



Indian Institute of Technology Kharagpur

Short Term Course

MINDFULNESS FOR FOCUS, CREATIVITY, AND WELLBEING

February 15th to March 16th 2021

Course Duration: 12 Contact Hours

Faculty

- Prof. Sangeeta Das Bhattacharya, IIT Kharagpur
- Prof. Rajlakshmi Guha, IIT Kharagpur
- Prof. Saamdu Chetri, IIT Kharagpur
- Prof. Anuradha Choudry, IIT Kharagpur
- Dr. Tanusree Dutta, Faculty, IIM Ranchi
- Dr. Mohammed Abeer K C, Senior Counsellor, IIT Kharagpur
- Ms. Rajasee Das, Counsellor, IIT Kharagpur

Course Themes

- Learning to be Present
- Attention and Mindfulness
- Mindful Stress Management, Flow and Motivation
- Mindfulness Based Approaches to Address Pitfalls in our Thinking
- Mindful Decision Making
- Creativity and Mindfulness

Mode of Teaching : Online

Registration fees : INR : 100/-

For online registration please visit
<http://www.cep.iitkgp.ac.in/cep/>

Registration closed – 13th February 2021

Please contact with Questions:

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