

Record of Discussion of Online Session of Capacity Building Programme for Promoting Positive Mental Health, Resilience, and Wellbeing, held on 19.06.2025 at 10:00 AM

1. An online session under the Capacity Building Programme for Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions (HEIs) was held on 19th June 2025 at 10:00 AM. The session was organised for nominated faculty members from centrally funded Higher Education Institutions (HEIs) under the guidance of the Department of Higher Education, Ministry of Education. A total of 91 participants joined the session out of which 85 were faculty members.

2. This was the 25th 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 1800 faculty members more than 160 HEIs have participated in the programme.

3. The session opened with a welcome by Professor Kumar Suresh, Director (Planning and Development), NIEPA. He reiterated NEIPA's role as the coordinating institution for the Capacity Building Programme and related initiatives under the Malaviya Mission Teacher Training Programme (MMTTP). Professor Suresh noted that the programme has entered its second phase, which brings in a new group of faculty from participating institutions to deepen institutional engagement and sustainability.

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

- ❖ Dr. Jitendra Nagpal, Senior Psychiatrist and Programme Director, Expressions India
- ❖ Ms. Geeta Mehrotra, Expressions India
- ❖ Dr. Pragya Gupta, Assistant Professor, Central University of South Bihar

5. Dr. Jitendra Nagpal opened the session with a framing presentation on the systemic nature of student mental health challenges in higher education. He highlighted the increasing academic and emotional pressures faced by young adults, compounded by social transitions and personal vulnerabilities. Drawing from national statistics, he pointed to the growing incidence of anxiety, depression, and suicide among students, underlining the urgency of preventative mental health strategies at the institutional level.

6. He called for the cultivation of campus cultures that promote safety, emotional awareness, and interpersonal trust. Emphasising the role of faculty as the first line of contact, he outlined a four-tiered model of institutional wellbeing: creating an inclusive culture, promoting mental health literacy, equipping faculty to identify early warning signs, and establishing accessible support systems. Dr. Nagpal also encouraged faculty to model openness and emotional competence in the classroom.

7. Ms. Geeta Mehrotra conducted an engaging interactive segment, beginning with a creative exercise titled 'Puns upon a Time' where participants used humour and visuals to reflect on emotional themes. She explained how such activities, when used in classrooms or orientation programmes, help ease social tension and create space for vulnerability, particularly for students reluctant to seek formal counselling.

8. Ms. Mehrotra elaborated on the concept of adaptive life skills, identifying self-regulation, empathy, assertiveness, and interpersonal effectiveness as core to students' psychosocial growth. She urged faculty to look beyond curriculum delivery and become facilitators of emotional learning by being accessible, attentive, and inclusive in their teaching practices. She shared examples of how trust-based dialogue and peer bonding can reduce anxiety, increase student engagement, and contribute to a healthier campus climate.

9. Dr. Pragya Gupta shared grounded perspectives from her work at the Central University of South Bihar, where many students are first-generation learners from rural and marginalised communities. She spoke about the university's initiatives fostering positive mental health. A key initiative is the university's mentorship model, where each faculty member mentors 10-15 students, supported by PhD scholars for peer-level engagement. Yoga sessions are offered voluntarily, with plans to introduce it as a credit course. Health eating is promoted through restricted access to junk food on campus.

10. The university's Wellbeing Centre, offers counselling support and works closely with the medical officer to track students needing help. Awareness campaigns and hostel-level engagement are part of substance use prevention efforts. Dr. Gupta shared experiences handling behavioural crises, stressing early detection through peer feedback and faculty vigilance. She emphasised the need for customised approaches, especially for students facing academic disappointment or socio-cultural barriers. The institution has also initiated group counselling and parental involvement in severe cases, underlining a context-sensitive, preventive mental health framework.

11. The session also featured contributions through participant engagement. Faculty from multiple HEIs shared challenges they observed on their campuses, including sharp declines in student confidence, growing academic detachment, and a perceived lack of belonging, especially among undergraduates in their first or second year.

12. Dr. Kavita Lalwani from Malaviya National Institute of Technology, Jaipur, noted that students today often feel isolated not due to a lack of peers, but due to a lack of meaningful connection. She spoke of students who appeared compliant and engaged on the surface but revealed feelings of emotional exhaustion and worthlessness in private conversations. Dr. Lalwani urged faculty to watch for subtle behavioural cues such as sudden withdrawal or visible disinterest and suggested building in informal, reflective check-ins during class time and normalise conversations about emotional wellbeing.

13. Dr. Amit Gangotia from Central University of Himachal Pradesh, expanded on this issue – where student maintain academic routines while quietly struggling. He shared experiences of students disclosing distress only after significant rapport had been build. He advocated for non-evaluative, open-ended conversations that allow students to express themselves without fear of stigma. Even something as simple as asking ‘How are you feeling today?’ at the end of a lecture, he suggested, can help open doors to deeper support.

14. Other participants proposed steps such as integrating wellbeing sessions into the timetable, building strong mentorship structures, and creating safe spaces both physical and digital for peer interaction. There was consensus that wellbeing must be embedded into curriculum design, classroom culture, and assessment practices, and that faulty training on these issues should be prioritised at the institutional level.

15. As the session concluded, participants were invited to document and contribute examples of their practices for inclusion in the upcoming 2nd National Wellbeing Conclave.

Annexure

List of Attendees Faculty Members

S. No.	Name of Institution	Faculty Nominated	Attendees	Absentees
1	Central University of Himachal Pradesh	1. Amit Gangotia 2. Amrik Singh 3. Bharat Singh 4. Dinesh Lakhanpal 5. Inder Singh Thakur 6. Muruli N 7. Naresh Kumar 8. Shailza Bharti 9. Shashi Punam 10. Sunil Kumar 11. Surya Rashmi Rawat	1. Amit Gangotia 2. Amrik Singh 3. Bharat Singh 4. Inder Singh Thakur 5. Muruli N 6. Naresh Kumar 7. Shashi Punam 8. Sunil Kumar 9. Surya Rashmi Rawat	1. Dinesh Lakhanpal 2. Shailza Bharti
2	Ghani Khan Choudhury Institute of Engineering and Technology (GKCIET), Malda	1. Amit Baran Das 2. Bikarna Tarafdar 3. M. Mohan Jagadeesh Kumar 4. Priyanka Sahu 5. Sandip Chanda 6. Santosh Dash 7. Smita Anand 8. Soumi Bhattacharyya 9. Surajit Chattopadhyay 10. Suranjan Sikdar 11. Vivek Kumar	1. Amit Baran Das 2. Bikarna Tarafdar 3. M. Mohan Jagadeesh Kumar 4. Kiran Yarrakula 5. Priyanka Sahu 6. Sandip Chanda 7. Santosh Dash 8. Smita Anand 9. Soumi Bhattacharyya 10. Sourav Chakraborty 11. Surajit Chattopadhyay 12. Suranjan Sikdar 13. Vivek Kumar	None
3	Atal Bihari Vajpayee Indian Institute of Information Technology & Management	1. Biswabandhu Jana 2. Chittaranjan Swain 3. Gaurav Pandey 4. Gaurav Sharma 5. Kapil Kant	1. Chittaranjan Swain 2. Gaurav Pandey 3. Gaurav Sharma 4. Kapil Kant 5. Manoj Singh Parihar	1. Biswabandhu Jana

	(ABV-IIIT&M) Gwalior	6. Manoj Singh Parihar 7. Poornima Singh Thakur 8. Roshni Chakraborty 9. Saswata Roy 10. Vijaypal Singh Rathor 11. Vinod Kumar Jain	6. Poornima Singh Thakur 7. Roshni Chakraborty 8. Saswata Roy 9. Vijaypal Singh Rathor 10. Vinod Kumar Jain	
4	Indian Institute of Information Technology (IIIT) Vadodara, Gujarat	1. Abhisek Paul 2. Ajay Nath 3. Bhupendra Kumar 4. Deepika Gupta 5. Dibyendu Roy 6. Gaurav Pareek 7. Pramit Mazumdar 8. Ravi Nahta 9. Sunandita Debnath 10. Venkata Phanikrishna B 11. Vikas Kumar	1. Ajay Nath 2. Deepika Gupta 3. Dibyendu Roy 4. Ravi Nahta	1. Abhisek Paul 2. Bhupendra Kumar 3. Gaurav Pareek 4. Pramit Mazumdar 5. Sunandita Debnath 6. Venkata Phanikrishna B 7. Vikas Kumar
5	National Institute of Technology, Calicut	1. Abidha V P 2. Anil Sagar S 3. Bharat Kumar 4. Bijoy Das 5. Chukka Atchuta Rao 6. Karthik R 7. Mohamad Aslam 8. Shilalipi Sahoo 9. Stacy Anastacia Lynrah 10. Sunitha M S 11. Vineesh P 12. Anu Mary Chacko 13. Sumanta Das	1. Abidha V P 2. Anil Sagar S 3. Bharat Kumar 4. Bijoy Das 5. Chukka Atchuta Rao 6. Karthik R 7. Mohamad Aslam 8. Shilalipi Sahoo 9. Stacy Anastacia Lynrah 10. Vineesh P 11. Anu Mary Chacko 12. Sumanta Das	1. Sunitha M S
6	Malaviya National Institute of Technology, Jaipur	1. Abhineet Verma 2. Anirban Dutta 3. Deepak Ranjan Nayak	1. Abhineet Verma 2. Anirban Dutta	1. Deepak Ranjan Nayak 2. Rajesh Kumar Rai

		4. Dinesh Kumar Tyagi 5. Gireendra Kumar 6. Kavita Lalwani 7. Rahul 8. Rajesh Kumar Rai 9. Surajit Ghosh 10. Sushree Sunayana	3. Dinesh Kumar Tyagi 4. Gireendra Kumar 5. Kavita Lalwani 6. Rahul 7. Surajit Ghosh	3. Sushree Sunayana
7	IIT Bombay	1. Aparna Singh 2. Aswani Yella 3. Atul Srivastava 4. Deepak Marla 5. Kowsik Bodi 6. Mythili Vutukuru 7. Pradeep Dixit 8. Preeti Raman 9. Rekha Santhanam 10. Surya Dolla	1. Aparna Singh 2. Aswani Yella 3. Atul Srivastava 4. Deepak Marla 5. Kowsik Bodi 6. Mythili Vutukuru 7. Pradeep Dixit 8. Preeti Raman 9. Rekha Santhanam 10. Surya Dolla	None
8	IIT BHU, Varanasi	1. Abhishekh Kumar Srivastava 2. Agnivesh P 3. Ajit Kumar Mishra 4. Deepak Kumar 5. Medha Jha 6. Pavan Kumar Aluri 7. Priya Ranjan Muduli 8. Shishir Gaur 9. Shiva Prasad B N V 10. Shreyansh Jain 11. V N Lal	1. Abhishekh Kumar Srivastava 2. Agnivesh P 3. Ajit Kumar Mishra 4. Deepak Kumar 5. Medha Jha 6. Pavan Kumar Aluri 7. Priya Ranjan Muduli 8. Shiva Prasad B N V 9. Shreyansh Jain 10. V N Lal	1. Shishir Gaur
9	IISER Mohali	1. Adrene Freeda D'cruz 2. Arijit Kumar De 3. Chandrakanta Ojha 4. Harvinder Kaur Jassal	1. Adrene Freeda D'cruz 2. Arijit Kumar De 3. Chandrakanta Ojha 4. Harvinder Kaur Jassal	1. Kinjalk Lochan 2. Raju Attada 3. Rhitoban Ray Choudhury 4. Santhosh Kumar Pamula

		5. Kinjalk Lochan 6. Raju Attada 7. Rhitoban Ray Choudhury 8. Santhosh Kumar Pamula 9. Santosh B Satbhai 10. Sharmila Bhattacharya 11. Vidya Devi Negi		5. Santosh B Satbhai 6. Sharmila Bhattacharya 7. Vidya Devi Negi
10	School of Planning and Architecture, Vijayawada	1. Adinarayanane 2. Ayon Kumar Tarafdar 3. Banu Chitra 4. Deepak Kumar 5. G Karthik 6. J M Bhagwat 7. Jagath Kumari Dungi 8. Janmejoy Gupta 9. K Tungnung 10. Shrikanta Bhargava Teja	1. Banu Chitra 2. J M Bhagwat 3. Jagath Kumari Dungi 4. Janmejoy Gupta 5. K Tungnung 6. Shrikanta Bhargava Teja	1. Adinarayanane 2. Ayon Kumar Tarafdar 3. Deepak Kumar 4. G Karthik

Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from NIEPA	1. Prof. Kumar Suresh, NIEPA 2. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India 3. Ms Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health and Wellbeing, Expressions India 4. Lt. Dr. Pragya Gupta, Central University of South Bihar 5. Dr. Shankar Paripally, NIEPA 6. Ms. Richa Shrivastava, Consultant, MMTTP, Ministry of Education