

IIT HYDERABAD

IIT Hyderabad is one among the 2nd generation of IITs started by the Government of India. The very foundation of IIT Hyderabad is based on research and innovation for the betterment of the scientific community.

The **Department of Liberal Arts** at IIT Hyderabad is a center for the study of a highly diverse range of subjects. Unique in its constitution and vision, this department strives to pursue excellence in teaching, encourage cutting-edge scholarships and cultivate a deeper understanding of humanity at large.

SHASTRI INDO-CANADIAN INSTITUTE

The Shastri Indo-Canadian Institute is a binational organization that promotes understanding between India and Canada through academic activities and exchanges.

SHASTRI PROGRAMME DEVELOPMENT GRANT

The Shastri Programme Development Grant is devised to encourage scholarly and professional academic activities with a view to contribute towards the expansion of knowledge about India and Canada at Indian and Canadian universities that are members of the Shastri Institute.



Resilience Program

FOR STUDENTS

JANUARY 11-13, 2021

ORGANIZED BY:

Department of Liberal Arts

Indian Institute of Technology Hyderabad

Kandi, Telangana 502285

Funded by the Shastri Indo-Canadian Institute

**DEADLINE
EXTENDED**

Participants interested in the program and/or competitions are requested to fill up the registration form on or before **January 5, 2021**.

Register Here:

https://docs.google.com/forms/d/1UKh5WmYg9PWQ3oGs_xQZpt9oCeYF4huXhVHIm-J3fdA/edit?gxids=7757

For any queries email us at: **resilienceprogram2021@gmail.com**

ABOUT THE PROGRAM

This program is designed for students pursuing higher education in India. It was developed following Prof. Michael Ungar's manual for the development of resilience programs. Local Advisory Committees comprising of largely students; and other stakeholders such as mental health professionals and researchers contributed towards structuring the program. Inputs from this committee helped to identify the most important concerns of students that will be addressed through this program.

It is expected that this program will contribute towards the improvement of mental health of students by addressing symptoms as well as enhancing well-being. We further hope to build awareness and interest in the phenomena of resilience through this event.

Organizing Committee:

- **Dr. Amrita Deb**

(Associate Professor of Psychology, Department of Liberal Arts, IIT Hyderabad, Telangana, India)

- **Prof. Badri Narayan Rath**

(Professor of Economics, Department of Liberal Arts, IIT Hyderabad, Telangana, India)

- **Dr. Shubha Ranganathan**

(Associate Professor of Psychology, and Head of the Department of Liberal Arts, IIT Hyderabad, Telangana, India)

Canadian collaborator:

Prof. Michael Ungar

(Family Therapist, Professor of Social Work and Canada Research Chair (Tier 1) in Child, Family and Community Resilience at Dalhousie University, Founder and Director of the Resilience Research Centre, Dalhousie, Canada)

RESOURCE PERSONS

DAY 1

- **Keynote Speaker: Prof. Michael Ungar**, Family Therapist, Professor of Social Work and Canada Research Chair (Tier 1) in Child, Family and Community Resilience at Dalhousie University, Founder and Director of the Resilience Research Centre, Dalhousie, Canada.
- **Dr. Amrita Deb**, Associate Professor of Psychology, Department of Liberal Arts, IIT Hyderabad, Telangana, India.

DAY 2

- **Prof. Colette Jourdan-Ionescu**, Professor in the Department of Psychology and Member of the Center for Research and Intervention on School Success, University of Quebec, Trois-Rivières, Canada.
- **Prof. Manjula, M.**, Professor of Clinical Psychology, NIMHANS, Bangalore, India.
- **Prof. Sibnath Deb**, Director, Rajiv Gandhi National Institute of Youth Development, Tamil Nadu, India; and Adjunct Professor, School of Justice, Faculty of Law, Queensland University of Technology, Brisbane, Australia.
- **Dr. Anindita Ghosh**, Assistant Professor of Psychology, Department of Liberal Arts, IIT Bhilai, Raipur, India.
- **Dr. Subha Gomathy Sridharan**, BIRAC SPARSH SIIP Fellow, Atal Incubation Centre - Centre for Cellular and Molecular Biology, Hyderabad, India.

DAY 3

- **Dr. Arunava Ghosh**, M.B.,B.S., M.D. with specialization in medicine, Senior Resident, North Bengal Medical College and Hospital, West Bengal, India.
- **Dr. Kamlesh Singh**, Associate Professor of Psychology, Department of Humanities and Social Sciences, IIT Delhi, New Delhi, India.
- **Ms. Shikha Soni**, Ph.D. scholar, Department of Liberal Arts, IIT Hyderabad, India.
- **Ms. Aswini S.** and **Ms. Shikha Soni**: Ph.D. scholars, Department of Liberal Arts, IIT Hyderabad, India.

Note: The program will be conducted virtually. The final program schedule will be emailed to registered participants.

COMPETITIONS

Various competitions involving students' life experiences will be held. The winners will be awarded with gift certificates.

The competitions are:

- How I discovered my resilience
- Post box: My letter to Ph.D. aspirants
- Resilience intervention

Details of the competitions can be found here:

[//drive.google.com/file/d/1tCb_QygwS4QVovwSZHtpZ_jFWnhHeFTT/view?usp=sharing](https://drive.google.com/file/d/1tCb_QygwS4QVovwSZHtpZ_jFWnhHeFTT/view?usp=sharing)