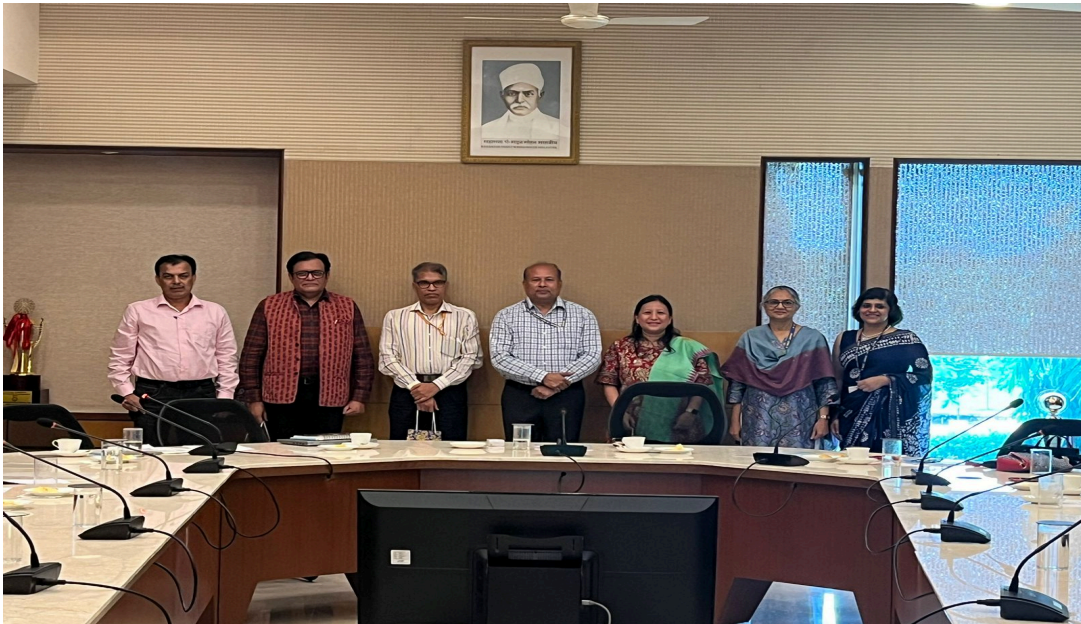




मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर (राष्ट्रीय महत्व का संस्थान)

**Malaviya National Institute of Technology Jaipur
Dean Student Welfare Office**

Exemplar Visit Under Integrated Approach to Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions (HEIs)



About

An exemplary visit to MNIT Jaipur under the initiative 'Integrated Approach to Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions (HEIs)' by the Ministry of Education was held on Sunday, 4th August 2024, from 10 AM in Director's Conference Room, Prabha Bhawan, MNIT Jaipur. The event was graced by Prof NP Padhy, Director, MNIT Jaipur, Prof Rohit Bhakar, Registrar, MNIT Jaipur, Prof Kanupriya Sachdev, Dean Student Welfare, MNIT Jaipur; Dr. Jitendra Nagpal, Shri Devendra Kumar Sharma, Prof. Naved Iqbal, and Dr. Sangeeta Angom as representatives from MoE; key administrative representatives from MNIT Jaipur including Associate Dean Discipline, Coordinator, ICC, Coordinator Wellness, Hostel Wardens, students and staff members from the Wellness Club.

Visiting Team

The event was brought to its full potential due to the gracious presence of all the resource persons who gave their valuable insights and recommendations. **Dr. Jitendra Nagpal** is a senior psychiatrist and program director at Expressions India, **Shri Devendra Kumar Sharma** is the Director at the Department of Higher Education in the Ministry of Education, **Prof. Naved Iqbal** is associated with the Department of Psychology in Jamia Millia Islamia, New Delhi, and **Dr. Sangeeta Angom** is a faculty member at National Institute of Educational Planning and Administration (NIEPA), New Delhi.



Session Highlights

The exemplar visit aimed to understand and evaluate integrated strategies for promoting positive mental health, resilience, and well-being in Higher Education Institutions (HEIs). Prof. N. P. Padhy, Director, MNIT Jaipur, addressed the team with a warm welcome and narrated the institute's strategic vision for students' holistic wellness. The session included a presentation on Current Wellness Initiatives by Dr Ritika Mahajan, Coordinator, Wellness, MNIT Jaipur. Open discussions were held among guests and critical stakeholders from MNIT Jaipur for students' wellness. Prof Padhy and the team interacted candidly with the students, understanding their concerns and suggestions. The session concluded with an expression of gratitude by Prof Kanupriya Sachdev, Dean of Student Welfare, MNIT Jaipur.

Learning outcomes

The 'Exemplar Visit Under Integrated Approach to Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions (HEIs)' had a powerful impact on people attending the session by highlighting -

- The need for stakeholder engagement
- Identification of best practices
- Acknowledgement of challenges
- Building a positive culture
- Open discussion with students





Annexure

[Presentation for Exemplary Visit](#)