



The North South University organises a workshop on 'burnout management' at the NSU Syndicate Hall in Dhaka on Tuesday. — Press release

NSU hosts workshop on burnout management

Staff Correspondent

THE Institutional Quality Assurance Cell and the Counselling and Wellbeing Centre of North South University jointly organised a workshop on 'burnout management: work-life balance' for faculty members at the NSU Syndicate Hall in Dhaka on Tuesday.

The session was facilitated by seasoned clinical psychologist Rubina Jahan, said a press release.

The event aimed to promote mental health and wellbeing among university faculty. Various self-care and coping strategies were discussed and demonstrated. This initiative is part of NSU's continuous effort to address the growing stress on university faculty members and to empower them with evidence-based interventions.

Professor Halimur R Khan, director of Institutional Quality Assurance, emphasised the often-overlooked psychological needs of faculty and called for developing a comprehensive wellbeing programme to enhance teacher engagement.