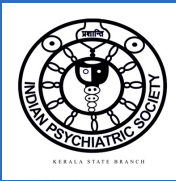


RESOURCE PERSONS

- Dr. Jayaprakashan K.P.
Associate Professor of Psychiatry
Medical College Trivandrum
- Dr. Anupama
Senior Resident Psychiatry
Medical College Trivandrum
- Dr. Sheena G Soman
Consultant Psychiatrist,
Mental Hospital Peroorkada
- Dr. Aiswarya
Senior Resident of Psychiatry
Medical College Trivandrum
- Dr. Mohan Roy
Associate Professor of Psychiatry
Medical College Parippally
- Dr. Shabhu,
Jr. Consultant Psychiatrist
Mental Hospital Peroorkada
- Dr. Arun Ayyappan
Assistant Professor of Psychiatry
Medical College Trivandrum
- Dr. Anjana Rani
Associate Professor of Psychiatry
Medical College Trivandrum



In Association with Indian Psychiatric Society Kerala State Branch



Organized by

Translational Research and Professional
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Government Engineering College
Barton Hill, Thiruvananthapuram

 Phone

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 Email

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 Venue

Unnathi Hall, TPLC, GEC Barton
Hill, Thiruvananthapuram



TRAINING PROGRAM ON COGNITIVE FITNESS

The ability to adapt
to challenges !!

For Faculty and Professionals



Scan to Apply

19th - 22nd June, 2024



ABOUT TPLC

Translational Research and Professional Leadership Centre (TPLC) is an interdisciplinary center functioning at Government Engineering College Barton Hill since 2015 with the introduction of the interdisciplinary M.Tech. program in Translational Engineering. The program is approved by AICTE and affiliated to A. P. J. Abdul Kalam Technological University. Center is carrying out socially relevant projects for the benefit of students, professionals and society.



ABOUT THE TRAINING

A comprehensive program designed for today's professionals seeking to optimize their cognitive fitness. From mastering time management and productivity to enhancing memory recall and sustaining attention, our tailored approach equips you with the essential tools for success. Explore problem-solving strategies, refine communication skills, and fortify resilience against stress. Embrace creativity, foster collaboration, and stay ahead with the latest in technological advancements. Cultivate a mindset of continuous learning and prioritize well-being for a harmonious work-life balance. Join us at Cognitive Edge and unlock your full potential in the dynamic landscape of the modern workplace.



COURSE CONTENTS

1. Cognitive Functioning in the Workplace

2. Time Management and Productivity

3. Memory Enhancement Techniques

4. Emotion & Cognition

5. Learning about Learning

6. Problem-Solving and Decision-Making

7. Effective Communication Skills

8. Stress Management and Resilience

9. Creativity and Innovation

10. Collaboration and Teamwork

11. Adapting to Technological Advances

12. Continued Learning and Professional Development

13. Work-Life Balance and Well-Being

14. Mental Health first aid

15. Identifying common mental disorders

COURSE OUTCOME

- Upon completing this program, participants will:
1. Master advanced time management and productivity techniques for optimized workflow efficiency.
 2. Cultivate laser-sharp focus and attention through mindfulness practices and targeted exercises.
 3. Develop effective problem-solving and decision-making skills to confidently navigate workplace challenges.
 4. Strengthen communication, collaboration, and stress management abilities for sustained professional success and well-being.



HOW TO APPLY?

Admission will be based on first come first served basis as training is offered to only 50 participants. Apply on or before 17th June, 2024.

Registration Fees: Rs. 2500/-

Registration fee will not be refunded unless the program is cancelled by TPLC due to any unforeseen circumstances.

Online payment can be done

using any UPI App to

Account Name: TPLC

Account No: 67314066447

IFSC: SBIN0070415

Bank: SBI Vikas Bhavan

Registration link :

<https://forms.gle/k75Hqhgnj2LQ6HDYA>



COORDINATORS

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