

The First National Wellbeing Conclave Held at IIT Hyderabad: A Collaborative Effort by the Ministry of Education, Government of India

Highlights:

- IIT Hyderabad (IITH), is hosting the first "National Wellbeing Conclave (NWC)" under the aegis of The Ministry of Education (MoE), Government of India (GoI), for Higher Education Institutions (HEIs) on a grand scale.
- Shri K. Sanjay Murthy, Secretary, MoE, GoI, is the Chief guest of the event.
- IITH has been selected as the Host Institution for this prestigious event.
- Expert-led sessions will focus on building happy, healthy, and harmonious institutions.

Hyderabad, 9th November 2024: IITH is hosting India's first "National Wellbeing Conclave" (NWC) on 9-10 November 2024 under the aegis of the MoE, GoI. This first-of-its-kind NWC event was inaugurated by Chief Guest Shri K. Sanjay Murthy, Secretary, MoE, GoI. It aims to promote mental health, resilience, and wellbeing among students and faculty members across India's HEIs.

Over 500 participants from 100 centrally funded institutions are attending the event at IITH, which has been selected as the Host Institution by the Ministry of Education, Government of India. Numerous institutions have set up stalls showcasing their emerging practices for wellbeing, each highlighting unique approaches. Dignitaries, including Shri K. Sanjay Murthy, toured the exhibits. The conclave's mission is to foster a healthy, harmonious environment in HEIs with the goal of reducing suicide rates and enhancing student and faculty wellbeing. Faculty In-charge, Suinshine, IITH, Dr Somnath Maji has delivered welcome note.

A compendium of Best Practices on Wellbeing has been released by Shri K Sanjay Murthy on this platform.

Dr. V. Anantha Nageswaran, Chief Economic Advisor of Govt. of India delivered a message that Parameter of the success is a test between how you balance the academic pressure and mental wellbeing.

Dr Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India addressed the participants from various institutions and said: *"Let's work together to build resilience. As I visit the stalls outside, I see inspiring quotes on wellbeing—now, it's up to you to live these messages, becoming ambassadors of happiness and strength. Our aim is to come together often, not just to understand wellness but to truly celebrate it. Over the next two days, we stand unified, taking the first steps toward creating secure, wellness-centered campuses.*

We believe that expertise lies with each of us, and by connecting regularly, you'll inspire others within your university and extend that influence to neighbouring institutions. Through a hub-and-spoke model, we envision universities that can support each other, fostering a spirit of community and mutual growth. This vision of brotherhood and support is what we aspire to build."

He extended his gratitude to the Hon'ble Secretary for providing immediate direction to help realize this vision and inspire us all to move forward with hope.

Prof. B.S. Murty, Director of IIT Hyderabad, remarked, *"We live in a fast-paced world filled with constant stimuli that significantly impact us emotionally, physically, and psychologically, often leading to stress. This makes promoting mental health, resilience, and overall wellbeing more essential than ever. Students need to learn that failure is a natural part of growth—it's okay to fail, as each failure brings valuable lessons. IITH promotes the right brain activities to maintain a balanced mind.*

The key objective of the NWC is to build resilience among students and faculty participants, equipping them to take these practices back to their institutions and serve as ambassadors of wellbeing. The initiatives undertaken by the GoI in this direction are truly commendable. Strengthening the mental resilience of our youth is critical to building an Atmanirbhar Bharat, paving the way for a truly Viksit Bharat. I am thankful to the MoE for providing IITH with this opportunity. Let's inspire and positively energize our students and faculty for the journey ahead."

Chief Guest Shri K. Sanjay Murthy, Secretary, MoE, GoI, addressed the gathering and said: *"The first NWC, hosted by IITH, places mental health and resilience at the forefront, bringing together all centrally funded educational institutions in this important mission. Over 100 institutions have gathered to share experiences and best practices for addressing these critical issues. Featuring a session with the Chief Economic Advisor of the GoI, the event promotes awareness and collaboration among institutions nationwide. Our goal is to spread effective practices across the country, with today's sessions and discussions serving as essential foundations for future initiatives.*

I am hopeful that we will gain valuable insights from this conclave—insights we can document and share with neighbouring institutions. Collaboration across institutions is essential, and by addressing these issues wholeheartedly, we can create the best outcomes through collective effort."

He expressed appreciation for Team Sunshine, IITH, and Expressions India, stating, *"This is a significant responsibility, and such efforts should not be treated as routine. Great cost and effort have been dedicated by both institutions to bring these initiatives into practical action."*

Ms. Rina Sonowal Kouli, Joint Secretary, Department of Higher Education, GoI, delivered the vote of thanks, emphasizing that the more we speak openly, the more taboos fade away. She encouraged everyone to actively participate in the two-day program, with a focus on continued learning in wellbeing.

About the Conclave:

The NWC, aligned with an Integrated Approach to promoting mental health, resilience, and wellbeing, offers a collaborative platform for HEIs. It encourages students and faculty to exchange ideas, share emerging practices, and work toward a supportive mental health ecosystem in academic institutions. The conclave includes symposiums, panel discussions, and workshops aimed at strengthening mental health support within HEIs.

The Conclave Features:

- **Discussions** on mental health initiatives and resilience strategies tailored for campus settings.
- **Showcases** of successful mental health and wellbeing programs across various HEIs.
- **Best Practice Sharing** sessions to highlight effective strategies.
- **Exhibitions** dedicated to mental health and wellbeing resources.
- **Interactive Activities** designed to engage attendees and encourage positive mental health practices.

Objectives and Impact:

The conclave seeks to foster stronger relationships between students and faculty, with an emphasis on mental health and wellbeing as essential components of educational environments. IITH is supporting the infrastructural, administrative, and logistical needs of the conclave, bringing together over 100 institutions to promote inclusivity and mental health prioritization.

A Step Toward National Impact:

The NWC 2024 aligns with the Economic Survey 2023-24, which highlights the need for mental health programs within educational institutions. The survey emphasizes the importance of peer support networks, self-help groups, and community-based initiatives to reduce stigma around mental health and foster a sense of belonging. The conclave aims to create safe, supportive HEIs that prioritize resilience and community wellbeing.

By establishing mental health and wellbeing as foundational aspects of academic life, the NWC 2024 sets a precedent for similar initiatives across the country, driving progress toward healthier, more supportive educational communities.

About IIT Hyderabad:

IITH, established in 2008, as one of the second Generation IITs, has reached a respectable position in both academics, research, technology development and startups in the short span of 15 years. In the recent Indian National Ranking (NIRF-2024), IITH is placed at 3rd in Innovation and 8th among Engineering institutes in India.

It has 320+ full-time faculty, 5,300+ students (PG + PhD students accounting for about 60%). The institute has a strong research focus with Rs. 1270+ Cr of R&D funding, 11,500+ publications, 320+ Patents, and about 260+ startups (that have generated 1100+ jobs and a revenue of Rs. 1500+ Cr). Follow us on [Instagram](#), [LinkedIn](#), [Twitter](#), [Facebook](#), [Koo](#), and [YouTube](#) for the latest updates.

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