



Five Days Workshop on Stress Management and Professional Excellence

**24 -28
November
2023**

Organized By:

**Indian Knowledge System (IKS) Cell
National Institute of Technology, Kurukshetra,
Haryana**

ABOUT WORKSHOP

This workshop is designed for the holistic development of UG/PG students of NIT Kurukshetra to equip them with life skills to achieve wellness and sustainability in their lives. This platform will facilitate students to acquire the necessary skills to solve real-life problems, manage stress, and attain professional excellence. Since students have to achieve their goals by striking an ideal balance amongst studies, extra curriculum etc. Therefore, it is necessary to maintain mental well-being to promote a healthy and stress-free lifestyle along with achieving professional excellence. The objective of the workshop is to improve one's own well-being and spread positivity among the students.

Tentative Workshop Contents

- Life from Student Perspectives
- Mental Health Promotion
- Role of Yoga and Meditation in Managing Stress
- Life Beliefs and Values
- Root Causes of Abnormal Behavior
- Common Manifestations of Psychological Stress
- Aggression Management
- Substance Use and Abuse (Awareness about Drug Addiction)
- Optimizing Performance and Creativity
- Emotional Intelligence and its Development
- Interpersonal & Life Skills

Eminent academicians affiliated to IIT/NITs, other renowned institutes will deliver the sessions with practical demonstrations

**Scan me to register free
for the workshop**



Registration Link: <https://forms.gle/HEi1m1Yx3ECiAZqg9>

No Registration Fee

Chief Patron

Dr. B.V. Ramana Reddy
Director,
NIT Kurukshetra

Workshop Convener

Prof. R.K. Aggarwal
Prof-In-Charge, IKS Cell
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