

## REGISTRATION FORM

Name : \_\_\_\_\_

Designation &  
Department : \_\_\_\_\_

Institution : \_\_\_\_\_

Address : \_\_\_\_\_  
\_\_\_\_\_

E-mail : \_\_\_\_\_

Mobile : \_\_\_\_\_

ISTE Membership No.(Life/Annual) \_\_\_\_\_

I agree to abide by rules and regulations governing the above STTP.

The applicant should confirm his/her participation on or before last date mentioned.

**Signature**

### Details of Payment

DD/Cheque No: \_\_\_\_\_

Date : \_\_\_\_\_

Bank : \_\_\_\_\_

Name & Designation of sponsoring authority with seal:

**Date:**

**Signature**

### OUR PATRONS:

Fr. Nazareth : Superior

Fr. Valerian D'souza : Director

Dr. Srija Unnikrishnan : Principal

### CONVENER:

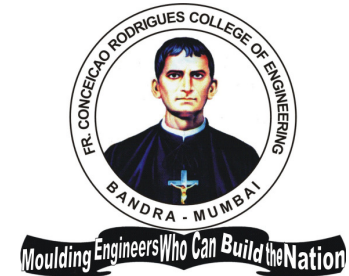
**Prof. (Mrs.) S. Sundary Prabavathy**

Head, Department of Humanities and Sciences,  
Fr. Conceicao Rodrigues College of Engineering  
Fr. Agnel Ashram, Bandstand, Bandra (West),  
Mumbai – 400 050.  
Email: prabavarthy@frcrce.ac.in  
Mobile: 9833783987

### COORDINATORS:

**Dr. Joseph Rodrigues**  
**Asst. Professor**  
E-mail: joseph.rodrigues@fragnel.edu.in  
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**Dr. Khushbu Trehan**  
**Asst. Professor**  
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**One-Week ISTE approved  
Short Term Training Programme**

**On**

**“Life Balance: To Overcome Stress  
Through Yogic Techniques”**

**24 April 2017 to 28 April 2017**

**Organized by:**

**DEPARTMENT OF  
HUMANITIES AND SCIENCES**

**Venue:**

**Fr. Conceicao Rodrigues College of Engineering  
Fr. Agnel Ashram, Bandstand, Bandra (W),  
Mumbai – 400 050.**

## ABOUT FR. CRCE

Fr. Conceicao Rodrigues College of Engineering is one of the reputed colleges affiliated to University of Mumbai and approved by AICTE. The college was established in 1984 and is named after its founder the Fr. Conceicao Rodrigues. It functions under the Society of St. Francis Xavier, Pilar. The college believes in the Missionary Principles and renders Education as a Service to Society.

The college runs UG courses in Production Engineering, Electronics Engineering, Computer Engineering and Information Technology as well as PG courses in Mechanical, Electronics Engineering and CAD/CAM.

## ABOUT THE DEPARTMENT

The Department of Humanities and Sciences is headed by Prof. Mrs. Sundry S. Prabavathy. The department has well-qualified, experienced and dedicated staff. The department always takes initiative in organizing various training programs for the faculty members and the students for their personality development and academic growth.

The department is a foundation stone on which all the four branches of engineering courses offered by the institute stand. The department is involved in number activities like Fr. CRCE national level annual debate, Rotract Club, NSS, TED<sup>x</sup>, FragMag (Annual Magazine), inter-collegiate Sports and Technomania (Technical Festival).

## COURSE THEME

Yoga is an invaluable gift of India's ancient tradition that embodies unity of mind and body. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. It helps us in changing our lifestyle and creating consciousness- **SHRI. NARENDRA MODI**



The main purpose of this Training Workshop is to bring about Work-Life Balance, to minimize Health-Problems and finally to attain Healthy Life-Style through Yoga.

This program has been designed to learn and experience the bliss of being stress free.

We are also arranging one day outdoor field activity at **Global Vipassana Pagoda, Gorai.**

## TARGET AUDIENCE

Teaching and non-teaching staff from all streams

## COURSE FEES

The course fee is Rs.3000/- for ISTE Members and Non-technical college participants.

This fee includes soft copy of course material, tea and lunch.

**Note:** Those planning to enroll for ISTE membership can register by paying the enrollment fees.

## MODE OF PAYMENT

Fees can be paid by DD or Cheque drawn in favor of “ **Fr. Conceicao Rodrigues College of Engineering, Bandra (West)**”

## .IMPORTANT DATES AND TIME:

Last date of receiving confirmation (through email/ whatsapp/ mobile): **10 April 2017**

Last date of receiving application: **15 April 2017**

**NOTE:** Further details will be mailed after the confirmation of the participants

## HOW TO REACH?

BEST bus Route No.211 from Bandra Station (West) to Fr. Agnel Ashram.