

## **Record of Discussion of Online Session on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing' held on 29.10.2024 at 10:00 AM.**

1. The Department of Higher Education, Ministry of Education held an online session on 29.10.2024, 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. For the month of October 2024, two sessions were planned; first on 14.10.2024 and second on 29.10.2024. For the session held on 29.10.2024, a total of 68 participants (62 nominated faculty members) attended the session. **The list of participants is attached in the annexure.**
4. The programme began with a welcome address by Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India. He explained that this workshop is part of the Ministry of Education's integrated approach to promoting positive mental health, resilience and wellbeing in HEIs and it is now being formalized under the Malaviya Mission Teacher Training Programme. He highlighted that these online sessions bring academia and experts from the field of mental health and wellbeing to mutually learn from each other and evolve an inclusive and enabling learning ecosystem for students in HEIs. In his address, he mentioned that mental health and wellbeing of the youth is one of the most prominent concerns of the contemporary era and that young people are valuable assets to the nation. Dr. Nagpal said that faculty play a crucial role in ensuring safe and secure learning spaces where self-esteem of the students is well protected to help them excel.
5. Dr. Nagpal also appraised the participants about the upcoming National Wellness Conclave 2024 hosted by IIT Hyderabad on 9<sup>th</sup> and 10<sup>th</sup> November 2024. This wellness conclave is envisaged as an annual event organized under the directions of the Ministry of Education. The goal with the conclave is to bring together higher education faculty to share knowledge and best practices in their institutions with regard to mental wellbeing on campus. The session was then handed over to Dr. Mona Sedwal, Assistant Professor, NIEPA for her opening remarks.
6. Dr. Sedwal welcomed the participants on behalf of NEIPA and the Ministry of Education. She emphasised the need to work collaboratively to advance the positive work on mental health in institutions of higher education. Dr. Sedwal also introduced the resource partners for the session.
7. The resource partners for this session were:

❖ 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. Shantanu Misra, Faculty Support, Counseling Center, IIT Kanpur

8. The session was then taken forward by Ms. Geeta Mehrotra. The participants actively connected by turning on their cameras and observing a peer's background, which they later discussed after changes were made to it. This exercise served as an icebreaker before delving into critical topics affecting young peoples' mental health. Ms. Mehrotra highlighted various life stressors such as academic pressure, body-image concerns, and feelings of inadequacy, linking these issues to deeper problems like fear of failure, low self-esteem, and anxiety. Through interactive discussions, participants shared their understanding of depression and identified its warning signs, fostering a supportive dialogue.

9. The session also addressed the stigma surrounding mental health that often prevents students from speaking up about their struggles. Ms. Mehrotra emphasised the importance of mental wellbeing not only for students but also for faculty in HEIs. She advocated for strong support systems, including faculty and peer support, and underscored the necessity of practicing empathy and advocacy at all levels to create a more open and supportive environment for young people facing mental health challenges.

10. Prof. Santanu Misra, Faculty support, Counselling Centre, IIT Kanpur, was invited as a resource person to share his insights on IIT Kanpur's Wellness and Counselling Centre as an exemplar. He informed the participants that IIT Kanpur's counselling and wellness centre is the oldest in any HEI in India. He quoted the institution's policy: Recognize, Respond, Refer. He then explained various indicators of mental health and wellbeing, including safety risk indicators, academic indicators, physical indicators, and psychological indicators. He elaborated on the triggers and social factors that affect the mental health and well-being of students.

11. Further, he discussed the accessibility and role of the centre, highlighting the following features:

- ❖ 24×7 on-call duty apart from regular office hours
- ❖ Appointments available via website, email, walk-ins, and referrals
- ❖ Modes of support include regular sessions, single sessions, group therapy, and relaxation
- ❖ The centre helps students grappling with academic, psychological, social, and behavioural challenges
- ❖ Student Benevolence Fund to extend financial support to regular and registered students
- ❖ Academic remedial classes and a mentor-mentee culture
- ❖ PG & UG orientation programs and parents' orientations
- ❖ Sensitization workshops about wellness

12. With closing remarks by Dr. Nagpal and Dr. Sedwal, the session ended with a vote of thanks.

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

<b>S. No.</b>	<b>Name of the Institution</b>	<b>Nominated Faculty Members</b>	<b>Attendees</b>	<b>Absentees</b>
1	Hemvati Nandan Bahuguna Garhwal University	Dr. Rakesh Singh Negi Dr. Anuja Rawat Dr. Rajni Nautiyal Dr. Chintaharan Betal Dr. Kiran Verma Dr. Kapil Dev Panwar Dr. Nitesh Kumar Baunthiyal Dr. Tsering Dolkar Khampa Dr. Koshal Kumar Dr. Surendra Puri	1. Dr. Rakesh Singh Negi 2. Dr. Anuja Rawat 3. Dr. Rajni Nautiyal 4. Dr. Chintaharan Betal 5. Dr. Kapil Dev Panwar 6. Dr. Nitesh Kumar Baunthiyal 7. Dr. Tsering Dolkar Khampa 8. Dr. Koshal Kumar 9. Dr. Surendra Puri	1. Dr. Kiran Verma
2	Jawaharlal Nehru University	Dr. Nemthianngai Guite Dr. Ganga Sahay Meena Dr. Sandesha Rayapa Prof. Sigamani Paneer Prof. Arvind Kumar Dr. Garima Dalal Dr. Saraswati Kerketta Dr. Priya Gupta Dr. Sakshi Sharma Dr. Lokesh Jindal Dr. Lovey Srivastava	1. Dr. Nemthianngai Guite 2. Dr. Sandesha Rayapa 3. Prof. Sigamani Paneer 4. Prof. Arvind Kumar 5. Dr. Garima Dalal 6. Dr. Saraswati Kerketta 7. Dr. Lokesh Jindal 8. Dr. Lovey	1. Dr. Ganga Sahay Meena 2. Dr. Priya Gupta 3. Dr. Sakshi Sharma

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
			Srivastava	
3	IIIT Kottayam, Kerala	Mrs. Renjitha T R Dr. Balasubramanian Dr. Dhakshayani J Mrs. Krishnendhu S P Ms. Jeena Thomas Dr. Fasila K A Dr. Renu Many Daniel Mr. Akarsh K Nair Dr. Sara Ren Sushitha Susan Joseph Sreelakshmi I J	1. Mrs. Renjitha T R 2. Dr. Dhakshayani J 3. Mrs. Krishnendhu S P 4. Ms. Jeena Thomas 5. Dr. Fasila K A 6. Dr. Renu Many Daniel 7. Dr. Sara Ren 8. Sushitha Susan Joseph	1. Mr. Akarsh Nair 2. Dr. Balasubramani am 3. Ms. Sreelakshmi I J
4	IIIT Senapati, Manipur	Dr. N Kishorjit Singh Dr. Nagesh Ch Dr. Pradipkanti Devi Lairenjam Dr. Manas H Dr. Rajshree Rajkumari Dr. Khoirom Motilal Singh Dr. Ngasepam Monica Devi Dr. Akoijam Malemnganbi Dr. Pragnya Das Mrs. Kanchana Katta Mrs. Salam Manorama Devi	1. Dr. N Kishorjit Singh 2. Dr. Nagesh Ch 3. Dr. Pradipkanti Devi Lairenjam 4. Dr. Manas H 5. Dr. Rajshree Rajkumari 6. Dr. Khoirom Motilal Singh 7. Dr. Ngasepam Monica Devi 8. Dr. Akoijam Malemnganbi 9. Dr. Pragnya Das 10. Mrs. Kanchana Katta 11. Mrs. Salam Manorama Devi	None
4	IIIT Kota,	Dr. Ajay Nehra	1. Dr. Ajay Nehra	1. Dr. Amit Kumar

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
	Rajasthan	Dr. Amit Kumar Dr. Amit Kumar Garg Dr. Anand Agarwal Dr. Ashok Kumar Kherodia Dr. Chetna Sharma Dr. Gyan Singh Yadav Dr. Isha Pathak Tripathi Dr. Parikshit Singh Dr. Vinita Tiwari Dr. Radhika Sharma	2. Dr. Amit Kumar 3. Dr. Gyan Singh Yadav 4. Dr. Parikshit Singh	Garg 2. Dr. Anand Agarwal 3. Dr. Ashok Kumar Kherodia 4. Dr. Chetna Sharma 5. Dr. Isha Pathak Tripathi 6. Dr. Radhika Sharma 7. Dr. Vinita Tripathi
5	Dr. B. R. Ambedkar National Institute of Technology, Jalandhar	Dr. Neetu Sood Dr. Kanish Kapoor Dr. Anee Mohanty Dr. Anjireddy Bhavanam Dr. Suneel Dutt Dr. Jaspal Kaur Saini Dr. Richa Sharma Dr. Shveta Mahajan Dr. Zunjarrai Bapuso Kamble Dr. Nisha Chaurasia Dr. Yaisna Rajkumari	1. Dr. Neetu Sood 2. Dr. Anee Mohanty 3. Dr. Anjireddy Bhavanam 4. Dr. Suneel Dutt 5. Dr. Jaspal Kaur Saini 6. Dr. Richa Sharma 7. Dr. Yaisna Rajkumari	1. Dr. Kanishk Kapoor 2. Dr. Nisha Chaurasia 3. Dr. Shveta Mahajan 4. Dr. Zunjarrai Bapuso Kamble
6	National Institute of Technology, Arunachal Pradesh	Dr. M M Singh Dr. Utpal Kumar Saha Dr. Ralli Sangno Dr. Jayakesh K Dr. Kartick Mandol Dr. Preetisudha Meher Dr. Koj Sambyo Dr. Manjula Das Ghatak Dr. Brajgopal Datta Dr. Nabam Rich	None	1. Dr. M M Singh 2. Dr. Utpal Kumar Saha 3. Dr. Ralli Sangno 4. Dr. Jayakesh K 5. Dr. Kartick Mandol 6. Dr. Preetisudha Meher 7. Dr. Koj Sambyo 8. Dr. Manjula Das Ghatak 9. Dr. Brajgopal Datta

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
				10. Dr. Nabam Rich
7	Malaviya National Institute of Technology, Jaipur	Dr. Ritika Mahajan Dr. Hemant Kumar Meena Dr. Shridev Devji Dr. Sandipan Karmarkar Ms. Kiran Rathore Ms. Muskan Mathur Mr. Somen Kumar Bhakat Mr. Priyanshu Kumar Jha Ms. Priyanka Kumari Ms. Aditi Ms. Taniya Soni	1. Dr. Ritika Mahajan 2. Dr. Sandipan Karmarkar	1. Dr. Hemant Kumar Meena 2. Dr. Shridev Devji 3. Ms. Kiran Rathore 4. Ms. Muskan 5. Mr. Somen Kumar Bhakat 6. Mr. Priyanshu Kumar Jha 7. Ms. Priyanka Kumari 8. Ms. Aditi 9. Ms. Taniya Soni
8	IIT Indore	Dr. Sourav Chandra Dr. Vijay Kumar Sohani Dr. Satyanarayan Patel Dr. Lokesh Basavarajappa Dr. Vijai Laxmi Dr. Hitendra Kumar Dr. Venkata Sai Sasank Mouli Gali Dr. Onkar Sharad Game Dr. Naresh Kumar Dr. Subhra Mazumdar Dr. Deepika Bollimpalli	1. Dr. Sourav Chandra 2. Dr. Vijay Kumar Sohani 3. Dr. Satyanarayan Patel 4. Dr. Lokesh Basavarajappa 5. Dr. Subhra Mazumdar	1. Deepika Bollimpalli 2. Dr. Hitendra Kumar 3. Dr. Naresh Kumar Kumawat 4. Dr. Onkar Sharad Game 5. Dr. Venkata Sai Sasank Mouli Gali 6. Dr. Vijai Laxmi
9	IIM Raipur	Prof. Kamal K Jain Prakriti Soral Munmun Goswami Damini Saini P Jithin Rahul B Hiremath Shadab Danish Jagannath MVK	1. Prakriti Soral 2. Munmun Goswami 3. Damini Saini 4. P Jithin 5. Rahul B Hiremath 6. Shadab Danish	1. Prof. Kamal K Jain 2. Dr. Abhijit Barman

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Abhijit Barman	7. Jagannath MVK 8. Prof. Pradyumna Dash	

#### Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from UGC & NIEPA	<ol style="list-style-type: none"> <li>1. Sh. Ramesh Kumar Sharma, Under Secretary, Dept of Higher Education, MoE</li> <li>2. Dr. Jitendra Nagpal, Senior Psychiatrist &amp; Program Director, Expressions India</li> <li>3. Ms Geeta Mehrotra, Faculty, University and School Life Skills, Mental Health and Wellbeing, Expressions India</li> <li>4. Dr. Santanu Misra, Faculty support, Counselling Centre, IIT Kanpur</li> <li>5. Dr. Mona Sedwal, Assistant Professor, NIEPA</li> <li>6. Richa Shrivastava, Consultant, MMTTP, MoE</li> </ol>