



Samvardhan: From Academic Excellence to Sustainable Wellness

TWO-DAY CAPACITY BUILDING WORKSHOP
ON POSITIVE MENTAL HEALTH, RESILIENCE & WELLBEING

30-31 AUGUST 2026 | IIT INDORE

Under Malaviya Mission Teacher Training Programme

Integrated approach to Positive Mental Health • Resilience • Wellbeing

DAY 1 | SUNDAY, 30 AUGUST 2026

TIME	SESSION	THEME / RESOURCE PERSONS
08:30–09:00 AM	—	Registration
09:00–09:45 AM	Inauguration	Welcome of all participants and Lighting of the Lamp Welcome Address by Director IIT Indore
09:45–10:15 AM	IIT Indore Model	A comprehensive Wellbeing Ecosystem Model - IIT Indore Vision & Experience Dr Amod C. Umarikar, Dean of Student Affairs, IIT Indore
10:15–11:00 AM	Session 1	Session- The Psychosocial Landscape of Higher Education Institutions: From Robust Policies to Sustainable Practices (i) Mr. Devendra Kumar Sharma, Director, D/o Higher Education - <i>Presentation on Initiatives under Ministry of Education for Positive Mental Health & Well-Being</i> (ii) Prof. Deepak Marla, Associate Professor, IIT Bombay- <i>Institutional Insights and Outcomes from Previous National Wellbeing Conclaves</i>
TEA BREAK 11:00–11:30 AM		
11:30 –12:15 PM	Session 2	Panel Discussion - Enriching Connected Campuses: Building Social Belonging as a Foundation for Wellbeing (i) Moderator - Dr. Jayaprakash Murugesan, Associate Dean Student Affairs, IIT Indore - <i>Barriers to Social Belongingness</i> (ii) Dr. Sajad Ahmed Najar, Assistant Professor, Central University of Punjab - <i>Stigma Minimization</i> (iii) Prof. Abijit Patra, Professor, IISER Bhopal- <i>Better Awareness about Mind Spaces</i>

Note: To reinforce learnings each 45-minute session comprises 30 minutes of expert interaction on the theme, 10 minutes of brainstorming with participants, and 5 minutes for recapitulation and feedback from two volunteers from Participating Institutions



DAY 1 | MONDAY, 30 AUGUST 2026

TIME	SESSION	THEME / RESOURCE PERSONS
12:15–01:00 PM	Session 3	Early Identification and Facilitation of Intervention: Faculty and Students as Champions of Wellbeing (i) Dr. Ashutosh Singh, Psychiatrist, Apollo Hospital, Indore (ii) Ms. Natasha Mehta, Senior Psychologist, IIM Mumbai
LUNCH 01:00–02:00 PM		
02:00–03:00 PM	Session 4	Hands on Workshop: Life Skills-Based Peer Mentoring and Enabling Socio-Emotional Partnership (i) Ms. Geetha Mehrotra, Senior Master Trainer in Life Skills, Resilience Building and Mental Health in Universities (ii) IIT Indore Counselling Team
03:00–03:45 PM	Session 5	Panel Discussion – Creating Spaces for Prevention of Lifestyle Conditions: Meeting the Challenges of Non-Communicable Disorders (i) Dr. Priya Chitale, Nutritionist, Health Center, IIT Indore (ii) Dr. Shilpa Raut, CMO, IIT Indore (iii) Dr. Sandeep Zulka, Lifestyle & Wellbeing Expert, Indore
03:45 – 03:55 PM		HWQ: Holistic Wellness Quiz
TEA BREAK 03:55–04:15 PM		
04:15–06:00 PM	Session 6	Hostel Visit and Experience Sharing by Participating Delegates
06:00–07:00 PM	—	Break
07:00–08:00 PM	—	Cultural Event
08:00 PM	—	NETWORKING DINNER



DAY 2 | MONDAY, 31 AUGUST 2026

TIME	SESSION	THEME / RESOURCE PERSONS
06:30–08:30 AM	—	Jungle Walk + Breakfast
08:30–09:30 AM	—	Break
09:30–10:15 AM	Session 7	Thematic Workshop–Identifying Flag Signs and Management of Specific Learning Disabilities, Prevention of Substance Use and Allied Areas (i) Dr. Jitendra Nagpal, Director In-charge, Institute of Mental Health & Life Skills Promotion, New Delhi, and Director, Expressions India (ii) Ms. Aparajita Singh, Resource Person on SLD
TEA BREAK 10:15–10:45 AM		
10:45–11:30 AM	Session 8	Panel Discussion – From the Wellbeing Counselling Centre to Collaborative Living Spaces: Role of Hostel Wardens as Socio-Emotional Facilitators & Hostel Students’ Perspectives (i) Prof. Satparshi Ghosh, Chief Warden, IIT Indore (ii) Dr. Laxmi Kumre, Chief Warden, MNIT Bhopal (iii) Dr. Dheeraj Dubey, Warden, IIIT Pune (iv) One Student Representative
11:30 AM–12:00 PM	Session 9	Expert Talk- Integrating Indigenous Knowledge, Research, Innovation and Technology for Holistic Wellbeing Dr. Rajeev Sangal, Former Director IIT BHU & IIT Hyderabad
12:00–01:30 PM	Session 10	Institutional / University Wellbeing Indicators Checklist: Final Recommendations and Action Plans by Participating Institutions / Valedictory (i) Dr. Jitendra Nagpal, Director In-charge, Institute of Mental Health & Life Skills Promotion, New Delhi, and Director, Expressions India (ii) Dr Amod C. Umarikar, Dean of Student Affairs, IIT Indore (iii) Mr. S.P. Hota, Registrar, IIT Indore
LUNCH 01:30–02:30 PM		

THANK YOU • KEEP THE WELLBEING CONVERSATION GOING