



Department of Higher Education
Ministry of Education
Government of India



भारतीय प्रौद्योगिकी संस्थान मुंबई
Indian Institute of Technology Bombay

Schedule For The Conclave

2nd NATIONAL WELLBEING CONCLAVE

Integrated Approach for Promoting Positive
Mental Health, Resilience & Wellbeing

Department of Higher Education (MoE) , Govt. of India
&
Indian Institute of Technology Bombay



2nd NATIONAL WELLBEING CONCLAVE

Day 0: 21 Nov 2025

Registration & Setting up of Stalls

21 Nov 2025: 5.00 pm - 08.00 pm

Venue : VMCC , Ground floor

05.00 pm– 08.00 pm	Registration
05.00 pm– 08.00 pm	Installation of Stalls - VMCC Ground & First floor foyer

Tea & Snacks

21 Nov 2025: 05.00 pm - 06.00 pm

Venue : VMCC, 2nd floor

Dinner

21 Nov 2025: 08.00 pm - 09.30 pm

Venue : VMCC, 2nd floor

Day 1: 22 Nov 2025

Breakfast

22 Nov 2025: 7.30 am - 08.30 am

Venue : VMCC, 2nd floor

Registration

22 Nov 2025: 7.30 am - 09.00 am

Venue : VMCC, 2nd floor

2nd NATIONAL WELLBEING CONCLAVE

Inaugural Session

22 Nov 2025 : 09.00 am - 10.00 am

Venue : VMCC, Auditorium

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09.00 am – 09.05 am	Lighting of Lamp
09.05 am – 09.10 am	Welcome & felicitating the dignitaries
09.10 am – 09.20 am	Souvenir to Chief Guest & other dignitaries
09.20 am – 09.25 am	Welcome Address by Vice-Chairperson Prof. Deepak Marla , IIT Bombay
09.25 am – 09.30 am	Release of the Compendium: “Emerging Best Practices of Wellbeing 2.0”
09.30 am – 09.35 am	Address by Dr. Jitendra Nagpal , Director, Expressions India
09.35 am – 09.45 am	Address by Prof. Shireesh B Kedare Director , IIT Bombay
09.45 am – 09.55 am	Address by Dr. Vineet Joshi ,Secretary (HE) Ministry of Education, Govt. of India
09.55 am – 10.00 am	Vote of Thanks

Tea & Snacks

22 Nov 2025: 10.00 am - 10.30 am

Venue : VMCC, Ground & first floor

2nd NATIONAL WELLBEING CONCLAVE

Session1: Tour of the Wellbeing Exhibition

22 Nov 2025 : 10.30 am - 12.00 pm

Venue : VMCC, Auditorium

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Launch of the Institution Wellbeing Exhibition

Tour of the Wellbeing Exhibition

Session 2 : Symposium-1

22 Nov 2025 : 12.00 pm - 01.00 pm

Venue : VMCC, Auditorium

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Opening remarks by Ms. Rina Sonowal Kouli, Joint Secretary (HE), MoE

12.00 pm - 12.10 pm

The Future of Wellbeing in Indian Higher Education

Moderator	Dr. Jitendra Nagpal Director, Expressions India
Panelist	Dr. Rajendra Barve Visiting Consultant Psychiatrist, IIT Bombay
Panelist	Prof. Manoj Singh Gaur Director, IIT Jammu
Panelist	Dr. Meera Padhy Associate Professor, Centre for Psychology, University of Hyderabad

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Lunch Break

22 Nov 2025: 01.00 pm – 02.00 pm

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Venue : VMCC, 2nd floor

Session 3 : Panel Discussion 1

22 Nov 2025: 02.00 pm - 02.45 pm

Venue : VMCC, Auditorium

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Thriving Minds: From Academic Growth to Lifelong Wellbeing

Moderator	Ms. Vishakha Punjani Clinical Psychologist, HOD of the Dept of Clinical Psychology and Counselling at the Dept of Psychiatry, LTMGH, Mumbai
Panelist	Dr. Girija Mahale Head Symbiosis Centre for Emotional Wellbeing, Symbiosis International University, Pune
Panelist	Dr. Nushafreen Irani Sleep Scientist, International Institute of Sleep Science
Panelist	Prof. Deepak Marla Vice-Chairperson SWC, IIT Bombay
Panelist	Dr. Zubeda Tumbi Nutritionist, Healthwatch Nutrition Clinic, Mumbai

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Session 4 : Panel Discussion 2

22 Nov 2025: 02.50 pm - 03.35 pm

Venue : VMCC, Auditorium

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Policy Frameworks for Wellbeing: From National Guidelines to Campus Implementation

Moderator	Dr. Sunita Siwach Joint Secretary, University Grant Commission
Panelist	Prof. Nikhil Mehta Organisational Behaviour & Human Resource management , IIM Mumbai
Panelist	Prof. Rekha Santhanam Chairperson, SWC IIT Bombay
Panelist	Dr. Vikas Choudhary Prof. & Head of Centre of excellence for Holistic Personality Development, NIT Kurukshetra
Panelist	Prof. Santanu Misra Earth Sciences, IIT Kanpur

Evening Break

22 Nov 2025: 03.35 pm – 04.00 pm

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Venue : VMCC, 2nd floor

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Student Workshop

22 Nov 2025: 04.00 pm – 05.30 pm

Venue : VMCC, Room (01-05) & (11-15)



04:00 pm – 05:30 pm	Facilitators: <ul style="list-style-type: none">• Ms. Geeta Mehrotra- Director, Expressions India• Prof. Somnath Maji , IIT Hyderabad• Ms. Hima Anareddy, Incharge Outreach , SWC , IIT Bombay• Ms. Anisha Mathews, Incharge , SWC , IIT Bombay• Ms. Chaitali Phadke, Lead, Flourishing Hub, IIT Bombay• Ms. Revati Shinde, Instructor, Flourishing Hub, IIT Bombay
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Session 5 : Symposium 2

22 Nov 2025: 04.00 pm - 04.45 pm

Venue : VMCC, Auditorium



Early Identification and Intervention of Psychosocial Concerns

Moderator	Dr. Avinash Desousa Psychiatrist, HN Reliance
Panelist	Dr. Jyoti Sangle Visiting Consultant Psychiatrist, IIT Bombay
Panelist	Ms. Heta Shah Clinical Psychologist, Joint-Founder, Astitva Mental Health Clinic, Mumbai
Panelist	Dr. Chetna Duggal Associate Prof. School of Human Ecology, TISS

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Session-6 : Panel Discussion 3

22 Nov 2025: 04.50 pm – 05.35 pm

Venue : VMCC, Auditorium

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Collaborative frameworks for holistic wellbeing ecosystems

Moderator	Prof. Santabrata Das Department of Physics, IIT Guwahati
Panelist	Mrs. Ila Sinha Head Counselling Life Skills and Mental Health and Training ODM Group of Education Institutions, Bhubaneswar
Panelist	Dr. Nivedita Shreyans Heartfulness Institute and Director, PR Pillai Group
Panelist	Dr. Shailender Swaminathan Director, Sapien Labs Centre for Human Brain And Mind , India
Panelist	Dr. Sucheta P. Dandekar Professor, Era's Lucknow Medical College

Interactive

22 Nov 2025: 05.40 pm - 06.00 pm

Venue : VMCC, Auditorium

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FAQs and Open House
Announcements for second day's proceedings and Methodology

2nd NATIONAL WELLBEING CONCLAVE

Tea Break

22 Nov 2025: 06.00 pm – 6.25 pm



Venue: VMCC, 2nd floor

Cultural Events

22 Nov 2025: 06.30 pm – 07.30 pm

Venue: Convocation Hall



Dinner

22 Nov 2025: 08.00 pm – 10.00 pm



Venue: Kshitij Garden

Interactions: 10.00 pm onwards

2nd NATIONAL WELLBEING CONCLAVE

Day 2 : 23 Nov 2025

Sports Activity

23 Nov 2025: 6.00 am – 7.00 am

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Campus Tour cum Walkathon with volunteers

Breakfast

23 Nov 2025: 07.30 am – 8.30 am

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Venue: VMCC, 2nd floor

Student Workshop

23 Nov 2025: 08.30 am – 10.00 am

Venue : VMCC, Rooms (01- 05) & (11-15)

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8:20 am –
8:40 am

Formulation of groups & task orientation

08.45 am –
10:00 am

Facilitators:

- Ms. Geeta Mehrotra, Director, Expressions India
- Prof. Somnath Maji , IIT Hyderabad
- Ms. Hima Anaredy, Incharge Outreach , SWC , IIT Bombay
- Ms. Anisha Mathews, Incharge , SWC , IIT Bombay
- Ms. Chaitali Phadke, Lead, Flourishing Hub, IIT Bombay
- Ms. Revati Shinde, Instructor, Flourishing Hub, IIT Bombay

2nd NATIONAL WELLBEING CONCLAVE

Workshop for Faculty Delegates

23 Nov 2025: 08.45 am – 10.00 am

Venue : VMCC, Auditorium

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08:45 AM – 09:20 AM	Enhancing Basic Counselling Skills for Faculty and Students	Ms. Natasha Mehta SWC, IIM Mumbai Instructor, IIT Bombay
09:20 AM - 10:00 AM	Faculty's Role in Promoting Digital Wellbeing Among Students	Mr. Bala Kishore Vice President - Better Living at Searce Technologies

Tea Break

23 Nov 2025: 10.00 am – 10.25 am

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Venue: VMCC, 2nd floor

Student Group Presentations

23 Nov 2025: 10.30 am – 01.00 pm

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Venue : VMCC, Auditorium

2nd NATIONAL WELLBEING CONCLAVE

Lunch Break

23 Nov 2025: 01.00 pm – 02.00 pm

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Venue: VMCC, 2nd floor

Valedictory Session

23 Nov 2025: 02.00 pm – 03.00 pm

Venue : VMCC, Auditorium

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Final Recommendations and Action Plans for 2025-26
Inter-University activities to be notified for the next
academic year

Session Chairperson: Ms. Rina Sonowal Kouli,
Joint Secretary (HE), MoE