

संत लोंगोवाल अभियांत्रिकी व प्रौद्योगिकी संस्थान, लोंगोवाल
SANT LONGOWAL INSTITUTE OF ENGINEERING AND TECHNOLOGY
Longowal, District Sangrur (Punjab), INDIA
(Deemed-to-be University under Section 3 of UGC Act, 1956)

Unnat Bharat Abhiyan

Capacity Building for Promoting Positive Mental Health, Resilience, and Well-Being

Date: June 03, 2025,

Venue: Computer Auditorium, CSE Block, SLIET Longowal

A Capacity Building Programme aimed at promoting **Positive Mental Health, Resilience, and Well-Being** was successfully organized on **June 03, 2025**, at the **Computer Auditorium, CSE Block, SLIET Longowal**. The event was coordinated and mentored by **Prof. Pardeep Kumar Jain**, with active participation from over **75 Ph.D. and M.Tech research scholars**. This initiative was part of ongoing efforts to foster a supportive, inclusive, and mentally healthy academic environment within the institution.

Objectives

The event focused on the following specific objectives:

- Fostering a Healthy Research and Academic Environment:**
Encouraging practices that promote mental wellness alongside academic excellence.
- Promoting Legal Awareness (POSH Act):**
Educating scholars about the **Prevention of Sexual Harassment (POSH) Act** to ensure a safe and respectful campus environment.
- Mindfulness:**
Introducing techniques such as mindfulness and stress management for emotional regulation and focus.
- Peer Support Network:**
Emphasizing the role of peer connections in providing emotional and academic support.
- Providing Accessible Counseling Services:**
Informing participants about the availability of counseling services and how to seek help when needed.

संत लॉगोवाल अभियांत्रिकी व प्रौद्योगिकी संस्थान, लॉगोवाल
SANT LONGOWAL INSTITUTE OF ENGINEERING AND TECHNOLOGY
Longowal, District Sangrur (Punjab), INDIA
(Deemed-to-be University under Section 3 of UGC Act, 1956)

Unnat Bharat Abhiyan

Event Highlights

The entire session was meticulously chaired and conducted under the able guidance of **Prof. Pardeep Kumar Jain**, who served as the Programme Mentor and Coordinator. He was ably supported by esteemed faculty members **Prof. JapPreet Kaur Bhangu**, **Prof. Parveen Kaur Khanna**, **Dr. Mandeep Ghai**, and a committed team of research scholars including **Ankush**, **Anshul**, and **Tanya**. Their collective efforts ensured the smooth execution and success of the event. The programme commenced with a warm welcome address delivered by **Prof. Pardeep Kumar Jain**, who highlighted the increasing relevance and critical importance of mental health, resilience, and well-being in the lives of research scholars. He stressed how academic pressures, coupled with personal challenges, can have profound effects on mental well-being, and underlined the need for creating awareness, building resilience, and fostering a supportive environment within the academic community.

Following the welcome address, a series of insightful and interactive sessions were conducted that covered a broad spectrum of themes related to mental health awareness, stress management, resilience-building strategies, and the practice of mindfulness. The sessions encouraged participants to openly discuss the various stressors they face in their academic and personal lives, and provided them with practical strategies to cope with these challenges in healthy and constructive ways. A special emphasis was placed on the importance of **mindfulness** as a powerful tool for enhancing concentration, emotional regulation, and overall mental well-being. A guided mindfulness activity was conducted, allowing participants to experience firsthand the benefits of simple breathing and relaxation techniques that they could easily incorporate into their daily routines.

Another important component of the programme was the **Legal Awareness Session on the Prevention of Sexual Harassment (POSH) Act**, which aimed to educate scholars about their legal rights and the institutional frameworks in place to ensure safety, dignity, and respect within the campus environment. This session highlighted the university's commitment to maintaining a harassment-free academic space and underscored the importance of legal literacy in safeguarding personal and professional boundaries.

संत लोंगोवाल अभियांत्रिकी व प्रौद्योगिकी संस्थान, लोंगोवाल
SANT LONGOWAL INSTITUTE OF ENGINEERING AND TECHNOLOGY
Longowal, District Sangrur (Punjab), INDIA
(Deemed-to-be University under Section 3 of UGC Act, 1956)
Unnat Bharat Abhiyan

In addition, the event also focused on the value of developing **Peer Support Networks**, recognizing that the academic journey can often feel isolating, and that peer connections can play a significant role in emotional support, knowledge sharing, and resilience building. Information about available **counseling services** within the institution was shared to encourage scholars to seek professional support when needed without hesitation or stigma.

The programme was further enriched by the gracious presence of distinguished guests including **Prof. Manikant Paswan (Director, SLIET)**, **Dr. Jindal (Head of Department, FET)**, and **Dr. Damanpreet (Head of Department, CSE)**, who attended the event and offered their words of encouragement and support. Their presence underscored the institution's leadership commitment towards mental health promotion and the creation of a positive academic environment.


The enthusiastic participation of more than **75 Ph.D. and M.Tech research scholars** reflected the keen interest and the pressing need for such capacity-building initiatives. The participants actively engaged in discussions, shared their personal reflections, and appreciated the opportunity to gain valuable insights and practical tools for enhancing their mental health and overall well-being.


The event saw enthusiastic participation from **75+ Ph.D. and M.Tech scholars** from various departments. Feedback collected indicated that participants found the sessions insightful, practical, and timely. Many expressed interest in more frequent mental health and resilience-building workshops.


The **Capacity Building Programme** marked a significant step towards embedding mental health, resilience, and well-being into the academic fabric of SLIET Longowal. It not only raised awareness but also laid the groundwork for a more supportive and compassionate research community. Continued efforts in this direction are essential for nurturing the holistic growth of scholars and promoting a positive academic culture.

संत लोंगोवाल अभियांत्रिकी व प्रौद्योगिकी संस्थान, लोंगोवाल
SANT LONGOWAL INSTITUTE OF ENGINEERING AND TECHNOLOGY
Longowal, District Sangrur (Punjab), INDIA
(Deemed-to-be University under Section 3 of UGC Act, 1956)


Unnat Bharat Abhiyan



संत लोंगोवाल अभियांत्रिकी व प्रौद्योगिकी संस्थान, लोंगोवाल
SANT LONGOWAL INSTITUTE OF ENGINEERING AND TECHNOLOGY,
LONGOWAL
(Deemed-to-be-University, under Ministry of Education, Govt. of India)



शिक्षा मंत्रालय
MINISTRY OF
EDUCATION
सत्यमेव जयते


उन्नत भारत अभियान
UNNAT BHARAT ABHIYAN

Capacity Building for Promoting Positive Mental Health, Resilience, and Well-Being


Legal Awareness


Peer Support Network & Counselling


Learning The Art of Mindfulness

Professor Manikant Paswan
Director, SLIET

Professor Pardeep Kumar Jain
Programme Mentor & Coordinator



Keynote Speaker: Prof. Pardeep Kumar Jain

संत लोंगोवाल अभियांत्रिकी व प्रौद्योगिकी संस्थान, लोंगोवाल
SANT LONGOWAL INSTITUTE OF ENGINEERING AND TECHNOLOGY
Longowal, District Sangrur (Punjab), INDIA
(Deemed-to-be University under Section 3 of UGC Act, 1956)

Unnat Bharat Abhiyan



Director SLIET Prof. Mani Kant Paswan



Prof. JapPreet Kaur Bhangu

संत लोंगोवाल अभियांत्रिकी व प्रौद्योगिकी संस्थान, लोंगोवाल
SANT LONGOWAL INSTITUTE OF ENGINEERING AND TECHNOLOGY
Longowal, District Sangrur (Punjab), INDIA
(Deemed-to-be University under Section 3 of UGC Act, 1956)
Unnat Bharat Abhiyan



Director's Felicitation