



# DEPT. OF ELECTRONICS & COMMUNICATION ENGINEERING NATIONAL INSTITUTE OF TECHNOLOGY SRINAGAR

Presenting

## Mind Over Matter : Confronting Stress, Addiction & Harassment

*“Creating a culture of care,  
compassion & courage in  
engineering”*



9:30 am – 5:00 pm



21<sup>st</sup> – 22<sup>nd</sup> Nov 2024



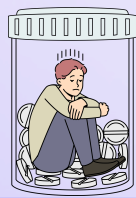
NIT Srinagar

## About the Workshop

This 2-day workshop is designed to provide students with essential skills for academic success and personal well-being in today's competitive environment. Focused on four key areas—time management, personality development, grit, and stress management—the workshop offers a comprehensive learning experience that addresses both academic challenges and mental health needs. Each session includes interactive video lectures, quizzes, hands-on activities, and group discussions. In the time management session, students will learn techniques to set realistic goals, break tasks into manageable parts, and build productive habits. The personality development session will help participants identify their strengths, set personal goals, and cultivate a positive mindset. The grit module will focus on perseverance and resilience, helping students stay committed to long-term goals. The stress management session will introduce techniques to identify and manage stress through mindfulness and healthy coping mechanisms.

A notable feature is the keynote speaker, who will enlighten participants about legal actions related to harassment, empowering them with knowledge of their rights. The workshop will also briefly touch on drug abuse, raising awareness of its risks.

By the end of the workshop, students will be equipped to manage their academic and personal challenges, fostering both success and well-being.



## About NIT Srinagar

National Institute of Technology, Srinagar, formerly Regional Engineering College, Srinagar, is a government engineering and research institution located in Srinagar, Jammu & Kashmir, India. It is one among the 31 National Institutes of Technology (NITs) and as such is directly under the control of Ministry of Human Resource Development (MHRD), Govt. of India. It was established in 1960 as one of several Regional Engineering colleges established as part of the Second Five Year Plan (1956-1961) by the Govt. of India. It is governed by the National Institutes of Technology Act, 2007, which has declared it as an Institute of National Importance. NIT campus is on the bank of world-famous Dal Lake. The University of Kashmir and Hazratbal Shrine are at walkable distance. NIT Srinagar campus comprises of academic building, student hostels with 100% residential facilities for faculty, staff and students.



## Schedule of the Workshop

### Day-1:

**9:30 am - 10 am**

Inaugural Ceremony

**10 am - 1 pm and 2 pm - 5 pm**

Personality Development Session

- Phases of Life
- Ikigai Philosophy
- Identification of personal Ikigai
- Application to Life

Grit Session

- Definition and Importance of Grit
- Grit test by Angela Duckworth
- Strategies for Developing Grit

### Day-2:

**10 am - 1 pm and 2 pm - 4 pm**

Stress Management Session

- Understanding Stress
- Identifying Stressors and its Impact
- Stress Management Techniques: such as Deep breathing, meditation, and progressive muscle relaxation.
- Mindfulness Technique

Time Management Session

- Common Time Management Challenges
- The Importance of Prioritization
- Time Management Techniques such as Time Blocking, To-Do Lists, Pomodoro Technique

**4 pm - 4:30 pm**

Vote of Thanks and Valedictory

## Chief Patron



**Prof. Binod Kumar Kanaujia**  
Hon'ble Director, NIT Srinagar

## Patron



**Prof. Roohie Naaz Mir**  
Dean Research & Consultancy  
Professor (HAG), Department of CSE

## Keynote Speakers



**Hilal Khaliq (Day-1)**  
KPS SP Hazratbal



**Dr. Mohd Muzaffar Khan (Day-1)**  
Founding member of J&K Police Drug De-addiction Services



**Mr. Fairoz Malla (Day-2)**  
Psychological Counselor

## Trainers



**Mahi Burza**  
Educationalist - Roots



**Nazish Mushtaq**  
Volunteer - Roots

**and team.**

## Convener



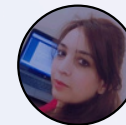
**Dr. Gausia Qazi**  
Head of Department, Associate Professor  
Dept. of Electronics and communication Engg.

## Co-Convener



**Prof. Najeeb-ud-din**  
Head, IIED Centre  
Professor, Department of Electronics and communication Engineering

## Coordinator



**Dr. Yusra Banday**  
Assistant Professor, Department of Electronics and communication Engineering

## Student Coordinators

- **Mohammad Sibgat Ullah**
- **Shafee Farida**
- **Urooj Fayaz**
- **Mohammad Saif**
- **Varsha Saini**

## How to Register

- **Registration Link:**  
<https://forms.gle/7zK3RWqaMjUQLBoP6>
- Last Day to Register: 19th Nov 2024.
- Registration Fee: Free for all
- Workshop is open to everyone regardless of gender.

