



Central Institute of Psychiatry (CIP), Ranchi
Organizes

World Mental Health Day 2025

In Collaboration with Ranchi University

Workshop on

“Nurturing Well-being: Towards a Centre for Happiness & Wellness”

October 09th, 2025 (Thursday)

Venue: Teaching Block, Central Institute of Psychiatry, Kanke

Objective

In today's fast-paced academic environment, the well-being of students, faculty, and staff is more crucial than ever. This workshop seeks to create a shared space for dialogue, learning, and collaboration on mental health and happiness in university spaces. Through interactive technical sessions, thought-provoking discussions, and expert insights, participants will explore innovative approaches to foster resilience, positivity, and holistic well-being. Together, we aim to generate foundational ideas to develop Centre of Happiness, translating ideas into actionable strategies that nurture a supportive campus for all.

PROGRAM SCHEDULE

10:00 am- 10:45 am	Inaugural Session <ul style="list-style-type: none">• Welcome of Dignitaries and Lighting of Lamp• Welcome Address by Dr. V.K. Chaudhary, Director, CIP• Address by Prof. D.K. Singh, Hon'ble Vice Chancellor, Ranchi University• Keynote address by Chief Guest- Shri Nitin Madan Kulkarni, Additional Chief Secretary to Governor, Jharkhand
10:45 am- 11:00 am	Tea Break
11:00 am - 1:00 pm	Technical Sessions & Discussion <i>Mental Health in Youth: Current Indian Scenario</i> Speaker: Prof. Ajay Bakhla , Professor & HOD, Dept. of Psychiatry, RIMS, Ranchi <i>From Stress to Strength: Positive Psychology for well-being of students</i> Speaker: Dr. Masroor Jahan , Additional Professor of Clinical Psychology, RINPAS

	<p><i>The Science of Play: Biological Bridge of Sports and Well-being</i> Speaker: Prof. Umesh S., Professor of Psychiatry, CIP</p> <p><i>Yoga and Meditation for Inner Happiness</i> Speaker: Ms. Ria Tayal, Teacher, Art of Living</p>
1:00 pm- 2:00 pm	Lunch
2:00 pm- 3:00 pm	<p>Panel Discussion <i>Theme: “Roadmap to Centre of Happiness: Dialogue to Action’</i> Panelists: (in addition to student representatives)</p> <ul style="list-style-type: none"> • Dr. M. Perwaiz Hassan, Associate Professor and HOD, Department of Psychology, Ranchi University; • Prof. Roshan Khanande, Professor of Psychiatry, CIP; • Prof. Varun S. Mehta, Professor of Psychiatry, CIP; • Dr. Prashant Srivastava, Assistant Professor of PSW, CIP Ranchi • Mr. Umesh Prasad Sah, Principal General Manager, BSNL. <p>(There will be student representatives in panel as well)</p> <p>Moderator: Ms. Alisha Arora, Assistant Professor, Department of Clinical Psychology, CIP</p>
3:00 pm- 3:30 pm	<p>Valedictory Session Valedictory Address- Shri Ajoy Kumar Singh, Additional Chief Secretary, Department of Health, Medical Education & Family Welfare, Jharkhand.</p> <p>Concluding Remarks- Prof. D.K. Singh, Vice Chancellor, Ranchi University</p> <p>Vote of Thanks – Dr. V K Chaudhary Director, CIP</p>