

CELEBRATING MINDS

From Academic Excellence to Sustainable Wellness

Schedule of the Two-Day Programme

12-13 July 2026

Venue: Terrace Hall (above Staff Canteen), IIT Madras

DAY 1 | Sunday, 12 July 2026 – Distress to Wellbeing: A Practical Approach to Student Support

TIME	SESSION	THEME AND RESOURCE PERSONS	
08:30 AM - 09:00 AM	—	Registration	
09:00 AM - 09:30 AM	Inauguration	09:00 AM	Welcome of all participants and Lighting of the Lamp
		09:10 AM	Welcome Address by Prof. V Kamakoti, Director, IIT Madras
		09:20 AM	Address by Dr. Vineet Joshi, Secretary (Higher Education), Ministry of Education
09:30 AM - 09:45 AM	IIT Madras Model	The Journey of Transforming Student Support: The Wellbeing Model of IIT Madras Prof. Satyanarayana Gummadi, Dean (Students), IIT Madras	
09:45 AM - 10:00 AM	IIT Madras Model	Student Distress: Early Recognition and Referral Systems Col. Balaji (Retd.), Senior Wellness Officer, IIT Madras	
10:00 AM - 10:30 AM	Session 1	Stress-Free Education: Discovering Inner Strength Swami Narasimhananda Ji, Ramakrishna Math, Kozhikode	
TEA BREAK (10:30 AM - 11:00 AM)			
11:00 AM - 12:00 Noon	Session 2	Panel Discussion From Stress to Success: Policy for Student Wellbeing (i) Prof. Prathap Haridoss, Dean (Academic Courses), IIT Madras (Moderator) (ii) Ms. Rina Sonowal Kouli, Joint Secretary (Higher Education), Ministry of Education (iii) Dr. Jitendra Nagpal, Director In-charge, Institute of Mental Health & Life Skills Promotion, New Delhi, and Director, Expressions India (iv) Prof. Shailender Swaminathan, Sapien Labs, Krea University (v) Prof. K. Vipinendran, Director (Alumni Affairs), Anna University, Chennai	

TIME	SESSION	THEME AND RESOURCE PERSONS
12:00 Noon - 01:30 PM	Session 3	Panel Discussion Building an Ecosystem for Student Support (i) Mr. Sridhar Boovaraghavan, President, IIT Madras Alumni Association (Moderator) (ii) Dr. Manimala, Psychiatrist, Kauvery Hospital, Chennai (iii) Dr. Senthil, ACS Medical College, Chennai (iv) Mr. Devendra Kumar Sharma, Director, Department of Higher Education, Ministry of Education (v) Mr. Rahul Mahamalla, Student and Mitr Head, IIT Madras (vi) Mrs. Richa Singh, Founder, YourDOST
LUNCH (01:30 PM - 02:15 PM)		
02:15 PM - 03:15 PM	Session 4	Building Resilience and Life Skills for Positive Mental Health and Wellbeing (i) Dr. Geetha Mehrotra, Senior Master Trainer in Life Skills, Resilience Building and Mental Health in Universities (ii) Prof. Edamana Prasad, IIT Madras (iii) Col. Jaykumar (Retd.)
03:15 PM - 04:15 PM	Session 5	Managing Stress: Clinical Demonstration and Case Studies (i) Dr. Srividya, Psychologist, Myndwell (ii) Prof. Sarith Sathyan, Advisor (Wellness), IIT Madras
TEA BREAK (04:15 PM - 04:30 PM)		
04:30 PM - 06:00 PM	Session 6	Field Visit to Hostel and Mess/Dining Hall - Discussions Interaction with Hostel Managers, Wardens, Buddies, Mitr Volunteers and Students, followed by a Post-Visit Discussion
06:00 PM - 07:30 PM	Session 7	Practical Demonstration: Cultivating Wellbeing through Life Skills and the Indian Knowledge System (IKS) (i) Dr. R. Shailaja, Medical Officer, Siddha-AYUSH, AIIMS Jodhpur (ii) Dr. E. Ananda Reddy, Psychiatrist, Tiruvallur
NETWORKING DINNER		

DAY 2 | Monday, 13 July 2026 – From Prevention to Flourishing: Building Resilient and Healthy Student Communities

TIME	SESSION	THEME AND RESOURCE PERSONS
09:00 AM - 10:15 AM	Session 8	Early Identification and Management of Red-Flag Signs (including 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, and Director, Expressions India Practical Demonstration (YourDOST) by Prof. Manish Anand, Inclusive Head, IIT Madras
10:15 AM - 11:15 AM	Session 9	Panel Discussion Lifestyle Issues and Preventive Strategies for Student Wellbeing (i) Dr. Gowrishankar, Medical Officer, IIT Madras (Moderator) (ii) Prof. Mathangi D. C., Professor and Head, Body Mind Medicine and Lifestyle Sciences, Sri Ramachandra Medical College, Chennai (iii) Dr. Krishnamurthy, Senior Dietitian, Sundar Super Speciality Hospital, Chennai (iv) Dr. Yamini Kannappan, Psychiatrist, Kauvery Hospital (v) Dr. Bharath Rathnam, Psychiatric Social Worker
TEA BREAK (11:15 AM - 11:30 AM)		
11:30 AM - 12:30 PM	Session 10	The Progressive Mindset: Pathways to Happiness, Wellbeing and Success Prof. Siva Kumar, IIT Madras
12:30 PM - 01:30 PM	—	Institution Wellbeing Review Checklist and Initiatives taken up by the Ministry of Education Focused Group Discussions by the Participants
LUNCH		
02:00 PM - 03:00 PM	Session 11	Final Recommendations and Action Plan by All Institutes: A Road Map (i) Shri Devendra Kumar Sharma, Director, D/o Higher Education (ii) Prof. Rayala Suresh Kumar, IIT Madras
03:00 PM - 03:30 PM	Valedictory Session	Prof. Robinson R. G., Dean (Administration), IIT Madras