



**PANIPAT INSTITUTE OF  
ENGINEERING & TECHNOLOGY**

Approved by AICTE, New Delhi & Affiliated to GGS Indraprastha University, New Delhi



# Creativity FOR WELL-BEING



**MR. ATUL DAHIYA**

Limited  
Seats **50**



**DR. PREETI GUGNANI**

## ABOUT THE BOOTCAMP

In a world where stress and mental health challenges are increasingly prevalent, fostering creativity has become not just a luxury but a necessity for overall well-being. Our two-day bootcamp on "Creativity for Well-being" aims to address this pressing need by providing participants with a transformative experience filled with workshops and activities tailored to

unleash their creative potential.

Through a combination of interactive sessions and hands-on exercises, attendees will discover new ways to tap into their creativity, cultivate resilience, and nurture their mental health. Join us on this journey of self-discovery and empowerment, where creativity becomes a catalyst for holistic well-being.

## Bootcamp Outline

**WORKSHOPS:** Engage in interactive sessions led by experts, covering topics such as creative writing, visual arts, mindfulness practices, and more.

**ACTIVITIES:** Participate in a variety of hands-on activities designed to spark creativity, including collaborative art projects, improvisational exercises, storytelling circles, and guided meditation sessions.

**ENERGIZERS:** Recharge and rejuvenate with energizing activities aimed at refreshing both the mind and body, outdoor walks, music and dance breaks, and laughter yoga.

**FUN:** Immerse yourself in a lively and supportive atmosphere filled with laughter, camaraderie, and opportunities. Enjoy games, challenges, and surprises that make learning and self-discovery an enjoyable adventure.

## About Experts

■ **Mr. Atul Dahiya (PhD)** is an expert in the area of Consumer Well-being and Assistant Professor at Department of Management Studies. His teaching interest includes creativity, well-being, behaviour and psychology and spirituality.

■ **Dr. Preeti Gugnani** is an expert in the area of Employee Well-being and Assistant Professor at Department of Management Studies. Her teaching interest includes creativity, Organizational well-being, Team building, Group behaviour and Mindfulness.

For more details contact: Mr. Atul Dahiya ☎ 81682-11546, Dr. Preeti Gugnani ☎ 70154-82177



**12 & 13**  
April, 2024



**9:30 AM to**  
**4:00 PM (IST)**



**Seminar Hall, 2nd Floor.**  
**G-Block, PIET Campus**