

## About MWP-2024

The *5 Days Workshop on Mental Wellbeing of Students in Residential Programmes* is designed to address the unique challenges that students face in residential environment, especially in a rigorous academic program. With the increasing academic pressure, social isolation and adjustment challenges, it is crucial to promote mental health awareness and equip students with the tools to cope with stress, anxiety and emotional well-being. The workshop aims to create a supportive community where students can thrive both academically and personally.

## Objectives

The Workshop endeavors to achieve the following objectives:

- **Raise Awareness:** Educate students about the importance of mental health and the impact of residential environments on emotional wellbeing.
- **Build Coping Mechanisms:** Equip students with practical tools to manage stress, anxiety and other mental health challenges.
- **Promote Peer Support:** Foster a culture of empathy, communication, and mutual support among students.
- **Reduce Stigma:** Address the stigma surrounding mental health issues and encouraging students to seek help when needed.
- **Enhance Academic Performance:** Link emotional wellbeing with academic success, helping students understand the importance of maintaining a healthy balance.
- **Encourage Self-care:** Self-care practices for better mental, emotional & physical health.

## Course Contents

- Introduction to Mental Health and Wellbeing
- Understanding Stress and Anxiety
- Emotional Regulation and Self-awareness
- Building Resilience
- Peer Support and Communication Skills
- Managing Time and Academic Stress
- Self-care Practices for Mental Health
- Seeking Help and Building a Mental Health Culture

## Participants

This Workshop has been designed for UG, PG and PhD students of the Institute.

## Registration

There will be no registration fees. However, number of participants would be limited to 80-100 only. Admission to the workshop is purely first come first served basis. Registration can be done through the following link:

<https://forms.gle/Fm1ata7qtuz4rgJq9>

## Registration Form



## 5 Days Workshop

on  
**Mental Wellbeing of  
Students in Residential  
Programmes  
(MWP-2024)**

**(November 11-15, 2024)**

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

Roll No.: \_\_\_\_\_

Department/Branch/Section: \_\_\_\_\_

Programme: \_\_\_\_\_

Semester: \_\_\_\_\_

Mobile No. : \_\_\_\_\_

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

(Signature of the Applicant)

## About Kurukshetra

Kurukshetra, steeped in history and mythology, is a place of great spiritual significance where Lord Krishna delivered the divine message of Shrimad Bhagavad Gita. This place from where knowledge spread far and wide was chosen as his capital by King Harshwardhana. It is one of the premier Centre of pilgrimage, attracting devotees in a steady stream all-round the year. Kurukshetra is a railway junction on the Delhi- Karnal-Ambala section of the Northern Railway. It is about 160 kms. from Delhi. The Institute is about 10 kms from Pipli, a well-known road junction on the Sher Shah Suri Marg (NH-1), and about 5 kms from Kurukshetra Railway Station.

## About the Institute

National Institute of Technology, Kurukshetra, one of the 31 NITs in the country, is a premier center of learning and research in various disciplines of Engineering and Management. It trains and develops high caliber professionals to serve not only the country but also the world at large. Established in 1963 as an REC- a joint enterprise of the Government of India and the Government of Haryana - the college was elevated to a National Institute with Deemed University status in June 2002. The Institute has made rapid strides in expanding and upgrading facilities, enhancing the quality of education and strengthening the linkage with industry. The Institute Alumni are well placed in reputed organizations in India and abroad.

## About the Department

The Department of Humanities and Social Sciences, one of the thirteen teaching Departments of the Institute is devoted to fulfill the mission of imparting quality education in Humanities and Social Sciences that develops innovative and competent engineers who are socially responsive citizens and can undertake research that generates prime knowledge for the growth of industry and society and futuristic knowledge, focusing on the socio-economic needs. The Department is continuously involved in expanding the teaching-learning process to integrate humanistic values and social concerns with technical education. The Department provides doctoral (Ph.D.) facilities in the areas of English, Economics, Psychology and Management.

## Organizing Committee

### Patron

**Prof. BV Ramana Reddy**  
Director, NIT Kurukshetra

### Convener

**Dr. Vikas Choudhary**  
(Prof. & Head, Deptt. of Hum. & SS)

### Coordinator

**Dr. Shabnam**  
**Dr. Rajesh Sharma**  
(Assistant Professor, Deptt. of Hum. & SS)

### Registration form should be sent to:

**Dr. Shabnam**  
Coordinator (MWP-2024)  
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Kurukshetra-136119  
Mobile No: 9416957877  
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**5 Days**  
**Workshop on**  
**Mental Wellbeing of**  
**Students in Residential**  
**Programmes**  
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### Organized by

**Department of Humanities & Social**  
**Sciences, National Institute of**  
**Technology, Kurukshetra-136119**