



# Gokaraju Rangaraju Institute of Engineering and Technology

(Autonomous under JNTUH and Accredited by NAAC with 'A++' Grade)

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), WORLD FOOD DAY (16 OCT), INTERNATIONAL DAY FOR TOLERANCE (16 NOV), INTERNATIONAL DAY OF CONSCIENCE (5 APRIL), INTERNATIONAL DAY OF NEUTRALITY (12 DEC) & INTERNATIONAL DAY OF LIVING TOGETHER IN PEACE (16 MAY) CELEBRATIONS-2023

Health is a dynamic state of complete physical wellbeing, complete mental wellbeing and complete social wellbeing ( World Health Organization-WHO). It involves the conscious attitude of continuous expansion of accurate self-awareness and accurate relationship awareness with the continuous elevation of consciousness from second to second. Health is expanding consciousness(Margaret A.Newman). Elevated Consciousness changes our perspective on life, allowing us to detach from the ego self which causes disease, pain , suffering and fear ( Johanna Bassols).According to Barret,consciousness can be developed at seven ascending levels(<https://www.barretacademy.com/levels-of-consciousness>).

Consciousness is the state of being able to use senses and mental powers to understand what is happening ( Oxford Advanced Learner’s Dictionary). Sensefulness without the usual any one or two sensory dominance ( five senses of taste, touch, smell, sound and sight with the sixth sense of intuition), mindfulness without either left brain or right brain dominance and heartfulness without either half-heart or faint heart are required to have “complete consciousness” to understand what is happening without misperceptions or distortions. According to Sri Jiddu Krishnamurthy,UN Peace Medal Awardee, the conditioned mind becomes unconditioned for living without the habitual selective perception by “ Choiceless Awareness” and “ Emptying the content of consciousness”(https://www.jkrishnamurti.org/content/can-content-consciousness-be-totally-emptied-which-living-dyin).

Mental Health is defined as a state of wellbeing in which every individual realizes his or her own (full)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 ( WHO). Mental Health keeps the occupational health. According to WHO, all over the World, more than 280 million people of all ages are being affected by Depression , 40 million by Bipolar affective disorder, 24 million people by Schizophrenia and 40 million by Disruptive Conduct Disorder. 3.1 billion people ( almost 40 percent of the world’s population) can not afford a healthy diet(FAO).160 million children worldwide are engaged in child labour.At the end of 2022,108.4 million people worldwide were forcibly displaced as a result of persecution, conflict , violence and humanrights violation ( United Nations High Commissioner for Refugees).

According to WHO, one in every eight people in the world live with a mental disorder(ie. out of 800 crores of people , 100 crores are with mental disorders).

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.These eight international days of United Nations are being celebrated as part of outcome based education and also part of attainment of relevant graduate attributes of National Board of Accreditation(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	Theme of the 2023 UN International Day of Peace is “Actions for Peace : Our ambition for the global goals of sustainable development ” <a href="https://www.un.org/en/observances/international-day-peace">https://www.un.org/en/observances/international-day-peace</a>	21 September 2023 9.15 AM (Competitions for both students and faculty)	1) Unarmed Heroes:The courage to go beyond violence- Jaico Publishing House	1. www.gandhiinstitute.org/take-action/toolkits
Elocution	Theme of UN International Day of Nonviolence : Say NO to Violence <a href="https://www.un.org/en/observances/non-violence-day">https://www.un.org/en/observances/non-violence-day</a>	Venue: Seminar Hall, Department of Civil Engineering, Fourth Block, Room No:4212 <b>No Registration Fee</b> Registration Link for GRIET students and Faculty only: <a href="https://forms.gle/1j8Krgq4nZwrn8YHA">https://forms.gle/1j8Krgq4nZwrn8YHA</a>	2) The story of my experiments with Truth by M.K.Gandhi (Autobiography)	2. <a href="http://www.sipri.org">www.sipri.org</a> (Stockholm International Peace Research Institute)
Quiz			3) Nobel prize winners for peace- Dr. Gagan Jain ,Three ESS publications	3. www.un.org/en/events/peaceday/
Essay Writing	Theme of International Day of Conscience: “Building a culture of Peace with Love and Conscience” ( <a href="https://www.unesco.org/en/days/conscience-day">https://www.unesco.org/en/days/conscience-day</a> )		4) 10 secrets for success and inner peace byDr Wayne W. Dyer by Hay House India	4 www.un.org/en/events/nonviolenceday/
	Theme of World Mental Health Day 2023 according to World Federation for Mental Health is “ Mental Health is a Universal Human Right” <a href="https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response?gclid=EAIaIQobChMIIP3l6JSogQMVRNMWBR0Uzg4rEAAAYASAAEgKFTvD_BwE">https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response?gclid=EAIaIQobChMIIP3l6JSogQMVRNMWBR0Uzg4rEAAAYASAAEgKFTvD_BwE</a>		6) The 3rd Alternative : Solving life's most difficult problems — Dr. Stephen R. Covey	5. www.unesco.org
	International Day for Tolerance : “Tolerance is respect , acceptance and appreciation of the rich diversity of our world’s cultures , our forms of expression and ways of being Human” ( UNESCO Declaration on Tolerance) <a href="https://www.un.org/en/academic-impact/international-day-tolerance-16-november">https://www.un.org/en/academic-impact/international-day-tolerance-16-november</a>		7) Twelve steps to a compassionate life- Karen Armstrong	6. www.nonviolentpeaceforce.org
	Theme of International Day of Living Together in Peace: “United in Differences and Diversity”. ( <a href="https://www.un.org/en/observances/living-in-peace-day">https://www.un.org/en/observances/living-in-peace-day</a> )		8) Choiceless Awareness by Jiddu Krishnamurti (United Nations Peace Medal Awardee) publishedby Krishnamurti Foundation India	7. www.ipcs.org
	Theme of International Day of Neutrality : “Preventive Diplomacy” ( <a href="https://www.un.org/en/observances/neutrality-day">https://www.un.org/en/observances/neutrality-day</a> )		9) How to have a beautiful mind by Dr.Edward de Bono	8.8.http://strategicforesight.com/ICPI
Listening Comprehension	(Open book system in essay writing competition)	<a href="http://www.ce.griet.ac.in/images/2023-24/Competitions%202023%20-Theme%20Paper%20on%20%20UNITED%20NATIONS%20INTERNATIONAL%20DAY%20OF%20PEACE.pdf">http://www.ce.griet.ac.in/images/2023-24/Competitions%202023%20-Theme%20Paper%20on%20%20UNITED%20NATIONS%20INTERNATIONAL%20DAY%20OF%20PEACE.pdf</a>	10) Manifest your Destiny: The Nine spiritual principles for getting everything you want by Dr. Wayne W. Dyer.	9.Gandhipace foundation, India
Power Point Presentation	Theme of World Food Day 2023 of Food and Agriculture Organization (FAO) of United Nations “Water is Life ,Water is Food : Leave no one behind		11) Detox your ego: 7easy steps to achieving freedom, happiness, and success in your life.-Steven Sylvester.	10.www.amnesty.org
Poster Presentation	( <a href="http://www.fao.org/world-food-day/home/en/">http://www.fao.org/world-food-day/home/en/</a> )		12) The power of the heart: Finding your true Purpose in life-Baptist De Pape	11.www.jkrishnamurti.org
			13) Light on the yoga sutras of Patanjali by BKS Iyengar, Harper Element Publisher	12.www.chopra.com
			14) The Anatomy of Peace : Resolving the heart of conflict -The Arbinger Institute	13.www.mindfulnesswithoutborders.org
			15) “Rewire your brain for love : Creating Vibrant Relationships using the science of mindfulness” “by Marsha Lucas	14.www.innerpeacemeditation.org
			16) Health as Expanding Consciousness : Margaret Newman	15.www.mindfulnesscds.com
			17) The power of the Elevation of Consciousness -Johanna Bassols	16.www.umassmed.edu/cfm
			18) Search Inside Yourself by Chade-Meng Tan.	17.www.mindfulnet.org
			19) The 8 <sup>th</sup> Habit – Dr.Stephen R. Covey	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/
				27. World Health Organization www.who.int/news-room/fact-sheets/detail/mental-disorder
				28. who.int/news-room/fact-sheets
				29. <a href="https://www.jkrishnamurti.org/content/can-content-consciousness-be-totally-emptied-which-living-dyin">https://www.jkrishnamurti.org/content/can-content-consciousness-be-totally-emptied-which-living-dyin</a>
				30. <a href="https://www.barretacademy.com/levels-of-consciousness">https://www.barretacademy.com/levels-of-consciousness</a>
				31. <a href="https://kfoundation.org/can-the-mind-be-free-of-conditioning/">https://kfoundation.org/can-the-mind-be-free-of-conditioning/</a>
				32. <a href="https://www.jkrishnamurti.org/content/can-content-consciousness-free-itself/1976">https://www.jkrishnamurti.org/content/can-content-consciousness-free-itself/1976</a>

Sd/-  
Convener

Sd/-  
Principal

Sd/-  
Director