

## **Record of Discussion of Online Session on ‘Capacity Building for Promoting Positive Mental Health, Resilience and Wellbeing’ held on 17.09.2024 at 10:00 AM.**

1. 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 17.09.2024 from 10.00 AM.
2. This initiative is part of a broader Integrated Approach launched on 01.05.2024, by the Department of Higher Education, Ministry of Education, aimed at regularly developing faculty capacity to foster positive mental health and resilience among students. The program is designed to provide continuous training to faculty members, helping them adopt and share best practices in supporting student 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 September 2024, two sessions have been planned; first on 17.09.2024 and second on 27.09.2024. For the session held on 17.09.2024, a total of 74 participants (88 nominated faculty members from centrally funded institutes) 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 workshop 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.
5. 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
6. Professor Namita Ranganathan was then invited to take the session forward. She emphasised the need to focus on the ‘personhood’ of students at institutes of higher education. She stated that each student who enters a HEI has a subjective reality that is different from others and therefore, must be perceived contextually. Often students,

especially at professional and technical educational institutes are pushed to neglect or abandon their subjective realities and simply fit into a preconceived mould. This causes the personhood to suffer.

7. Prof. Ranganathan explained that if we nurture the professional development of the student at the cost of personal development or if we nurture the person development at the cost of the professional development then both cases are fallacious. She said that we must aim at convergence between the two and create a balance. Prof. Ranganathan urged the faculty to consider their institution as a miniature world where the students are not just recipients of knowledge but active participants in a microcosm where their socio-emotional needs are as significant as their cognitive needs.
8. Prof. Ranganathan shared 3 good practices that institutions may adopt to promote positive mental health, wellbeing and resilience among students. These are:
  - Provision for tutorials/mentorship slots within the weekly timetable. These will not only help students in resolving academic issues but also create space to larger perspective building discussions, problem solving and building student-teacher rapport.
  - Specific learning outcomes, reflection on opportunities related to socio-emotional and personal growth incorporated within the semester.
  - Periodic convergence of institutions for knowledge and experience sharing. This will help in building a shared knowledge-base for ready reference.
9. Prof. Ranganathan stressed on the fact that mere access to a premier institution of higher education does not suffice, i.e., access does not mean success. This fact needs to be understood by the students as well as the institutional management and faculty. Institutional spaces ought to be used to build the student up and empower for life ahead. In this milieu, Prof. Ranganathan said that the use and effects of ever evolving technology must also be taken into account. Earlier generations did not face the kind of socio-emotional pressures that the current generation of learners face with constant access to technology and the internet.
10. The session was then handed over to Dr. Nagpal who reflected on the feasibility of periodic inter-institutional exchange of knowledge and experiences related to the promotion of positive mental health among students and on campus overall. Participating faculty shared that although inter-institutional exchange is vital, some priority must also be given to exchange of knowledge and experience within an institution. There needs to be a more formalised forum for intra-institutional faculty interaction on mental health.
11. The discussion was then taken forward by Dr. Aparajita Dixit who spoke about prevention and building resilience in students at HEIs. She stressed on the importance of listening to students. When a distressed student approaches a faculty, the first reaction of the faculty should not be to undermine the student; they must listen and

respond. Dr. Dixit highlighted the difference between reacting and responding, stating that faculty should not react but respond to the issues of students.

12. Dr. Aparajita Dixit then addressed various signs of mental distress among students, such as increased social media use, sleeplessness, lethargy, lack of interest in class, and feelings of stagnation or alienation. She emphasized that while faculty are often the first to notice these signs, not all instances of distress are immediately alarming. However, when daily functioning is compromised, it is crucial to intervene.

13. Participating faculty from IIT Roorkee shared some best practices carried out by their wellness center. These included having a clinical psychologist on campus, their practice of bio-feedback therapy, and instituting wellbeing wardens on campus. All participating faculty were also encouraged to keep a record of cases and resolutions as well as best practices carried out by their institutions.

14. The session ended with a vote of thanks.

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List of Attendees

## Faculty Members

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
1	Central University of Orissa	Dr. Deepthi Shanker (Coordinator) Dr. Anjaneyulu Thotapally Dr. Manoj Kumar Singh Dr. Debashis Karmarkar Dr. Minati Sahoo Dr. Pradosh Kumar Swain Dr. Gaurav Ranjan Dr. Om Parkash Barik Dr. Debabrata Panda	1. Dr. Deepthi Shanker 2. Dr. Anjaneyulu Thotapally 3. Dr. Manoj Kumar Singh 4. Dr. Debashis Karmarkar 5. Dr. Minati Sahoo 6. Dr. Pradosh Kumar Swain 7. Dr. Gaurav Ranjan 8. Dr. Om Parkash Barik 9. Dr. Sarbeswar Barik 10. Dr. Debabrata Panda	None
2	Central University of Punjab	Dr. Sajad Ahmad Najar Dr. Jeyavel S. Dr. Anugraha Marin Rajan Dr. Shubhdip Kaur Dr. Rebeka Debbarma Mahajan Swati Punia Debasmita Sutradhar Saloni Saksham Kesarwani Jasmeen Kaur	1. Dr. Sajad Ahmad Najar 2. Dr. Jeyavel S. 3. Dr. Anugraha Marin Rajan 4. Dr. Shubhdip Kaur 5. Dr. Rebeka Debbarma Mahajan 6. Swati Punia 7. Debasmita Sutradhar 8. Saloni Saksham Kesarwani 9. Jasmeen Kaur 10. Saksham Kesarwani 11. Jasmeen Kaur	None
3	IIIT Sri City Chittoor, Andhra Pradesh	Dr. Annushree Bablani	1. Dr. Annushree Bablani	1. Dr. Siva Prasad

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		(Coordinator) Dr. Mainak Thakur Dr. Siva Prasad Dr. Paul B Dr. Ramesh Kumar Dr. Rajeev Kumar Dr. Anishchand T Dr. Priyambada S Dr. Manipriya S Dr. Bheemappa H Dr. Pavan Kumar P	2. Dr. Mainak Thakur 3. Dr. Bheemappa S	2. Dr. Paul B 3. Dr. Ramesh Kumar 4. Dr. Rajeev Kumar 5. Dr. Anishchand T 6. Dr. Priyambada S 7. Dr. Manipriya S 8. Dr. Pavan Kumar P
4	IIIT Guwahati, Assam	Dr. Radhika Sukapuram (Coordinator) Dr. Kukil Khanikar Dr. Rusha Patra Dr. Ripudaman Singh Dr. Debashree Devi Dr. Sanjay Moulik Dr. Krishnendu Hazra Dr. Kaveri Deb Dr. Rupjyoti Saha Dr. Mustafizur Khandakar Dr. Masihuddin	1. Dr. Radhika Sukapuram	1. Dr. Kukil Khanikar 2. Dr. Rusha Patra 3. Dr. Ripudaman Singh 4. Dr. Debashree Devi 5. Dr. Sanjay Moulik 6. Dr. Krishnendu Hazra 7. Dr. Kaveri Deb 8. Dr. Rupjyoti Saha 9. Dr. Mustafizur Khandakar 10. Dr. Masihuddin
5	Maulana Azad National Institute of Technology, Bhopal	Dr. Sudhanshu Kumar Dr. Ramkishore Anant Dr. Subhajit Patra Dr. Piyush Patel	1. Dr. Ramkishore Anant 2. Dr. Subhajit Patra 3. Dr. Piyush	1. Dr. Sudhanshu Kumar 2. Dr. Gaurav Upadhyay 3. Dr. Kuldeep

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Dr. Bivina G R Dr. Priyamitra Munoth Dr. Rajesh Kumar Mahato Dr. Gaurav Upadhyay Dr. Kuldeep Singh Yadav Dr. Rutuja M Chavan	Patel 4. Dr. Bivina G 5. Dr. Priyamitra Munoth 6. Dr. Rajesh Kumar Mahato	Singh Yadav 4. Dr. Rutuja M Chavan
6	IIT Kharagpur	Prof. Nirjhar Dhang (Coordinator) Prof. Bhargab Maitra Prof. Santanu Chattopadhyay Prof. Koel Chaudhury Prof. Tapas Laha Prof. Ajay Kumar Singh Prof. Jayanta Chakraborty Prof. Subhasish Basu Majumber Prof. Debarati Sen Prof. Shubha Verma Dr. Shyamal Kumar Das Mandal Dr. Astha Saxena Dr. Mahima Raina Prof. Rajib Maity Dr. Sudipto Das Dr. Nilamadhab Mishra Prof. Sanjeev Kumar Srivatava Dr. Somnath Maiti Dr. Sourav Sarkar	1. Prof. Nirjhar Dhang 2. Dr. Shyamal Kumar Das Mandal 3. Dr. Mahima Raina	1. Prof. Bhargab Maitra 2. Prof. Santanu Chattopadhyay 3. Prof. Koel Chaudhury 4. Prof. Tapas Laha 5. Prof. Ajay Kumar Singh 6. Prof. Jayanta Chakraborty 7. Prof. Subhasish Basu Majumber 8. Prof. Debarati Sen 9. Prof. Shubha Verma 10. Dr. Astha Saxena 11. Prof. Rajib Maity 12. Dr. Sudipto Das 13. Dr. Nilamadhab Mishra 14. Prof. Sanjeev Kumar Srivatava 15. Dr. Somnath

<b>S. No.</b>	<b>Name of the Institution</b>	<b>Nominated Faculty Members</b>	<b>Attendees</b>	<b>Absentees</b>
		Dr. Kaushal Kumar Bhagat		Maiti 16. Dr. Sourav Sarkar 17. Dr. Kaushal Kumar Bhagat
7	IIT Roorkee	Dr. Avlokita Agrawal Dr. Vinod Pankajashan Dr. Rhythm Singh Dr. Sham Sunder Ravindranath Dr. Vinshvendra Singh Poonia Dr. Indra Gupta Dr. Shruti Sengupta Dr. Tarun Gangwar Dr. Sugandha Maheshwary Dr. Hemant Kumar Dr. Hemant Kumar Suman	1. Dr. Avlokita Agrawal 2. Dr. Vinod Pankajashan 3. Dr. Rhythm Singh 4. Dr. Sham Sunder Ravindranath 5. Dr. Vinshvendra Singh Poonia 6. Dr. Indra Gupta 7. Dr. Shruti Sengupta 8. Dr. Tarun Gangwar 9. Dr. Sugandha Maheshwary 10. Dr. Hemant Kumar 11. Dr. Hemant Kumar Suman	None
8	IIM Vishakhapatnam	Dr. Kaleem V Khan Prof. Kaveri Krishnan Prof. Shameem Jawed Prof. MV Anuradha Prof. PRS Sarma Prof. Amit Shankar Prof. Asmita Verma Prof. Happy Paul Prof. Bishakha Majumdar	1. Prof. Kaveri Krishnan 2. Prof. Shameem Jawed 3. Prof. Amit Shanakar 4. Prof. Bishakha Majumdar 5. Prof. Sunitha T 6. Dr. Abhinash Singh 7. Dr. Neena Pandey	1. Dr. Kaleem V Khan 2. Prof. MV Anuradha 3. Prof. PRS Sarma 4. Prof. Asmita Verma 5. Prof. Happy Paul 6. Prof. Anupama Sharma

S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
		Prof. Anupama Sharma Prof. Sunitha T		
9	IISER Thiruvananthapuram	Dr. Jishy Verghese Dr. Reji Varghese Dr. Ravi Yadav Dr. Satish Khurana Dr. Nisha Kannan Dr. Ravi Pant Dr. Krishnendu Gope Dr. Srilakshmi Dr. Jyothsanaa S Dr. Bhavya PS Dr. Raji Susan Mathew	1. Dr. Jishy Verghese 2. Dr. Ravi Yadav 3. Dr. Satish Khurana 4. Dr. Nisha Kannan 5. Dr. Ravi Pant 6. Dr. Krishnendu Gope 7. Dr. Srilakshmi 8. Dr. Jyothsanaa S 9. Dr. Bhavya PS 10. Dr. Raji Susan Mathew	1. Dr. Reji Verghese
10	NITTR Kolkata	Dr. Habiba Hussain Dr. Rayapati Subbarao Dr. Kinsuk Giri Dr. Niladri Pratap Maity Dr. Rajeev Chatterjee Dr. Arpan Kumar Mondal Dr. Ranjan Dasgupta Dr. Samir Roy Dr. Urmila Kar Dr. Sailendra Nath Mandal Dr. Nirmal Kumar Mandal	1. Dr. Habiba Hussain 2. Dr. Rayapati Subbarao 3. Dr. Kinsuk Giri 4. Dr. Niladri Pratap Maity 5. Dr. Arpan Kumar Mondal 6. Dr. Sailendra Nath Mandal 7. Dr. Nirmal Kumar Mandal	1. Dr. Rajeev Chatterjee 2. Dr. Ranjan Dasgupta 3. Dr. Samir Roy 4. Dr. Urmila Kar
11	National Institute of Technology, Karnataka, Suratkhal	No Nomination Received	1. Dr. Saumya Hegde	
12	Other		1. Sangeeta Angom	



S. No.	Name of the Institution	Nominated Faculty Members	Attendees	Absentees
			2. Dr. Ambrish Saxena, IISER Tirupati	
13	IIM Ahmedabad	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. Sh. Devendra Kumar Sharma, Director, Dept. of Higher Education, MoE</li> <li>2. Dr. Jitendra Nagpal, Senior Psychiatrist &amp; Program Director, Expressions India</li> <li>3. Prof. Namita Ranganathan, Professor &amp; Former Dean, Faculty of Education, Delhi University</li> <li>4. Dr. Aparajita Dixit, Senior Psychologist, Expressions India and Master Trainer</li> <li>5. Sh. Binay Prasad, NIEPA</li> </ol>