

## **Integrated Approach to Promoting Positive Mental Health, Resilience, and Wellbeing Report of Exemplar Visit to Malaviya National Institute of Technology Jaipur**

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An exemplary visit to Malaviya National Institute of Technology (MNIT), Jaipur under the initiative 'Integrated Approach to Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions (HEIs)' by the Ministry of Education was held on Sunday, 4<sup>th</sup> August 2024, from 10 AM in Director's Conference Room, Prabha Bhawan, MNIT Jaipur. The visiting team as per the Order No. 5-7/2024-PN II dated 2.08.2024 comprised of the following:

- (i) Devendra Kumar Sharma, Director, Department of Higher Education, Ministry of Education, Government of India
- (ii) Dr. Jitendra Nagpal, Senior Psychiatrist and Program Director Expressions India
- (iii) Prof. Naved Iqbal, Department of Psychology, Jamia Millia Islamia (JMI), New Delhi
- (iv) Dr. Sangeeta Angom, Associate Professor, National Institute of Educational Planning and Administration (NIEPA), New Delhi

The event was graced by Prof. N. P. Padhy, Director, MNIT Jaipur and the following faculty and students were present during the discussion:

- (i) Prof. Rohit Bhakar, Registrar, MNIT Jaipur
- (ii) Prof. Kanupriya Sachdev, Dean, Student Welfare, MNIT Jaipur
- (iii) Prof. Nupur Tandon, Coordinator, Internal Complaints Committee
- (iv) Dr. Ritika Mahajan, Coordinator, Wellness
- (v) Dr. Vikas Sanghal, Associate Dean, Discipline
- (vi) Dr. Meena Nemival, Warden, Girls' Hostel
- (vii) Dr. Bhavna Shrivastava, Warden, Girls' Hostel
- (viii) Ms. Aditi, Student
- (ix) Mr. Divyam, Student
- (x) Mr. Priyanshu, Student
- (xi) Mr. Yashwant, Student
- (xii) Ms. Khushi, Student
- (xiii) Ms. Priyanka, Student
- (xiv) Ms. Muskaan, Student
- (xv) Ms. Jyoti, Student

- (xvi) Ms. Akriti, Student
- (xvii) Mr. Somen, Student
- (xviii) Mr. Karamveer, Student
- (xix) Ms. Mihika, Student
- (xx) Mr. Ishaan, Student
- (xxi) Ms. Cheshta, Student
- (xxii) Mr. Kishan, Student
- (xxiii) Mr. Vivek, Student
- (xxiv) Mr. Vinay, Student
- (xxv) Mr. Ayush Kumar, Student



### **Session Highlights**

The exemplar visit aimed to understand and evaluate integrated strategies for promoting positive mental health, resilience, and wellbeing in Higher Education Institutions (HEIs). Prof. N. P. Padhy, Director, MNIT, Jaipur, addressed the team with a warm welcome and narrated the institute's strategic vision for students' holistic wellbeing.

Dr. Jitendra Nagpal, Senior Psychiatrist and Programme Director, Expressions India, in his observation, highlighted that there is need to create awareness amongst the Higher Education Institutions about the 'Integrated Approach to Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions'. Therefore, the purpose of the exemplar visit was to understand the practices being adopted in the Centrally Funded Institutions (CFIs) so that the same can be documented and disseminated.

The session included a presentation on Current Wellness Initiatives by Dr. Ritika Mahajan, Coordinator, Wellness, MNIT Jaipur.

Prof. Naved Iqbal, Department of Psychology, Jamia Millia Islamia, New Delhi, shared his experience about the functioning and practices adopted by his team at JMI.

Open discussions were held between exemplar visitors and critical stakeholders from MNIT Jaipur for students' wellness. Prof. Padhy and the MNIT team interacted candidly with the students, understanding their concerns and suggestions. The session concluded with an expression of gratitude by Prof. Kanupriya Sachdev, Dean, Student Welfare, MNIT Jaipur.

### **Outcomes**

The discussion arising from the Exemplar Visit highlighted the following:

1. The need for stakeholder engagement

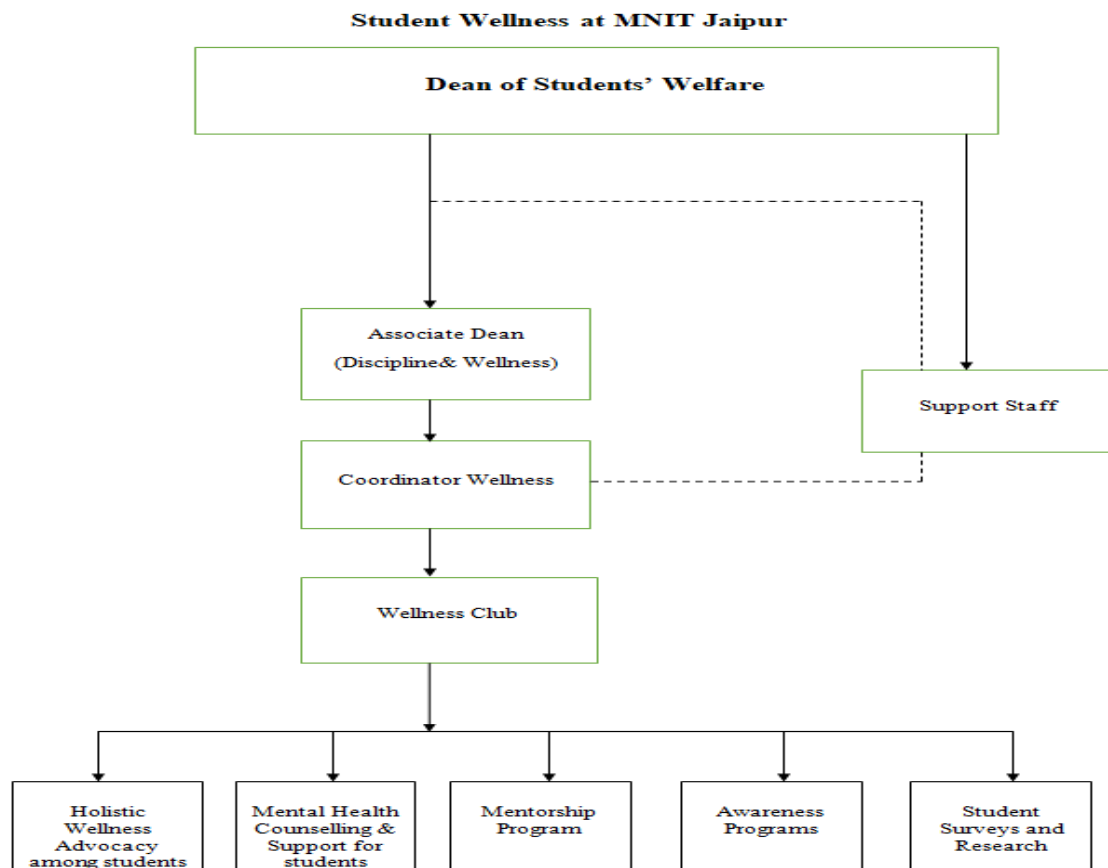
2. Identification of best practices
3. Acknowledgement of challenges
4. Building a positive culture
5. Open discussion with students

## Wellness Initiatives by MNIT

### Wellness Club: Objectives

- Promoting mental health awareness and a supportive community for student wellbeing.
- Educating students on self-care and connecting with campus resources like counselling services.
- Creating an inclusive environment and collaborating with local and national organisations.
- Advocating for campus policies that support mental and physical wellness.
- Continuously evaluating and improving wellness activities to meet evolving needs of students.

### Structure



## Initiatives for Students' Wellness

- On-boarding and support
- Community engagement and team building
- Awareness and Education
- Surveys and Data Analysis
- Policy Advocacy

## Activities Carried Out

Event Name	Objective	Date	Speaker	Impact
<b>Student Mentorship by Faculty Members</b>	Encourage academic progress, extracurricular participation, and provide counseling for students.	Ongoing	Faculty Members	Continuous mentoring and counseling, improved academic and extracurricular participation.
<b>Orientation Program</b>	Welcome and inform new students and parents; organize wellness activities.	Aug 3-5, 2023 & Aug 26-27, 2023	Multiple speakers	Provided comprehensive orientation, wellness camp with counseling sessions, improved student well-being.
<b>Laughter Yoga Session</b>	Promote wellness through Laughter Yoga.	Dec 10, 2022	Dr. Madan Kataria	Raised awareness about the health benefits of laughter yoga.
<b>Art of Living Session</b>	Orientation and wellness session for new UG students.	Nov 11, 2022	Sri Sri Ravi Shankar (telecast)	Fostered a sense of peace and well-being among new students.
<b>Handling Stress in Modern Times</b>	Address stress management techniques for students.	Sep 8, 2022	Dr. Samiksha Tyagi	Provided stress management tools and techniques

Event Name	Objective	Date	Speaker	Impact
<b>Why Nutrition is Important for Our Body</b>	Discuss the importance of nutrition, focusing on millets.	Aug 29, 2022	Pallavi Upadhyaya	Educated students on the significance of nutrition, promoting healthy eating habits.
<b>Breaking Barriers and Building Bridges</b>	Address mental and emotional wellness.	Jan 27, 2023	Ms. Simran Luthra	Promoted mental wellness, engaged students in interactive and informative activities.
<b>Yog Mahotsav</b>	Facilitate participation in a national yoga event.	Mar 17-19, 2023	N/A	Encouraged participation in yoga, promoting physical and mental well-being.
<b>Group Discussions with NIMHANS</b>	Discuss youth health services and suicide prevention.	Apr 15 & 17, 2023	N/A	Generated actionable ideas for youth health services and suicide prevention strategies.
<b>Expert Talk on Millets for Mental and Physical Wellness</b>	Raise awareness about the health benefits of millets.	Apr 13, 2023	Ms. Tanu Shree Singh	Promoted millets as superfoods, educating on their benefits for mental and physical well-being.
<b>Cultivating a Positive Attitude Workshop</b>	Promote mental health awareness among students.	Apr 12, 2023	Wellness Team MNIT Jaipur	Enhanced student understanding of mental health, encouraged self-care and mindfulness practices.
<b>Mind Matters: Wellness Session</b>	Promote mental wellness among visiting students.	May 17, 2023	Art of Living Group	Enhanced awareness of mental wellness, positive mindset, and the benefits of Yoga.
<b>Faculty Development Program by Art of Living</b>	Integrate ancient wisdom with modern techniques for faculty development.	Jul 26-28, 2023	Art of Living Faculty	Improved faculty well-being, relaxation, and mental refreshment through techniques like Sudarshan Kriya.

Event Name	Objective	Date	Speaker	Impact
<b>Induction Program by Sri Sri Ravi Shankar</b>	Broaden perspective and commitment to peace for new students.	Aug 21, 2023	Sri Sri Ravi Shankar (telecast)	Encouraged a broader perspective and commitment to peace and human values.
<b>Nature Walks</b>	Engage students with nature to enhance mental well-being and team-building.	Mar-Apr 2023	Ms. Richa Singhvi	Improved student connection with nature, promoted mental well-being, and team-building.
<b>Healthy Coping Strategies Workshop</b>	Equip students with tools to manage stress effectively.	Aug 25, 2023	Dr. Gagan Deep Kaur Makkar	Provided practical stress management techniques, fostering a supportive learning environment.
<b>Wellness Camps in Orientation Program</b>	Prioritize holistic well-being for new students through various wellness activities.	Aug 3-5, 2023 & Multiple Aug 26-27, 2023	Multiple speakers	Empowered students with tools for managing physical, emotional, and digital well-being.
<b>Panel Discussions in Orientation Program</b>	Discuss and provide insights into health and wellness for students.	Aug 3 & 26, 2023	Multiple experts	Offered strategies for mental and physical wellness, addressing academic pressures and personal development.
<b>World Mental Health Day Event</b>	Explore mental well-being through insights from the Mahabharat.	Oct 10, 2023	Shri Adinarayanan Venkatachalam	Provided valuable insights into maintaining mental well-being and effective external actions.
<b>The Wellness of Your Mind: Vipassana Meditation</b>	Introduce students to Vipassana meditation for mental well-	Nov 1, 2023	Shri Dinesh Malpani	Enhanced understanding of stress management, anxiety alleviation, and the spiritual dimensions of life through Vipassana meditation.

Event Name	Objective	Date	Speaker	Impact
	being.			
Mindful Living Workshop	Spread awareness on mental wellness and addiction prevention.	Jan 24, 2024	Tvishi Sharma	Educated students on the dangers of substance abuse and inspired them to live healthy lives.
Health & Wellness Camp on International Day of Happiness	Promote community well-being through health examinations and wellness activities.	Mar 20, 2024	AMRC Park Hospitals	Significant participation highlighted the community's need and interest in health-focused initiatives.

### Wellness Camp 2023

SNo.	Theme	Resource Persons*	Deliverables
1	“Discover Your X-Factor” Psychometric Assessment	Dr Jaishree Jain, Senior Consultant, SMS Hospital, Jaipur and her team of 20 psychologists	-On-Campus Evaluation -On-campus interaction with students in batches - Individual Reports -Consolidated Report
2	“Let's Connect” Counselling Sessions		
3	“Digital Zen” Digital Wellness Session	Shiromi Chaturvedi Founder & Lead Counselling Psychologist, The Social Therapist  Janice James, Counselling Psychologist	-On-campus interaction with students in batches -Digital well-being assessment data (questionnaires) -Consolidated Report
4.	“Fit and Fabulous” Physical Wellness Session	Dr Surbhi Pareek Consultant Dietitian & Nutritionist, Babylon Hospital & Babylon's Newton ICAD; Founder, Nutrisaga	-On-campus interaction with students in batches -Physical wellness assessment data (questionnaire) -Consolidated Report
5.	“Connect and Thrive” Experiential Learning Session	Louis Manoj Ambrose Corporate Trainer, Mentor and Academician	- On-campus interaction with students in batches - Feedback and Recommendations (Report)
6.	“Happiness Hub” Fun activities, Games and Selfie Booths	Wellness Club Members, MNIT Jaipur (Faculty: Dr Shridev Devji and Dr Ritika Mahajan)	- Pre-assessment by Wellness Club (questionnaire) data - Consolidated Report - Feedback Report

### Proposed Initiatives:

- Advisory Committee
- Wellness Centre

- 'There for You' online portal
- Voices of MNIT Project
- Individual Counselling Services
- Psychological Assessments
- Meditation Sessions
- Support Group Sessions
- Classroom Interventions
- Field Visits

