

Summary on FDP on Strengthening Student Mentorship and Mental Well Being

15th -19th June 2026

Strengthening Student Mentorship and Mental Well Being was organised as an educational initiative designed to help participants develop a holistic, humane worldview. The FDP was organized in two parallel batches of 41 and 38 participants respectively. Rather than preaching dogmatic rules, it uses a self-reflective, explorational methodology to connect fundamental truths about life, relationships, nature, and society with an individual's personal and professional goals.

1. Core Objectives

Self-Exploration: Encourages individuals to discover their own innate values and basic aspirations, which centre on continuous happiness and prosperity.

Holistic Perspective: Expands the understanding of human existence across four distinct levels: the individual, the family, the society, and the broader ecosystem/nature.

Value-Based Living: Bridges the gap between superficial, materialistic aims and meaningful life goals, promoting ethical professional conduct and mutually enriching relationships.

2. Standard Framework of FDP on Strengthening Student Mentorship and Mental Well Being structured into various stages and levels depending on the target audience, which ranges from first-year college students to senior faculty.

Self-Verification: Core concepts are presented as proposals. Participants verify these proposals against their own natural acceptance and lived experience.

Interactive Dialogues: Programs heavily relied on interactive, rational discussions rather than lectures, guiding participants to evaluate their own pre-conditions, emotions, and life concerns.

3. Target Audience & Impact: Initiated widely by educational councils like the AICTE, this FDP target students, faculty (through Faculty Development Programs), and even institutional administrators. The overarching impact is a measurable shift from stress, peer pressure, and competition to long-term emotional well-being, better mental health, and societal harmony.