदगी में जोड़ लिए हैं, की ये हमारी लाइफ में होंगे।

## स्ट्रेस फ्री जिंदगी जीने के लिए इस तरह के कार्यक्रम जरूरी: अमित अग्रवाल

जयपुर, समाचार जगत न्यूज। राजस्थान टेकनीकल यूनिवर्सिटी, टेक आईपी-तृतीय और जयपुर इंजीनियरिंग कॉलेज सीतापुरा के संयुक्त तत्वाधान से पांच दिवसीय 'स्ट्रेस एंड एंगर मैनेजमेंट' पर फैकल्टी डेवलपमेंट प्रोग्राम 15 दिसंबर से 19 दिसंबर को ऑनलाइन आयोजित किया गया। जेईसीआरसी यूनिवर्सिटी के वाइस चेयरपर्सन अमित अग्रवाल ने सभी अतिथियों का स्वागत किया और कहा बहुत खुशी है मुझे इस कार्यक्रम का हिस्सा बन कर, कोरोना काल में हमारे आस पास नकारात्मक ऊर्जा उत्पन्न हो गई है। ऐसे में इस तरह के कार्यक्रम हमें पॉजिटिव एनर्जी देते हैं साथ ही सही दिशा में आगे बढ़ने के लिए प्रेरित करते हैं। अमित अग्रवाल ने कहा कि इस तरह के कार्यक्रम शिक्षकों को तकनीकी लाभ के साथ-साथ भावनात्मक और आध्यात्मिक ज्ञान देते हैं जो की जरूरी है। स्ट्रेस फ्री जिंदगी जीने के लिए। कार्यक्रम में देवी चित्रलेखा, सिस्टर उषा, डॉ. सुरेश गुप्ता, सिस्टर चन्द्रकला, राजयोग बी के सूर्या, डॉ. अवदेश शर्मा, बालकिशोर, डॉ. मोहित गुप्ता, डॉ. इवी स्वामीनाथन, बीके इवी गिरीश ने भी अपने विचार व्यक्त किए। मशहूर अभिनेता और आध्यात्मिक वक्ता सुरेश ओबेरॉय ने कार्यक्रम की सराहना की और कहा मैं आप सभी को शुभकामनाएं देता हूं। इस तरह के कार्यक्रम आयोजित करने के लिए जो की बहुत जरूरी है आज की रोजमर्रा की जिंदगी के लिए।



जयपुर 20-12-2020

## 5 दिवसीय स्ट्रेस एंड एंगर मैनेजमेंट पर फैकल्टी डवलपमेंट प्रोग्राम आयोजित

अभिनेता और आध्यात्मिक वक्ता सुरेश ओबेरॉय ने दिए स्ट्रेस फ्री रहने के टिप्स

जयपुर। राजस्थान टेक्नीकल यूनिवर्सिटी, टीईक्यू आईपी - III और जयपुर इंजीनियरिंग कॉलेज सीतापुरा के संयुक्त तत्वाधान में आयोजित पांच दिवसीय 'स्ट्रेस एंड एंगर मैनेजमेंट' पर फैकल्टी डवलपमेंट प्रोग्राम का समापन शनिवार को हुआ। जेईसीआरसी यूनिवर्सिटी के वाइस चेयरपर्सन अमित अग्रवाल ने कहा कि इस तरह के कार्यक्रम हमें पॉजिटिव एनर्जी देते हैं। साथ ही सही दिशा में आगे बढ़ने के लिए प्रेरित करते हैं। इसमें देवी चित्रलेखा, सिस्टर उषा, डॉ. सुरेश गुप्ता, सिस्टर चंद्रकला, राजयोग बी के सूर्या, डॉ. अवदेश शर्मा, बालकिशोर, डॉ. मोहित गुप्ता, डॉ. इवी स्वामीनाथन, बीके इवी गिरीश



ने भी विचार व्यक्त किए। कार्यक्रम में मशहूर अभिनेता और आध्यात्मिक वक्ता सुरेश ओबेरॉय भी शामिल हुए। उन्होंने कार्यक्रम की सराहना की। उन्होंने बताया कि एक बच्चा वही सीखता है जो अपने आस-पास देखता है, उन्हीं विचारों और संस्कारों के साथ बड़ा होता है इसलिए कहते हैं जैसे संस्कार आज हम अपने बच्चों को देंगे वैसा ही संसार कल हमें दिखेगा। उन्होंने कहा कि बुरे विचारों को नजरअंदाज करेंगे तो स्ट्रेस अपने आप ही दूर भाग जाएगा।

## सुरेश ओबेरॉय ने दिए स्ट्रेस फ्री रहने के टिप्स

जयपुर। राजस्थान टेक्नीकल यूनिवर्सिटी, टेक्युप थर्ड, जेईसीआरसी और जयपुर इंजीनियरिंग कॉलेज सीतापुरा के संयुक्त तत्वाधान में पांच दिवसीय 'स्ट्रेस एंड एंगर मैनेजमेंट' पर ऑनलाइन फैकल्टी डवलपमेंट प्रोग्राम का समापन शनिवार को हुआ। जेईसीआरसी यूनिवर्सिटी के वाइस चेयरपर्सन अमित अग्रवाल ने सभी अतिथियों का स्वागत किया। वाइस चेयरपर्सन अमित अग्रवाल ने कहा कि इस तरह के कार्यक्रम शिक्षकों को तकनीकी लाभ के साथ-साथ भावनात्मक और आध्यात्मिक ज्ञान देते हैं, जो स्ट्रेस फ्री रहने में सहायता करते हैं। कार्यक्रम में एक्टर और आध्यात्मिक वक्ता सुरेश ओबेरॉय ने कहा कि एक बच्चा वही सीखता है, जो अपने आस पास देखता है, उन्हीं विचारों और संस्कारों के साथ बड़ा होता है। इसलिए कहते हैं जैसे संस्कार आज हम अपने बच्चों को देंगे, वैसा ही संसार कल हमें दिखेगा। कार्यक्रम में देवी चित्रलेखा, सिस्टर उषा, सुरेश गुप्ता, सिस्टर चन्द्रकला सहित कई एक्सपर्ट रूबरू हुए।

# प्रोफेसर्स ने अभिनेता ओबेरॉय से मन की बात

ब्यूरो/नवज्योति, जयपुर। राजस्थान टेक्निकल यूनिवर्सिटी और जयपुर इंजीनियरिंग कॉलेज के संयुक्त तत्वावधान से पांच

ओबेरॉय ने कहा कि संस्कार से ही संसार बदल सकते हैं। एक बच्चा वही सीखता है, जो अपने आस-पास देखता है। उन्हीं विचारों



और संस्कारों के साथ बड़ा होता है। जेईसीआरसी के वाइस चेयरपर्सन अमित अग्रवाल व अर्पित अग्रवाल ने कहा कि इस तरह के कार्यक्रम शिक्षकों को तकनीकी लाभ के

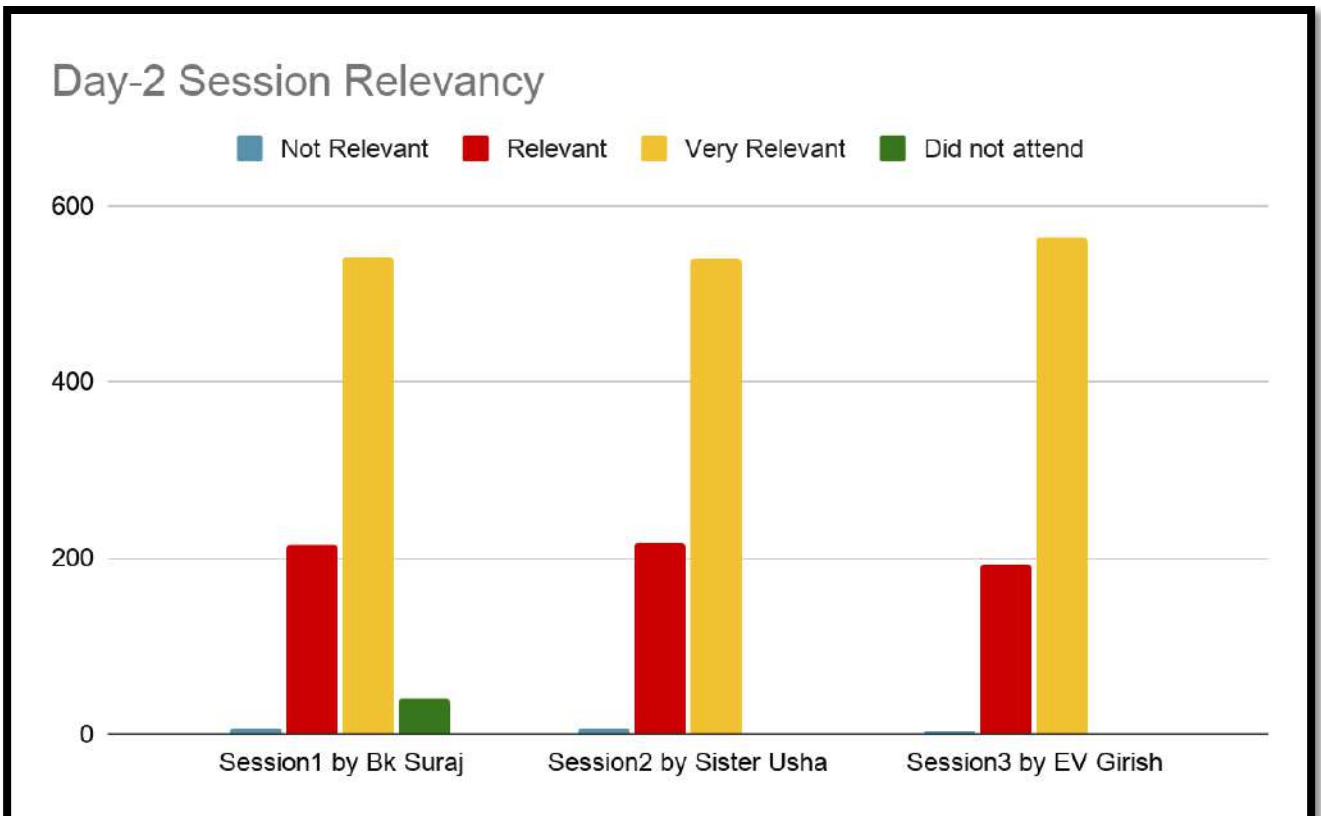
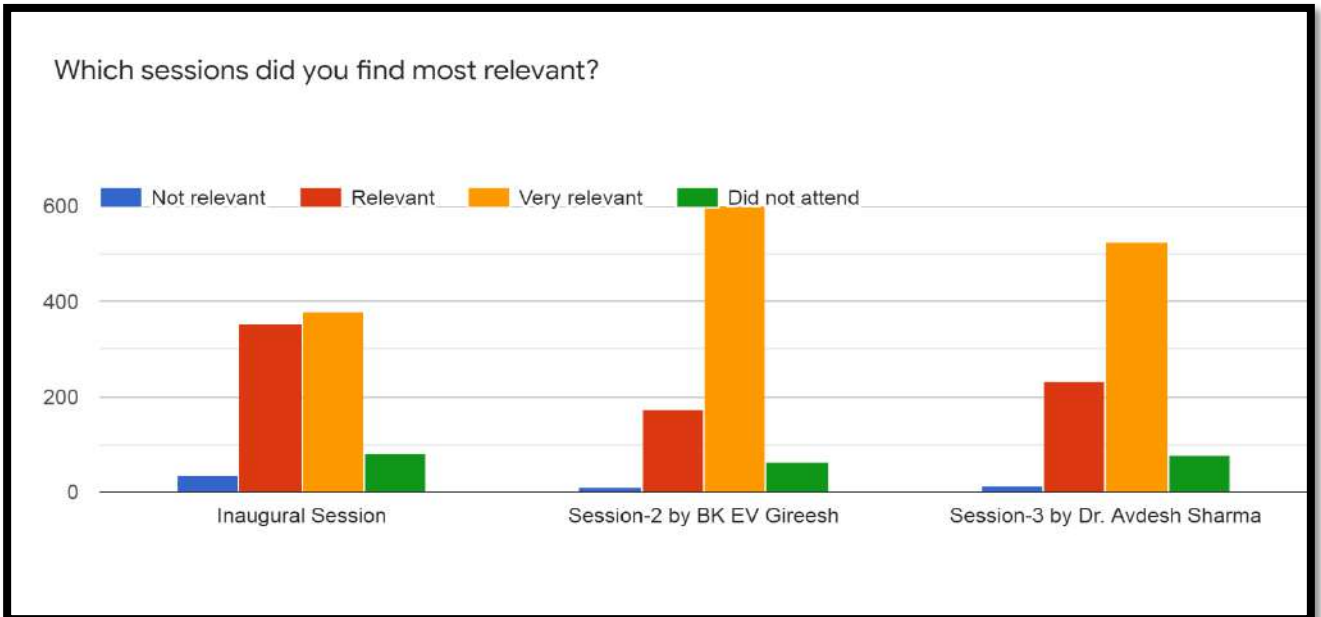
दिवसीय स्ट्रेस एंड एंगर मैनेजमेंट पर फैकल्टी डवलपमेंट प्रोग्राम ऑनलाइन सम्पन्न हुआ। इसमें मशहूर अभिनेता और आध्यात्मिक वक्ता सुरेश ओबेरॉय ने प्रोफेसर्स से मन की बात की और स्ट्रेस एंड एंगर मैनेजमेंट के गुर सिखाए।

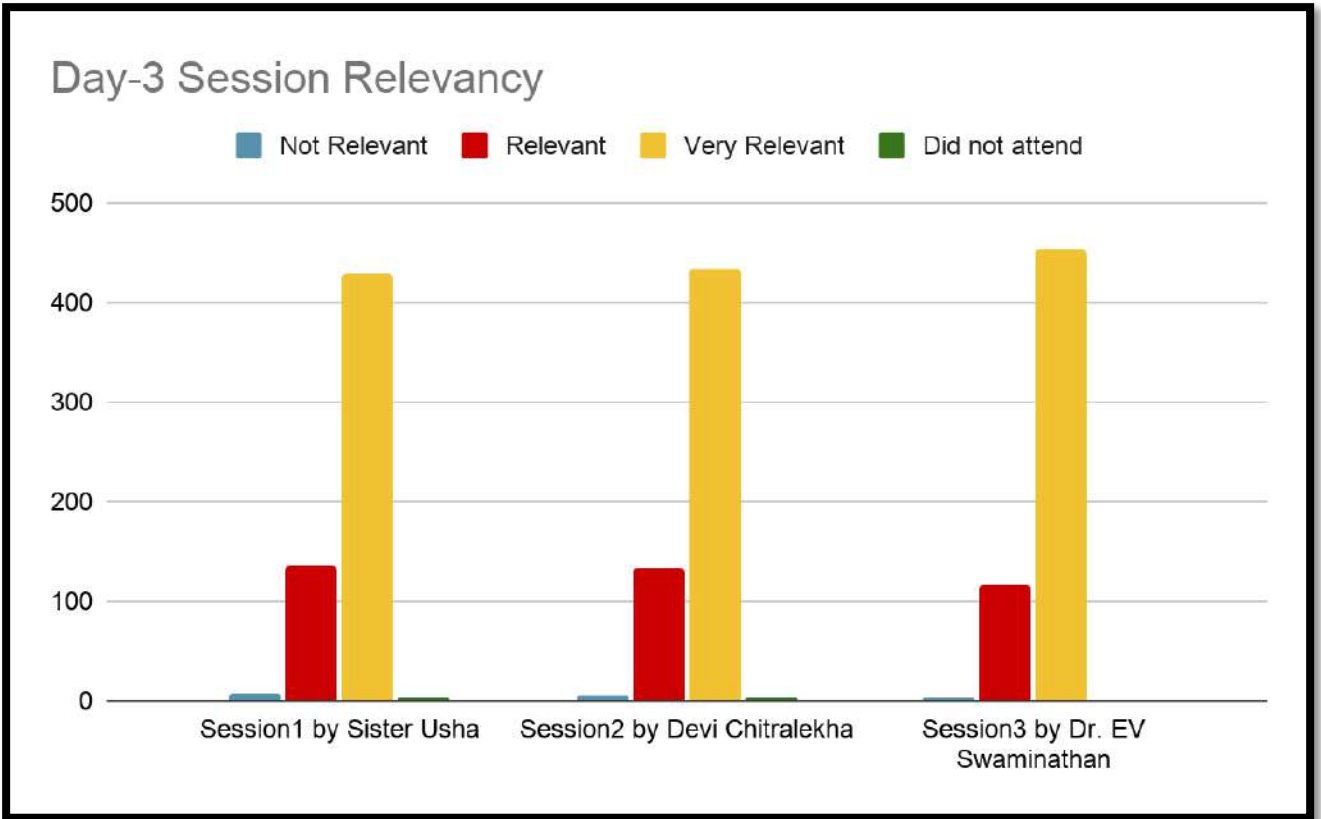
साथ भावनात्मक और आध्यात्मिक ज्ञान देते हैं, जो स्ट्रेस फ्री जिंदगी जीने के लिए जरूरी है। देवी चित्रलेखा ने कहा कि स्ट्रेस और एंगर दो ऐसे शब्द हैं, जिन्हें हमने अपनी जिंदगी में जोड़ लिए हैं, की ये हमारी लाइफ में होंगे।

## Feedback Analysis

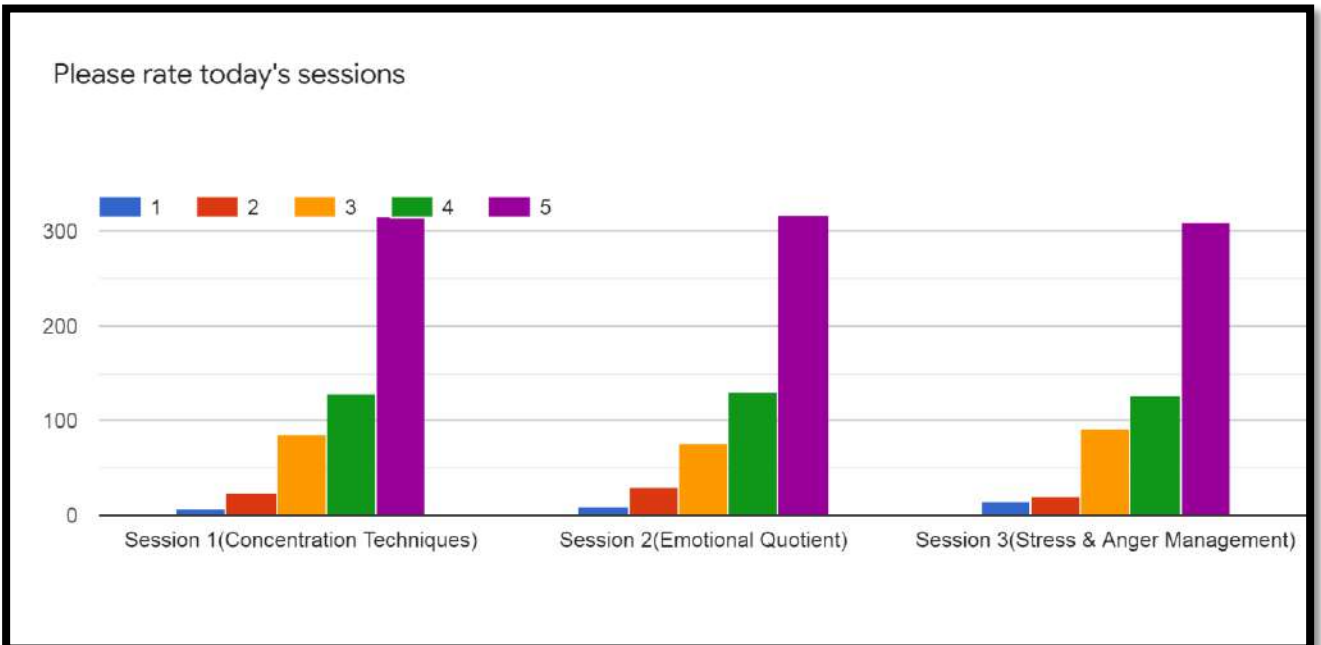
5-days FDP program got great response in all terms as shown by the data collected through feedback forms:

### Day-1 session Relevancy

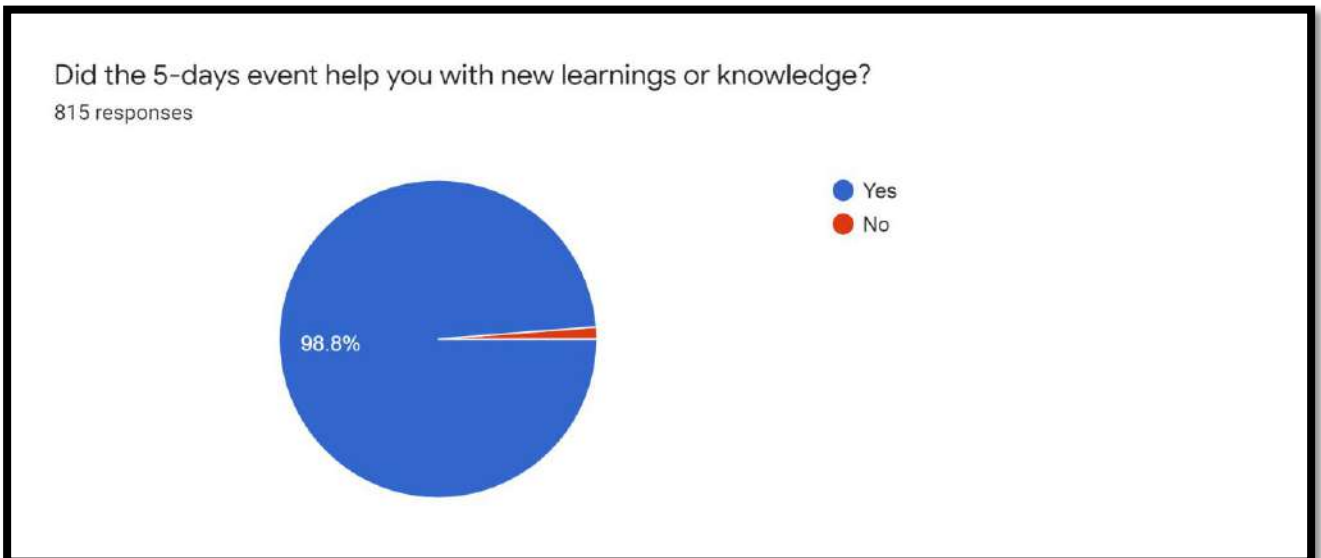
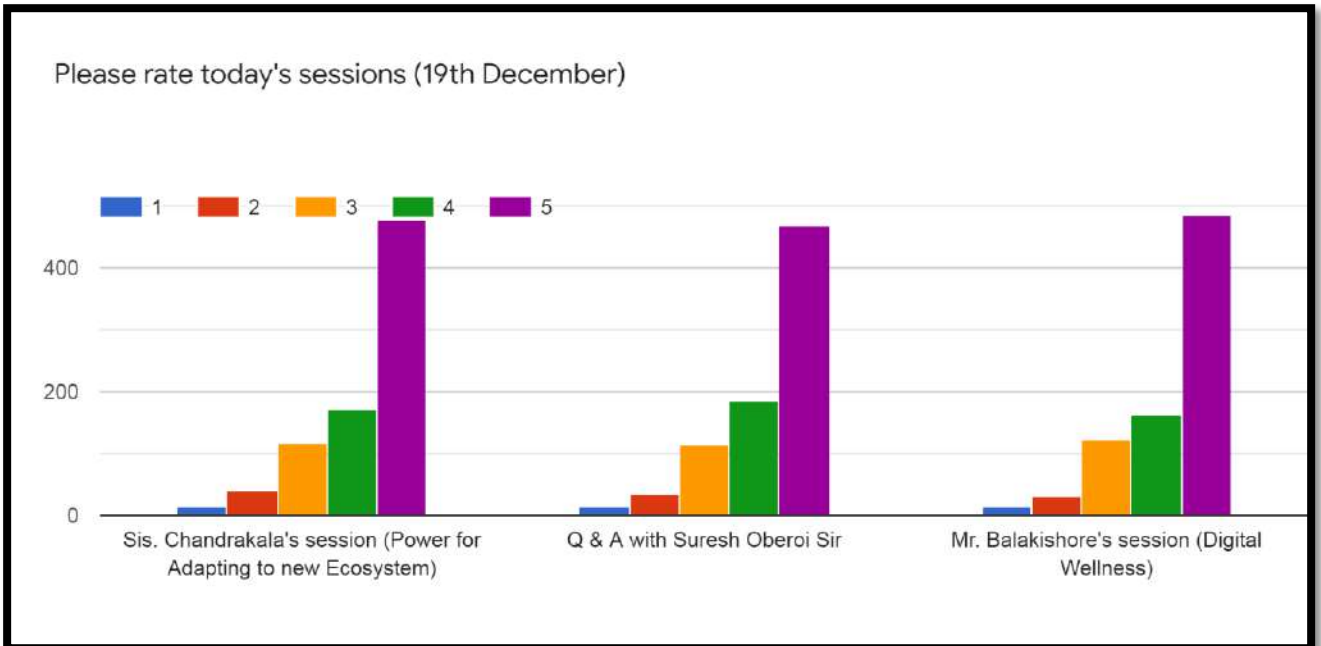




DAY-4 Session Relevancy:



## Day-5 Session Relevancy:



## Feedback comments from participants

<p>“This webinar is really very informative and inspiring. Thank you so much. Kudos To the organizers...”</p> <p>EUGENE D. GABRIEL, MSE Tagudin Ilocos Sur, Philippines</p>	<p>“ I was listening to the speakers. It was really a very nice experience and such a very informative one.”</p> <p>Darwin N. Payod Ormoc City, Philippines</p>
<p>“You are doing a great job and giving much needed insight and happiness to us. Thank you very much.”</p> <p>Dr. Alka vPisal, DSS</p>	<p>“It is the best part of my life because it made me understand me how I should improve myself”</p> <p>Gaurav Gupta, Jaipur Engineering College and Research Centre</p>
<p>“Such events are needed to keep us human... please keep organizing such workshops”</p> <p>P Shivani Singh, JECRC University</p>	<p>“Excellent sessions. Really feel fortunate to attend this event.”</p> <p>POONAM BALA, Partap College Of Education, Ludhiana</p>
<p>“Superb!!! Hats off to the organizers”</p> <p>Pandiamani B K Brahma kumaris complex Abu Road Raj.</p>	<p>“Event was wonderful and truly changed my perspective towards life.”</p> <p>Aditya Sikhwal, Jaipur Engineering College and Research Centre</p>
<p>“Time is sufficient but I feel it should not end only...very informative and well explained sessions. Q A are also so nicely taken .□□”</p> <p>thanks a lot to the whole team□□”</p> <p>Meera Manoj Holani Thane, India</p>	<p>“Really appreciate great efforts of organisers for this event ”</p> <p>Gayatri Girish Muthiyan AIIMS NAGPUR</p>
<p>“Please organize this type of more developments session”</p> <p>Samander Bawar Kabul, Afghanistan</p>	<p>“I think this was one of the best FDP I have ever attended.”</p>

<p>“The event was fabulous. So, I think there is nothing to make better”  <b>Arushi Jain, Jaipur</b></p> <p>“Excellent event in all respects, some more webinars like this should be organised in future for the welfare of humanity.”  <b>Dr. Anil Kumar Sharma, Delhi</b></p> <p>“Really very interesting and innovative FDP. Really enjoyed a lot. Thanks a lot for giving us such a wonderful opportunity and experience.”  <b>Mital M.Desai</b>  <b>Vyara, India</b></p> <p>“This has been an absolutely amazing and enlightening course for me. I loved all the resources and found it easy to follow. I looked forward to the next one. Thank you”  <b>Sanjeeb Limbu,</b>  <b>Shillong, India</b></p>	<p><b>Akanksha Malviya, Kota, India</b></p> <p>“All is good”  <b>Juliet</b>  <b>Ajman, UAE</b></p> <p>“It was mostly a well-managed program. The speakers were very good and some were excellent. Thank you so much for organising this FDP, lots of gratitude from the bottom of my heart, the commitment of all the team who carried out this program for 5 days along with the pre and post Work. May you all be blessed!”  <b>Reshma Jiwani, India</b></p> <p>“Life long journey no stress very Happy and positive idea or thought”  <b>Sant Lal Ravat</b>  <b>Meerut, India</b></p> <p>“Kudos to the entire team for the wonderful event”  <b>Dr Avinash Marwal</b>  <b>Udaipur, India</b></p>
<p><b>Mr. Atul, Jaipur</b>  I work in a MNC, despite the work I took all 5 days of FDP sessions. Sessions were wonderful, great speakers Thank you so much for those sessions.  <b>Dr. Khushboo Chandra, RPCAU</b></p>	<p><b>Dr. Hardal Sharma, Chennai</b>  I really feel fresh after the workshop, well organized and all the speakers are excellent .I enjoyed a lot .Thank you and best wishes for your future programs.</p>

Title of this session is wonderful. Before joining the session most of the time I used to be stressed, short temper after joining that I came to know how to control our anger and stress. I will definitely do meditation. Really these sessions were very helpful and inspiring. Thank you so much.

**Anand shedge , Mumbai**

Thank you so much to all the team members, very good topic. I enjoyed all the 5 days FDP sessions, all the speakers were very fantastic. Thank you RTU Kota and Rajyoga thought lab.

**Amar Singh**

I first of all like to thank the organizers of this program and I would like to share my experience had to quit my job because of my own problem of stress and anger and because of this I had filled with negative thoughts. Somehow this session came to me and I attended all sessions. Now I really feel happy and enlightened and now I try to keep my emotions in my control so thank you so much and good wishes for your future programs.

**Suresh Padmanaban , Chennai**

The program was wonderful, it is totally different, the topic is different. Wonderful experience earned from this program. The only one problem is language because I lived in the South so it was hard to understand Hindi. Overall sessions were very good and useful.

**Anju Pramod Dubey**

Last time I couldn't completely attend your previous sessions because of some reasons. That's why this time I decided that I'm definitely going to take out time and I attended. I feel very fortunate and happy that I had been a part of this and every session was so enlightening. Thank you so much to your managing team.

## Swot Analysis

### STRENGTHS

- We were able to generate a path between inexplicable speakers and a diverse audience.
- People worldwide were connected online.
- A vibrant wave of awareness was created by the speakers imparted into the audience.
- Feedback comments from participants

### WEAKNESS

- The promotion could have been started before involving more registrations.
- The audience was comfortable with different languages that might have been a little discomfort.

### OPPORTUNITIES

- We are planning to conduct sessions to a broader level internationally.
- The overwhelmed participants are sharing a huge wave of awareness to enhance this globally.

### THREATS

- The online sessions are accustomed to experience digital threats.
- There is a chance of misuse of technology.

## Recommended Actions

A measure of concern and handling threats digitally has to be maintained properly.

The sessions are to be held on a globally renowned and secure platform to avoid mishaps.

The issue of language as a barrier for a diverse audience worldwide needs to be considered on priority.

## Organizing Team

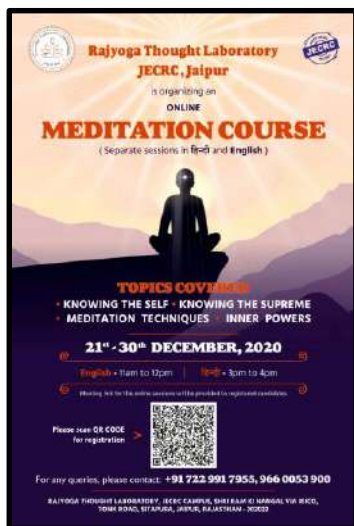
### Faculty Coordinators

<b>S. No.</b>	<b>NAME</b>	<b>DESIGNATION</b>
1.	Mr. Mukesh Agarwal	Head, Spiritual Research Cell, JECRC
2.	Dr. B. Gidwani	Event Coordinator, RTU
3.	Ms. Chitra Khandelwal	Event Coordinator
4.	Ms. Neha Bharti	Event Coordinator
5.	Dr. Vinita Mathur	Event Coordinator
6.	Ms. Anima Sharma	Event Coordinator
7.	Dr. Neha Singh	Event Coordinator
8.	Dr. Parul Tyagi	Event Coordinator
9.	Dr. Barkha	Event Coordinator
10.	Dr. Barkha Shrivastav	Event Coordinator
11.	Ms. Richa	Event Coordinator
12.	Ms. Sonia	Event Coordinator
13.	Mr. Arvind Sharma	Chief Designer

## Student Coordinators

S. No.	NAME	DESIGNATION
1.	Piyush Mantri	Computer Science Engineering - 4th Year
2.	Aastha Agarwal	Computer Science Engineering - 3rd Year
3.	Dewang Agarwal	Information Technology - 3rd Year
4.	Akshat Mangal	Mechanical Engineering - 3rd Year
5.	Shashwat Jain	Computer Science Engineering - 3rd Year
6.	Chirag Nagar	Computer Science Engineering - 3rd Year
7.	Divya Jindal	Computer Science Engineering - 2nd Year
8.	Ashutosh Mishra	Electronics and Communication Engineering - 2nd Year
9.	Ashutosh Lawania	Electronics and Communication Engineering - 2nd Year

## Follow-up Event



On the last day of FDP on Stress and Anger Management a 10-days Meditation Course was announced by Spiritual Research Cell, JECRC. The course started on December 21, 2020 and ended on December 30, 2020 with the objective to help people learn how to meditate and inculcate peace and happiness in their life. Total 518 participants registered in both the courses. Feedback of FDP shows that, to solve the language discomfort due to audience from varied regions of the country the event was organized separately in the English and Hindi language. The event successfully ended with over 100 active participants for 10 days

constituting 30+ members in meditation course in English and 70+ members in meditation course in Hindi. Everyone was grateful for the beautiful ending with lifelong learnings and practical applications through meditation course.

# Rajasthan Technical University

Rawatbhata Road, Akelgarh, Kota-324010

Honorarium bill for ONLINE Events

TEQIP-III,RTU(ATU)

- Name(In Block Letters) BK EVGireesh Mob. No 9920612131, 7014986066
- Fathers Name .....A V K Marar.....
- Date of Birth.....11.11.1974.....
- Designation& Affiliation.....
- Address.. D-202, TEAKWOOD CHS, SWAPNA NAGARI, MULUND (W), MUMBAI, MAHARASHTRA, PIN - 400080...
- Aadhar No.....9651 5009 8878.....(Enclose Copy of Aadhar Card)
- PAN No.....AAHPE6034H.....(Enclose Copy of PAN Card)
- Bank Account No.....SBI A/C NO : 38499803871.....
- Name and Branch of Bank .....STATE BANK OF INDIA, TALIPARAMBA.....
- IFSC Code .....SBIN0001000.....
- Honorarium

S.No.	Date	Time	Topic	Honorarium
1	15/12/2020	12:00-01:30 pm	How to become positive personality	5000
2	16/12/2020	02:00-03:30 pm	Science of happiness	5000
3.				
4.				
5.				

12. Postal Charges (attach the original receipt) \_\_\_\_\_

Total Amount claimed (11+12) ₹ 10160

(In words) ₹ Ten thousand one hundred sixty only

Certify that the above mentioned details are correct

*[Signature]*  
Signature (Expert Signature)

## RECEIPT

I have received the amount ₹ \_\_\_\_\_ (In words) \_\_\_\_\_

Signature (expert signature) *[Signature]*


Date \_\_\_\_\_

Note: Expert has to sign at abovementioned two places.

## Institute/Event Coordinator Certificate




The expert lecture details are verified and payment may be made as per the TEQIP-III Norms.

Signature of RTU Event Coordinator

  
ഭാരത സർക്കാർ  
Ministry of Information and Public Relations  
ആവേശം  
പിതാവിലേക്ക് / മാതാവിലേക്ക്  
പേര്: കേശവ് മാരാർ എ  
വി. അറക്കുളം, പുത്തൻമുക്ക്,  
സോമേശ്വരി അമ്പലത്തിൽ  
അടുത്ത്, പന്നിയൂർ, കണ്ണൂർ,  
പന്നിയൂർ, കേരളം, 670142

Address:  
S/O: Kesava Marar A V, Gokulam,  
Poomangalam, Near Someshwari  
Temple, Panniyur, Kannur,  
Panniyur, Kerala, 670142

9651 5009 8878

 1987  [help@aiitd.gov.in](mailto:help@aiitd.gov.in)  [www.aiitd.gov.in](http://www.aiitd.gov.in)

  
  
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*Spineh*

आयकर विभाग  
INCOME TAX DEPARTMENT

भारत सरकार  
GOVT. OF INDIA

EDTHIL VEEDU GIREESH  
MARAR KESAVA

11/11/1974  
Permanent Account Number

AAHPE6034H

*Gireesh*  
Signature



14032014

*Gireesh*

CARRIER CONSIGNMENT NOTE ISSUED BY COMPANY

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MUKESH AGARWAL

HEAL HPINTUAL RESEARCH CELL JECRC COMPUS  
SHRI PEM KI MANGAL VIG RIICO TONK ROAD  
SITAPUR

SERVICE ACCOUNTING CODE : 996812 DESCRIPTION OF SERVICE : COURIER SERVICE

WEIGHT	50.00 Gms.
VOLUMETRIC CHARGE	
FREIGHT CHARGE	0.00
FREIGHT ON VALUE	135.59
TAXABLE VALUE	0.00
SGST @	135.59
CGST @ 9.00%	12.20
IGST @ 9.00%	12.20
CESS @ 18.00%	0.00
TOTAL CHARGE	0.00
GSTIN NO.:	27AABCM9407D2ZL

DATE 22/01/2021 11:35 AM	ORIGIN THANE	DESTINATION JAIPUR
PRODUCT : DOX <input checked="" type="checkbox"/> NON DOX <input type="checkbox"/>	*20105100161520	
FAST TRACK SERVICE <input type="checkbox"/>	20105100161520	
(1 X B X 4) 0 = 0 Kg.	MODE : SURFACE	VALUE OF GOODS
DOCUMENT	0	

**CONDITIONS OF CARRIAGE :**

- Said to Contain Basis: All the consignment shall be booked on "said to contain basis" i.e. SMCS shall be under no obligation to verify the description and contents of the shipment declared by the Consignor on the docket/invoice and as such consignor shall undertake and ensure to make correct and factual declaration on the docket/Airway bill. However, SMCS reserves the right to inspect and/or refuse booking of shipment not conforming to these terms and condition, only after informing consignor regarding the reasons for such inspection and/or refusal and after receiving the confirmation from consignor. Consignor shall not book, handover any shipment consisting of prohibited, restricted or dangerous products. SMCS shall not be liable for any such shipment. Consignor indemnified and would keep indemnified SMCS, its directors, employees against all claims, losses, charges and expenses incurred by SMCS due to any banned, restricted or dangerous items entering in to the network of the SMCS due to any commission or omission of Consignor.
- Prohibited Items: The currency, bearer cheques, fundies, bearer bill and/or similar other documents, Gold, Silver, Jewell, Precious stones, Liquid, Semi Liquid perishable/fragile goods narcotics and / or any item which are prohibited and/or restricted by statutory law and acts are strictly not accepted by us. If such articles are enclosed without our information, the Company / Franchisee will not be liable for the same and no claim shall be entertained for such articles.
- Limitation of Liability: (a) In case of loss, theft, damage and mishandling of booked consignment maximum liability of Company / Franchisee shall not be exceeding to the sum equivalent to 10 times of freight charges for documents and 5 times of freight charges for parcels (below Rs.5000/-) or the value of the consignment mentioned on the docket whichever is less. (b) All the high value shipment (above Rupees Five Thousand) and Fragile Shipment should be insured by the Consignor while booking, if any such shipment booked uninsured in such cases, in the event of lost / damages or theft of such shipment the Company / Franchisee will not be liable at all to reimburse to the customer.
- No Service Area: Where the dox or Non dox booked unknowingly for the area which comes under NSA (No Service Area) beyond the network of SMCS/SP, in such event the said shipment shall be returned to the party/consignor. In case of N service the Maximum Liability of the Company's / Franchisees shall be limited up to return of freight amount only.

CONSIGNOR SIGNATURE	RECEIVED BY
Date : _____ Time : _____	
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TRACK YOUR SHIPMENT ON <a href="http://www.shreemaruticourier.com">www.shreemaruticourier.com</a> / Helpline : +91 9712 - 666 - 66	

# Rajasthan Technical University

Rawatbhata Road, Akelgarh, Kota-324010

Honorarium bill for ONLINE Events

TEQIP-III, RTU(ATU)

1. Name(In Block Letters)..... SURAJ KUMAR TOMAR Mob. No. 8094050591
2. Fathers Name..... Sri Rati Ram
3. Date of Birth..... 14-7-1951
4. Designation& Affiliation..... Executive Member, SPARC wing (REF, MtAbu, Raj)
5. Address..... Brahmakumaris, Gyan Sarovar, Mount Abu (Raj)
6. Aadhar No. 237271746228 (Enclose Copy of Aadhar Card)
7. PAN No. ASRPK 9826 D (Enclose Copy of PAN Card)
8. Bank Account No. 10950115744
9. Name and Branch of Bank State Bank of India
10. IFSC Code SBIN 000 2424
11. Honorarium

S.No.	Date	Time	Topic	Honorarium
1	16 <sup>th</sup> Dec, 2020	10-11.30 AM	Power of Subconscious mind	5,000/-
2.				
3.				
4.				
5.				

12. Postal Charges (attach the original receipt) —

Total Amount claimed (11+12) ₹ 5,000/- (In words) ₹ Five Thousand Rupees

Certify that the above mentioned details are correct

BK Surya  
Signature (Expert Signature)

## RECEIPT

I have received the amount ₹ 5000/- (In words) Five Thousand Rupees

BK Surya  
Signature (expert signature)

Date 18/12/2020

Note: Expert has to sign at abovementioned two places.

## Institute/Event Coordinator Certificate

The expert lecture details are verified and payment may be made as per the TEQIP-III Norms.

Signature of RTU Event Coordinator

 भारत सरकार  
Government of India

 सुरज कुमार तोंमर  
Suraj Kumar Tomer  
कम उमरि/DOB: 14/07/1951  
पुरुष/ MALE

2372 7174 6228

मेरा आधार, मेरी पहचान



 भारत सरकार  
Unique Identification Authority of India

पता:  
S/O: रति राम जी, पंडव भवन, माउंट अबु, सलगौर,  
सिरौही,  
राजस्थान - 307501

Address:  
S/O: Rati Ram Ji, Pandav Bhavan., Mount  
Abu, Salgaon, Sirohi,  
Rajasthan - 307501

2372 7174 6228



QR Code with Photograph



आयकर विभाग  
INCOME TAX DEPARTMENT  
SURAJ KUMAR



भारत सरकार  
GOVT. OF INDIA

RATI RAM

14/07/1951

Permanent Account Number  
ASRPK9826D

B.K. Sunya

Signature



21112005

# Rajasthan Technical University

Rawatbhata Road, Akelgarh, Kota 324010

Honorarium bill for ONLINE Events

TEQIP-III, RTU(ATU)

1. Name(In Block Letters).....Devi Chitralekha.....Mob. No.....+91 9203000000.....
2. Fathers Name .....Pt. Tikaram Sharma.....
3. Date of Birth.....19-01-1997.....
4. Designation & Affiliation.....Religious Orator.....
5. Address.....Madhav Tiwari C/O Devi Chitralekha, Gau Seva Dham Hospital, Hodal, Palwal, Haryana (121106).....
6. Aadhar No. ....4460-2438-4918.....(Enclose Copy of Aadhar Card)
7. PAN No. ....RUCF53372C.....(Enclose Copy of PAN Card)
8. Bank Account No. ....50190179167783.....
9. Name and Branch of Bank .....HDFC Bank J. Branch, Hodal.....
10. IFSC Code .....HDFC0001739.....
11. Honorarium

S.No.	Date	Time	Topic	Honorarium
1	17/12/2020	12-1:30pm	Enjoy the journey	5000/-
2.				
3.				
4.				
5.				

12. Postal Charges (attach the original receipt) -

Total Amount claimed(11+12) ₹ 5000/- (In words) ₹ Five thousand only

Certify that the above mentioned details are correct

Signature (Expert Signature)

## RECEIPT

I have received the amount ₹ 5000/- (In words) Five thousand only

Signature (expert signature)

Date \_\_\_\_\_

Note: Expert has to sign at abovementioned two places

## Institute/Event Coordinator Certificate

The expert lecture details are verified and payment may be made as per the TEQIP III Norms.

Signature of RTU Event Coordinator

भारत सरकार  
Government of India



टीका रविशंकर शर्मा  
Teeka Chitralekha Sharma  
माता - चमेली टीका शर्मा  
Mother - Chameeli Teeka Sharma  
जन्म तिथि / DOB 1981/1987  
पंजीकृत / Panned



4460 2438 4918


आधार - आम आदमी का अधिकार

एन.डी.ए.के. विनिर्माण एवं प्रशासन-प्रणालीकरण  
Unique Identification Authority of India

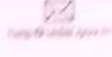
नाम  
D/O: टीका रवि शर्मा, हाउस नं-255,  
वर्ड नं-6, सीमा मोहला, खण्ड 118,  
खुरानी, कुरुक्षेत्र जिला, 121105

Address  
D/O: Teeka Rain Sharma, House  
no-255, ward no-6, saraya  
mohala, Kharij(118), Kurani,  
Palwal, Haryana, 121105


4460 2438 4918



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Anuraj

22/04/21

आयकर विभाग  
INCOME TAX DEPARTMENT



भारत सरकार  
GOVT. OF INDIA



स्थायी लेखा संख्या कार्ड  
Permanent Account Number Card

DUCPS3372C

नाम / Name

DEVI CHITRALEKHA SHARMA

पिता का नाम / Father's Name  
TEEKARAM SHARMA

जन्म की तारीख / Date of Birth  
19/01/1997



99019017

हस्ताक्षर / Signature

Handwritten signature and date: 22/01/21

# Rajasthan Technical University

Rawatbhata Road, Akelgarh, Kota-324010

Honorarium bill for ONLINE Events

TEQIP-III, RTU(ATU)

- Name(In Block Letters) Avdesh Kumar Sharma Mob. No. 9811078599
- Fathers Name Sh. H.K. Sharma
- Date of Birth 19/11/1956
- Designation & Affiliation Consultant Psychiatrist, 'Pravartan' Centre
- Address 226/c-7, S.D.A., New Delhi - 110016
- Aadhar No. 903449970976 (Enclose Copy of Aadhar Card)
- PAN No. AAYP59431R (Enclose Copy of PAN Card)
- Bank Account No. 007105007465
- Name and Branch of Bank ICICI Bank Green Park Branch New Delhi - 110016
- IFSC Code ICIC0000071
- Honorarium

S.No.	Date	Time	Topic	Honorarium
1	15/12/2020	2:00 - 3:30 PM	Mind Management	5000/-
2.				
3.				
4.				
5.				

12. Postal Charges (attach the original receipt) -

Total Amount claimed (11+12) ₹ 5000/- (In words) ₹ Five Thousand Only/-

Certify that the above mentioned details are correct

Avdesh

Signature (Expert Signature)

## RECEIPT

I have received the amount ₹ 5000/- (In words) Five Thousand Only

Signature (expert signature) Avdesh

Date 28/12/2020

Note: Expert has to sign at abovementioned two places.

## Institute/Event Coordinator Certificate

The expert lecture details are verified and payment may be made as per the TEQIP-III Norms.

Signature of RTU Event Coordinator

आयकर विभाग

INCOME TAX DEPARTMENT



भारत सरकार

GOVT. OF INDIA

AVDESH KUMAR SHARMA

HARI KISHAN SHARMA

19/11/1956

Permanent Account Number

AAFPS9431R

*Anil*

Signature



14102014

*self attested.*  
*ANIL*



भारत सरकार  
Government of India



अवदेश कुमार शर्मा  
Avdesh Kumar Sharma  
जन्म तिथि/DOB: 19/11/1956  
पुरुष/ MALE



9034 4997 0976

मेरा आधार, मेरी पहचान



भारतीय विशिष्ट पहचान प्राधिकरण  
Unique Identification Authority of India

Address:

S/O: H.K.Sharma, House No.G-144  
B, PalamVihar,Gurgaon, Cartarpuri  
Alias Daulatpur Nasirabad (63,  
Gurgaon,  
Haryana - 122017

पता:

S/O: एच.के.शर्मा, घरकान न.जी-144 बी,  
पालाम विहार,गुडगाँव, कार्तार्पुरी अलिअस  
दौलतपुर नसीराबाद (63), गुडगाँव,  
हरियाणा - 122017

9034 4997 0976

*Self attested  
Avdesh*

# Rajasthan Technical University

Rawatbhata Road, Akelgarh, Kota-324010

Honorarium bill for ONLINE Events

TEQIP-III, RTU(ATU)

1. Name (In Block Letters) **Dr. E V Swaminathan** Mob. No **9082263982**
2. Fathers Name **A.V. Kesava Masai**
3. Date of Birth **13.05.1971**
4. Designation & Affiliation **Engg & Management Faculty**
5. Address **Gokulam, Poomangalam, Paniyoor (P.O), Kannur, Kerala**
6. Aadhar No. **4769 8023 2138** (Enclose Copy of Aadhar Card) **670142**
7. PAN No. **AWYPS6115Q** (Enclose Copy of PAN Card)
8. Bank Account No. **67000035774**
9. Name and Branch of Bank **State Bank of India, Taliparamba**
10. IFSC Code **SBIN0001000**
11. Honorarium

S.No.	Date	Time	Topic	Honorarium
1	17/12/2020	02:00-03:30 pm	Overcoming academic stress	5000
2	18/12/2020	10:00-11:30 pm	Techniques of concentration	5000
3.				
4.				
5.				

12. Postal Charges (attach the original receipt) **Rs 41**

Total Amount claimed (11+12) ₹ **10,041/-** (In words) ₹ **Ten Thousand and Forty One**

Certify that the above mentioned details are correct

**Signature (Expert Signature)**

## RECEIPT

I have received the amount ₹ **10,041/-** (In words) **Ten Thousand and Forty One**

Signature (expert signature) **Signature**

Date **30<sup>th</sup> Dec 2020**

Note: Expert has to sign at abovementioned two places.

## Institute/Event Coordinator Certificate

The expert lecture details are verified and payment may be made as per the TEQIP-III Norms.

Signature of RTU Event Coordinator

ഭാരത സർക്കാർ  
Government of India



ഇ വി സ്വാമിനാഥൻ  
E V Swaminathan  
ജനന തീയതി/DOB: 13/05/1971  
പുരുഷൻ/ MALE

Issue Date: 23/07/2020

**4769 8023 2138**  
VID : 9198 9106 9875 2338

എന്റെ അടയാളം    എന്റെ മൊബൈൽ നമ്പർ

भारतीय विशिष्ट ओळख प्राधिकरण  
Unique Identification Authority of India

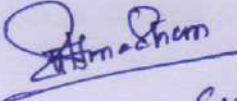
വിലാസം:  
പിതാവിന്റെ / മാതാവിന്റെ പേര്: എ വി  
കേശവ മാരാർ, ഗോകുലം, പൂമംഗലം,  
പന്നിയൂർ, കണ്ണൂർ,  
കേരളം - 670142

**Address:**  
S/O: A V Kesava Marar, Gokulam,  
Poomangalam, Panniyoor, Kannur,  
Kerala - 670142



**4769 8023 2138**  
VID : 9198 9106 9875 2338

☎ 1947 | ✉ help@uidai.gov.in | 🌐 www.uidai.gov.in

  
 Dr. E.V. Swaminathan.

आयकर विभाग  
INCOME TAX DEPARTMENT

भारत सरकार  
GOVT. OF INDIA

E V SWAMINATHAN  
MARAR KESAVA  
13/05/1971

Permanent Account Number  
AWYPS6115Q

Signature

862  
10  
82621



Dr. E. V. Swaminathan  
Dr. E. V. Swaminathan

(Track on www.indiapost.gov.in)

(Dial 18002664848) (Wear Mask, Stay Safe)

EL659122105IN IVR:69766541

SP KARIMBAH SO <670142>

Counter No:1,30/12/2020,11:37

To:PROF MUKESH A,HEAD SPIRITUAL R

PIN:302022, Sitapura Industrial Area S.O

From:DR EV SWAMI,GOKULAM POOVANGA

Wt:15gms

Fee:41.30(Cash)Tax:6.30

(Track on www.indiapost.gov.in)

(Dial 18002664848) (Wear Mask, Stay Safe)



Technical University

Road, Akelgarh, Kota-324010

Registration bill for ONLINE Events

EQIP-III, RTU(ATU)

than

Mob. No 908226398 2

Maasai

Management Faculty

4. Designation & Affiliation: Management Faculty
5. Address: Gokulam, Poovangalam, Paniyoor (P.O), Kannur, Kerala 670142
6. Aadhar No: 4769 8023 2138 (Enclose Copy of Aadhar Card)
7. PAN No: AWYPS6115Q (Enclose Copy of PAN Card)

# Rajasthan Technical University

Rawatbhata Road, Akelgarh, Kota-324010

Honorarium bill for ONLINE Events

TEQIP-III, RTU(ATU)

1. Name(In Block Letters) MOHIT DAYAL GUPTA ....Mob. No 9810121311
2. Fathers Name MAHESHWAR DAYAL GUPTA ....
3. Date of Birth 1ST SEPTEMBER 1974 .....
4. Designation& Affiliation: PROFESSOR OF CARDIOLOGY: GB PANT HOSPITAL, NEW DELHI .
5. Address: A1, WHITE HOUSE, 6, JAMUNA ROAD, CIVIL LINES, DELHI-110054 .....
6. Aadhar No. 997865931557 ...(Enclose Copy of Aadhar Card)
7. PAN No. AGFPG5141F (Enclose Copy of PAN Card)
8. Bank Account No. 03391000016483
9. Name and Branch of Bank: HDFC BANK, 4/8 MAIN ROAD, ROOP NAGAR, NEW DELHI-110007
10. IFSC Code HDFC0000339
11. Honorarium

S.No.	Date	Time	Topic	Honorarium
1	18/12/2020	12 - 1:30PM	Emotional Quotient	5000/-
2.				
3.				
4.				
5.				

12. Postal Charges (attach the original receipt) \_\_\_\_\_

Total Amount claimed (11+12) ₹ 5000/- (In words) ₹ Five Thousand only

Certify that the above mentioned details are correct

Signature (Expert Signature)

### RECEIPT

I have received the amount ₹ 5000/- (In words) Five Thousand only

Signature (expert signature)

Date 28/12/20

Note: Expert has to sign at abovementioned two places.

### Institute/Event Coordinator Certificate

The expert lecture details are verified and payment may be made as per the TEQIP-III Norms.

Signature of RTU Event Coordinator



**DR. MAHESH GUPTA**  
 Professor & MD (Cardiac Sciences)  
 Department of Cardiology  
 GIPMER, New Delhi-110002

*(Handwritten signature)*

**आयकर विभाग**  
 INCOME TAX DEPARTMENT

**भारत सरकार**  
 GOVT. OF INDIA

राजकीय लेखा संख्या कार्ड  
 Permanent Account Number Card

**AGFPG5141F**

STC / REGN  
**MOHIT DAYAL GUPTA**

Form: 500 (2017) (Father's Name)  
**MAHESHWAR DAYAL GUPTA**

जन्म तिथि / Date of Birth  
**01/09/1974**

*(Handwritten signature)*  
 STC/REGN / Signature

28082017



**भारत सरकार**  
 GOVERNMENT OF INDIA

Mohit Dayal Gupta  
 जन्म तिथि/ DOB: 01/09/1974  
 पुरुष / MALE



9978 6593 1557

मेरा आधार, मेरी पहचान

# Rajasthan Technical University

Rawatbhata Road, Akelgarh, Kota-324010

Honorarium bill for ONLINE Events

TEQIP-III, RTU(ATU)

- Name(In Block Letters) BK CHANDRAKALA.....Mob. No. 9414041678.....
- Fathers Name Mr MANGURAM.....
- Date of Birth 08/08/1962.....
- Designation & Affiliation EXELUTIVE MEMBER, MEDIA WING (RERF) & INCHARGE, BKIVV (VAISHALI NAGAR, JAIPUR).....
- Address RAJYOG BHAWAN, AMRAPALI MARG, VAISHALI NAGAR, JAIPUR.....
- Aadhar No. 4335 9022 9583.....(Enclose Copy of Aadhar Card)
- PAN No. BTJPK4889B.....(Enclose Copy of PAN Card)
- Bank Account No. 40640001000008335.....
- Name and Branch of Bank P.N.B. VAISHALI NAGAR, JAIPUR.....
- IFSC Code PUNB0414400.....
- Honorarium

S.No.	Date	Time	Topic	Honorarium
1	19/12/2020	10 AM	Powers for adapting to new eco-system	5000/-
2.				
3.				
4.				
5.				

12. Postal Charges (attach the original receipt) \_\_\_\_\_

Total Amount claimed (11+12)  5000/- (In words)  Five Thousand Only

Certify that the above mentioned details are correct

Bk Chandrabala  
Signature (Expert Signature)

## RECEIPT

I have received the amount  5000/- (In words) Five Thousand Only

Signature (expert signature) Bk Chandrabala

Date 22/12/20

Note: Expert has to sign at abovementioned two places.

## Institute/Event Coordinator Certificate

The expert lecture details are verified and payment may be made as per the TEQIP-III Norms.

Signature of RTU Event Coordinator

 भारत सरकार  
GOVERNMENT OF INDIA

 बी. के. चन्द्रकला  
B K Chandrakala  
जन्म तिथि / DOB : 08/08/1962  
महिला / FEMALE

4335 9022 9583

मेरा आधार. मेरी पहचान



 भारतीय विशिष्ट पहचान प्राधिकरण  
UNIQUE IDENTIFICATION AUTHORITY OF INDIA

पता:  
D/O मंगू राम, राजयोग भवन, आम्रपाली मार्ग, वैशाली  
नगर, जयपुर, जयपुर,  
राजस्थान - 302021

Address  
D/O Mangu Ram Vaishali Nagar rajyoga  
bhawan, aamrapali marg Jaipur Jaipur  
Rajasthan - 302021

4335 9022 9583



1947 1800 300 1947 help@uidai.gov.in www.uidai.gov.in P.O. Box No. 1947, Bengaluru-560 001

*Bk Chandrakala*  
*22/12/20*  
*For Honorarium*  
*Purpose Only*



Asst Chandar Kala  
22/12/20  
For Honorarium  
purpose only

# Rajasthan Technical University

Rawatbhata Road, Akelgarh, Kota-324010

Honorarium bill for ONLINE Events

TEQIP-III, RTU(ATU)

1. Name(In Block Letters)... Usha R Naik.....Mob. No...9414154332
2. Fathers Name ...Ramanlal Naik
3. Date of Birth...5 August 1961
4. Designation& Affiliation.....
5. Address.....Brahma Kumari's Shantivan Abu road, Dist Sirohi, Rajasthan- 307510
6. Aadhar No. ...414770027892..... (Enclose Copy of Aadhar Card)
7. PAN No. ...ADXP7441G.....(Enclose Copy of PAN Card)
8. Bank Account No. ...31036293392.....
9. Name and Branch of Bank ...SBI ...PBKIVV.....
10. IFSC Code ...SBIN0010638.....
11. Honorarium

S.No.	Date	Time	Topic	Honorarium
1	16 - 12 - 2020	12.00 - 1.30	Self awareness for stress free life	5000/-
2.	17- 12 - 2020	10.00 - 11.30	Meditation for increasing inner stability	5000/-
3.				
4.				
5.				

12. Postal Charges (attach the original receipt) —

Total Amount claimed (11+12) ₹ 10,000/- (In words) ₹ ~~Five~~ Ten Thousand only/-

Certify that the above mentioned details are correct

URNaik

Signature (Expert Signature)

## RECEIPT

I have received the amount ₹ 10,000/- (In words) Ten Thousand only/-

Signature (expert signature) URNaik

Date \_\_\_\_\_

Note: Expert has to sign at above mentioned two places.

## Institute/Event Coordinator Certificate

The expert lecture details are verified and payment may be made as per the TEQIP-III Norms.

Signature of RTU Event Coordinator

भारत सरकार  
Government of India

श्री  
Usha

जन्म तिथि / DOB 05/08/1961  
लिंग / Female

4147 7002 7892

आधार - आम आदमी का अधिकार

आयकर विभाग  
INCOME TAX DEPARTMENT

भारत सरकार  
GOVT. OF INDIA

USHA RAMANLAL NAIK  
RAMANLAL MAGANLAL NAIK

05/08/1961  
Permanent Account Number  
ADXPN7441G

*U R Naik*  
Signature

# List of Participants

S.No.	Name	Email id	Deg.	Institution	Reference No.
1	Abhishek Saxena	talik2abhi3@gmail.com	Dr.	Moradabad Institute of Technology	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/01
2	Ajims P Mohammed	ajimsprm@gmail.com	Dr.	MES College Marampally Aluva	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/02
3	Akanksha Ganda	akanksha.ganda@gmail.com	Ms.	Kanoria PG Mahila Mahavidyalaya Jaipur	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/03
4	Akanksha Malviya	akku.malviya@gmail.com	Ms.	Om Kothari Institute of Management and Research, kota	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/04
5	Alka Karketta	alka.brutin@gmail.com	Ms.	SVVV , Indore	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/05
6	Amit Gupta	amit.gupta@chitkara.edu.in	Mr.	Chitkara University	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/06
7	Amit Singh Rathore	amitokgei@gmail.com	Prof.	OM KOTHARI INSTITUTE OF MANAGEMENT & RESEARCH	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/07
8	Amrita Pani	amrita65@gmail.com	Dr.	IED, Odisha	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/08
9	Anil Kumar	anilsanga2010@gmail.com	Mr.	MNS GOVT COLLEGE BHIWANI HARYANA	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/09
10	Anil Kumar Sharma	anilksharma833@gmail.com	Dr.	GMSBV Shahadara Delhi	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/10
11	Anju Pramod Dubey	pkdubey19@gmail.com	Dr.	Meridian Madhapur Hyderabad	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/11
12	Anshu Mathur	dr.anshumathur@gmail.com	Dr.	Amity Institute of Education , Amity University Uttar Pradesh	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/12
13	Arati Sharma	as9163365945@gmail.com	Dr.	RABINDRA BHARATI UNIVERSITY, KOLKATA	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/13
14	Arti	aarti25nov@gmail.com	Dr.	Sanatan Dharama College, Ambala Cantt	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/14
15	Aruna Kaushik Pandya	aruna.pandya@sxca.edu.in	Dr.	St. Xavier's college, Ahmedabad	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/15
16	Balwinder Singh	happyliving20@yahoo.co.in	Mr.	Spiritual Health Care Center	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/16
17	Bharti Sapra	bhartijatin2000@yahoo.co.in	Dr.	Punjab university	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/17
18	Chetan Sharma	greencitysoftwares@gmail.com	Dr.	Om Kothari Institute of Management and Research	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/18
19	Dahyabhai Hatnibhai Chaudhari	dhchaudhari50@gmail.com	Dr.	M.B.College Of Commerce & Shri G.M.N.Lalji Arts College, Dehgam	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/19

  
**PRINCIPAL**  
 Jaipur Engineering College &  
 Research Centre  
 Jaipur, Rajasthan - 302022

20	Deepmala	deepmala.mills@gmail.com	Dr.	Bhartiya Skill Development University	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/20
21	Devender Kumar Dhaked	dd.reew@gmail.com	Mr.	Rajasthan College of Engineering For Women	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/21
22	Dhananjay Devi	dhananjay.devi@gmail.com	Dr.	Karmaveer Bhaurao Patil College of Engineering	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/22
23	Dipmala Bhagwat Trimukhe	dtrimukhe@gmail.com	Ms.	Government College of Engineering and Research, Awsari	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/23
24	Ashok Kumar Gupta	ashokgagorni@gmail.com	Prof.	Vikrant Institute of Technology and Management, Indore	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/24
25	Chandrakanta	verma.chandrakanta@gmail.com	Dr.	SBSC, DU	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/25
26	Nehal Dilipbhai Shah	shahnehal29@gmail.com	Dr.	Shree Ramkrishna Institute of Comp Edu And Applied Sciences, Surat Gujarat	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/26
27	Anand B. Bodhale	anandbodhale@somaia.edu	Dr.	K. J. Somaia College of Engineering, Vidyavihar, Mumbai	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/27
28	Anupama Sharma	anupama.sharma@bkbiet.ac.in	Dr.	BKBIET, pileri	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/28
29	Haridayal Sharma	haridayalsharma@dgvaishnavcollege.edu.in	Dr.	D. G. Vaishnav College	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/29
30	Indu Prabha Singh	induprabhasinh@gmail.com	Dr.	Shri Ramswroop Memorial Group of Professional Colleges, Lucknow	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/30
31	Ramendra Kumar Gupta	ramendragupta67@gmail.com	Dr.	N. A. S. (P. G.) College Meerut	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/31
32	Sandip De	r2sbankura@gmail.com	Dr.	Panskura Banamali College	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/32
33	Seema Joshi	drseemajoshi12@gmail.com	Dr.	Jecrc	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/33
34	Shuchi Dave	drshuchidave@gmail.com	Dr.	Poomrima College of Engineering, Jaipur	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/34
35	Snehal Subhash Waykos	prof.snehal14@gmail.com	Dr.	Vilas Tambe College of Education Pune	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/35
36	Srinivasababu Nadenla	sbabunva@gmail.com	Dr.	VIGNAN'S LARA INSTITUTE OF TECHNOLOGY & SCIENCE, VADLAMUDI	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/36
37	Sumit Prakash Yadav	vetsumit36@gmail.com	Dr.	Post Graduate Institute of Veterinary Education and Research (PGIVER), Jaipur	RTU/TEQIP III/F(56)/2020-21/5581-87/JECRC(SAM)/37

  
**PRINCIPAL**  
 Jaipur Engineering College &  
 Research Centre  
 Tonk Road, Jaipur-302022

38	Vasudev Vikram Raut	dr.vasuu7777@gmail.com	Dr.	Vilas Tambe College of Education Pune	RTU/TEQIP III/F(56)/2020- 21/5581-87/JECRC(SAM)/38
39	Vinita Mathur	vinitamathur.ece@jecrc.ac.in	Dr.	JECRC, Jaipur	RTU/TEQIP III/F(56)/2020- 21/5581-87/JECRC(SAM)/39
40	Vishal Shrivastava	vishal500371@yahoo.co.in	Dr.	ARYA COLLEGE OF ENGINEERING AND IT, JAIPUR	RTU/TEQIP III/F(56)/2020- 21/5581-87/JECRC(SAM)/40
41	Balwant Singh Negi	dr.balwantnegi@yahoo.co.in	Dr.	GBPIET Pauri Garhwal U. K.	RTU/TEQIP III/F(56)/2020- 21/5581-87/JECRC(SAM)/41
42	Priyanka Govindbhai Solanki	priyankagsolaki1985@gmail.com	Dr.	Idar anjana patidar H. K.M.arts and P.N.Patel commerce college, Idar.	RTU/TEQIP III/F(56)/2020- 21/5581-87/JECRC(SAM)/42
43	R.Bharathi	rbharathi@prccolleges.net	Dr.	PRR COLLEGE OF COMMERCE AND MANAGEMENT	RTU/TEQIP III/F(56)/2020- 21/5581-87/JECRC(SAM)/43
44	Gangadhar S Sheeri	gangadhar.sheeri@gmail.com	Mr.	KLE Society's Institute Of Management Studies and Research	RTU/TEQIP III/F(56)/2020- 21/5581-87/JECRC(SAM)/44
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