



भारतीय प्रौद्योगिकी संस्थान मुंबई
INDIAN INSTITUTE OF TECHNOLOGY BOMBAY

प्रकाशन और जनसंपर्क कार्यालय
Publications and Public Relations Office

पवई, मुंबई - 400076, महाराष्ट्र, भारत
Powai, Mumbai - 400076, Maharashtra, India

दूरभाष: (+91-22) 25767026-27 | वेबसाइट: www.iitb.ac.in
Ph: 022-25767026-27 | web: http://www.iitb.ac.in

FOR IMMEDIATE RELEASE

IIT Bombay Observes Week-long Mental Strength Week to Promote Focus & Resilience

Mumbai | January 18, 2026: IIT Bombay observed Mental Strength Week from 12 to 18 January, marking the birth anniversary of Swami Vivekananda on 12 January. The idea of dedicating an entire week to mental strength was proposed by the Director of IIT Bombay, Prof. Shireesh Kedare. This initiative marked the first time that an academic institute organised a week-long campus-wide campaign focused exclusively on mental strength, resilience and youth empowerment.

Mental Strength Week was conceptualised with the objective of encouraging students to reflect on inner strength, self-discipline, focus and resilience—qualities strongly emphasised in the teachings of Swami Vivekananda and deeply relevant in today's demanding academic environment. The initiative witnessed enthusiastic participation, with more than 2,000 students taking part in various activities organised during the week.

A diverse range of activities was organised to engage students through reflection, creativity, experiential learning and dialogue. These included a screening of the documentary Vivekananda by Vivekananda, which offered students an opportunity to connect deeply with Swami Vivekananda's life, thoughts, and vision for youth and nation-building.

To encourage creative expression and peer engagement, a reels competition was organised for students on the theme of Mental Strength and Resilience. Students shared personal reflections, insights, and messages through short videos, highlighting diverse perspectives on mental wellbeing and inner strength.

Meditation sessions were conducted by Swami Dayadhipananda from the Ramakrishna Mission Hospital, Mumbai, providing participants with practical tools to cultivate inner calm, enhance focus, and manage stress amidst academic pressures.

Media Contact:

Mrs Falguni Banerjee Naha, Public Relations Officer, IIT Bombay Ph. No. 022-25767025/4027 | Email: pro@iitb.ac.in



भारतीय प्रौद्योगिकी संस्थान मुंबई INDIAN INSTITUTE OF TECHNOLOGY BOMBAY

प्रकाशन और जनसंपर्क कार्यालय
Publications and Public Relations Office

पवई, मुंबई - 400076, महाराष्ट्र, भारत
Powai, Mumbai - 400076, Maharashtra, India

दूरभाष: (+91-22) 25767026-27 | वेबसाइट: www.iitb.ac.in
Ph: 022-25767026-27 | web: <http://www.iitb.ac.in>

FOR IMMEDIATE RELEASE

A key highlight of Mental Strength Week was the two-day Mind Gym Exhibition organised by the Student Wellness Centre in collaboration with the Manashakti Research Centre. The exhibition offered technology-assisted yet non-screen, experiential activities that enabled participants to explore concentration, calmness, and attention through real-time feedback.

The week culminated with a special talk on Building Mental Strength by Dr. Kiran Bedi and Pravrajika Divyanandaprana, a senior monastic nun of Sri Sarada Math. The speakers reflected on the enduring relevance of Swami Vivekananda's ideals and shared insights on developing mental resilience, character, and purpose among young adults.

Through Mental Strength Week, IIT Bombay reaffirmed its commitment to student wellbeing by integrating reflective, experiential, and inspirational activities into campus life. The initiative underscored the institute's holistic approach to education, recognising mental strength as a critical foundation for personal growth, academic excellence, and responsible citizenship.

About IIT Bombay

The Indian Institute of Technology Bombay, set up in 1958 as the second IIT, is recognised worldwide as a leader in the field of science and engineering education and research. The Institute was granted the status of 'Institution of Eminence' by the Ministry of Education (the then Ministry of Human Resources Development) on July 9, 2018. IIT Bombay is reputed for the quality of its faculty, cutting-edge research, industry relations, and the outstanding caliber of students graduating from its undergraduate and postgraduate programmes. The Institute has 17 academic departments, 64 other academic entities (Centres/ Programmes/ Academic facilities/ Hubs/ Externally funded centres and Labs), and three schools. Over the last six decades, more than 75,000 engineers and scientists have graduated from the Institute. It is served by 756 faculty members, with 121 women faculty, and about 150 visiting and part-time faculty, considered not only amongst the best within the country but also highly recognised in the world for achievements in the field of education and research. On June 19, 2025, IIT Bombay was ranked 2nd in India and 129th in the world in the Quacquarelli Symonds (QS) World University Rankings for 2026.

Media Contact:

Mrs Falguni Banerjee Naha, Public Relations Officer, IIT Bombay Ph. No. 022-25767025/4027 | Email: pro@iitb.ac.in