



1st National Wellbeing Conclave

Integrated Approach for Promoting Positive Mental health,
Resilience & Wellbeing

Indian Institute of Technology, Hyderabad

09th & 10th November 2024

Tentative Minute to minute programme

Day - I

Inaugural Session	
Venue - Lecture Hall Complex- 05	
08.30 AM – 09.30 AM	Registration, Prosocial Interaction with Tea Questionnaire for the delegates
09.30 AM – 09.35 AM	Welcome & Felicitating the Dignitaries
09.35 AM – 09.40 AM	Lighting of Lamp
09.40 AM – 09.45 AM	Souvenir to Chief Guest & other Dignitaries
09.45 AM – 09.50 AM	Welcome Address by Prof Somnath Maji, Associate Professor, Faculty In-charge Sunshine
09.50 AM – 09.55 AM	Message by Chief Economic Advisor, Government of India
09.55 AM – 10.00 AM	Release of the Compendium of Emerging Practices
10.00 AM – 10.05 AM	Address by Dr. Jitendra Nagpal Sr. Psychiatrist & Program Director, Expressions India
10.05 AM – 10.15 AM	Address by Prof. B.S Murty, Director IIT Hyderabad
10.15 AM – 10.25 AM	Address by Shri K. Sanjay Murthy, Secretary, Department of Higher Education, Government of India
10.25 AM – 10.30 AM	Vote of Thanks by Ms Rina Sonowal Kouli, Joint Secretary, Department of Higher Education, Government of India

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Day - I (contd.)

Tour of the Wellbeing EXHIBITION
Venue - Lecture Hall Complex

10. 30 AM -12 .00	S e s s i o n -1	<ul style="list-style-type: none"> ➤ Launch of the Institution Wellbeing Exhibition ➤ Tour of the Wellbeing Exhibition
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Commencing of technical sessions

Symposium-I
Youth Mental Health & Wellbeing Challenges-Evolving a 21st Century Paradigm
Venue - LHC- 05

Opening remarks by Ms. Rina Sonowal kouli, Joint Secretary, MoE

12 :0 0 - 01 :0 0 P M	S e s s i o n- 2	Setting the context for a Newer Understanding and a Newer Vision Factoring Resilience, Integrating Holistic Elements in Development Exploring the Dynamics of Change	Moderator	Dr. Jitendra Nagpal Sr. Psychiatrist & Program Director, Expressions India
			Panellist	Dr. Namita Ranganathan, Prof. of Education, Delhi University
			Panellist	Dr. Nishant Goyal Prof. of Psychiatry, CIP Ranchi
			Panellist	Dr. Gauri Shankar Kaloiya Prof. of Clinical Psychology, AIIMS, Delhi

Lunch Break

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Day – I(contd.)

Panel Discussion I				
Thriving the Academic Accomplishment, Strengthening Lifelong Functionality				
Venue - LHC- 05				
02: 00 PM – 02: 45 PM	Session-3	The Current Landscape and Emerging Needs The Overarching Challenges to Creating Happy, Healthy & Harmonious Universities Program & Practices for Advocacy and Awareness	Moderator	Dr. Padmaja Head, Centre for Health Psychology, School of Medical sciences, Hyderabad Central University
			Panellist	Ms. Geeta Mehrotra Faculty - University & School Life Skills, Mental Health & Wellbeing
			Panellist	Dr. Priyanka Srivastava Associate Prof., Coordinator for student wellness Cell, IIIT Hyderabad
			Panellist	Ms. Namrata Vora Chief Impact officer, Krushal Visiting Faculty, IIT Madras
Panel Discussion 2				
Faculty & Students as sentinels of Wellbeing				
Venue - LH-05				
02 :5 0 P M – 03 :3 5 P M	Session-4	Strategies for Tackling Barriers and Stigma Connecting Faculty Mental Health Initiatives to Enhanced Student Mental Health Support Key Performance Indicators for University Counselling and Wellbeing Programs	Moderator	Dr. Nishant Goyal Prof. of Psychiatry, CIP Ranchi
			Panellist	Dr. Mahati Chittem Prof. Department of Liberal Arts IIT Hyderabad
			Panellist	Dr. Santanu Misra Prof. IIT Kanpur
			Panellist	Dr. Jitendra Nagpal Sr. Psychiatrist & Program Director, Expressions India
EVENING BREAK				

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Day – I(contd.)

Symposium 2			
Early Identification and Intervention of Psychosocial Concerns			
Venue - LH-05			
04: 00 P M – 04: 45 P M	S e s i o n- 5	<p>Establishing Mind Spaces, Celebrating Fitness Domains (Mindfulness and Self-Care)</p> <p>Resilience-Building and Stress Mitigation Approaches</p> <p>Drawing linkages between Lifestyle, Nutrition and Wellness</p>	<p>Moderator</p> <p>Dr. Amrita Deb Prof. Department of Liberal Arts, IIT, Hyderabad</p>
			<p>Panellist</p> <p>Ms. Ila Sinha Head, Counselling Life Skills & Mental Health, ODM Group of Educational Institutions, Ranchi</p>
			<p>Panellist</p> <p>Dr. Sunyana Swain, Asst Prof., Incharge, counseling centre, TISS, Hyderabad</p>
			<p>Panellist</p> <p>Dr. Nida Fatima Hazari Lifestyle, Nutrition & Wellness Expert, Hyderabad</p>
Panel Discussion 3			
Collaborative Mental health framework and Trainings			
Venue - LH 05			
04: 50 P M – 05: 35 P M	S e s i o n- 6	<p>Developing a Comprehensive Capacity-Building Program</p> <p>Building Partnerships within Campus and Allied Support Resources</p> <p>Implementing Evidence-Based Research and Development Initiatives</p>	<p>Moderator</p> <p>Dr. Namita Rangnathan Prof. of Education, Delhi University</p>
			<p>Panellist</p> <p>Mr. Sridhar Boovaraghavan Guest Faculty, IIT Madras</p>
			<p>Panellist</p> <p>Dr. Neeraj Kumar Assistant Prof. Department of Liberal Arts, IIT Hyderabad</p>
Interactive			
05:40 PM - 06:00 PM		<p>FAQs and Open House</p> <p>Announcements for Second Day's Proceedings and Methodology</p>	
07:30 PM – 08:00 PM		<p>Cultural Event</p> <p align="right">Venue - LHC-05</p>	
DINNER at Boulevard between DoD & LHC			

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Day - 2

6:00 AM – 7:00 AM	➤ Campus Tour cum Walkathon with Volunteers	Venue: Sports complex
07:00 AM – 08.30 AM	Breakfast	
08:30 AM – 09:30 AM	➤ Reporting to the Venue ➤ Formulation of Groups & Task Orientation	Venue: LHC - 05
Hands on Workshop – Life skills based wellbeing enrichment Faculty and participating Student delegates (Peer Wellbeing Leaders)		
09:30 AM – 11:00 AM	➤ Faculty & Students Enrichment in Inculcating Basic Counseling Skills ➤ Counseling Guidelines & Case Studies Discussion	Venue: Lecture hall complex (TBC)
TEA Break		
Hands on Workshop – Contd.		
11:30 AM – 01:00 PM	Theme – 1: Creating a Supportive Campus Culture ➤ Cultural Competence in Mental Health Support ➤ Fostering a Sense of Community Connect and Belonging on Campus	
	Theme – 2: Academic and Environmental Factors ➤ Impact of Academic Pressure on Mental Health Ecosystem ➤ Incorporating Psychosocial Parameters into Academic Routines	
	Theme – 3: Impact of Technology on Psychosocial Wellbeing Impact of Social Media on Mental Health & Resilience on Campus ➤ Digital Literacy for Mental Health of All Stakeholders	
Lunch Break		
Valedictory ceremony		
02.00 PM – 02.30 PM	➤ Final Recommendations and Action Plans for 2024-25 ➤ Inter-University Activities to be Notified for the Next Academic Year	Venue: LHC-05