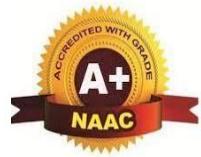


Report on "MindForward India – Fostering Emotional Well-being on Campuses"
Held on 29th October at Sheraton Grand Hotel

Date of the Event: (DD/MM/YYYY)	29 th Oct 2025	Duration:	10:30 am to 12:30 pm
Day of the Event:	Wednesday	Venue:	Sheraton Grand Hotel (Bund Garden)
No of Teachers	150		



 Prof. Muskan Jain Professor Prepared By	 Dr. Mangalgouri Patil IQAC Coordinator Reviewed By	 Dr. Shubhangee Ramaswamy Director Approved By
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HAPPY STUDYSPACES

Free Student Wellbeing Program for Your College

SELECT THE PROGRAM THAT FITS YOUR CAMPUS

Awareness & Engagement

- Why important:** Breaks the silence around stress, makes it "normal" to talk.
- What happens:** Orientation sessions, posters & QR codes for helplines, monthly "Happiness Talks" on stress, digital balance, and relationships.
- Benefit to college:** Creates an open culture where students feel supported.

HappyU Clubs (Peer-Led)

- Why important:** Students often open up more to peers than faculty.
- What happens:** Clubs with meditation, art/music therapy, fitness, digital detox, gratitude journaling. Students become Wellness Ambassadors.
- Benefit to college:** Builds student leadership & life skills alongside academics.

Counselling & Support System

- Why important:** Some students need more than peer or faculty support.
- What happens:** Counsellors: first response (1-2 sessions) | Psychologists: therapy (3-6 sessions) | Psychiatrists: virtual consults for severe cases.
- Helpline:** phone/WhatsApp, 9 AM-5 PM.
- Benefit to college:** Ensures early intervention before small issues become crises.

Expert & Faculty Engagement

- Why important:** Faculty and parents play a key role in student wellbeing.
- What happens:** Quarterly talks by Apollo experts, faculty workshops on spotting stress signs, and parent sessions to reduce pressure.
- Benefit to college:** Faculty and parents become allies in student success.

Digital & WhatsApp Engagement

- Why important:** Students are always online – support should be too.
- What happens:** Nudges (mindfulness, gratitude), weekly mood polls, live Q&As with psychologists, crisis helpline access.
- Benefit to college:** no cost, high-impact student engagement.

Happy Studyspaces offers your college a free, flexible program that builds a culture of happiness, resilience, and academic excellence.

👉 You can choose one or more modules to start – based on what your students need most.

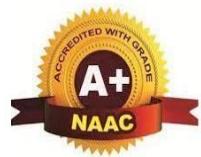
Prof. Muskan Jain
Professor
Prepared By

Dr. Mangalgouri Patil
IQAC Coordinator
Reviewed By

Dr. Shubhangee Ramaswamy
Director
Approved By



Since 1994



On 29th October 2025, our college had the opportunity to participate in MindForward India, a remarkable initiative by the **Apollo Telemedicine Networking Foundation (ATNF)**, held at the Sheraton Grand, Pune. The event aimed to spread awareness about the importance of mental health and emotional well-being in academic environments.

The session featured several renowned speakers who shared their insights on nurturing emotional balance among students and educators.

Dr. Sandeep Vohra Dr. Poornima Gauri, Neurologist, Mentor, and Artist, led an inspiring Fireside Chat on "**Unlocking Potential: How Mental Wellness Fuels Academic and Personal Growth.**" He emphasized that emotional health directly influences a student's motivation, relationships, and academic success. He encouraged teachers and parents to normalize open conversations around emotions and to provide safe spaces for young minds to express themselves.

This was followed by an engaging panel discussion on "**Always Connected, Yet Alone – The Critical Need for Professional Mental Health Help,**" moderated by **Mr. Daniel Thimmayya**. The panel included **Dr. Girija Mahale** (Senior Psychiatrist & Head, Symbiosis Centre for Emotional Wellbeing), **Dr. Sadhana Natu** (Professor & Head, Department of Psychology, Modern College), **Dr. Jyothi Menon** (People Operations and Advisory), and **Ms. Anuveet Kaur**. The discussion focused on the growing issue of loneliness among students despite being digitally connected, and how early counseling and empathetic intervention can help address unresolved emotional issues.

The speakers also highlighted the increasing stress and emotional strain among Gen Z, urging institutions to create supportive environments that encourage openness and promote overall well-being.

Prof. Muskan Jain
Professor
Prepared By

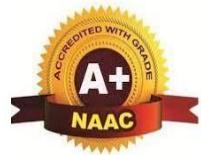
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IQAC Coordinator
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Dr. Shubhangee Ramaswamy
Director
Approved By



Marathwada MitraMandal's
INSTITUTE OF MANAGEMENT EDUCATION RESEARCH AND TRAINING
(IMERT), Pune
S. No. 18, Plot No. 5/3, CTS No. 205, Behind Vandevi Temple, Karvenagar,
Pune – 411052

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The final keynote, "Designing Supportive Campuses: Policies that Foster Emotional Well-being," was delivered by **Dr. Kannan Gireesh**, Psychiatrist, Psychotherapist, and CEO of LiveLife Education. He highlighted the need for emotionally supportive campuses where students feel safe, confident, and heard. His talk stressed that emotional wellness should be a shared responsibility—between institutions, teachers, and peers—to create a culture of care and compassion.

The event concluded with a Vote of Thanks and a Networking Lunch, leaving all attendees inspired to promote emotional well-being and integrate mental health initiatives within educational spaces.

Prof. Muskan Jain
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