

Record of Discussion of Online Session on 'Capacity Building for Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions' held on 26.03.2025 at 10:00 AM

1. An online session was organised for the nominated faculty members of identified Higher Education Institutions (HEIs) on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing' on 26.03.2025 from 10:00 AM.
2. This initiative is part of a broader integrated approach launched on 01.05.2024, by the Department of Higher Education, Ministry of Education, aimed at regularly developing faculty capacity to foster positive mental health and resilience among students. The programme is designed to provide continuous training to faculty members, helping them adopt and share best practices in supporting student wellbeing.
3. The modality of the online capacity building programme includes 2 sessions per month with 10 participants for each session from the identified set of HEIs starting from the month of May 2024. For the month of March 2025, one session was planned on 26.03.2025. A total of 74 participants (69 nominated faculty members from 11 centrally funded institutions) attended the session. **The list of participants is attached in the annexure.**
4. The session began with a welcome address by Mr. D. K. Sharma, Director, Higher Education, who introduced the goals and objectives of this capacity building programme. Mr. Sharma highlighted the growing importance of student support in the overall higher education ecosystem, as laid out by the National Education Policy (NEP) 2020. He emphasised that student support goes beyond just physical infrastructure and should also involve creating a holistic environment that nurtures students' academic, intellectual, physical, psychological, and overall wellbeing. This comprehensive support framework is essential to ensure that students develop to their full potential in all aspects of their lives.
5. Mr. Sharma also touched upon the issue of mental health across society, noting that this issue has gained increasing prominence in recent years. He referred to the Economic Survey of India (2023-24 and 2024-25), which has highlighted the growing need for corrective measures to tackle mental health issues at a national level. He underscored that mental health concerns must be addressed before they become an epidemic. Mr. Sharma provided an update on the progress on the capacity building programme to date.
6. Additionally, he referred to the Supreme Court's formation of a National Task Force to tackle the issue of mental health in higher education. This Task Force, which includes prominent members from various governmental departments, aims to create a comprehensive report that identifies causes of mental health issues, analyses current regulations, and makes recommendations to strengthen mental health support systems in HEIs.
9. Mr. Sharma introduced the resource persons for the session, who would be leading the discussion and activities of the day:
 - ❖ Dr Jitendra Nagpal, Sr. Psychiatrist & Programme Director, Expressions India
 - ❖ Ms. Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health, and Wellbeing, Expressions India
 - ❖ Prof. Vikas Choudhary, NIT Kurukshetra

10. Dr. Jitendra Nagpal opened his talk by emphasising the need to create a dialogue on mental health within the campus community. He stressed that HEI campuses should be made mental health-friendly and supportive for all members of the community – students, faculty, and staff. He highlighted the importance of creating a harmonious campus environment that is conducive to both academic achievement and mental wellbeing.

11. Dr. Nagpal also pointed out the urgency of supporting India's demographic dividend, with 400 million young people projected to be between the ages of 18-29 in the coming years. He warned that without adequate mental health support, this group could face a mental health crisis. Referring to the NEP 2020, he linked its vision of holistic development – which includes academic, emotional, and physical growth – with the need for comprehensive student support systems in HEIs. Dr. Nagpal called for universities to take on the responsibility of bridging the gap between school life and university life, ensuring students transition smoothly into adulthood with adequate mental health support.

12. Ms. Geeta Mehrotra led participants through a series of interactive activities that emphasised the role of creativity and self-expression in promoting mental health. One of the activities, "Puns upon a Time", involved participants creating humorous captions for meme templates. This activity showcased how creative, fun exercises can help students relax, bond with peers, and foster a light-hearted atmosphere. Ms. Mehrotra also introduced the concept of adaptive life skills, which are often lacking in young people, and explained how these skills can be developed. She outlined essential life skills such as emotional regulation, self-awareness, empathy, communication, problem-solving, and critical thinking, all of which are critical for promoting psychosocial competence.

13. Through a role-play exercise, Ms. Mehrotra demonstrated the significance of empathy in resolving conflicts and managing difficult situations, such as disagreements between hostel wardens, mess managers, and students. The session concluded with a focus on resilience building, the importance of fostering positive mindsets, and the need for adaptability in problem-solving. Ms. Mehrotra stressed the importance of culturally sensitive approaches and holistic solutions for ensuring student wellbeing in diverse environments.

14. Prof. Vikas Choudhary shared valuable insights into how HEIs can foster a culture of wellbeing on campus. Drawing from his experiences at NIT Kurukshetra, he highlighted several initiatives designed to promote mental health and holistic development, including the introduction of value-added courses, the establishment of a Thought Lab, and the creation of the Centre of Excellence for Holistic Personality Development.

15. The Thought Lab at NIT Kurukshetra aims to train students in cultivating positive and creative thinking, enabling them to contribute meaningfully to society. Prof. Choudhary also discussed the incorporation of philosophy and spiritual scriptures in the curriculum as part of a broader effort to promote holistic development among students. Additionally, he emphasised the importance of family involvement in the educational process, highlighting that a compassionate learning environment, with support from families, can greatly enhance student wellbeing and personal growth.

16. The session concluded with an acknowledgement of the challenges faculty face in promoting mental health and wellbeing on campus. Participants were encouraged to implement the diverse strategies and integrate mental health initiatives into both their academic and extracurricular practices. The importance of adopting a holistic, culturally

sensitive approach to student wellbeing was underscored as essential for creating supportive, thriving campus environments.

Annexure

List of Attendees
Faculty Members

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
1	Central University of Andhra Pradesh	Chelli Kavya Dipankar Dey L. Priyadharshini M. S. R. Anjaneyulu Parimala G Kamatar Ragini Gupta Raju Chelle Rohini Shivananda Sana Fatima Shema Abraham V. Srinivas Rao	1. Chelli Kavya 2. Dipankar Dey 3. L. Priyadharshini 4. M. S. R. Anjaneyulu 5. Parimala G Kamatar 6. Ragini Gupta 7. Sana Fatima 8. Shema Abraham 9. V. Srinivas Rao	1. Raju Chelle 2. Rohini Shivananda
2	Central University of Jharkhand	Arpana Raj Birendra Bharti Kalsang Wangmo Nirmali Bordoloi Pratibha Warwade Pushpendra Kumar Rachit Kumar Ranjit Kumar Shamsher Alam Shashi Kumar Mishra Sudhanshu Shekhar	1. Arpana Raj 2. Birendra Bharti 3. Kalsang Wangmo 4. Nirmali Bordoloi 5. Pratibha Warwade 6. Rachit Kumar 7. Ranjit Kumar 8. Shashi Kumar Mishra 9. Sudhanshu Shekhar	1. Pushpendra Kumar 2. Shamsher Alam
3	NIT Nagaland	Amit Kumar Singh Arambam Neelima B. Shakila Dilwar Hussain Mazumder J. Arul Valan Jay Chandra Dhar Lithungo Murry M. Prakash Nagaraju Baydeti Nzanthung Ngullie	1. Amit Kumar Singh 2. Dilwar Hussain Mazumder	1. Arambam Neelima 2. B. Shakila 3. J. Arul Valan 4. Jay Chandra Dhar 5. Lithungo Murry 6. M. Prakash 7. Nagaraju Baydeti 8. Nzanthung Ngullie
4	IIT Delhi	Anita Roy	1. Krishna	1. Anita Roy

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Ankit Singhal Enakshi Nandi K. Mukherjee Naveen Kumar Singh Sahil Garg Sandeep Kumar Subir Dey Sujit Manna Tarak Karmakar Vivek G Nair		2. Ankit Singhal 3. Enakshi Nandi 4. K. Mukherjee 5. Naveen Kumar Singh 6. Sahil Garg 7. Sandeep Kumar 8. Subit Dey 9. Sujit Manna 10. Tarak Karmakar 11. Vivek G Nair
5	IIT Guwahati	Amaresh Dalal Anjan Kumar S Bidisha Som Nesmita Das Pallabita Barooah Chowdhury Poonam Kumari R. Ganesh Narayanan Rakesh Kakati Ravi K. Santabara Das Swarup Bag	1. Amaresh Dalal 2. Bidisha Som 3. Nesmita Das 4. Pallabita Barooah 5. Poonam Kumari 6. R. Ganesh Narayanan 7. Rakesh Kakati 8. Santabara Das	1. Anjan Kumar S 2. Ravi K. 3. Swarup Bag
6	IIT(ISM) Dhanbad	Ahmed Sameer Ashok Kumar Ashutosh Tripathy Niptika Jana Nitai Pal Piyali Sengupta Sabnam Basu Sayantan Ghosh Sukanta Halder Swaradeep Sahoo Tinesh Pathania	1. Ahmed Sameer 2. Nitai Pal 3. Sabnam Basu 4. Sukanta Halder 5. Tinesh Pathania	1. Ashok Kumar 2. Ashutosh Tripathy 3. Niptika Jana 4. Piyali Sengupta 5. Sayantan Ghosh 6. Swaradeep Sahoo
7	IIIT Bhagalpur, Bihar	Chandan Kumar Jha Om Prakash Singh Pankaj Kumar Tiwari Prakash Ranjan Sunil Kumar Singh Suraj Ujjwal Biswas		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	IIIT Kalyani	Bhaskar Biswas Dalia Nandi	1. Oishila Bandyopadhyay	1. Bhaskar Biswas 2. Dalia Nandi

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Imon Mukherjee Oishila Bandyopadhyay Pratik Chakraborty Rinky Sha Sanjoy Pratihar Sanjay Chatterji SK Hafizul Islam Uma Das	2. Uma Das 3. Director, Kalyani	3. Imon Mukherjee 4. Pratik Chakraborty 5. Rinky Sha 6. Sanjoy Pratihar 7. Sanjay Chatterji 8. SK Hafizul Islam
9	IIIT Sonapat	Ashish Ranjan Bhoopesh Singh Bhati Chanchal Kumar Diddi Kumara Swamy Gourav Jain Mukesh Maan Rajiv Verma Ramesh Saha Tayyab Khan Wakar Ahmad Zamir Ahmad Ansari	1. Ashish Ranjan 2. Bhoopesh Singh Bhati 3. Diddi Kumara Swamy 4. Gourav Jain 5. Mukesh Maan 6. Rajiv Verma 7. Ramesh Saha 8. Tayyab Khan 9. Wakar Ahmad	1. Chanchal Kumar 2. Zamir Ahmad Ansari
10	IIIT Raichur	Alka Dubacharla Gyaneshwar Jahnvi Tiwari Kiran Tiwari Nabin Kumar Meher Natesha B V Neha Agarwal Priodyuti Pradhan Priyanka Singh Ramesh Kumar Jallu	1. Jahnvi Tiwari 2. Kiran Reddy 3. Nabin Kumar Meher 4. Neha Agarwal 5. Priodyuti Pradhan 6. Ramesh Kumar Jallu 7. Dr. Gyaneshwar	1. Alka 2. Dubacharla Gyaneshwar 3. Natesha B V 4. Priyanka Singh
11	ABV-IIIT&M Gwalior	Anuraj Singh Anuwedita Singh Jeevaraj S Joydip Dhar Kapil Kant Prabir Barman Pragya Shukla Purnedu Mishra Rashmi Ranjan Bahera Tsering Tharagy Vinay Singh	1. Jeevaraj S 2. Joydip Dhar 3. Kapil Kant 4. Prabir Barman 5. Pragya Shukla 6. Purnedu Mishra 7. Rashmi Ranjan Behera 8. Tsering Tharagy 9. Vinay Singh 10. Director, ABV-	11. Anuraj Singh 12. Anuwedita Singh

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
			IITM-Gwalior	
12	IIM Tiruchirappalli	James Dominic Nimmi P. M. Pravin Tambe Priyesh Ramendra Pratap Singh S. Ajitha Shameem V. Gopal V. Vijaya Varun Mahajan	1. James Dominic 2. S. Ajitha 3. Varun Mahajan	1. Nimmi P. M. 2. Pravin Tambe 3. Priyesh 4. Ramendra Pratap Singh 5. Shameem 6. V. Gopal 7. V. Vijaya (Regretted due to prior engagement)
13	IISc Bangalore	Aksa Ajaz Anil Kumar Joshua Justin Jhonson Mala Kumari Manjusha P. A. Seethalakshmi Suja Elizabeth Vasanthan A. A. Vishwesha Guttal	1. Mala Kumari 2. Suja Elizabeth 3. Vasanthan A. A.	1. Aksa Ajaz 2. Anil Kumar 3. Joshua 4. Justin Jhonson 5. Manjusha P. A. 6. Seethalakshmi 7. Vishwesha Guttal

Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from NIEPA	1. Mr. Devendra Kumar Sharma, Dept. of Higher Education, Ministry of Education 2. Mr. Ramesh Kumar Sharma, Dept. of Higher Education, Ministry of Education 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. Prof. Vikas Choudhary, NIT Kurukshetra 6. Shrishti, National Institute of Educational Planning and Administration 7. Richa Shrivastava, Consultant, MMTTP, Ministry of Education