

## **Record of Discussion of Online Session of Capacity Building Programme for Promoting Positive Mental Health, Resilience, and Wellbeing, held on 26.12.2025 at 10:00 AM**

An online session under the Capacity Building Programme for Promoting Positive Mental Health, Resilience and Wellbeing was conducted on 26.12.2025 as part of the Ministry of Education's sustained initiative to integrate mental health, resilience, and wellbeing into the higher education ecosystem. The session was organised for nominated faculty members from centrally funded Higher Education Institutions (HEIs). A total of 80 participants joined the session out of which 72 were faculty members.

This was the 34<sup>th</sup> online session in the ongoing fortnightly series since the launch of the programme in May 2024. 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. Till date, more than 2400 faculty members from more than 160 HEIs have participated in the programme.

The session was opened with a welcome by Mr. D. K. Sharma, Director, Department of Higher Education, Ministry of Education, who reiterated the Ministry's commitment to nurturing inclusive and responsive environments in higher education. He emphasised that mental health and resilience are critical enablers of academic success and institutional effectiveness, and noted that the Capacity Building Programme seeks to empower faculty as key stakeholders in creating inclusive, responsive, and supportive campus environments aligned with the objectives of the National Education Policy 2020.

The following resource persons were introduced and the session was handed over to them:

- ❖ Dr. Jitendra Nagpal, Senior Psychiatrist and Programme Director, Expressions India
- ❖ Prof. Namita Ranganathan, University of Delhi
- ❖ Ms. Geeta Mehrotra, Expressions India
- ❖ Dr. Ashish Pandey, IIT Bombay
- ❖ Prof. Shailender Swaminathan, Sapien Labs, KREA University

Following the introductory remarks, the session commenced with an address by Dr. Jitendra Nagpal, who contextualised mental health within higher education as a dynamic and relational concept rather than merely the absence of illness. He emphasised that mental wellbeing should be understood in terms of a student's capacity to function meaningfully, contribute to the community, and navigate stress and uncertainty with resilience. Dr. Nagpal highlighted that the contemporary students are negotiating unprecedented pressures arising from academic competition, career uncertainty, digital overexposure, and changing social norms. He stressed that institutions need to normalise conversations around emotional vulnerability and create systems where seeking help is not perceived as a weakness but as a responsible and constructive act.

Prof. Namita Ranganathan drew attention to the psychosocial transitions students undergo while entering higher education, particularly in a collectivist cultural context such as India. She noted that for many students, admission into a reputed institution follows years of intense academic pressure, often accompanied by high familial expectations. However, entry into an HEI does not mark the end of this struggle. Rather, it initiates a new phase of adjustment marked by identity negotiation, comparison, and at times, disillusionment between aspirations and lived realities. She emphasised that teachers play a key role in shaping campus culture and helping students feel a sense of belonging.

She explained that orientation programmes must move beyond procedural and academic briefings. They should also include sessions on life skills, building peer relationships, and adjusting to campus and city life.

Orientation programmes, she suggested, must move beyond procedural and academic briefings to include structured engagement on life skills, peer relationships, and navigating campus and city life. Faculty sensitivity to students' emotional states during this transition was highlighted as essential for early support and trust-building.

This was followed by a presentation by Dr. Ashish Pandey who spoke about the Panchakosha philosophy and work his team has done in this context at IIT Bombay. Dr. Pandey contextualised student wellbeing through the framework of Panchakosha, drawn from Indian philosophical traditions, to underscore the multidimensional nature of human development and human flourishing. He explained that wellbeing encompasses five interrelated layers:

- i. Annamaya Kosha (physical health)
- ii. Pranamaya Kosha (vital energy and physiological balance)
- iii. Manomaya Kosha (mental and emotional processes)
- iv. Vijnanamaya Kosha (intellect, values, and discernment)
- v. Anandamaya Kosha (inner fulfilment and sense of meaning)

Dr. Pandey observed that distress among students often stems from imbalance across these layers, particularly when institutional focus remains narrowly confined to academic performance and cognitive outcomes. To support the practical application of this holistic framework, he introduced the digital platform [panchakoshawellbeing.in](http://panchakoshawellbeing.in), which offers structured self-assessment tools, reflective resources, and guided practices aligned with each kosha. He highlighted that the portal can serve as a scalable, accessible resource for students and faculty to build self-awareness, track wellbeing across multiple dimensions, and integrate preventive and promotive mental health practices within campus life.

Ms. Geeta Mehrotra conducted an interactive and activity-based session aimed at familiarising faculty members with the importance of embedding wellbeing within everyday pedagogical and institutional practices rather than treating it as an add-on. One of the activities, "Puns upon a Time," involved creating humorous captions for meme templates. Faculty participants shared how such activities could help students relax, get to know each other, and foster a light-hearted atmosphere.

Ms. Mehrotra also spoke about the importance of life skills in young people. She explained that life skills help individuals cope with life's challenges and adapt positively to various situations. In the context of teaching, she proposed the life skills such as empathy, problem solving, communication, self-awareness, etc., into their teaching practices to help students not only excel academically but also thrive emotionally and socially.

Finally, Prof. Shailender Swaminathan drew from his team's ongoing research work at Sapien Labs to contextualise emerging mental health challenges among young people in higher education. Drawing from large-scale, real-time data, he highlighted concerning trends related to declining mental resilience, emotional regulation, and social connectedness, particularly among young people between the age groups of 13-18 and 18-24. This decline is evident in the data of 2008 and now.

Prof. Swaminathan explained that research by Sapien Labs shows a gradual decline in cognitive abilities such as attention, impulse control, and reflective thinking. He attributed this decline to excessive screen use, consumption of ultra-processed foods, and fewer opportunities for unstructured human interaction. He emphasised that these trends have serious implications for learning, interpersonal relationships, long-term wellbeing, productivity, and national development goals. He also stressed the need to collect longitudinal data on mental wellbeing to accurately assess what interventions are effective and what are not.

He argued that higher education institutions must respond not only through remedial mental health services but by rethinking educational design, classroom practices, and campus cultures to foster meaningful engagement, and enable students to develop resilience in an increasingly complex and digitally mediated world.

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**List of Attendees  
Faculty Members**

S. No.	Name of Institution	Faculty Nominated	Attendees	Absentees
1	North Eastern Hill University	No Faculty Nominated	1. Registrar	-
2	Rajiv Gandhi University	1. Arnab Ghosh 2. Dhritiman Sarma 3. Dil Bahadur Gurung 4. Malay Marut Sharma 5. Olympia Kurmi 6. P. K. Barik 7. P. N. Piraji 8. Padi Hana 9. Rahul Kushwaha 10. Rajeev Ranjan Prasad	2. Arnab Ghosh	1. Dhritiman Sarma 2. Dil Bahadur Gurung 3. Malay Marut Sharma 4. Olympia Kurmi 5. P. K. Barik 6. P. N. Piraji 7. Padi Hana 8. Rahul Kushwaha 9. Rajeev Ranjan Prasad
3	Shri Lal Bahadur Shastri National Sanskrit University	1. Anmol Sharma 2. Bharti Kaushal 3. Brajesh Kumar Mishra 4. Dharampal Prajapat 5. Hari Prasad Meena 6. Kapil Dev 7. Naveen Pandey 8. Pinki Malik 9. Rajesh Kumar Gurjar 10. Vikas Choudhary	1. Anmol Sharma 2. Bharti Kaushal 3. Brajesh Kumar Mishra 4. Dharampal Prajapat 5. Hari Prasad Meena 6. Kapil Dev 7. Naveen Pandey 8. Pinki Malik 9. Rajesh Kumar Gurjar 10. Vikas Choudhary	None
4	Tezpur University	1. Anushabda 2. Kakali Mahanta 3. Nabin Sarma 4. Namami Sharma 5. Nirmali Gogoi 6. Prayash Baruah 7. Rupam Boro 8. Satya Sundar Bhattacharya 9. Vivek Kr. Mehta	1. Nabin Sarma 2. Prayash Baruah 3. Rupam Boro 4. Vivek Kr. Mehta 5. Satya Sundar Bhattacharya	1. Anushabda 2. Kakali Mahanta 3. Namami Sharma 4. Nirmali Gogoi
5	Indira Gandhi National Tribal University	No Faculty Nominated		

6	IIIT Raichur, Karnataka	<ol style="list-style-type: none"> <li>1. Alka</li> <li>2. Arnav Ghosh</li> <li>3. Bharat Soni</li> <li>4. Debmalya Sain</li> <li>5. Mehbub Alam</li> <li>6. Natesha B V</li> <li>7. Neha Agarwal</li> <li>8. Priyanka Singh</li> <li>9. Priodyuti Pradhan</li> <li>10. Ramesh Chandra Sau</li> </ol>	<ol style="list-style-type: none"> <li>1. Alka</li> <li>2. Bharat Soni</li> <li>3. Mehbub Alam</li> <li>4. Natesha B V</li> <li>5. Neha Agarwal</li> <li>6. Priyanka Singh</li> <li>7. Priodyuti Pradhan</li> </ol>	<ol style="list-style-type: none"> <li>1. Arnav Ghosh</li> <li>2. Debmalya Sain</li> <li>3. Ramesh Chandra Sau</li> </ol>
7	National Institute of Technology, Mizoram	<ol style="list-style-type: none"> <li>1. C. Lalengmawia</li> <li>2. F. Lalchhhandama</li> <li>3. Lalthanpuii Khiangte</li> <li>4. Monica Naorem</li> <li>5. Nidhi Yadav</li> <li>6. Pragati Singh</li> <li>7. Prakash Sonkar</li> <li>8. Rajkumar Shufen</li> <li>9. Tanmay Kumar Behera</li> <li>10. Tathagatha Khan</li> </ol>	<ol style="list-style-type: none"> <li>1. C. Lalengmawia</li> <li>2. F. Lalchhhandama</li> <li>3. Lalthanpuii Khiangte</li> <li>4. Monica Naorem</li> <li>5. Nidhi Yadav</li> <li>6. Prakash Sonkar</li> <li>7. Tanmay Kumar Behera</li> <li>8. Tathagatha Khan</li> </ol>	<ol style="list-style-type: none"> <li>1. Pragati Singh</li> <li>2. Rajkumar Shufen</li> </ol>
8	National Institute of Technology, Meghalaya	<ol style="list-style-type: none"> <li>1. Alekha Chandra Nayak</li> <li>2. Arunima Dutta</li> <li>3. Diangarti Bhalang Tariang</li> <li>4. Elsa Cherian</li> <li>5. Kaushik Talukdar</li> <li>6. N. Herojit Singh</li> <li>7. Nur Alom</li> <li>8. Pemendra Kumar Pardhi</li> <li>9. Sambit Majumder</li> <li>10. Suraj Gupta</li> <li>11. Swathisha P</li> </ol>	<ol style="list-style-type: none"> <li>1. Alekha Chandra Nayak</li> <li>2. Arunima Dutta</li> <li>3. Diangarti Bhalang Tariang</li> <li>4. Kaushik Talukdar</li> <li>5. N. Herojit Singh</li> <li>6. Nur Alom</li> <li>7. Pemendra Kumar Pardhi</li> <li>8. Sambit Majumder</li> <li>9. Suraj Gupta</li> <li>10. Swathisha P</li> </ol>	<ol style="list-style-type: none"> <li>1. Elsa Cherian</li> </ol>
9	National Institute of Technology, Puducherry	<ol style="list-style-type: none"> <li>1. Bidwan Chakraborty</li> <li>2. Dhayalan V</li> <li>3. Kuleen Kumar</li> <li>4. Naveen Raj R</li> <li>5. Praveen R</li> <li>6. Sandeep Singh</li> <li>7. Sanjay S Bankapur</li> <li>8. Saravana Prakash P</li> </ol>	<ol style="list-style-type: none"> <li>1. Bidwan Chakraborty</li> <li>2. Dhayalan V</li> <li>3. Kuleen Kumar</li> <li>4. Naveen Raj R</li> <li>5. Praveen R</li> <li>6. Sanjay S Bankapur</li> <li>7. Saravana Prakash P</li> <li>8. Sathish Kumar V</li> </ol>	<ol style="list-style-type: none"> <li>1. Sandeep Singh</li> </ol>

		9. Sathish Kumar V 10. Yedukondalarao Veeranki	9. Yedukondalarao Veeranki	
10	IIM Amritsar	No Faculty Nominated	1. Ravishankar	-
11	IIM Nagpur	1. Aditya Kumar Sahu 2. Ajinkya Tanksale 3. Akshay Iyer 4. Anoop Kumar 5. Apoorv Khare 6. Devashis Rath 7. Hema Gwalani 8. Pradeep Kumar Roy 9. Prashant Gupta 10. Pravin Tambe 11. Sathyajit Gubbi	1. Aditya Kumar Sahu 2. Ajinkya Tanksale 3. Akshay Iyer 4. Anoop Kumar 5. Apoorv Khare 6. Devashis Rath 7. Hema Gwalani 8. Pradeep Kumar Roy 9. Pravin Tambe 10. Sathyajit Gubbi	1. Prashant Gupta
12	IIM Jammu	1. Chinmaya Kumar Swain 2. Dharendra Prajapati 3. Jaganth G 4. Lalit Pankaj 5. M Vijaya Prabhagar 6. Neeraj Kumar Soni 7. Pratik Maheshwari 8. Praveen Kumar 9. Shyam Narayan Lal 10. Sourav Mondal	1. Chinmaya Kumar Swain 2. Dharendra Prajapati 3. Jaganth G 4. Lalit Pankaj 5. M Vijaya Prabhagar 6. Neeraj Kumar Soni 7. Pratik Maheshwari 8. Praveen Kumar 9. Shyam Narayan Lal 10. Sourav Mondal	None

#### Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from NIEPA	<ol style="list-style-type: none"> <li>1. Mr. D. K. Sharma, Director, Department of Higher Education, Ministry of Education</li> <li>2. Dr. Jitendra Nagpal, Senior Psychiatrist &amp; Program Director, Expressions India</li> <li>3. Ms Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health and Wellbeing, Expressions India</li> <li>4. Prof. Namita Ranganathan, University of Delhi</li> <li>5. Prof. Ashish Pandey, IIT Bombay</li> <li>6. Prof. Kashyapi Awasthi, NIEPA</li> <li>7. Prof. Shailender Swaminathan, Sapien Labs, KREA University</li> </ol>

	8. Ms. Richa Shrivastava, Consultant, MMTTP, Ministry of Education
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