



Report on the Online Session for Capacity Building for Promoting Positive Mental Health, Resilience, and Wellbeing in HEIs

Submitted by: Dr. Ritika Mahajan, Wellness Coordinator, MNIT Jaipur

1. About the Session

This report is prepared in reference to the ‘Capacity Building for Promoting Positive Mental Health, Resilience, and Wellbeing in Higher Education Institutions (HEIs) Training,’ conceptualized under the Malaviya Mission Teacher Training Program. The session was conducted following the D.O. letter No. 5-7/2024-PN. II dated 22.04.2024 on 14th October 2024 from 10:00 AM – 1:00 PM (online). The Registrar’s office nominated two faculty members and four students from the Wellness Club to attend this session on behalf of the institute, as follows:

Dr Ritika Mahajan (ritika.dms@mnit.ac.in)
Dr Hemant Kumar Meena (hmeena.ee@mnit.ac.in)
Priyanshu Kumar Jha 2022UEE1014@mnit.ac.in (UG)
Priyanka Kumari 2022UCP1669@mnit.ac.in (UG)
Muskaan Mathur 2023pbm5045@mnit.ac.in (PG)
Somen Kumar Bhakat 2023pbm5013@mnit.ac.in (PG)

2. Objective

The purpose to build faculty capacity to support mental health, resilience, and well-being within HEIs. Faculty members from IITs, IIITs, NITs, and other universities actively participated, sharing their institutional experiences and practices. This collaborative exchange helped enrich the session and provided diverse perspectives on fostering mental health and resilience in HEIs.

3. Speakers

- Prof. Namita Ranganathan, University of Delhi
- Prof. Naved Iqbal, Jamia Millia Islamia
- Dr. Aparajita Dixit, Clinical Psychologist

4. Key Takeaways

4.1. Creating Inclusive Spaces

HEIs must provide psychosocial support and address mental health concerns beyond academic challenges, ensuring a holistic approach to student well-being.

4.2. Beyond Academic Support

Institutions should offer training in life skills, emotional resilience, and stress management to equip students with the tools they need to cope with personal and academic pressures.



4.3. Role of Active Listening

Faculty members play a pivotal role by listening empathetically to students and offering timely support to prevent stress escalation.

4.4. Collaboration and Shared Learning

Cross-institutional collaboration is essential for sharing successful mental health strategies and improving overall student well-being across HEIs.

4. Recommendations for Future Wellness Initiatives at MNIT Jaipur

4.1. Peer-Led Mental Health Programs

Establish peer-led support networks to provide a safe, non-judgmental space for students to discuss mental health issues and seek help.

4.2. Workshops on Emotional Resilience

Organize workshops on emotional intelligence, stress management, and coping skills to better equip students for the pressures they face.

4.3. Crisis Support Teams

Create a crisis support team to provide immediate, on-campus assistance for mental health emergencies.

4.4. Monthly Listening Circles

Hold regular, confidential listening circles where students can share their experiences openly, helping faculty understand their challenges.

4.5. Anonymous Feedback Systems

Develop an anonymous feedback mechanism for students to express their mental health concerns and suggestions for wellness programs.

4.6. Mental Health Awareness Events

Host annual mental health awareness events to promote openness, reduce stigma, and provide students with access to expert advice and support.

5. Conclusion

The online session on ‘Capacity Building for Promoting Positive Mental Health, Resilience, and Wellbeing in HEIs’ highlighted the importance of creating supportive, inclusive environments in educational institutions. By implementing the recommended wellness initiatives, MNIT Jaipur can contribute to fostering a mentally healthy and resilient student community. Continued collaboration with other HEIs and sharing of best practices will be essential to maintaining momentum in this important area.

Annexure: Reflection Reports by Muskaan Mathur, Priyanshu Kumar Jha, Priyanka Kumari, Somen Kumar Bhakat

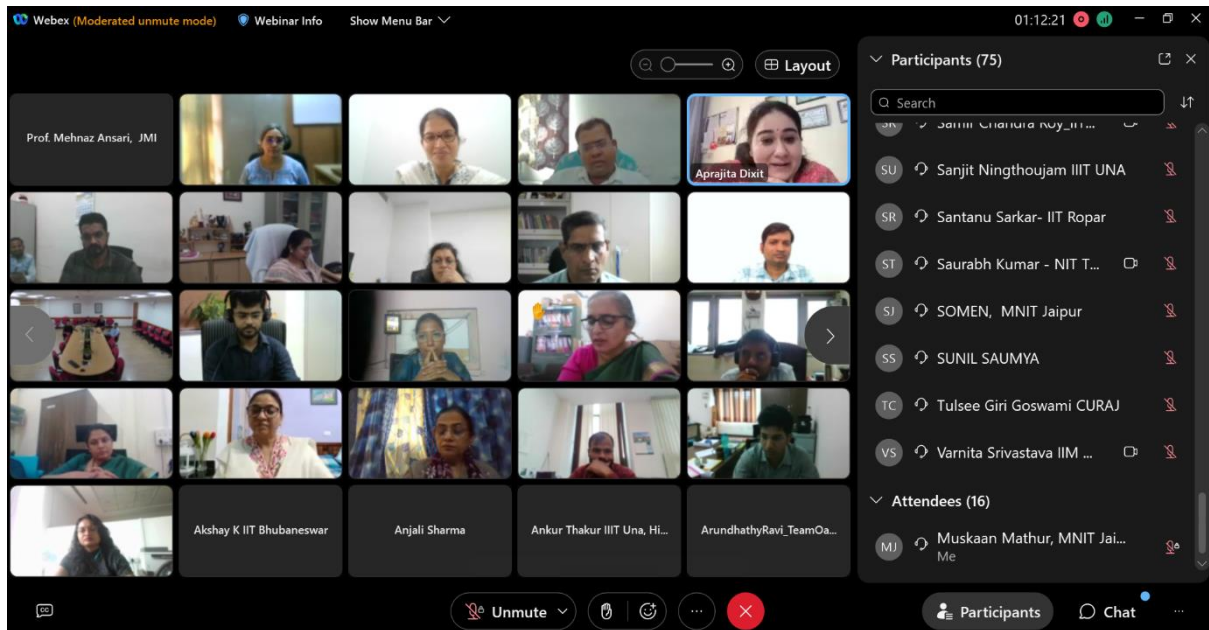


Malaviya National Institute of Technology Jaipur
Dean Student Welfare Office

**Online Session on Capacity Building for Promoting Positive
Mental Health, Resilience, and Wellbeing in HEIs**

(14th October 2024, 10:00 AM- 1:00 PM)

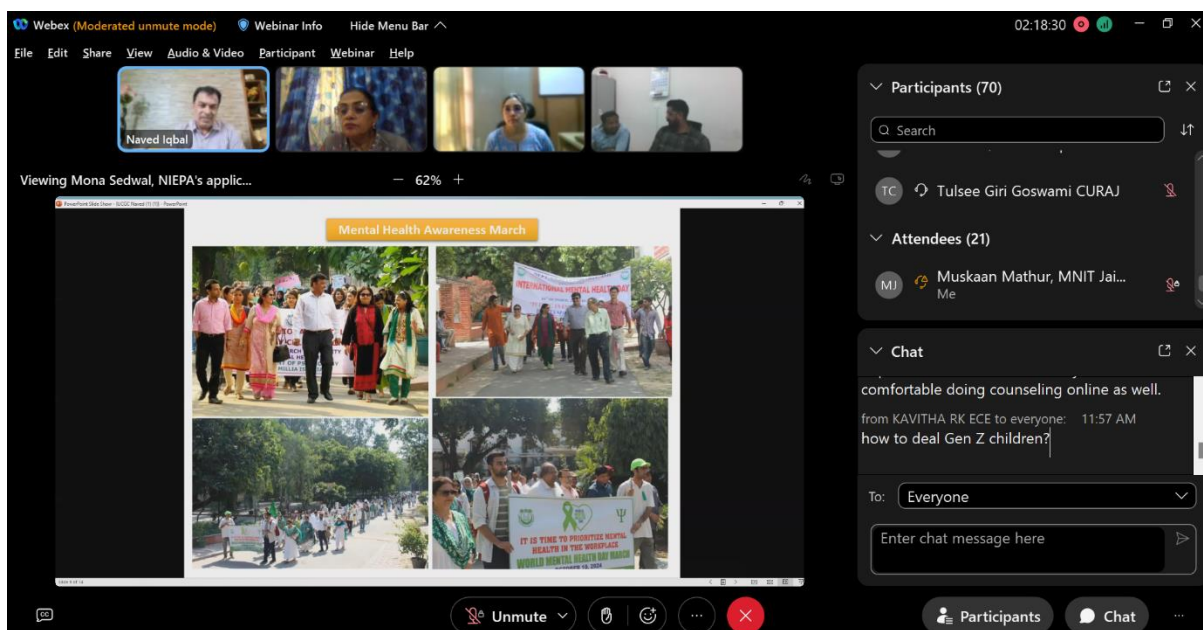
Organized by: MMTP and NIEPA



Key Points from the Workshop:

This interactive online session took place on October 14, 2024, and was designed to help faculty members to support student mental well-being. Organized by the Mental Health Training Program (MMTP) and NIEPA, it brought together educators from different Institutes to discuss strategies for nurturing resilience and creating a positive mental health environment within Higher Education Institutions (HEIs).

- **Dr. Namita Mam's Insights:** She spoke about the essential role institutions play as psychosocial spaces, where inclusivity is key. She emphasized that tackling ragging, sexual harassment, substance abuse, and peer pressure is crucial to preserving student's mental health.
- **Dr. Naved's Contributions:** Sharing experiences from Jamia Millia Islamia (JMI), Dr. Naved explained how JMI offers personalized counselling, crisis support, and life skills workshops to help students cope with stress.
- **Active Listening Matters – Ms. Aparajita Dixit:** Ms. Dixit highlighted how faculty can support students simply by listening empathetically. She encouraged educators to develop their listening skills to recognize when students are struggling.
- **Faculty Participation from Various Institutions:** Educators from IITs, IIITs, NITs, and other universities also shared their experiences, enhancing the collective learning on how to foster better mental health practices



Key Takeaways and Learnings:

- **Creating Inclusive Spaces:** Institutions must serve as safe and welcoming environments, addressing not just academic challenges but also social and psychological ones. Mental health support should be integrated into every aspect of student life
- **Beyond Academics:** Mental health care needs to go beyond academic pressures, focusing on life skills and emotional resilience. Collaboration between HEIs is key to developing mental wellness frameworks that work for diverse student populations
- **The Importance of Listening:** Faculty can make a significant difference in a student's mental health by simply being available to listen. Empathy and understanding are powerful tools in preventing stress from escalating into bigger problems
- **Cross-Institutional Learning:** The workshop fostered a sense of collaboration, with various institutions exchanging ideas on how they address mental health challenges, encouraging shared strategies and future partnerships

4. Suggestions for Wellness Initiatives Moving Forward:

Based on the discussions from the workshop, the following suggestions are proposed to further enhance student well-being in the upcoming year:

1. **Peer-Led Mental Health Programs:** Establish networks where students can talk openly about mental health, supported by trained peer volunteers. This will help reduce stigma and encourage students to seek help when needed
2. **Workshops on Emotional Resilience:** Regular sessions on stress management, emotional intelligence, and time management will give students practical skills to manage the everyday pressures of academic life
3. **Mental Health Crisis Support Team:** Form a dedicated team to handle mental health emergencies, ensuring students receive immediate help during crises
4. **Listening Circles for Students:** Organize monthly gatherings where students can share their experiences in a confidential and supportive space. These sessions would promote openness and trust within the student body

5. **Partner with Mental Health Professionals:** Work with experts to host workshops on mental health topics such as anxiety, substance abuse, and peer pressure. These sessions will help raise awareness and provide students with resources to cope with these challenges
6. **Anonymous Feedback Systems:** Provide a way for students to anonymously share their thoughts and concerns, which will allow the Wellness Club to tailor its efforts to meet the actual needs of the student community
7. **Annual Mental Health Awareness Event:** Hold a special event to promote mental health awareness, featuring talks by faculty, alumni, or mental health professionals. Events like these create a platform for open conversations and help normalize discussions about mental well-being

Conclusion:

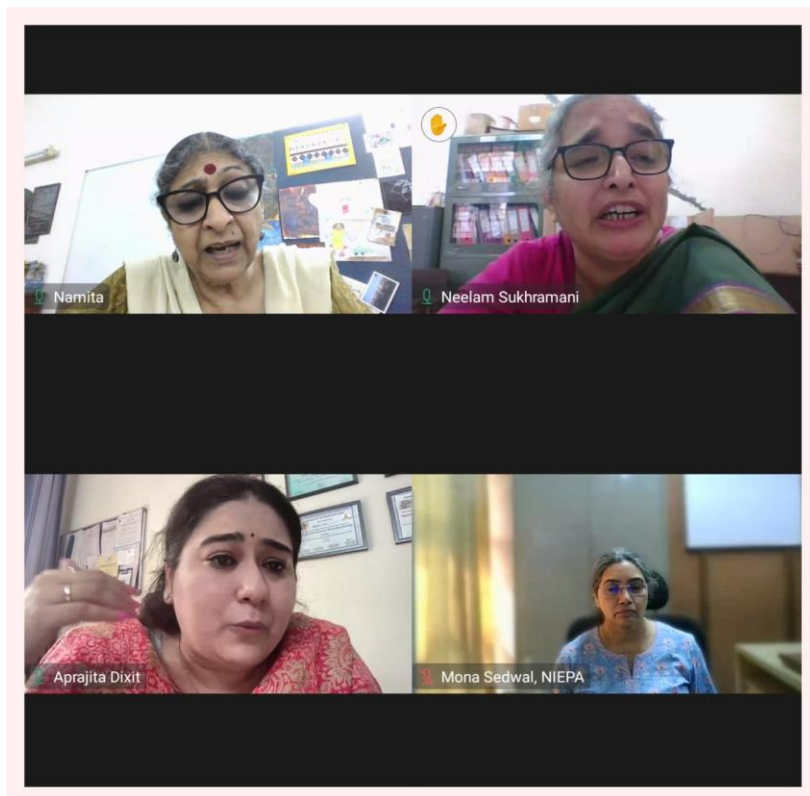
The workshop made it clear that supporting mental health in educational institutions requires a comprehensive, inclusive approach. By implementing peer support programs, crisis response teams, and regular dialogues between faculty and students, institutions can build a strong foundation for mental wellness. Collaborative efforts, proactive engagement, and consistent mental health awareness campaigns will help create resilient and supportive learning environments

Online Workshop on Mental Health, Resilience, and Wellbeing Initiatives in Higher Education Institutions (HEIs)

Date: 14 October 2024

Time: 10:00 AM – 1:00 PM

Organized by: MMTP and NIEPA



Workshop Objective

The session aimed to strengthen faculty members' capacity to foster a supportive atmosphere for mental health and well-being within academic settings.

The interactive workshop encouraged HEIs to collaborate and share practices to enhance students' mental wellness, resilience, and holistic development.

Key Takeaways

1. Insights from Dr. Namita Mam

Dr. Namita discussed the unique role of educational institutions as "psychosocial spaces" where students from diverse backgrounds come together. She highlighted the importance of creating inclusive and participatory environments to address challenges like ragging, sexual harassment, substance abuse, and peer pressure. According to her, addressing these issues is essential for maintaining sound mental health across campuses.

2. Effective Interventions by Dr. Naved

Dr. Naved shared the comprehensive approach taken by JMI to support mental wellness. He elaborated on the institution's practices, including personalized counseling (individual and group sessions), crisis response mechanisms, and educational workshops aimed at mental health awareness. Additionally, life skills training programs were emphasized as vital tools for building resilience and helping students navigate personal and academic stress.

3. The Power of Active Listening - Ms. Aparajita Dixit

Ms. Aparajita emphasized how patient listening can significantly alleviate stress. She suggested that faculty members could play a transformative role in student wellness by offering an empathetic ear. She recommended faculty training programs to recognize signs of distress and engage in constructive dialogue. She also noted that active listening not only reduces individual stress but fosters a culture of support and belonging.

Personal Reflections

Attending the session deepened the understanding of how vital it is to approach mental health with diverse, context-specific strategies. The discussions around holistic support mechanisms highlighted the need for programs that extend beyond academics, encompassing life skills training, peer counseling, and inclusive practices. Learning from the experiences shared by experts reinforced the importance of a proactive and empathetic approach to mental wellness in educational settings.

Recommendations for the Wellness Club

1. Establish Peer-Led Mental Health Awareness Programs

Launch peer support networks where trained student volunteers can lead mental health discussions. These programs can help destigmatize mental health challenges and encourage open conversations.

2. Life Skills and Resilience Workshops

Regularly organize workshops that cover stress management, emotional intelligence, time management, and other life skills to equip students with practical tools for handling various challenges.

3. Create a Crisis Response and Support Team

Form a dedicated team of trained staff and volunteers who can provide immediate assistance during mental health crises. They could work in conjunction with the counseling center to offer timely support.

4. Host Regular Listening Circles

Arrange monthly "Listening Circles" where students can share their experiences and receive support in a confidential setting. This initiative can help foster trust and encourage students to seek help when needed.

5. Collaborate with Mental Health Experts for Awareness Campaigns

Partner with professionals to organize talks, workshops, and activities that focus on various mental health issues, including anxiety, depression, substance misuse, and peer pressure.

6. Faculty Engagement Initiatives

Encourage faculty members to participate in mental health awareness programs. Organize joint events where students and faculty can engage in open dialogues about wellness.

7. Anonymous Feedback and Suggestion Platform

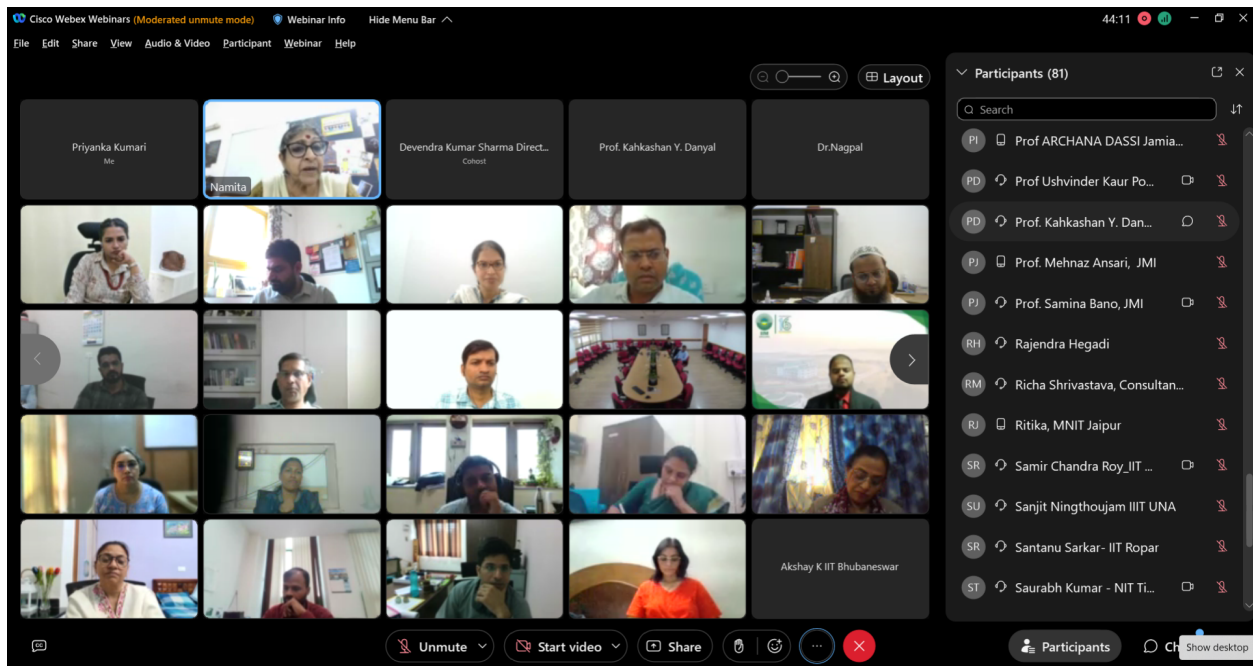
Set up a confidential platform where students can voice their concerns and provide suggestions for the Wellness Club's initiatives. This will help in understanding student needs better and in tailoring programs accordingly.

Conclusion

The workshop underscored the necessity for a comprehensive approach to mental health, encouraging both HEIs and individual faculty members to develop strategies tailored to their unique needs. The session laid the foundation for future collaborations, building sustainable mental health frameworks that promote wellness across educational institutions.

Online Session on Capacity Building for Promoting Positive Mental Health, Resilience, and Wellbeing in HEIs

(14 October 2024, 10:00 - 1:00 pm)



Organising bodies: MMTP, NIEPA

Objective: To develop the capacity of faculty members in promoting mental wellness.

It was an interactive session organised to foster an ecosystem of training and collaboration among different HEIs for positive mental health, resilience and wellbeing of students.

Highlights:

1. Dr. Namita Mam referred institute as a “psycho social space” with students from varied backgrounds which mandates to have

a participatory space for everyone. She added that ragging, sexual-harrasment, substance misuse and peer-pressure needs to be addressed to secure sound mental health.

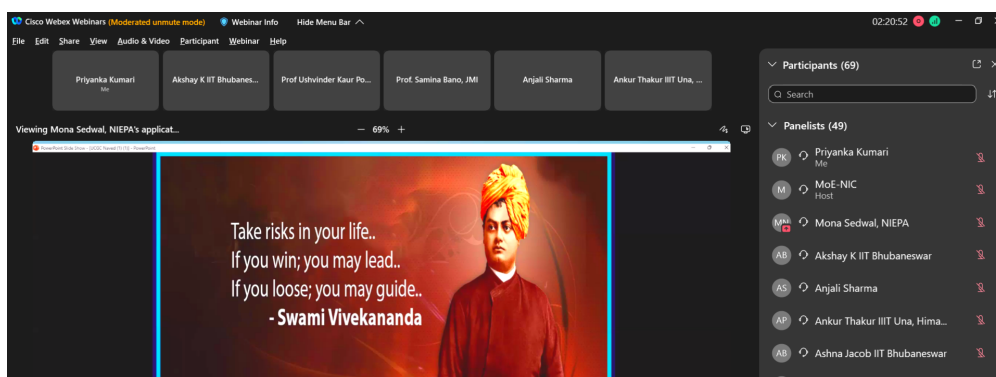
2. Aparajita Dixit Mam mentioned that patient listening can relieve the stress to a great extent.

3. Dr. Naved Sir shared the interventions that JMI follows for promoting mental wellness. He referred individual and group counselling, crisis intervention, educational workshops and life skill trainings as some of the effective action plans.

4. Faculty members from different IITs, IIITs, NITs and other HEIs also shared their action models and asked questions to the panel of experts.

Inference:

The session reflected the integrated approach to achieve positive mental health of students as well as faculties. It encouraged the HEIs to take risks and develop effective strategies which can be replicated in other institutions. The session also advocated for collaborations and conclaves in future to develop a complete infrastructure for mental wellbeing with educational institutions as leading partners.



Personal Learnings:

Attending the session deepened my interest to understand the subtleties of mental health. These are some of my inferences:

1. There can be various reasons for mental distress such as work pressure, communication gap, distorted relationships, low self-esteem and so on.
2. If mental stress is not taken care of it can lead to physical illness as well.
3. It is very important to share the thoughts which create tension and confusion as it might develop into stress then anxiety and ultimately leads to depression.
4. It is very important to retain the human values of compassion and empathy towards each other to promote wellness.

Recommendations for the Wellness Club MNIT Jaipur

The following initiatives can be considered for better realisation of wellness goals:

- 1. Training in patient and effective listening:** Wellness volunteers can be trained in therapeutic listening as it immediately relieves stress.
- 2. Conducting regular counselling sessions for vulnerable students:** Those identified with symptoms of mental distress can be offered counselling services weekly or monthly.

3. Taking feedback from students about various sessions and workshops organised for wellness: Students can share their reviews about what they liked and what they didn't like.

4. Appointment of new wellness volunteers after every 3 or 4 months: This will help other students to also learn and participate in wellness activities.

5. Organising a dedicated fest to celebrate mental health awareness: It can consist of teachers or alumni sharing their own experiences, concepts of chaupals or chai pe charcha can be replicated for open discussions on mental health.

Thankyou



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Malaviya National Institute of Technology Jaipur
Dean Student Welfare Office

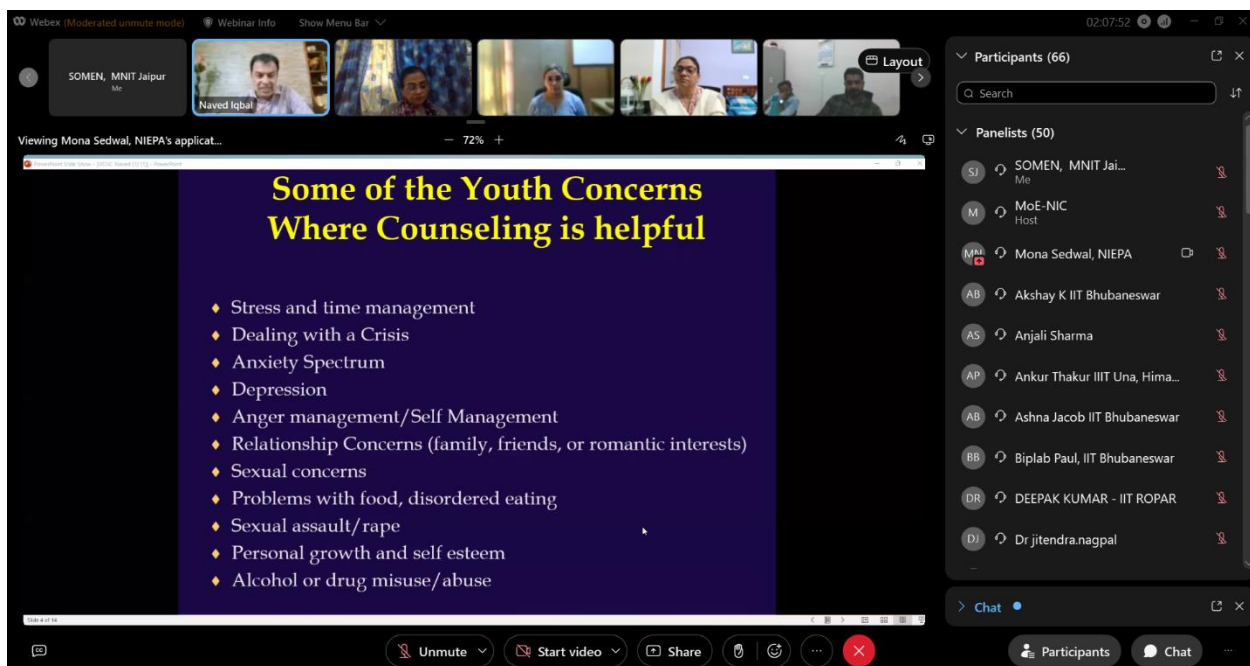
Online Workshop on Mental Health and Capacity Building

(14 October 2024, 10:00 - 1:00 pm)

Summary

workshops were held on October 14, 2024, with a focus on promoting mental health, resilience, and well-being within Higher Education Institutions (HEIs). Organized by MMTP and NIEPA, the sessions aimed to equip faculty members with tools and strategies to create supportive and nurturing environments for mental wellness in academic settings. The workshops stressed the importance of collaboration between HEIs to foster holistic student development and implement comprehensive mental wellness frameworks.

The sessions were led by experts who highlighted various aspects of mental health challenges in educational institutions. Dr. Namita Mam emphasized the significance of treating educational institutions as "psychosocial spaces" that must be inclusive and participatory, especially given the diverse backgrounds of students. She underscored the need to address critical issues such as ragging, sexual harassment, substance abuse, and peer pressure to maintain a healthy mental atmosphere on campus. Dr. Naved from JMI shared some effective interventions that his institution has implemented, including personalized counseling, life skills training, and crisis response mechanisms. Ms. Aparajita Dixit highlighted the importance of active listening and empathy, encouraging faculty members to undergo training to identify signs of distress among students and engage in supportive dialogue. Contributions from faculty across various HEIs enriched the discussions, as they shared their experiences and best practices in fostering student well-being.



The screenshot displays a Zoom webinar interface. At the top, there are controls for 'Webcam (muted)', 'Webinar Info', and 'Show Menu Bar'. Below this, a row of video thumbnails shows participants, including 'SOMEN, MNIT Jaipur' and 'Naved Iqbal'. The main content area shows a slide with the following text:

Some of the Youth Concerns Where Counseling is helpful

- ◆ Stress and time management
- ◆ Dealing with a Crisis
- ◆ Anxiety Spectrum
- ◆ Depression
- ◆ Anger management/Self Management
- ◆ Relationship Concerns (family, friends, or romantic interests)
- ◆ Sexual concerns
- ◆ Problems with food, disordered eating
- ◆ Sexual assault/rape
- ◆ Personal growth and self esteem
- ◆ Alcohol or drug misuse/abuse

At the bottom of the slide, there are controls for 'Unmute', 'Start video', 'Share', and other options. On the right side, there is a 'Participants (66)' list and a 'Panelists (50)' list. The chat window is also visible at the bottom right.

My Learning from the Workshop

Attending these workshops offered several valuable insights into the multifaceted nature of mental health in educational settings. A major takeaway was the role that educational institutions play in shaping the mental well-being of students. It became clear that institutions must proactively address mental health concerns and create safe, inclusive spaces where students feel supported. A holistic approach to mental health is essential, extending beyond academics to encompass life skills training, peer support, and crisis management mechanisms.

One of the most important lessons learned was the power of empathy and active listening. Faculty members can play a pivotal role in student mental wellness simply by offering a listening ear and showing genuine care for their students' well-being. It was also evident that collaboration is crucial. HEIs must work together, sharing best practices and strategies, to create a unified approach to mental wellness that can be adapted to different institutions. These learnings have provided me with a deeper understanding of how mental health support systems can be structured within academic environments.

Recommendations for New Initiatives for the Wellness Club

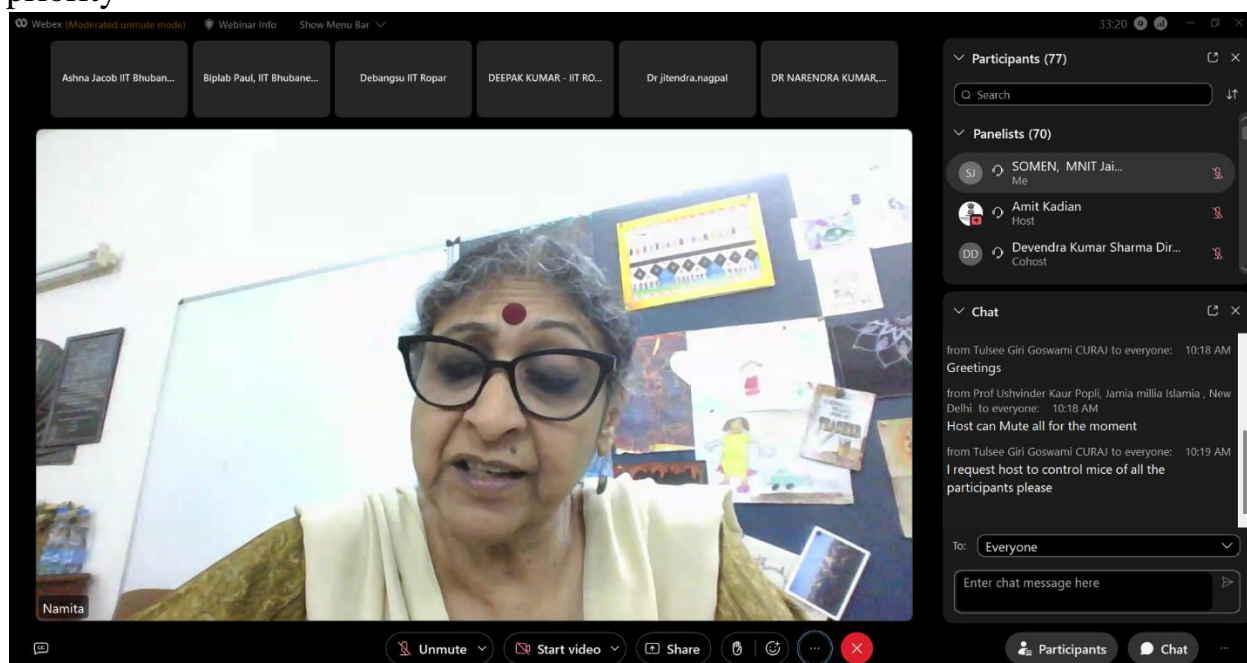
Building on the insights gathered from these workshops, several new initiatives can be recommended to enhance the Wellness Club's ability to support students' mental well-being. First, peer-led mental health programs could be established where trained students lead discussions and offer support to their peers. These programs would help destigmatize mental health issues and foster open communication among students. Additionally, organizing regular life skills workshops on topics like stress management, emotional intelligence, and time management would equip students with practical tools to manage both personal and academic challenges more effectively.

Another crucial recommendation is the creation of a crisis response team. This dedicated group of trained faculty and student volunteers could provide immediate mental health support during emergencies, working closely with the campus counseling center to ensure timely intervention. To further support students, the Wellness Club could host monthly listening circles, confidential forums where students can share their experiences and receive peer or professional support.

Collaborating with mental health professionals to host workshops and awareness campaigns is another initiative that could significantly benefit the student community. These collaborations would focus on various mental health issues such as anxiety, depression, substance misuse, and peer pressure. In addition, the Wellness Club could set up an anonymous feedback platform, allowing students to voice their concerns and suggest improvements for the club's initiatives. This would ensure that the club's activities are aligned with the needs of the student body. Lastly, encouraging faculty participation in wellness programs and organizing joint events with students could help foster open dialogue about mental health, building a bridge between students and faculty.

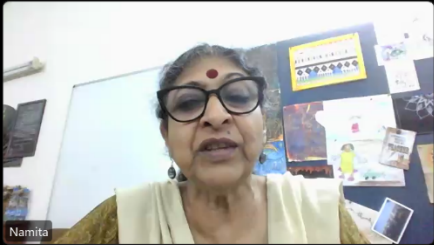
Conclusion

The workshops highlighted the critical need for HEIs to adopt a proactive and inclusive approach to mental health. Establishing comprehensive support systems, such as peer support networks, crisis intervention teams, and life skills training, can help institutions better support students in managing both personal and academic challenges. Collaboration among HEIs, faculty engagement, and consistent mental health awareness programs are essential for building a sustainable mental wellness framework. These recommendations provide a roadmap for creating a more resilient and supportive campus environment, ensuring that mental well-being remains a priority



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