

## **Record of Discussion of Online Session on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing' held on 10.01.2025 at 10:00 AM.**

1. The Department of Higher Education, Ministry of Education held an online session on 10.01.2025, at 10:00 AM for nominated faculty members of selected Centrally Funded Institutions (CFIs). This session focused on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing'.

2. This initiative is part of a broader Integrated Approach aimed at enhancing mental health, resilience, and wellbeing in Higher Education Institutions (HEIs), launched on 01.05.2024. The Capacity Building programme is designed to continuously raise awareness among faculty regarding mental health issues and wellbeing. It encourages the adoption and dissemination of effective practices that foster positive mental health and wellbeing for students on campus.

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 CFIs starting from the month of May 2024. The online session planned for 24.12.2024 was postponed to 10.01.2025. A total of 70 participants (63 nominated faculty members) attended the session. **The list of participants is attached in the annexure.**

4. The programme began with a welcome address by Mr. Devendra Kumar Sharma, Director Department of Higher Education, Ministry of Education, who delivered the opening address. He began by highlighting the importance of the National Education Policy 2020, which emphasises student support as a vital component of quality higher education. Mr. Sharma noted that support goes beyond infrastructure and curriculum; it encompasses creating a holistic learning environment where students feel valued, heard, and empowered to overcome challenges and thrive. He emphasised that they Department of Higher Education is committed to an integrated approach to promoting positive mental health, resilience and wellbeing through initiatives like faculty capacity building through the Malaviya Mission Teacher Training Programme. The capacity building programme aims to nurture an enabling environment in HEIs where students can reach their potential and remain true to themselves. Mr. Sharma underscored the need for a culture of student support, which includes effective counselling systems and sensitised faculty members, to be built within institutions. He concluded by stressing that the capacity building programme was designed to engage faculty in constructive discussions on campus mental health and share best practices.

5. Mr. Sharma introduced the resource persons:

- ❖ Dr. Jitendra Nagpal, Senior Psychiatrist & Programme Director at Expressions India
- ❖ Ms. Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health, and Wellbeing, Expressions India
- ❖ Prof. Naved Iqbal, Profession, Department of Psychology, Jamia Milia Islamia

6. Dr. Jitendra Nagpal began by discussing the significance of mental health within educational institutions, highlighting the challenges that arise due to the lack of sufficient support systems, especially for India's large youth population. He stressed that universities and colleges should create environments that nurture emotional wellbeing and resilience. Dr. Nagpal also pointed out that the sheer size and diversity of India's student population can be

both a challenge and an opportunity to create a more inclusive and harmonious campus environment.

7. Dr. Nagpal further emphasized the importance of family support in the lives of students, stating that it is crucial to involve parents in the higher education process. While he acknowledged that parents' involvement ought not be formal (e.g., parent-teacher meetings), fostering a connection between family members and the students' academic and social life is essential for overall mental health and wellbeing.

8. Prof. Nikhil Mehta from IIM Mumbai shared his concerns about the growing isolation among students due to increased reliance on digital tools like chatbots and self-help resources. He argued that such isolation could lead to difficulties in "meaning making," which is vital for students' personal growth and emotional wellbeing. Prof. Nikhil Mehta advocated for providing students with guidance and support in navigating their personal and academic lives, encouraging institutions to offer more interactive and communal spaces for student engagement.

9. Ms. Geeta Mehrotra then led an interactive life skills activities based discussion. She asked participants to bring objects that represented a life skill important to them or objects related to certain prompts which they then associated with certain life skills. Through this activity, Ms. Mehrotra underscored the importance of skill such as communication, problem solving, and time and stress management in building resilience and wellbeing. She also elaborated on how life skills can address common challenges students face, such as low self-esteem, peer pressure, and poor emotional regulation.

10. The session also included a discussion on substance abuse and the need for preventive programmes in educational institutions. Participants shared examples of initiatives in their own institutions that aim to promote mental health and prevent substance abuse among students. It was agreed that addressing mental health challenges early on can help prevent more serious issues late in life, such as substance use disorders, depression, and anxiety.

11. A key topic of discussion was the role of anger management in fostering a healthy campus environment. Participants highlighted the growing concern of student anger, especially in hostel settings. Suggestions were made to offer specialised anger management training to both students and faculty to help manage potential crises. Identifying warning signs of aggression and providing counselling services were also proposed as strategies for managing conflict.

12. Dr. M. Suman Kalyan contributed by discussing the importance of alumni interactions with current students. He suggested that alumni could share their experiences of life on campus, thus providing valuable perspectives on how to handle stress and maintain mental wellbeing during challenging periods.

13. Finally, Professor Navel Iqbal was invited as a resource person to share insights on Jamia Milia Islamia's University Counselling and Guidance Center (UCGC) as an exemplar of developing centers of excellence - a scalable practice of wellbeing. In his presentation, he showcased a comprehensive presentation that detailed the history, services and mission of the UCGC, established in 2005 to foster the holistic development of students, enabling them to realise their full potential in both academic and professional spheres, excel in life, and prepare

for future challenges. He outlined how since 2007, the UCGC has expanded in its scope to include activities such as remediation, rehabilitation, prevention, and management of psychological issues, alongside personal and career counselling. He explained the center's structure and activities, emphasising its core objectives of helping students address personal issues, navigate career decisions, develop crucial life skills, and maintain their mental health and wellbeing. Additionally, Prof. Iqbal highlighted the tele-counselling services offered by JMI, which provide accessible mental health support to students remotely. Overall, Prof. Iqbal's presentation offered a thorough overview of the UCGC's multifaceted approach to student support, underscoring its commitment to psychological and professional development of the students.

14. The session concluded with a vote of thanks, acknowledging the valuable contributions of the resource persons and participants.

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List of Attendees

## Faculty Members

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
1	Shri Lal Bahadur Shastri National Sanskrit University	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
2	Sindhu Central University	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
3	Central Tribal University of Andhra Pradesh	Balumuri Venkateswarlu Divya K Gangu Naidu Mandala Kishor Padala Kusum M. Prasad Nagesh M. P.S. Latha Kalyampudi Prama Chatterjee Tarakeswara Rao Ippili	1. Balumuri Venkateswarlu 2. Gangu Naidu Mandala 3. Kishor Padala 4. Kusum 5. M. Prasad 6. Nagesh M 7. P.S. Latha Kalyampudi 8. Prama Chatterjee 9. Tarakeswara Rao Ippili	1. Divya K. 2.
4	Central University of Andhra Pradesh	Chelli Kavya	1. Dr. Chelli Kavya	None
5	IIIT Ranchi, Jharkhand	Bharat Singh Jayadeep Pati Priyabrat Garanayak Rajiv Kumar Ranjan Kumar Behera Ravi Shanker Rishikesh Dutta Tiwary Rohit Kandulna Sandhir Kumar Singh Shashi Kant Tarun Biswas Dr. Kirti Kumari Dr. S Shadab Hassan	1. Jayadeep Pati 2. Priyabrat Garanayak 3. Ranjan Kumar Behera 4. Ravi Shanker 5. Rishikesh Dutta Tiwary 6. Shashi Kant 7. Tarun Biswas 8. Dr. Kirti Kumari 9. Dr. S Shadab Hassan 10. Dr. N Kishore	1. Bharat Singh 2. Rajiv Kumar 3. Rohit Kandulna 4. Sandhir Kumar Singh

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Dr. N Kishore Babu	Babu	
6	IIT Nagpur, Maharashtra	Aatish Daryapurkar Aishwarya Ukey Bhukya Venkanna Naik Chandrashekar Sakole Khuraijam Nelson Singh Mangesh Kose Nikhil Dhengre Rahul Semwal Richa Makhijani Snehal Shinde	1. Aatish Daryapurkar 2. Aishwarya Ukey 3. Chandrashekar Sakole 4. Khuraijam Nelson Singh 5. Mangesh Kose 6. Nikhil Dhengre 7. Rahul Semwal 8. Richa Makhijani 9. Snehal Shinde	1. Bhukya Venkanna Naik
7	IIT Bhagalpur, Bihar	Chandan Kumar Jha Chetan Barde Dheeraj Kumar Sinha Om Prakash Singh Pankaj Kumar Tiwari Prakash Ranjan Sateeshkumar Kanakannavar Sunil Kumar Singh Suraj Ujjwal Biswas	1. Chetan Barde 2. Dheeraj Kumar Sinha 3. Sateeshkumar Kanakannavar	1. Chandan Kumar Jha 2. Om Prakash Singh 3. Pankaj Kumar Tiwari 4. Prakash Ranjan 5. Sunil Kumar Singh 6. Suraj 7. Ujjwal Biswas
8	IIT Agartala/NIT Agartala	Bibhab Kumar Lodh Debjyoti Debnath Hrijuta Datta Jayasree Chakraborty Litan Bhaumik Manas Roy Maraju Suman Kalyan Moutoshi Singha Roy P. Padmagirisan Prakas Kumar Sahu Priyanka Roy Goswami	1. Bibhab Kumar Lodh 2. Debjyoti Debnath 3. Hrijuta Datta 4. Litan Bhaumik 5. Manas Roy 6. Maraju Suman Kalyan 7. Moutoshi Singha Roy 8. P. Padmagirisan 9. Prakas Kumar Sahu	1. Jayasree Chakraborty 2. Priyanka Roy Goswami
9	NIT Sikkim	Anil Lal S Anirban Banik Anjan Kumar Ray Bam Bahadul Sinha Debajit Saha Joy Pal Pratyay Kuila Varun Gupta	1. Anirban Banik 2. Anjan Kumar Ray 3. Bam Bahadul Sinha 4. Debajit Saha 5. Pratyay Kuila 6. Varun Gupta	1. Anil Lal S 2. Joy Pal

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Vishal Vishnoi Vivek Kumar	7. Vishal Vishnoi 8. Vivek Kumar	
10	IIM Jammu	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
11	IIM Mumbai	Ajaya Kumar Panda Garima Goyal Hema Diwan Jasashwi Mandal M S Mahapatra M Venkateshwarlu Nikhil Garg Nikhil K Mehta Ruchita Gupta Shankar Murthy Veepan Kumar Prof. Utpal Chattopadhyay Prof. Rauf Iqbal	1. Garima Goyal 2. Hema Diwan 3. Jasashwi Mandal 4. M S Mahapatra 5. M Venkateshwarlu 6. Nikhil Ghag 7. Nikhil K Mehta 8. Ruchita Gupta 9. Shankar Murthy 10. Veepan Kumar 11. Prof. Utpal Chattopadhyay 12. Prof. Rauf Iqbal	1. Ajaya Kumar Panda
12	Unidentified		1. Paul 2. Prama	

#### Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from NIEPA	<ol style="list-style-type: none"> <li>1. Mr. Devendra Kumar Sharma, Dept. of Higher Education, Ministry of Education</li> <li>2. Prof. Kumar Suresh, National Institute of Educational Planning and Administration (NIEPA)</li> <li>3. Dr. Jitendra Nagpal, Senior Psychiatrist &amp; Program Director, Expressions India</li> <li>4. Ms Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health and Wellbeing, Expressions India</li> <li>5. Prof. Naved Iqbal, Jamia Milia Islamia</li> <li>6. Mr. A. N. Reddy, National Institute of Educational Planning and Administration (NIEPA)</li> <li>7. Richa Shrivastava, Consultant, MMTTP, Ministry of Education</li> </ol>