

**AWARNNESS/TRAINING SESSION ON PHYSICAL HEALTH  
& MENTAL WELL BEING**

Organise by  
Physical Health and Mental Well-Being Committee  
NIT Arunachal Pradesh

Date: 26<sup>th</sup> May 2020(Tuesday)

Time: 11.00 am

Venue: TEL Centre NIT Arunachal Pradesh

Times	Events/session	By
11.00-11.05 am	Welcome speech	Dr. M. Momocha Singh Chairman, Physical Health & Mental Well Being
11.05-11.10 am	Address	Dr. Rajen Pudur Dean Academics and Examination
11.10-11.30 am	Understanding mental health issues during covid-19 and cognitive restructuring approach	Ms. Goju Keta Counsellor, M.Sc. Psychology(Clinical) DU Delhi
11.30am-12.00 noon	Physical Health and fitness activities	Mr. Nabam Talar ASO, NIT Arunachal Pradesh
12.00-12.10 pm	Demonstration	Medical Centre NIT Arunachal Pradesh
12.10-12.20 pm	Anxiety Test	Ms. Goju Keta Counsellor, M.Sc. Psychology(Clinical) DU Delhi & Committee
12.20-12.25pm	Vote of Thanks	Dr. Rajib Jana Member Physical Health & Mental Well Being
12.25pm	Refreshment	

\*\* All faculty and staffs will maintain physical distance as per MHA norms and wearing masks is compulsory for the session.

Note:

1. Mr.Raju Sharma for technical assistant.
2. Mr.Amit for photography
3. Mr.Nich Hari for refreshment
4. Mr.Tasar for seating arrangement at TEL Centre