

Record of Discussion of Online Session on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing' held on 12.06.2024 at 10:00 AM.

3rd 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 12.06.2024 from 10.00 AM.

2. This 3rd session was in continuation with the sessions conceptualised under 'Integrated Approach to Promoting Positive Mental Health, Resilience and Wellbeing in HEIs'. This program has been designed to build capacity of the faculty members through online session from experts in the field of mental health and wellbeing. It is envisaged to have fortnightly 2 online sessions for the faculty members from identified CFIs every month (starting from May 2024). For the month of June 2024, one session was scheduled on 12.06.2024 for which nomination of faculty members from 12 identified CFIs was sought. The session held on 12.06.2024 was attended by more than **80 Participants** (faculty members) from the identified CFIs. **The list of faculty members nominated by the identified CFIs and those attended along with other participants is attached in the annexure.**

4. Deputy Secretary (Higher Education) welcomed all the Resource Persons and faculty members for this session on promoting positive mental health, resilience and wellbeing in HEIs. He mentioned that there is variety in the participating institutions which itself brings diverse views for all the participants to learn from one another and gain new and different perspectives related to the subject matter of the session. He also communicated that Secretary (Higher Education) has asked to increase the frequency of sessions on this matter in coming months to reach out to larger number of faculty members in Higher Education Institutions (HEIs). The plan for follow up session with participants who have already attended the online session is also being firmed up to provide them a platform to share their viewpoints, perspectives, suggestions etc.

5. In his address, he also underlined the basic philosophy behind holding sessions on this contemporary issue which emanates from the National Education Policy, 2020. He brought attention to the 4 pillars NEP 2020 recognizes in order to improve access and quality in higher education i.e., Appropriate Curriculum, Pedagogy, Formative Assessment and Student Support System. He mentioned that HEIs may already have the mechanisms in place but there is requirement of an enabling environment where role of the faculty members becomes prominent. In this backdrop, the online sessions are designed to build capacities of the faculty members to contribute for an enabling environment where students' mental health and wellbeing is also given prominence.

6. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India, appreciated the move of the Department of Higher Education for expressing keen interest in this contemporary issue which affects youth and pledging concrete actions to co-create an enabling ecosystem in educational institutions across the country. He

emphasized that faculty are at the forefront in the process of promoting positive mental health, resilience and wellbeing of students in HEIs. He viewed that burden on counselling and wellness centres in HEIs will reduce drastically when faculty members proactively do their bit in extending the much-needed support to students in need of psychological attention right at the beginning. Spotting the early signs in students' behaviour is significant in timely intervention for cases of students with deteriorating mental health. He hoped that interventions like inter-university dialogue, faculty participation in early identification and strengthened support system within educational institution will play major role in addressing the rising number of people with mental health condition.

7. Prof. Namita Ranganathan, Professor & Former Dean, Faculty of Education, Delhi University was invited as a Resource Person to enlighten the faculty members on steps or measures to be taken in strengthening the support system available to students in the HEIs. She also emphasized on the central role of faculty members in extending hand-holding support to students throughout their learning trajectory without blurring the professional boundaries. In her address, she mentioned the following three aspects which are key in creating a conducive environment:

- faculty members need to self-train in order to delve in to students' inner world to understand them while performing their professional duties
- faculty members need to look beyond their professional identities and assess if they need to reexamine their outlook towards students' needs
- explore avenues within the programmatic structure to make efforts to change it in favour of students

8. In her address, she made the participating faculty members ponder over the question that whether a teacher teaches a student; or he/she teaches a subject; or, the teacher teaches student a subject. All these carry different meanings in her viewpoint, using this question as a backdrop, she highlighted that teachers are well aware of the subject that they teach but hardly get time to understand the students they teach. Therefore, it is of great importance that teacher gets to understand the student alongside teaching in order to convey that their identity is recognized and valued. She mentioned that students from various background transition from school to Higher Education Institutions (HEIs), during which their identity is blurred in front of huge diversity of students in the class or the campus, therefore, faculty members need to re-establish the confidence among students by recognizing them and validating their efforts. She also mentioned that students have immense potential within them as it can be observed that the energy with which they organize cultural or literary fests in the campus of the HEI. Faculty needs to tap that potential and convert that energy in to synergy, which is possible only when these students are included in the everyday processes of HEI. This will foster a sense of belongingness among students in relation of their HEI and feel connected by way of contributing and actively engaging in day-to-day processes. In her view, students'

representation holds equal importance to convey that they also can express their views to the management of the HEI in order to effect the changes they desire in their surrounding based on their utopian constructs which are present in young adults.

9. In her ending remarks, Dr. Ranganathan pointed out the prejudices teachers hold when it comes to making efforts to extend hand-holding support to students in the HEI. Faculty members' predispositions that how students who have reached university level need any support and are already grown-up adults to take care of themselves instead of looking outside for validation, restrict them from making any efforts to connect with students. She stated that such scenario widens the gap between teacher and students.

10. After her address, participating faculty members were given the opportunity to share their viewpoints, comments, experiences or suggestion in relation to the subject matter and contents of the address. Many participating faculty members including Dr. Dr. Anubha Goel CDAP IIT Kanpur, Dr. Raj Shree BBAU Lucknow, Prof. Ushasi Roy IIT Kanpur thanked Ministry of Education and Resource Persons for this insightful session on the contemporary issue and shared varied experiences they encountered or face everyday in the course of interacting with students on daily basis. Their concerns were addressed by the Resource Person.

11. Ms. Aprajita Dixit, Clinical Psychotherapist, Moolchand Medcity asked the participants to share the common mental health challenges they face as faculty members. Participants expressed various challenges faced by them including a few like due to fear of being labelled or branded as misfit many students refrain from declaring their mental health condition. Ms. Dixit pointed that the stigma and stereotypical views attached with labelling students with mental health condition do prevent many from disclosing it. She viewed that only an enabling ecosystem will instil confidence in a student to declare their mental health condition and seek the psychological attention from the apparatus available in the HEI. She mentioned that following psychological stressors effect the mental health of young people, especially in HEIs:

- academic competitiveness
- body-image issues
- adjustment
- peer group pressure & sense of belongingness
- future apprehensions

12. It was pointed by her that students seeking professional help from established counselling or wellness centres present within HEIs is perceived negatively in the absence of awareness related to the importance of mental health and wellness.

13. She mentioned that in the wake of rising incidents of suicide among youth throughout the country, parents have started responding appropriately to the situations of crisis expressed to them by their wards. This is result of efforts made for bringing this matter

in to discourse and allaying the apprehensions associated with openly acknowledging the presence of mental health condition.

14. In response to her address, many participants including Dr. Sutapa Das Department of History Banaras Hindu University, Dr. Nityanand Tiwari BHU, Mohit SPA Bhopal, Dr. Manoj Goyal SLIET Longowal etc. expressed their viewpoints and also committed to take proactive measures to cater to the psychological and emotional needs of students transitioning from school to HEIs. Ms. Dixit, concluded her address by mentioning that anxiety has a ripple effect which is contagious, it is only when faculty indulge more in identifying the early signs of mental health condition in students, we can better address the issue, and if we don't address it in time, it will become concerning in near future.

15. Dr. Naved Iqbal, Professor, Department of Psychology, Jamia Millia Islamia gave a brief overview of the Counselling and Guidance Center established by the educational institute way back in 2005 to cater to the growing needs of students under the Coaching and Career Planning aspect which itself evolved to exist independently as the Counselling centre with diversified activities with its domain. Prof. Iqbal gave a detailed overview of the functioning of the center in addressing the psychological needs of the students on campus and highlighted the key processes adopted by the institution in institutionalising this system. He also mentioned the kind of services available for the students on campus as well as the service of tele-counselling initiated by the center during pandemic-induced (COVID) lockdown.

16. Deputy Secretary (Higher Education) thanked all Resource Persons and participating faculty members for thought-provoking session. He viewed that sessions like these will achieve its objectives to re-invigorate the passion within faculty members to address these issues in their HEIs to the extent possible.

Annexure

List of Participants

S. N.	Name of the Institution / Agency	Nominated Faculty Members by CFIs	Attendees	Absentees
1	Babasaheb Bhimrao Ambedkar University, Lucknow	1) Dr Sandeep Kumar Nayak, Director 2) Prof Amit Kumar Singh 3) Dr Jyoti Pandey 4) Dr Leena S. Shimpi 5) Prof. Neetu Singh 6) Prof. B N Dubey 7) Prof. Sanjay Kumar 8) Dr Vikas Srivastava 9) Prof. Kushendra Mishra 10) Prof. Sudarshan Verma	Dr Sandeep Kumar Nayak, Director Prof Amit Kumar Singh Dr Jyoti Pandey Dr Leena S. Shimpi Dr Raj Shree Dr Sandeep Kumar Nayak Prof. Neetu Singh Prof. B N Dubey Prof. Sanjay Kumar Dr Vikas Srivastava	Prof. Kushendra Mishra Prof. Sudarshan Verma
2	Banaras Hindu University, Varanasi	1) Dr Madhumita Bhattacharya 2) Dr Sudhir Kumar Rajpoot 3) Dr Sunita Singh 4) Sh. Saheb Ram Tudu 5) Dr Sutapa Das 6) Mr. Nityanand Tiwari 7) Prof. Jayeeta Lahri 8) Dr Sanjay Sonkar 9) Dr L.B. Jaiswal 10) Dr Vandana Gupta	Dr Madhumita Bhattacharya Dr Shruti Trivedi Dr Sudhir Kumar Rajpoot Dr Sunita Singh Dr Sutapa Das Mr. Nityanand Tiwari Prof. Jayeeta Lahri Dr Sanjay Sonkar	Dr L.B. Jaiswal Dr Vandana Gupta Sh. Saheb Ram Tudu
3	Tripura University	1) Prof. Nutankumar Thingujam 2) Dr Anjana Bhattacharjee 3) Prof. Somdev Banik 4) Dr Sindhu Poudyal 5) Dr Milan Rani Jamatia 6) Prof. Shaon Ray Chaudhuri 7) Dr Bina Debbarma 8) Prof. Rabindra Kumar Mahapatra	Prof. Nutankumar Thingujam	Dr Anjana Bhattacharjee Prof. Somdev Banik Dr Sindhu Poudyal Dr Milan Rani Jamatia Prof. Shaon Ray Chaudhuri Dr Bina Debbarma Prof. Rabindra Kumar Mahapatra Prof. Prasanta Kumar Das Prof. Paramita Saha

		9) Prof. Prasanta Kumar Das 10) Prof. Paramita Saha		
4	Sant Longowal Institute of Engineering & Technology (SLIET)	1) Dr Manoj K. Goyal 2) Dr S.S. Punia 3) Dr Subita Bhagat 4) Dr Tajinder Singh 5) Sh. Ajay Gupta 6) Dr Sarbjeet Singh 7) Dr Sudhir Kumar 8) Er. Sunil Kumar Bansal 9) Dr Utkarsh 10) Dr Alka Singla 11) Er Vivek Harshey (nominated for 26.04.2024)	Dr Manoj Goyal Dr S.S. Punia Dr Subita Bhagat Dr Tajinder Singh Dr Vivek Kumar Er Vivek Harshey Sh Ajay Gupta Dr Sarbjeet Singh Dr Satpal Singh Dr Sudhir Kumar Er. Sunil Kumar Bansal Dr Utkarsh Dr Seema Khurmi	Dr Alka Singla
5	Atal Bihari Vajpayee Indian Institute of Information Technology & Management (ABV-IIIT&M) Gwalior	1) Dr Pragya Shukla 2) Dr Anuwedita Singh 3) Dr Santosh Singh Rathore 4) Dr Pinku Ranjan 5) Dr Debanjan Sadhya 6) Dr Binod Prasad 7) Dr Alok Kumar Kamal 8) Dr Amrendra Singh Yadav 9) Dr Avadh Kishor 10) Dr Rakesh Chowdhury	None	Dr Pragya Shukla Dr Anuwedita Singh Dr Santosh Singh Rathore Dr Pinku Ranjan Dr Debanjan Sadhya Dr Binod Prasad Dr Alok Kumar Kamal Dr Amrendra Singh Yadav Dr Avadh Kishor Dr Rakesh Chowdhury
6	National Institute of Technology, Patna	1) Dr A K Sharma 2) Dr Bhabani Shankar Das 3) Dr Rajan Agrahari 4) Dr Richa Agarwal 5) Dr Sangeeta Singh 6) Prof. Shubham Meena 7) Prof. Supriya Kumari 8) Prof. Yogesh Kumar 9) Dr Rajan Agrahari 10) Dr Anupam Kumar	Dr A K Sharma Dr Bambam Kumar Dr Bhabani Shankar Das Dr Rajan Agrahari Dr Richa Agarwal Dr Sangeeta Singh Prof. Shubham Meena Prof. Supriya Kumari Prof. Yogesh Kumar Dr Rajan Agrahari	Dr Anupam Kumar
7	National Institute of Technology, Meghalaya	1) Dr Bidyasagar Kumbhakar 2) Dr Bishnulatpam Pushpa Devi 3) Dr Moumita Tewary 4) Dr Shravan Kumar Bandari	Dr Bidyasagar Kumbhakar Dr Bishnulatpam Pushpa Devi Dr Moumita Tewary Dr Shravan Kumar Bandari	None

		5) Dr Maneswar Rahang 6) Dr Salam Shuleenda Devi 7) Dr Sanjoy Debbarma 8) Dr B Kumbhakar 9) Dr Piyush P Singh 10) Dr Atanu Singha Roy	Dr Gitish Kishor Dutta Dr Maneswar Rahang Dr Salam Shuleenda Devi Dr Sanjoy Debbarma Dr B Kumbhakar Dr Piyush P Singh Dr Atanu Singha Roy	
8	IIT Kanpur	1) Prof. Anubha Goel 2) Prof. Dootika Vats 3) Prof. Lalit Saraswat 4) Prof. Nilesh Badwe 5) Prof. Priyanka Bagade 6) Prof. Ushasi Roy 7) Prof. Md Ibrahim Sugarno 8) Prof. Nagma Praveen 9) Prof. RS Ashwin Kumar 10) Prof. Sabyasachi Chakraborty	Prof. Anubha Goel Prof. Dootika Vats Prof. Lalit Saraswat Prof. Nilesh Badwe Prof. Priyanka Bagade Prof. Ushasi Roy	Prof. Md Ibrahim Sugarno Prof. Nagma Praveen Prof. RS Ashwin Kumar Prof. Sabyasachi Chakraborty
9	IIT Mandi	1) Dr Atul Dhar 2) Dr Sneha Singh 3) Dr Dhanya J. 4) Dr Baskar Bakthavachalu 5) Dr G. Sriknath Reddy 6) Dr Ramna Thakur 7) Prof. Chayan Nandi 8) Dr Ranbir Singh 9) Dr. Moupriya Das 10) Dr. Venkat Ratnam	Dr Atul Dhar Dr Sneha Singh	Dr Dhanya J. Dr Baskar Bakthavachalu Dr G. Sriknath Reddy Dr Ramna Thakur Prof. Chayan Nandi Dr Ranbir Singh Dr. Moupriya Das Dr. Venkat Ratnam
10	IIM Kashipur	1) Prof. Alka Arya 2) Prof. Ashish 3) Dr A V Raman 4) Dr Dheeraj Chandra 5) Prof. Kumkum Bharti 6) Prof. Kunal Ganguly 7) Prof. Md Gyasuddin Ansari 8) Prof. Smarak Samarjeet 9) Prof. Somnath Chakrabarti 10) Prof. K Venkataraghavan	Prof. Alka Arya Prof. Ashish Dr A V Raman Dr Dheeraj Chandra Prof. Kumkum Bharti Prof. Kunal Ganguly Prof. Md Gyasuddin Ansari Mr. Ram Mohan Gupta Prof. Smarak Samarjeet Prof. Somnath Chakrabarti Prof. K Venkataraghavan	None
11	IISER Pune	1) Dr Chaitra Redkar, 2) Dr Mayurika Lahiri	Dr Chaitra Redkar, Dr Mayurika Lahiri	Prof. Richa Ricky

		3) Dr Shalini Sharma 4) Dr Sourabh Dube 5) Ms. Neeta Deo 6) Ms. Parnika R. Kokate 7) Prof. Tejas Kalelkar 8) Dr M Anil Kumar 9) Prof. Richa Ricky	Dr Shalini Sharma Dr Sourabh Dube Ms. Neeta Deo Ms. Parnika Kokate Prof. Tejas Kalelkar Dr M Anil Kumar	
12	School of Planning and Architecture, Bhopal	1) Prof. Mohit Dev 2) Prof. Parama Mitra 3) Prof. Vikram Kohli 4) Prof. Kakoli Saha 5) Mr. Premjeet Dasgupta 6) Prof. Shanu Sharma 7) Prof. Gayatri Nanda 8) Prof. Ramesh P Bhole 9) Prof. Saurabh Popli 10) Prof. Shomit Bade	Prof. Mohit Dev	Prof. Parama Mitra Prof. Vikram Kohli Prof. Kakoli Saha Mr. Premjeet Dasgupta Prof. Shanu Sharma Prof. Gayatri Nanda Prof. Ramesh P Bhole Prof. Saurabh Popli Prof. Mohit Dev Prof. Shomit Bade
13	Ministry of Education Officials and Resource Persons & Representatives of Implementing Partners		Sh. Devendra Kumar Sharma, DS, MoE Dr. Jitendra Nagpal, Senior Psychiatrist Program Director, Expressions India Sh. Ramesh Kumar Sharma, US, MoE Prof. Namita Rangnathan, Professor & Former Dean, DU Prof. Naved Iqbal, Professor, JMI Ms. Aprajita Dixit, Clinical Psychotherapist Moolchand Medcity Dr. Amit Gautam, NIEPA Dr. Ajay Singh, NIEPA Sh. Firoj Khan, ASO, MoE	
