

About the Institution:

Founded in 1965 as Tripura Engineering College, NIT Agartala became a National Institute of Technology in 2006. It offers a range of undergraduate, postgraduate, and doctoral programs across various disciplines, with a focus on academic excellence, research, and industry collaborations. The institute features modern infrastructure and state-of-the-art facilities.



About Workshop:

- ✓ A two-day workshop focused on managing academic pressure and personal challenges.
- ✓ Interactive sessions covering stress management, emotional regulation, and mindfulness practices.
- ✓ Provides tools and techniques to enhance mental health.
- ✓ Includes group activities and expert talks for practical insights.
- ✓ Encourages open discussions about mental wellness through peer interactions.
- ✓ Aims to build resilience and effective coping strategies.
- ✓ Helps in boosting self-esteem and personal confidence.
- ✓ Supports maintaining a balanced and positive mindset for academic and personal growth.

Patron

Prof. S. K. Patra
Director
National Institute of Technology
Agartala

Chairman

Prof. Rajib Saha
Dean Academic National
Institute of Technology
Agartala

Co-ordinator(s)

Dr. Nabarun Biswas
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Dr. Sadhan Gope
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Presents

Two Days Workshop

(12th and 13th November 2024)

03:00 pm onwards

On Topic:

**MENTAL
HEALTH AND WELL
BEINGNESS**

Venue: Visvesvaraya Auditorium

Sponsored by

National Institute of Technology Agartala

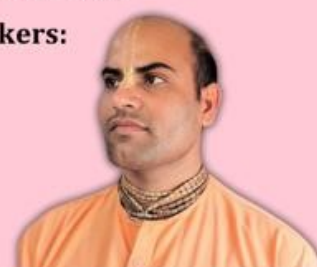
Organised by

Office of the Dean Academic
National Institute of Technology Agartala
Tripura 799046, India

Our Speakers:



Sr Sarvajna Chaitanya Dasa
(Hare Krishna Mandir
Guwahati, Assam, India)



Nareshwar Krishna Dasa
(Hare Krishna Mandir
Guwahati, Assam, India)

All UG/PG students, interested faculties and staff are requested to attend this workshop.