

Record of Discussion of Online Session of Capacity Building Programme for Promoting Positive Mental Health, Resilience, and Wellbeing, held on 16.06.2026 at 10:00 AM

1. An online session of the Capacity Building Programme for Promoting Positive Mental Health, Resilience and Wellbeing was conducted on 16th June 2026 as part of the Ministry of Education's fortnightly series of capacity building sessions under the Malaviya Mission Teacher Training Programme. The session was organised for nominated members from centrally funded Higher Education Institutions (HEIs). A total of 80 participants joined the session out of which 73 were faculty members. The initiative continues to support the development of institutional ecosystems that are sensitive to student wellbeing, aligned with objectives of the National Education Policy (NEP) 2020.

2. Mr. D. K. Sharma, Director, Department of Higher Education, welcomed participants to the 45th session of the Capacity Building Programme on Promoting Positive Mental Health, Resilience and Wellbeing in Higher Education Institutions. He noted that the programme, launched in 2024, has become a fortnightly platform for faculty from diverse institutions to exchange experiences, learn from one another, and help reduce the stigma surrounding mental health.

3. Highlighting the growing prevalence of mental health concerns globally and in India, he referred to WHO and national survey findings and noted increasing attention from policymakers, educational institutions, and the judiciary. He emphasised that higher education institutions have a unique responsibility as creators and disseminators of knowledge and therefore must play a proactive role in addressing student wellbeing.

4. Mr. Sharma raised several critical questions for reflection: Why do students who successfully navigate highly competitive entrance examinations struggle after entering higher education? Has education become overly focused on ranks, placements, and earnings at the expense of life skills? Are institutions adequately preparing students to cope with failure, setbacks, and emotional challenges? He stressed the need to create an enabling, stigma-free environment where students feel comfortable seeking support, shifting mental health services from a purely supply-driven approach to one where students actively and confidently access available help. He concluded by introducing the resource persons for the session.

5. The resource persons for this session were:

- ❖ Dr. Jitendra Nagpal, Senior Psychiatrist and Programme Director, Expressions India
- ❖ Ms. Geeta Mehrotra, Expressions India
- ❖ Prof. Sudhanshu Shekhar Singh, IIT Kanpur
- ❖ Prof. Shailender Swaminathan, Sapient Labs, KREA University

6. Dr. Jitendra Nagpal started his session by emphasising that mental health is far more than the absence of illness; it is a state of wellbeing that enables individuals to realise their potential, cope with challenges, build meaningful relationships, and contribute positively to society. He argued that education should focus on holistic human development rather than academic achievement alone, highlighting the need to nurture emotional intelligence, resilience, and life skills alongside intellectual excellence.

7. A key theme of the session was the growing disconnect between academic success and emotional wellbeing. Dr. Nagpal noted that students entering premier institutions are often highly accomplished academically but may struggle with stress, uncertainty, relationships, and setbacks. He stressed the importance of preparing students not only for success but also for handling failure and adversity.

8. The participant discussion enriched this perspective. Faculty members reflected on changing definitions of success, observing that many students increasingly seek purpose, fulfilment, and work-life balance rather than merely high-paying careers. Participants also discussed the relationship between happiness

and success, concluding that meaningful relationships, social connectedness, and a sense of belonging are critical determinants of long-term wellbeing.

9. Several participants shared experiences of supporting students facing personal, academic, and family-related challenges. These examples underscored the importance of early identification of distress, empathetic listening, and timely intervention. The discussion highlighted loneliness and social isolation as growing concerns, particularly in the post-pandemic context.

10. Dr. Nagpal concluded by stressing the need for compassionate campus ecosystems where faculty, staff, and students collectively promote wellbeing. He also highlighted the role of healthy lifestyles, including adequate sleep, physical activity, nutrition, and social engagement, in fostering positive mental health. The session reinforced that student wellbeing requires a whole-institution approach that integrates counselling, life-skills, supportive relationships, and a culture of care.

11. Ms. Geeta Mehrotra conducted an engaging and highly interactive session on the importance of life skills in fostering mental wellbeing among students. Through storytelling, reflective exercises, image-based activities, and group discussions, she demonstrated how meaningful communication can help individuals connect, express emotions, and build supportive relationships. A key message of the session was that academic success alone does not guarantee wellbeing. Ms. Mehrotra highlighted the importance of core life skills such as self-awareness, empathy, communication, interpersonal relationships, problem-solving, decision-making, creative thinking, and coping with stress and emotions. She emphasised that these skills can be nurtured through everyday interactions and experiential learning rather than formal instruction alone.

12. Participants reflected on personal experiences, family values, and relationships, identifying empathy, acceptance, compassion, and active listening as essential qualities for educators. Discussions underscored the role of teachers in creating safe and inclusive spaces where students feel heard, respected, and supported.

13. Dr. Sudhanshu Shekhar Singh presented IIT Kanpur's evolving approach to student mental health through its recently restructured Centre for Mental Health and Wellbeing (CMSW), which was expanded in December 2025 from the earlier Institute Counselling Service into a campus-wide support system serving students, faculty, staff, and dependents. Dr. Singh outlined a multi-layered support framework comprising psychiatrists, psychologists, counsellors, faculty guides, and a large student volunteer network of nearly 700 members. The Centre provides extended counselling hours, 24x7 emergency support, psychiatric consultations, online counselling services, and a dedicated mental wellness app for self-assessment and early identification of stress.

14. A key focus of CMSW is early detection and intervention through mental health screening, referral mechanisms, crisis-management SOPs, feedback systems, and close coordination with the institute health centre. Beyond clinical services, IIT Kanpur has strengthened preventive and awareness-based initiatives through orientation programmes, sensitisation sessions for staff and security personnel, lectures on wellbeing for first-year students, hostel visits by counsellors, peer-support systems, wellness groups, and open dialogue forums. Financial aid, academic mentoring, English communication support, and student-guide programmes further address factors contributing to student distress. Dr. Singh emphasised that the Centre's overarching goal is to create a "home away from home" where mental wellbeing is integrated into campus life through proactive, accessible, and community-driven support.

15. Prof. Swaminathan presented findings from Sapient Labs' large-scale research on youth mental health, drawing on data from more than 70,000 young people across India. He highlighted a striking generational shift in mental wellbeing: whereas young adults (18-25 years) reported the highest levels of wellbeing in

2008, by 2021 they had become the age group with the poorest mental health. He noted that this decline is not unique to India but part of a global trend with Indian youth showing slightly lower wellbeing than the global average.

16. Emphasising the need for evidence-based interventions, he described Sapein Labs' multidisciplinary approach to measuring "mind health" through a comprehensive assessment framework. Their research suggests that declining family connectedness, early and excessive smartphone use, reduced social interaction, ultra-processed diets, exposure to environmental toxins such as plastics, inadequate physical activity, and poor sleep are significant contributors to deteriorating mental health among young people.

17. Prof. Swaminathan argued that institutions should move beyond assumptions and systematically identify the specific drivers affecting their students. He demonstrated how real-time anonymous mental health assessments can provide students with personalised feedback, encourage help-seeking behaviour, and generate institution-level reports identifying key risk factors and valuable groups. Such data-driven insights, he suggested, can help higher education institutions evaluate the effectiveness of existing wellbeing initiatives, prioritise resources, and design targeted interventions that produce measurable improvements in student mental health and wellbeing.

18. The session ended with a vote of thanks by Dr. Shivkumar Kandekar from NIEPA.

**List of Attendees
Faculty Members**

S. No	Name of Institution	Faculty Nominated	Attendees	Absentees
1	Central University of Jammu	No faculty nominated	1. Amit Kumar Sahu 2. Babita 3. Deepa 4. Indranil Chatterjee 5. Nidhi Saraf 6. Pankaj Choudhry 7. Pushplata	-
2	Central University of Jharkhand	1. Ajay Pratap Yadav 2. Amit Kumar Yadav 3. Jagdish Saurabh 4. Kalsang Wangmo 5. Kanojia Sindhuben Babulal 6. Pragya Shukla 7. Prashant Modi 8. Santosh Kumar Chaudhary 9. Shakir Tasnim 10. Shashank Kulkarni 11. Venkatesh Burla	1. Ajay Pratap Yadav 2. Amit Kumar Yadav 3. Kalsang Wangmo 4. Pragya Shukla 5. Prashant Modi 6. Santosh Kumar Chaudhary 7. Venkatesh Burla	1. Jagdish Saurabh 2. Kanojia Sindhuben Babulal 3. Shakir Tasnim 4. Shashank Kulkarni
3	IIIT Vadodara, Gujarat	1. Abhishek Kesarwani 2. Amal Tom 3. Arohi Anand 4. Ashish Singh 5. Juhi Jaiswal 6. Mukesh Kumar 7. Navin Dwivedi 8. Payal Wadhwa 9. Pooja Mishra 10. Pranjal Srivastava 11. Priyanka Mishra 12. Radhika Lama 13. Rakesh Singh 14. Rishabha Gupta 15. Sanjeev Mani Yadav 16. Sumit Saini	1. Arohi Anand 2. Ashish Singh 3. Juhi Jaiswal 4. Navin Dwivedi 5. Payal Wadhwa 6. Pooja Mishra 7. Priyanka Mishra 8. Rakesh Singh 9. Rishabha Gupta 10. Sanjeev Mani Yadav 11. Sumit Saini	1. Abhishek Kesarwani 2. Amal Tom 3. Mukesh Kumar 4. Pranjal Srivastava 5. Radhika Lama
4	IIIT Sonapat, Haryana	No faculty nominated		

5	IIIT Una, Himachal Pradesh	1. Akansha Moral 2. Akhil Walia 3. Bhamati Dash 4. Manu Chauhan 5. Prachi Arora 6. Pranshu Sharma 7. Sanjit Ningthoujam 8. Shatrughan Modi 9. Shiv Dutt Sharma 10. Sonu 11. Tanu Wadhera	1. Bhamati Dash 2. Sanjit Ningthoujam	1. Akansha Moral 2. Akhil Walia 3. Manu Chauhan 4. Prachi Arora 5. Pranshu Sharma 6. Shatrughan Modi 7. Shiv Dutt Sharma 8. Sonu 9. Tanu Wadhera
6	National Institute of Technology, Hamirpur	1. Ajay Debbarma 2. Ajay Kumar Mullick 3. Himesh Handa 4. Mohit Kumar 5. Naveen Chauhan 6. Pankaj Kumar 7. Sandeep Kumar Singh 8. Soniya Chaudhary 9. Sourogee Dutta 10. Sushil Chauhan 11. Vijay Bansal	1. Mohit Kumar 2. Naveen Chauhan 3. Pankaj Kumar 4. Sandeep Kumar Singh 5. Soniya Chaudhary 6. Sushil Chauhan	1. Ajay Debbarma 2. Ajay Kumar Mullick 3. Himesh Handa 4. Sourogee Dutta 5. Vijay Bansal
7	Malaviya National Institute of Technology, Jaipur	1. Arun Kumar 2. Arya Prakash Padhi 3. Dinesh Kumar 4. Kailash Chand Sharma 5. Pooja Jangir 6. Pratibha Shakya 7. Rahul 8. Ritika Mahajan 9. Sonu Lamba 10. Tarun Verma	1. Arun Kumar 2. Pooja Jangir 3. Pratibha Shakya 4. Sonu Lamba	1. Arya Prakash Padhi 2. Dinesh Kumar 3. Kailash Chand Sharma 4. Rahul 5. Ritika Mahajan 6. Tarun Verma
8	IIT Guwahati	1. Arup Chattopadhyay 2. Bibhas Ranjan Majhi 3. Bodhisattva Sengupta 4. Chandan Karfa 5. G. Pugazhenth 6. Nanda Kishore 7. Raju Bej 8. Ribhu Chopra 9. Santosh Jagtap 10. Srinivasan Krishnaswamy 11. Uttam Manna	1. Nanda Kishore 2. Raju Bej	1. Arup Chattopadhyay 2. Bibhas Ranjan Majhi 3. Bodhisattva Sengupta 4. Chandan Karfa 5. G. Pugazhenth 6. Ribhu Chopra 7. Santosh Jagtap 8. Srinivasan Krishnaswamy 9. Uttam Manna

9	IIT Roorkee	1. Ashutosh Sharma 2. Deepak Kumar Ojha 3. Gaurav Kumar Nayak 4. Komal Tripathi 5. Rajeshwar R. Eleti 6. Rakesh Ranjan 7. Sarada Prasad Pradhan 8. Shubhajit Sadhukhan 9. Sonal Atreya 10. Uaday Singh 11. Vinod Pankajakshan	1. Ashutosh Sharma 2. Deepak Kumar Ojha 3. Gaurav Kumar Nayak 4. Komal Tripathi 5. Rakesh Ranjan 6. Sarada Prasad Pradhan	1. Rajeshwar R. Eleti 2. Shubhajit Sadhukhan 3. Sonal Atreya 4. Uaday Singh 7. Vinod Pankajakshan
101	IIM Indore	1. Abhishek Soni 2. Amit Prakash Sharma 3. Atul Sharma 4. Hemendra Sharma 5. Himanshu Kuril 6. Madhav Muzalda 7. Mayank Rahi 8. Moni Joshi 9. Pooja Sharma 10. Ruchita Sharma	1. Amit Prakash Sharma 2. Atul Sharma 3. Hemendra Sharma 4. Himanshu Kuril 5. Madhav Muzalda 6. Mayank Rahi 7. Moni Joshi 8. Ruchita Sharma	1. Abhishek Soni 2. Pooja Sharma
11	IIM Lucknow	1. Anjali Bansal 2. Dipti Gupta 3. Girish Balasubramanian 4. Medha Bakshi 5. Nishant Uppal 6. Priyatam Anurag 7. Rakesh V 8. Shalabh Singh 9. Sowmya S 10. Sushant Kumar 11. Utsav Pandey 12. Kaushiva 13. Bhumika	1. Medha Bakshi 2. Priyatam Anurag 3. Shalabh Singh 4. Kaushiva 5. Bhumika	1. Anjali Bansal 2. Dipti Gupta 3. Girish Balasubramanian 4. Nishant Uppal 5. Rakesh V 6. Sowmya S 7. Sushant Kumar 8. Utsav Pandey
12	IISER Bhopal	1. Akaksh Anil 2. Ambuj Pandey 3. Angana Chaudhuri 4. Ankita 5. Arnab Khan 6. Chandril Bhattacharyya 7. Poonam 8. Ram Kumar Mishra	1. Akaksh Anil 2. Ambuj Pandey 3. Angana Chaudhuri 4. Ankita 5. Arnab Khan 6. Chandril Bhattacharyya 7. Poonam 8. Ram Kumar Mishra	1. Sanjit Konar

		9. Sanjit Konar 10. Subhajit Roychowdhury 11. Sweta Lal	9. Subhajit Roychowdhury 10. Sweta Lal	
14	Institutional Affiliation Not Known		1. Ajay Morea 2. Anita Devi 3. Ravail Singh 4. Krishan Kumar Yadav 5. Chetan Yadav	

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from NIEPA	1. Mr. D. K. Sharma, Director, Department of Higher Education, Ministry of Education 2. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India 3. Ms. Geeta Mehrotra, Expressions India 4. Prof. Sudhanshu Shekhar Singh, IIT Kanpur 5. Prof. Shailender Swaminathan, Sapien Labs, KREA University 6. Dr. Shivakumar Kandekar, NIEPA 7. Ms. Richa Shrivastava, Consultant, Department of Higher Education, Ministry of Education