

Greetings !

Please find enclosed the MOM for Promoting Positive Mental Health, Resilience and Wellbeing in HEIs held on Date 24.06.2025 at 10.45 A.M through Online Mode

Kindly revert back with your acknowledgement of the same.

Submitted for your approval through circulation.

Date:24.06.2025

Minutes of 1st Meeting for Promoting Positive Mental Health, Resilience and Wellbeing in HEIs held on Date 24.06.2025 at 10.45 A.M through Online Mode

1st Meeting for Promoting Positive Mental Health, Resilience and Wellbeing in HEIs as per the direction of Ministry of Education, Govt of India held on Date 24.06.2025 at 10.45 A.M through Online Mode.

The Following members were present/absent:

Sr. No	Name of the Member	University / Institute	Invited as	Attendance
1	Prof. Amit Gangotia	Professor, Department of Tourism and Travel, Central University of Himachal Pradesh	Nodal Officer	Present
2	Prof Surya Rashmi Rawat	Professor, Himachal Pradesh Kendriya Vishwavidyalaya Business School, Central University of Himachal Pradesh	Member	Present
3	Prof. Shashi Punam,	Professor, Department of Social Work, Central University of Himachal Pradesh	Member	Present
4	Prof. Inder Singh Thakur	Professor, Centre for Deen Dayal Upadhyay Studies	Member	Present
5	Dr. Naresh Kumar,	Associate Professor, Department of Punjabi and Dogri	Member	Present
6.	Dr. Sunil Kumar	Associate Professor, Centre for Yoga Studies	Member	Present
7	Dr. Bharat Singh	Assistant Professor, Department of Hindi, Central University of Himachal Pradesh	Member	Present
8	Sh. Muruli N	Assistant Professor, Department of Library and Information Science, Central University of Himachal Pradesh	Member	Absent
9	Dr. Dinesh Lakhanpal	Assistant Professor, Centre for Computational Biology and Bioinformatics, Central University of Himachal Pradesh	Member	Present
10	Dr. Amrik Singh	Assistant Professor, CPEAH&CT, Central University of Himachal Pradesh	Member	Present

11	Ms. Shailza Bharti	Assistant Professor, Department Social work, Central University of Himachal Pradesh	Member	Present
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After the formal welcome of all the members by Nodal Officer the following agenda items were discussed and resolved in the meeting.

1. It was observed that all the departments of the university already have a career counselling cell which takes care of academic, professional and career counselling of the students.

2. The committee proposes to circulate the following with all the departments of the University for Necessary Compliance as mandated by the ministry of education:

- The **National Suicide Prevention Strategy** (Appendix I)
- Advisory for Psychosocial Support & Mental Health Promotion Of University/College Students During Covid-19 Pandemic And Beyond (Appendix II)
- Framework Guideline for emotional and mental wellbeing of students in HEIs (Appendix III)

3. The committee resolved that:

- University should constitute a cell named, “**Mental Health and Wellbeing Cell**” to achieve the objectives laid down by the ministry of education, GOI.
- Have an awareness talk on mental health and wellbeing by a Clinical Psychologist during the Induction//Orientation programme of the university in every academic year for the fresh batch of students and teachers in every department of all the three campuses.
- Campus wise committees need to be notified along with the student representative in order to achieve the mandate given by the ministry.
- Conduct of activities/workshops on mental health and wellness by all the departments at least once in a semester.

4. Committee proposes that a 02 credit course on *Mental Health/Stress Management* may be introduced by the Yoga department for UG/ PG/PhD students.

5. All HoD's needs to compile the activities carried out by their respective departments related to Promoting Positive Mental Health, Resilience and Wellbeing.

6. It was further resolved that all HoD's should nominate 01 Faculty coordinator for ensuring Promotion of Positive Mental Health, Resilience and Wellbeing at their respective departments.

7. It was proposed that, Clinical psychologist should be made available for all the students of the university as per the instructions given by the Ministry of Education, Govt. of India.

With Profound Regards

Prof.(Dr.) Amit Gangotia
Professor

School of Tourism, Travel & Hospitality Management
Department of Tourism & Travel Management

Central University of Himachal Pradesh

(Accredited by NAAC with A+ Grade)

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Mental health and welbeing cell.pdf

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