

Collective commitment necessary to build resilient minds, strengthen connected campuses and advance student wellbeing, says Director, IIT Indore, Dr. Suhas S. Joshi

Two-day capacity building workshop on positive mental health, resilience and wellbeing concludes at IIT Indore

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Director, IIT Indore, Dr. Suhas S. Joshi, today called for a collective commitment to build resilient minds, strengthen connected campuses and advance student wellbeing. He was speaking at the conclusion of the workshop on positive mental health, resilience and wellbeing, at the Indian Institute of Technology, Indore. He added that the key learnings gained from the Workshop must be translated into sustained institutional practices to promote positive mental health, resilience and holistic student wellbeing across campuses.



Titled “Samvardhan: From Academic Excellence to Sustainable Wellness”, the two-day capacity building Workshop was organised by the Department of Higher Education, Union Ministry of Education, in collaboration with IIT Indore.

The Workshop was aimed at strengthening institutional capacities for creating healthier, more supportive and connected higher education ecosystems. The programme brought together institutional leaders, faculty members, student affairs professionals, mental health experts, wardens, students, counsellors of participating institutions, to share their experiences and develop practical approaches for promoting student well-being.

The Workshop combined expert interaction, hands-on activities, participant brainstorming, recapitulation and feedback to facilitate experiential and collaborative learning. Experts and panelists were drawn from diverse areas of knowledge and professional experience, including psychiatry and mental health, nutrition and healthy lifestyles, Indian Knowledge Systems (IKS), learning disabilities and student support.



On the first day of the Workshop, several sessions were organised on the psychosocial landscape of higher education institutions from robust policies to sustainable practices, institutional wellbeing initiatives, social belonging and connected campuses, early identification and facilitation of interventions, life-skills-based peer mentoring, and prevention of lifestyle-related conditions.

The second day focused on providing hands-on experience in identifying flag signs, specific learning disabilities, prevention of substance use, hostel ecosystems, collaborative living spaces and mentoring networks. The Workshop culminated with the development of institutional/university wellbeing indicators, final recommendations and action plans by the participating institutions.



The Workshop was organised under the Teacher Connect Programme of Malaviya Mission Teacher Training Programme (MMTTP), for the central and west regions. It brought together 94 participants from 21 Higher Education Institutions across Gujarat, Maharashtra, Goa, Punjab and Madhya Pradesh.

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