

Record of Discussion of Online Session on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing' held on 20.08.2024 at 10:00 AM.

An online session was organized for the nominated faculty members of identified Higher Education Institutions (HEIs) on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing' on 20.08.2024 from 10.00 AM.

2. Capacity Building on Promoting Positive Mental Health, Resilience and Wellbeing has been conceptualized by the Department of Higher Education, Ministry of Education as one of the initiatives under the Integrated Approach to Promoting Positive Mental Health, Resilience and Wellbeing in HEIs, which was launched on 01.05.2024 to implement different initiatives designed. The program has been envisaged to regularly develop capacity of the faculty members of the HEIs and to adopt & disseminate practices that help in promoting positive mental health and wellbeing among students.

3. The modality of the online capacity building program includes 2 sessions per month with 10 faculty participants for each session from the identified set of HEIs starting from the month of May 2024. For the month of August 2024, two sessions have been planned; first on 20.08.2024 and second on 27.08.2024. For the session held on 20.08.2024, a total of 95 participants (88 nominated faculty members) attended the session. **The list of participants is attached in the annexure.**

4. The programme began with a welcome address by the Director, Higher Education. He explained that this session is part of an 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. The program aims to create an enabling environment for positive mental health and well-being by sensitizing faculty members. He elaborated that these sessions are held every 15 days and feature a diverse range of CFIs sharing their experiences. He also mentioned that follow-up sessions will be organized after each workshop. Following his welcome address, he introduced and welcomed all the resource partners to the session. The resource partners for this session were:

- Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India
- Prof. Namita Ranganathan, Central Institute of Education, University of Delhi
- Dr. Aparajita Dixit, Senior Psychologist, Expressions India and Master Trainer, University & School Mental Health
- Dr. Santanu Misra, Faculty Support, Counseling Center, IIT Kanpur

5. Dr. Jitendra Nagpal started the session by welcoming everyone and appraising them with the vision behind the programme along with its content and progress so far. He acknowledged the Ministry of Education for making efforts in promoting positive mental

health and wellbeing among students in HEIs. He emphasized the crucial role that faculty play in HEIs in terms of keeping up with the mental health and wellbeing challenges that students face. He stressed the importance of listening to students, providing support, and walking with them through their challenges. He encouraged participants to come forward and share their experiences and suggestions, noting that these contributions are being documented for future reference to bring about modest changes in how institutions approach mutual learning and growth.

6. Prof. Namita Ranganathan was then invited to take the discussion forward. She talked about student life in campus along with the struggles students face within the environments they inhabit. She emphasized that individuals are psycho-social beings who need to live in a balanced psycho-social climate. By this Prof. Ranganathan meant that individuals are not only psychological beings but also social beings and wellbeing of one aspect cannot be neglected for the other. One's internal emotions and external experiences must both be taken care of and in balance with each other for one's mental health to be sound. Prof. Ranganathan stated that students need a safe holding environment in order to cope with their emotions. This is where the HEIs and faculty play a significant role because one's

7. Prof. Ranganathan said that HEIs ought not to curtail spaces for contentious discussions, debates and lectures, but be open to such forums as a means of cooperation among individuals of differing views. In addition to this, Prof. Ranganathan stressed that HEIs cannot be entirely regimented when dealing with students; that they need to provide spaces for students to destress and open up freely. This is because adulthood is still an emerging phenomenon for students as most of them are not yet financially independent. Therefore, HEIs must create spaces and opportunities for students to deal with issues in personal life, as they begin to tackle the challenges of adult life.

8. The discussion was then taken forward by Dr. Aparajita Dixit who also encouraged participating faculty to ask questions and share their experiences. Dr. Dixit pointed out flag-signs of mental unrest, anxiety, panic, and even depression among students. In varying degrees these included; increased presence on social media; sleeplessness, lethargy; lack of interest in class activity; non-existent reading habit; fear of failure/stagnation; lack of a feeling of belongingness etc.

9. Dr. Dixit called for leniency on part of the faculty if students are unable to meet deadlines. She said that lack of time management may be a symptom of underlying mental health issues and penalising students for it may aggravate the situation. What is required instead is to acknowledge the concerns of students and to reflect and validate their feelings. The simplest way of doing this is to listen to students. Taking from Prof. Ranganathan's advice of providing students with spaces to destress, Dr. Dixit said that opportunities for students to freely express themselves and for faculty to listen will arise naturally. Additionally, she stated that there is need to think of some life-skill sessions which will encourage students to open up.

10. Dr. 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. At the end, he discussed the challenges, including the stigma around mental health, hesitation to open up to counsellors, identifying students with mental health issues, and isolated campus life. However, he also highlighted opportunities such as student feedback mechanisms, compulsory coursework on mental health, and mobile application-based analytics.

13. Taking the discussion forward, Dr. Nagpal suggested that this exemplar from IIT Kanpur could be replicated in other IITs or that there could be a standard inter-IIT model. Dr. Misra shared that institutional counsellors regularly interact informally and share knowledge. It was noted however, that the goal is not homogenization but to highlight and learn from best practices. Dr. Nagpal also pointed out the need for formal documentation of best practices, especially in the run up to the upcoming Mental Health Conclave. Dr. Misra shared that institutions and faculty keen on taking the learning from this programme forward must take a look at the Mental Health Care Act 2017.

14. The session ended with vote of thanks.

List of Attendees

Faculty Members

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
1	Central University of Jammu	Dr. Ekta Manhas Dr. Vishal Dr. Mohan Galgotra Sh. Fateh Lal Bheel Sh. Jai Bhawani Singh Dr. Manvi Rajput Sh. Biswabhushan Pradhan Dr. Susmita Ekka Dr. Snigdha Dr. Mehak Sharma (Dr. Neelika Arora - Coordinator)	1.Sh. Biswabhushan Pradhan 2.Dr. Ekta Manhas 3.Dr. Mohan Galgotra 4.Dr. Neelika Arora 5.Dr. Snigdha 6.Dr. Susmita Ekka 7.Dr. Vishal	Sh. Fateh Lal Bheel Sh. Jai Bhawani Singh Dr. Manvi Rajput Dr. Mehak Sharma
2	University of Hyderabad	(Dr. G. Padmaja - Coordinator) Dr. Geeta K. Vemuganti Dr. Ramesh Kumar Mishra Dr. B. Ramaswamy Shamanna Dr. Meera Padhy Dr. N. D. S. Naga Seema Dr. K. Venkata Nagaraju Dr. Joby Joseph Dr. Chivukula Venkata Usha Dr. Shiva Ram Male	1. Dr. G. Padmaja 2. Dr. K. Venkata Nagaraju 3. Dr. Ramesh Kumar Mishra 4. Dr. Shiva Ram Male	Dr. Geeta K. Vemuganti Dr. B. Ramaswamy Shamanna Dr. Meera Padhy Dr. N. D. S. Naga Seema Dr. Joby Joseph Dr. Chivukula Venkata Usha
3	Ghani Khan Choudhury Institute of Engineering and Technology (GKCIET), Malda	Dr. Chhandita Das Dr. Babul Prasad Tiwari Dr. Showmik Bhowmik Dr. Amarjit Roy Dr. Sourav Chakraborty Dr. Sukhen Das	1. Dr. Amarjit Roy 2. Ms. Anisha Pal 3. Dr. Babul Prasad Tewari 4. Dr. Chhandita Das 5. Dr.	None

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Mandal Dr. Imayanmosha Wahlang Ms. Anisha Pal Mr. Niraj Kumar Mr. Aditya Singh (Dr. Sandip Chanda - Coordinator)	Imayanmosha Wahlang 6. Mr. Niraj Kumar 7. Mr. Aditya Singh 8. Dr. Sandip Chanda 9. Dr. Showmik Bhowmik 10. Dr. Sourav Chakraborty 11. Dr. Sukhen Das Mandal	
4	Indian Institute of Information Technology Design and Manufacturing, Kurnool	Dr. Akhtar Khan Dr. Vipin Das Dr. Mani Shankar Pandey Dr. Jisna V.A. Dr. Somnath Dey Dr. S. Subba Rao Dr. Anirban Majumdar Dr. J. Krishnaiah Dr. Korra Sathya Babu (Dr. Naresh Babu Muppalaneni - Coordinator)	1. Dr. Akhtar Khan 2. Dr. Anirban Majumdar 3. Dr. Jisna V.A. 4. Dr. Mani Shankar Pandey 5. Dr. Naresh Babu Muppalaneni 6. Dr. Somnath Dey 7. Dr. Vipin Das	Dr. S. Subba Rao Dr. J. Krishnaiah Dr. Korra Sathya Babu
5	National Institute of Technology, Hamirpur	Dr. Sunder Kala Negi Dr. Rita Maurya Dr. Swechha Roy Dr. Supriya Jaiswal Dr. Neetika Dr. Talari Ganesh Dr. Vikram Verma Dr. Vivek Tiwari Er. Vinod Kumar Dr. Aman Kumar (Dr. Venu Shree - Coordinator)	1. Dr. Aman Kumar 2. Dr. Neetika 3. Dr. Rita Maurya 4. Dr. Sunder Kala Negi 5. Dr. Supriya Jaiswal 6. Dr. Swechha Roy 7. Dr. Talari Ganesh 8. Dr. Venu Shree 9. Dr. Vikram Verma	Dr. Vivek Tiwari Er. Vinod Kumar
6	National Institute of	Prof. Sabita Patel Prof. Supratim Gupta	1. Prof. Abhay Pratap Yadav	Prof. Sujit Sen

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
	Technology, Rourkela	Prof. Sujit Sen Prof. Judhisthir Mohapatro Prof. Neha Soman Prof. Sangita Jha Prof. K. Ratna Subhashini Prof. Ankur Kanaujiya Prof. Tushar Gupta Prof. Abhay Pratap Yadav (Prof. Ramakrishna Biswal - Coordinator)	2. Prof. Ankur Kanaujiya 3. Prof. Judhisthir Mohapatro 4. Prof. K. Ratna Subhashini 5. Prof. Neha Soman 6. Prof. Ramakrishna Biswal 7. Prof. Sabita Patel 8. Prof. Sangita Jha 9. Prof. Supratim Gupta 10. Prof. Tushar Gupta	
7	IIT Madras	Prof. Sarith P. Sathian Prof. Shaligram Tiwari Prof. Rupashree Baral Prof. Rupen Goswami Prof. Beeraiah Baire Dr. Mathangi Krishnamurthy Prof. Y.V.S.S. Sanyasiraju Prof. STG Raghukanth Dr. Merin Simi Raj Dr. Amlan Kumar Sengupta (Prof. Ramesh L Gardas - Coordinator)	1. Prof. Shaligram Tiwari 2. Smt. Sophia 3. Sh. R Maheshwar Rao	Prof. Sarith P. Sathian Prof. Rupashree Baral Prof. Rupen Goswami Prof. Beeraiah Baire Dr. Mathangi Krishnamurthy Prof. Y.V.S.S. Sanyasiraju Prof. S.T.G Raghukanth Dr. Merin Simi Raj Dr. Amlan Kumar Sengupta
8	IIT Hyderabad	Prof. Venkatasubbaiah K Dr. Gopinath Muvvala Dr. Narendra Kurra Dr. Shelaka Gupta Dr. S Ambika Dr. Neeraj Kumar Dr. Suresh Kumar Garlapati Dr. Gunjan Mehata	1. Dr. Gopinath Muvvala 2. Dr. Narendra Kurra 3. Dr. Neeraj Kumar 4. Dr. Somnath Maji	Prof. Venkatasubbaiah K Dr. Shelaka Gupta Dr. S Ambika Dr. Suresh Kumar Garlapati Dr. Gunjan Mehata Dr. Rahul Kumar Dr. Nagarajan Ganapathy

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Dr. Rahul Kumar Dr. Nagarajan Ganapathy (Dr. Somnath Maji - Coordinator)		
9	IIT Palakkad	Dr. Chakradhar Dupadu Dr. Sahely Bhadra Dr. G. Sujatha Dr. Sarath Sasi Dr. Sanjuktha Chakraborty Dr. Shaikshavali Chitraganti Dr. Akshay Bhatnagar Dr. Yugender Gaud Kotagiri Dr. Kusum Dhochak Dr. Deepak Rajendraprasad (Dr. Tessa Grace Mathews - Coordinator)	1. Dr. Akshay Bhatnagar 2. Dr. Chakradhar Dupadu 3. Deepak Rajendraprasad 4. Dr. G. Sujatha 5. Dr. Kusum Dhochak 6. Dr. Sahely Bhadra 7. Dr. Sanjuktha Chakraborty 8. Dr. Shaikshavali Chitraganti 9. Dr. Tessa Grace Mathews 10. Dr. Yugender Gaud Kotagiri	Dr. Sarath Sasi
10	IIM Bangalore	(Prof. Rajluxmi V Murthy - Coordinator) Prof. Manaswini Bhalla Prof. Sourav Mukherji Prof. Anil Suraj Prof. Deepak Malghan Prof. Debolina Dutta Prof. P D Jose Prof. Vasanthi Srinivasan	1. Prof. Anil Suraj 2. Prof. Debolina Dutta	Prof. Rajluxmi V Murthy Prof. Manaswini Bhalla Prof. Sourav Mukherji Prof. Deepak Malghan Prof. P D Jose Prof. Vasanthi Srinivasan
11	IISER Bhopal	Dr. Prafullkumar Tale Dr. Biswajit Patra Dr. Shubhi Agrawal Dr. Ardhendu Sekhar Giri Dr. Nagarjun Vijay Prof. Abhijit Patra	1. Prof. Abhijit Patra 2. Dr. Ankur Raina 3. Dr. Ardhendu Sekhar Giri 4. Dr. Biswajit Patra	Dr. Prafullkumar Tale Dr. Shubhi Agrawal Dr. Rahul Garg

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Dr. Vipin V Dr. Mitradip Bhattacharjee Dr. Sanjeev Kumar Jha Dr. Rahul Garg (Dr. Ankur Raina - Coordinator)	5. Dr. Mitradip Bhattacharjee 6. Dr. Nagarjun Vijay 7. Dr. Sanjeev Kumar Jha 8. Dr. Vipin V 9. Sh. Soumya Sahu	
12	SPA Delhi	Prof. Mayank Mathur Dr. Ashok Kumar Dr. Arty Grover (Dr. Neha Korde - Coordinator) Dr. Arthy Gopal Dr. K. Bangkim Singh Dr. Shuvojit Sarkar Dr. Ankit Kumar Dr. Sairam Dasari Mr. Amit Kumar Mr. Piyoosh Singh Prof. Binod Kumar Singh Dr. Ruchita Gupta	1. Mr. Amit Kumar 2. Dr. Ankit Kumar 3. Dr. Arthy Gopal 4. Dr. Arty Grover 5. Dr. Ashok Kumar 6. Prof. Mayank Mathur 7. Dr. Neha Korde 8. Mr. Piyoosh Singh 9. Dr. Ruchita Gupta 10. Dr. Sairam Dasari 11. Dr. Shuvojit Sarkar 12. Prof. V K Paul	Dr. K. Bangkim Singh Prof. Binod Kumar Singh
13	Central University of Jharkhand	No Nomination Received		

Additional Attendees

Affiliation Details	Name of the Attendees
Ministry Officials, Resource Persons, Officials from UGC & NIEPA	<ol style="list-style-type: none"> 1. Ms. Rina Sonowal Kouli, Joint Secretary, Dept. of Higher Education, MoE 2. Sh. Devendra Kumar Sharma, Director, Dept. of Higher Education, MoE 3. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India 4. Prof. Namita Ranganathan, Professor & Former Dean, Faculty of Education, Delhi University 5. Dr. Santanu Misra, Faculty Support, Counselling Centre, IIT Kanpur

	<ol style="list-style-type: none"><li data-bbox="630 197 1449 271">6. Dr. Aparajita Dixit, Senior Psychologist, Expressions India and Master Trainer<li data-bbox="630 277 1449 313">7. Sh. Parishrut, NIEPA
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