



राष्ट्रीय प्रौद्योगिकी संस्थान आंध्रप्रदेश
NATIONAL INSTITUTE OF TECHNOLOGY ANDHRA PRADESH
Near National Highway No. 16, Kadakatla, Tadepalligudem – 534101
West Godavari District, Andhra Pradesh, India



Faculty Upgradation Programme: Workshop

A workshop on “**Mental Well-Being & Emotional Intelligence for Faculty**” as part of Faculty Upgradation Programme was organised by The BalancED Club, Office of the Dean-Student Welfare on 30 June 2026 at MMM021.

An online technical session was delivered by **Prof. Amrita Deb, IIT Hyderabad**, from **10:00 A.M. to 11:30 A.M.** The following topics were discussed in the session:

Well-being research
The pleasant life
Engaged/good life
Practical application to life
Negative Emotions
Emotions work in different ways
Emodiversity
What is Empathy? - I feel your pain
Is empathy good for the self
What makes teaching joyful? -Zhao et al.2016

The session was followed by an online address by **Prof. N. V. Ramana Rao, Director, NIT Raipur, and Director-in-Charge, NIT Andhra Pradesh.** He emphasized the importance of mental health initiatives, effective faculty mentoring, and the collective responsibility of higher educational institutions in nurturing a healthy, inclusive, and student-centric academic environment.

The program concluded with an offline presentation by **Mrs. Srivani Teki and Ms. Mytri Sudhakar** on “**Gist of Student Counselling Sessions at NIT Andhra Pradesh.**” The presenters shared valuable insights from student counseling sessions, highlighting the common psychological and academic challenges faced by students. They also discussed key observations, best practices, and recommendations for strengthening the institute's counseling and student support mechanisms.

The banner features the logos of NIT Andhra Pradesh and the Ministry of Education at the top. The main title 'FACULTY UPGRADATION PROGRAMME' is in large, bold, orange letters. Below it, a blue bar says 'FOCUSED ON', followed by the text 'Strengthening student mentoring, mental well-being support, academic guidance, and the promotion of a POSITIVE CAMPUS CULTURE' in blue. The program details are listed in two columns: Day 1 with Prof. Tiju Thomas on June 29, and Day 2 with Prof. Amrita Deb on June 30. Day 2 also includes an address by Prof. N. V. Ramana Rao at 11:30 AM. The banner notes the program is organized by the Dean Student Welfare in association with the Balanced Club. Logos for the organizing bodies and the venue MMM 021 are at the bottom.

FACULTY UPGRADATION PROGRAMME

FOCUSED ON

Strengthening student mentoring, mental well-being support, academic guidance, and the promotion of a **POSITIVE CAMPUS CULTURE**

DAY 1
Prof. Tiju Thomas, IIT Madras
"Student Mentoring Skills" 10 A.M.- 12 P.M. on 29 June (offline)

DAY 2
Prof. Amrita Deb, IIT Hyderabad
"Mental Well-Being & Emotional Intelligence for Faculty"
10 A.M. - 11.30 A.M. on 30 June (online)

DAY 2 - 11:30 AM Address by
Prof. N. V. Ramana Rao, OFFICIATING DIRECTOR

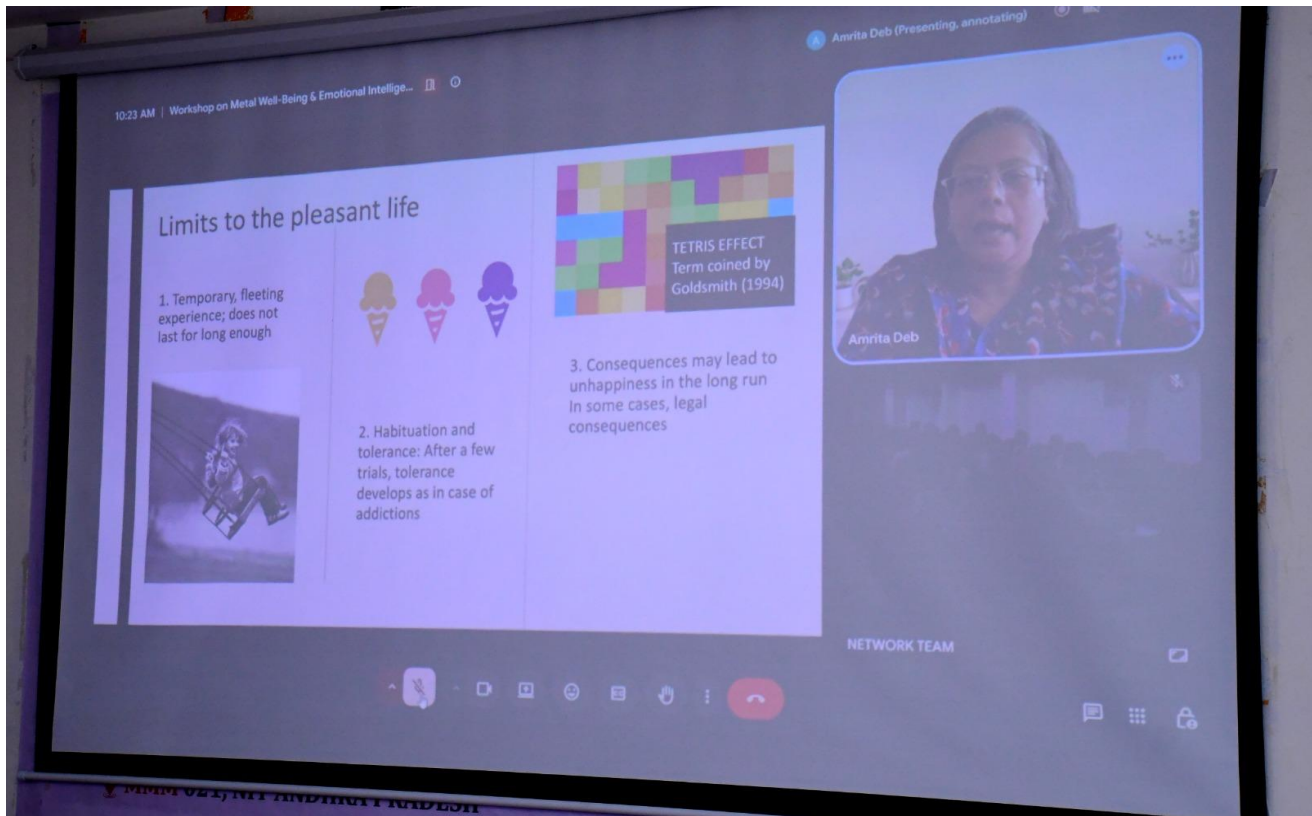
ORGANIZED BY
DEAN
STUDENT WELFARE

IN ASSOCIATION WITH
BALANCED CLUB

MMM 021, NIT ANDHRA PRADESH



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