

STRESS MANAGEMENT

P r i o r i t i z e s S t u d e n t W e l l - b e i n g
t h r o u g h I n n o v a t i v e C o u n s e l l i n g
S e s s i o n



October 30, 2023

Srinagar- The Counselling Cell of the National Institute of Technology Srinagar, in collaboration with the Medical Unit of the Institute, held a group counselling session for first-year students of the Metallurgy department. The session, led by Institute Counsellor Mr. Fairoze Malla, focused on the vital topic of stress management in the daily lives of students. Mr. Malla's expert guidance provided a holistic approach to addressing stress and equipping students with effective coping strategies like Stress Awareness, Promoting Healthy Lifestyles, Seeking Support for Mindfulness and Relaxation Techniques, and Building a Strong Support Network.

NIT Srinagar remains committed to supporting student well-being and will continue to organize sessions and workshops on various essential life skills. The collaborative effort between the Counselling Cell and the Medical Unit reflects NIT Srinagar's unwavering dedication to nurturing a well-rounded learning environment. The goal is to provide students with the tools they need not only to succeed academically but also to flourish in all aspects of their lives.

The session received positive feedback from participants who expressed gratitude for Mr. Fairoze Malla's valuable insights. The impact of the session is expected to be long-lasting, arming students with indispensable skills to navigate their academic journey successfully.

NIT Srinagar encourages all its students to use the available resources, including the Counselling Cell and the Medical Unit, to ensure a fulfilling and balanced university experience. Seeking help is a sign of strength, and the institution is dedicated to supporting students through any challenges they may encounter during their academic journey.

