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IIT Indore Hosts Wellness Workshop

IIT Indore hosted the two-day 'Samvardhan: From Academic Excellence to Sustainable Wellness' capacity-building workshop under the Malaviya Mission Teacher Training Programme. Organised by the ministry of education's department of higher education for the central and west regions, the workshop brought together faculty, institutional leaders, counsellors and mental health professionals from higher education institutions across Madhya Pradesh, Maharashtra, Gujarat, Goa and Punjab. Sessions focus on positive mental health, resilience, social belonging, peer mentoring, early intervention, substance-use prevention and student wellbeing. The programme concluded on Monday with institutional wellbeing indicators, recommendations and action plans for participating institutions.

