



Regional Workshop on Student Emotional and Mental Wellbeing

Indian Institute of Technology Bhubaneswar

Argul, Jatni, Khurda, Odisha 752051

October 11–12, 2026



Organising Committee

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Dr. G. Bartarya
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About the workshop

IIT Bhubaneswar is organising this two-day workshop for the eastern region under the Malaviya Mission Teacher Training Programme. It is the fourth in a series of regional workshops organised under the aegis of the Ministry of Education to bring teachers together to address student emotional and mental wellbeing.

The programme combines activity-based expert lectures, thematic discussions, case studies, experience-sharing sessions, group discussions and institutional action planning to strengthen campus wellbeing.

Themes and activities

Student pressures and support. Academic pressure, career anxiety, transitions and financial stress; social media and screen use; students sharing distress with AI chatbots before seeking human support.

Mental health awareness. Basics for non-specialists, stigma and behavioural, academic and social warning signs. An interactive lecture includes a myth-versus-fact activity.

Care and referral. Referral pathways, confidentiality, ethics and record-keeping.

Hostel wellbeing. The warden's role, healthy hostel communities, hostel and dining-hall environments, and night-time and weekend protocols.

Applied learning. Case studies and a field visit.

About IIT Bhubaneswar

Established in 2008 as one of the eight second-generation IITs, IIT Bhubaneswar offers UG, PG and PhD programmes through seven schools of study. Its serene, pollution-free campus spans 936 acres. The institute continues to advance towards becoming one of India's leading technology institutes through knowledge creation and innovation.