

Record of Discussion of Online Session of Capacity Building Programme for Promoting Positive Mental Health, Resilience, and Wellbeing, held on 18.07.2025 at 10:00 AM

1. An online session of the Capacity Building Programme for Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions (HEIs) was held on 18th July 2025 at 10:00 AM. The session was organised for nominated faculty members from centrally funded HEIs under the guidance of the Department of Higher Education, Ministry of Education. A total of 88 participants joined the session, of whom 80 were faculty members.

2. This was the 27th online session in the ongoing fortnightly series since the programme's launch in May 2024. The initiative has engaged over 1,900 faculty members from more than 160 HEIs, fostering institutional ecosystems sensitive to mental health and aligned with the National Education Policy (NEP) 2020. The session was opened by Mr. Devendra Kumar Sharma, Director, Department of Higher Education, Ministry of Education, who emphasized the unique role of faculty as first responders and anchors of a supportive environment for students, particularly in managing transitional challenges from school to university life. He highlighted the growing need for qualified mental health professionals and faculty sensitisation, especially post-pandemic, and encouraged proactive faculty engagement through open communication and mentorship.

3. Prof. Kumar Suresh, NIEPA, stressed the need for integrating mental health promotion into institutional culture through reflective practices. He called for faculty to develop empathy, self-awareness, and communication skills as life skills, vital for fostering a harmonious campus climate. He emphasised that vibrant and mentally healthy campuses thrive on active community engagement, peer counselling, and inclusive interactions involving families, alumni, and local communities.

4. The following resource persons were introduced to take the session ahead:

- ❖ Dr. Jitendra Nagpal, Senior Psychiatrist and Programme Director, Expressions India
- ❖ Ms. Geeta Mehrotra, Expressions India
- ❖ Dr. Avlokita Agrawal, Associate Professor, IIT Roorkee

5. Dr. Jitendra Nagpal contributed his insights on the need for a holistic and ecosystem-wide approach to mental health in higher education institutions. Emphasizing that mental health is not solely the responsibility of counselling centres, he called for collective engagement by faculty, staff, families, and alumni. He underlined the importance of creating campus cultures where student well-being is a shared priority and not an isolated intervention.

6. Dr. Nagpal highlighted the significance of integrating mental health awareness into institutional frameworks, suggesting that student hostels can serve as vital sub-units for fostering community support and early intervention. He advocated for structured mentorship models within hostels, where seniors, peers, and faculty could collaborate in creating supportive networks. Drawing attention to practices from the medical education sector, such as community engagement programs linked with professional training, he recommended adopting similar outreach models in technical and higher education institutions.

7. He also proposed that alumni be actively involved as mentors and role models, sharing experiences related not just to academic success but also to personal well-being, resilience, and life balance. Dr. Nagpal emphasized the need for ongoing action research to study the long-term impact of mental

health initiatives on student development and institutional culture. He encouraged the sharing of best practices across institutions through regular forums and highlighted the role of compassionate leadership in shaping resilient academic communities.

8. Ms. Geeta Mehrotra, in an engaging dialogue with participants, steered the discussion towards understanding student stressors, the significance of empathy, and the evolving aspirations of youth. She highlighted the importance of life skills in decision-making, problem-solving, and maintaining emotional balance. She engaged in an extended discussion on the importance of life skills and their application through an example of a film scene from the film *Lage Raho Munna Bhai*. Faculty shared insights on stress among students and teachers alike, suggesting physical activity, open communication, and peer support as practical strategies.

9. Dr. Avlokita Agrawal presented a detailed account of mental health initiatives undertaken at the Wellness Centre at IIT Roorkee, showcasing a practical model of how institutional efforts can address student well-being effectively. She shared that IIT Roorkee had established a dedicated wellness centre in 2009, designed to proactively foster mental health awareness, reduce stigma, and offer both professional counselling and recreational activities aimed at enhancing student interaction and community building. The Wellness Centre has a strength of 9 wellbeing professional on roll and new recruitments are underway.

10. Dr. Agrawal stressed that the centre operates on principles of confidentiality and accessibility, staffed by trained psychologists, and offering multiple channels for students to seek help, including face-to-face counselling, telephonic support, and anonymous outreach mechanisms. The Centre hold orientation programmes for not only students but also parents.

11. Dr. Agrawal shared that the hostels at IIT Roorkee are visited weekly by counsellors. This initiative's success is reflected in the increasing number of students coming forward to access support services, which Dr. Agrawal noted as a positive indicator of diminishing stigma around mental health on campus. Increasing numbers of students reaching out to the Wellness Centres for counselling reflects positively on the efforts made by the team at IIT Roorkee to create a facilitative campus culture.

12. She emphasized the significance of student-led initiatives in promoting mental well-being and fostering peer support networks, highlighting that empowering students as change agents can transform the campus climate. Furthermore, she advocated for continuous sensitization of faculty and staff, ensuring that every member of the institution is attuned to recognizing and addressing signs of mental distress among students. Dr. Agrawal concluded by inviting collaboration and knowledge-sharing between institutions, offering IIT Roorkee's model as a case study for future sessions in the series.

List of Attendees
Faculty Members

S. No.	Name of Institution	Faculty Nominated	Attendees	Absentees
1	Central University of Kashmir	1. Gawher Ahmad Bhat 2. Manju 3. Nookaraju Bendukurthi 4. Priyanka Kumar 5. Raihana Shawl 6. Rigzen Gurmet 7. Samreena Geelani 8. Santosh Kumar 9. Shahid Sultan 10. Shahnaz Akhtar	1. Gawher Ahmad Bhat 2. Manju 3. Priyanka Kumar 4. Nookaraju Bendukurthi 5. Rigzen Gurmet 6. Samreena Geelani 7. Shahid Sultan 8. Shahnaz Akhtar	1. Raihana Shawl 2. Santosh Kumar
2	North Eastern Regional Institute of Science & Technology (NERIST)	1. Akhilesh Sharma 2. Amit Anthwal 3. Chiging Sonia 4. Dhiraj Kumar Yadav 5. Gurumayum Ranibala 6. Jeetendra Singh Khichad 7. Karuna Mahato 8. Kaushik Ray 9. Lilapati Waikhom 10. Manoj Das 11. Mihir Paul 12. Mihir Ranjan Panda 13. Rajib Sharma 14. Raju Kumar Biswas 15. Sanjib Kalita 16. Tori Basar 17. Upasana Gogoi 18. Vanita Pandey 19. Wahengbam Joychandra Singh	1. Akhilesh Sharma 2. Amit Anthwal 3. Gurumayum Ranibala 4. Jeetendra Singh Khichad 5. Kaushik Ray 6. Mihir Paul 7. Sanjib Kalita 8. Upasana Gogoi 9. Vanita Pandey 10. Wahengbam Joychandra Singh 11. Yuma Narah	1. Chiging Sonia 2. Dhiraj Kumar Yadav 3. Karuna Mahato 4. Lilapati Waikhom 5. Manoj Das 6. Mihir Ranjan Panda 7. Rajib Sharma 8. Raju Kumar Biswas 9. Tori Basar

		20. Yuma Narah		
3	IIIT Dharwad, Karnataka	1. Jagadeesha R B 2. K. Gopinath 3. Muruganantham Ponnusamy 4. Pankaj Kumar 5. Rajesh N S 6. Ramesh Athe 7. Sandesh Sanjeev Phalke 8. Siddharth R 9. Sunil Kumar P V 10. Suvadip Hazra 11. Vivekraj V K 12. Anushree Kini	1. Pankaj Kumar 2. Rajesh N S 3. Sandesh Sanjeev Phalke 4. Vivekraj V K 5. Anushree Kini 6. Jagadish D N	1. Jagadeesha R B 2. K. Gopinath 3. Muruganantham Ponnusamy 4. Ramesh Athe 5. Siddharth R 6. Sunil Kumar P V 7. Suvadip Hazra
4	IIIT Kottayam, Kerala	1. Anu Maria Sebastian 2. Binu M 3. Della Thomas 4. Emy mariam george 5. Goutham Mali 6. Kala S 7. Lakshmi N S 8. Renjitha 9. sreeja M U 10. Sreelakshi I J 11. Vineeth P	1. Anu Maria Sebastian 2. Binu M 3. Della Thomas 4. Emy mariam george 5. Goutham Mali 6. Kala S 7. Lakshmi N S 8. Renjitha 9. sreeja M U 10. Sreelakshi I J 11. Vineeth P 12. Krishnendhu 13. Jai Ganesh S	1. Anu Maria Sebastian 2. Binu M 3. Della Thomas 4. Emy mariam george 5. Goutham Mali 6. Kala S 7. Lakshmi N S 8. Renjitha 9. sreeja M U 10. Sreelakshi I J 11. Vineeth P 12. Krishnendhu 13. Jai Ganesh S
5	National Institute of Technology, Agartala	1. Goutam Kumar Gupta 2. Hrijuta Datta 3. Joyashree Das 4. Litan Bhaumik 5. Mriganka Sekhar Manna 6. Pinku Debnath 7. Sagarika Panigrahi 8. Saswati Roy 9. Subhajit Deb 10. Tilottama Chakraborty 11. Venkata Bharat Nishtala	1. Joyashree Das 2. Litan Bhaumik 3. Mriganka Sekhar Manna 4. Pinku Debnath 5. Saswati Roy 6. Subhajit Deb 7. Tilottama Chakraborty 8. Venkata Bharat Nishtala	1. Goutam Kumar Gupta 2. Hrijuta Datta 3. Sagarika Panigrahi

6	National Institute of Technology, Jamshedpur	1. Arvind Kumar Patel 2. H.L.Yadav 3. J Jayapal 4. Mayuri Barua 5. Neha Jaiswal 6. Pampa Howldar 7. Poulami Majhi 8. Prakash Sarkar 9. Rajashree Nayak 10. Titas Kumar Mukhopadhyay 11. Y. Ramu Naidu 12. Arjun Singh	1. Arvind Kumar Patel 2. Mayuri Barua 3. Neha Jaiswal 4. Pampa Howldar 5. Poulami Majhi 6. Prakash Sarkar 7. Rajashree Nayak 8. Titas Kumar Mukhopadhyay 9. Y. Ramu Naidu 10. Arjun Singh	1. H.L.Yadav 2. J Jayapal
7	Indian Institute of Engineering Science and Technology, Shibpur	1. A. Nageswara Rao 2. Anirudh Nath 3. Bhaskar De 4. Debdulal Das 5. Dipshikha Kalita 6. Pritam Saha 7. Saptarshi Kundu 8. Shashwati Banerjee 9. Sujata Biswas 10. Tamal Ghosh 11. Ujjal Bhattacharjee	1. A. Nageswara Rao 2. Anirudh Nath 3. Debdulal Das 4. Pritam Saha 5. Saptarshi Kundu 6. Shashwati Banerjee 7. Ujjal Bhattacharjee	1. Bhaskar De 2. Dipshikha Kalita 3. Sujata Biswas 4. Tamal Ghosh
8	IIT Delhi	1. Anupam Dewan 2. Jatin Panwar 3. Kaushik Mukherjee 4. Maya Ramanath 5. Minati De 6. Pramit K. Chowdhury 7. Ravi Shankar 8. Subir Dey 9. Sudhir K. Tyagi 10. Tanusree Chakraborty 11. Vikram Singh	1. Kaushik Mukherjee 2. Pramit K. Chowdhury	1. Anupam Dewan 2. Jatin Panwar 3. Maya Ramanath 4. Minati De 5. Ravi Shankar 6. Subir Dey 7. Sudhir K. Tyagi 8. Tanusree Chakraborty 9. Vikram Singh
9	IIT Guwahati	1. Biranchi Narayan Panda 2. Kusum Kumari Singh	1. Kusum Kumari Singh 2. Ravindra Kumar Jha 3. Santu Kar	1. Biranchi Narayan Panda 2. Romanbabu Oinam

		3. Ravindra Kumar Jha 4. Romanbabu Oinam 5. Santu Kar 6. Sayan Chakrabarti 7. Shirisha Nagotu 8. Souptick Chanda 9. Sovan Chakraborty 10. Supradip Das 11. Teiborlang Lyngdoh Ryntathiang 12. Bidihsa Som 13. Kusum Singh	4. Shirisha Nagotu 5. Sovan Chakraborty 6. Bidihsa Som 7. Kusum Singh	3. Sayan Chakrabarti 4. Souptick Chanda 5. Supradip Das 6. Teiborlang Lyngdoh Ryntathiang
10	IISER Bhopal	1. Akshay Modi 2. Ankur Raina 3. Anuparna Mukherjee 4. Ashwani Kant Tiwari 5. Biswajit Patra 6. Mitradiip Bhattacharjee 7. Paramita Das 8. Ravi Prakash Singh 9. Sankar Chakma 10. Somil Swarnkar 11. Sweta Lal 12. Ardhenu S Giri	1. Akshay Modi 2. Anuparna Mukherjee 3. Ardhenu S Giri 4. Biswajit Patra 5. Paramita Das 6. Sankar Chakma 7. Somil Swarnkar 8. Sweta Lal	1. Ankur Raina 2. Ashwani Kant Tiwari 3. Mitradiip Bhattacharjee 4. Ravi Prakash Singh

Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from NIEPA	1. Mr. D. K. Sharma, Ministry of Education 2. Prof. Kumar Suresh, NIEPA 3. Dr. N. K. Mohanty, NIEPA 4. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India 5. Ms Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health and Wellbeing, Expressions India

	6. Dr. Avlokita Agrawal, IIT Roorkee 7. Ms. Richa Shrivastava, Consultant, MMTPP, Ministry of Education
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