

Record of Discussion of Online Session on ‘Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing’ held on 10.05.2024 at 10:00 AM.

An online session was organized for the nominated faculty members of identified Higher Education Institutions (HEIs) on ‘Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing’ on 10.05.2024 from 10.00 AM.

2. Capacity Building on Promoting Positive Mental Health, Resilience and Wellbeing has been conceptualised by Department of Higher Education, Ministry of Education as one of the initiatives under Integrated Approach to Promoting Positive Mental Health, Resilience and Wellbeing in HEIs which was launched on 01.05.2024 to implement different initiatives designed. The program has been envisaged to regularly develop capacity of the faculty members of the HEIs, to adopt and disseminate practices that help in promotion of students’ mental health and wellbeing.

3. The modality of the online capacity building program includes 2 sessions per month with 10 participants for each session from the identified set of HEIs starting from the month of May 2024. For the month of May 2024, two sessions were planned; first on 10.05.2024 and second on 24.05.2024. For the session held on 10.05.2024, 92 participants attended the session. **The list of participants is attached in the annexure.**

4. Deputy Secretary, Higher Education welcomed all the distinguished faculty members to the online session. He briefed about the genesis of the program and mentioned that infrastructure of the HEIs needs to be complemented by the adequate support system to create an enabling learning environment for students with appropriate mechanisms to provide psychological support. Further, he shared that Ministry of Education and its autonomous bodies have released certain guidelines and frameworks for HEIs to adopt the actionable items. In his view, this capacity building program has been conceptualized as one of the initiatives to promote positive mental health and wellbeing and build capacity of faculty members to assume prominent role in its promotion.

5. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India as a Resource Partner for this capacity building program gave the opening remarks. He highlighted that this session will bring academia and experts from the field of mental health and wellbeing to mutually learn from each and evolve an inclusive and enabling learning ecosystem for students in HEIs. In his address, he mentioned that mental health and wellbeing of the youth is one of the prominent concerns of contemporary era as they are

valuable assets of the nation. In his words, faculty play crucial role in ensuring safe and secure learning space where self-esteem of the students is well protected to help students excel in academics than struggling with stress and anxiety.

6. Ms. Ritu Sharma was invited as a Resource Person to broaden participants' understanding on life span perspective in the context of mental health, resilience & wellbeing of youth. She drew participants' attention towards COVID and post-COVID times to compare the changes in the mental health of the students and how it triggered scenarios that convinced people to seek psychological help to overcome stress and anxiety accumulated during it. The session was interactive as the Resource Person gave many prompts for the participants to recall their experiences with respect to the subject matter. Many participants responded to those queries and shared their experiences. Her presentation revolved around following key points:

- students' development needs to be holistic than in silos
- peer learning support is crucial in managing stress and anxiety among students
- COVID has brought paradigm shift in the teaching-learning process and students' level of participation in educational institutions
- peer learning system, buddy system, calm zones, handle with care system etc. are evolving mechanisms to deal with students in distress

7. Ms. Sharma used case-based examples for the participants to think over situation and respond to the associated queries. Many participants also shared their concerns with respect to students' participation in the learning process post COVID and highlighted that the sufferings of that period are still lingering.

8. In continuation, Ms. Aprajita Dixit was invited to take the session forward with a focus on 'Early Identification & Intervention in Common Mental Health Concerns' for the participants to delve deeper in knowing the commonly observed mental health concerns which need attention of the faculty members in HEIs. In an interactive session she made the participants ponder on the following points:

- an atmosphere of sharing needs to be developed collectively in institutions where students feel free to speak their mind
- faculty to play prominent role in preventing onset of distressing situation for students
- faculty may spot the flag signs in students' behavior to pick cues for stressful episodes in order to take necessary measures
- message of reassurance requires to be conveyed openly and clearly to the students by the faculty members

- student seeking help in times of stressful situation to be seen as sign of strength than as of vulnerability
- Ecosystem / Framework for mental health and wellbeing may be adopted and customized by HEIs to plan intervention corresponding to the level

Participants were thoroughly engaged during her session as many meaningful discussions and sharing of best practices by the faculty members of the HEIs took place.

9. A faculty member from IIIT, Allahabad shared that the HEI is using AI technology such as chatbot in streamlining the assessment procedure to spot signs in students through their responses to ascertain the need for an intervention.

10. Prof. Naved Iqbal, was invited as a resource person to share his insights on JMI's University Counselling and Guidance Centre (UCGC). He presented on the history and services offered by the UCGC established in 2005 in JMI, with the aim of developing personality of the students, to help them achieve their fullest potential in academic and professional areas, to excel in life and to prepare them to meet the challenges in the future. And, since 2007, the centre has diversified its activities to remediation, rehabilitation, prevention and management of psychological needs, personal and career counselling. He elaborated on its goals, which include helping students address personal problems, navigate career choices, develop essential life skills, and prioritize their mental health and well-being. Further, he briefed the participants about the tele-counselling which is offered by JMI for the students.

11. A Q/A session followed, in which discussions revolved around various topics including how to encourage students to proactively reach out to the counsellors and utilize the services of the counselling and guidance centres, the potential role of an alumni association in supporting student well-being, addressing mental health concerns (like anxiety, depression, substance abuse), the challenges faced by rural students transitioning to an urban university setting, the extent to which family members should be involved in student support considering potential family issues and ensuring that the services of the counselling and wellness centres are accessible and cater to all students.

Specific suggestions for substance abuse included identifying and potentially regulating smoking areas in HEIs, implementing institutional self-monitoring, and educating students on Mental Health Indicators (MII). Other ideas to improve mental health and well-being of students in HEIs included peer mentorship programs, social activities, regular mental health

assessments, and community engagement initiatives like Unnat Bharat Abhiyan. Eradicating discrimination within universities was another critical point. The discussion emphasized eliminating all forms of prejudice, from academic rank to placement opportunities, with faculty identified as being in a prime position to address this and create a more inclusive environment.

12. The closing remarks highlighted the importance of documenting best practices by HEIs, advocating for wellness centres across HEIs, and fostering student engagement with local communities. Key takeaways and action items were summarized, and the session concluded with a vote of thanks and recognition of the importance of on-going collaboration for ensuring positive mental health and well-being of the students in the HEIs.

Annexure

Sl. No.	Name of the Participant	Name of the Institution
1.	Sh. Devendra Kumar Sharma	Deputy Secretary, HE
2.	Dr. Jitendra Nagpal	Senior Psychiatrist & Program Director, Expressions India, Resource partner
3.	Ms. Aparajita Dixit	Resource partner
4.	Prof. Naved Iqbal	Resource partner
5.	Ms. Ritu Sharma	Resource partner
6.	Sh. R.K. Sharma	Under Secretary, HE
7.	Prof. Raju Barthakur	NERIST, Nirjuli
8.	Prof. P. R. Gajurel	NERIST, Nirjuli
9.	Dr. Anubhab Pal	NERIST, Nirjuli
10.	Dr. Yamem Tamut	NERIST, Nirjuli
11.	Dr. Margaret Kathing	NERIST, Nirjuli
12.	Dr. Amar Tagu	NERIST, Nirjuli
13.	Dr. N. Ghanshyam Singh	NERIST, Nirjuli
14.	Dr. Santosh Tamang	NERIST, Nirjuli
15.	Dr. Piyali Das	NERIST, Nirjuli
16.	Dr. Akho John Richa	NERIST, Nirjuli
17.	Kuldeep Sharma	NIT, Uttarakhand
18.	Dr. Tripurari Nath Gupta	NIT, Uttarakhand
19.	Dr. Rohit Kumar	NIT, Uttarakhand
20.	Dr. Mahiraj Singh Rawat	NIT, Uttarakhand
21.	Dr. Ravinder Kumar	NIT, Uttarakhand
22.	Dr. Shashank Bhatra	NIT, Uttarakhand
23.	Dr. Shashi Narayan	NIT, Uttarakhand
24.	Dr. Muskan Mayank	NIT, Uttarakhand

25.	Dr. Akhilesh Nautiyal	NIT, Uttarakhand
26.	Dr. T. Sudhakar	NIT, Uttarakhand
27.	Dr. Dungali Sreehari	NIT, Uttarakhand
28.	Prof. Dinesh Kumar	IGNTU, Amarkantak
29.	Dr. Rahil Yusuf Zai	IGNTU, Amarkantak
30.	Dr. ChandraMauli	IGNTU, Amarkantak
31.	Dr. Siddhi Raju	IGNTU, Amarkantak
32.	Dr. Satish Modi	IGNTU, Amarkantak
33.	Dr. Amrita Singh	IGNTU, Amarkantak
34.	Dr. Sandeep Khare	IGNTU, Amarkantak
35.	Dr. D.N. Chaubey	IGNTU, Amarkantak
36.	Dr. Achun Rongmei	IGNTU, Amarkantak
37.	Dr. Vinay Kumar Tiwari	IGNTU, Amarkantak
38.	Prof. U.S. Tiwary	IIIT, Allahabad
39.	Prof. Vrijendra Singh	IIIT, Allahabad
40.	Prof. Pritish Kumar Varadwaj	IIIT, Allahabad
41.	Dr. Vineet Tiwari	IIIT, Allahabad
42.	Prof. Vijayshri Tewari	IIIT, Allahabad
43.	Dr. Prasanna Kumar	IIIT, Allahabad
44.	Dr. Nabajyoti Mazumdar	IIIT, Allahabad
45.	Dr. Suneel Yadav	IIIT, Allahabad
46.	Dr. Savitri Joshi	IIIT, Allahabad
47.	Prof. Neetesh Purohit	IIIT, Allahabad
48.	Prof. Anupam	IIIT, Allahabad
49.	Dr. Mohammed Javed	IIIT, Allahabad
50.	MS./ Mr. Anindya Syam Choudhury	Assam University, Silchar

51.	Ms. Aditi Nath	Assam University, Silchar
52.	Ms./ Mr. Saugata Kumar Nath	Assam University, Silchar
53.	Dr. P.K. Shukla	Assam University, Silchar
54.	Ms. Sreeparna Bhattacharjee	Assam University, Silchar
55.	Dr. Mukut Sarmah	Assam University, Silchar
56.	Prof. Ajit Kumar Das	Assam University, Silchar
57.	Prof. Rajeev Srivastava	MNNIT, Allahabad
58.	Dr. Manoj Wariya	MNNIT, Allahabad
59.	Dr. Anand Mohan Verma	MNNIT, Allahabad
60.	Dr. Dogga Raveendhra	MNNIT, Allahabad
61.	Dr. Tripti Singh	MNNIT, Allahabad
62.	Dr. Manisha Sachan	MNNIT, Allahabad
63.	Prof. Naresh Kumar	MNNIT, Allahabad
64.	Dr. Pramod Kumar Yadav	MNNIT, Allahabad
65.	Dr. Sahadeo Padhye	MNNIT, Allahabad
66.	Dr. Bodhisatta Nandy	IISER, Berhampur
67.	Dr. Pravat Kumar Parida	IISER, Berhampur
68.	Dr. Adinarayana Doddi	IISER, Berhampur
69.	Dr. Anabik Pal	IISER, Berhampur
70.	Dr. Tushar M Chakraborty	IISER, Berhampur
71.	Dr. Chandn Maity	IISER, Berhampur
72.	Dr. Amiya Mondal	IISER, Berhampur
73.	Dr. Sandeep Chatterjee	IISER, Berhampur
74.	Dr. Rahul Sharma	IISER, Berhampur
75.	Ms. Tanusree Dutta	IIM Ranchi
76.	Prof. Allen Joshua George	IIM Ranchi
77.	Prof. Rakhi Singh	IIM Ranchi

78.	Prof. Priya Premi	IIM Ranchi
79.	Prof. Kumar Shaurav	IIM Ranchi
80.	Sh. Aman Kumar	IIM Ranchi
81.	Prof. Radha Yadav	IIM Ranchi
82.	Prof. Manish Kumar	IIM Ranchi
83.	Dr. Akhilesh Tiwari	
84.	Dr. Malti Lodhi	
85.	Dr. Manoj Kumar Pandey	
86.	Dr. Satish Modi	
87.	Dr. Kangjam Victoria	
88.	Sh. A. Doddi	
89.	Sh. Ravinder Kumar	
90.	Sh. Satish Modi	
91.	NIEPA	
92.	Registrar office IIIT Allahabad	