



# 3-day online Short-Term Training Programme

on

## Psychology and Mental Health

February 10 - 12, 2022

Organized by

National Institute of Technical Teachers' Training and Research, Kolkata

### About the Institute:

National Institute of Technical Teachers' Training & Research (NITTTR), Kolkata was established in 1965 as Technical Teachers' Training Institute (TTTI), Calcutta. This was the first among four such institutes (other three being at Chandigarh, Bhopal & Chennai) established by the Ministry of Education, Govt. of India as fully centrally funded autonomous institutions for providing pre and in-service training to the teachers and staff of Degree and Diploma level training institutions and also for conducting various activities related to quality improvement of the technical education system of the country.

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### Topics to be covered:

- ❖ Stresses and factors of stresses
- ❖ Coping strategies of stress
- ❖ Emotional Intelligence
- ❖ Building Resilience
- ❖ Mindfulness and Wellbeing

### Target Participants:

Teachers and Researchers  
from Higher Educational  
Institutes

Registration Link: <https://forms.gle/j2c9PsR5Y4ogrQCQ9>

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