



Manasvita

Building Resilience and Supportive Campus Communities

Two-Day Capacity Building Workshop on Positive Mental Health, Resilience and Wellbeing

(Under Teacher Connect Programme, Malaviya Mission Teacher Training Programme)

Department of Higher Education, Ministry of Education | IIT Bhubaneswar

Venue: IIT Bhubaneswar **Date:** 11-12 October, 2026

DAY 1 • Understanding Student Wellbeing and Institutional Responsibilities (Sunday, 11th October 2026)

Time	Session	Theme / Resource Persons
08:00 AM – 09:00 AM		<i>Registration & Breakfast at venue</i>
09:00 AM – 09:30 AM	INAUGURAL SESSION	• Address Dean CE, IIT Bhubaneswar • Address by Director, IIT Bhubaneswar • Address by Official, Ministry of Education
09:30 AM – 10:00 AM	SESSION 1	Expert Session: Fostering Engaging and Supportive Learning Environments in Higher Education Institutions • Prof. Sudhir Kumar Jain, Former Director IIT Gandhinagar & Former Vice Chancellor – Banaras Hindu University
10:00 AM – 11:00 AM	SESSION 2	The Well-Being Model of IIT Bhubaneswar: Where Excellence Meets Emotional Wellness • Dean Student Affairs, IIT Bhubaneswar The Psychosocial Landscape of Higher Education Institutions: From Robust Policies to Sustainable Practices • Shri Devendra Kumar Sharma, Director, DoHE, Ministry of Education - Initiatives under Ministry of Education for Promotion of Positive Mental Health & Well-Being in Higher Education Institutions



Time	Session	Theme / Resource Persons
11:00 AM – 11:30 AM		<i>Group Photograph & Tea Break</i>
11:30 AM – 12:15 PM	SESSION 3	Panel Discussion - Enriching Connected Campuses: Building Social Belonging as a Foundation for Wellbeing • Moderator: Dr Prama Bhattacharya, School of Humanities, Social Sciences & Management, IIT Bhubaneswar; • Prof. Brahma Deo, School of Minerals Metallurgical and Materials Engineering, IIT Bhubaneswar; • Dr. Mahima Raina, Assistant Professor, IIT Kharagpur
12:15 AM – 12:45 PM	SESSION 4	Early Identification and Facilitation of Intervention: Faculty and Students as Champions of Wellbeing • Prof. Jaison A. Manjaly, Chair Professor, IIT Gandhinagar; • Ms. Meenakshi Kirtane, Founder and Director - Maanas The Inside Story; • Prof. Palakshi Sarmah, Assistant Professor, Department of Humanities and Liberal Arts, IIM Bodh Gaya
12:45 PM – 01:30 PM		<i>Lunch</i>
01:30 PM – 02:45 PM	SESSION 5	Hands on Workshop: Life Skills-Based Peer Mentoring and Enabling Socio-Emotional Partnership • Ms. Geeta Mehrotra, Senior Master Trainer in Life Skills, Resilience Building and Mental Health in Universities; • Ms Nida, Student Counsellor, IIT Bhubaneswar
02:45 PM – 03:45 PM	SESSION 6	Panel Discussion - Creating Spaces for Prevention of Lifestyle Conditions: Meeting the Challenges of Non-Communicable Disorders • Moderator Dr. Jitendra Nagpal, Director In-charge, Institute of Mental Health & Life Skills Promotion, New Delhi; • Dr. Anjana Tripathy, Nutritionist, Kalinga Max Hospital, Bhubaneswar; • Dr. Subhasish Jamuda Senior Consultant Pulmonologist, Critical care and Sleep specialist, Kalinga Max Hospital, Bhubaneswar
03:45 PM – 04:05 PM		<i>Tea Break</i>
04:05 PM – 06:00 PM	SESSION 7	Guided Field Visit to Student Hostels and Experience Sharing by Participating Delegates • Wardens, IIT BBS; Student volunteers



Time	Session	Theme / Resource Persons
7:30 PM onwards		Networking Dinner

DAY 2 • Building Sustainable Campus Wellbeing Ecosystems (Monday, 12th October 2026)		
Time	Session	Theme/Resource Persons
06:30 AM – 07:30 AM		Yoga/ morning walk session - Ramakrishna
08:30 AM - 09:00 AM		Breakfast at the venue
09:00 AM – 09:45 AM	SESSION 8	Thematic Workshop - Identifying Flag Signs and Management of Specific Learning Disabilities, Prevention of Substance Use and Allied Areas • Dr. Jitendra Nagpal, Director In-charge, Institute of Mental Health & Life Skills Promotion, New Delhi; • Mr. Ashish, Student Counsellor, IIT Bhubaneswar;
09:45 AM – 10:30 AM	SESSION 9	Panel Discussion - Strengthening human resource capacity towards Integrating wellbeing and life skills into curriculum structures • Moderator: Dr Rajkumar Guduru, School of Humanities, Social Sciences & Management, IIT Bhubaneswar; • Prof. Sankar Chandra Moi, Liaison Officer for SC/ST and PwD Cell, NIT Durgapur; • Dr. Deepika Sharma, Assistant Professor of Psychology, IIT (ISM) Dhanbad;
10:30 AM – 11:00 AM		Tea Break
11:00 AM – 11:45 AM	SESSION 10	Panel Discussion- Integrating Indigenous Knowledge, Research, Innovation and Technology for Holistic Wellbeing • Moderator: Dr. R Venkata Raghavan, School of Humanities, Social Sciences & Management, IIT Bhubaneswar • Prof. Ramya Tarakad Venkateswaran, IIM Calcutta. • Prof. Anuradha Bhat, Dean of Wellness and Welfare, IISER Kolkata



11:45 AM – 12:30 PM	GROUP ACTIVITY	Group Activity: Developing and Presenting Institutional Student Wellness Action Plans • <i>Shri Devendra Kumar Sharma, Director, D/o Higher Education</i> • <i>Dr. Jitendra Nagpal, Director In-charge, Institute of Mental Health & Life Skills Promotion, New Delhi, and Director, Expressions India</i> • <i>Representative from IIT BBS - Prof. Srikanth Gollapudi, School of Minerals Metallurgical and Materials Engineering, IIT Bhubaneswar;</i>
12:30 PM – 01:00 PM	VALEDICTORY SESSION	• <i>Key takeaways from the programme by Official, Ministry of Education</i> • <i>Vote of Thanks by IIT Bhubaneswar</i>
01:00 PM Onwards		<i>Lunch</i>