

National Institute of Technology (NIT) Hamirpur

National Institute of Technology Hamirpur is one of the thirty-one NITs of the country, which came into existence on 7 August 1986 as Regional Engineering College, a joint and cooperative enterprise of the Govt. of India and Govt. of Himachal Pradesh. At the time of inception, Institute had only two departments Civil and Electrical Engineering having an intake of 30 students in each.

On 26th June 2002, REC Hamirpur was awarded the status of Deemed University and upgraded to National Institute of Technology. NIT Hamirpur is an institute of National importance set up under the National Institute of Technology Act 2007 which received the accent of the President of India on 5th June, 2007.

At present, the institute is well known for its dedicated faculty, staff and state-of-the-art infrastructure conducive to a healthy academic environment. The Institute is constantly striving to achieve higher levels of technical excellence. Evolving a socially relevant and yet internationally acceptable curriculum, implementing innovative and effective teaching methodologies and focusing on the wholesome development of the students are some of the main goals of the institution.

The Institute currently has fourteen departments and research centers in various fields of engineering, science, architecture and management with multiple well equipped labs and digital classrooms for seamless learning experience. A Central Library with state-of-the-art facilities, Auditorium, Student Activity Centre, Computer Centre, multiple seminar halls, student park, sports ground, dispensary, guest house etc. Faculty of repute, brilliant student community, excellent technical and supporting staff and the administration have all contributed to the preeminent status of NIT Hamirpur.

NIT Hamirpur situated at the foothills of the Himalayas in the state of Himachal Pradesh has a breath-taking residential campus spread across 300+ acres. In its 12 hostels, the institute hosts about 4,000 B.Tech and B.Arch students, about 300 M.Tech students and 200+ PhD students. Surrounded by the gorgeous Himalaya, lovely gardens, dense forests, lakes and rivers, multiple tourist hot-spots, hill-stations, stunning treks are all in its vicinity and places of interest for the students. The place enjoys pleasant climate throughout the year, though it gets a bit chilly for a few months in winter.

The alumni of the institute hold responsible and enviable positions all over the world and are in touch with the institute. Every new entrant into the portals of this institute is poised for partaking a rich heritage and tradition that is unique to NITH.

Institute Mental Well-being Cell, NITH

The cell aims to empower all students, faculty and staff of the institute attain their own stand in a competing world and do so without killing their inner self in the process. We want everyone to experience the power of meditation and the efficiencies that a stable mind as a result of the same. The cell has also taken initiative of conducting Nav Chetna Shivir for mess workers of the institute. Now, we are excited to collaborate with AICTE and The Art of Living Foundation to bring this Faculty Development program for all faculty and PhD scholars of the institute.

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*A One-Week AICTE Training and
Learning (ATAL) Academy Faculty
Development Program (FDP) on*

Stress Management and Productivity Enhancement Workshop

(05/01/2026 – 10/01/2026)



Coordinator

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Organized by

**Institute Mental Well-being Cell,
NIT Hamirpur**



About AICTE Training and Learning

AICTE is committed for development of quality technical education in the country by initiating various schemes launched by Govt. of India, like SWAYAM, MOOCs, Start-up Initiatives, Prime Minister Kaushal Vikas Yojana (PMKVY), Sansad Adarsh Gram Yojana (SAGY), Yoga Activities etc.

Faculty members are the corner stone of any educational institute as they are instrumental in shaping the future of students. It is very important that, from time to time the institutions organize faculty reorientation program. This serves two purposes: firstly, the faculty reaffirms the vision of the institute; and secondly, it helps to re-emphasize their role as educators because they impart knowledge and uphold the morals, ethics, and integrity of future generations. To achieve this, The Art of Living Foundation and Institute Mental Well-being Cell, NITH are organizing this Faculty Development Program. This program aims to combine basic life skills training, along with wonderful stress management yoga and pranayam, and all this taught through a variety of group activities and power point presentations.

Objectives of the course:

- To imbibe the skills and competencies required to achieve goals directed by values.
- To have a positive attitude and the ability to cope with the changing environments.
- To enhance faculty effectiveness by inculcating dynamism and leadership qualities.
- To develop commitment and ethical approach towards work, and instill a sense of responsibility towards the institution.
- To enhance communication and soft skills of the faculty by introducing innovative teaching methodologies and developing an interpersonal connection with students.

Benefits of the course:

After completing the course, the faculty itself will feel the difference in terms of

- Holistic development and enhanced potential
- Fair minded and Patience
- Dynamism and Commitment
- Increased Efficiency and Confidence
- Ethical Leadership and Stress Reduction

Topics to be covered:

Inner Capacity - Power of Meditation
Breath Stress and Wellness Pranayama
Happiness and Capacity Building
Stress & its impact on health and performance
The Art of Relaxation & Expanding Consciousness
Understanding Seven Layers of existence
Sources of Energy for the human body and mind
Mastering the Mind and Emotions
Healing with Consciousness
Decoding Mind & Consciousness
Panchakosa meditation
Nature of mind & Attitudinal shift
Knowledge Sutra
Response effectiveness
Pranayama and Sudarshan Kriya

Resource Person: Resource person are from Art of Living Foundation.

Eligibility: Faculty member of AICTE approved institutes, research scholars, PG Scholars, participants of government, industry, and staff of host institution.'
Not more than 30% from Host Institute.

Details: One week online/offline Faculty Development Program. There is no registration fee.
Maximum 50 participants allowed per batch. However, AICTE officials maybe allowed.
Preference will be given to new participants.

Test and Certificate: A test will be conducted by the coordinator at the end of the program and the certificates shall be issued to those participants who have attended the program with minimum 80% attendance and scored minimum 60% marks in the test.

E- Certificate can be downloaded in AICTE ATAL website or will be sent through e-mail of all the registered participants.

Link for registration:

<https://www.aicte.gov.in/atal>

OR

<https://atalacademy.aicte.gov.in/signup>

REGISTRATION FORM

AICTE Training and Learning(ATAL)
Academy Basic FDP on
Stress Management and Productivity
Enhancement Workshop
(05/01/2026 - 10/01/2026)

Name:

Date of Birth:

Gender:

Designation:

Address for Communication:

E-mail:

Mobile:

Higher Qualification:

Branch:

Subjects handled :

Experience in years:

Any other information::

Declaration: The information provided is true to the best of my knowledge. If selected, I agree to abide by the rules and regulations of the program and shall attend the course for the entire duration.

Date:

Signature of the Candidate