

Record of Discussion of Online Session on 'Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing' held on 26.07.2024 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 26.07.2024 from 10.00 AM onwards.

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 '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 develop the capacity of the faculty members of the HEIs regularly and to adopt & disseminate practices that help in the promotion of students' mental health and well-being.

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 May 2024. For the session held on 26.07.2024, **91 participants (82 nominated faculty members)** from different Centrally Funded Institutions (CFIs) attended the session. **The list of participants is attached in the Annexure.**

4. Director, Department of Higher Education welcomed all participants to the capacity building on mental health and well-being. He provided a brief background of the program which has been formalized under the Malaviya Mission Teacher Training Program (MMTTP). He mentioned that the program aims to create an enabling environment for promotion of students' mental health and wellbeing by sensitizing faculty members to proactively take appropriate action in this regard. He recapitulated the sessions held earlier and level of participation in the program.

5. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India in his opening remarks thanked Ministry of Education and its officials for organizing these sessions, emphasizing their critical importance given that 360 million students are in the age group of attending Higher Education Institutions (HEIs). He highlighted that the National Education Policy (NEP) serves as the foundation for overall development and wellbeing. He pointed out the contrast between the structured environment in schools and the liberal, unstructured environment in HEIs, stressing the lack of a bridge between these two. He noted a recent increase in research over the past decade addressing this gap. He underscored the escalating issue of mental health, citing statistics that one out of ten young people in India requires professional mental health support. He proposed HEIs as platforms for promoting care beyond academics and placements. Ms. Aparajita Dixit, Senior Psychologist, Expressions India moderated the conversation and encouraged the participants to share their experiences on mental health.

6. Prof. Namita Ranganathan, Professor & Former Dean, Faculty of Education, Delhi University was invited as a resource person to enhance participants' understanding of mental health and youth well-being. She emphasized on understanding the world of young adults in the age of 18-30 in order to explore ways in which support can be provided to deal with their concerns. She highlighted the prominent role of faculty members in instilling self-confidence in students that will contribute to development of strong character. In her view, teaching of research tools is necessary but the focus should be on the development of individuals as well and for that students must be considered '*humans first, researchers/learners/students later*'. Prof. Ranganathan also discussed the importance of humanities and extracurricular activities as these must be integrated with mainstream academics. Students should participate in college fests where they get an opportunity to showcase their talent.

7. In continuation, Dr. Nagpal and Dr. Aparajita addressed the challenges faculty face in handling issues related to students' mental health in higher education. One primary challenge is the stigma associated with mental health, which often discourages students from seeking help and makes it difficult for faculty to initiate conversations about it. For example, students of institutes like IITs and IISER have been rank holders all their school life but in college, they share a room with a bunch of intelligent classmates who give tough competition. This sudden change in their life brings a lot of challenges which makes it difficult for them to cope with affecting their level of confidence. In addition, stigma attached to seeking counselling support prohibits students from reaching out to their peers or mentors for additional support. Following challenges in mental health were also identified.

- higher education institutions lack adequate resources and trained mental health professionals who can provide proper support, leading to a gap in effective intervention and counselling services.
- academic pressure and competitive environment prevalent in many top institutes further exacerbate stress and mental health issues among students, putting additional strain on faculty who may already be overwhelmed with teaching and administrative responsibilities.
- lack of structured mental health programs or policies within institutions hinders the development of comprehensive support systems which requires a concerted effort to improve mental health literacy, increase resource allocation, and foster a supportive environment that prioritizes students' wellbeing.

8. Dr. Aparajita Dixit, Senior Psychologist, Expressions India highlighted that a sense of connection/belonging is missing among students, leading them to use unhealthy coping mechanisms such as substance abuse, alcohol etc. to escape. Students feel helpless, hopeless and unworthy. This is directly related to their mental and psychological wellbeing. She also conducted a Q&A session, inviting faculty members to share their experiences and challenges.

9. Dr. Shantanu Mishra, Faculty Support, Counselling Centre, IIT Kanpur was invited to share his insights on IIT Kanpur's Wellness and Counselling Centre as an exemplar. He quoted the institution's policy i.e., Recognize, Respond & Refer, explaining 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 wellbeing of students. 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 are available via website, email, walk-ins, and referrals
- modes of support include regular sessions, single sessions, group therapy, and relaxation
- centre helps students grappling with academic, psychological, social, and behavioral challenges
- 'Student Benevolence Fund' created 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

10. In his closing remarks, 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 and peer mentoring support.

11. Dr. Nagpal and Prof. Shantanu discussed the possibility of introducing *Health Cards* that can track the mental health and wellbeing of students. They explored the possibility of introducing a system where the Head of Institutes can monitor students suffering from anxiety, depression and low self-esteem and provide them with appropriate support.

12. The session concluded with a vote of thanks by Director, Department of Higher Education. He summarized the session and mentioned that follow-up sessions would be organized emphasizing that trained faculty members could act as mentors in their institutions and share their knowledge with other faculty members.

List of Participants

S. N.	Name of the Institution / Agency	Nominated Faculty Members by CFIs	Attendees	Absentees
1.	Central University of Haryana	<ol style="list-style-type: none"> 1. Prof Anand Sharma, DSW 2. Dr Renu Yadav 3. Prof Payal Chandel 4. Dr Pradeep (NSS) 5. Dr Pradeep Singh (Legal Cell) 6. Dr Rajender Meena 7. Prof Aakash Saxena 8. Dr Heena (Medical Officer) 9. Dr Kumar P. 10. Dr Naveen 	<ol style="list-style-type: none"> 1. Prof Anand Sharma, DSW 2. Dr Renu Yadav 3. Dr Pradeep (NSS) 4. Dr Pradeep Singh (Legal Cell) 5. Prof Aakash Saxena 6. Dr Heena (Medical Officer) 7. Dr Kumar P. 8. Dr Naveen 	<ol style="list-style-type: none"> 1. Prof Payal Chandel 2. Dr Rajender Meena
2.	University of Delhi	<ol style="list-style-type: none"> 1. Prof. Urmi Nanda Biswas 2. Ms. Anavila Lochan 3. Dr. Vandana Gambhir 4. Dr. Gaurav Verma 5. Dr. Gopal Chandra Mahakud 6. Dr. Neera 7. Dr. Priyanka Anjan Rao 8. Dr. Houshou Suzen 9. Dr. Virendar Pratap Yadav 10. Dr. Priyanka Padhy 11. Dr. A. Radhika 	<ol style="list-style-type: none"> 1. Ms. Anavila Lochan 2. Dr. Vandana Gambhir 3. Dr. Gaurav Verma 4. Dr. Neera 5. Dr. Houshou Suzen 6. Dr. Virendar Pratap Yadav 7. Dr. Priyanka Padhy 8. Dr. A. Radhika 9. Prof. Arpit Yadav, DIC, DU 	<ol style="list-style-type: none"> 1. Prof. Urmi Nanda Biswas 2. Dr. Gopal Chandra Mahakud 3. Dr. Priyanka Anjan Rao
3.	National Institute of Advanced Manufacturing Technology (NIAMT) Ranchi	<ol style="list-style-type: none"> 1. Prof. Amitesh Kumar 2. Dr. Banshidhar Mallik 3. Prof. Amitesh Kumar 4. Prof. Ghanshyam Das 	<ol style="list-style-type: none"> 1. Prof. Amitesh Kumar 2. Prof. Amitesh Kumar 3. Prof. Ghanshyam Das 4. Dr. Vaishali Poddar 	<ol style="list-style-type: none"> 1. Dr. Banshidhar Mallik 2. Dr. P. S. Mondal 3. Dr. S. K. Parida 4. Dr. Jageshvar Verma 5. Dr. A. M. Murmu 6. Dr. Subhankar Basu 7. Dr. E. Hemachandran

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		5. Dr. P. S. Mondal 6. Dr. S. K. Parida 7. Dr. Jageshvar Verma 8. Dr. A. M. Murmu 9. Dr. Subhankar Basu 10. Dr. Vaishali Poddar 11. Dr. E. Hemachandran		
4.	Indian Institute of Information Technology Design & Manufacturing Kancheepuram	1. Prof. Binsu J Kailath 2. Prof. Naveen Kumar 3. Dr. Venkata Timmaraju Mallina 4. Dr. Kishor Kumar Gajrani 5. Dr. Tejendra Dixit 6. Dr. Karthik C 7. Dr. Kalpana P 8. Dr. Preeth R 9. Dr. Noor Mahammad SK 10. Dr. Tapas Sil 11. Dr. Jagadeesh Kakarla 12. B. Shivaselvan 13. Dr. V Masilamani, Dean SA 14. Sreekumar M 15. M D Selvaraj 16. Jayabal K 17. Jayavel S 18. Raja B 19. Priyanka Kokil	1. Prof. Naveen Kumar 2. Dr. Venkata Timmaraju Mallina 3. Dr. Kishor Kumar Gajrani 4. Dr. Tejendra Dixit 5. Dr. Karthik C 6. Dr. Kalpana P 7. Dr. Preeth R 8. Dr. Noor Mahammad SK 9. Dr. Tapas Sil 10. Dr. Jagadeesh Kakarla 11. B. Shivaselvan 12. Dr. V Masilamani, Dean SA 13. Priyanka Kokil	1. Prof. Binsu J Kailath 2. Sreekumar M 3. M D Selvaraj 4. Jayabal K 5. Jayavel S 6. Raja B
5.	National Institute of Technology Durgapur	1. Prof. Pathik Kumbhakar 2. Prof. G. K. Mahanti 3. Prof. S. S. Roy 4. Dr. B. K. Sarkar 5. Dr. Sucharita Patra 6. Dr. G. Prabhavathi 7. Dr. P. S. Bhowmik	1. Prof. Pathik Kumbhakar 2. Dr. B. K. Sarkar 3. Dr. Sucharita Patra 4. Dr. G. Prabhavathi 5. Dr. P. S. Bhowmik 6. Dr. S. Changder 7. Dr. Sapana Ranwa 8. Dr. Sayantari Ghosh 9. Dr. Deepak Kumar	1. Prof. G. K. Mahanti 2. Prof. S. S. Roy

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		8. Dr. S. Changder 9. Dr. Sapana Ranwa 10. Dr. Sayantari Ghosh 11. Dr. Deepak Kumar		
6.	IIT Bhilai	1. Eslavath Rajkumar 2. Dr. Suchetan Pal 3. Dr. Purnendu Das 4. Dr. Mahavir Sharma 5. Dr Anjali Chaudhary 6. Dr. Arup Mukherjee 7. Dr. Shailendra Kumar 8. Dr. Vishwesh Jatala 9. Dr Rekha Ravindran 10. Dr. Hemanta Kumar Kisan 11. Dr. Katchala NanajI 12. Assoc. Dean Students	1. Eslavath Rajkumar 2. Dr. Purnendu Das 3. Dr. Mahavir Sharma 4. Dr. Shailendra Kumar 5. Dr. Katchala NanajI 6. Assoc. Dean Students	1. Dr. Suchetan Pal 2. Dr Anjali Chaudhary 3. Dr. Arup Mukherjee 4. Dr. Vishwesh Jatala 5. Dr Rekha Ravindran 6. Dr. Hemanta Kumar Kisan
7.	IIM Nagpur	1. Prof. Soni Agrawal 2. Prof. Avina Mendonca 3. Prof. Ranjitha G P 4. Prof. Neerpal Rathi 5. Prof. Shailendra Nigam 6. Prof. Neha Garg 7. Prof. Gunjan Tomer 8. Prof. Varsha Khandker 9. Prof. Atul Pathak 10. Prof. Tanushree Halder	1. Prof. Soni Agrawal 2. Prof. Avina Mendonca 3. Prof. Neerpal Rathi 4. Prof. Shailendra Nigam 5. Prof. Neha Garg 6. Prof. Gunjan Tomer 7. Prof. Varsha Khandker 8. Prof. Atul Pathak 9. Prof. Tanushree Halder 10. Prof. Shekhar	Prof. Ranjitha G P
8.	IISER Kolkata	1. Dr. Anuradha Bhat 2. Dr. Md. Ali Zinna	1. Dr. Anuradha Bhat 2. Dr. Sayan Bagchi 3. Dr. Sujata Ray 4. Dr. Manoj Jaiswal	1. Dr. Md. Ali Zinna

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		3. Dr. Sayan Bagchi 4. Dr. Sujata Ray 5. Dr. Manoj Jaiswal 6. Dr. Ratheesh K. Vijayraghavan 7. Dr. Sangita Sen 8. Prof. Rajesh Kumble Nayak 9. Dr. Rumi De 10. Dr. Robert John Chandran 11. Dr. Sumit Sen Santara	5. Dr. Ratheesh K. Vijayraghavan 6. Dr. Sangita Sen 7. Prof. Rajesh Kumble Nayak 8. Dr. Rumi De 9. Dr. Robert John Chandran 10. Dr. Sumit Sen Santara	
9.	IISER Mohali	1. Dr. Dipanjan Chakraborty 2. Dr. Chandrakant S Aribam 3. Dr. Raju Attada 4. Dr. Vidya Devi Negi 5. Dr. Ambresh Shivaji 6. Dr. Adrene Freeda D'cruz 7. Dr. N. G. Prasad 8. Dr. Amit Kulshrestha 9. Dr. Ram Kishor Yadav 10. Dr. Varadharaj Ravi Srinivasan 11. Dr. Vishal Bhardwaj	1. Dr. Ambresh Shivaji 2. Dr. N. G. Prasad 3. Dr. Ram Kishor Yadav 4. Dr. Vishal Bhardwaj	1. Dr. Dipanjan Chakraborty 2. Dr. Chandrakant S Aribam 3. Dr. Raju Attada 4. Dr. Vidya Devi Negi 5. Dr. Adrene Freeda D'cruz 6. Dr. Amit Kulshrestha 7. Dr. Varadharaj Ravi Srinivasan
10.	National Institute of Technical Teachers Training & Research (NITTTR) Bhopal	1. Dr. Ravi Kumar Gupta 2. Dr. Parag Dubey 3. Dr. S.K. Kedar 4. Prof. A.A. Khajanchee 5. Dr. M.A. Rizvi 6. Dr. Rupesh Dewang 7. Prof. S.S. Mathew 8. Dr. Pallavi Bhatnagar 9. Dr. Subrat Roy 10. Prof. M.C. Paliwal 11. Dr. Manish Bhargav	1. Dr. Ravi Kumar Gupta 2. Prof. A.A. Khajanchee 3. Dr. Rupesh Dewang 4. Dr. Manish Bhargav	1. Dr. Parag Dubey 2. Dr. S.K. Kedar 3. Dr. M.A. Rizvi 4. Prof. S.S. Mathew 5. Dr. Pallavi Bhatnagar 6. Dr. Subrat Roy 7. Prof. M.C. Paliwal
11.	Affiliation not provided		1. Dr Saurabh Bhattacharya 2. Sh. Arvind Shakya	

S. N.	Name of the Institution / Agency	Nominated Faculty Members by CFIs	Attendees	Absentees
			3. Sh. Susan 4. Dr. Naveen 5. Dr. Bhupesh	

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, Department of Higher Education, MoE 2. Sh. Devendra Kumar Sharma, Director, Department of Higher Education, MoE 3. Sh. Ramesh Kumar Sharma, Under Secretary, Department of Higher Education, MoE 4. Dr. Jitendra Nagpal, Senior Psychiatrist & Program Director, Expressions India 5. Prof. Namita Ranganathan, Professor & Former Dean, Faculty of Education, Delhi University 6. Prof. Chandan Thakur, NIEPA 7. Dr. Aprajita Dixit, Senior Psychologist, Expressions India and Master Trainer, University & School Mental Health 8. Dr. Shantanu Misra, Faculty Support, Counselling Centre, IIT Kanpur 9. Dr. Anshu Srivastava, NIEPA