

## **Record of Discussion of Online Session on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing' held on 10.07.2024 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 10.07.2024 from 10.00 AM.

2. Capacity Building on Promoting Positive Mental Health, Resilience and Wellbeing has been conceptualised by Department of Higher Education, Ministry of Education as one of the initiatives under 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, to adopt and disseminate practices that help in promotion of students' mental health and wellbeing.

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 HEIs starting from the month of May 2024. For the month of July 2024, two sessions were planned; first on 10.07.2024 and second on 26.07.2024. For the session held on 10.07.2024, 101 participants (91 nominated faculty members) attended the session. **The list of participants is attached in the annexure.**

4. Director, Deptt. Of Higher Education welcomed all the Resource persons & distinguished faculty members in the online session. He briefed about the genesis of the program and mentioned that starting from the month of May, sessions for different sets of CFIs have been organized. He expressed his gratitude to the participants for their commitment and involvement in the program. He then requested Joint Secretary, DoHE to give her opening remarks.

5. In her opening remarks, Joint Secretary, DoHE thanked all the participants who took the time to attend the program. She briefed the participants that this was the fifth online session under this program and highlighted the active participation of the faculty members over the last two months. She emphasized the importance of fully utilizing the three-hour session, stating that the insights and takeaways from the session would not only enrich the faculty members but also help them in mentoring students. This would improve day-to-day dealings with students, fostering a better understanding and creating a positive mental health environment and resilience within the institutions.

6. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India, discussed the significance of transformative education, stating that it is essential to view life from a holistic perspective rather than focusing solely on academic excellence and achieving life targets. He highlighted the demographic dividend that India is witnessing; pointing out the opportunity presented by young people eager to share their voices and needs. He emphasized that while youth in the campus are focused on placements, it is crucial to distinguish between placement in life and coping with life's challenges, such as emotional roller coasters and personal, family, social, academic, and career challenges. 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 recorded for future reference to bring about modest changes in how institutions approach mutual learning and growth.

7. Dr. Rushi, Professor & Head, Deptt. of Clinical Psychology, AIISH, Mysore was invited to broaden participants' understanding on life span perspective in the context of mental health, resilience & wellbeing of youth. She addressed increased self-doubt and struggles with self-esteem and identity among youth. Students perceive themselves as a misfit and struggle to find a sense of belonging with others, leading to difficulties in interpersonal relationships and poor coping mechanism. Dr. Rushi emphasized the role of teachers and mentors in guiding students through these challenges, stating that while identity crises can be difficult, they also present opportunities for growth and self-discovery with the right support and guidance.

8. In response to a query, she suggested carrying out 'risk and personality assessments' during the students' induction program in order to understand their unique needs and concerns for better support throughout their academic journey. In her view, collaboration between faculty members and counsellors can be instrumental, highlighting that students struggle with their own identity formation during the initial days of joining an HEI and look for validation from their peer members; in doing so, the students may lose confidence in themselves in absence of appropriate support. Hence, faculty members may intervene appropriately to allay those apprehensions. Major takeaways of her session were as following: -

- higher Emotional Quotient (EQ) allows effective management of heightened emotions in crisis situation
- emotional wellness is a multi-dimensional aspect involving self-awareness as well as feeling of acceptance for others
- preventive, curative as well as promotive models be used in establishing a non-discriminatory and just ecosystem for students to flourish
- efforts must be made by the HEI to promote wellbeing of students, teachers and other staff through every means possible while respecting their worth & dignity
- take care of students with special needs and ensure the implementation of mental health programs and policies at the campus level
- faculty members to proactively identify signs of mental health issues in students, refer them to counsellors or mental health professionals, if needed
- family members be involved as an intervention strategy by the HEI for productive resolution of their ward's crisis

9. In continuation, Ms. Aprajita Dixit, Senior Psychologist, Expressions India emphasized upon importance of identifying warning signs in students and preventing mental health issues. Key takeaways of her session were as following: -

- faculty members and students to have cordial relations to promote healthy interaction while allowing students to gradually open up discussing matters related to their wellbeing
- early intervention with respect to students' depression, mood swings, fatigue, and other emotional challenges is key in promoting their wellbeing
- feedback to students be provided in a manner that is sandwiched between positive comments to prevent feeling of self-doubt in students

10. Dr. S. Renukadevi, NITTTR Chennai shared that the HEI has been empowering faculty members to take measures for wellbeing of students. She suggested that a 'Centre of Excellence for Psychosocial and Psychometric Assessment' be established. Workshops for faculty members and students to be organized periodically; meanwhile involving parents is also crucial in the process of promoting students' wellbeing, she mentioned.

11. Dr. Nagpal furthered this suggestion and proposed the idea of a 'Family-HEI Partnership' to enhance the wellbeing of students, faculty, and families. He suggested that institutions could become role models by involving families more intensively in this process through periodic family interactions, similar to school interactions, by inviting parents of first-year, second-year, and other students to participate. Such involvement could foster a more supportive and well-rounded environment for everyone involved.

12. Prof. Naved Iqbal, Deptt of Psychology, JMI was invited to give insights related to University Counselling and Guidance Centre (UCGC). He briefly presented on the genesis of UCGC, objective of its establishment, approach to address various concerns of students on campus. He mentioned that UCGC works with the aim to develop personality of the students, achieve their fullest potential in academic and professional areas, excel in life and prepare them to meet the challenges in the future. The UCGC has been continuously diversifying its activities related to remediation, rehabilitation, prevention and management of psychological needs, personal and career counselling. Addressing students' issues of personal nature, career choices, essential life skills while prioritizing their overall mental health and wellbeing are key focus of the center. He highlighted one of the major initiatives of the center which took off in the form of tele-counselling to students during pandemic-induced lockdown.

13. Dr. Neha Sharma and Ms. Saakshi Dhanekar from IIT Jodhpur discussed their institution's approach to mental and physical health. They shared about induction sessions, dedicated counselling teams, and student moderators followed in their HEI. Health centre in IIT Jodhpur has dedicated space for medical doctors, counsellors as well as visiting psychiatrists, besides a three-tier support system for counselling services, involving senior students, counsellors, and faculty. Ms. Dhanekar stressed upon early monitoring of signs of emotional crisis in first year students to plan intervention accordingly.

14. Dr. Nagpal suggested implementing mentor-mentee programs and peer education. He emphasized the importance of early identification, continuous observation, and creating

spaces for conversation and support within hostels. He proposed that volunteer faculty could partner with student volunteers to create a supportive environment for first-year students, ensuring that no student is left without the support.

15. Director, DoHE concluded the session with the vote of thanks. He appreciated various activities and initiatives being carried out by HEIs and informed participants about the follow-up session. He emphasized the importance of documentation and learning from different institutional models, noting that this approach would help create an enabling environment and promote best practices. He reiterated the goal of creating a supportive and inclusive environment for the well-being of students and faculty. Additionally, he informed the participants about a National Wellbeing Conclave being planned to further discuss and promote these best practices and approaches on a broader scale.

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List of Attendees

## Faculty Members

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
1	Central Sanskrit University	Dr. M.K. Sheeba Dr. Monali Das Anup Biswas Shrikara G N Bichitra Ranjan Panda Prakash Ranjan Mishra Alok Kumar Pandey Jitendra Tiwari Subrahmanya Bhat Sambit Mahapatra Manju Themdeo Channe Itishree Mohapatra Dr. Bulusu Padma Mitra Srinivas Prof. Chandrakant Dr. Manoj Shrimal Dr. Navneet Kumar Dr. Prem Prakash Pandey Dr. Manikant Tiwari Dr. Rajani V. G. Dr. Sruthy K. B. Dr. Anil Kumar	Dr. Amrita Kaur Dr. Manikant Tiwari Dr. Manoj Shrimal Dr. Anil Kumar Dr. Monali Das Dr. Sruthy K B Dr. Pravesh Jatav Dr. M K Sheeba Dr. Prem Prakash Pandey Dr. Jitendra Tiwari Dr. Navneet Kumar Prof. Chandrakant	Mr. Anup Biswas Mr. Shrikara G N Mr. Bichitra Ranjan Panda Mr. Prakash Ranjan Mishra Mr. Alok Kumar Pandey Mr. Subrahmanya Bhat Mr. Sambit Mahapatra Ms. Manju Themdeo Channe Ms. Itishree Mohapatra Dr. Rajani V. G.
2	IIT Jodhpur	Saakshi Dhanekar Prasenjeet Tribhuvan Sumit Kamal Anjali Bhatia Akash Vishwakarma Nabeelah Siddiqui Neha Sharma Neha Sharma	Mr. Akash Vishwakarma Mr. Alok Ranjan Dr. Anjali Bhatia Dr. Neha Sharma Ms. Neha Sharma Mr. Hirshikesh Ms. Nabeelah Siddiqui Mr. Prasenjeet	Mr. Sumit Kamal

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Alok Ranjan Hirshikesh	Tribhuvan Ms. Saakshi Dhanekar Prof. Ankita Sharma	
3	IIT Delhi	Prof. Vivekanandan Perumal Prof. Bipin Kumar Prof. Vikrant Prof. Biswarup Mukherjee Prof. Minakshi Kumari Prof. Archana Samanta Prof. Biswajita Parida Prof. Seema Sharma Prof. Sahil Bansal Prof. Sreedevi Upadhyayula	Prof. Minakshi K Prof. Sreedevi Upadhyayula Dr. Bipin Kumar	Prof. Vivekanandan Perumal Prof. Vikrant Prof. Biswarup Mukherjee Prof. Archana Samanta Prof. Biswajita Parida Prof. Seema Sharma Prof. Sahil Bansal
4	CIT Kokrajhar	Mr. Rajashekar M. Hubballi Dr. Abhijit Deka Dr. Omem Paron Mrs. Monideepa Brahma Dr. Manashi Buzar Baruah Dr. Rajesh Kondareddy Dr. Radhakrishnan Kesavan Dr. Ganesh Roy Prof. Amitava Nag Prof. Arunendu Mondal	Prof. Arunendu Mondal Dr. Rajesh Kondareddy Mr. Debarshi Kumar Brahma Dr. Abhijit Deka Mrs. Monideepa Brahma Dr. Omem Paron Dr. Radhakrishnan Kesavan Mr. Rajashekar M Hubballi Prof. Amitava Nag Dr. Ganesh Roy Dr. Manashi Buzar Baruah	None

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
5	NIT Srinagar	Dr. Jaya Shrivastava Dr. Pramod Kumar Yadav Dr. Majid Hussain Dr. Shakeel Ahmad Waseem Dr. Valliboina Venkateswarlu Dr. Janibul Bashir Dr. Mohammad Mohsin Khan Dr. Ravi Kumar Dr. Shashikant Kumar Dr. Vivek	Dr. Shashikant Kumar Dr. Ravi Kumar Dr. Mohammad Mohsin Khan Dr. Jaya Shrivastava Dr. Pramod Kumar Yadav Dr. Majid Hussain Dr. Vivek Dr. Valliboina Venkateswarlu	Dr. Shakeel Ahmad Waseem Dr. Janibul Bashir
6	NIT Puducherry	Dr. Ajay Kumar Mishra Dr. Amrtha Bhide Dr. Vani V Dr. Lalrinpuia Tlau Dr. Ronald Aseer J Dr. S. Gowrishankar Dr. Krupa Shah Dr. Thomas Joseph Dr. Poonguzhali Elamvazhuthi Dr. Gautham A	Dr. Krupa Shah Dr. Poonguzhali Elamvazhuthi Dr. Lalrinpuia Tlau Dr. Vani V Dr. Gautham A Dr. S. Gowrishankar Dr. Amrtha Bhide Dr. Ronald Aseer J Dr. Thomas Joseph	Dr. Ajay Kumar Mishra
7	IIM Bodh Gaya	Prof. Remya Lathabhavan Prof. Nidhi Mishra Prof. Prabhu Prof. Suman Choudhary Prof. Teena Bharti Prof. Nanda Choudhury Prof. Urjani Chakravarty Prof. Gargi Roy Prof. Muhammed Ashiq V	Ms. Malasa Gujjar M Prof. Muhammed Ashiq V Prof. Urjani Chakravarty Prof. Prabhu Prof. Nidhi Mishra Prof. Remya Lathabhavan Prof. Suman Choudhary Prof. Teena Bharti	None

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Malasa Gujjar M	Prof. Nanda Choudhary Prof. Gargi Roy	
8	IIITDM Jabalpur	Dr. Deepmala Dr. Pankaj Sharma Dr. K. Ponappa Dr. Tushar Chaudhary Dr. Manu Srivastava Dr. Avinash C Pandey Dr. Manish Thakur Dr. Neelam Dayal Dr. Sachin Kumar Dr. Parikshit Kundu	Dr. Manu Srivastava Dr. Avinash C Pandey Dr. Mukesh K Roy Dr. Pankaj Sharma Mr. Santosh Mahobia Dr. Tushar Chaudhary Dr. Deepmala Dr. K. Ponappa Dr. Neelam Dayal Dr. Sujoy Mukherjee	Dr. Manish Thakur Dr. Sachin Kumar Dr. Parikshit Kundu
9	NITTR Chennai	Dr. Umashanker Sahu Dr. G. Janardhanan Dr. M. Anil Kumar Dr. R. Suja Mani Malar Dr. E. Balasubramanian Sh. A. P. Felix Arokiyaraj Dr. Vinod Kumar Adigopula Dr. P. Jakulin Divya Mary Dr. Seshu Babu Pulagara Sh. M. Sutaarson	Dr. S. Renukadevi Dr. Umashanker Sahu Mr. M Sutaarson Vinod Kumar Adigopula Dr. Seshu Babu Pulagara Dr. G. Janardhanan Mr. A.P. Felix Arokiyaraj	Dr. M. Anil Kumar Dr. R. Suja Mani Malar Dr. E. Balasubramanian Dr. P. Jakulin Divya Mary
10	SPA Vijayawada	Dr. Venkata Krishna Kumar Sadhu Dr. Nagaraju Kaja Dr. Anil Kumar CH Dr. RNS Murthy Dr. Kranti Kumar M	Dr. Naina Gupta Dr. Venkata Krishna Kumar Sadhu Mr. Rajeev R. Dr. Amitava Sarkar Dr. Nagaraju Kaja	None



S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Mr. Pushpendra Kumar Mr. Rajeev R. Ms. Ekta Dr. Naina Gupta Dr. Valliappan AL	Ms. Ekta Dr. Anil Kumar CH Dr. RNS Murthy Mr. Pushpendra Kumar Dr. Valliapan AL Dr. Kranti Kumar M	
11	University of Allahabad	No Nomination Received		
12	University of Gujarat	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"> <li>1. Ms. Rina Sonowal Kouli, Joint Secretary, Dept. of Higher Education, MoE</li> <li>2. Sh. Devendra Kumar Sharma, Director, Dept. of Higher Education, MoE</li> <li>3. Dr. Diksha Rajput, Deputy Secretary, UGC</li> <li>4. Dr. Jitendra Nagpal, Senior Psychiatrist &amp; Program Director, Expressions India</li> <li>5. Sh. Ramesh K Sharma, Under Secretary, Dept. of Higher Education, MoE</li> <li>6. Dr. Rushi, Professor &amp; Head, Department of Clinical Psychology, AIISH, Mysore</li> <li>7. Ms. Aparajita Dixit, Senior Psychologist, Expressions India and Master Trainer</li> <li>8. Prof. Naved Iqbal, Professor, Department of Psychology, Jamia Millia Islamia, New Delhi</li> <li>9. Dr. Anshu Srivastava, NIEPA</li> <li>10. Sh. Chandan Thakur, NIEPA</li> </ol>