

Record of Discussion of Online Session of Capacity Building Programme for Promoting Positive Mental Health, Resilience, and Wellbeing, held on 25.06.2026 at 10:00 AM

1. An online session of the Capacity Building Programme for Promoting Positive Mental Health, Resilience and Wellbeing was conducted on 25th June 2026 as part of the Ministry of Education's fortnightly capacity-building series under the Malaviya Mission Teacher Training Programme. The session brought together nominated participants from centrally funded Higher Education Institutions (HEIs), with 88 participants attending, including 81 faculty members. The programme continues to strengthen institutional capacity for fostering positive mental health and wellbeing by equipping faculty with knowledge, perspectives, and practical strategies to create supportive campus environments, in alignment with the vision of the National Education Policy (NEP) 2020.

2. Mr. D. K. Sharma, Director, Department of Higher Education, welcomed participants to the 46th session of the Capacity Building Programme on Promoting Positive Mental Health, Resilience and Wellbeing in Higher Education Institutions. He noted that the programme serves as a platform for faculty to exchange institutional experiences and strengthen their capacity to promote positive mental health and wellbeing. Referring to global and national evidence, including reports of the World Health Organisation (WHO), the National Mental Health Survey, and NCRB data, he observed that mental health concerns, particularly among adolescents and young adults, have grown significantly in recent years. He emphasised that there is increasing recognition across education, health, public policy and the judiciary that mental wellbeing requires sustained institutional attention and collective action.

3. Emphasising the vision of the National Education Policy (NEP) 2020, Mr. Sharma underlined the need to move from a crisis-response approach to a preventive, institution-wide wellbeing framework. He stressed that faculty play a central role in early identification of students in distress and in creating supportive, stigma-free campus environments where students feel comfortable seeking help. He advocated adopting a holistic approach to wellbeing that extends beyond counselling to include life skills, nutrition, sleep, physical activity, mindfulness, yoga, reflective practices, and culturally rooted approaches such as the Panchakosha framework. He also encouraged participants to reflect on why academically successful students often struggle to cope with institutional pressures, and called for greater emphasis on preparing students to handle setbacks and failures alongside academic achievement.

4. The resource persons for this session were:

- ❖ Dr. Jitendra Nagpal, Senior Psychiatrist and Programme Director, Expressions India
- ❖ Ms. Geeta Mehrotra, Expressions India
- ❖ Dr. Surya Kant Sahadeo, IIT Ropar
- ❖ Dr. Suryasnata Tripathy, IIT Ropar

5. Taking the session forward, Dr. Jitendra Nagpal emphasised that promoting mental wellbeing in higher education institutions requires a shift from a reactive approach focused on mental illness to a preventive, developmental framework centred on life skills, resilience, and psychosocial competence. He observed that the rapidly changing social environment, increasing dependence on technology, social isolation, and declining interpersonal communication have significantly affected the emotional wellbeing of young people. Stressing that mental health should be viewed as an integral component of holistic education, he highlighted the importance of self-awareness, empathy, emotional regulation, healthy relationships, and responsible decision-making in enabling students to navigate academic and personal challenges. He advocated a multidisciplinary and whole-institution approach involving faculty, counsellors, administrators, parents, and peers in creating psychologically safe campus environments where students feel comfortable seeking support without fear of stigma.

6. During the interactive discussion with participating faculty, Dr. Nagpal encouraged participants to reflect on practical ways of integrating psychosocial competencies into campus life rather than confining wellbeing initiatives to counselling services alone. Faculty members discussed challenges relating to student engagement, stigma associated with counselling, and the need to strengthen mentoring relationships. Participants shared experiences of building trust with students through regular interaction and informal conversations. Summarising the deliberations, Dr. Nagpal emphasised that institutions should aspire to become “happy campuses” where academic excellence is complemented by emotional wellbeing, belongingness, and meaningful human connections. He encouraged faculty to serve as positive role models and continue learning from one another while collectively strengthening institutional cultures that promote resilience and wellbeing.

7. Ms. Geeta Mehrotra conducted an experiential and highly participatory session on life skills, demonstrating how reflective and activity-based learning can strengthen emotional wellbeing and interpersonal competence among students and faculty alike. Through a series of interactive exercises, storytelling, group discussions, creative expression, role plays, and reflective questioning, she encouraged participants to explore self-awareness, empathy, communication, creativity, collaboration, and emotional expression. She highlighted that life skills cannot be effectively developed through lectures alone but require opportunities for dialogue, shared experiences, and experiential learning. The session reinforced the importance of creating inclusive and psychologically safe learning environments where individuals feel respected, heard, and valued. Participants appreciated the practical nature of the activities and observed that many of the exercises could be readily adapted for classrooms, mentoring sessions, orientation programmes, and faculty development initiatives.

8. Dr. Suryakant Sahadeo and Dr. Suryasnata Tripathy, both from IIT Ropar, jointly presented the institutional framework adopted by IIT Ropar to promote student mental health and wellbeing through a comprehensive, preventive, and systems-based approach. They emphasised that mental wellbeing should be integrated into the institutional ecosystem rather than treated solely as a counselling function. They described the institute’s efforts to strengthen faculty mentoring, peer support mechanisms, student engagement, and community-building initiatives while ensuring timely access to professional counselling services. They highlighted the importance of creating multiple avenues through which students can seek support, participate in meaningful activities, and develop a sense of belonging on campus. The presentation also showcased several student-led initiatives and wellbeing programmes designed to foster creativity, communication, collaboration, emotional expression, and social connectedness, thereby normalising conversations around mental health and encouraging help-seeking behaviour.

9. Dr Sahadeo and Dr Tripathy further emphasised that effective wellbeing initiatives require sustained institutional leadership, faculty participation, and active involvement of students in planning and implementing programmes. They shared how regular wellbeing activities, mentoring systems, and campus-wide engagement have helped cultivate a more inclusive and supportive campus environment. During the subsequent discussion, faculty participants appreciated the structured and preventive nature of IIT Ropar’s approach and sought insights on sustaining student participation, reducing stigma associated with counselling services, and adapting similar initiatives within their own institutions. The discussion showcased the importance of embedding wellbeing into institutional processes through collaborative efforts involving faculty, students, counsellors, and institutional leadership, rather than relying solely on crisis-based interventions. Participants agreed that such integrated and participatory models offer valuable lessons for creating resilient, student-centric higher education campuses.

10. 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 Karnataka	1. Ganapati Sinnoor 2. Harish Kumar Choudhary 3. Jomyir Bagra 4. Mohammad Zohair 5. Ranganatham G 6. Ravinder Kumar 7. S. Jeyavel 8. Sandesh J R 9. Shweta N Kulkarni 10. Uttara U V	1. Ganapati Sinnoor 2. Harish Kumar Choudhary 3. Jomyir Bagra 4. Mohammad Zohair 5. Ranganatham G 6. Ravinder Kumar 7. S. Jeyavel 8. Sandesh J R 9. Shweta N Kulkarni 10. Uttara U V	-
2	Central University of Kashmir	No faculty nominated		
4	IIIT Dharwad, Karnataka	1. Abdul Wahid 2. Girish Revadigar 3. Manjusha C B 4. Muthusankar Eswaran 5. Rahul Jetty 6. Rajesh N S 7. Sarbani Belur 8. Shruti Maralappanavar 9. Sibasankar Padhy 10. Somen Bhattacharjee 11. Swagatika Sahoo	1. Manjusha C B 2. Sarbani Belur 3. Somen Bhattacharjee 4. Swagatika Sahoo	1. Abdul Wahid 2. Girish Revadigar 3. Muthusankar Eswaran 4. Rahul Jetty 5. Rajesh N S 6. Shruti Maralappanavar 7. Sibasankar Padhy
5	IIIT Kottayam, Kerala	1. A V Prajeesh 2. Alkha Mohan 3. Anjali Girish 4. Jaisooraj 5. G. Kumaresan 6. Milind Thomas 7. Mirothali Chand C 8. Nisha J S 9. Sridhar Raj S 10. Syamala S	1. A V Prajeesh 2. Alkha Mohan 3. Anjali Girish 4. Jaisooraj 5. G. Kumaresan 6. Milind Thomas 7. Mirothali Chand C 8. Nisha J S 9. Sridhar Raj S 10. Syamala S	-
6	IIIT Senapati, Manipur	1. Anup Dey 2. Dilip Singh 3. Erukonda Venkata Pothan	1. Anup Dey 2. Erukonda Venkata Pothan 3. Partha Kumar Deb	1. Dilip Singh 2. Rahul Lahkar 3. Sanasam Inunganbi

		4. Partha Kumar Deb 5. Rahul Lahkar 6. Rajkumari Bidyalakshmi Devi 7. Salam Michael Singh 8. Sanasam Inunganbi 9. Sanjib Choudhury 10. Somaraju Boda	4. Rajkumari Bidyalakshmi Devi 5. Salam Michael Singh 6. Somaraju Boda	4. Sanjib Choudhury
8	Dr. B.R. Ambedkar National Institute of Technology, Jalandhar	1. Aijaz Mehadi Zaidi 2. Avni Vyas 3. Bodile Roshan Mukindrao 4. Deepika Rani 5. Gyan Prakash 6. Indu Chauhan 7. Kanish Kapoor 8. Nagendra Pratap Singh 9. Rohit Mehra 10. Sangeeta Garg 11. Satish Chandra Pant 12. Shubhchintak	1. Aijaz Mehadi Zaidi 2. Avni Vyas 3. Bodile Roshan Mukindrao 4. Deepika Rani 5. Gyan Prakash 6. Indu Chauhan 7. Rohit Mehra 8. Satish Chandra Pant 9. Shubhchintak	1. Kanish Kapoor 2. Nagendra Pratap Singh 3. Sangeeta Garg
9	National Institute of Technology, Jamshedpur	1. Abhishek Majhi 2. Dinesh Kumar 3. Gunda Yoganjaneyulu 4. J. Jayapal 5. Kaushik Das 6. Manish Kumar Jha 7. Moumita Mondal 8. Mrinal Kanti Sarkar 9. Prakash Sarkar 10. Rinku Kumar Gouda 11. Sangeeta Kumari	1. Abhishek Majhi 2. Dilip Kumar Yadav 3. Dinesh Kumar 4. Gunda Yoganjaneyulu 5. J. Jayapal 6. Kaushik Das 7. Manish Kumar Jha 8. Moumita Mondal 9. Mrinal Kanti Sarkar 10. Prakash Sarkar 11. Rinku Kumar Gouda 12. Sangeeta Kumari	-
10	IIT BHU, Varanasi	1. Abhishekh Kumar Srivastava 2. Bhardwaj Pandit 3. Debdip Bhandary 4. Indra Kumar Singh 5. Indrajit Sinha 6. Kausik Chattopadhyay 7. Nikhil Kumar 8. Om Jee Pandey 9. Rahul Singh 10. Ruchi Chawla	1. Abhishekh Kumar Srivastava 2. Debdip Bhandary 3. Indra Kumar Singh 4. Kausik Chattopadhyay 5. Nikhil Kumar 6. Rahul Singh 7. Ruchi Chawla 8. Vyas Mani Sharma	1. Bhardwaj Pandit 2. Indrajit Sinha 3. Om Jee Pandey

		11. Vyas Mani Sharma		
11	IIT(ISM) Dhanbad	1. Ankit Saxena 2. Debanjan Maity 3. Haswanth Vundavilli 4. Indumathy J 5. Niranjan Kumar 6. Omkar Mypati 7. Pawan Gupta 8. Rajendra Pamula 9. Soumyabrata Barik 10. Sukanta Halder	1. Ankit Saxena 2. Debanjan Maity 3. Haswanth Vundavilli 4. Indumathy J 5. Pawan Gupta 6. Soumyabrata Barik 7. Sukanta Halder	1. Niranjan Kumar 2. Omkar Mypati 3. Rajendra Pamula
12	IIM Kozhikode	1. Aravind Sampath 2. Ashok Thomas 3. Deepak S Kumar 4. Biju P 5. Nivedita Bhanja 6. Praveen S 7. Priya Narayanan 8. Salman Siddeeque Ali 9. Saparya Suresh 10. Sreejith A 11. Vidushi Pandey	1. Aravind Sampath 2. Ashok Thomas 3. Deepak S Kumar 4. Nivedita Bhanja 5. Praveen S 6. Priya Narayanan 7. Salman Siddeeque Ali 8. Sreejith A 9. Vidushi Pandey	1. Biju P 2. Saparya Suresh
13	IIM Shillong	No faculty nominated		
	IISER Thiruvananthapuram	1. Abhimanyu Susobhanan 2. Ayan Mukherjee 3. Boominathan Mohanasundaram 4. Fousiya A. 5. Jayanta Sarkar 6. Laltu Sardar 7. Mini Philip 8. Mitra Koley 9. Nitin Uttam Kamble 10. Sreejith Jayasree Varma 11. Subhajit Ghosh	1. Ayan Mukherjee 2. Boominathan Mohanasundaram 3. Jayanta Sarkar 4. Mitra Koley 5. Nitin Uttam Kamble 6. Sreejith Jayasree Varma 7. Subhajit Ghosh	1. Abhimanyu Susobhanan 2. Fousiya A. 3. Laltu Sardar 4. Mini Philip

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. Surya Kant Sahadeo, IIT Ropar 5. Dr. Suyasnata Tripathy, IIT Ropar 6. Dr. Shivakumar Kandekar, NIEPA

	7. Ms. Richa Shrivastava, Consultant, Department of Higher Education, Ministry of Education
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