



Gokaraju Rangaraju Institute of Engineering and Technology(Autonomous)

Centre for Continuous Excellence in Life Skills (C.E.L)

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

UNITED NATIONS PEACE DAY (21st SEP), NONVIOLENCE DAY (2nd OCT), WORLD MENTAL HEALTH DAY (10th OCT) CELEBRATIONS-2018

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, 300 million people are affected by Depression, 60 million by Bipolar affective disorder, 23 million people by Schizophrenia and 50 million by Dementia. The universal declaration of human rights was adopted by the United Nations General Assembly on 10th December, 1948 with a Preamble and Thirty articles.

For detailed information, please visit www.ce.griet.ac.in

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 2018 UN International Day of Peace is “The Right of peace –The Universal Declaration of Human Rights at 70 years since its adoption by United Nations on 10th December 1948.” “Mental Health of both Young and Old People in Today’s Changing World” (Open book system in essay writing competition)	18/08/2018 9.30 AM (Competitions for both students and Faculty)	1).Unarmed Heroes:The courage to go beyond violence-Jaico Publishing House 2).The story of my experiments with Truth by M.K.Gandhi (Autobiography) 3).Nobel prize winners for peace- Dr. Gagan Jain ,Three ESS publications 4).10 secrets for success and inner peace by Dr Wayne W. Dyer by Hay House India 5) Peace is the way: Bringing war and violence to an end by Dr.Deepak Chopra by RIDER publication. 6)The 3 rd Alternative :Solving life’s most difficult problems – Dr.Stephen R.Covey 7)Twelve steps to a compassionate life-Karen Armstrong 8) “Choiceless Awareness” by Jiddu Krishnamurti (United Nations Peace Medal Awardee) published by Krishnamurti Foundation India 9)“How to have a beautiful mind”, by Dr.Edward de Bono 10) “Manifest your Destiny: The Nine spiritual principles for getting everything you want”,Dr. Wayne W. Dyer. 11) Detox your ego: 7easy steps to achieving freedom, happiness, and success in your life.-Steven Sylvester. 12) The power of the heart: Finding your true Purpose in life-Baptist De Pape 13) Light on the yoga sutras of Patanjali by BKS Iyengar, Harper Element Publishers 14) The tree of yoga by BKS Iyengar, Harper collins Publishers 15) Heal your mind by Louise Hay and Monalisa Schulz, Hay House India. 16) Destructive Emotions and how we can overcome them by Daniel Goleman, Bloomsbury Publications. 17) Your Sacred self- Making the decision to be free by Wayne W. Dyer, Quill Publications.	1. www.gandhiinstitute.org/take-action/toolkits 2. www.sipri.org 3. www.un.org/en/ events/peaceday/ 4. www.un.org/en/events/nonviolenceday/ 5. www.unesco.org 6. www.nonviolentpeaceforce.org 7. www.ipcs.org 8. http://strategicforesight.com/ICPI 9. Gandhipeace foundation, India 10. www.amnesty.org 11. www.jkrishnamurti.org 12. www.chopra.com 13. www.mindfulnesswithoutborders.org 14. www.innerpeacemeditation.org 15. www.mindfulnesscds.com 16. www.umassmed.edu/cfm 17. www.mindfulnet.org 18. www.withoutego.com 19. www.the power of the heart.com 20. http://www.un.org/en/events/yogaday/ 21. National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore – www.nimhans.ac.in 22. Morarji Desai National Institute of Yoga (MDNIY), New Delhi- www.yogamdny.nic.in 23. www.mindandlife.org 24. www.investigatingthemind.org 25. PATHS(Promoting Alternative Thinking Strategies) 26. Centre for Study and Prevention of Violence , University of Colorado ,Boulder,USA – Institute of Behavioural Science- http://www.colorado.edu/cspv/blueprints/
Elocution				
Essay Writing				
Listening Comprehension				
Power Point Presentation				

Venue : Seminar Hall : 4212, Block-4,
Dept. of Civil Engg.

Sd/-
Dean (Life Skills and Outreach)

Sd/-
Principal

Sd/-
Director