

**Report
On
“Health Awareness Session:
Mindfulness Based on Stress
Reduction”**

Held on 5th June 2020



Principal
Radhakrishna Institute of Technology
and Engineering, Bhubaneswar

Organized by
NSS Wing in Association with Internal Quality Assurance
Cell, RITE, Odisha

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Background:

We all deal with stress on a daily basis, whether we're old or young, large or small, lofty thinkers or practical doers.

Even the most practiced meditator and the yogi who radiates peace experience this inevitable aspect of the human experience.

Symptoms of Stress

Stress can produce the following symptoms:

- Low energy;
- Headaches;
- Upset stomach, including diarrhea, constipation, and nausea;
- Aches, pains, and tense muscles;
- Chest pain and rapid heartbeat;
- Insomnia;
- Frequent colds and infections;
- Loss of sexual desire and/or ability.

Beyond these physical symptoms, stress can also have a big impact on your emotions and general mood.

Few of the mental or emotional symptoms of mounting stress:

- Difficulty concentrating, racing thoughts;
- Trouble learning new information;
- Forgetfulness, disorganization, confusion;
- Difficulty in making decisions;
- Feeling overloaded or overwhelmed;
- Frequent crying spells or suicidal thoughts;
- Feelings of loneliness or worthlessness;
- Little interest in appearance, punctuality;
- Nervous habits, fidgeting, feet tapping;
- Increased frustration, irritability, edginess;
- Overreaction to petty annoyances.



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Notice:

Radhakrishna Institute of Technology &
Engineering, Bhubaneswar
(BPUT affiliated, AICTE approved & NAAC accredited)



REF. NO. RITE/2020-21/388

DATE: 05.06.2020

NOTICE

Sub: - Expert talk on " Mindfulness based on stress reduction "

Radhakrishna Institute of Technology is going to organize a virtual expert talk on, "Mindfulness Based on Stress Reduction" as per the following details. All staff and students are advised to register their names and join the talk before 01:30 PM. The link will be send to the registered e-mails.

Resource Person: Dr. Aditya Kantha Arjya, Retired Medical Officer (AYU.)


Date: 5th June 2020

Time: 02:00 PM -04:00 PM



PRINCIPAL

Copy to Group Director/Dean Academics/All HODs/ NBs



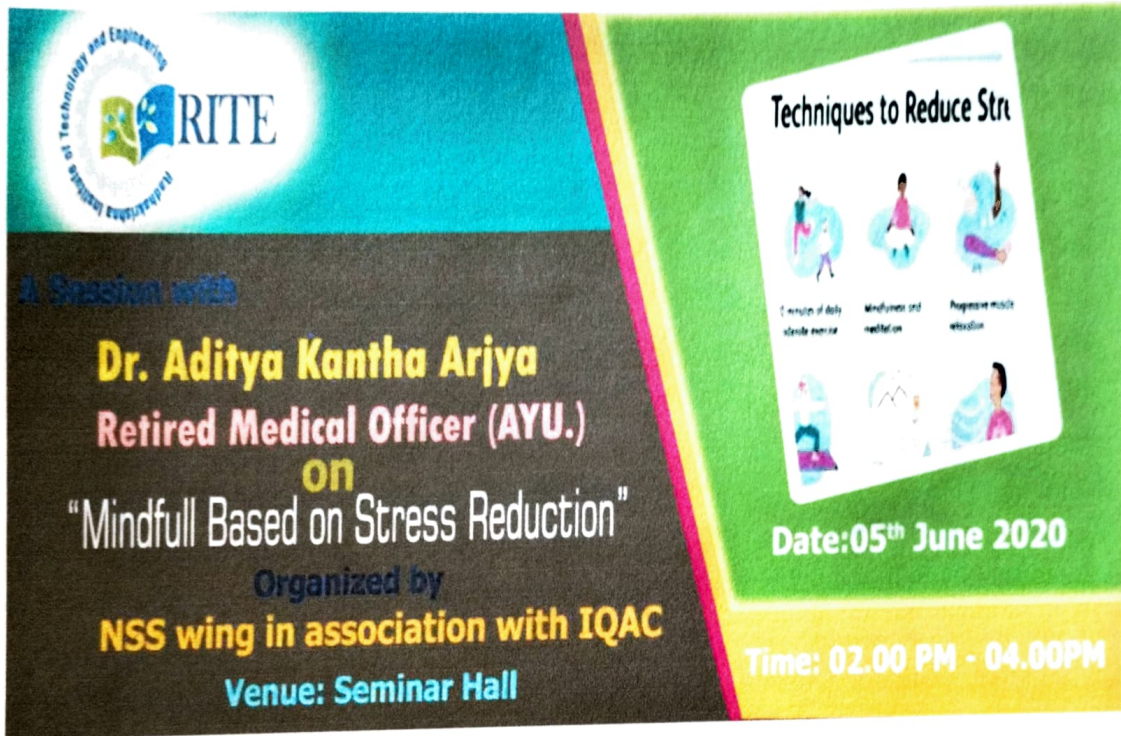
Principal
Radhakrishna Institute of Technology,
and Engineering, Bhubaneswar

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Brochure of the Event:



Session with
Dr. Aditya Kantha Ariya
Retired Medical Officer (AYU.)
on
"Mindfulness Based on Stress Reduction"
Organized by
NSS wing in association with IQAC
Venue: Seminar Hall

Techniques to Reduce Stress

- 7 minutes of daily science exercise
- Mindfulness and meditation
- Progressive muscle relaxation

Date: 05th June 2020
Time: 02.00 PM - 04.00 PM

Objective

To aware the audience regarding Mindfulness Based on Stress Reduction



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Schedule of the Event

Time	Event
2.00 PM-2.10 PM	Inaugural ceremony
2.10 PM -2.20 PM	Introductory speech by Professor Rashmita Lenka, Dept of ECE, RITE
2.20 PM- 03.20 PM	Talk delivered on "Mindfulness based on Stress Reduction" by the Dr. Aditya Kantha Arjya.
3.20 pm-3.30pm	Vote of thanks & felicitation by honorable Principal, RITE.

About the Resource Person:

Dr. Aditya Kantha Arjya , Retired Medical Officer (AYU.)

Target Audience:

- Students of RITE
- DDU-GKY Members
- All the teaching and non-teaching staffs of RITE



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Dr. Aditya Kantha Arjya

(Chikitsaka Ratna) B.A., B.A.M.S.
Retired Medical Officer (AYU.)



Regd. No. 2594

SENIOR AYURVEDIC CONSULTANT FOR ALL DISEASES

Mobile: 94375 34414 (W), 86587 74614

Date: 05.06.2020

The Principal

Radhakrishna Institute of Technology and Engineering

Khurda, Bhubaneswar, Odisha

On receiving the invitation from premier educational Institute, Radhakrishna Institute of Technology and Engineering, Khurda, Bhubaneswar, Odisha, it gave me the opportunity to share my expertise on "Mindfulness based on stress reduction" on dated 5th June 2020. On my visit to Radhakrishna Institute of Technology and Engineering, Khurda, Bhubaneswar, Odisha as a Chief Guest to discuss with the staff & students. I wish all the very best for the future endeavour of Radhakrishna Institute of Technology and Engineering.

Principal
Radhakrishna Institute of Technology
and Engineering, Bhubaneswar

Dr. Aditya Kantha Arjya
Regd. No. 2594 B.A., B.A.M.S. (S.U.)
Retired Medical Officer (Ayu.)
Dr. Aditya Kantha Arjya

KUSHAL AYURVED BHAWAN

N.A.C. CHHAKA, KARANJIA, DIST.- MAYURBHANJ, PIN - 757 037

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