

Record of Discussion of Online Session on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing' held on 22.01.2025 at 10:00 AM.

1. The Department of Higher Education, Ministry of Education held an online session on 22.01.2025, 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. This was the 17th online session. A total of 41 participants (31 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 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 for the session:

- ❖ Ms. Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health, and Wellbeing, Expressions India
- ❖ Dr. Neeraj Kumar, Faculty in-charge, Sunshine Counselling Cell, IIT Hyderabad

❖ Dr. Somnath Maji, Former faculty in-charge, Sunshine Counselling Cell, IIT Hyderabad

6. The session began with a discussion on the challenges faced by students in higher education, including cultural differences, parental pressure, and the importance of promoting self-reliance. Participants emphasized the need for strategies to help students cope with academic and emotional stresses while navigating complex social environments.

7. Ms. Geeta Mehrotra conducted an interactive activity in which participants reflected on their priorities and personal values, illustrating the diversity of opinions among students. This activity also highlighted the significance of developing critical thinking skills and setting personal priorities.

8. The concept of happiness was discussed, emphasizing its internal nature. Participants agreed that happiness stems from within, and individuals should not rely on external sources for their wellbeing. This discussion aligned with the broader focus of promoting emotional resilience and independence among students.

9. A key topic of conversation centred around the impact of parental pressure on students' mental health. It was agreed that while parental support is important, excessive academic pressure can hinder students' engagement and overall wellbeing. Participants proposed regular counselling sessions for both students and parents, along with workshops that involve grandparents, to address societal pressures and promote positive self-esteem.

10. The meeting also highlighted the role of life skills in building resilience and wellbeing. Skills such as coping with emotions, self-awareness, communication, and problem-solving were identified as essential for student development. The session underscored the importance of experiential learning and group activities to enhance these life skills.

11. Dr. Neeraj Kumar and Dr. Somnath Maji, current and former faculty in-charge respectively shared insights from their work at the Sunshine Counselling Cell at IIT Hyderabad. Dr. Neeraj provided an overview of the cell's structure, activities, and student engagement programmes, including the Mentorship Programme for incoming undergraduates and the Buddy Programme for peer support. He also highlighted the Cell's initiatives such as art and clay therapy sessions, suicide prevention training, and mental health awareness events like the Mental Health Week and Happiness Carnival.

12. Dr. Neeraj also discussed the Sunshine app, which facilitates communication between students and the counselling team, mentors, and buddies. The app allows students to access support and resources easily, promoting a holistic approach to student wellbeing.

13. The Sunshine Counselling Cell's collaboration with the Ministry of Education to organise the National Wellbeing Conclave 2024 was also highlighted. The conclave brought together over 350 stakeholders from nearly 100 centrally funded institutions to discuss strategies and share best practices for promoting mental wellbeing on campuses.

14. The session concluded with a discussion on the importance of resilience - the ability to bounce back from setbacks. Participants emphasised that developing resilience is crucial for students to manage the ups and downs of academic and personal life. They agreed that regular interactions and activities aimed at fostering self-reliance and emotional intelligence should be incorporated into university programmes.

15. The session ended with a vote of thanks, recognising the contributions of the resource persons and participants in promoting mental health, resilience, and wellbeing across higher education institutions.

Annexure

List of Attendees

Faculty Members

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
1	Central University of Gujarat	Gajendra J. P. Singh Preeti Sharma Pushpa Devi Rakesh Rai Sarita Agarwal Shilpa Papat Sonal Sharma Sourabh Kumar Sudhansu Chaubey	1. Gajendra 2. J. P. Singh 3. Preeti Sharma 4. Pushpa Devi 5. Sarita Agarwal 6. Shilpa Papat 7. Sonal Sharma 8. Sourabh Kumar 9. Sudhansu Chaubey	1. Rakesh Rai
2	Central University of Jharkhand	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
3	National Institute of Advanced Manufacturing Technology (NIAMT), Ranchi	Banshidhara Mallik E Hemachandran MG Danish Niranjan Kumar Singh Ravinder Pal Singh Sambit Kumar Parida Subhankar Basu Sumbul Rahman Sumit Raj Sunny Singhanian Vaishali Sushil Poddar	1. E Hemachandran 2. MG Danish 3. Subhankar Basu 4. Sumbul Rahman 5. Vaishali Sushil Poddar	1. Banshidhara Mallik 2. Niranjan Kumar Singh 3. Ravinder Pal Singh 4. Sambit Kumar Parida 5. Sumit Raj 6. Sunny Singhanian
4	IIIT Sri City	Abhishek Hazra Bulla Rajesh Karthick Sutradhar Krishnaswamy Narendra Singh Yadav Neha Agrawal P Viswanath	1. Abhishek Hazra 2. Karthick Sutradhar 3. Vinay Kumar	1. Bulla Rajesh 2. Krishnaswamy 3. Narendra Singh Yadav 4. Neha Agrawal 5. P Viswanath 6. Rajeev Kumar 7. S Manipriya 8. Selvi

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Rajeev Kumar S Manipriya Selvi Vinay Kumar		
5	National Institute of Technology, Arunachal Pradesh	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
6	National Institute of Technology, Arunachal Pradesh	Jayakesh K Jumrik Taipodia Kartick Mondal M M Singh Manjula Das Ghatak Preetisudha Meher Ralli Sangno Swarnendu Kumar Chakraborty Utpal Kumar Saha Yang Saring	1. Kartick Mondal 2. M M Singh 3. Manjula Das Ghatak 4. Utpal Kumar Saha 5. Yang Saring	1. Jayakesh K 2. Jumrik Taipodia 3. Preetisudha Meher 4. Ralli Sangno 5. Swarnendu Kumar Chakraborty
7	IIT Kharagpur	Abhishek Ghosh Dastidar Ambatipudi Mani Kalyani Anirban Dhar Atreyee Kundu Biswajit Bharat Deepak Reddy	1. Ambatipudi Mani Kalyani 2. Anirban Dhar 3. Puneet Kumar Patra 4. Venkata Naga Vamsi Munagala	1. Abhishek Ghosh Dastidar 2. Atreyee Kundu 3. Biswajit Bharat 4. Deepak Reddy Pullaguram 5. Prashant Kumar 6. Shambhu Sau

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Pullaguram Prashant Kumar Puneet Kumar Patra Shanbhu Sau Venkata Naga Vamsi Munagala		
8	IIT Delhi	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
9	IIM Ahmedabad	Kirti Sharda	1. Kirti Sharda	None
10	IIM Indore	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
11	IISER Mohali	Adrene Freeda D'cruz Amit Kulshreshtha Dipanjan Chakraborty Kavita Dorai Krishnendu Gongopadhyay Parth R. Chauhan Sabyasachi Rakshit Santhosh K Pamula Subhabrata Maiti Ujjal K Gautam Yogesh Singh Vishal Bhardwaj	1. Amit Kulshreshtha 2. Dipanjan Chakraborty 3. Sabyashachi Rakshit 4. Vishal Bhardwaj	1. Adrene Freeda D'cruz 2. Kavita Dorai 3. Krishnendu Gongopadhyay 4. Parth R. Chauhan 5. Santhosh K Pamula 6. Subhabrata Maiti 7. Ujjal K Gautam 8. Yogesh Singh
12	IISc Bangalore	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
13	Unidentified	Avishek Chatterjee	1. Avishek Chatterjee	

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Bhargav Jumrik Arvind Kumar Shakya	2. Bhargav 3. Jumrik 4. Arvind Kumar Shakya	

Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from NIEPA	<ol style="list-style-type: none"> 1. Mr. Devendra Kumar Sharma, Dept. of Higher Education, Ministry of Education 2. Prof. Kumar Suresh, National Institute of Educational Planning and Administration (NIEPA) 3. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India 4. Ms Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health and Wellbeing, Expressions India 5. Dr. Neeraj Kumar, IIT Hyderabad 6. Prof. Somnath Maji, IIT Hyderabad 7. Ms. Marria Morris, IIT Hyderabad 8. Ms. Yukti Rastogi, IIT Hyderabad 9. Shri Phani Bhushan, IIT Hyderabad 10. Ms Richa Shrivastava, Consultant, MMTTP, Ministry of Education