



Dialog

Department of Sociology
Maitreyi College
University of Delhi

Under the aegis of IQAC

In collaboration with

MANODARPAN
Initiative of

The Ministry of Education
for

Psychological Support and Mental-Well being of Students

presents

3 DAY NATIONAL CONFERENCE

on

**Integrated Approach to Mental Health and Well-being in the Universities:
Perspectives, Methodologies and Practices**

21-22-23 April 2022

CONFERENCE SCHEDULE

Day I: Thursday, 21 April 2022

Inaugural Session: 9:30 a.m.

Session Theme: *Understanding the students today: Contemporary Issues and Challenges*

Welcome: Dr. Gopi Devdutt Tripathy, Teacher In-Charge, Department of Sociology, Maitreyi College, University of Delhi. (9:50-9:55 AM)

Invited Speaker: Prof. Haritima Chopra, Principal, Maitreyi College, University of Delhi (10:00-10:10 a.m.)

Chief Guest: Mr. Vaibhav Srivastava, Chairman Governing body, Maitreyi College, University of Delhi (10:15-10:25 a.m.)

Special Invitees: Manodarpan

- Dr. Mala Kapur Shankardass, International Consultant, Managing Trustee Development, Welfare & Research Foundation (DWRFF) (10:30-10:35 a.m.)
- Dr. Jitendra Nagpal, Senior Psychiatrist, Member working group Manodarpan Initiative, Ministry of Education, New Delhi (10:40-10:45 a.m.)

Release of book of abstracts and Keynote address: Prof Vivek Suneja, Head & Dean Faculty of Management Studies, North Campus, University of Delhi. (10:55-11:30 a.m.)
Interactive Session: (11:45-12:15 p.m.)

Afternoon Session: 1:30 p.m.

Practices: University presentations

(10 minute presentations + 5 minutes interaction)

- Dr. Cynthia Douglas, Beena Chintalapuri: Osmania University- 1:35-1:50p.m.
- Dr. Madhurima Pradhan, Dr. Poonam Tandon: Lucknow University- 1:50-2:05p.m.
- Dr. Ritu Sharma: Central University of Haryana- 2:05-2:20p.m.
- Dr. Rushi Tamanna: Atal Bihari Vajpayee Institute of Medical Sciences (ABVIMS)- 2:20-2:35p.m.

Session Theme: *Through the lens of the practitioner*

Title of the Talk: *Happiness and the Differently Aabled: A Perspective*

Dr. Mathew Verghese, Senior Orthopedic Surgeon, St. Stephens Hospital, Delhi (2:40- 3:10 p.m.)
Interactive session- (3:10 - 3:25p.m.)

Day II: Friday, 22, April 2022

Morning Session: 10:00 a.m.

Session Theme: *Methodologies and practices*

Relevance of multidisciplinary theoretical frameworks for healing practices in counseling centers: Expanding frontiers of healing and wellbeing

Session I: *Philosophical frameworks and orientations* (10:05- 10:35 a.m.)

Title of the Talk: *Expanding frontiers of healing and well-being: Exploring Philosophical Praxis*
Speaker: Prof. Balaganapathi Devanikonda, Former Head, Department of Philosophy, University of Delhi
Interactive Session- (10:35-10:50 a.m.)

Session II: *Through the lens of the practitioner* (11:00- 11:30 a.m.)

Title of the Talk: *The practitioner's perspective*
Speaker: Dr. Alok Sarin, Sitaran Bharti Institute of Science and Research, New Delhi
Interactive Session- (11:30-11:45)

Afternoon Session: 12:30 p.m.

Practices: University presentations

(10 minute presentations + 5 minutes interaction)

- Dr. Abha Singh: Chhatrapati Shahu Ji Maharaj University (CSJMU) (12:35-12:50 p.m.)
- Dr. Priyanka Shukla: Dr. Rammanohar Lohia Avadh University (12:50-1:05 p.m.)
- Dr. Pulkit Khanna: O.P. Jindal Global University (1:05-1:20 p.m.)
- Dr. Naved Iqbal: Jamia Millia Islamia University (1:20-1:35 p.m.)
- Ms. Kanak Kataria, Ms. Maheli Saha, Dr. Seema Mehrotra, Dr. Paulomi Sudhir, Dr. Poornima Bhola, Dr. Jyotsna Agarwal, Dr. Aruna Rose Mary Kapane: National Institute of Mental Health and Neurosciences (1:35-1:50 p.m.)

Day III: Saturday, 23 April 2022

Morning Session: 10:00 a.m.

Session Theme: *Construction of feelings and processes of healing*

Session I: *Media and emerging trends in healing and counseling* (10:05-10:35 a.m.)

Title of the Talk: *Building Resilience in Young Adults*

Speaker: Mr. Feisal Alkazi, Theater Director, Founder of Ruchika Theatre Group, educationist, and counselor
Interactive Session- (10:35-10:50 a.m.)

Practices: University presentations (10:50 a.m.)

(10 minute presentations + 5 minutes interaction)

- Dr. Aditi Bhatia, Dr. Ankita Rai, Dr. Suruchi Bhatia, Shyama Prasad Mukherjee College: University of Delhi (10:50- 11:05 p.m.)
- Dr. Aruna Grover, Dr. Aditi Narayani, Ms. Khushi Talwar, Ms. Sabhyta, Maitreyi College: University of Delhi (11:05-11:20)

Valedictory Address (11:30-12:00 p.m.)

Title of the Talk: *And life goes on exploring the vicissitudes of happiness*

Speaker: Prof Savyasaachi, Department of Sociology, Jamia Millia Islamia, New Delhi
Interactive Session- (12:00-12:15 p.m.)

Vote of Thanks

Via Zoom App

Meeting link- zoom.us/j/8137642094?pwd=UmFaUGR2OTV6WWxBkxqdnM4O0Rkdz09

Meeting ID: 813 7642 0949

Passcode: 462962

CHAIR

Prof. Haritima Chopra
Principal
Maitreyi College
University of Delhi

CONVENOR AND COORDINATORS

Dr. Gopi Devdutt Tripathy
Associate Professor

Dr. Anarita Jalan
Associate Professor

ORGANISING COMMITTEE

Dr. Aruna Grover, Assistant Professor
Dr. Rashi Bhargava, Assistant Professor
Mr. Pawan Harsana, Assistant Professor
Dr. Neeraj Kumar, Assistant Professor
Dr. Bijayani Mishra, Assistant Professor
Dr. Aditi Narayani, Assistant Professor
Student Coordinators
Ms. Khushi Talwar, President
Ms. Sabhyta, Vice-President



Abstract

The sustainable model of mental health and well-being of University of Lucknow is based on the assumption that our students may flourish and thrive with or without mental illness symptoms. The vision is to make students resilient despite challenges. Mental health is a state of complete well-being incorporating various domains, i.e. academic, emotional, psychological, social, economic and spiritual well-being. This model is in tune with the objectives of NEP 2020, i.e. to create world class multidisciplinary educational institution and to create a knowledgeable society which is democratic conscious and cultured. To actualize this vision of NEP 2020, University of Lucknow is living no stone unturned to facilitate the holistic development, mental health and well being of students. The syllabus of UG and PG programs have been updated to incorporate more autonomy and flexibility to students to choose their courses which are multidisciplinary, vocational, Job-oriented and Co-circular in nature for practical exposure, internships have been made mandatory. Various schemes have been launched for preparing students to face the challenges of future life with courage. Financial assistance is being provided to socio- economically disadvantaged students to continue their studies. Physical as well as mental health of students is also taken care of through health check- ups and other mental health care & support services. Personal online/ offline counselling service are available to students by trained psychologists and counselors for skill development and psychospiritual maturation of students. Counselling and Guidance Cell and Happy Thinking Laboratory have been established. Various MOUs with different

organizations have been undertaken to actualize this vision and mission of University of Lucknow with mutual support, collaboration and cooperation.

Press Note

University of Lucknow was invited in a three days National Conference (21-23 April) on “Psychological Support and Mental – Well being of students” organized by MANODARPAN, an initiative of The Ministry of Education in collaboration with Maitreyi College, University of Delhi. Twelve Universities all over India were invited the present their perspectives best practices, methodologies, future plans & challenges in ensuring mental health and well- beings of their respective institutions. Prof. Madhurima Pradhan, Director Counseling & Guidance Cell and Prof. Poonam Tandon, Dean Students Welfare presented the model of University of Lucknow for providing support to the students for their mental health and well-being. This model based on the assumption that if wise steps are taken, student can be facilitated to possess sound mental health not only when they are in campus but also when they more out to bear their social responsibilities .A part from academics, University of Lucknow also provides monitoring services, financial assistance; facilitates outreach and communication avenues and seeks participation of students in University of Lucknow are in accordance with New Education Policy 2020. University of Lucknow is the first university in Uttar Pradesh to implement this new education policy in the Campus.

शिक्षा मंत्रालय की एक पहल, MANODARPAN द्वारा आयोजित
राष्ट्रीय सम्मेलन में

[@lkouniv](#)

को आमंत्रित किया गया । प्रो मधुरिमा प्रधान और प्रो पूनम
टंडन ने छात्रों के मानसिक स्वास्थ्य और कल्याण के लिए
सहायता प्रदान करने के लिए प्रस्तुत किया

[@lkouniv](#)

का मॉडल ।

[@profalokkumar](#)

[@GovernorofUp](#)

[Translate Tweet](#)

दिल्ली में दिखाया गया लविवि का मॉडल

लखनऊ। दिल्ली विश्वविद्यालय के मैत्रेयी कॉलेज के सहयोग से शिक्षा मंत्रालय की पहल मनोदर्पण द्वारा तीन दिवसीय राष्ट्रीय सम्मेलन का आयोजन किया जा रहा है। बृहस्पतिवार से शुरू हुए इस कार्यक्रम में छात्रों के मनोवैज्ञानिक समर्थन और मानसिक कल्याण पर वार्ता के लिए लखनऊ विश्वविद्यालय को आमंत्रित किया गया। विवि की प्रो. मधुरिमा प्रधान निदेशक परामर्श और मार्गदर्शन प्रकोष्ठ और प्रो. पूनम टंडन डीन छात्र कल्याण ने छात्रों के मानसिक स्वास्थ्य और कल्याण के लिए चलाए जा रहे लविवि का मॉडल प्रस्तुत किया। (माई सिटी रिपोर्टर)