NIIT University (NU) to address Educators in Lucknow on Saturday Aug 27th on "*Stress and Wellbeing*"

- To highlight the significance of industry-aligned and seamless education that focuses on holistic development

Lucknow, August 24, 2022: : Established with a vision to bring about innovation in higher education and learning in emerging areas of the **knowledge society**, the University of the Future, NIIT University (NU), will address Educators in the city on *Stress and Wellbeing.* To be held on **Saturday, August 27th, from 12:30 p.m. onwards, at Fairfield by Marriott, Lucknow,** the session will also give an overview of NU and the various new-age programs offered by the university that focus on holistic development and help students chart a future proof career.

With the advent of technology and a high-pressured life, stress has heightened. Stress to a certain level is good but if it goes beyond the threshold, it can create havoc in our daily lives. It narrows our ability to think clearly and function effectively. Post COVID, stress has become one of the biggest threats to human life. Dr. Ritu Dangwal, Associate Professor at NU and a Psychologist will help Educators understand stress and share a few strategies to deal with it. The Educators will be familiarized with the university and its various new-age programs by Monisha Tandon, Head - Admissions and Industry Led Programs at NU.

Prof Ritu Dangwal, Asst Prof, NIIT University said, *"Students today are often unnecessarily worried about their academic performance, and this impairs their growth as individuals and professionals. Extra-curricular activities that help in overall personality development are as important as academics. At NU, we believe in nurturing 'holistic personalities' in order to become more effective and efficient in what we do. It is imperative that educators are better equipped to identify and handle their own stress and that of the youth."*

NIIT University (NU), the University of the future, has designed new-age courses to help students chart successful careers in today's dynamic environment. NU offers programs such *BTech in Data Science, BTech in Cyber Security, BTech in Computer Science & Engineering, BTech in Electronics & Communication Engineering, BTech in Biotechnology, 5-year integrated MTech program, 3-year BBA and Integrated Masters in Business Administration.*

With thrust on industry-ready learning that nurtures creative and analytical abilities, NU has consistently maintained a **100% placement** record for all the students who have applied. For the class of 2021, over 95% students got their aspired roles in various renowned organisations like **IBM, PwC, EY, CISCO, TCS, Morgan Stanley among others.** The average CTC is **Rs. 9.89 LPA** for the top 25%. . The highest CTC offered to a student is **Rs. 24.08 LPA.**

Conceptualized as an institution of excellence, NU provides exceptional education based on the Four Core Principles that make learning Industry-linked, Technology-based, Research-driven and Seamless. NU is well poised to meet the emerging needs of the knowledge economy through its focus on building strong industry linkages and a research-oriented approach. Apart from imparting a deep knowledge of technology, NU also ensures a great future by not only preparing students for new age job roles but also helping them become job creators. With focus on sustainability, NU works towards bringing students closer to the nature and teaches them to give back to the environment.

For more information on admissions and placements please log on to: https://admission2022.niituniversity.in/brand/#applynow

About NIIT University (NU):

Established in 2009, NIIT University (NU) is a not-for-profit University under section 2(f) of UGC Act, notified by the Government of Rajasthan. A premier institution of higher learning and research, the University of the future, NIIT University, seeks to create original thinkers who can lead the knowledge society of tomorrow. The University inherits four decades of rich expertise and global know-how of the NIIT Group.

Nurtured by some of the foremost thought leaders and corporate-practitioners of the country, the multidisciplinary University focuses on emerging areas of technology and management. NU is a part of a 100-acre campus at Neemrana, Rajasthan, 90 minutes from Delhi Airport.

Nestled in the Aravalli hills, the fully residential green campus offers an idyllic and intellectually vibrant environment for pursuing higher education and research. Set up with the vision to be the role model of learning, research, innovation and sustainability for the knowledge society, the University of the future, NU, is dedicated to building great careers and ensuring excellent job opportunities for all its students. It has been developed as an institute of excellence to provide exceptional education based on its Four Core Principles that make learning Industry-linked, Technology based, Research-driven and Seamless.

To know more visit www.niituniversity.in

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