

Date/time	Session 1: 9.15 a.m-10.45 a.m		Session 2: 11.00 a.m- 12.45 p.m		Session 3: 2.15 p.m-4.15
02/6/2023 Friday online	Session 1 9.00-11.00 Organizational policy for all Gender Dr. Anita Rego	Tea Break	Session 2 Work balance Dr. Kala Chakradhar	Lunch break	Session 3 Perspectives on inclusion of LGBT and sustainable goal Mr. Mohan Kumar
03/6/2023 Saturday online	Session 4 Trans people lifestyle Rachana Mudraboyina		Session 5 Socio legal and health related challenges forward for trans genders persons in India Zainab Patel		Session 6 Gender Equity beyond the binary Vyjayanti Vasanta Mogli
04/6/2023 Sunday online	Discussion 1		Discussion 2		Discussion 3
05/6/2023 Monday offline	9-9.30 Inauguration Session 7 9:30-11:00 Stress and Menstrual cycle Dr. Agnieta Aimen		Session 8 Communications among relationships Dr. Virupaksha Devaramane		Sesssion 9 Diet planning for healthy lifestyle Dr. Arun Thejaus KP
06/6/2023 Tuesday offline	Sesssion 10 Gender perspective in Psychiatry case study Dr. Smitha		Sesssion 11 Lifestyle Management: Yoga Perspective" Dr. Annapaoorna		TEST & Valedictory



**5 day Hybrid mode Faculty Development Program
on**

**Framework for Lifestyle Management
among Genders for
Organization Building**

2 – 6 June 2023

Organized by



Off-Campus Centre of Nitte (DU)
Nitte - 574 110, Karkala Taluk, Udupi District, Karnataka, India



Off-Campus Centre of Nitte (DU)
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About The Institute

NMAM Institute of Technology (NMAMIT), Nitte was established in 1986 and approved by the All India Council for Technical Education, New Delhi, is a constituent college of Nitte (Deemed to be University), Mangaluru. Nitte DU has been accredited with ‘A+’ Grade by NAAC; awarded Category ‘A’ status by MHRD GoI; ranked 75th in NIRF 2022 and is in the 401-450 band in the QS Asia University Rankings 2022 and 201-300 band in the Times Higher Education (THE) Impact Rankings 2022. NMAMIT is ranked 175th in the National Institutional Ranking Framework (NIRF) 2022 by MHRD, GoI among the engineering colleges in India. The eligible undergraduate programs are accredited by the National Board of Accreditation (NBA), New Delhi under the TIER-I category. The College has been placed under the ‘Platinum’ category for having high industry linkages by the AICTE-CII Survey of Industry-Linked Technical Institutes 2020. NMAMIT has active collaborations with several international universities and organizations for faculty and student exchanges, research, internships, and placements. The institute offers 11 B.Tech, 7 M.Tech, MBA, MCA, and doctoral programs. NMAMIT has over 5000 students studying in campus. NMAMIT is located in a vibrant, serene, green campus at Nitte spread over 125 acres and is nestled in the Western Ghats of Southern India on the way to the Kudremukh ranges. The Institution has secured 133rd rank in the NIRF-2020 in the engineering category.

About The Department

Department of Electrical & Electronics Engineering, established in the year 1987, offers UG and PG programs. The department has been offering M.Tech in Electric Vehicle Technology from the academic year 2022-23. The department is accredited by NBA for 3 years under Tier-I till June 2021. Equipped with the state-of-the-art laboratory in Power Electronics, Control Systems, Power Systems, and High Voltage & Relay. Department caters to the need of all Electrical & Electronics Engineering students. "Center for Design of Power Electronics Systems" in the Research and Innovation Centre provides an opportunity to carry out advanced studies in the field of Power Electronics and Electric Vehicle Technology.

Outline of the Course

This FDP provides a platform to undertake reforms to give all genders equal rights to economic resources, as well as access to ownership and control over land and other forms of property, financial services, inheritance and natural resources, in accordance with national laws. The course looks to widen the use of enabling technology, in particular information and communications technology, to promote the empowerment of genders. It also emphasize on adaptation and strengthen sound policies and enforceable legislation for the promotion of gender equity and the empowerment of all at all levels.



Course Objectives

- To learn gender equity and empowerment
- To identify Socio-legal and health related challenges
- Understand lifestyle among gender diversity
- Practice and manifest healthy lifestyle
- To enable effective participation of all genders in conservation planning and role assignment

Expected Outcome:

- Comprehend the organizational and societal level changes
- Identify and value the provision of public services, infrastructure and social protection policies
- Understand the importance of self-care for full and effective participation
- Understand equal opportunities for leadership at all levels of decision-making in organizational, political, economic and public life
- Understand the importance of self-competence for effective performance at workplace

Duration- 5 days

Target Group

Faculty members from all disciplines

Max Limit: 50 participants from the HEIs.

Note: Registration Fee Rs 500/-

Registration Link: shorturl.at/aezMU

Last Date for Registration: May15, 2023

Account Details to remit fees:

Account holder Name : Nitte Deemed to be University
Account number : 110047322915
IFSC : CNRB0010115
Bank Details : CANARA BANK , NITTE

Eligibility for certificate:

- Continuous Comprehensive Assessment of Attendees - Overall 70% to receive a certificate,
- One page Abstract on ONLINE session summary
- Test - 30% - at the last session.

Organizing committee

Patron

Sri N. Vinaya Hegde

President, Nitte Education Trust & Chancellor, Nitte (Deemed to be University)

Chair Person

Dr. Niranjan N. Chiplunkar,

Principal, NMAMIT, Nitte

Organising Chair

Dr. Suryanarayana K,

Prof. and Head, EEE, NMAMIT, Nitte

Advisory Chair

Dr. Nagesh Prabhu

Prof., EEE, NMAMIT, Nitte

Course Secretary

Dr. Karuna Pandit

Prof., Dept. of ISE, Chairperson Internal Complaints Committee, NMAMIT, Nitte

contact Number:9964071440

Email.id : karunapandit@nitte.edu.in

Course Coordinator

Dr. Anitha Marina Colaco, Associate Prof., EEE, NMAMIT, Nitte

Contact Number: 7259149568, Email id: anithamp81@nitte.edu.in

Invited Speakers

Dr. Anita Rego, Director, Pearlss 4 Development (OPC), Hyderabad, Telangana.

Dr. Kala Chakradhar Ph.D, LCSW Professor Emeritus, Murray State University, KY,

USA, Independently Licensed Practitioner, Four Rivers Behavioral Health,Murray, KY

Mr. Mohan Kumar, Practice Head WIPRO Technologies, Wipro Ltd, Bengaluru

Dr. Annapoorna K. Professor & Head, Division of Yoga, Centre For Integrative Medicine & Research (CIMR), Manipal Academy of Higher Education, Manipal.

Rachana Mudraboyina, Director of HRLN - Telangana State Transgender Welfare Board Member, Founder of Youtube channel Transvision and founding member of Telangana Hijra Intersex Transgender Samiti, Telangana Queer Swabhimana Yatra and Telangana Hijra Intersex Transgender Samiti

Zainab Patel, Western India Representative, National Council for Transgender Persons, Mumbai.

Vyjayanti Vasanta Mogli, Transgender RTI Activist & Co-founder, Queer Swabhimana Yatra (QSY) & Telangana Hijra Intersex Transgender Samiti (THITS), Founder, Telanagana Queer Transgender Janulu (TQTJ)

Dr. Arun Thejaus KP, Assisatant Professor & In-charge, Nitte Centre for Integrative Medicine and Research, Nitte DU

Dr. Virupaksha Devaramane, Consultant Psychiatrist, A V Baliga Memorial Hospital Udupi

Dr. Smitha, Assistant Professor, Dept. of Psychiatry, K S Hegde Hospital Deralakatte, Mangalore

Ms. Agnieta Aimon, PSY SOCIAL Worker, Asst. Professor KSHEMA Mangalore

Registration Form:

Name of the Participant	
Designation	
Department	
Organization	
Address	
Email ID	
Contact No	
Payment details (upload soft copy in registration link)	
Signature of the Participant	