

NITTTR Kolkata at 2nd National Wellbeing Conclave (NWC-2025), IIT Bombay

NITTTR Kolkata proudly participated in the 2nd **National Wellbeing Conclave (NWC-2025)** held at **IIT Bombay** on **22–23 November 2025**. The conclave served as a national platform for academic institutions to exchange innovative practices and strategies for enhancing overall wellbeing in higher education environments.

Delegation from NITTTR Kolkata

The Institute was represented by:

- **Prof. G. Panda**
Professor & Dean (Faculty and Academic Affairs)
- **Dr. Deepak Mehra**
Associate Professor, Department of Mechanical Engineering
- **Mr. Raju Sarkar**
M.Tech, 2nd Year – Mechanical Engineering
- **Ms. Chitrita Barman**
M.Tech, 2nd Year – Civil Engineering

Key Highlights: The two-day conclave featured expert talks, interactive sessions, and group activities focusing on:

- Mental and emotional wellness
- Digital wellbeing and balanced use of technology
- Peer support and campus wellbeing ecosystems
- Mindfulness and stress-management techniques

NITTTR Kolkata also showcased its initiatives in wellbeing through a dedicated **stall at the VMCC, IIT Bombay**, highlighting the Institute's commitment to nurturing a healthy campus environment. The exhibit demonstrated counseling support systems, awareness programmes, and student wellbeing activities conducted on campus. The stall garnered appreciation for its informative and impactful presentation.

Student Engagement

The students actively participated in various group activities, including:

- **Talk Show on Increasing pressures faced by the youth of today.**
- **Slogan writing, Poem writing, and Poster making on Wellbeing Awareness**

Their creative contributions were appreciated by the jury and participants from other institutions. This participation enriched the delegates with valuable insights into emerging wellbeing approaches and best practices being implemented nationally. The faculty and students expressed their commitment to strengthening such initiatives at NITTTR Kolkata in the interest of enhancing wellbeing, happiness, and productivity among students, faculty members, and staff.





33

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