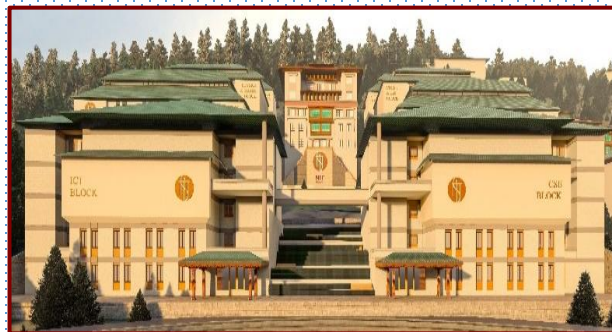


About the Institute, NIT Sikkim

The National Institute of Technology Sikkim is a public technical and research institute located in Ravangla. Established in 2010 by the Government of India, it is one of the 31 National Institutes of Technology and is recognized as an Institute of National Importance. The institute offers undergraduate, postgraduate, and doctoral programs in engineering, science, and humanities, including B.Tech, M.Tech, M.Sc., and Ph.D. degrees. Admission to the B.Tech program is based on JEE Main followed by JoSAA counseling, while M. Tech admissions are primarily through GATE. The institute currently operates from its campus in Ravangla and is developing a permanent campus at Khamdong in Sikkim. Known for its scenic Himalayan surroundings and growing research activities, NIT Sikkim is gradually strengthening its academic reputation, infrastructure, and placement opportunities in India's engineering education system.

About Sikkim

Sikkim, a small but picturesque state nestled in the northeastern part of India, is known for its breathtaking landscapes, rich biodiversity, and vibrant cultural heritage. Bordered by Bhutan, Tibet, and Nepal, it is home to the majestic Kanchenjunga, the third-highest mountain in the world. Sikkim boasts a unique blend of ethnic communities, including Lepchas, Bhutias, and Nepalese, each contributing to its diverse traditions and festivals. The state is also noted for its environmental consciousness, being the first fully organic state in India.



Program outcomes

- Improved mental well-being and psychosocial competence
- Enhanced institutional capacity to address mental health issues
- Development of support systems and early intervention mechanisms
- Promotion of a healthy academic environment

Target Participants

- Faculty members, Research scholars, students, and staff from the institution
- Institutional counselors and mentors

Key Focus Areas

- **Level I – Institutional Wellbeing**
Mental well-being & climate building
Whole institutional approach
- **Level II – Awareness & Behavior**
Mental health knowledge, attitudes, behaviors
Target group: students and faculty
- **Level III – Psychosocial Support**
Addressing concerns through counselors, mentors, and wardens
- **Level IV – Clinical Intervention**
Professional management of severe disorders



राष्ट्रीय प्रौद्योगिकी संस्थान सिक्किम
NATIONAL INSTITUTE OF TECHNOLOGY SIKKIM
(An Institute of National Importance, Ministry of Education, Govt. of India)

Workshop in hybrid mode on “Promoting Positive Mental Health, Resilience and Wellbeing”

27th April to 1st May 2026

Jointly Organized
by

*Mental Health Wellbeing and
Mission Karmayogi, NIT Sikkim*

*Capacity-building initiatives of the Government of
India*



National Institute of Technology Sikkim
Ravangla, Barfung Block
South Sikkim- 737139 (India).

(An autonomous Institute under the aegis of the Ministry
of Education, Govt. of India)
website: <https://nitsikkim.ac.in/>



सत्यमेव जयते

शिक्षा मंत्रालय
MINISTRY OF
EDUCATION

Resource persons

Experts from IITs, NITs, and top Indian Universities/Centers

Who can attend?

The students, research scholar faculty members, and staff

Objectives of the workshop:

The workshop aims to:

- Promote positive mental health and wellbeing among students and faculty
- Build resilience and life skills for coping with academic and personal challenges
- Strengthen institutional support mechanisms for psychosocial wellbeing
- Enable early identification and intervention for mental health concerns
- Encourage healthy behaviors and prevention strategies

Background / Rationale

- There is strong scientific evidence linking education and mental health, emphasizing the need for integrated wellbeing initiatives.



Patron

Prof. Mahesh Chandra Govil

Director, NIT Sikkim

Metal-Health and Well-Being

Convener (s)

Dr. Bam Bahadur Sinha

Assistant Professor, CSE, NIT Sikkim

Dr. Vivek Kumar

Assistant Professor, EEE, NIT Sikkim

iGOT Karmayogi

Convener (s)

Dr. Vishal Vishnoi

Assistant Professor, ECE, NIT Sikkim

Dr. Varun Gupta

Assistant Professor, ECE, NIT Sikkim



कार्मिक एवं प्रशिक्षण विभाग
DEPARTMENT OF
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कार्मिक, लोक शिकायत और पेंशन मंत्रालय
**Ministry Of Personnel,
Public Grievances & Pensions**

Contact us

Dr. Bam Bahadur Sinha

Email: bambahadursinha@nitsikkim.ac.in,

Mobile: +91-9199610251

Dr. Vishal Vishnoi

Email: vishal.vishnoi@nitsikkim.ac.in

Mobile: +91-9855273397

Advisory committee

Dr. Aurobinda Panda

Dean, Academic

Dr. Anjan Kumar Ray

Dean, Faculty Welfare

Dr. Taraknath Kundu

Dean Research &

Consultancy

Dr. Achintesh N. Biswas

Dean, Alumni, Industry

& International Relations

Dr. Sourav Mallick

Dean, Planning &

Development

Dr. Ranjan Basak

Dean, Student Welfare

Dr. Dhananjay Tripathi

Head of Department,

Humanities

& Social Science

Dr. Anindya Biswas

Head of Department, Physics

Dr. Sumit Saha

Head of Department,

Chemistry

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Head of Department,

Mathematics

Dr. Md. Sarfaraj Alam

Ansari

Head of Department, CSE

Dr. Hemant Kumar

Kathania

Head of Department, ECE

Dr. Jai Gopal Gupta

Head of Department, ME

Dr. Nimai Charan Patel

Head of Department, EEE

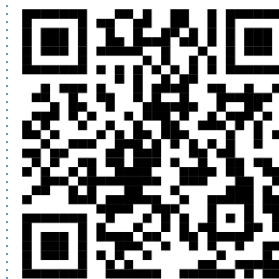
Dr. Ankit Bhardwaj

Head of Department, CE

Registration Link:

The initial 100 participants will be selected to take part in this workshop

<https://docs.google.com/forms/d/e/1FAIpQLSfpUeNrkeU9-G6Ynbuq1NMFFI1QnXjV-kdq9y3pVwb9IRLYQA/viewform?usp=publish-editor>



There is no registration Fee for participation



कर्मयोगी भारत

— लोकहितं मम करणीयम् —