

**Five-days E-workshop (Online)**  
**On**  
**Wellness and Life skills**  
**July 10<sup>th</sup> -July 14<sup>th</sup> , 2023**

**Registration form**

(Last date of registration: July 7<sup>th</sup>, 2023)

Name:.....

Designation:.....

Organization:  
.....

Gender: M..... F.....

Address of communication:  
.....  
.....

Email:.....

Mobile:.....

Qualification:.....

Payment Mode: SBI Collect

(To pay through SBI collect, select Payment Category  
“Workshop/STC/FDP/Conference”)

SBI Collect Receipt No .....

Date ..... Amount .....

Link for e-registration through Google Form: -

<https://forms.gle/N2Jx8F99T4WXNh2G9>

Date:

Place:

Signature of candidate

**Patron**

Prof. H. M. Suryawanshi

Director, NIT Hamirpur

**Chairman & Convener**

Dr. Yogesh Gupta

Head, Department of Humanities and Social  
Sciences

**Course Coordinator**

Dr. Sunder Kala Negi

Dr. Manoj Kumar Yadav

**Treasurer**

Dr. Sunder Kala Negi

**Organizing Committee**

All faculty members and staff of the  
Humanities and Social Sciences Department

**Address for Correspondence**

Dr. Sunder Kala Negi &

Dr. Manoj Kumar Yadav

Assistant Professor, HSS, NIT Hamirpur,

E-mail: [sunderkala@nith.ac.in](mailto:sunderkala@nith.ac.in),

[manojk@nith.ac.in](mailto:manojk@nith.ac.in)

Mobile No.: +91-9459041017

+91-98074911450

**Five-days E-workshop (Online)**  
**On**

**Wellness and Life skills**

**July 10<sup>th</sup> -July 14<sup>th</sup>, 2023**

An Initiative of  
National Institute of Technology Hamirpur,  
Himachal Pradesh, India



**Organized by**

Department of Humanities and Social Sciences  
National Institute of Technology Hamirpur  
Hamirpur, Himachal Pradesh  
Pin Code- 177 005, India  
Website: [www.nith.ac.in](http://www.nith.ac.in)

## Background

Wellness refers to the overall state of physical, mental, and emotional well-being. It encompasses various aspects such as nutrition, exercise, stress management, and self-care practices. Life skills, on the other hand, are the abilities and knowledge required to navigate and thrive in everyday life, including communication, problem-solving, decision-making, and critical thinking. Both wellness and life skills play crucial roles in promoting a balanced and fulfilling life. The five-days Workshop is aimed to empower individuals with the knowledge and tools to lead balanced, healthy lives and develop essential skills for personal growth and success. Life skills and Hands-on sessions have been also included in the course to give a clear idea about the concept.

## Objective

The objective of this course is to promote holistic well-being, impart necessary and practical knowledge, empower individuals to develop essential skills, and promote personal growth, resilience, healthy lifestyles, and meaningful connection, fostering a happier and more fulfilling life.

## Speakers

Faculty members, Industry Experts, and Clinical Experts (Doctors & counselors) of premier Institutions/Organizations of India.

## Course Contents

- An overview of wellness and its importance in daily life
- Beyond the Horizon: Nurturing Psychological Well-being in the Future
- Developing Empathy & Emotional Intelligence
- Intellectual wellness: Enhancing communication skills.

- Social wellness and building healthy relationships.
- Conflict Management (Hands-on session)
- Technology & Wellness
- Economical wellness and empowerment
- Workplace wellness and building resilience (Hands-on session)
- Physical wellness
- Healthy living and Diet
- Emotional resilience (Hands-on session)
- Understanding the Environment and sustainable environment
- Stress and Time Management

## Target Audience

The faculty members, Research scholars, and UG and PG scholars pursuing research. Participants from the Government and Industry (Bureaucrats, social workers, etc) Faculty, Students, and Staff from the host Institute.

## Number of Participants & E-Certification

The number of participants is limited to 50 seats. The application will be accepted on first-cum-first serve basis. E-certificates will be provided to the participants, with at least 75% attendance.

## Important Dates

Application in the prescribed format should reach the course coordinator by email on or before **July 07, 2023**.

## Registration Fee Details

Participants	Amount (in Rs.)
Participants from Academia/R&D Labs	500/-
Students	200/-
Participants from Industries	1000/-

## How to register:

Interested candidates must deposit the non-refundable registration fee through SBI collect with the following procedure:

1. Go to SBI collect and choose Himachal Pradesh as the state of Institution and type of Institution as an educational institute.

2. Choose NIT Hamirpur from Name of the Institutions and Select payment category as WORKSHOP FDP STC CONFERENCE.

<https://www.onlinesbi.com/sbicollect/icollecthome.htm>

3. Generate the payment slip and attach it with the registration form available at the following link.

<https://forms.gle/o5gkJtyFkLgw2dGeA>

## About the Institute

NIT, Hamirpur is an institute of National Importance. The Institute offers B. Tech, M. Tech and PhD programs in various disciplines of Engineering, Sciences, and Humanities and Sciences. The Institute is functioning in a vast area of above 250 acres at Anu in Hamirpur district of Himachal Pradesh and is 4 Kms from main bus stand of Hamirpur on Mandi-Jalandhar National Highway (NH-70). The city of Hamirpur is well connected with the rest of the country by road. Nearest Railway Station: UNA (about 85 Km) and Nearest Airport: GAGGAL (Kangra) (about 85 Km)

## About Department

The department of Humanities and Social Sciences has an interdisciplinary orientation and expertise in diversified fields of Communication Skills, Psychology, Engineering Economics, and Dynamics of Behavioural Science in order to cater the needs of B.Tech./B.Arc. and research scholars of the institute of national importance. The team approach is very warm in the Department and a palpable excitement surrounds the Department.