

About MWP-2025

The One week Workshop on Mental Wellbeing of Faculty in Residential Programmes is designed to address the unique challenges that faculty face in residential environment, especially in a rigorous academic program.

Faculty mental well-being is crucial for both their personal health and the quality of education provided to students. Factors like demanding work environments, the need to balance personal and professional life, the pressure of productivity, etc., contribute to stress and burnout among faculty. Prioritizing faculty mental health can foster a more supportive and positive learning environment, ultimately benefiting students as well.

Teachers face many mental health challenges such as Burnout & Exhaustion, High Stress Levels, Emotional Strain, Work-Life Balance Challenges, Professional Isolation, Unpredictable Behaviour from Students, Lack of Professional Development Opportunities, etc.

This Workshop aims to create a supportive community where faculty can thrive both academically and personally.

Workshop Contents

- Introduction to Mental Health and Wellbeing
- Understanding Stress and Anxiety
- Emotional Regulation and Self-awareness
- Building Resilience

- Managing Academic Stress
- Self-care Practices for Mental Health
- Seeking Help and Building a Mental Health Culture

Participants

This Workshop has been designed for the faculties involved in residential programmes working in Higher Educational Institutions.

Registration

The Registration fees will be as under:

- 1) For faculty of NIT Kurukshetra Rs. 750/-
- 2) For faculty of other Institution Rs. 1,000/-

Number of participants would be limited to 50 only.

Admission to the workshop is purely first come first served basis. Participants will be provided working lunch only during the workshop. Participants can avail paid accommodation on first come first serve basis (Sharing basis) in the Institute. Registration can be done through the following link:

<https://forms.gle/bkPfsyz17xHdcwS27>



Registration Form



One Week Workshop on Mental Wellbeing of Faculty in Residential Programmes (MWP-2025) (July 08-12, 2025)

Name: _____

Father's Name: _____

Designation: _____

Department: _____

Affiliation: _____

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 Centre of Excellence for Holistic Personality Development

The Centre of Excellence for Holistic Personality Development has been recently setup in the Institute which is first of its kind in the Country. The Centre will work to achieve the Objectives of NEP 2020 by providing Value Based Education which will nurture all aspects of Holistic Personality Development which include Physical Quotient (PQ), Intelligence Quotient (IQ), Emotional Quotient

(EQ), Social Quotient (SQ) and Spiritual Quotient (SQ). The Centre will organize Faculty Development Programs/Workshops/STCs/Symposia/Conferences in the fields of Personality Development, Value Based Education, Life Skills for Holistic Development, Nurturing Human Values in Youth, Mindfulness & Meditation, etc. The Centre plans to start Certificate Courses in Bhagavad Gita for Working Professionals, Cognitive Science, Universal Human Values etc. The Centre also plans to strengthen Research activities in various fields such as Cognitive Science, Mental Health & Well-being and Indian Knowledge System.

Organizing Committee

Patron

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

Convener

Dr. Vikas Choudhary
(Professor & Head, CHPD)

Coordinators

Dr. Mohit Dua
Dr. Yashashchandra Dwivedi
(Faculty, CHPD)

Registration form should be sent to:

Dr. Yashashchandra Dwivedi
Coordinator (MWP-2025)
Centre of Excellence for Holistic Personality
Development (CHPD)
National Institute of Technology
Kurukshetra-136119
Mobile No: 9896004119
Email: yashjidwivedi@nitkkr.ac.in

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Organized by

**Centre of Excellence for Holistic
Personality Development (CHPD),
National Institute of Technology,
Kurukshetra-136119**