

Record of Discussion of Online Session of Capacity Building Programme for Promoting Positive Mental Health, Resilience, and Wellbeing, held on 27.06.2025 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 27th June 2025 at 10:00 AM. The session was organised for nominated faculty members from centrally funded HEIs under the guidance of the Department of Higher Education, Ministry of Education. A total of 87 participants joined the session, out of which 79 were faculty members.

2. This was the 26th 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 from over 160 HEIs have participated in the programme.

3. The session 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 invited participants to share on-ground insights and strategies to build mentally healthy institutions.

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
- ❖ Prof. Nishat Afroz, Banaras Hindu University

5. Dr. Nagpal reflected on the broader cultural and psychosocial shifts affecting students in higher education today. He emphasised that wellbeing initiatives must be grounded in the realities of generational change, noting that the values, aspirations, and stressors of today's youth are markedly different from those of previous generations.

6. He encouraged participants to think about how life skills education should address not just individual competencies like decision-making and communication, but also the context in which students live – an environment shaped by performance pressure, early goal orientation, and shifting priorities. Dr. Nagpal observed that young people today aspire to reach milestones (such as financial security or retirement) much earlier than before, often compressing life goals into a narrow window and experiencing stress as a result.

7. Dr. Nagpal also pointed out that institutions themselves – through campus culture, peer dynamics, and the signals sent by faculty and leadership – either mitigate or amplify this stress. For example, institutional emphasis on high placement packages can inadvertently reinforce materialistic benchmarks over psychosocial wellbeing.

8. Drawing from live experience and clinical understanding, Dr. Nagpal warned against the 'fast race' culture, where students are driven by urgency rather than reflection. He stressed the importance of helping students develop clarity, patience, and resilience, and advocated for building ecosystems where meaningful mentorship, empathetic listening, and emotional literacy are prioritised. Dr. Nagpal's concluding remarks called for continuous introspection at the institutional level, urging faculty to lead by example by attending to their own stress and emotional wellbeing.

9. An interactive segment led by Ms. Geeta Mehrotra encouraged faculty to reflect on shifting student priorities through activities. Participants noted that students of contemporary times often prioritise material success and rapid achievement over relationships or personal growth. Faculty including Dr. D. R. Banerjee, NIT Durgapur, Dr Sourav Dey, IIT(ISM) Dhanbad, and Raghavendra Singh Rohit, IIT Roorkee, observed that these expectations, reinforced by institutional messaging around placement packages, often lead to stress, disillusionment, and poor decision-making. The group agreed that institutions must rethink how success is defined and communicated, and emphasised the need to cultivate self-awareness, empathy, and life skills as integral to higher education.

10. Several faculty members shared personal strategies for managing stress, such as exercise, mindfulness, open conversations, and community engagement. Dr. Deepali Awkale emphasised the importance of modelling help-seeking behaviour, noting that students are unlikely to use counselling services if faculty themselves remain sceptical. Dr. Subhas Ghosal pointed out that peers are often the first source of support for students, reinforcing the importance of informal networks. The discussion highlighted the need for campuses to become more empathetic, inclusive spaces where both faculty and students can thrive, and where wellbeing is not treated as peripheral, but as essential to institutional life.

11. The session was then handed over to Prof. Nishat Afroz from Banaras Hindu University (BHU), who presented a comprehensive case study on the Wellbeing Services Cell (WSC) at BHU. She explained how BHU has implemented a multi-faceted approach to mental health and wellbeing, which includes both proactive and reactive strategies to support students. Key features of the WSC include:

- Physical activities and sports: BHU promotes a physical fitness as an essential component of mental wellbeing.
- Psychological wellbeing: BHU has developed a framework to address mental health concerns through peer-to-peer counselling and professional psychological support.
- Development of Hostel coordinators and wardens: These individuals have been trained to act as first responders to students' mental health needs.
- Student leadership and wellbeing communities: BHU has empowered students to take leadership roles in promoting wellbeing on campus.

12. Prof. Afroz highlighted the recruitment of psychology interns who are placed as peer counsellors across the campus to provide support to students. Additionally, BHU has hired experienced counsellors to manage complex cases requiring professional expertise. Prof. Afroz concluded her presentation by emphasising the importance of institutional arrangements for mental health and wellbeing, calling for the establishment of dedicated mental health centres within universities and on-going collaboration among institutions.

13. The session closed with a collective reflection on the need to build harmonious, empathetic, and self-aware campuses. Faculty acknowledged the importance of breaking stigma, redesigning institutional structures to promote wellbeing, and modelling life skills like resilience, communication, and empathy in daily practice.

Annexure

List of Attendees Faculty Members

S. No.	Name of Institution	Faculty Nominated	Attendees	Absentees
1	Central University of Jammu	No Faculty Nominations Received		
2	Central University of Jharkhand	No Faculty Nominations Received		
3	Indian Institute of Information Technology Design and Manufacturing, Kurnool	1. Anuj Kumar 2. Ashwani Pratap 3. D. Amarnatha Reddy 4. Harsha V 5. J. Krishnaiah 6. K. Nagaraju 7. N. Srinivas Naik 8. Pankaj Kaushik 9. Putha Kishore 10. Rohit Kumar Das 11. Suddapalli Subba Rao 12. Vijayakumar Devarakonda	1. Anuj Kumar 2. Ashwani Pratap 3. D. Amarnatha Reddy 4. K. Nagaraju 5. Pankaj Kaushik 6. Putha Kishore 7. Rohit Kumar Das 8. Suddapalli Subba Rao 9. Vijayakumar Devarakonda 10. Anil	1. Harsha V 2. J. Krishnaiah 3. N. Srinivas Naik
4	IIIT Sri City Chittoor, Andhra Pradesh	1. Abhishek Hazra 2. Karthick Suthradhar 3. Krishna Swamy 4. Manipriya 5. Narendra Singh Yadav 6. Pavan Kumar P 7. Rajendra Prasath 8. Ramesh 9. Selvi 10. Sreeja	1. Abhishek Hazra	1. Karthick Suthradhar 2. Krishna Swamy 3. Manipriya 4. Narendra Singh Yadav 5. Pavan Kumar P 6. Rajendra Prasath 7. Ramesh 8. Selvi 9. Sreeja
5	IIIT Una, Himachal Pradesh	1. Ankur Kumar 2. Ashwini Kumar Malviya 3. Gurpreet Kaur 4. Ina Thakur	1. Ankur Kumar 2. Gurpreet Kaur 3. Nishtha Hooda	1. Ashwini Kumar Malviya 2. Ina Thakur 3. Jaspreet Kaur

		5. Jaspreet Kaur 6. Laxmanika 7. Naveen Cheggoju 8. Nishtha Hooda 9. Sanjit Ningthoujam 10. Shiv Dutt Sharma		4. Laxmanika 5. Naveen Cheggoju 6. Sanjit Ningthoujam 7. Shiv Dutt Sharma
6	National Institute of Technology, Durgapur	1. Deb Ranjan Banerjee 2. Deepak Kumar 3. Firoz Ali 4. Kalyan Adhikari 5. Manika Saha 6. Manisha Bal 7. Nanda Dulal Jana 8. Rajashree Das 9. Sapana Ranwa 10. Subhas Ghosal 11. Suvamoy Changder	1. Deb Ranjan Banerjee 2. Deepak Kumar 3. Firoz Ali 4. Manika Saha 5. Manisha Bal 6. Rajashree Das 7. Sapana Ranwa 8. Subhas Ghosal 9. Suvamoy Changder 10. Nirmal Baran Hui	1. Kalyan Adhikari 2. Nanda Dulal Jana
7	Dr. B.R. Ambedkar National Institute of Technology, Jalandhar	1. Arya Anuj Jee 2. Debottam Mukherjee 3. Koteswaraarao Jadda 4. Madhurima Buragohain 5. Neetu Sood 6. Pallabi Sharma 7. Sanjeeb Sutradhar 8. Simranjit Singh 9. Sounak Nandi 10. Sumit Kumar 11. Vandita Sharma	1. Arya Anuj Jee 2. Debottam Mukherjee 3. Koteswaraarao Jadda 4. Madhurima Buragohain 5. Neetu Sood 6. Pallabi Sharma 7. Sanjeeb Sutradhar 8. Sounak Nandi 9. Sumit Kumar 10. Vandita Sharma 11. Karan Jain 12. K. S. Nagla 13. Harsh K Verma 14. Avani Vyas 15. Rabi Shaw 16. H. M. Mittal 17. J N Chakraborty 18. A L Sangal 19. Rajeev Kukreja 20. R K Garg 21. Abhishek Sharma	1. Simranjit Singh

			22. A Mukhopadhyay 23. Mahesh Kumar 24. M K Jha 25. T Srinivas 26. G. N. Nikhil 27. Yaisna 28. Shveta Mahajan	
8	IIT Roorkee	1. Abhiraj Sharma 2. Anjani Kumar Tiwari 3. Ashish Chowdhury 4. Dhanashri M. Joglekar 5. Piyush Jagtap 6. Raghvendra Singh Rohit 7. Rahul Kumar 8. Rajan Arora 9. Ram Manohar Singh 10. Satish Belkhode 11. Sonal Atreya	1. Ashish Chowdhury 2. Dhanashri M. Joglekar 3. Raghvendra Singh Rohit 4. Ram Manohar Singh 5. Satish Belkhode 6. D. N. Pandey 7. K. L. Yadav 8. Sourabh Arora 9. Sumana Ghosh	1. Abhiraj Sharma 2. Anjani Kumar Tiwari 3. Piyush Jagtap 4. Rahul Kumar 5. Rajan Arora 6. Sonal Atreya
9	IIT(ISM) Dhanbad	1. Alakesh Kalita 2. Anurag Jayswal 3. Ejaz Ahmad 4. Gaurav Jha 5. Lijith K. P. 6. Manu Kurian 7. Rajendra Pamula 8. S Pandian 9. Sourav Dey 10. Swati Rajput 11. Vinay Rajak	1. Alakesh Kalita 2. Anurag Jayswal 3. Gaurav Jha 4. Lijith K. P. 5. Manu Kurian 6. S Pandian 7. Sourav Dey 8. Swati Rajput 9. Vinay Rajak 10. Prince Tiwari	1. Ejaz Ahmad 2. Rajendra Pamula
10	IISER Pune	1. Anirban Hazra 2. Deepali Awkale 3. Kundan Sengupta 4. M. Anil Kumar 5. Mridula Nambiar 6. Nagaraj Balasubramanian 7. Pooja Sancheti 8. Rebecca Dsouza 9. Sourabh Dube 10. Vishal Pakhare	1. Deepali Awkale 2. Kundan Sengupta 3. M. Anil Kumar 4. Mridula Nambiar 5. Nagaraj Balasubramanian 6. Pooja Sancheti 7. Vishal Pakhare	1. Anirban Hazra 2. Rebecca Dsouza 3. Sourabh Dube

11	IIM Calcutta	No Faculty Nominations Received		
12	IIM Indore	No Faculty Nominations Received		
13	Unidentified		1. KKB	

Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from NIEPA	- Mr. D. K. Sharma, Ministry of Education - Prof. Kumar Suresh, NIEPA - Dr. Santwana G. Mishra, NIEPA - Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India - Ms Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health and Wellbeing, Expressions India - Prof. Nishat Afroz, Banaras Hindu University - Dr. Amit Gautam, NIEPA - Ms. Richa Shrivastava, Consultant, MMTTP, Ministry of Education