

EMPOWERING MINDS, ENRICHING CAMPUSES

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

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

Department of Higher Education, Ministry of Education | IIT Guwahati



Department of Higher Education,
Ministry of Education | IIT Guwahati

Venue: Hall 3, Conference Centre, IIT Guwahati •
Date: 20–21 September, 2026

DAY 1	Understanding Student Wellbeing and Institutional Responsibilities Sunday, 20th September 2026	
TIME	SESSION / THEME	RESOURCE PERSON(S) / DETAILS
08:00 AM – 8:55 AM	REGISTRATION	
09:00 AM – 09:30 AM	INAUGURAL SESSION	- Brief Address by Dr. Salil Kashyap, Coordinator CET, IIT Guwahati - Address by Prof. Hemant B. Kaushik, Dean o/o Outreach Education & Skilling, IIT Guwahati - Address by Prof. Devendra Jaliha, Director, IIT Guwahati - Address by Official, Ministry of Education
09:30 AM – 10:00 AM	IIT GUWAHATI MODEL	The Well-Being Model of IIT Guwahati: Where Excellence Meets Emotional Wellness - Prof. Bidisha Som, Chairperson (Students' Welfare Board), IIT Guwahati - Prof. Pankaj Tiwari, Associate Dean (Student Affairs), IIT Guwahati
10:00 AM – 10:45 AM	SESSION 1	The Psychosocial Landscape of Higher Education Institutions: From Robust Policies to Sustainable Practices - D.K. Sharma, Director, D/o Higher Education - Initiatives under Ministry of Education for Promotion of Positive Mental Health & Well-Being in Higher Education Institutions - Prof. Suresh Kumar Rayala, Associate Dean Students (Wellness), IIT Madras - Institutional Insights and Outcomes from Previous National Wellbeing Conclaves
10:45 AM – 11:15 AM	GROUP PHOTOGRAPH & TEA BREAK	

DAY 1	Understanding Student Wellbeing and Institutional Responsibilities Sunday, 20th September 2026	
TIME	SESSION / THEME	RESOURCE PERSON(S) / DETAILS
11:15 AM – 12:00 Noon	SESSION 2	Panel Discussion – Enriching Connected Campuses: Building Social Belonging as a Foundation for Wellbeing • Prof. Dilwar Hussain, Dept. of Humanities and Social Sciences, IIT Guwahati • Dr. Bornali Das, Faculty, GMCH, Guwahati • Prof. John Jose, Dept. of Computer Science and Engineering, IIT Guwahati • Dr. Varsha Patnaik, Dept. of Education, Rajiv Gandhi Central University, Arunachal Pradesh
12:00 Noon – 01:00 PM	SESSION 3	Early Identification and Facilitation of Intervention: Faculty and Students as Champions of Wellbeing • Dr. A. Athili, Clinical Psychologist, Dept. of Psychiatry, AIIMS, Guwahati • Prof. Kalpana Sarathy, Faculty and Dean of School of Social Work, TISS, Guwahati • Dr. Sharad Philip, Dept. of Psychiatry, AIIMS, Guwahati
01:00 PM – 02:00 PM	LUNCH	
02:00 PM – 03:00 PM	SESSION 4	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
03:00 PM – 03:45 PM	SESSION 5	Panel Discussion – Creating Spaces for Prevention of Lifestyle Conditions: Meeting the Challenges of Non-Communicable Disorders • Dr. Palash Bortamuly, Senior Medical Officer, IIT Guwahati • Dr. Dhani K Rakash Limbu, Dietitian, AIIMS, Guwahati
03:45 PM – 04:00 PM	TEA BREAK	
04:00 PM – 06:00 PM	SESSION 6	Hostel Visit and Experience Sharing by Participating Delegates • Guided Field Visit to Student Hostels and Mess/Dining Hall, Interaction with Wardens, Mess Managers and Students
7:30 PM onwards	NETWORKING DINNER	

DAY 2	Building Sustainable Campus Wellbeing Ecosystems Monday, 21st September 2026	
TIME	SESSION / THEME	RESOURCE PERSON(S) / DETAILS
06:30 AM – 7:15 AM	MORNING WALK IN THE CAMPUS	
09:00 AM – 10:15 AM	SESSION 7	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, and Director, Expressions India • Ms. Aparajita Singh, Resource Person on SLD • Mr. Dilip Boro, Joint Registrar, Diversity and Equality Cell, IIT Guwahati
10:15 AM – 11:00 AM	SESSION 8	Panel Discussion – Strengthening humanistic leadership for Integration into curriculum structures • Prof. Shyamanta Moni Hazarika, Dept. of Mechanical Engineering, IIT Guwahati • Dr. Limalemla Jamir, Dept. of Community and Family Medicine, AIIMS Guwahati • Dr. Vipul Dutta, Dept. of Humanities and Social Sciences, IIT Guwahati • Mrs. Richa Singh, Founder, YourDOST
11:00 AM – 11:30 AM	TEA BREAK	
11:30 AM – 12:15 PM	SESSION 9	Panel Discussion- Integrating Indigenous Knowledge, Research, Innovation and Technology for Holistic Wellbeing • Prof. Sukanya Sharma, Dept. of Humanities and Social Sciences, IIT Guwahati • Dr. Rajeev Sangal, Former Director- IIT BHU and IIT Hyderabad • Dr. Abraham Cyril Issac, School of Business, IIT Guwahati
12:15 PM– 01:00 PM	SESSION 10	Group Activity: Developing and Presenting Institutional Student Wellness Action Plans • Shri Devendra Kumar Sharma, Director, D/o Higher Education • Prof. Sayan Chakrabarti, Chairperson, Student Welfare Board, IIT Guwahati • Dr. Jitendra Nagpal, Director In-charge, Institute of Mental Health & Life Skills Promotion, New Delhi, and Director, Expressions India
01:00 PM – 01:30 PM	VALEDICTORY SESSION	• Key takeaways from the programme by Official, Ministry of Education • Vote of Thanks by IIT Guwahati
01:30 PM Onwards	LUNCH	