

**Record of Discussion of Online Session on 'Capacity Building for Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions' held on 12.02.2025 at 10:00 AM**

1. The Department of Higher Education, Ministry of Education held an online session on 12.02.2025, 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 19<sup>th</sup> online session. A total of 58 participants (49 nominated faculty members) attended the session. **The list of participants is attached in the annexure.**

4. The session was formally opened by Prof. N. K. Mohanty, who welcomed all participants and explained the role of NIEPA in coordinating this capacity building program. Prof. Mohanty highlighted that the session was part of a broader integrated approach to enhancing the mental health and wellbeing of students and staff in HEIs. He invited Mr. D. K. Sharma to chair the session.

5. Mr. D. K. Sharma, Director, Higher Education, explained the session's alignment with the objectives of the National Education Policy (NEP) 2020, which calls for motivated, energised and capable faculty in higher education. He emphasized that the purpose of this capacity building initiative was to encourage faculty to become co-collaborators with the government in promoting mental health and creating supportive environments in HEIs. Mr. Sharma further elaborated that these online sessions serve as a platform for faculty to share their experiences and best practices, which will then be disseminated across campuses to support mental health initiatives.

6. Following the welcome address, Mr. Sharma introduced the resource persons for the session:

- ❖ **Dr. Jitendra Nagpal**, Senior Psychiatrist & Programme Director, Expressions India
- ❖ **Ms. Geeta Mehrotra**, Faculty, University and School Life Skills, Mental Health and Wellbeing, Expressions India
- ❖ **Prof. Vikas Choudhary**, Professor of Psychology, NIT Kurukshetra

7. Dr. Nagpal began by referencing the National Curriculum Framework (NCF) 2005 and the NEP 2020, both advocating for a holistic approach to education. He questioned whether the focus on campus culture and institutional rankings had sufficiently addressed the mental health of campus communities, particularly students. He presented alarming statistics, noting that India, with nearly 600 million students in the 18-29 age groups, contributes significantly to the global burden of mental health issues. India accounts for 18% of the global burden of depressive disorders and 15% of anxiety disorders.

8. Dr. Nagpal emphasized the role of faculty members as first responders to mental health concerns. He stressed that faculty are key in creating supportive environments where students feel safe to discuss their mental health. He encouraged faculty to become active participants in fostering an environment that nurtures the holistic development of students.

9. Faculty members engaged in a discussion on the topic. Dr. Sindhu Poudyal from Tripura University noted that promoting positive mental health must come from an intrinsic interest. Dr. Shachi Mathur from IIT Delhi discussed the issue of student burnout, particularly during the initial stages of entering HEIs after years of competitive exam pressures. She proposed that HEIs should offer extracurricular activities to help ease the burden on students.

10. Prof. Madhulika Gupta from IIT (ISM) Dhanbad raised the concern that faculty and hostel wardens often only become aware of mental health issues when the situation has escalated. She emphasized the inhibition students and their families have in seeking help. Dr. Rakshak from Tripura University added that it is challenging to assess the emotional maturity of older students, especially at the master's or doctoral levels, as they often mask their emotions.

11. Ms. Geeta Mehrotra led the participants through a series of interactive activities designed to highlight the importance of creativity and self-expression in promoting mental health. 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.

12. Ms. Mehrotra discussed the concept of adaptive life skills, which may be lacking in young people, and explained how these skills could be cultivated. She identified key life skills such as emotional regulation, self-awareness, empathy, communication, problem-solving, and critical thinking as essential tools for promoting psychosocial competence.

13. She demonstrated how life skills, when complemented by ethical grounding, can empower individuals to handle life's challenges. Through a role play, Ms. Mehrotra illustrated the importance of empathy in resolving conflicts and managing difficult situations, such as disagreements between hostel wardens, mess managers, and students. The session concluded with an emphasis on resilience building, the importance of positive mindsets, and the adaptability required for effective problem-solving. She stressed that culturally sensitive approaches and holistic solutions are crucial for maintaining student wellbeing.

14. Prof. Vikas Choudhary shared insights on fostering a culture of wellbeing within HEIs. He highlighted the best practices implemented at NIT Kurukshetra, including the introduction of value-added courses, the establishment of a Thought Lab, and the creation of a Center of Excellence for Holistic Personality Development.

15. The Thought Lab at NIT Kurukshetra aims to train students in cultivating positive and creative thoughts, which can empower them to contribute meaningfully to society. Prof. Choudhary also discussed the inclusion of philosophy and spiritual scriptures in the curriculum as part of a broader effort to nurture holistic development.

16. The Center of Excellence for Holistic Personality Development at NIT Kurukshetra provides multidisciplinary education designed to enhance students' mental wellbeing and foster unity and integrity in knowledge. Prof. Choudhary also stressed the importance of family involvement in education, helping to create a compassionate learning environment.

17. The session concluded with an acknowledgment of the challenges faced by faculty in promoting mental health and wellbeing on campus. Participants were encouraged to implement the strategies discussed and integrate mental health initiatives into their academic and extracurricular practices.

**Annexure**

**List of Attendees**  
**Faculty Members**

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
1	Tripura University	Anjana Kalai Jyotshana Rani Khundrakpam Mithu Anjali Gayan Paramasree Dasgupta R Jyoti Rakshak Kumar Ruma Das Rupak Datta Sindhu Poudyal Subir Kumar Sen Tinku De (Gope)	1. Anjana Kalai 2. Jyotshana Rani Khundrakpam 3. Mithu Anjali Gayan 4. Paramasree Dasgupta 5. R Jyoti 6. Rakshak Kumar 7. Ruma Das 8. Rupak Datta 9. Sindhu Poudyal 10. Subir Kumar Sen 11.	1. Tinku De (Gope)
2	Guru Ghasidas Vishwavidyala ya	Agnivesh Panday Ganesh P Shukla Manorama Nipun Mishra Payal Banerjee Presenjit Panda Praveena Rajpoot Raghvendra Thakur Rajeshwari Garg Shailendra Kumar Shweta Singh	1. Agnivesh Panday 2. Ganesh P Shukla 3. Manorama 4. Nipum Mishra 5. Payal Banerjee 6. Prasenjit Panda 7. Praveena Rajpoot 8. Raghvendra Thakur 9. Rajeshwari Garg 10. Shweta Singh	1. Shailendra Kumar
3	IIT (ISM) Dhanbad	Ashok Kumar K Priya Ajit L. A. Kumaraswamidhas L D N V V Konda Madhulika Gupta Nabakumar Jana Neetish Kumar Maurya Prashant Kumar Sharma	1. K. Priya Ajit 2. Madhulika Gupta	1. Ashok Kumar 2. L. A. Kumaraswamid has 3. L D N V V Konda 4. Nabakumar Jana 5. Neetish Kumar Maurya 6. Prashant Kumar

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Tarun Kumar Naiya Udita Bansal Vishwas N Khatri		Sharma 7. Tarun Kumar Naiya 8. Udita Bansal 9. Vishwas N Khatri
4	IIT Mandi	Amit Prasad Aniruddha Chakraborty Arnav Bhavsar Chayan Nandi Pushpendra Singh Ramajayam Govindaraji Rohit Saluja Shubhjit Roy Chowdhury Tushar Jain Varun Dutt Venkatesh Hanumant Rao Geeta Rani	1. Amit Prasad 2. Arnav Bhavsar 3. Shubhjit Roy Chowdhury 4. Tushar Jain 5. Varun Dutt 6. Venkatesh Hanumant Rao 7. Geeta Rani	1. Aniruddha Chakraborty 2. Chayan Nandi 3. Pushpendra Singh 4. Ramajayam Govindaraji 5. Rohit Saluja
5	IIT Delhi	Kaushik Mukherjee Shachi Mathur Sreedevi Upadhyayula	1. Kaushik Mukherjee 2. Shachi Mathur	1. Sreedevi Upadhyayula
6	IIIT Bhopal	Amit Gupta Amit Kumar Nandanwar Awanish Kumar Tiwari Chandrabhan Patel Deepa Sharma Kamlesh Kumar Chauhan Neeraj Kumar Prince Kumar Singh Sameer Kumar Shalini Stalin Supriya Aggarwal	1. Amit Gupta 2. Amit Kumar Nandanwar 3. Awanish Kumar Tiwari 4. Chandrabhan Patel 5. Deepa Sharma 6. Kamlesh Kumar Chauhan 7. Shalini Stalin 8. Supriya Aggarwal	1. Neeraj Kumar 2. Prince Kumar Singh 3. Sameer Kumar
7	IIT Pune	Chandrakant Narayan Guled Dheeraj Dubey Dipen Bepari Habla Basumatary Jatin Majithia Kaptan Singh	1. Dheeraj Dubey 2. Habla Basumatary 3. Jatin Majithia 4. Kaptan Singh 5. Mahendra Pratap Yadav	1. Chandrakant Narayan Guled 2. Dipen Bepari 3. Shubham Shukla

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Mahendra Pratap Yadav Nagendra Kushwaha Shivangi Shukla Shubham Shukla Sumit Kumar Gupta	6. Nagendra Kushwaha 7. Shivangi Shukla 8. Sumit Kumar Gupta	
8	IIM Amritsar	1. Neeti Ingole 2. Pankaj Gupta 3. Tarit Kumar Mondal	1. Neeti Ingole 2. Pankaj Gupta 3. Tarit Kumar Mondal	None
9	Central University of Jharkhand	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
10	Nagaland University	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
11	IIIT Kalyani	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
12	School of Planning and Architecture, Bhopal	No Faculty Nominated	No Faculty Nominated	No Faculty Nominated
13	Unidentified		1. RGGV 2. IKSMHA	

#### Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from NIEPA	1. Dr. N. K. Mohanty, National Institute of Educational Planning and Administration (NIEPA) 2. Mr. Devendra Kumar Sharma, Dept. of Higher Education, Ministry of Education 3. Mr. Ramesh Kumar Sharma, Dept. of Higher Education, Ministry of Education 4. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India 5. Ms Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health and Wellbeing, Expressions India 6. Prof. Vikas Choudhary, NIT Kurukshetra 7. Richa Shrivastava, Consultant, MMTP, Ministry of Education