



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) AND WORLD FOOD DAY (16 OCT) CELEBRATIONS-2022

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

Consciousness is the state of being able to use senses and mental powers to understand what is happening (Oxford Advanced Learner's Dictionary)

Mental Health is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (World Health Organisation - WHO). Mental Health keeps the occupational health. According to WHO, all over the World, more than 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. In 2021, some 193 million people experienced high acute food insecurity. 160 million children worldwide are engaged in child labour. Everyday more than 30000 people are forced to flee their homes because of conflict and persecution. 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 four international days of United Nations are being celebrated as part of outcome based education and also part of attainment of relevant graduate attributes of NBA.**

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

Type of Competition	Topic	Date & Time	Books Prescribed (some Copies Available In The Library)	Websites to be referred
Group Discussion	The theme of the 2022 UN International Day of Peace is "End Racism : Build Peace " https://www.un.org/en/observances/international-day-peace	14 September 2022 9.15 AM (Competitions for both students and faculty) Venue : Seminar Hall, Department of Civil Engineering, Fourth Block, Room No:4212	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 6) The 3rd 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 by Dr. Wayne W. Dyer. 11) Detox your ego: 7 easy 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 Anatomy of Peace : Resolving the heart of conflict -The Arbinger Institute 15) "Rewire your brain for love : Creating Vibrant Relationships using the science of mindfulness" "by Marsha Lucas	1. www.gandhiinstitute.org/take-action/toolkits www.sipri.org 2. (Stockholm International Peace Research Institute) www.un.org/en/ 3. 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. Gandhipace 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 http:// 20. 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.yogamdniy.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/factsheets/detail/mental-disorder
Elocution				
Quiz				
Essay Writing	Theme for Mental Health Awareness Week 2022 of Mental Health Foundation, UK "Let us connect (to overcome loneliness)" https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week Theme for Mental Health Global Awareness Campaign – World Federation for Mental Health (WFMH) "Make Mental Health & Wellbeing for all a global priority " https://wfmh.global/img/news/2022/22-05-01_world-federation-for-mental-health-world-mental-health-day-theme.pdf (Open book system in essay writing competition)	Registration Link (for students of GRIET and faculty only) https://forms.gle/LA96rJXSfsGN9vPR7		
Listening Comprehension				
Power Point Presentation	Theme of World Food Day 2022 of Food and Agriculture Organization (FAO) of United Nations "Leave No one Behind (for regular access to enough nutritious food)"			
Poster Presentation				

Sd/-
Convener

Sd/-
Principal

Sd/-
Director